



NEWS

PR 19– September 15, 2009

People in Transition:

FREE WORKSHOPS AVAILABLE SEPTEMBER THROUGH DECEMBER

Deptford Twp – People in Transition, located on the campus of Gloucester County College, is offering free workshops September through December for displaced homemakers and the community. To register and to learn the location of workshops, call 856-415-2222.

“How to Avoid Costly Housing Mistakes Before, During and After a Divorce” – Divorce is rarely easy and often means dealing with many difficult decisions. One of these difficult decisions is deciding what to do with the marital home. Advice will be given on how to maximize profits while protecting a personal interest in the sale. Lifestyle changes, new budgets and housing affordability will also be discussed. This one-night workshop will meet on the following dates: Monday, September 14, Thursday, October 22, and Thursday, December 17 from 7 -9 pm. To register, call 856-415-2222.

“Smart Women Finish Rich” – “Smart Women Finish Rich” is an educational seminar that provides seven steps to help plan for financial security. These simple steps are designed to help improve the financial quality of life, evaluate monetary goals and determine financial objectives. Discover the power of the latte factor. The one-day workshop, presented by Joseph Johnson, securities advisor, will be held on Wednesday, September 16, from 6:30 to 8 p.m. Another one-day workshop will take place on Monday, November 16 from 6:30 to 8 p.m. There is a \$5 materials fee. To register, call 856-415-2222.

“Are you an Entrepreneur?” – This one-night workshop will cover topics such as the difference between self-employment and entrepreneurship, the importance of networking, business plans, insurance, availability of grants and loans, home-based business vs. non home-based businesses, marketing vs. public relations, and using a part-

time job as a training tool. The workshop, sponsored by New Jersey Association of Women Business Owners (NJAWBO), is free and will be held at Gloucester County College. Presenters Phyllis Micahnik and Penny Bannister will present the workshop on Thursday, September 17, from 6 to 9 p.m. To register or for more information, call the Women's Business Center at **973-507-9700** or visit www.njawbo.org/wbc and register online under Seminar Schedule.

“Entering Today’s Job Market – Where Do I Begin?” - Thinking about going to work but feeling overwhelmed about getting started? Join us for this seminar to provide you with a focused roadmap to help you get started. Topics include resources that will help you to: identify your current skill set and how to expand it, understand employer’s expectations in today’s market, prepare your resume and cover letter, identify networking opportunities, and much more. This workshop is scheduled for Tuesday, September 22, from 7 – 9 p.m. Instructor is Eileen Adezio. To register, call 856-415-2222.

“Mediation for Divorce” - Mediation is a means of resolving differences and conflicts between consenting parties. Through the guidance of a trained, impartial third party, issues can be identified, information gathered and potential resolutions explored. In a neutral setting, open lines of communication can be created and resolutions obtained. Come in for help with decision making and tips on how to meet everyone’s goals fairly. This workshop will take place on Wednesday, September 23, from 6:30 to 8 p.m. and again on Wednesday, November 18 from 6:30 to 8 pm. Presenter for this workshop is Nancy Hawn, M.S., NJAPM. To register, call 856-415-2222.

“Laws of Separation and Divorce” - Attorneys from the Gloucester County Bar Association’s Family Law Committee will speak about court procedures and timing, grounds of divorce, selecting and helping an attorney, and setting goals. Guidance on issues of equitable distribution, custody, visitation, alimony, and other related concerns will be discussed. The workshop will be presented by Christine Cockerill, Esq., on Thursday, September 24, from 7 to 9 p.m. and again on Tuesday, November 10, from 7 to 9 p.m. To register, call 856-415-2222.

“Understanding Your Investments” – This one-night class will provide the necessary information to plan for financial security. The workshop has been designed to

help individuals better understand investments and get the most from their money. Topics covered include stock vs. bonds, mutual fund investing, tax deferred investing, risk management and estate planning techniques. Please plan to attend on Monday, September 28, from 6:30 to 8 p.m. Joseph Johnson, securities advisor, will lead the workshop. A \$5 materials fee is required. To register, call 856-415-2222.

“New Beginnings” – This seminar will improve your self esteem, develop self-confidence, explore who you are, find your role in life, take control of your situation and increase your opportunities. In this workshop you will learn to explore roles, discover new ways to act, identify and express feelings, reduce stress, let go of negative feelings and thoughts and learn to make better decisions. This seminar will take place on Mondays/Thursdays, October 26, 29, November 2, 5, 9 and 12 from 7 to 9:30 p.m. The instructor for this seminar is Deborah Makos Trionfo. To register, call 856-415-2222.

“Celebrating the Holidays in New Ways” – Traditionally, holidays are considered times for family gatherings. As the holiday season approaches, many divorced and widowed individuals become apprehensive because their family is now different. This workshop will identify new ways to celebrate, so that you rediscover the peace and joy of the holidays. Other grieving individuals are also welcomed to attend, as this seminar is open to the community. Please plan to attend on Wednesday, November 11 from 7 to 8:30 p.m. Licensed Professional Counselor, Dr. Jennie McQuaide will be the presenter for this workshop. To register, call 856-415-2222.

“Do You Know Your Family Health History?” - Health care professionals have known for some time now that common diseases – heart disease, cancer, and diabetes – and even rare diseases like hemophilia, cystic fibrosis and sickle-cell anemia can run in families. If one generation of a family has high blood pressure, it is not unusual for the next generation to have similarly high blood pressure. Tracing the illnesses suffered by your parents, grandparents and other blood relatives can help your doctor predict the disorders to which you may be at risk and take action to keep you and your family healthy. Rita Wood, CHE, Prof. Emeritus, Rutgers Cooperative Extension will present this seminar which meets Thursday, November 19 from 7 to 8:30 p.m. To register, call 856-415-2222.

“The Financial Aspects of Divorce” – This one night class is designed to help you navigate the complicated process and stressful ordeal of divorce. The class covers a broad range of financial issues one will face when going through divorce. “Financial Aspects of Divorce” will help you avoid costly mistakes, clarify your expectations and plan for a “successful” divorce. This class will meet on Monday, October 5, from 6:30 to 8 p.m. Joseph Johnson, securities advisor, will instruct this class. To register, call 856-415-2222.

“Forgiveness - A Healing Journey” – Individuals who have been emotionally and/or physically hurt in the past may continue to suffer for many years. As a result of prior hurt and pain, some of the following situations may occur; an individual may experience high levels of anger and frustration, a person may be afraid to trust other people due to the fear of being hurt again, someone may engage in self-destructive behaviors, or even treat loved ones badly. This eight-session workshop will meet on Tuesdays, October 6 through November 24 from 7 to 8:30 p.m. Dr. Jennie McQuaide, licensed professional counselor, will be the presenter. To register, call 856-415-2222.

“Money Smart – Where Does All My Money Go?” - During this four-week workshop series, participants will learn the basics of money management and how to gain control over finances. The workshops help individuals understand the financial impact of choices and provide knowledge skills and confidence to make conscious decisions about spending and saving money. Money Smart is an investment in your financial future.

This four-week series of workshops will meet on Wednesdays, October 7, 14, 21 & 28 from 6:30 to 8 p.m. Wanda P. Hardy, FDIC, Money Smart Trainer, will present the workshops. There is a \$10.00 fee for non-displaced homemakers. To register, call 856-415-2222.

“Child Support” – This New Jersey Child Support Overview and Guidelines workshop will increase your understanding of the New Jersey’s Child Support Program. Topics will include: an overview of child support programs, an explanation of child support guidelines, and a process for establishing and modifying support orders. This seminar will supply general information. Advice cannot be provided on individual cases but participants can refer to their local Child Support Office. The instructor will be

Danielle Francescone, BA Training Coordinator, NJCSI, School of Social Work, Rutgers. This workshop is schedule for Thursday, October 8, 2009 from 7 to 9 p.m. To register, call 856-415-2222.

“Self-Esteem” – The key to a satisfying personal life and successful career is high self-esteem. This workshop will offer insights for increasing self-esteem and opportunities by practicing easy skills. This seminar is scheduled for October 12, 15 & 19 from 7 to 9:30 p.m. The instructor will be Deborah Makos Trionfo. To register, call 856-415-2222.

“Myers Briggs Type Indicator/Strong Interest Inventory (MBTI)” – The MBTI instrument is the most widely used personality inventory tool. Many people who have taken this indicator feel confident with the business, career, or personal decisions they have made. Learn how this amazing instrument can help you understand yourself better, make better career choices and sharpen your communication/relationship skills. The MBTI reflects today’s pattern of constant change in the workplace. It provides a solid, dependable guide for career change and development. Whether investigating careers, considering a job change or seeking ways to in enhance a career, MBTI provides the most valid, powerful, and up-date information to help make informed decisions. Please plan to attend this workshop on Wednesday, October 14 from 11 a.m. to 1 p.m. and October 21 from 11 a.m. to 2 p.m. The cost of this workshop is \$140.00, for non-displaced homemakers. Jeanne M. LaBuz, M.A., CWDP, MBTI/SII Certified will be the presenter. To register, call 856-415-2222.

“Introduction to Computers” – “Introduction to Computers” is a series of computer workshops totaling 40 hours. This series will cover Microsoft Word, Excel, PowerPoint, Internet and e-mail. Choose from either a day or night schedule, to learn basic computer skills. The day class will begin on Wednesdays, October 7 – December 2 from 9:30 a.m. to 2:30 p.m. The evening class will be Wednesdays & Thursdays starting October 14 – December 10 from 6:30 to 9:30 p.m. The cost for displaced homemakers is \$25. The cost for non-displaced homemakers is \$80.00. To register, call 856-415-2222.

Gloucester County College’s 250-acre campus is located on Tanyard Road in Deptford, just off Exit 56 of Route 55.