



Women's Center

Newsletter

COUNTY COLLEGE OF MORRIS

Women's Center at CCM , 214 Center Grove Road, SCC 115, Randolph, NJ

January - March 2017

The start of the new year frequently ushers in change, as we reflect back on the previous year and look ahead towards ways to enhance our lives. Here at the Women's Center we are also enthusiastically planning our year. As the new Director, I couldn't be more excited to be a part of the planning. I join the Women's Center after 10+ years with Community Hope, Inc., headquartered in Parsippany, NJ. During my time with Community Hope, Inc. I had the privilege of overseeing services both in residential mental health and veteran's case management. I have also worked with homeless youth, as well as families. I have a total of 13 years of non-profit/mental health experience, and earned my Master's degree in Counseling from Fairleigh Dickinson University. I later obtained licensure as a Licensed Professional Counselor in the State of New Jersey.

Along with the excitement and anticipation that goes along with change, often comes fear. Most people do not enjoy that which is unfamiliar or unknown. Many times we find ourselves confronted with questions such as "will I be able to do this?", "do I have what I need to accomplish my goal?", "what if I don't like this new thing?" I certainly asked myself these same questions at the end of last year as I started on this new career path.

During this transition period I relied on the support of friends and family as I talked through some of these fears. I researched professional skills or knowledge I may need to enhance in order to be in a position to provide the best possible services at The Women's Center. And I also made time to focus on my personal wellness. I made it a priority to exercise daily (well, regularly. Daily probably isn't completely accurate!). I made sure I was eating a healthy, and balanced diet, getting enough sleep, and I scheduled time for activities I enjoy.

I hope each of you have some exciting plans for this year and the resources you need to get there. At the Women's Center we are looking forward to upcoming workshops (check out our current offerings on the last page), growing our team, and helping as many women as we can to reach their potential. And we would love to hear from you! If you have any suggestions on how we can do things better let us know. You can call, email, stop by, whatever works for you, but we hope to hear from you in 2017!

Jaime Simon, Director

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"It always seems impossible until it's done."

- Nelson Mandela

Career Corner

What is Career Counseling?

Career Counseling is an exploration of your interest, values, skills and personality type, with the assistance of a counselor who will help you with career change, personal career development, and other career-related issues.

Career Counseling may be able to help you:

- Are you in the midst of a transition due to job loss, separation/divorce, loss of significant other, or other reason?
- Are you now at home and seriously thinking about your return to employment?
- Do you need a Career Action Plan?

If you answered “yes” to any of these questions, consider calling for a Career Counseling appointment: 973- 328-5025 or email us at womenscenter@ccm.edu.

I look forward to meeting with you!

Maureen Haggerty, M.A., LPC, NCCC
Career Counselor

WC Newsletter

Published quarterly by
The Women’s Center at CCM
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www.ccm.edu/womenscenter

Mission Statement:

***Empowering Women, Creating Jobs,
Transforming Lives.***

Staff

Director	Jaime Simon
Career Counselor	Maureen Haggerty
Program Administrator	Patricia Borowski

The Women’s Center at CCM is a nonprofit organization serving women in transition. 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**.

March is Women’s History Month

This year the National Women’s History Project theme is “Honoring Trailblazing Women in Labor and Business”.

There is much more to learn at:
<http://www.nwhp.org/>

Scholarship Information

AAUW Madison Branch offers a **Mature Woman’s Grant** to residents in certain towns who wish to pursue their education at any level. You can find additional information at <http://aauwmadisonnj.org>.

AAUW Mountain Lakes Area Branch provides scholarships for Morris County women in higher education. For more information on eligibility requirements go to <http://mountainlakes-nj.aauw.net>.

Upcoming Events—Spring 2017

Empowerment!

The Women's Center at County College of Morris is announcing its sixth semester offering of Empowerment! It is a six week program of interactive and engaging techniques and exercises to address life enhancing skills and empower women in a supporting group environment.

The program offers...

- ◇ Ways to navigate life challenges or transitions
- ◇ Insights into internal barriers that hold you back
- ◇ Pathways to identify your strengths
- ◇ A way to consistently set & achieve purposeful goals
- ◇ Techniques to erode self-defeating thoughts
- ◇ Supportive connections that motivate & inspire

Program Dates: April 6, 13, 20, 27, May 4, 11

Time: 10:00 AM—2:00 PM

Location: County College of Morris
214 Center Grove Road
Randolph, NJ 07869

Program Admission is through a scholarship funded by the Women's Center at CCM, and is limited to 20 women. Attendance at all sessions is mandatory.

Contact the Women's Center at County College of Morris, womenscenter@ccm.edu, for more information on course admission and other services.

Excel Computer Classes

Excel 1 and 2 classes will be offered again this semester. Classes will be held in April and May during the evening. For more information please email: womenscenter@ccm.edu.

CCM's Open House for Adults

Learn more at CCM's Open House for Adults.

Thursday, March 9, 6:30 to 8:00 PM

Student Community Center, Davidson Room, Park in Lot 6

Learning Opportunities

Computer Training Class Schedule

Spring 2017 at CCM's Randolph Campus

Class	Dates	Times
Word 1	2/14, 2/16, 2/21, 2/23	9:30 AM to 12:30 PM
Word 2	2/28, 3/2, 3/7, 3/9	9:30 AM to 12:30 PM
PowerPoint	3/21, 3/23, 3/28, 3/30	9:30 AM to 12:30 PM

Register for Computer classes by E-mailing us at: womenscenter@ccm.edu

Legal

Legal Programs

Legal Clinic is a free half-hour consultation with an attorney, regarding divorce/family law.

Legal Workshop series can help with topics that include the divorce process. Workshop dates are: March 2, 9, 16, 23, 30 and April 6 and 13.

Sign Up For a Legal Clinic appointment by calling: 973-328-5025.

You can be part of the Legal Workshop by emailing us at: womenscenter@ccm.edu

Career Counseling

Let's discuss your career path!

What are your strengths?

Do you need additional training to move forward?

Where would you like to go career-wise?

Call to make an appointment for Career Counseling: 973-328-5025.

Computer Lab

One-on-One Tutoring Program

Our knowledgeable volunteer tutors can help you with:

- Microsoft Outlook, Word, Excel, PowerPoint, Publisher and Access
- LinkedIn
- Job Board Profile
- Google Docs & Drive

Call or Email for an appointment: womenscenter@ccm.edu or 973-328-5025.