



Getting Back on Track Celebrates Women

The annual Getting Back on Track event was held at the Women's Center on December 6th. This event provides an opportunity for clients to share their job search success with each other, give support and encouragement as well as advice, tips and strategies that have been successful. It is also a celebration of the special qualities that make each of the clients exceptional.

More than 50 women joined in the festivities celebrating the achievements of Women's Center clients throughout the year. Five speakers related stories of courage and tenacity in achieving their goals. One of the speakers challenged the group to "be the author of your future." Another suggested being "kind to yourself and letting your best self come through." Adapting to change was the theme of another woman's presentation. This followed the theme of the program this year, which was change.

Change was spoken of by the former director, Elaine Muller and Mona Witman, a career counselor for the Center. They both spoke of ways to deal with change. They also suggested ways to accept rather than resist change. Witman spoke of the power of women and how they deal with issues affecting all who they care for - and the importance of taking care of oneself.

The celebratory evening was made more festive by tricky tray gifts given to all who came and holiday foods provided by the staff and clients. Much networking and sharing was done among participants, many who come every year to meet and greet one another. It was a wonderful evening of connecting, reconnecting, hope and inspiration for all who attended.



Divorce in This Economy

By Catherine F. Riordan, Esq.

The decision to divorce is never easy. Addressing the division of assets and establishing support is difficult in good financial times. Unfortunately, the current economy has now made the decision to divorce and addressing finances even more challenging.

The real estate market has played a significant role in divorce. In most marriages, the home is the biggest asset. When going thru a divorce the home usually has some equity that the parties often divide after the home is sold. However, the current real estate market has left many parties owing more on their mortgages than what their house is worth. In these cases, the asset becomes a liability.

This has presented a change in divorce. Now, some parties agree to a buyout at a reduced value, others simply allow their foreclosure to go through and just walk away, and still a small number of others obtain a divorce and continue to live in the home until the real estate market bounces back. They do this so they can sell their home when it is worth more and have some money to start over. Still others remain together and not divorce for the sake of finances.

More parties are turning to mediation. They choose mediation because it costs less. Spouses can share the costs, which are commonly \$3,000 to \$5,000 total vs. a retainer to just get started, which is about \$5,000 to \$10,000 each. In mediation the parties have more control because they control the pace on how quickly or slowly they make decisions and reach an agreement. There is less conflict so it is less stressful on the children. It is even easier on the divorcing parties. Mediated divorces result in better communication between the parties after the divorce, which helps them make important joint decisions without anger and without incurring excessive fees from litigation.

The parties can still utilize the court system if mediation is successful and during mediation emotions are managed because both parties are in a forum that allows each of them to have a voice, to be heard and understood.

In these economic times, either alone or with mediators, divorcing parties are finding new and creative ways to divorce while still maintaining some financial stability. *Catherine F. Riordan is a partner at Veres & Riordan, LLC in Denville, NJ*

Computer Workshops

Short-term computer classes are now being filled for the winter session. These low-key, high-interest classes can jumpstart your computer skills and enhance your employability. Classes are held at various sites throughout Morris County in 3-hour sessions. Fees for these classes are determined by eligibility standards, and clients of the Women’s Center are given preference in registering. Some classes may have waiting lists, so if you are interested in one of the classes listed below, please call 973-328-5025 soon.

Upcoming Computer Workshops

- . Word 1
- . Windows
- . Word 2
- . Access
- . Outlook
- . Excel 1
- . Excel 2
- . Quicken
- . Powerpoint



REMINDER

LEGAL CLINIC
1st, 2nd, & 3rd WEDNESDAYS
CALL FOR AN INDIVIDUAL
APPOINTMENT
973-328-5025

WC Newsletter

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The Women’s Center at CCM
973-328-5025

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web site: [www.ccm.edu/](http://www.ccm.edu/businessCommunity)
businessCommunity

The Women’s Center at CCM
County College of Morris
SCC 115

Mission Statement

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

Staff

Director

Career Counselor

Career Counselor

Job Placement

Legal Ed.Coord.

Secretary

Secretary

Mona Witman

Maureen Haggerty

Michele Coneys

Pat Johnson

Gladys Licker

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 Morris County. The legal education services are funded by a grant from the IOLTA Fund of the NJ Bar Foundation and the Morris County Bar Foundation.

Career Corner

A Season for Change

In mid-September, I began my career counseling position at CCM Women's Center. Although I have twenty years of professional experience in this field, I knew there would be many new challenges: new colleagues, new clients, new office procedures, a new work schedule, and a new commute. Although these challenges can often cause anxiety, I realized this could be a very exciting time, a time of new learning experiences.

Change is never easy, but certainly more challenging during periods of transition such as separation, divorce, job loss, moving/relocating, new job, or returning to school.

Early this year, I heard a minister speak about the many adjustments involved as one starts down a new path, assumes a new role, begins a new job, or develops new relationships. He was mindful of this because he had recently left one congregation after years of service, where he was well known and respected, to begin ministry at a new church, where he was not known. I often recall a quote from a Dilbert cartoon by Scott Adams that he shared with the congregation that brought laughter and smiles of agreement: "Change is good—you go first!" Change is fine for everyone else, as long as we are not the one being asked to change. Do you remember the popular book, *Who Moved My Cheese?*

It struck me that it is easy enough to acknowledge change because it is a reality in our lives; however, it is quite another thing to ask individuals, who are in the midst of very stressful transitions, to try to look at change as potentially positive. Perhaps the positives will not be immediately apparent, but down the road they may open a door to new opportunities, bring us to a deeper awareness of who we are, aid us to better understand our strengths and abilities, and help us create a viable plan for our future.

Over the years, I have noticed counselors often leave us with questions to think about. These are a few of mine:

Upcoming Job Club Topics

10:00 – 11:30

January 21	Building Self Confidence
February 4	Overcoming Age Barriers
February 18	Guest Speaker, Maureen Haggerty
March 4	Your Attitude and the Job Search
March 18	Completing the Job Application

Job Club meets twice a month on a Friday at the Women's Center for any woman looking for a job. This informal group discusses a variety of issues that lead to a successful job search. A counselor from the Women's Center staff presents information on a topic and responds to questions raised by the group members. All of this free help is available by calling 973-328-5025 and reserving your place.

Is it time to be open to new learning opportunities and skills training?

- Is it time to reach out to others in your community as a volunteer? (even if for a few hours a month)
- Is it time to build new friendships and relationships?
- Is it time to reserve time for exercise and leisure activities?
- Is this the season for you to embrace change?

These are several books you may want to borrow from your library:

- *What Color is Your Parachute? A Practical Manual for Job Hunters and Career Changers* by Richard Bolles
- *Who Moved My Cheese?* by Spencer Johnson and Kenneth Blanchard
- *Making Choices: The Joy of a Courageous Life* by Alexandra Stoddard.

During these past months, I have been welcomed at the Women's Center. I hope we have made you to feel very welcome too. We are here to help as you move forward to meet the many new challenges ahead.

Many good wishes for the New Year!

Maureen L. Haggerty
Career Counselor

TAKE TIME

Take Time To Live:

It is the secret of success

Take Time To Think:

It is the source of power

Take Time To Play:

It is the secret of youth

Take Time To Read:

It is the foundation of knowledge

Take Time For Friendship:

It is the source of happiness

Take Time To Laugh:

It helps lift life's load

Take Time To Dream:

It hitches the soul to the stars

Take Time For God:

It is life's only lasting investment.

Thanks to the Cooperative Extension Service of NY State.



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

The Angel Project

The holiday season often brings additional hardships to families who are already in crisis. Some families using the services of the Women's Center have experienced holiday hardships.

The Angel project was created to help with some of these needs. Over the past 10 years, the Women's Center has posted on a bulletin board on the Randolph CCM campus stories of clients who could use a bit of holiday cheer. The college community has always responded with great generosity and compassion. This year is no different with gifts of food, toys and clothing being collected for these needy families. The Women's Center staff is most appreciative of this help.

Weichert, Realtors has also, over the years, been most generous to the Women's Center clients. Their employees have adopted needy client families and provided them with generous donations to make the holiday more festive. The continued support of this group of people is much appreciated.

It is heartwarming to see the smiles and hear the thank yous from all those who are helped by the generosity of others.

HAPPY HOLIDAYS!

December 2010