

# Selah

## EMPOWERS

Pause and find strength for the journey

Selah Empowers is a faith-based, nonprofit organization offering free resources, education, and support to individuals experiencing the effects of domestic abuse. Selah was started out of Heritage Christian Reformed Church in Byron Center in 2018 when its leadership recognized the need to make help for victims of abuse more readily available through the church. Selah is working to address that need by offering weekly online and in-person support classes.

Statistics show that as many as 1 in 3 women and 1 in 7 men will experience domestic abuse in their lifetime. It might surprise you to know that those numbers are no different within the church. Statistics also show that 1 in 3 adolescents will experience teen dating violence. On an average day, domestic violence hotlines in the United States receive 20,000 calls.

The basis of domestic abuse is the misuse of power and control in a relationship. It includes behaviors that physically harm, arouse fear, prevent a partner from doing things they want to do, or force them into things they don't want to do. It can include physical and sexual violence, threats and intimidation, verbal abuse, emotional abuse, psychological abuse, isolation, economic deprivation, and even spiritual abuse.

Selah offers education, support, and resources that help bring clarity and validation to individuals who find themselves in an abusive relationship. Selah offers two levels of classes that are each 10 weeks long. The first level of classes is called *Journey to Understanding* and covers topics such as Power and Control, Psychological, Emotional, and Verbal Abuse, Abusive Behaviors, Trauma and the Brain, Effects on Children, and Faith Issues. The second level of classes is called *Strength for the Journey*. This series covers topics that help individuals regain confidence and strength as they move forward in their journey.

Living in an abusive relationship can be very confusing and leave a person fearful and wondering what's happening. It is our hope that through the education and support Selah offers, individuals will begin to understand the dynamics of abuse and become empowered to make the decisions needed for each of their situations.

If you would like to know more about Selah, or you would like to talk to someone individually, please call or email us. Our contact information is below. You can also visit our website for more information. We are here to help.

[selah.empowers@gmail.com](mailto:selah.empowers@gmail.com)

616.510.6305

[www.selah-empowers.org](http://www.selah-empowers.org)