



The Workshops below were just added to our Schedule. Please call 856-415-2222 or email peopleintransition@gccnj.edu to register

Assertive Communications

February 28th 7 – 8:30 p.m.

Do you sometimes feel used by other people? Do you sometimes rant and rave when you are upset or angry? This assertiveness workshop will help you identify your own communication style. It will also feature specific strategies for communicating assertively with others, such as former spouses, children, friends, and co-workers.

Managing Stress in Your Life

March 8 7 – 8:30 p.m.

Both death and divorce can increase your stress levels. During this workshop you will identify stressors in your life, you will hear about strategies for coping with stress, and you will practice relaxation techniques.

Re-marriage – Issues to Consider Before Saying “I Do” Again!

April 30 7 – 8:30 p.m.

A second marriage can be a joy or a disaster. The stepfamily is different from the first family in significant ways. Emotional, physical, and financial changes have a considerable impact on you and on your children. Understanding the differences and learning to communicate openly about them can help you achieve a happy second marriage.