

*Volume XV, Number 1*

## **It's Farewell, but Certainly Not Goodbye**

*By Mona Witman*

To The Women's Center clients:

The Women's Center has been my home away from home for 27 years. Yes, 27 years! How time has flown. And as of June – I'll be retiring. I've been blessed to help you discover your passion and along the way have fulfilled mine.

Hundreds of women have passed through the doors of The Women's Center. We've had supportive conversations, laughs, aha moments and empowering discoveries – often drawing upon my ever-ready box of Kleenex.

My job was to help you learn to help yourselves. I tried to take you from where you were, help you set goals and overcome barriers along the way, and see challenges as “speed bumps” that were faced head on.

By asking tough questions, I encouraged you to find answers. What makes you happy on a daily basis? What work environment do you seek? How can you use your skills to the fullest? It wasn't always easy, but it was always worthwhile.

Your perseverance and dedication to becoming financially self-sufficient have been truly inspiring. You are the ones going on the interviews, taking tests, learning new skills. You are succeeding! I take pride in all your accomplishments, whether it's getting an A on a history test or learning to use e-mail!

I learned from each and every one of you – how to deal with hardships, barriers, family, education, housing, transportation, life challenges and, survival issues. We laughed, cried, cheered and did it all over again.

Thanks for sharing who you are and what you dream. Thanks for being honest, which isn't always easy. Thanks for coming to The Women's Center. And most of all, “Thanks for the memories!”

## **There Has to Be A Better Way to Get Divorced**

We hear it all the time, getting divorced in New Jersey takes too long and costs too much. Too many times couples are asked to wait months before they are given the opportunity to appear before a judge, only to then become more frustrated as they are forced to sit and wait in a hall or crowded courtroom until it is their turn. While they sit and wait, the same statement is made over and over, "There has to be a better way." Well, there is. It's called Mediation.

Mediation is a non-adversarial process in which a couple will sit down with a trained mediator to try to work out an agreement that both of them can live with. It is something that you can do even if one of you has already filed for divorce or if you are even divorced already and are trying to avoid returning to court.

The first step is to choose a mediator to work with. A list of mediators who have been approved by the Courts to provide mediation in family cases can be found on the Judiciary website at: [www.judiciary.state.nj.us/family/rosters/index.htm](http://www.judiciary.state.nj.us/family/rosters/index.htm). Once the couple finds a mediator they are both comfortable with, they can then set to work by first agreeing on where the disagreements actually lie.

Once the disputed issues are established, the mediator will go about exploring those issues with the couple, usually by asking questions and reviewing documents. The idea is that through discussing the issue, and answering the questions honestly, a resolution will become apparent. The mediator may also offer suggestions or options the couple might not have originally thought of or might have discarded without fully exploring. The Mediator will not decide an issue, like a judge, and cannot advise an individual on what they should or should not do.

Hopefully, after going through this process, the couple will be able to reach an agreement on their assorted issues, avoiding the need to engage in litigation in the Courts.

There are many benefits to mediation both emotionally and financially. In most cases, mediation is faster than litigation. This in turn avoids the unnecessary strain of waiting for the court to reach your case, and the added cost of repeated court delays.

*(Continued on Page 2)*

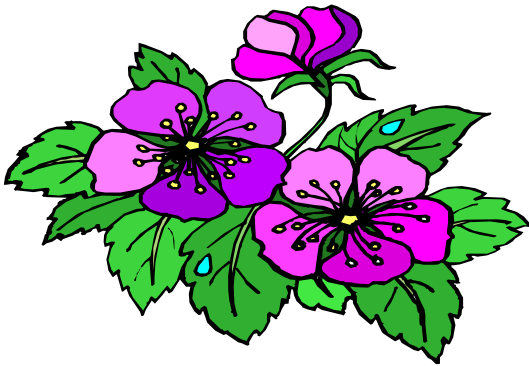


(Continued from Page 1)

In addition, couples participating in mediation can be more creative in structuring an arrangement that will work best for them. This increases each person's feeling of satisfaction and the likelihood that an agreement will be followed. Finally, mediation is private. There is no need to file inflammatory papers with the court or to file disclosure forms detailing your finances or parenting issues. All of the discomfort in opening up your life to the court is avoided.

If a couple is still able to work amicably with one another, and are willing to try to compromise on issues to reach a fair resolution, then mediation is an excellent option regardless of where you are in the divorce process.

*Holly M. Friedland, Esq., Shauger & Friedland, LLC; 248 Columbia Turnpike, Suite 202, Florham Park. Additional information about Ms. Friedland and the content of this article can be found at [www.shaugerfriedland.com](http://www.shaugerfriedland.com).*



### **New Support Group Starting April 3**

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, April 3rd from 1 p.m. to 2 p.m. in HH 107 and will continue every Wednesday until June 5th. If you would like to sign up, please contact Susan O'Connor at [soconnor@ccm.edu](mailto:soconnor@ccm.edu).

### **True Colors Workshop**

How well do you understand yourself? Come join us for a fun and interactive workshop that will help you find your personality type and what careers are best suited for you! Learn ways to get along better with opposite types too! The workshop will be held on Friday, March 15<sup>th</sup> from 10 am to 12 noon at CCM in Henderson Hall, Room 111. Call 973-328-5025 or email [womenscenter@ccm.edu](mailto:womenscenter@ccm.edu) to register.

## **WC Newsletter**

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

**973-328-5025**

[womenscenter@ccm.edu](mailto:womenscenter@ccm.edu)

[www.ccm.edu/womenscenter](http://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**

**1<sup>st</sup>, 2<sup>nd</sup>, & 3<sup>rd</sup> WEDNESDAY OF EACH MONTH**

**CALL 973-328-5025, OR EMAIL**

[womenscenter@ccm.edu](mailto:womenscenter@ccm.edu)

**FOR AN INDIVIDUAL APPOINTMENT**



**Career Corner . . . . .****Introducing Optimal Resume**

When you are writing your resume, it is important that you include certain information.

. First and foremost, you need to make sure your **Contact Information** is on the top. This includes your name, address (city and state will do if you don't want to include the street address), home or cell number and email address.

. **Objective** and/or **Summary** section: The Summary lists key achievements, skills, and experience. You can also put an Objective, but this will need to be tailored to match the job for which you are applying each time.

. Resumes should also include a section on your **Accomplishments** and/or **Skills** that are relevant to the job.

. The **Experience** section of the resume includes the companies you have worked at along with the job title, dates you worked there, and responsibilities you held. Make sure to bullet the list of job duties as it will make the resume easier to read.

. List all the schools you have attended and earned a degree at, in the **Education** section. Include the type of degree attained and major in addition to any honors or awards you earned.

. Lastly and most importantly, make sure your resume gets noticed. You can do this by reviewing the job posting and making sure that your resume contains some of the same **Keywords** that are mentioned for the job.

The Women's Center at CCM is happy to announce that we have launched a suite of online career tools that can help you with creating the all-important documents job seekers need. **Optimal Resume** is a comprehensive, web-based application that helps the job seeker build a better resume and cover letter, manage an online portfolio, hone interviewing skills, and develop a personal brand online. On Wednesday, March 13<sup>th</sup>, Rosemary Grant, Associate Director of the Career Services & Cooperative Education department, will be delivering a presentation on the benefits of using Optimal Resume. If you are interested in attending, please call the Women's Center at 973-328-5025 to register, or email [womenscenter@ccm.edu](mailto:womenscenter@ccm.edu).

*By Michele Coney*

**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](mailto:womenscenter@ccm.edu).

**Upcoming Job Club Topics**

- 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
- 4/5 Impact of Emotions on Job and Career Transitions with Life Coach, Betty Dangler
- 4/19 Preparing to Answer Interview Questions with HR Professional, Barbara Newman
- 5/3 Job Hunting on the Internet with CCM Librarian, Lynee Richel
- 5/17 The Age Old Issue of Age – For the “over 50” Job Seeker with Communications & Leadership Expert, Linda Trignano

June: Look for Resume Writing and Cover Letter Writing to be reviewed - date to be determined

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](mailto:womenscenter@ccm.edu) and reserving your place.

**Financial Workshops Return to The Women's Center**

Are finances something that you avoid, or do you find budgeting very confusing? The Women's Center and NORWESCAP are sponsoring five financial workshops to teach you to become more financially strong and stable. Learn how to put together a financial plan for your household, a budget that will work for you, different ways to save money that you probably never realized, and understanding credit and debt. The workshops will begin Thursday, May 16 and run every Thursday until June 13. They will start at 10:30 a.m. and end at 12:30 p.m. Register soon as this workshop will fill up fast! Please call The Women's Center at 973-328-5025, or email us at [womenscenter@ccm.edu](mailto:womenscenter@ccm.edu). We hope to see you there!

**CCM Adult Open House on March 7**

How many times have you thought about starting college or perhaps returning to school to finally get that degree. Why not consider attending an open house for adults on Thursday evening, March 7, from 5 to 7 pm in the Student Community Center, Davidson Room. Even if you've been out of school for many years, why not give this opportunity consideration. Note that the \$30 application fee will be waived for anyone who applies for admission at the Open House.

**Women's Center at CCM**  
**Spring 2013 Calendar of Activities**

**March**

4,5 – Power Point Class – (second half)  
 6,13,20 - Legal Clinics  
 7 – CCM Adult Open House  
 7,14,21,28 – Legal Workshop series  
 8,22 – Job Club  
 12,14,19,21 – Excel 1 Class  
 13 – Optimal Resume Workshop  
 15 – True Colors Workshop  
 15,22 – Power Point Class(first half)  
**All weekdays** – Computer Lab  
**Tues-Fri** – Career Counseling appointments

**April**

3,10,17 – Legal Clinics  
 3,10,17,24 – Spring Support Group  
 4,11,18 – Legal Workshop series  
 5,12 – Power Point Class (second half)  
 5,19 – Job Club  
 8,9,15,16 – Excel 2 Class  
 19,26 – Word 1 Class (first part)  
 23,25,30 – Access Class (first part)  
**All weekdays** – Computer Lab  
**Tues-Fri** – Career Counseling appointments

**Did You Know . . .?**

*In 1963, women between the ages of 62 and 64 comprised only 29 percent of the workforce, and by 2012, women between ages 62 and 64 comprised 45 percent of the female workforce.*  
*Source: U.S. Department of Health and Human Services*

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

**May**

1,8,15 – Legal Clinics  
 1,8,15,22,29 – Spring Support Group (continued)  
 2 – Access Class (continued)  
 3,10,17,24 – Word 1 Class (continued)  
 3,17 – Job Club  
 16,23,30 – NORWESCAP Financial Workshops  
**All weekdays** – Computer Lab  
**Tues-Fri** – Career Counseling appointments

**June**

TBD – Job Club  
 5 – Spring Support Group (continued)  
 5,12,19 – Legal Clinics  
 6,13 – NORWESCAP Financial Workshops (cont'd)  
**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. We can also arrange an appointment for you with the CCM Financial Aid Office if you would like to pursue a new career path and take classes at CCM. Please come into The Women's Center or email us if you would like further information at [womenscenter@ccm.edu](mailto:womenscenter@ccm.edu). We are also available if you need any assistance completing the applications.

**March 2013**