



Gloucester County College

LEARNING FOR REAL LIFE

Press Release # 090
Date 12/22/05

Title CENTER FOR PEOPLE IN TRANSITION WORKSHOPS
OFFERED IN JANUARY

Deptford - The Center for People in Transition offers a variety of workshops for the displaced homemaker during January. [To register for workshops, please call \(856\) 415-2222.](#)

A three-day workshop on **“Self Esteem”** will start on Thursday, January 5, and continue on Monday, January 9, and Thursday, January 12, in the evenings from 7 to 9:30 p.m. Deborah Makos Trionfo will be the presenter. This workshop will offer insights for increasing self-esteem and opportunities by practicing easy skills.

Dr. Jennie McQuaide, Ph.D., will lead an eight-week workshop on **“Conflict Resolution”** starting on Tuesday, January 17 and finishing on March 7, from 7 to 8:30 p.m. Registration is limited and newcomers are only welcome in the first two sessions. In this workshop participants will learn to identify the causes of anger, to recognize the physical and psychological indicators that precede angry outbursts, and to resolve conflicts in healthy ways.

The Third Wednesday Group for Widows/Widowers, Divorced and Separated will discuss **“Managing Time and Space”** at their monthly meeting on Wednesday, January 18, from 7 to 8:30 p.m. Dr. Jennie McQuaide, Ph.D., will be the presenter. Attend this workshop for some interesting pointers on managing time more effectively and get ideas to get rid of clutter.

“Laws of Separation and Divorce” is a one-night workshop on Wednesday, January 25, from 7 to 9 p.m. Christine Cockerill, an

attorney with the Gloucester County Bar Association's Family Law Committee, will speak about court procedures and timing, grounds for divorce, selecting and helping your attorney, and setting goals. Discussion will also focus on issues of equitable distribution, custody, visitation, and alimony.

Brian Ziegenfuss (Ziggy) from RE/MAX Millennium will lead a workshop on Friday, January 27, from 7 to 9 p.m. on **“How To Avoid Costly Housing Mistakes Before, During and After a Divorce.”** An important decision during a divorce is what to do with the house. This workshop will review suggestions on the sale of the house and to maximize profits, new budgets, housing affordability, and lifestyle changes.

A six-session workshop on **“Money \$mart”** will start on Monday, January 30 and continue till Monday, March 13. The group will meet from 6:30 to 8:30 p.m. Wanda P. Hardy, Executive Director, CreditWorthy, will cover such subjects as budgeting, savings, spending, managing your checkbook account, credit, investing for your future, borrowing basics and identify theft. The workshop is limited to 15 persons.

To register for all the workshops, please call (856) 415-2222 or email PeopleinTransition@gccnj.edu.

GCC's 270-acre campus is on Tanyard Road, Deptford just off Exit 56 of Route 55.

For more information contact:

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