

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 more information.

June 19: Characteristics - II
June 26: TBD
July 3: Trauma and the Brain

July 10: Trauma and Children
July 17: Faith Issues
July 24: Self Esteem
July 31: Karpman Drama Triangle

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 more information.

June 19: Emotional Disengagement 2
June 26: Codependency/Trauma Bonding
July 3: Children's Development/Trauma
July 10: Forgiveness vs. Reconciliation

July 17: Grief & Toxic Relationships
July 24 : Power and Control
July 31: TBD
Aug. 7: Verbal/Emotional/Psych. Abuse

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 more information.

This week we will be discussing **Chapter Twelve** of *I Don't Know Who I Am Anymore, Restoring Your Identity Shattered by Grief and Loss* by Carole Holiday. **In this chapter we will be reminded of the need for the "continuing education" of our hearts as we do the hard work of healing...and perhaps assuming we get to choose how and when we start to redeem our pain for something good. Ah, but God might have a different timeline planned for us. Great discussion awaits! Our next book to study, *The Next Right Thing*, will be available in class.**

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

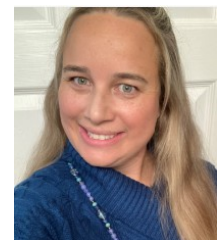


Vicki Williams



Carol Bosch, LMSW

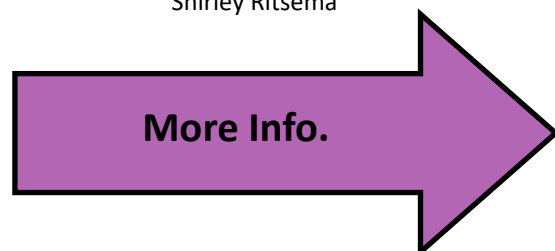
Selah Childcare
Byron Center
Location



Elisabeth Richards



Shirley Ritsema



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