



Empowerment Program

As many of you know, The Women's Center held a Focus Group to determine the needs of women in career transition last month. It was very insightful. Much of the feedback had to do with the job search and technical skills required to obtain a job and we will follow-up through our Job Club and other workshops.

We also know that many 'soft skills', such as communication, presentation, time management, self-esteem and self-leadership, stress management, motivation as well as wellness and setting goals are equally or more important to many women. With this in mind, The Women's Center is happy to announce that beginning in January, we will be sponsoring a pilot program on Empowerment.

The 12-week series will provide techniques to empower women to increase their self-esteem, coping skills, confidence as well as professional and personal self-concept. Participants will have the opportunity to experience skill development through interactive exercises, peer helping and problem solving in a supportive group environment. Using a holistic approach to building self-sufficiency, the topics to be covered include Stress Management, Overcoming Obstacles, Self-Esteem, Presentation Skills, Self-Leadership, Time Management, Motivation, Communication Skills, Wellness and Goals.

Jeanne Rohach, a Certified Women's Empowerment Coach and Consultant, created and is facilitating the program. She has twelve years of experience covering topics related to self-management and proactive living. Ms. Rohach has been providing workshops for Women's Center clients since 2011.

To obtain more information or to register for this FREE workshop, please contact The Women's Center at County College of Morris at (973) 328-5025 or email us at womenscenter@ccm.edu. The program will have a maximum of 15 attendees who will need to commit to attending the entire series that will consist of self-reflective exercises along with group discussions, group problem solving and other interactive assignments. Workshops will be held during the day at the college or local library.



Anxiety About Cost is Top Concern of Individuals Facing Divorce

A couple knows their marriage is over, so what's delaying their decision to actually file for divorce? According to a new survey conducted by Avvo, 58 percent of individuals without children cite cost as their top concern going into the divorce, ahead of concerns about property division (42 percent), time the divorce will take (27 percent), or the need to pay alimony (22 percent). For individuals with children, cost is second only to child custody concerns (53 percent vs. 35 percent).

What else did the survey uncover? A majority of consumers (65 percent) either hired or plan to hire a divorce attorney to help them navigate their divorce. Survey respondents who divorced in the past year were 40 percent more likely to have found their attorney online vs. those who divorced more than one year ago.

In another interesting find, 35 percent of couples will attempt a DIY (do-it-yourself) divorce as a cost-cutting measure, but approximately 10 percent of attorneys who responded to the survey cite cleaning up consumers' DIY divorce efforts as a new source of business. This cost-cutting measure can often lead to increased costs down the road.

What's your top concern heading into divorce? If it's money-related, here are some tips to help you keep the process within budget:

Get organized: Before you meet with your lawyer for the first time, gather together all the many documents required to fill out the New Jersey Case Information Statement, including household expenses, income sources, credit card and loan statements, bank statements, and any other financial paperwork involved in your marriage.

Have clear goals: Make a list of what you want, and then number how important each item is to you. If you want to keep the house, know that you may need to be more willing to negotiate on other assets. Divorces that drag on usually entail couples who dig in and fight over every last little item ... right down to who gets the kitchen cookware. Time is money, so spend your time trying to get what you really want, and not on what you hope to keep from your spouse.

(Continued on page 2 – left column)

(Continued from Page 1)

Consider mediation: If there is a reasonable chance that you and your spouse can hammer out the details of your divorce settlement, working with a mediator – rather than going before a judge – divorce mediation is a way many couples save money and time in reaching a settlement. With a mediator there to ensure the process is moving along fairly, it saves many of the costly pitfalls of a DIY divorce.

By Bari Weinberger, Weinberger Law Group, Parsippany, NJ 07054; or email www.weinburgerlawgroup.com



Fall 2013 Divorce Workshops

If you are facing a divorce and feeling overwhelmed by the complexities of the divorce process, you should consider attending the Women's Center Fall Legal Workshop. This seven-part series will cover many of the significant aspects of understanding the divorce process and will provide you with a wealth of information and guidance. The program will be held on Tuesday evenings from 7 – 9 pm starting on October 8 through November 19, and the sessions will be held at the CCM location in Randolph in Room SCC 117 (lower level). Topics to be covered by our guest attorneys include:

- The Divorce Litigation Process and Choosing a Lawyer; Domestic Violence
- Alternate Dispute Resolution (Mediation, Arbitration, and Negotiation) in Divorce; Collaborative Divorce Process
- Custody and Parenting Time Issues/Psychological Impact of Divorce
- The Case Information Statement
- Equitable Distribution, Alimony and Support Issues
- Post-Judgment relief and Estate Planning
- Financial Aspects of Divorce – includes tax implications, retirement, pension plans, insurance, children's education, etc.

Please call the Women's Center at 973-328-5025, or email us at womencenter@ccm.edu to register or for more information.

Welcome to Patricia Spitnale **Our New Admin Assistant**

We are pleased to announce that The Women's Center has welcomed another new face to its family. On August 26 Patricia Spitnale joined the staff as a part time Administrative Assistant and will be at the front desk on Mondays and Tuesdays to assist. Tricia brings a lot of administrative experience to the Women's Center, and we wish her a long and happy career with our group. Welcome aboard, Tricia!

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	Susan O'Connor
Career Counselor	Maureen Haggerty
Job Placement	Michele Coneys
Legal Program Admin.	Betty Squire
Volunteer Coordinator	Susan O'Connor
Admin. Assist.	Patricia Spitnale
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

Computer Lab Appointments

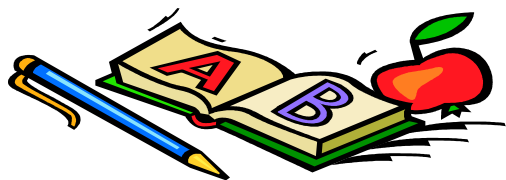
Did you know that you can get an individual training session with an instructor to learn any of the Microsoft applications? If you don't have time to attend a class, or perhaps you were put on a waiting list, or maybe you just learn better working one-on-one, call the Women's Center today at 973-328-5025 for an appointment! It is free!

Optimal Resume

No matter what job or career you are pursuing, without a resume you will be unable to apply for any position. A resume is your calling card. It is the way to inform potential employers of the skills, experience, education and knowledge you have to offer. It is the opportunity to emphasize all of your professional and academic achievements as well as the progression of capabilities you have gained throughout your career.

So how do you get started? Often people write out lengthy paragraphs of their job responsibilities or leave out pertinent information. Human resources professionals only spend seconds reading each resume, so it has to be visually enticing, easy to read but thorough enough to accentuate your abilities. Sounds easy but it can be difficult. Even if you already have a resume, it is always beneficial to have others review it.

That is why we offer Optimal Resume on The Women's Center website. This tool allows anyone to create a resume that would catch the eye of any employer. It offers templates, suggestions and various words to outline your professional experience and create a high impact resume that will interest potential employers. Optimal Resume also has useful ideas for excellent cover letters, networking and interviewing tips. You can access this great tool by making an appointment at The Women's Center. You can also get help in our one-on-one computer lab.



A Special Thank You to Our Loyal Friends from Weichert Real Estate School

It is back to school time not only for students but also for several of our Women's Center clients. But our good friends from Weichert Real Estate School once again joined forces and provided us with the necessary tools so that students of all ages get a good start when they start the new school semester.

A special thank you to all our friends at the Weichert Real Estate School – you are true friends and our heroes! We certainly appreciate your continued support of the Women's Center.

Upcoming Job Club Topics

- 9/6 Behind the Scenes! Insights, Tips, and Secrets That Will Lead You to Better Job-Search Success w/ Human Resources Professional, Connie Mascioli
- 9/20 The Key Elements to the Job Search w/Certified Professional Coach and Mentor, Neil Cooper
- 10/4 Phone Interviews with HR Professional, Barbara Newman
- 10/18 Procrastination w/Certified Professional Organizer, Katherine Trezise of Absolutely Organized
- 11/8 Decision Making w/Annette Dubrouillet of Decision Drivers LLC
- 11/22 Job Searching Tips and Secrets w/Career and Job Search Coach, Marc DeBoer, President of A Better Interview, LLC
- 12/6 Overcoming Obstacles w/Trainer & Group Facilitator, Jeanne Rohach
- 12/13 Job Hunting on the Internet w/CCM Librarian, Lynee Richel

Job Club meets from 10:00 – 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.



“Effects of Divorce Open Forum” Gets Underway

There is still time to join this four-part program that got underway in late August. The objective of the program is to learn how to deal with the emotional feelings you experience during the divorce process or once your divorce is final, and to gain the sense of peace that you are seeking. Participants will discuss their experiences and emotions and help others who are going through the divorce process. If you would like to participate in this program, please register by calling 973-328-5025, or email us at womenscenter@ccm.edu. The group is limited to a specific number of participants.

Computer Lab Certificate Program

The Women's Center is extending its Certificate program to our one-on-one Computer Labs. If you attend 12 training sessions with one of our instructors in any of the offered programs, you will receive the same Certificate of Completion that you would obtain upon completing one of our computer classes. For more information, or to sign up, please call the Women's Center at 973-328-5025, or email us at womenscenter@ccm.edu.

Women's Center at CCM Fall 2013 Calendar of Activities

September

3,5,10,12 – Windows 7 Classes
 3,17,24 – Effects of Divorce Open Forum
 4,11,25 – Legal Clinics
 6,20 – Job Clubs
 16,17,23,24 – Power Point Class
 20,27 - Word 1 Classes in Denville (first 2 sessions)
 Mon - Thurs – Computer Labs
 Mon - Thurs – Career Counseling appointments

October

1,3,8,10 – Word 1 Classes
 2,9,16 – Legal Clinics
 4,11,18,25 – Word 1 Classes in Denville (last 4 sessions)
 4,18 – Job Clubs
 8,15,22,29 – Legal Workshop Sessions
 15,17,22,24 – Word 2 Classes
 28,29 – Excel 1 Classes (first half)
 Mon – Thurs – Computer Labs
 Mon – Thurs – Career Counseling appointments

Words of Wisdom

Determination - What the mind of a person can conceive and believe, it can achieve.



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



November

4,5 – Excel 1 Classes – (second half)
 5,12,19 – Legal Workshop Sessions
 6,13,20 – Legal Clinics
 8,22 – Job Clubs
 11,12,18,19 – Excel 2 Classes
 Mon - Thurs – Computer Labs
 Mon - Thurs – Career Counseling appointments

December

2,4,9,11 – Access Classes
 4,11,18 – Legal Clinics
 6,13 – Job Clubs
 Mon – Thurs – Computer Labs
 Mon – Thurs – Career Counseling appointments



Financial Aid 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. We are also available if you need any assistance completing the applications.

September 2013