

Journey to Understanding - 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.

Address: Heritage Christian Reformed Church, 3089 - 84th Str. SW, Bryon Center, MI 49315. Enter under 'the ark' sign or door on northwest corner of building.

Online link for Self Awareness & Reflection is in the body of the email with this newsletter.

May 29: Verbal/Emotional/Psych. Abuse	June 19: Characteristics - II
June 5: NO CLASS	June 26: TBD
June 12: Characteristics - I	July 3: Trauma and the Brain

Self Awareness & Reflection - Online Only

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

Online Only: 10 am, Wednesdays.

Online link for Self Awareness & Reflection is in the body of the email with this newsletter.

May 29: Boundaries	June 19: Co-Dependency/Trauma Bonding
June 5: NO CLASS	June 26: Children's Development/Trauma
June 12: Emotional Disengagement	July 3: Forgiveness vs. Reconciliation

Growing Stronger Together- Bryon Center
Childcare Provided

This class focuses on growth and healing.

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

Address: Heritage Christian Reformed Church, 3089 - 84th Str. SW, Bryon Center, MI 49315. Enter under 'the ark' sign or door on northwest corner of building.

Online link for Growing Stronger Together is in the body of the email with this newsletter.

This week we will be discussing **Chapter Ten** of *I Don't Know Who I Am Anymore, Restoring Your Identity Shattered by Grief and Loss* by Carole Holiday. **This week we will lean into the "thin spaces" where the space between heaven and earth narrow and we can get a glimpse of God's glory.** 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

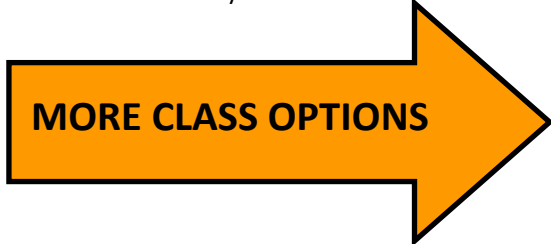
Selah Childcare
Bryon Center
Location



Elisabeth Richards



Shirley Ritsema



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: 9028 N Rodgers Ct SE Suite E, Caledonia, MI 49316. Link to join online is in the body of the email.

May 31: Grief and the Toxic Relationship

June 7: **No Class**

FACILITATORS



Vicki Williams



Shari Murdock



Bridget Nash, MA LPC

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



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!

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


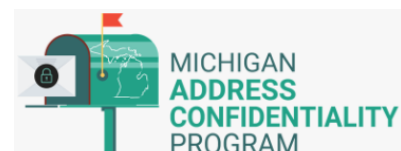


Search "Addalock" portable door lock on Amazon



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