

Quote from Brene' Brown

“Stop walking through the world looking for confirmation that you don't belong.

You will always find it because you've made that your mission.

Stop scouring people's faces for evidence that you're not enough.

You will always find it because you've made that your goal.

True belonging and self-worth are not goods; we don't negotiate their value with the world.

The truth about who we are lives in our hearts.

Our call to courage is to protect our wild heart against constant evaluation, especially our own.

No one belongs here more than you.”

<https://www.goodreads.com/quotes/9237413-stop-walking-through-the-world-looking-for-confirmation-that-you>

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

- 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

*bridget@openchaircounseling.com



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, fam-

ilies, 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. 17: Codependency/Trauma Bonding

Apr. 24: Children's Devel./Trauma Bonding

May 1: Forgiveness vs. Reconciliation

May 8: Grief & Toxic Relationships

May 15: Power and Control

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.

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

Apr. 17: TBD

Apr. 24: Financial Advisor - Lisa Dean

May 1: Trauma and Children

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 this info.

This week we will be discussing **Chapter Five** of *I Don't Know Who I Am Anymore, Restoring Your Identity Shattered by Grief and Loss* by Carole Holiday. **Last week we explored 'standing in our pain', and this week we will learn more about the value of having a friend or two who will stand there with us. 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
Bryon 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


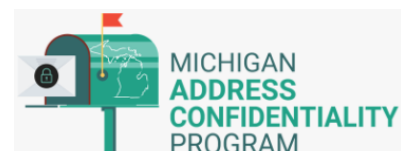


Search "Addalock" portable door lock on Amazon



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