

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 & Online link: Contact selah.empowers@gmail.com

June 26: Trauma and the Brain
July 3: Trauma and Children
July 10: Financial Advisor - Lisa Dean

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.

Online link : Contact selah.empowers@gmail.com

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

This week we will be discussing **Chapter Thirteen** of *I Don't Know Who I Am Anymore, Restoring Your Identity Shattered by Grief and Loss* by Carole Holiday. **This is the last chapter of this book so we will do a little reviewing as well as discuss the offerings from this chapter. To celebrate, cake may be involved!** 🙌

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



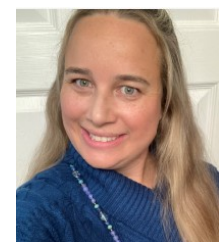
Erica Terry, Intern



Vicki Williams



Carol Bosch, LMSW

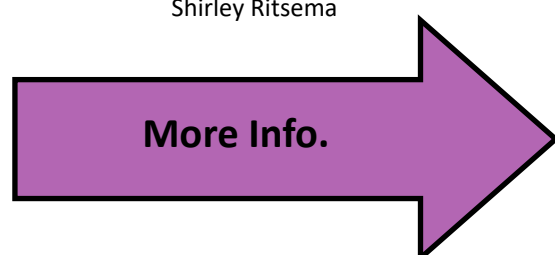


Elisabeth Richards

Selah Childcare
Bryon Center
Location



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

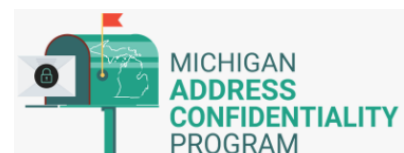


Search "Addalock" portable door lock on Amazon



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