



NEWS

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CENTER FOR PEOPLE IN TRANSITION JANUARY WORKSHOPS

Deptford Twp. – Gloucester County College’s Center for People in Transition gears up for this winter season with an assortment of new personal improvement workshops for all interested individuals to enjoy. The workshops are free of charge unless otherwise noted. To register, please call 856-415-2222.

“How to Avoid Costly Housing Mistakes Before, During and After Divorce”

– This workshop will be offered on Thursday, Jan. 6 from 7 to 9 p.m. Divorce is rarely easy and often means a lot of difficult decisions. One of the most important decisions is what to do with the co-owned home. Brian Ziegenfuss from RE/MAX Millennium will provide suggestions on how to protect one’s interest in the sale of a house while maximizing profits. The workshop will also review lifestyle changes, new budgets and housing affordability. Dates for the one-day workshop are Jan. 6, Feb. 8, March 31 and April 27 from 7 to 9 p.m.

“LIHEAP Utility Presentation” – Representatives from the Low Income Home Energy Assistance Program (LIHEAP) will explain the federally funded program that helps low-income households pay for heating, including electric, natural gas and oil costs. All interested individuals are encouraged to apply, because even if heat is included in rent assistance, one may still qualify. Applications are being accepted from Nov. 1, 2010 through April 30, 2011. Two separate sessions occur Monday, Jan. 10 from 7 to 8 p.m. and on Feb. 14 from 2 to 3 p.m.

“Forgiveness: A Healing Journey” – The seminar series teaches coping strategies to individuals who have been hurt by people or events in their lives. During the workshops, individuals will learn ways to relieve emotional pain in order to facilitate and promote moving on with their lives. Participants also obtain information on how to let go of anger. Lessons include how holding on to animosity requires a great deal of emotional

energy and keeps a person tied to the past. In order to move on and enjoy a healthier lifestyle in the future, a person must make a conscious decision to forgive. Special emphasis is placed on learning to forgive as a vital part of the healing process. Sessions run every Tuesday, spanning Jan. 11 through March 1, from 7 to 8:30 p.m. Dr. Jennie McQuaide, licensed professional counselor, instructs each workshop. No one will be admitted after the second session.

“Financial Strategies for Divorcees” – This seminar attempts to explain how individuals can manage their financial affairs while going through a divorce. Instructor Monique Castillo, financial advisor, shares how although one may be viewing their financial situation differently, they are not alone. Roughly 90 percent of all women will be solely responsible for their finances at some point during their lives. This workshop helps participants to become organized, navigate financial paperwork and become more aware of critical timelines that can have a financial impact on their future. Actionable checklists administered during the workshop helps individuals chart personal financial progress. This seminar runs Wednesday, Jan.12 from 7 to 9 p.m.

“Laws of Separation and Divorce” – Attorneys from the Gloucester County Bar Association’s Family Law Committee will speak about 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 be offered twice once on Thursday, Jan. 13 from 7 to 9 p.m. and on Monday, March 21 from 7 to 9 p.m.

“What is the Face of Your Bereavement” – This empowering, interactive workshop helps participants discover what bereavement means on an individual level. Coping strategies and the range of feelings, emotions and thoughts one experiences with the loss of a loved one are covered. Sharon Roth-Lichtenfeld, certified professional life coach, presents Thursday, Jan. 20 from 7 to 9 p.m.

“Prenuptial Agreements” – Victoria M. Dalton, Esq. and member of the Gloucester County and State Bar Association, explains the benefits of having a prenuptial agreement. This workshop explains who should seek a prenuptial agreement, what it should contain and how important the circumstances surrounding the signing of a

prenuptial agreement are. Other topics include how to protect the interests of one's children from a former marriage and whether or not such a contract can alter an estate plan. This seminar occurs Monday, Jan. 24 from 7 to 8:30 p.m.

“Elder Care: It’s A Family Affair” – This workshop will address the important information regarding elder care issues such as Medicaid, trusts, estate long-term planning and elder abuse. Victoria M. Dalton, Esq. and member of the Gloucester County and State Bar Association, presents Tuesday, Jan. 25 from 7 to 8:30 p.m. Her specialties include areas of family and elder care laws.

“Financial Strategies for Widows” – Monique Castillo, financial advisor, addresses how 90 percent of all women will be solely responsible for their finances at some point during their lives and how they are not alone. This seminar covers several financial challenges faced by widows, such as documents needed for retitling assets, determining the income one needs and how to meet important financial timelines. An actionable checklist will be given to all participants to help everyone stay focused and move forward in a progressive manner. This workshop runs Wednesday, Jan. 26 from 12 to 1 p.m.

“Smart Women Finish Rich” – This educational seminar provides individuals with seven steps to help plan for one's financial security and seek personal dreams. These simple steps are designed to help participants improve the fiscal quality of their life and figure out their financial standing. Individuals will learn how to invest money where values are. The workshop will meet Thursday, Jan. 27 from 6:30 to 8:30 p.m. and includes a \$5 materials fee. Financial advisor Joseph Johnson, Owner of the Main Street Investment Group, will present.

For more workshop information, 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.