

Get Your Legal Questions Addressed!

Selah is hosting an opportunity to connect online



Kendra Ortega
616-326-2921
kofamilylaw.com

with attorney Kendra Ortega this Saturday, 4/13/24, 10 to 11:30 am. Kendra's areas of practice include, but are not limited to, family law, neglect and abuse, child support, custody and divorce. Kendra has represented a number of Selah participants in the past and is known for her candid

and honest counsel. Join Selah online using the link in the email and have your questions addressed!

SELF AWARENESS & REFLECTION - Caledonia

Childcare Provided **WITH 24 HOUR NOTICE**

to selah.empowers@gmail.com

This class is intended to expand your skills when dealing with difficult relationships.

In-person and online: 5 - 6:30 pm, Fridays.

Location and Link: Location:

Contact selah.empowers@gmail.com or Bridget Nash* for info.

- Apr. 12: Stink'n Thinking
- Apr. 13: Legal Advisor - Kendra Ortega Seminar (see above)
- Apr. 19: Boundaries
- Apr. 26: Emotional Disengagement
- May 3: Codependency/Trauma Bonding - 1
- May 10: Codependency/Trauma Bonding - 2
- May 17: Children's Development/Trauma
- May 24: **No Class**
- May 31: Forgiveness vs. Reconciliation
- June 7: Grief and the Toxic Relationship



Financial Empowerment Group

MAY 7-28, 2024

This 4-week educational support group focuses on empowering survivors of domestic violence and financial abuse with the knowledge, practical skills, and support needed to ensure their financial security. Those who complete this curriculum will gain the confidence to create a budget and make informed spending decisions, open a safe bank account, improve their credit, pay down debt, and begin working toward their personal financial goals.

Tuesdays, 6 – 7:30 pm, May 7th, 14th, 21st, and 28th at the Safe Haven campus in Grand Rapids.

See flyer attached to email for full information!



H.U.G.S. ranch is a local, faith-based organization that offers **Equine Assisted Learning Programs** for individuals, children, families, groups and women. No horse experience necessary. The mission of H.U.G.S Ranch is to encourage mental, emotional, physical, and social healing to hurting people. To learn more check out their website at hugsranch.org. **Classes are booking now!**

See page 2 for more class options!

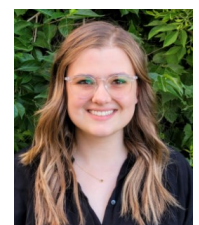
FACILITATORS



Vicki Williams



Shari Murdock



Bridget Nash, MA LPC

SELF AWARENESS & REFLECTION - Bryon Center
Childcare Provided

This class is intended to expand your skills when dealing with difficult relationships.

Online and In-person: 7-8:30 pm, Wednesdays.

Location and Link: Contact selah.empowers@gmail.com for this info.

- | | |
|---|--|
| Apr. 10: Emotional Disengagement | May 1: Forgiveness vs. Reconciliation |
| Apr. 13: Legal Advisor Class (Saturday) | May 8: Grief & Toxic Relationships |
| Apr. 17: Codependency/Trauma Bonding | May 15: Power and Control |
| Apr. 24: Children's Devel./Trauma Bonding | May 22: Legal Advisor-Cynthia Rathburn |

JOURNEY TO UNDERSTANDING - Online Only

These classes will help bring clarity and validation to what you are experiencing.

Online Only: 10 am, Wednesdays.

Link: Contact selah.empowers@gmail.com for this information.

- | | |
|---|--|
| Apr. 10: Trauma and the Brain | Apr. 24: Financial Advisor - Lisa Dean |
| Apr. 17: TBD | May 1: Trauma and Children |
| Apr. 13: Legal Advisor Class (Saturday) | May 8: Faith Issues |
| | May 15: Self Esteem |

GROWING STRONGER TOGETHER - Byron Center
Childcare Provided

This class focuses on growth and healing.

Online and In-person: 7-8:30 pm, Wednesdays.

Location and Link: Contact selah.empowers@gmail.com for info.

This week we will be discussing **Chapter Four** of *I Don't Know Who I Am Anymore, Restoring Your Identity Shattered by Grief and Loss* by Carole Holiday. **This week we will be discussing how ignoring our pain and losses inhibits healing and also that faith in God and grief can co-exist. Join us for another great discussion!**

If you need a copy please reach out to Shirley Ritsema at shirleyr@selah-empowers.org or receive it when you join class.

FACILITATORS



Shari Murdock



Misty LaFree, LLPC



Erica Terry, Intern



Vicki Williams



Carol Bosch, LMSW

Selah Childcare
Byron Center
Location



Elisabeth Richards



Shirley Ritsema

Don't miss the next pages with more info from Selah!

Group Agreement: We ask that everyone read the Group Agreement attached to the email. Attending the classes means you have read and agreed to the group agreement.

Childcare: Please let us know ahead of time if you will need childcare, however, we know schedules change, so if you don't get a chance to let us know before class that will be fine, too.

Safe Environment: We want to provide a confidential and safe environment for everyone to share and receive support. We also recognize that some material covered in this group is sensitive and can be triggering. Please practice healthy self-care and let us know if you are feeling overwhelmed or need to speak privately.

How Can We be in Prayer For You?

In Selah online and in person classes, facilitators often extend the opportunity for participants to share a prayer request. These are anonymously passed along to a team of individuals who are committed to praying over Selah, it's leaders and most especially for Selah participants. If you have a prayer request you would like to submit, please feel free to do so by dropping an email to shirleyr@selah-empowers.org. Your email will be handled with confidentiality, care, and covered in prayer!



Selah is grateful to be partnering with these local counseling centers:



The services and products noted below are those that Selah Empowers has become aware that may be useful given certain situations but are not intended to reflect an endorsement by Selah.

COMMUNITY RESOURCES



HYGIENE PANTRY

3500 Byron Center Ave (616)528-4014
Wyoming, MI 49509 lighthousewy@gmail.com

To locate a food pantry near you search:
<https://www.feedwm.org/findfood/>



Serving Hudsonville, Jenison & Grandville
Search <https://lovewm.org/>
to learn more.



Also known as "Love Inc."
To find one near you search:
<https://www.loveinc.org/find-your-love-inc/>

SAFETY



Search "Addalock" portable door lock on Amazon



Search Monsin Wedge Alarm on Amazon

If one of these items would help ensure your safety but you cannot afford one, please reach out to Selah!



mi.gov/agacp ag-acp@mi.gov 313-456-0190