



# Gloucester County College

LEARNING FOR REAL LIFE

Press Release # 079  
Date 11/23/05

**Title** PEOPLE IN TRANSITION WORKSHOPS HELD  
DURING DECEMBER AND JANUARY AT GCC

People in Transition workshops will be held on the campus of Gloucester County College during December and January. To register and learn the locations of workshops, [please call \(856\) 415-2222](tel:8564152222). Workshops are free unless otherwise noted.

**Mediation for Divorce** will be held on Wednesday, December 7, from 6:30 to 8 p.m. Nancy Hawn, APM, will be the instructor. Mediation is a means of resolving differences and conflicts between consenting parties. Come in for help with decision making that will allow you to meet everyone's goals fairly.

**The Third Wednesday Group for Widows/Widowers and Divorced and Separated** will meet on the second Wednesday, December 14, from 7 to 8:30 p.m. Professional counselor Jennie McQuaide, Ph.D. will discuss "Managing Stress In Your Life." During this workshop, you will identify stressors in your life, hear about strategies for coping with stress, and practice relaxation techniques.

A three-part workshop on **"Self-Esteem"** will start on Thursday, January 5 and continue on Monday, January 9 and Thursday, January 12, from 7 to 9:30 p.m. The key to a satisfactory personal life and successful career is high self-esteem. Instructor Deborah Makos Trionfo will offer insights for increasing self-esteem and opportunities for practicing easy skills.

An eight-week workshop on **"Conflict Resolutions"** will meet from 7 to 8:30 p.m. every Tuesday, from January 10, 2006 till

February 28. This workshop will identify the causes of anger, help recognize the physical and psychological indicators that precede angry outbursts, and teach ways to resolve conflicts. Registration is limited. Newcomers are welcomed only in the first and second session.

“Yoga for Beginners” continues every Friday evening at GCC from 6:30 to 7:30 p.m. Come stretch your body and quiet your mind. Learn to let go of the day and just breathe. Wear loose clothing, bring a towel or a mat, and a bottle of water. Yoga is good exercise to reduce stress. [For more information, please call \(856\) 415-2222.](tel:8564152222)

The GCC campus is along Tanyard Road in Deptford, just off Exit 56 of Route 55.

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