

Holiday of Gratitude

As the holiday season comes upon us, we are so grateful to be able to offer our services and programs to the many people who have needed us throughout the year. Sometimes a kind word lets us know that we are doing the job we set out to do and keeps us going. We have received so many wonderful and gracious messages and thank you notes and would like to share them with all of you.

"I am writing to say that you are appreciated."

"I am so impressed by the programs you provide."

"It is freeing to know that someone is there to help me through this overwhelming process of 'starting over'"

"I hope you know what an impact you have on other's lives."

"The Women's Center feels like home."

"It is so wonderful that such a center exists!"

"I thank goodness for the Women's Center to give me and all the other women out there the confidence I need to find the job of my dreams!"

"The computer instructors are so patient and helpful."

"The computer instructor was wonderful and I learned many new and useful things from him."

"The Women's Center of CCM has helped me so much and everyone was very accommodating and helpful."

"Thank you again for allowing me the opportunity to learn this much needed course. Everyone is so helpful and patient!"

"I can't say enough about this course or the wonderful teachers."

It is quite wonderful to know that there are people like all of you who still care about the individual who is floundering."

(Continued on Page 2)

Divorce During the Holidays

"How am I supposed to enjoy the holidays when I have to deal with my divorce?" "How am I supposed to celebrate if my kids are spending the holidays at his house?" Have you heard these, or maybe even said something similar yourself? The Holidays can be very stressful, I don't care what the TV Movies and commercials say. So, let this be some practical advice to help you through.

1. **Confirm your plans early.** The most intense stressor is uncertainty. Who is going to have the kids when? What time are pick up and drop off? Don't wait till December 23rd to bring up the Christmas Eve dinner at your parents. Confirm the holiday schedule NOW. If it turns out there is a problem, you still have time to deal with it. If it turns out you can't work through it, you still have time to get in front of a Judge, if need be, and get it resolved. And don't spend money on special tickets or travel until you have everything confirmed.

2. **You don't have to get every gift.** It might be that when you were together you were the one buying all the gifts and taking none of the credit. Stop it. Part of learning to be divorced is learning to split responsibilities. If there are multiple gifts that need to be purchased for your kids, create a list, pick a fair number to get, and tell your ex to be responsible for the rest. Who knows, he may surprise you. He might enjoy it. At least you know there won't be duplicate gifts.

3. **You don't have to go to every function.** Just because in the past you went to the neighbors party as a couple, and you know he'll be there, you don't have to go too. If you're dreading going to the office dinner because you don't want to answer questions about where your husband is, don't go. Pick the events you truly enjoy and focus on those this year. You have enough on your plate. You don't need to add to it.

4. **Create a new tradition.** You're going to be adjusting to a new way of life, and that includes new ways to celebrate the holidays. If your family tradition revolved around Christmas Morning, and this year you are spending Christmas Eve instead, don't be disappointed, look at it as an opportunity. Open presents and take some credit for a change. Spend the entire time in your pajamas. If you have daughters, have a beauty night. Get some dinner and drive around looking at Christmas lights. Go crazy. And if they ask about Santa knowing where to leave their gifts, just say
(Continued on Page 2)

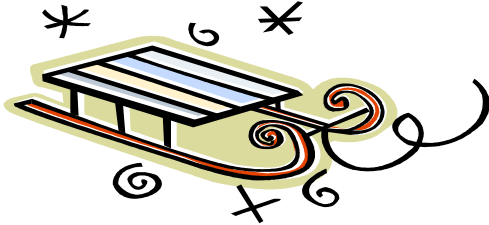
(Continued from Page 1, Left Column)

"I appreciate all that the Women's Center has done for me thus far . . . you ALL have been so wonderful."

"I very much appreciate the positive outlook at the job club meetings and in the center."

"You give us inspiration and hope as well as a listening ear during a difficult time. You rock!"

Thank you to all who took the time to express your appreciation! It is always a great feeling to know that we are helping in every way we can! Happy Holidays to you all.



(Continued from Page 1, Right Column)

what I do, "if he sees you when you're sleeping, then he knows where to leave your presents."

5. **Put your divorce down for a few weeks.** If you are still getting divorced, ask for some time off. Now is not the time to be filing motions or worrying about discovery. If you have an upcoming court appearance, ask if it can be adjourned. If you have a deadline, see if it can be extended. The holidays are stressful enough, you don't need your divorce adding to it. No one will fault you for asking, and the worst they can say is no.

In the end, just remember these are your holidays too. You deserve to enjoy them. Happy Holidays.

Holly M. Friedland, Esq. 55 Madison Ave, Suite 400, Morristown, NJ;
Additional information about Ms. Friedland and the content of this article can be found at www.friedlandfamilylaw.com.

Winter

New Support Group Starting in January

Do you sometimes feel overwhelmed and would like to meet other women who are also dealing with some of the challenges you are facing? Come to The Women's Center support group where you will be encouraged, supported and understood in a positive environment. The next group begins on Wednesday, January 9 from 1 p.m. to 2 p.m. in HH 107 and will continue every Wednesday until March 13th. If you would like to sign up, please contact Susan O'Connor at soconnor@ccm.edu.

WC Newsletter

Published quarterly by
The Women's Center at CCM
SCC 115, Randolph, NJ 07869

973-328-5025

womenscenter@ccm.edu

www.ccm.edu/womenscenter

Mission Statement:

**To serve the varied needs of
women in their quest for
economic self-sufficiency.**

Staff

Director	Melissa Elias
Career Counselor	Mona Witman
Career Counselor	Maureen Haggerty
Job Placement	Michele Coneys
Legal Program Admin.	Betty Squire
Volunteer Coordinator	Susan O'Connor
Admin. Assist.	Gladys Licker
Admin. Assist.	Betty Squire

The Women's Center at CCM is a nonprofit organization serving displaced homemakers, single mothers, and other women. It is sponsored by the **County College of Morris**. The program is funded by the **NJ Division on Women** and the **United Way of Northern New Jersey**. The legal education services are funded by a grant from the **IOLTA Fund of the NJ Bar Foundation** and the **Morris County Bar Foundation**.

REMINDER

FREE LEGAL CLINICS

1st, 2nd, & 3rd WEDNESDAY OF EACH MONTH
CALL 973-328-5025, OR EMAIL

womenscenter@ccm.edu

FOR AN INDIVIDUAL APPOINTMENT

Menopause Workshop Rescheduled

By popular request the Women's Center is offering a workshop on Menopause on Thursday, January 10, 2013, from 9:30 am to 11:30 in Room HH215. This informative program will help attendees to understand everything they always wanted to know about menopause but were afraid to ask. The workshop is being conducted by Liz Hoban, RN, C., MSN, Coordinator of Health Services at CCM. Please call the Women's Center at 973-328-5025, or email womenscenter@ccm.edu.

Career Corner**Interview Thank You Letters**

Did you know that only 10% of job applicants sent thank you notes after an interview? However, writing a thank you letter is a must as it gives you the opportunity to separate yourself from the rest of the candidates. The letter doesn't have to be long . . . in fact, short and to the point is best; but it allows you to express your appreciation for the interviewer's time, let them know what you most enjoyed learning about the company and job, as well as reiterate your desire and suitability for the position. Below are a few key points to remember when sending your thanks:

.. No matter whether you e-mail, mail or hand deliver your letter, send it out within 24 hours after the interview. This demonstrates that you're willing to take the time to send a letter right away and allows you to write the letter while the experience is fresh in your mind.

.. Unless time is of the essence, in this day and age of excessive e-mails, a formal, posted letter is impressive.

.. Hand-write your letter only if you have legible handwriting, otherwise, a better option may be to type and sign it.

.. Provide information specific to your interview keeping your audience in mind and focusing on their issues or concerns.

.. Address the letter to a specific person and not the job title. Use more formal greetings of 'Mr.', 'Ms.', or 'Mrs.' unless you were told to call the interviewer by their first name.

.. Send a personal thank you to each person who took the time to interview you. Even if you were group interviewed, mail an individual note to each of the people. You can personalize them by changing one or two sentences;

.. Close your letter by reiterating your appreciation, offering to provide additional information, if necessary, and letting them know you look forward to hearing back from them on their decision. Conclude with 'Sincerely', 'Respectfully Yours', 'Kind Regards', or 'Yours Truly'.

.. Spell check and proofread. Make sure that each person's name and job title are correct. Ask for business cards after each interview. If you don't receive one and are in doubt, call the company and double-check.

.. If you find that you no longer are interested in the position, send a positive thank you letter anyway. Don't ask for the job, but let them know you appreciated their time.

By Michele Coneys, Job Placement Counselor

Upcoming Job Club Topics

- 1/11 Assertive Communication Skills with Annette Dubrouillet of Decision Drivers LLC
- 1/25 Preparing for the Interview with Dress for Success
- 2/8 Motivation with Trainer & Group Facilitator, Jeanne Rohach
- 2/22 Marketing for the Job Seeker with Certified Professional Coach and Mentor, Neil Cooper
- 3/8 Job Search Advice with Human Resources Professional, Connie Mascioli
- 3/22 Ten Steps to Freedom from Disorganization with Certified Professional Organizer, Katherine Trezise of Absolutely Organized

Job Club meets from 10 – 12:00 and is a great way to network and meet other women. All of this free help is available by calling 973-328-5025, or emailing us at womenscenter@ccm.edu and reserving your place.

**CCM Creative Leadership Club (CLC)
Donates Totes Bags and Journals**

A lunch time crafting session of decorating journals turned out to be a caring gift to the Women's Center. The project was funded by a donor gift to Caring Capital operated by Susie Schub. The tote bags were hand decorated with inspirational messages encouraging women to be proud and move forward. The elaborately decorated journals will become tools for women who are going through difficult times to write down their thoughts and feelings to aid in getting through some difficult issues. Many thanks to the campus employees who turned out to make this project such a success. Many lives have been touched.

Are You Interested in a Widows Support Group or Workshop?

We have had a few requests asking the Women's Center to consider organizing either a workshop or a support group for women who are dealing with issues involving the loss of a spouse. If you are interested, please call us at 973-328-5025, or email us at womenscenter@ccm.edu.

Women's Center at CCM Winter 2013 Calendar of Activities

January

7,8 – Intro to Computers
 9,16,23 – Legal Clinic
 9,16,23,30 – Winter Support Group
 11,25 – Job Club
 15,17,22,24 – Windows 7 Class
 29,31 – Word 1 Class (first half)
 All weekdays – Computer Lab
 Tues-Fri – Career Counseling appointments

February

5,7 – Word 1 Class (second half)
 6,13,20 – Legal Clinic
 6,13,20,27 – Winter Support Group
 8,22 – Job Club
 12,14,19,21 – Word 2 Class
 25,26 – Power Point Class (first half)
 All weekdays – Computer Lab
 Tues-Fri – Career Counseling appointments

Thanks to Weichert for School Supplies

Once again we are extending a special thank you to our friends at the Weichert Real Estate School in Morris Plains. Their annual collection of school supplies for the Women's Center clients has eased the financial burden for many of our families. Because of Weichert's generous donation so many youngsters are now prepared to get a good start to the new school year.

Words of Wisdom

“When one door of happiness closes, another opens; but often we look so long at the closed door that we do not see the one which has been opened for us. – Helen Keller

The Women's Center at CCM
 County College of Morris
 SCC 115
 Randolph, NJ 07869

December 2012



March

4,5 – Power Point Class (second half)
 6,13 – Winter Support Group
 6,13,20 – Legal Clinic
 8,22 – Job Club
 12,14,19,21 – Excel 1 Class
 All weekdays – Computer Lab
 Tues-Fri – Career Counseling appointments

Scholarships Available

There are many existing scholarships from various organizations that can assist you with the costs of tuition as well as books. Please come into The Women's Center or email us if you would like further information at womenscenter@ccm.edu. We are also available if you need any assistance completing the applications.

