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## NEWS

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PR 101 - June 30, 2010

### **GCC SUMMER WORKSHOPS**

Deptford Twp. – Gloucester County College’s Center for People in Transition offers free seminars for displaced homemakers in the community during July and August. Workshops provide all interested individuals the opportunity to learn how to financially and emotionally cope with the aspects of changing family roles ranging from elder care to prenuptial agreements, to separation and divorce. To register and to learn the location of workshops, call (856) 415-2222.

**“Playing the Separation Card Hand”** — “Playing the Separation Card Hand” is a hands-on workshop that offers inspiration and support to all people experiencing separation from a spouse, significant other or long-term relationship. Using a card-game concept called the Separation Card Cycle™, participants learn how to deal with life situations by accepting the hand they were dealt. Self-discovery and choice, normalizing and validating experiences, self-awareness and coping skills are some of the many benefits individuals will learn in the workshop. Certified Professional Lifecoach Sharon Roth-Lichtenfeld, CPC presents Wednesday, July 14, from 7 to 9 p.m.

**“Prenuptial Agreements”** — Before marrying again or for the very first time, learn the benefits of having a prenuptial agreement. This workshop will answer questions such as who should have one, what should a prenuptial agreement contain, how to protect the interests of children from a former marriage and how does having a prenuptial agreement alter an estate plan. Victoria M. Dalton, Esq., instructs Tuesday, July 20, from 7 to 8:30 p.m.

**“Elder Care —It’s a Family Affair”**— This new workshop will address the important information regarding elder issues, such as Medicaid, trusts, estate long-term

planning and elder abuse. The workshop runs Wednesday, July 21, from 7 to 8:30 p.m. Victoria M. Dalton, Esq., will present.

**“Laws of Separation and Divorce”** – Attorneys from the Gloucester County Bar Association’s Family Law Committee will speak on the necessary court procedures, timing and grounds for divorce, in addition to selecting a proper attorney and setting achievable goals when filing for divorce. Topics discussed include issues of equitable distribution, custody, visitation, alimony, and other related concerns. The seminar will occur Monday, July 26, from 7 to 9 p.m. and is instructed by Henry Weinfeld, Esq.

**“Face of Changing Family Roles”** – This seminar explores the impact of changed relationships in families due to separation from spouse, significant other or a long-term partner. Open to all family members, “Face of Changing Family Roles” provides coping strategies for individuals in order to come to terms with an altered family dynamic. Exercises include creating nametags for each position within the family and practicing empathizing with each person’s responsibilities. The discussion occurs Wednesday, July 28, from 7 to 9 p.m. and is presented by Certified Professional Lifecoach Sharon Roth-Lichtenfeld, CPC.

**“How to Avoid Costly Housing Mistakes Before, During and After a Divorce”** – Divorce is rarely easy and often means a lot of difficult decisions. One of the most important is what to do with the house. The seminar provides suggestions to protect one’s desired interest in the sale and also how to maximize the profits, including lifestyle changes, new budgets and affordable housing. The workshop runs Thursday, July 29, from 7 to 9 p.m. and is presented by Brian Ziegenfuss from REMAX Connection.

**“The Face of Care for the Caregiver Parts I and II”** – Certified Lifecoach Sharon Roth-Lichtenfeld teaches healthy approaches to providing care to loved family members, even when one feels exhausted. In Part I of the installment, participating caregivers explore the emotional, physical and spiritual impact of caring for a loved one. Lessons include identifying the importance of self-care through constructing a “Cozy Care Kit” when one feels they need a break. The second segment focuses on

empowerment techniques and providing for one's self through creating Good Grief Personal Name Tags™. Classes meet Wednesdays, August 11 and 25, from 7 to 9 p.m.

For more information or to register for workshops, 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.