



at Gloucester County College

Second Issue 2009-2010

#### LETTER FROM THE DIRECTOR

*Dear PIT Clients and Colleagues:*

*I would like to take this opportunity to inform you that some of our services may have to change for FY'09-'10 due to funding limitations. We are very appreciative to United Way of Gloucester County for providing flat funding to us, but we are faced with financial adversity since we have a decrease of 18.5% in our funding from the New Jersey Department of Community Affairs Division on Women. The deficit is resulting in no salary increases, staff hours being cut back, fewer workshops being offered, reducing the publication of our newsletter from four times a year to three, reducing our mailing to save on postage, and a number of other penny pinching applications.*

*The staff of People in Transition is asking that you work with us in getting through this financial crisis. Please be aware that you can save the agency money by providing your email address to us, or by accessing our workshop schedule on [www.gccnj.edu](http://www.gccnj.edu), click on quick links, click on displaced homemakers. Please be patient if you have to wait a longer period of time for an appointment due to decreased staffing hours, or wait a longer period of time to participate in one of our workshops due to less workshops being offered. We also ask that you continue to contact your Legislators and let them know the impact that People in Transition has had in helping you through such a horrific time in your life and impress upon them the need for their support in funding the 15 displaced homemaker centers throughout the State of New Jersey!*

*Once again, thanks for your support and please feel free to contact me at [jlabuz@gccnj.edu](mailto:jlabuz@gccnj.edu) with questions.*

*Jeannie LaBuz, Director*

### Laws of Separation and Divorce

Attorneys from the Gloucester County Bar Association's Family Law Committee will speak on: court procedures and timing, grounds of divorce, selecting and helping your attorney, and setting goals. They will discuss the issues of equitable distribution, custody, visitation, alimony and other related concerns.

**Date:** September 24 (Thursday)  
November 10 (Tuesday)  
**Time:** 7 – 9 p.m.  
**Presenter:** Christine Cockerill, Esq.

### Mediation for Divorce

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 the lines of communication can be created and resolutions can be obtained. Come in for help with decision making that will allow you to meet everyone's goals fairly.

**Date:** September 23 (Wednesday)  
November 18 (Wednesday)  
**Time:** 6:30 - 8 p.m.  
**Presenter:** Nancy Hawn, M.S., NJAPM

## Self Esteem

The key to a satisfactory personal life and successful career is high self-esteem. You can raise your self-esteem and self-confidence with a little knowledge and practice. This workshop will offer insights for increasing self-esteem and opportunities by practicing easy skills.

**Date:** Oct. 12, 15, 19 (Mon/Thurs)

**Time:** 7 – 9:30 p.m.

**Instructor:** Deborah Makos Trionfo

## New Beginnings

Do you want to improve your self esteem, develop self confidence, explore who you are, find your role in life, take control of your situation or increase your options. In this workshop you will learn to explore roles, discover new ways to act, identify and express feelings, reduce stress, let go of negative feelings and thoughts, make better decisions.

**Date:** Oct. 26, 29, Nov. 2, 5, 9, 12  
(Monday/Thursday)

**Time:** 7 – 9:30 p.m.

**Instructor:** Deborah Makos Trionfo

## How to Avoid Costly Housing Mistakes Before, During and After a Divorce

We know that divorce is rarely easy and often means a lot of difficult decisions. One of the most important is what to do with the house. We will give suggestions to protect ones desired interest in the sale - also to maximize the profits. We will go over the lifestyle changes, new budgets and housing affordability.

**Date:** September 14 (Monday)  
October 22 (Thursday)  
December 17 (Thursday)

**Time:** 7 – 9 p.m.

**Presenter:** Brian Ziegenfuss (Ziggy),  
from RE/MAX Millennium

## Celebrating the Holidays in New Ways

Traditionally, holidays are considered 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 you can rediscover the peace and joy of the holidays. Other grieving individuals are also welcome to attend this workshop.

**Date:** Nov. 11, 2009 (Wednesday)

**Time:** 7 – 8:30 p.m.

**Presenter:** Dr. Jennie McQuaide,  
Licensed Professional Counselor

## Bereavement

Grieving adults of ALL AGES are cordially invited to join a support group which will meet at Gloucester County College. The death of a spouse is among the most devastating losses a person will experience. The dramatic change in life style - from being part of a couple to being alone - can be overwhelming. The death of other close relatives and friends is also highly traumatic.

In this eight session Bereavement Workshop series, you will learn specific strategies for coping with feelings of loneliness, frustration, anger and grief. Information and community resources will be presented. In addition, you will have an opportunity to meet and talk with other recently bereaved individuals.

You will benefit most from the workshop if you attend ALL sessions. Registration is mandatory. New members will not be admitted after the second session

**Date:** Sept. 11, 18, 25, Oct. 2, 9,  
16, 23, 30, 2009 (Friday)

**Time:** 7 – 8:30 p.m.

**Presenter:** Dr. Jennie McQuaide,  
Licensed Professional Counselor

**To register and to learn location of workshops call (856) 415-2222. All workshops are FREE of charge unless otherwise noted.**

**\*\*NEW\*\***

## **Entering today's Job Market – Where Do I Begin?**

Thinking about going back to work, but feeling overwhelmed about getting started? Join us for this seminar to provide you with a focused roadmap to help you get started. Topics include resources that will help you to: identify your job aptitude, prepare an inventory of your current skill set and how to expand it, understand employer expectations in today's market, prepare your resume and cover letter, identify networking opportunities, and much more. Come and share your own experiences to help us all prepare to put our best selves forward.

**Date:** September 22 (Tuesday)

**Time:** 7 – 9 p.m.

**Instructor:** Eileen Adagio

## **Myers Briggs Type Indicator / Strong Interest Inventory**

The MBTI instrument is the most widely used personality inventory in history. Many people who have taken the indicator feel confident in their business, career, or personal decisions. Learn how this amazing instrument can help you understand yourself better, make better career choices, and sharpen your communication/relationship skills.

The Strong Interest Inventory reflects today's pattern of constant change in the world of work. It provides a solid, dependable guide for career change and development. Whether you are investigating careers, a job change, or you are interested in career development, the Strong provides the most valid, powerful,

and up-to-date information to help you make informed decisions.

**Date:** Oct. 14 & 21, 2009 (Wed.)

**Time:** 11 a.m. – 1 p.m. on Oct. 14  
11 a.m. – 2 p.m. on Oct. 21

**Presenter:** Jeanne M. LaBuz, M.A.,  
CWDP, MBTI, SII Certified

**The cost for this workshop is \$140 for non-displaced homemakers.**

## **Forgiveness - A Healing Journey**

An eight session workshop series for individuals who have been hurt by people or events in their lives.

Individuals who have been emotionally and/or physically hurt in the past may continue to suffer many years later as a result of their prior experiences.

As a result of prior hurt and pain, some of the following situations may occur. An individual may experience high levels of anger and frustration, may be afraid to trust other people due to the fear of being hurt again, may engage in self destructive behaviors, or may even treat loved ones badly.

During this eight-session workshop, individuals will learn ways to relieve the hurt and pain so that they can move on with their lives. They will also learn how to let go of anger. Holding on to anger requires a great deal of emotional energy and keeps a person tied to the past. In order to move on to a healthier life in the future, a person must make a conscious decision to let go of anger from the past. Learning to forgive is an important part of the healing process.

**Date:** Oct. 6, 13, 20, 27, Nov. 3,  
10, 17 & 24, 2009 (Tues.)

**Time:** 7 – 8:30 p.m.

**Presenter:** Dr. Jennie McQuaide,  
Licensed Professional Counselor

## MONEY MATTERS

Presented by: CreditWorthy, A Non-profit  
Financial Education Organization

### Money \$mart - Where Does All My Money Go?

Have you ever felt lost about where and how to start working on your personal finances? Ever get frustrated that you never seem to get ahead? Are you and your family constantly arguing about money? Do you ever wonder where your money went last month? Do you have trouble saving money? Do you wish you had financial security? Want to work on paying down your debt but don't know where to start, then this 4 week workshop series is for you. Through this 4 week workshop series you will learn the basics of money management and how to gain control over your finances rather than letting your finances control you. The workshops will help you understand the financial impact of the choices you make and help you to develop the knowledge, skills and confidence to make your own conscious decisions about spending and saving and where you want your money to go. Money \$mart is an investment in your financial future.

**Date:** Oct. 7, 14, 21 & 28 (Wed.)

**Time:** 6:30 – 8 p.m.

**Presenter:** Wanda P. Hardy, FDIC  
Money Smart Trainer

**Registration Fee: \$10.00 for Non Displaced Homemakers**

### Smart Women Finish Rich

Smart Women Finish Rich is an educational seminar that provides you with 7 steps to help you plan for your financial security and seek your dreams. These simple steps are designed to help you improve the financial quality of your life. Put your money where your values are!

Figure out where you stand financially!  
Discover the power of the latte factor!

**Date:** September 16 (Wednesday)  
November 16 (Monday)

**Time:** 6:30 – 8:00 p.m.

**Presenter:** Joseph Johnson, Securities  
Advisor

**Materials fee \$5 – bring to class**

### The Financial Aspects of Divorce

This one-night class is designed to help you navigate the complicated process and stressful ordeal of divorce. The class covers a broad range of financial issues you will face when going through divorce. Financial Aspects of Divorce will help you avoid costly mistakes, clarify your expectations and begin planning for a “successful” divorce.

**Date:** October 5, 2009 (Monday)

**Time:** 6:30 – 8 p.m.

**Presenter:** Joseph Johnson, Securities  
Advisor

**Materials fee \$5.00 – bring to class.**

### Understanding Your Investments

This one-night class will provide you with information you need to help you plan for your financial security. The class has been designed to help you better understand your investments and to learn how to make your money work for you. Topics covered include: stocks vs. bonds, mutual fund investing, tax deferred investing, risk management and estate planning techniques.

**Date:** September 29 (Tuesday)

**Time:** 6:30 – 8 p.m.

**Presenter:** Joseph Johnson, Securities  
Advisor

**Materials fee \$5.00 - bring to class**

**To register and to learn location of workshops call (856) 415-2222.**

All workshops are FREE of charge unless otherwise noted.

## Introduction to Computers

We will have two basic **40 hour** computer workshops covering Micro Soft Word, Excel, Power Point, internet, and email.

The **day** class will be on **Wednesdays starting on October 7 – December 2** from **9:30 a.m. to 2:30 p.m.**

The **evening** class will be **Wednesdays & Thursdays starting October 14 – December 10** from **6:30 – 9:30 p.m.**

The **cost for displaced homemakers is \$25.** The **cost for non-displaced homemaker is \$80.**

## Child Support

This New Jersey Child Support Overview and Guidelines workshop will increase you understanding of New Jersey's Child Support Program.

Topics for review include:

- Overview of child support program
- Explanation of child support guidelines
- Process for establishing and modifying support orders

Please note that we are unable to provide advice on individual cases but can refer participants to a local Child Support office.

**Date:** October 8, 2009 (Thursday)

**Time:** 7 – 9 p.m.

**Instructor:** Danielle Francescone, BA  
Training Coordinator, NJCSI,  
School of Social Work, Rutgers

**\*\*NEW\*\***

## Do You Know Your Family Health History

Health care professionals have known for some time now that common diseases - heart disease, cancer, and diabetes - and even rare diseases like hemophilia, cystic fibrosis, and sickle cell anemia - can run in families. If one generation of a family has high blood pressure, it is not unusual for the next

generation to have similarly high blood pressure.

Tracing the illnesses suffered by your parents, grandparents, and other blood relatives can help your doctor predict the disorders to which you may be at risk and take action to keep you and your family healthy.

**Date:** November 19 (Thursday)

**Time:** 7 – 8:30 p.m.

**Presenter:** Rita Wood, CHE, Prof.

Emeritus, Rutgers Cooperative Extension

**To register and to learn location of workshops call (856) 415-2222. All workshops are FREE of charge unless otherwise noted.**

## NJAWBO

The following **FREE** workshop is being sponsored by NJAWBO, New Jersey Association of Women Business Owners, and will be held at Gloucester County College. They are open to everyone (male and female).

### Are You an Entrepreneur?

Has the economic situation got you down? Are you unemployed and looking for an alternative to finding another job? Do you want to be your own boss? See if you have what it takes to be an entrepreneur!

The following are just some of the topics that will be covered:

Differences Between Self-Employment and Entrepreneurship; The Importance of Networking, Business Plans, Insurance; Availability of Grants and Loans; Home-Based Businesses vs. Non Home-Based Businesses; Marketing vs. Public Relations; Using a Part-Time Job as a Training Tool

**Date:** September 17 (Thursday)

**Time:** 6 – 9 p.m.

**Presenter:** Phyllis Mechanic &  
Penny Bannister

**To register**, or for more information, please call the Women's Business Center at **973-507-9700** or visit their **website** at [www.njawbo.org/wbc](http://www.njawbo.org/wbc) and register online under Seminar Schedule.

