

Decision Making

The Growing Stronger Together Class will begin a new book in early July from which to discover new tools to utilize on our journeys to safety, physical and emotional health, and the opportunity to live out who God designed us to be. Contact Shirley Ritsema at shirleyr@selah-empowers.org to learn more on how you can be part of the dynamic discussions that await!

“When we have a decision to make, what we want more than anything is peace, clarity, and a nudge in the right direction. If you have trouble making decisions because of either chronic hesitation or decision fatigue, Emily P. Freeman offers a fresh way of practicing familiar but often forgotten advice: simply do the next right thing. This simple, soulful practice will help you

- Clear the decision-making chaos
- Quiet the fear of choosing wrong
- Find the courage to finally decide without regret or second guessing”



“We’re letting everyone else’s agenda live for free in the sacred space of our creative mind, and it’s time for an eviction. This space is necessary for ideas to form, for questions to rise up, for hope to weave her way into our vision for the future and for the dots of decision to begin to connect in the quiet places of our mind and heart.”

~ *The Next Right Thing*, by Emily P. Freeman

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.
Contact selah.empowers@gmail.com or bridget@openchaircounseling.com for location and info.

May 24: Forgiveness vs. Reconciliation
May 31: Grief and the Toxic Relationship
June 7: **No Class**

See page 2 for more class options!

FACILITATORS



Vicki Williams



Shari Murdock



Bridget Nash, MA LPC

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.

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

May 22: Legal Advisor-Cynthia Rathburn	June 12: Characteristics - I
May 29: Verbal/Emotional/Psych. Abuse	June 19: Characteristics - II
June 5: NO CLASS	June 26: TBD
	July 3: Trauma and the Brain

FACILITATORS



Shari Murdock



Misty LaFree, LLPC



Erica Terry, Intern

Self Awareness & Reflection - 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 information.

May 22: Stink'n Thinking	June 19: Co-Dependency/Trauma Bonding
May 29: Boundaries	June 26: Children's Development/Trauma
June 5: NO CLASS	July 3: Forgiveness vs. Reconciliation
June 12: Emotional Disengagement	

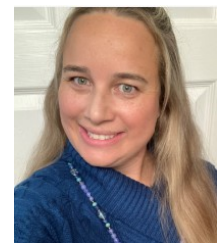


Vicki Williams



Carol Bosch, LMSW

**Selah Childcare
Bryon Center
Location**



Elisabeth Richards

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 information.

This week we will be discussing **Chapter Nine** of *I Don't Know Who I Am Anymore, Restoring Your Identity Shattered by Grief and Loss* by Carole Holiday. **This week we explore some options of managing "re-entry" into social life following grief or loss and being reminded of the value of feeling useful.** If you need a copy please reach out to Shirley Ritsema at shirleyr@selah-empowers.org or receive it when you join class.



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