

Women's Center

at COUNTY COLLEGE of MORRIS

Newsletter



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October - December 2019

Dressing for Success

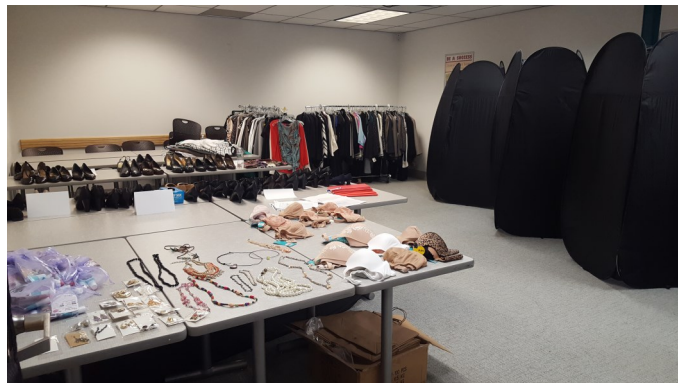
On Thursday, October 3, 2019 the Women's Center at CCM sponsored a special event, bringing Dress for Success Northern New Jersey – 10 Counties to campus in order to benefit participants of the Women's Center. Dress for Success's Mobile Van Coordinator, Terri Macleod, arrived with two volunteer stylists and set up what can only be described as a "pop-up boutique" in one of our classrooms, complete with dressing rooms! While setup was underway, the Women's Center participants were treated to a presentation by Professional Stylist Pam Etzin of *An Eye for Detail* who taught us about the do's and don'ts of professional attire. Pam is passionate about helping her clients to "dress from the inside out", believing that if they feel confident in what they are wearing, they will project that confidence throughout their daily lives. Over 20 women went on to the DFS "boutique" to receive professional outfits including suits, dresses, shoes & accessories that they can wear to their next interview. In fact, several clients headed out from the event in their new outfits to meet with employers that afternoon! Others wore their new clothes home just because they felt so good in them! The Women's Center would like to thank Dress for Success Northern New Jersey – 10 Counties and Pam Etzin for the amazing job they did on this event!

<https://northernnj.dressforsuccess.org/>

<http://eyefordetailnj.com/>

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Holidays ... just around the corner

So much has changed since last year! Maybe you recently lost your full-time job and finances are tight, or your twenty-year-old son said he plans to travel out of state to his new girlfriend's hometown and will not be home this holiday, or your marriage is ending and divorce is imminent.

Holiday gatherings can be worthwhile if they still bring us joy and leave us with positive feelings. If not, maybe it's time to rethink these events. Much stress builds up due to shopping, cooking, expenses, travel, expectations, and of course the "must attend" get-togethers.

Suppose this holiday we try to focus on new ways we might simplify our lives. Can we decline several invitations and replace them with low-key activities we would really enjoy? Think about alternate plans such as revisiting a childhood tradition that has been lost over the years, or doing something that you have never thought of doing before. If you are at a loss to come up with several new ideas, consider asking others about their holiday traditions. Could one of these borrowed traditions work well for you?

There are always great needs in our communities. How about volunteering your time to help others at your local food pantry, shelter, or soup kitchen? Many volunteers are needed to help serve holiday meals. Is there a friend, colleague, or family member who might enjoy going along with you? Ask them now. For suggested volunteer opportunities, visit www.volunteermatch.org.

Holidays can be an emotional roller coaster. We experience so many different feelings: frustration, excitement, loss, happiness, loneliness, joy, disappointment, exhaustion, love. By recognizing holidays can trigger all kinds of emotions, we can try to be more accepting of our own moods and those of others. Taking quiet walks, alone or with a friend, and keeping to a regular exercise schedule can help you balance holiday stress.

We realize time is one of our most precious gifts. It is up to each of us to think about how best to use it. As we look towards the upcoming holiday season, let's think about which traditions are most important to us and which activities will bring joy and friendship into our lives and into the lives of those we love.

A father, before he died, said to his son: "this is a watch your grandfather gave me, and is more than 200 years old. But before I give it to you, go to the watch shop on the first street, and tell him I want to sell it, and see how much he offers you". He went, and then came back to his father, and said, "the watchmaker offered 5 dollars because it's old". He said to him : "go to the coffee shop". He went and then came back, and said: "He offered \$5 father". "Go to the museum and show that watch". He went then came back, and said to his father "They offered me a million dollars for this piece". The father said: "I wanted to let you know that the right place values you in right way. Don't find yourself in the wrong place and get angry if you are not valued. Those that know your value are those who appreciate you, don't stay in a place where nobody sees your value". Know your worth.



Special Thanks to Audrey Verona for donating school supplies to our Women's Center Participants.

Interview Question of the Month

Q: “Do you have any questions for me?” asks the hiring manager at the end of your interview.



A: He/she will expect you to have some questions. Not asking any could make you seem unprepared or disinterested, so take the time to have some questions ready! Asking questions can give you the opportunity to further highlight some of your qualities, skills, and experience, and show the employer why you're a terrific match for the job. And just as important – if you ask the right questions, it will help you determine if the job is the right fit for you. Here are 10 suggested questions for the employer:

1. *What do the day-to-day responsibilities of the role look like?*
2. *What does success look like in this position, and how do you measure it?*
3. *What do you see as the most challenging aspect of this job?*
4. *Who will I be working most closely with?*
5. *What do you think are the most important qualities for someone to excel in this role?*
6. *How would you describe the company culture?*
7. *What do you like best about working for this company?*
8. *Are there opportunities for professional development? If so, what do those look like?*
9. *What are the biggest challenges facing the company/department right now?*
10. *What are the next steps in the interview process?*

Remember: Don't ask about salary or benefits just yet. Wait until you are in the final steps of the interview process to negotiate with the hiring manager or an HR representative.



I Hate my Lawyer and I Am in the Middle of an Ugly Divorce (Now what do I do?)

It is an unfortunate reality in the world of a family/divorce proceedings that at some point you will become disenchanted, displeased or otherwise disengaged from the advice and recommendations your attorney is giving you. Now, candidly, that could be a result of emotional deficiencies, difference of opinion, or billable hours or even just simply too much pressure. Whatever the reason it is a terrible situation to be involved in.

The question is, as a client, what do you do? There are a series of steps that need to be taken that can help you get to the ultimate finish line of a final divorce. It will take effort and planning to extricate yourself from your current attorney and then move to a new attorney. If you are reading this article reflecting on your own situation, then you have some knowledge of the legal divorce process and are probably in the middle of going to court. I am also sure that your attorney has not given you any action plan on getting to the final divorce. Here are three simple steps with explanations that you can put into action to find an attorney that you will be happy with and one that helps you to the finish line of final divorce:

GET A SECOND OPINION ON THE WORK THAT WAS DONE TO DATE. Go actually meet with and even pay another attorney for their time to review what has gone on and determine what has to be done to get a final divorce. In looking for an attorney to help review your situation be sure to find an attorney who has experience in the particular areas of divorce matters that are troubling you. Maybe the business valuation is not being completed or there has been little discussion about equitable distribution. Start by asking your friends, family, coworkers or anybody else that you know to get the name of an experienced, recommended attorney. If that doesn't work, turn to the internet and search for an experienced divorce attorney in your area. Do your homework. Ask questions that might not have been obvious when choosing your previous attorney. Who will be working on your case? Does the attorney or firm have a network of forensic accountants and other experts they are familiar with?

COLLECT ALL OF YOUR MONTHLY LEGAL INVOICES AND REVIEW THEM. Check and see what has been billed for and what has been paid. Family attorneys are supposed to have you sign a retainer and then send monthly invoices to you so that you know what is happening with your money. The process to get money back from the attorney that you want to leave is an easy one which your new attorney can help you with.

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PUT AN ACTION PLAN TOGETHER TO GET OUT OF THE MATTER AND HAVE A FINAL JUDGEMENT OF DIVORCE ENTERED. In assessing and reviewing your matter any experienced family/divorce attorney will be able to tell you what you have gone through and then give an action plan as to what steps need to be taken to obtain a final judgment of divorce. Divorce attorneys are not fortune tellers. Their advice takes into account you and your soon-to-be-ex's actions in acting reasonable and listening to sound strong reasonable advice as to what steps to take to obtain a final divorce. You will be able to help your attorney as to what to expect from your ex.

Finally, in reading this article your level of anxiety and stress is probably getting worse with the possibility of moving into the unknown with another attorney. That in combination with your unfortunate experiences with current counsel make this task even more daunting. You must be strong: emotionally, physically and financially by keeping a daily log and sticking to a battleplan. Move your body, go for a walk, eat healthier and seriously take care of yourself. Self-care will give you some clarity through this process. Also start a daily blog for yourself to write down your thoughts and get all that negative, bad energy out of your mind. Just like a root canal the only thing good about a divorce is when it is over, and you can get there and enjoy the next chapter in your life.

About the Author: Christopher Leon Garibian, Esq. is a Partner of The Weiner Law Group in the Matrimonial Department and has been Certified as a Matrimonial Attorney by The Supreme Court of New Jersey.



Upcoming Events

11/18/19 - Word 1 Begins

12/2/19 - Word 2 Begins

11/22/19 - In Transition - Now What Do I Do?*

12/6/19 - Resumes & Cover Letters*

Call or email to register | Phone: 973-328-5025 | Email: womenscenter@ccm.edu

*Job Club Speaker Series

Learning Opportunities

All programs are free of charge

Computer Lab is our one-to-one tutoring program. Our knowledgeable volunteers can help you with: Microsoft Outlook, Word, Excel, PowerPoint, Publisher, LinkedIn, and Job Board Profile.

Divorce Workshop is an informational series where you can learn what to expect during the divorce process.

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

Job Club Speaker Series topics include (but are not limited to): returning to the workforce after an absence, tips for 50+ job seekers, how to present yourself professionally, networking, managing conflict, and job search strategies.

Job Seekers Support Group is new for 2019. Come network with other job hunters and receive support during your job search.

Mission Statement: *Serve the varied needs of displaced homemakers in their quest for economic self sufficiency.*

Donations are gratefully accepted and may be made through the County College of Morris Foundation, a 501(c) (3) non-profit organization, designated for the Women's Center and mailed to 214 Center Grove Road, SCC-115, Randolph, NJ 07869. All programs are sponsored by the [County College of Morris](#) and funded through grants from the [NJ Division on Women](#).