



At Gloucester County College

Second Issue 2011 – 2012

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

Most workshops are FREE of charge unless otherwise noted.

Divorce Recovery Workshop

This **six session workshop** is designed for men and women who are separated or **divorced**. **Having been half of a couple during the** years of your marriage, you may experience some anxiety during the transition into a single life style. This workshop will provide information that can help you deal with issues such as:

**improving your self-esteem,
loneliness,
coping with anger,
working with your children's emotions, and
communicating with your former spouse.**

By the end of the last session, you will have some concrete coping strategies for dealing with this transition period; you will expand your support system by meeting other people who are separated or divorced; and you will begin to develop a creative future for yourself as a single adult.

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: Jan. 17, 24, 31, Feb. 7, 14 & 21
(Tuesdays)

Time: 7 – 8:30 p.m.

Presenter: Jennie McQuaide, Ph.D.,
Licensed Professional Counselor

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 the broad range of financial issues you will face when going through divorce and is designed to help you avoid costly mistakes, clarify your expectations and begin planning for a “successful” divorce.

Date: January 26 (Thursday) **or**
February 28 (Tuesday) **or**
March 19 (Monday) **or**
April 26 (Thursday)

Time: 6:30 – 8:30 p.m.

Instructor: Joseph Johnson, Owner Main
Street Financial, Financial Advisor

Financial Strategies for Widows

90% of all women will be solely responsible for their finances at some point in their lives, so you are not alone. This seminar will cover several financial considerations for widows such as documents needed for retitling of assets, determining the income you will need and important timelines to be met. You will leave the seminar with an actionable checklist to help you stay focused and moving forward.

Date: January 19 (Thursday) **or**
March 22 (Thursday)

Time: 7 – 9 p.m. **or**

Date: February 15 (Wednesday) **or**
April 11 (Wednesday)

Time: noon – 1:30 p.m.

Presenter: Monique Castillo, Financial Advisor

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 one's desired interest in the sale - also to maximize the profits. We will go over the lifestyle changes, new budgets and housing affordability.

Date: January 11 (Wednesday) **or**
February 23 (Thursday) **or**
April 10 (Tuesday)

Time: 7 – 9 p.m.

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

*** **NEW** ***

What is Your Twister?

In this unique workshop learn how change and adversity causes emotional upheaval and chaos. Discover your own internal twister, normalize the experience and begin the process of taming the chaos.

Date: April 18 (Wednesday)

Time: 7 – 9 p.m.

Presenter: Sharon Roth-Lichtenfeld, CPC
Cert. Prof. Lifecoach

Divorce Process

This workshop will cover what you need to know before you get divorced. It is an overview of the divorce process.

Date: February 13 (Monday)
Time: 7 – 8:30 p.m.
Presenter: Victoria M. Dalton, Esq.
Family/ Elder attorney

Smart Women Finish Rich

This seminar provides you with 7 steps to help you plan your financial security and seek your dreams. These simple steps are designed to: help you figure out where you stand financially, improve the financial quality of your life and to put your money where your values are. Discover the power of the latte factor.

Date: February 21 (Tuesday) or
April 16 (Monday)
Time: 6:30 – 8:30 p.m.
Presenter: Joseph Johnson, Owner Main
Street Financial, Financial Advisor

*** NEW ***

How to Wear your Ruby Red Slippers

When experiencing divorce or separation we become disconnected from ourselves. Discover your unique gifts, core strengths and values to reconnect with your inner self.

Date: April 4 (Wednesday)
Time: 7 – 9 p.m.
Presenter: Sharon Roth-Lichtenfeld,
CPC, Cert. Prof. Lifecoach

Financial Strategies for Divorcees

Attending this seminar is an important first step in helping you manage your new financial picture. You may be viewing your financial situation differently, but you're not alone. 90% of all women will be solely responsible for their finances at some point in their lives. This seminar will help you get organized with navigating the paperwork and becoming aware of critical timelines that can have a financial impact on your future. You will be given actionable checklists to help you chart your progress as you re-focus your new financial picture.

Date: January 11 (Wednesday) or
March 7 (Wednesday)
Time: Noon – 1:30 p.m. or
Date: February 9 (Thursday) or
April 19 (Thursday)
Time: 7 – 9 p.m.
Presenter: Monique Castillo, Financial Advisor

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: January 30, February 2 & 6 or
April 2, 5 & 9 (Mon./Thurs./Mon.)
Time: 7 – 9:30 p.m.
Instructor: Deborah Makos-Trionfo

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: February 22 (Wednesday) or
April 25 (Wednesday)
Time: 6:30 - 8 p.m.
Presenter: Nancy Hawn, M.S., NJAPM

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: February 1 (Wednesday)
Presenter: Richard Rogers, Esq. or
Date: March 22 (Thursday)
Presenters: Barbara Moore, Esq.
Time: 7 – 9 p.m.

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 includes stocks vs. bonds, mutual funds investing, tax deferred investing, risk management and estate planning techniques.

Date: March 29 (Thursday)
Time: 6:30 – 8:30 p.m.
Presenter: Joseph Johnson, Owner Main Street
Financial, Financial Advisor

Why Do Super-Responsible People Find Under-Responsible Partners?

You may be a super-responsible person - someone who is a good organizer and always gives to others. Under-responsible people may be attracted to you and take from you because of your capability. When this pattern is repeated over and over again, you feel used. This session will focus on ways to break this pattern.

Date: January 26 (Thursday)
Time: 7 – 8:30 p.m.
Presenter: Dr. Jennie McQuaide, Ph.D.,
Licensed Professional Counselor

Forgiveness - A Healing Journey

This is 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: March 6, 13, 20, 27, April 3, 10, 17
& 24 (Tuesdays)
Time: 7 – 8:30 p.m.
Presenter: Dr. Jennie McQuaide, Ph.D.,
Licensed Professional Counselor

Financial Fitness for Life

Learn the basic principles of money management and empower yourself to make informed financial decisions and improve your financial health and well-being. **A \$10 refundable check made payable to Financial Wellness Institute, Inc. is required to hold your seat. This will be returned if you attend the workshop.**

Date: March 14 (Wednesday)
Time: 6:30 – 8:30 p.m.
Presenter: Wanda P. Hardy, FDIC
Instructor & Financial Consultant

Feng Shui (pronounced Fung Shway)

Join us at this beginner workshop and learn the basics of Feng Shui which can help you manage your life with prosperity, relationships, health and career.

Feng Shui (translated as wind and water) is blending a balance of peace and harmony in your life by the way you place furniture and objects within your home. By placing your furniture and using different colors and objects in certain parts of your home, you can achieve tranquility and happiness and make your life a better one!

Date: February 16 (Thursday)
Time: 6:30 – 8 p.m.
Presenter: Loretta Anthony

When Will I Be Ready For a New Love Relationship?

Following the loss of a spouse, some people quickly plunge into a new relationship; others are fearful of being hurt, so they avoid any type of involvement. This workshop will provide some guidelines which will help you determine when YOU are ready.

Date: February 16 (Thursday)
Time: 7 – 8:30 p.m.
Presenter: Dr. Jennie McQuaide, Ph.D.,
Licensed Professional Counselor

Child Support

This Community Presentation is a “walk through the New Jersey Child Support Program.” This one-hour session was designed to inform the general public about the child support services available in New Jersey and how to access them. There will be time for questions.

Date: January 25 (Wednesday) or
March 12 (Monday)
Time: 1 – 2 p.m. or
Date: January 25 (Wednesday) or
March 12 (Monday)
Time: 7 – 8 p.m.
Presenter: Carmel Bolden
New Jersey Child Support Program
Public Awareness

To register and learn location of workshops please call (856) 415-2222 or email us at PeopleInTransition@gccnj.edu. Most workshops are FREE of charge unless otherwise noted. You can also find the most up-to-date listing of PIT workshops on the GCC website www.gccnj.edu. Click on Student Services and again on People in Transition

Your Money Matters

Are you prepared to manage your money? Get \$mart About Your Money™ and learn the 5 core principals of money management to achieve financial stability. **A \$10 refundable check made payable to Financial Wellness Institute, Inc. is required to hold your seat. This will be returned if you attend the workshop.**

Date: February 8 (Wednesday) or
April 23 (Monday)
Time: 6:30 – 8:30 p.m.
Presenter: Wanda P. Hardy, FDIC
Instructor & Financial Consultant

Estate Planning

What you must have at a minimum

This course will include reasons for estate planning/explanations and pointers regarding all possible documents. This is an event not to miss in preparing for your future.

Date: January 18 (Wednesday)
Time: 7 – 8:30 p.m.
Presenter: Victoria Dalton, Esq. Family/Elder law

How to be Trigger Happy

When going through a separation, divorce or cancer diagnosis it can be a bumpy and treacherous ride. There are many triggers including emotions, events and people that set the roller coaster ride of ups and downs, twists and turns. This workshop will help you recognize your triggers, how you react to them and learn skills to keep yourself trigger happy.

Date: March 21 (Wednesday)
Time: 7 – 9 p.m.
Presenter: Sharon Roth-Lichtenfeld,
CPC, Cert. Prof. Lifecoach

LIHEAP Utility Presentation

A representative from the Low Income Home Energy Assistance Program will explain this federally funded program that helps low-income households pay for heating costs, including electric, natural gas, and oil. Even if heat is included in your rent, you may qualify. Applications are accepted from Nov. 1 – Apr. 30. There is no charge for this service and is available to Gloucester County residents.

Date: January 12 (Thursday)
Time: 7 - 8 p.m. or
Date: February 14 (Tuesday)
Time: 2 - 3 p.m.
Presenter: Thomas Bowen, Gloucester County
IHEAP Supervisor

Stop, Drop and Roll

Extinguishing the Flames of Stress

When you feel overwhelmed and stressed it feels like everything is out of control. Our natural instinct is to put out the fires by working harder and faster. We become emotionally and physically burned out in the process. This hands-on workshop will teach you the Stop, Drop and Roll tool to help you identify the physical and emotional symptoms, every day triggers and become proactive and relieving and preventing stress.

Date: March 7 (Wednesday)
Time: 7 – 9 p.m.
Presenter: Sharon Roth-Lichtenfeld, CPC,
Certified Professional Lifecoach

How To Grow Self-Confidence

Learn how to help yourself find your inner strengths and core values to grow self-confidence during times of stress and adversity. Strategies and exercises included.

Date: February 29 (Wednesday)
Time: 7 – 9 p.m.
Presenter: Sharon Roth-Lichtenfeld,
Certified Professional Lifecoach

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: February 20, 23, 27, March 1, 5, & 8
(Mondays & Thursdays)
Time: 7 – 9:30 p.m.
Instructor: Deborah Makos-Trionfo

Peace Talks on the Home Front

Handling disagreements constructively is difficult for many people. Some go to great lengths to avoid conflict; others are constantly on the warpath. Conflicts will always exist no matter how much two people love each other. Knowing how to work through disagreements in a constructive way can actually strengthen a relationship. Come to this workshop for some helpful tips on fair fighting.

Date: March 29 (Thursday)
Time: 7 – 8:30 p.m.
Presenter: Dr. Jennie McQuaide, Ph.D.,
Licensed Professional Counselor

Intermediate Computers

We will have two 40 hour workshops covering Intermediate Computers. One is during the day and one is at night. Each class will consist of 20 hours Microsoft Word and 20 hours of Excel.

Cost: \$40 for displaced homemakers
\$100 for non-displaced homemakers
Date: February 8 – March 28 (Wednesday)
Time: 9:30 a.m. – 2:30 p.m.
Presenter: Lauri Kuder **or**
Date: March 5 – April 18 (Mon. & Wed.)
Time: 6:30 – 9:30 p.m.
Presenter: Tinamarie Chappellear

*Those who wish to make a contribution may send their donation to: People in Transition at GCC
1400 Tanyard Road, Sewell, New Jersey 08080*

Start Right! Business Plan Basics

This course is a total of 12 hours, which is held in 4 sessions of 3 hours each. **You must attend all 4 dates to receive the full curriculum.** After finishing this seminar, you will have completed your first draft of a business plan. In-depth presentation, organized in a written business plan format, this seminar addresses legal, marketing, accounting, and financial issues. Additional information covered in this seminar includes: developing financial statements, operations & suppliers, buying a business, marketing plan, competition analysis, loan requests, and cash-flow statements.

Date: February 21, 28 March 6 & 13 (Tues.)
Time: 6 – 9 p.m.
Presenter: Women's Center for Entrepreneurship Corp.
To register: Call 973-507-9700 or email sscocchio@wcecnj.org

Building A Marketing Plan

The following are just some of the topics that will be covered in this seminar: maximizing your precious marketing dollars, the right media mix, using public relations to stand out from the crowd, timely tips to help market your business, low-cost marketing ideas, and interactive discussions.

Date: February 7 (Tuesday)
Time: 6 – 9 p.m.
Presenter: Women's Center for Entrepreneurship Corp.
To register: Call 973-507-9700 or email sscocchio@wcecnj.org

Are You An Entrepreneur?

The following are just some of the topics that will be covered: the differences between self-employment and entrepreneurship, the importance of networking, business plans, insurance, the availability of grants and loans, home-based businesses vs. non home-based businesses, marketing vs. public relations, and using a part-time job as a training tool.

Date: January 31 (Tuesday)
Time: 6 – 9 p.m.
Presenter: Women's Center for Entrepreneurship Corporation
To register: Call 973-507-9700 or email sscocchio@wcecnj.org

*****NEW*****

Leveraging Social Media & Online Marketing for Small Biz Success

Are you confused by all the “new stuff”, i.e. websites, blogs, shopping carts, Google Plus, Facebook, Twitter, LinkedIn, and so on, that you are told you need to build your small biz? Then this workshop is for you! In this course, you'll learn:

What are the popular software platforms for online marketing and social media? Which tools are appropriate for your type of business? What steps do you take to build your Internet marketing strategy? How do you use online marketing and social media to brand yourself online and build your reputation?

You will walk away from this course confident in how to navigate the fast-changing world of Internet marketing in a way that will help your business grow and not just to follow the latest fads. You will also understand why social media and online marketing are one of the biggest gifts a small biz can receive to help it compete with the “big guys.”

Date: April 12 (Thursday)
Time: 6 – 9 p.m.
Presenter: Women's Center for Entrepreneurship Corporation
To register: Call 973-507-9700 or email sscocchio@wcecnj.org

Sincerest Gratitude from the Director:

Special Thanks to Women's Leadership Council of Gloucester County United Way for scholarships for our clients / students, to GCC Student Government Association for sponsoring Giving Tree for our clients, and to NJ State Police for coats.
Thank You! Thank You! Thank You! Jeannie LaBuz