

She sat at the back and they said she was shy,
 She led from the front and they hated her pride,
 They asked her advice and then questioned her guidance,
 They branded her loud, then were shocked by her silence,
 When she shared no ambition, they said it was sad,
 So she told them her dreams and they said she was mad,
 They told her they'd listen, then covered their ears,
 And gave her a hug while they laughed at her fears,

And she listened to all of it thinking she should,
 Be the girl they told her to be best as she could,
 But one day she asked what was best for herself,
 Instead of trying to please everyone else,
 So she walked to the forest and stood with the trees,
 She heard the wind whisper and dance with the leaves,
 She spoke to the willow, the elm, and the pine,
 And she told them what she'd been told time after time,
 She told them she felt she was never enough,
 She was either too little or far, far too much,
 Too loud or too quiet, too fierce or too weak,
 Too wise or too foolish, too bold or too meek,

Then she found a small clearing surrounded by firs,
 And she stopped...and she heard what the trees said to her,
 And she sat there for hours not wanting to leave,
 For the forest said nothing, it just let her breathe.

Just Breathe



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.

Info: Contact selah.empowers@gmail.com or bridget@openchaircounseling.com for location or link.

May 10: Codependency/Trauma Bonding - 1

May 17: Codependency/Trauma Bonding - 2

May 24: **No Class**

May 31: Children's Development/Trauma

June 7: Forgiveness vs. Reconciliation

June 14: Grief and the Toxic Relationship

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/Link: Contact selah.empowers@gmail.com or 616-510-6305

May 8: Grief & Toxic Relationships	June 5: Emotional/Psych/Verbal Abuse
May 15: Power and Control	June 12: Characteristics - I
May 22: Legal Advisor-Cynthia Rathburn	June 19: Characteristics - II
May 29: NO CLASS	

FACILITATORS



Shari Murdock



Misty LaFree, LLPC



Erica Terry, Intern

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 or 616-510-6305

May 8: Faith Issues	June 5: Stink'n Thinking
May 15: Self Esteem	June 12: Boundaries
May 22: Karpman Drama Triangle	June 19: Emotional Disengagement
May 29: NO CLASS	



Vicki Williams



Carol Bosch, LMSW

GROWING STRONGER TOGETHER - Byron Center

Childcare Provided

This class focuses on growth and healing.

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

Location/Link: Contact selah.empowers@gmail.com or 616-510-6305

This week we will be discussing **Chapter Eight** of *I Don't Know Who I Am Anymore, Restoring Your Identity Shattered by Grief and Loss* by Carole Holiday. **This week we explore how to reframe painful thoughts with time and intention.** If you need a copy please reach out to Shirley Ritsema at shirleyr@selah-empowers.org or receive it when you join class.

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

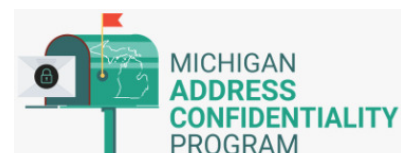


Search "Addalock" portable door lock on Amazon



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