



Gloucester County College

LEARNING FOR REAL LIFE

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Title PEOPLE IN TRANSITION OFFERS
FREE WORKSHOPS IN NOVEMBER

Deptford Twp. – People in Transition continues to offer workshops for the displaced homemaker and anyone else who is interested. To register for workshops or to get more information, please call (856) 415-2222.

“Smart Women Finish Rich” will meet on Wednesday, November 1, from 6 to 8 p.m. CreditWorthy and Joseph M. & Russell C. Johnson, of Main Street Financial Group, will show how to start improving the quality of your financial life right away. The workshop will show how to build financial baskets for security and retirement, figure out where one stands financially, and discover how to save money using the Latte Factor.

The six-session “Divorce Recovery Workshop” will start on Tuesday, November 7 and end Tuesday, December 12 from 7 to 8:30 p.m. Dr. Jennie McQuaide will lead the workshop and requires attendees to attend all six sessions. The workshop is designed for men and women who are separated or divorced. The workshop will cover such issues as improving your self-esteem, loneliness, mood swings, shattered dreams, depression, coping with anger, working with your children’s emotions, and communicating with you former spouse. Registration is mandatory. Please call People In Transition at (856) 415-2222.

“Mediation for Divorce” will be held on Wednesday, November 8, from 6 to 7:30 p.m. led by Nancy Hawn, APM.

Mediation is a means of resolving differences and conflicts between consenting parties. Through the guidance of a trained, impartial third party, issues are identified, information is gathered and potential resolutions are explored in a neutral setting where lines of communication can be created and resolutions can be obtained. Learn how to make decisions that will meet everyone's goals fairly.

The “[Third Wednesday Group for Widows/Widowers and Divorced and Separated](#)” will meet on November 15, 7 to 8:30 p.m. Dr. Jennie McQuaide, Professional Counselor, will lead the session. The topic for the evening will be “Celebrating The Holidays In New Ways.” The holidays are times for family reunions. As the holiday season approaches, many divorced and widowed individuals become apprehensive because their family is different. This workshop will identify new ways to celebrate so that the peace and joy of the holidays can be rediscovered. Other grieving individuals are also welcome to attend this workshop.

“[Laws of Separation and Divorce](#)” will be held on Wednesday, November 29, from 7 to 9 p.m. Attorneys from the Gloucester County Bar Association's Family Law Committee will speak on court procedures and timing, grounds for divorce, selecting and helping your attorney, and setting goals. They will also discuss the issues of equitable distribution, custody, visitation, and alimony.

Brian Ziegenfuss (Ziggy), from RE/MAX Millennium, will host a workshop on “[How To Avoid Costly Housing Mistakes Before, During, and After a Divorce,](#)” on Thursday, November 30, from 7 to 9 p.m. Divorce is rarely easy and often means a lot of difficult decisions. One of the most important items is what to do with the house. The workshop will cover suggestions to protect one's desired interest in the sale and to maximize the profit. The workshop will also review lifestyle changes, new budgets, and housing affordability.

“Beginning Yoga” continues every Friday evening from 6:30 to 7:30 p.m. Yoga is good exercise to reduce stress and quiet the mind. Wear loose clothing, bring a towel or mat and a bottle of water. Call (856) 415-2222 on Friday afternoon to check for cancellation.

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

For more information contact:

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