

# Let's Talk

Fall 2011 Program Calendar

The Women's Center provides services and programs to meet life's challenges.



[www.thewomenscenter.org](http://www.thewomenscenter.org)

## Inside

3 Career

4 Money Matters

5 Personal Growth

9 Separation & Divorce

10 Programa en Espanol

12 Program Registration

Thank you to our Platinum Partners



## Board of Directors

Sally Turner, *President & Chairwoman*  
CGI Federal

Anne Gerrety, *Vice Chairwoman*  
Human Resources Consultant

Lori Jenkins, *Vice Chairwoman*  
Attorney

Jilinda B. Crowley, *Secretary/Treasurer*  
Rolls-Royce North America

### Directors

Affie Ambrose  
Acumen Solutions

Greg Baroni  
Attain, LLC

Teresa Carlson  
Amazon

Amy Caro  
Northrop Grumman

Shirley Clark  
Career Transition Network, LLC

Cynthia de Lorenzi  
Success in the City

Jasmin El Kordi  
Cisco Systems, Inc.

Karen Fagelson  
Reed Smith LLP

Leslye Fenton  
Odin, Feldman & Pittleman, P.C.

Lillian Heizer  
LCH Consulting, LLC

Dorothy Isaacs  
Surovell Isaacs Petersen & Levy PLC

Madelyn Jennings  
Board of Directors, The Freedom Forum

Kay Kapoor  
Accenture

Cynthia Lehman  
Long and Foster Realtors

Alaina Love, SPHR  
Purpose Linked Consulting

Marsha Malone  
Lockheed Martin

Eva Neumann  
ENC Marketing & Communications

Kenneth Patton  
Jones Lang LaSalle

Susan Penfield  
Booz Allen Hamilton

Lissa Perez  
Deloitte

Anne Rieger  
INOVA Health System

Rebecca Shambaugh  
SHAMBAUGH

Jean Stack  
Houlihan Lokey

Leslie Steele  
InterImage

Robin Thurman  
Bechtel

*Executive Director*  
Vicki Kirkbride

# Programs & Services

## Psychological Services

The Women's Center provides counseling in the following areas:

- Individual counseling for women and men
- Couples counseling
- Family counseling
- Group therapy
- Play therapy for children
- Support and therapy groups

Our staff includes over 100 therapists whose specialties include:

- Anxiety
- Depression
- Eating Disorders
- Emotional Abuse
- Grief and Loss
- Life Transitions
- Relationships
- Sexual Abuse
- Stress

The Center also offers psychological assessments to evaluate the intellectual and personality functioning of children and adults. Testing services include:

- Diagnostic information
- Admissions testing
- Academic placement
- Learning disabilities assessment
- Attention Deficit Hyperactivity Disorder assessment

## Domestic Violence

The Women's Center offers a network of services designed to help domestic violence victims and their families heal and regain financial stability. These services include:

- A safe and confidential resource room
- Resource materials available in multiple languages
- A network of attorneys who will provide free 20 minute initial consultations
- A computer with links to area resources
- Educational programs
- System Advocate Program

## Education Programs

The Women's Center provides educational programs throughout the year in the areas of career, finances, personal growth, and separation and divorce.

## Financial & Legal Services

The Women's Center educates individuals about making wise financial decisions and refers clients to trusted professionals for assistance with specific needs.

The Center provides linkages to legal resources. Our attorney network grants 20 minutes of free consultation with three lawyers.

Staff mediators work to resolve disputes involving divorce, employee relations, and other common issues. Free individual counseling is provided to low-income individuals.

## Career Services

The Women's Center offers services for those seeking employment, changing careers, re-entering the job market or entering it for the first time. Our services and resources include:

- Career counseling
- Information Career Advisory Network (ICAN)
- Resume Review
- Educational programs

The Center also offers career counseling sessions in which direction, strategies, and techniques are tailored to meet each individual's needs. In these sessions, the Myers Briggs and Strong Interest Inventory tests are available to assess interests and personality traits.

The Center helps clients network in a wide range of fields. Through our Information and Career Advisory Network (ICAN), clients are matched with trusted professionals for one-hour information interviews.



The Women's Center Selected as  
One of the Best by the  
Catalogue for Philanthropy

# Educational Programs

## Fall 2011

### Career

#### Federal Job Application Workshop

*Bill Norris, Career Advisor, Coolroe Management, a career development consulting firm*

\$35 Registration Fee /\$25 Center Circle Donors (Members)

With government job opportunities one of the steadiest areas of growth in the Washington, D.C. area, there is no better time to understand how to find and apply for Federal positions. In this one-time workshop, an expert with over 25 years of experience in the federal space will guide you through:

- Status of Federal Opportunities
- Federal Sources of Information
- USAJobs.Gov
- Federal Application Process
- Federal-Styled Resume
- Leadership Directories
- Top Federal Contractors
- Proactive Job Search Strategies

#### Three dates offered:

WHEN: Saturday, September 24 • 10 am – 12 noon

WHERE: The Women's Center, 127 Park St., NE, Vienna, VA

WHEN: Saturday, October 1 • 10 am – 12 noon

WHERE: Fairlington Community Center, Room 104, 3308 S. Stafford Street, Arlington, VA

WHEN: Saturday, October 15 • 10 am – 12 noon

WHERE: Floris United Methodist Church, 13600 Frying Pan Rd., Herndon, VA

#### NEW - Federal Resume Development Workshop

*Bill Norris, Career Advisor, Coolroe Management, a career development consulting firm*

\$35 Registration Fee /\$25 Center Circle Donors (Members)

Resume Development Workshop identifies the ingredients and format of a successful federal styled resume including how to define measurable successes, how to market your successes through a resume, how to be responsive to the job expectations identified in a federal job vacancy announcement.

The agenda will include:

- Resume Essentials
- Success Qualifiers
- Personal Success Jogger Questions to identify measurable success
- Appropriate Resume Format for government positions
- Sample Federal Styled Resume
- Sample Federal Vacancy Announcement

WHEN: Saturday October 29 • 10 am – 12 noon

WHERE: The Women's Center, 127 Park St., NE, Vienna, VA

#### Match your Head to Your Heart

*Valli Swerdlow, President of VALLI Associates, Executive Leadership Development and Career Coach*

\$35 Registration Fee /\$25 Center Circle Donors (Members)

Are you stuck in your career? Are you thinking about re-entering the workforce? Have you lost your job? Have you pushed back the date of your retirement due to economic conditions? If you are between 45 and 65 years of age, you may be part of the "Threshold Generation" – those who have to work into their 60's and 70's in order to keep up with inflation and prolong their retirement date. Or are you just launching your career and not sure whether or how to follow your heart from the very start? This course will show you why it is important to put the word "Passion" into your career or retirement plans. It will look at how to match your "head to your heart." Explore the factors that will help you identify your strengths, consider your interests, and choose an industry and position where you can put the word "passion" back into your career plans.

#### Two dates offered:

WHEN: Tuesday, October 4 • 7 - 9 pm

WHERE: Floris United Methodist Church, 13600 Frying Pan Rd., Herndon, VA

WHEN: Tuesday, November 15 • 7 - 9 pm

WHERE: The Women's Center, 127 Park St., NE, Vienna, VA

#### Re-entering the Workforce

*Colleen Smith, The Women's Center Therapist, Career Counselor, MS and M. Ed, and certified Senior Professional in Human Resources*

\$35 Registration Fee /\$25 Center Circle Donors (Members)

Are you thinking of going back to work after a long absence from the workplace? Perhaps you have been raising children. Perhaps your 401K is now a 201K and you need to supplement your retirement dollars. Whatever the reason, re-entering the work-a-day world and finding a job can seem like a daunting prospect.

This session is designed to address your questions and provide you with some essential pointers on how to get started including:

- The nature of the job market
- What hiring managers seek?
- Proactive & reactive job search strategies
- The key steps of a targeted job search
- Key competitive advantages and how to develop them
- Addressing the issue of your absence on your resume

#### Two dates offered:

WHEN: Thursday, October 13 • 7 - 9 pm

WHERE: The Women's Center, 127 Park St., NE, Vienna, VA

WHEN: Thursday, December 8 • 10 am - 12 noon

WHERE: The Women's Center, 127 Park St., NE, Vienna, VA

To learn more about the Programs and Services of The Women's Center visit our website at [www.thewomenscenter.org](http://www.thewomenscenter.org)

## NEW – Speaking Powerfully

Colleen Smith, *The Women's Center Therapist, Career Counselor, MS and M. Ed, and certified Senior Professional in Human Resources*

\$35 Registration Fee /\$25 Center Circle Donors (Members)

Have you avoided public speaking due to fear your nerves will cause you to flub your lines? Already speak in public and want to learn how to structure presentations and make speeches to entertain and powerfully influence your audience? Imagine no longer living in fear of being called upon to make a contribution to a group discussion, and being able to get your views across clearly and concisely in any personal or professional situation with ease! At this workshop, you will learn to:

- Manage anxiety, worries, stress and nerves before and during your presentation
- Deliver your key message confidently, powerfully and passionately
- Learn the tricks and techniques used by the most successful professional speakers
- Deliver messages that sell you and your company

WHEN: Thursday, November 17 • 7:15 pm – 8:45 pm

WHERE: The Women's Center, 127 Park St., NE, Vienna, VA

## You're Hired! Interview Skills to Get the Job

Lorne Epstein, *Recruiter, CEO of Arlington Soho and Founder, InSide Job, Author and Speaker, E3 Publishing and Media. Mr. Epstein's popular book "You're Hired! Interview Skills to Get the Job" will be available for purchase at the workshop.*

\$35 Registration Fee /\$25 Center Circle Donors (Members)

Lorne Epstein, CEO of Arlington Soho, has created one of the top job applications on Facebook called "InSide Job." InSide Job lets you contact people who have interviewed, worked, or are currently employed at the places you want to work at next! Lorne is the author of "You're Hired! Interview Skills to Get the Job," a step-by-step guide on what to do before, during and after the interview to get the job you want. Lorne has over 13 years of corporate recruiting experience and has hired hundreds of professionals. He informs and entertains participants looking to take the next step in their careers.

Lorne's course on how to interview covers what you can do before, during and after the interview to get the job. Lorne gives specific details on techniques that are time tested. If you have an interview coming up, ask Lorne for coaching specific to your needs during this class session.

### Four dates offered:

WHEN: Tuesday, September 6 • 7 – 9 pm

Monday, November 14 • 7 – 9 pm

WHERE: The Women's Center, 127 Park St., NE, Vienna, VA

WHEN: Tuesday, October 11 • 7 – 9 pm

WHERE: Floris United Methodist Church, 13600 Frying Pan Rd., Herndon, VA

WHEN: Monday, December 5 • 7 – 9 pm

WHERE: Fairlington Community Center, Room 104, 3308 S. Stafford Street, Arlington, VA

# Money Matters

## NEW – Financial Planning for Retirement - 2 Night Series

Andrew D. Wade, *Certified Financial Planner, Vice President, Nebel Financial Services LLC.*

\$60 Registration Fee /\$50 Center Circle Donors (Members)

Part 1: Accumulation Phase. The class will cover steps to put you in position to plan for a successful retirement in future years. This session will provide you with actionable steps and areas for improvement to your current plans in the years leading to retirement.

Part 2: Income Phase. The class will go over many options for converting your growth investments to income investments. This part will focus on different tools to help you meet your income needs during your retirement years.

WHEN: Monday November 7 • 7 - 9 pm

WHERE: The Women's Center, 127 Park St., NE, Vienna, VA

AND

WHEN: Monday, November 14 • 7 - 9 pm

WHERE: The Women's Center, 127 Park St., NE, Vienna, VA

## Women, Money, and Power

Pamela J. Sams\*, *CRPC, Financial Advisor, Financial Planning Services*

\$35 Registration Fee / \$25 Center Circle Donors (Members)

Want to take control of your financial future? In this course, you will learn about personal finance, how to empower your hidden financial personality, and how to manage your finances with confidence.

Topics include:

- Why you need a financial plan
- Understand "who you are" financially
- Five financial personality types
- Life-defining events
- The "Sandwich Generation"

WHEN: Tuesday, December 6 • 7 - 9 pm

WHERE: The Women's Center, 127 Park St., NE, Vienna, VA

## NEW - Women's Guide to Investing 2 - Night Series

Pamela J. Sams\*, *CRPC, Financial Advisor, Financial Planning Services*

\$60 Registration Fee /\$50 Center Circle Donors (Members)

Women in general are far more concerned with the fear of losing money (risk) than the chance of gaining it (return). This course is designed specifically for women who want to learn the basics of investing and empowering themselves with the knowledge to make smart financial decisions for themselves and their families.

Workshop will cover:

- Why women make better investors than men
- Different types of investments
- Risks and Returns
- Planning for your financial goals

WHEN: Mondays, October 17 and 24 • 7 - 9 pm

WHERE: The Women's Center, 127 Park St., NE, Vienna, VA

## **NEW – The Woman’s Guide to Planning for Retirement**

*Pamela J. Sams\*, CRPC, Financial Advisor, Financial Planning Services*

*Dee Cascio, Certified Retirement and ReCareer Coach, Retirement Lifestyle Strategies*

\$35 Registration Fee / \$25 Center Circle Donors (Members)

Most people spend time dreaming about having the financial freedom to do what they want. This freedom may provide them an opportunity to travel, a chance to develop new skills, or the option of turning an interest into a business opportunity. Unfortunately, most people do not spend enough time preparing for the financial realities of retirement. In addition to managing your money, managing your time, talents, strengths and interests is equally important.

This session covers how to grow your financial security for retirement as well as planning for a successful retirement lifestyle.

Pamela Sams, Financial Advisor, will give you knowledge that you need to take advantage of opportunities like IRAs and 401(k) plans. You will learn how to make wise choices among various investments and insurance alternatives. Topics include long-term health care, Social Security and Medicare, managing money for secure income and reduced taxes, estate planning, pension options and lifestyle issues.

Dee Cascio, Certified Retirement and ReCareer Coach, will present her own personal experience with retirement. You will also learn important steps in planning for a successful retirement lifestyle using the Life Arenas Model. This model includes career and work, health and wellness, family and relationships, finances, leisure and social, and personal development. Self-knowledge and finding balance in each of these arenas now will help you begin planning for successful retirement lifestyle.

WHEN: Thursday, November 10 • 7 - 9 pm

WHERE: The Women’s Center, 127 Park St., NE, Vienna, VA

*\*Pamela Sams offers securities and investment advisory services through ING Financial Partners.*

*Member SIPC*

*Financial Planning Services is not a subsidiary of, nor controlled by ING Financial Partners.*

*Please note that neither ING Financial Partners nor any of its agents or representatives gives legal or tax advice. For complete details, consult with your tax advisor or attorney.*

## **Personal Growth Dealing with Anger**

### **Healthy Responses to Anger**

*Charlie Clark, MA, NCC, The Women’s Center Therapist*

\$45 Registration Fee / \$35 Center Circle Donors (Members)

Do you or a loved one experience moderate to extreme anger on a regular basis that is negatively impacting your relationship? Do you experience frustration and rage in everyday situations like traffic jams and stressful work environments? Does your children’s poor behavior grate on your last nerve to the point where the joy of parenting is a long lost memory? If so, then **Healthy Responses to Anger** may be a beneficial first step in learning to recognize your anger triggers, understanding that anger is mostly an expression of other, deeper emotions, and identifying potential coping skills to reduce the effects of anger in your life.

Understanding the sources of anger (stress, anxiety, fear...), recognizing the associated feelings and thoughts and developing effective responses are the overall goals of this program for both women and men. In addition to considering the root causes of anger, such as low self-esteem and poor modeling, the workshop will emphasize relationship-based anger and include practical exercises to assist participants in identifying anger sources and managing stress and anger responses.

WHEN: Saturday, October 1 • 9:30 am -12:30 pm

WHERE: The Women’s Center, 127 Park St., NE, Vienna, VA

WHEN: Saturday, November 12 • 9:30 am -12:30 pm

WHERE: The Women’s Center, 127 Park St., NE, Vienna, VA

### **Anger Management for Men (7 weeks)**

*Charlie Clark, MA, NCC, The Women’s Center Therapist*

\$150 Registration Fee / \$140 Center Circle Donors (Members)

There are many emotions that contribute to our daily life. Sometimes we handle life with ease and sometimes we become angry during stressful situations. If managed inappropriately, anger is likely to negatively affect our physical and mental health. Repressed anger can disrupt relationships, affect thinking and behavior patterns, and create a variety of physical problems, such as high blood pressure, heart problems, headaches, skin disorders, arthritis, and digestive issues. Channeled carefully, anger can help you achieve your goals. Misuse it and it will create difficulties that will keep you from becoming the kind of person you would like to be. If you feel stuck, come learn the patterns and triggers of your own anger, and ways to express anger appropriately and constructively.

WHEN: Wednesdays, October 5 – November 23 • 7 - 9 pm (No class October 26th)

WHERE: The Women’s Center, 127 Park St., NE, Vienna, VA

## Anger Management for Women (7 Weeks)

Marilyn Lowrance, MSW, The Women's Center Therapist

\$150 Registration Fee / \$140 Center Circle Donors (Members)

There are many emotions that contribute to our daily life. Sometimes we handle life with ease and sometimes we become angry during stressful situations. If managed inappropriately, anger is likely to negatively affect our physical and mental health. Repressed anger can disrupt relationships, affect thinking and behavior patterns, and create a variety of physical problems, such as high blood pressure, heart problems, headaches, skin disorders, arthritis, and digestive issues. Channeled carefully, anger can help you achieve your goals. Misuse it and it will create difficulties that will keep you from becoming the kind of person you would like to be. If you feel stuck, come learn the patterns and triggers of your own anger, and ways to express anger appropriately and constructively.

WHEN: Tuesdays, September 20 – November 1 • 7 - 9 pm

WHERE: The Women's Center, 127 Park St., NE, Vienna, VA

## NEW - Art Therapy Exploration

EmmyLou Glassman, M.A., ATR-BC, Registered and Board Certified Art Therapist

\$35 Registration Fee / \$25 Center Circle Donors (Members)

Art, usually thought to be the domain of professional artists or children, is and has been, a natural form of expression for all human beings. Art Therapy is one of the numerous expressive art therapies that provide people with a way of connecting their perceptions, thoughts, and feelings within, to the challenges and realities of the world outside. The actual process of creating and the product results are of key importance because the images, colors used, approach to the task, and media choices are all born within an individual's unique and inner world.

This informative and experiential workshop will familiarize participants with the history of Art Therapy, its uses with various populations, and its lasting benefits. Often used alone or in tandem with other therapies, Art Therapy brings spiritual well-being, self-discovery, and transformation. With the use of directed art experiential exercises, participants will leave this workshop with new personal insight.

WHEN: Wednesday, December 7 • 7 - 9 pm

WHERE: The Women's Center, 127 Park St., NE, Vienna, VA

# Thank You...

The Women's Center wishes to thank...

- Fairlington Community Center
- Floris United Methodist Church
- Investment & Resource Planning Associates
- Manassas Presbyterian Church
- McLean Government Center
- Vienna Presbyterian Church

...for making program space available.

## Understanding Bipolar Disorder and Related Conditions - How to Begin to Help Yourself or Someone Close to You

Tracey Powell, M.S., The Women's Center Therapist

This course is taught by a therapist who has conducted considerable research on mood disorders and treated multiple clients with mood conditions.

\$35 Registration Fee / \$25 Center Circle Donors (Members)

Do you or someone you know suffer from distressing changes in mood? Do you walk on eggshells around someone you care about, not knowing from day to day if they'll seem lethargic and irritable or productive and happy? Find out about when normal variations in mood fall into the often misdiagnosed and undiagnosed categories of bipolar disorder, cyclothymic disorder, dysthymia, and depression.

This two hour interactive educational workshop will cover:

- Symptoms of mood disorders in adults
- Variables influencing the course of bipolar disorder
- Effective treatment approaches for bipolar disorder
- How to begin a treatment strategy for yourself and how to support a loved one struggling with intense emotional variations

WHEN: Tuesday, September 13 • 6:30 – 8:30 pm

WHERE: The Women's Center, 127 Park St., NE, Vienna, VA

## NEW – Homework – A Parent's Guide to Helping Out Without Freaking Out!

Neil McNerney, Licensed Professional Counselor, trainer and consultant

\$35 Registration Fee / \$25 Center Circle Donors (Members)

Why is it that some parents are able to calmly help their children with being a successful student and many of us parents struggle with this? For years, we used to think that it was because some kids are "easier" than others. Although it's true that some kids are easier, it is also true that, regardless of the challenges of the child, there are specific things parents can do to increase academic achievement. This seminar will show parents how to best lead their children when it comes to their schoolwork. Based on a proven family-systems theory and 20 years of experience with families, Neil McNerney will:

- Expose the contradicting messages we hear about our responsibility for our child's academic success.
- Reveal the 3 Myths of parenting school age kids that just makes things worse.
- Give you 5 strategies you can use right away that will increase your ability to help your child become a successful student.

### Two dates offered:

WHEN: Saturday, October 15 • 10 am - 12 noon

WHERE: The Women's Center, 127 Park St., NE, Vienna, VA

WHEN: Thursday, November 17 • 7 - 9 pm

WHERE: The Women's Center, 127 Park St., NE, Vienna, VA

## Improving Tough Family Conversations about Elder Issues

*Jeannette Twomey, JD and Sharon Schroer, JD, Va. Certified Mediators*

This course is co-taught by an accomplished trainer in the fields of negotiation, communication and conflict resolution, and an experienced attorney and coach, trained in elder mediation and conflict resolution.

\$35 Registration Fee / \$25 Center Circle Donors (Members)

Many families face difficult issues concerning aging parents and relatives. Decisions about care, living arrangements, personal property, and selling the family home can provoke disagreement and arguments. If you have experienced these stressful, unproductive discussions and want more collaboration and support among family members, this practical, skills-based workshop is for you. Negative family communication patterns are not chiseled in stone.

Are you dealing with situations like the following:

- Burdened by the care of a parent and need siblings to help out more?
- Can't persuade an older relative to curtail unsafe driving or move to a retirement community?
- Worried that your spouse will object to your parents' moving in?
- Seeking agreement on a "fair" way to divide inherited property?

Learn better methods to:

- Avoid defensiveness and arguments
- Move toward solutions instead of getting stuck in the past
- Overcome resistance to change

WHEN: Thursday, October 20 • 7 - 9 pm

WHERE: The Women's Center, 127 Park St., NE, Vienna, VA

## Family Abuse – What Is It and What Can You Do About It?

*Meredith Kerley, MSW, The Women's Center Therapist and Domestic Violence Program Manager OR Megan MacCutcheon, The Women's Center Therapist, M. Ed.*

*AND The Honorable Thomas P. Mann, Chief Judge, Fairfax County Juvenile & Domestic Relations District Court*

No Charge – Free. Registration Required.

What does family abuse look like? Could it be happening to you or someone you know? What stops those who experience family abuse from getting the help they need? What are the barriers to getting help? Why is it so difficult to understand, identify, and even harder to stop? If any of these questions have crossed your mind, join us for a session that will help you identify and learn how to most effectively deal with the pattern of coercive behaviors associated with family abuse, including (but not limited to) physical and sexual violence, threats of violence, emotional and psychological intimidation, verbal abuse, economic and financial control, spiritual abuse, and destruction of property. Judge Mann will speak on learning about the Protective Order court process from Intake through trial. His presentation will also address court and other resources available to those who are involved in the court process. Bring your Questions.

**One date offered with Meredith Kerley:**

WHEN: Monday, September 26 • 6:30-9:30 pm

WHERE: The Women's Center, 127 Park St., NE, Vienna, VA Rm 28

**One date offered with Megan MacCutcheon:**

WHEN: Wednesday, December 14 • 6:30-9:30 pm

WHERE: The Women's Center, 127 Park St., NE, Vienna, VA Rm 28

## Motherhood Without Stress and Guilt

*Colleen Smith, The Women's Center Therapist, Career Counselor, MS and M. Ed, and certified Senior Professional in Human Resources*

\$35 Registration Fee /\$25 Center Circle Donors (Members)

Let's face it: motherhood can be stressful! While the position brings some of the best perks imaginable--the fun, the growth, and the love--it also brings more than its share of work, frustration, and stress. Fortunately, the pros of motherhood are what can help you deal with motherhood's cons. Participation in this workshop can give you real ideas and take-home tips on how to get the most out of your motherhood role.

There is a lot of pressure placed on mothers from society, friends, and family, which can result in stress for the mother trying to measure up. From the stress of trying to create perfect children to the guilt over what is and is not happening in the home, these pressures can be detrimental to all involved. Join us for this workshop to learn how to keep a balanced perspective, how to filter outside pressure, how to reduce your own negative messages to yourself, and how to increase motherhood enjoyment. Come join other women who can relate to what you are going through; there is bound to be laughter, tears, and insight.

WHEN: Thursday, September 15 • 7 – 9 pm

WHERE: The Women's Center, 127 Park St., NE, Vienna, VA

## NEW - How to Strengthen Trust in Yourself and Build Self-Confidence

*Hayya Lee, CPC, ELI-MP Certified Professional Life Coach & Master Practitioner – Energy Leadership Index Assessment*

\$35 Registration Fee /\$25 Center Circle Donors (Members)

When you don't trust yourself the world and life's journey can seem like a minefield. There are tons of resources out there about how to rebuild trust in other people, not so much about starting at the source, YOU. Lack of trust is devastating to any kind of relationship, be it personal or business—especially the relationship with yourself. Lack of self-trust affects your self-confidence and short-circuits your ability to make progress in all areas of your life. It also makes it infinitely harder to trust anyone else, which creates unstable and unsatisfying relationships.

This course is for you if you:

- Have been wanting to make changes in any area of your life yet feel paralyzed by fear and uncertainty
- Find it difficult to make decisions and stick with them
- Want to build your self- confidence and be able to ask for what you want
- Have trouble trusting others
- Are an entrepreneur

You'll learn tools to start rebuilding your trust in yourself such as:

- Learning to make decisions you can stick with
- Listening to your gut/intuition
- Becoming **the** expert on YOU
- Creating an action plan for your growth and progress

WHEN: Thursday, October 6 • 7 – 9 pm

WHERE: Fairlington Community Center, Room 104, 3308 S. Stafford Street, Arlington, VA

MARK YOUR CALENDAR NOW!

# 2011 Leadership Series

The Women's Center is pleased to announce the 2011 Leadership Series. For detailed information about each program, please visit our website at [www.thewomenscenter.org](http://www.thewomenscenter.org). Online registration is available or call 703-281-2657.

**September 14, 2011**

*Leveraging Purpose and Passion in the Workplace*

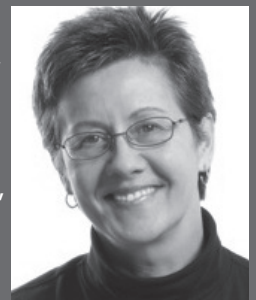
**Presented by:** Alaina Love, internationally recognized expert on leadership, purpose, employee passions and organizational development.



**November 2, 2011**

*Social Media Savvy for the Corporate Manager and Executive*

**Presented by:** Peg McDermott, leading expert in online marketing and award-winning communications expert.



**October 19, 2011**

*The Balancing Act: Managing Motherhood and Your Career*

**Presented by:** Kelly Wallace, nationally known journalist and women's advocate, chief correspondent for iVillage and Colleen Smith, professional career coach, human resources executive and Women's Center therapist.



**December 1, 2011**

*Multi-Generational Workforce 2011 Are You Talking to ME? Managing and Communicating Across Generations at Work*

**Presented by:** Valli Swardlow, Executive Leadership and Career Coach



WWW.THEWOMENSCENTER.ORG

## Building Your Self Esteem (5 weeks)

Megan MacCutcheon, *The Women's Center Therapist, M. Ed.*

\$100 Registration Fee / \$90 Center Circle Donors (Members)

Explore in the context of a small group setting techniques to help you build self-esteem and develop a more positive self-identity. Gain insight into how self-esteem can impact all facets of your life, including relationships and career. Discover how both your conscious and subconscious thoughts contribute to how you feel about yourself, and begin to identify and challenge your thinking to create a more positive sense-of-self. This workshop will help you learn how to better care for yourself to achieve a healthier, happier you.

WHEN: Tuesdays, September 27 – October 25, 10 am – 12 noon

WHERE: The Women's Center, Room 32, 127 Park Street, NE, Vienna, VA

## Organization

### How Sweet it is to be Clutter Free!

Laurie Steiger, *Professional Organizer*

\$35 Registration Fee / \$25 Center Circle Donors (Members)

Come hear Miss Clutterbee, Laurie Steiger, a licensed, insured, professional organizer in the Northern Virginia area, who will give you suggestions for downsizing and organizing. This workshop will cover the following topics, along with some fun hands-on exercises:

- Why do you have clutter?
- Deciding whether to save or get rid of old toys/memorabilia
- Pros/Cons of stocking up at sales
- If you are going to start something, finish it!
- Storing your items
- All about donations (understanding receipts/tax write-offs)
- Where to start

WHEN: Wednesday, November 30 • 7 – 8:30 pm

WHERE: The Women's Center, 127 Park St., NE, Vienna, VA

## NEW - Resources to Help You Care for Sick and Elderly Family Members

Kenneth Wood, *Capital Hospice CARE Representative, Capital Caring (formerly Capital Hospice)*

\$35 Registration Fee / \$25 Center Circle Donors (Members)

Capital Caring, formerly known as Capital Hospice, helps families and loved ones make the most of every moment together by offering care, comfort and dignity to those facing a serious illness. With more than 32

years of experience in the DC metropolitan region, the staff from Capital Caring can give you the tools and information you need to make the best health care decisions for yourself and/or your loved ones.

We will be covering When Hospice and Palliative Care is Necessary, Advanced Directives and Living Wills, Etiquette of Illness and other informative topics. The more you learn before an emergency the better decisions you will be able to make when the need arises. Will you be prepared?

WHEN: Tuesday, November 29 • 7:00 – 9:30 pm

WHERE: The Women's Center, 127 Park St., NE, Vienna, VA

## NEW – Women and Constructive Criticism: How to Effectively Receive and Deliver it With Sensitivity and Respect

Lisa Blackwell, *Life Balance Expert and Author of Are You A Mule Or A Queen? How to Have Others Honor Your Wishes and Value Your Time*

\$35 Registration Fee / \$25 Center Circle Donors (Members)

This workshop is meant to equip women with the tools to analyze whether they can accept and apply constructive criticism or feedback. Women who don't accept constructive criticism well run the risk of stunting their potential. Women who don't know how to deliver constructive criticism are often isolated or avoided. This course will give women the strategies for mastering the ability to apply constructive criticism in non-emotional ways to continuously improve key areas of their life. Women will also be given a highly effective technique on how to deliver constructive criticism to friends, family, and colleagues in a way that leaves an individual's dignity in tact and increases their trust. In this course women will learn:

- The 6 Ways to Tell if You are a Woman who has Trouble Accepting Criticism
- The Historical and Psychological Reasons Why Many Women Have Trouble Accepting Feedback
- How a Woman Can Effectively Deliver Constructive Criticism in a Professional Environment or Within a Personal Relationship
- To Master The Ability to Solicit and Apply Constructive Criticism to Refine Your Skills and Improve Your Relationships

WHEN: Saturday, December 3 • 10 am - 12 noon

WHERE: The Women's Center, 127 Park St., NE, Vienna, VA

## Separation & Divorce

### Emotional Support

### Finding Emotional Strength During Separation & Divorce (6 Weeks)

Hilary Casaretto, *LCSW, The Women's Center Therapist*

\$185 Registration Fee / \$165 Center Circle Donor (Members)

Separation and divorce can be a stressful and overwhelming process, but you are not alone! Join others going through similar situations and learn effective ways to cope. Participants will have the opportunity to explore a variety of topics in a safe, confidential and supportive setting. Regardless of where you are in the process, this program will provide information and support and guide you toward a new beginning.

WHEN: Tuesdays, November 1 - December 6 • 7:30 – 9:30 pm

WHERE: The Women's Center, Room 32, 127 Park St., NE, Vienna



## General Legal Aspects

### The Smart Split: The Legal Aspects You Need To Know About Separation and Divorce

Catherine S. Croft, Esquire, Farrell & Croft, P.C. – OR – David Levy, Esquire, Surovell Isaacs Petersen & Levy PLC – OR – Jeffrey Sprowls, Esquire, Jeffrey P. Sprowls, P.C.

Note: These are one-time, independent sessions, with several location and instructor options.

\$55 Registration Fee / \$45 Center Circle Donors (Members)

Divorce can take a heavy toll emotionally, but you can take action now to protect yourself against the confusion and frustration of the legal aspects of divorce. Come learn the rights and responsibilities of parties involved in separation and divorce from experienced practicing family law attorneys. Learn how the legal process works in the Virginia courts and how to work with your lawyer. A support group will be available.

#### Four dates offered with Catherine Croft, Attorney, Farrell & Croft, P.C.

WHEN: Wednesday, September 14 • 7 pm – 9 pm

Wednesday, October 12 • 7 pm – 9 pm

Wednesday, November 16 • 7 pm – 9 pm

Wednesday, December 14 • 7 pm – 9 pm

WHERE: Farrell & Croft, P.C., 9324 Main Street, Manassas, VA

#### One date offered with David Levy, Esquire, Surovell Isaacs Petersen & Levy PLC

WHEN: Saturday, December 10 • 10 am – 1 pm

WHERE: McLean Government Center, 1437 Balls Hill Road, McLean

#### Three dates offered with Jeffrey Sprowls, Esquire, Jeffrey P. Sprowls, P.C.

WHEN: Saturday, September 17 • 10 am – 1 pm

Saturday, October 22 • 10 am – 1 pm

Saturday, November 19 • 10 am – 1 pm

WHERE: McLean Government Center, 1437 Balls Hill Road, McLean

## Register for Acumen Solutions Race for A Cause...

and Support The Women's Center. When you register please designate The Women's Center.

You can walk or run for The Women's Center ~ you will make a difference for our clients. Join us for this great event on October 16, 2011.

To register go to:

[www.acumensolutions.com/theraceforacause](http://www.acumensolutions.com/theraceforacause)



## Mediation and Negotiation

### Avoiding Divorce Court I - How To Negotiate or Mediate a Property Settlement Agreement

Patti J. Philipse, Attorney and Mediator, Law Office of Patti J. Philipse

\$40 Registration Fee/\$30 Center Circle Donors (Members) \$70 Couples Registration Fee/\$50 Couples Center Circle Donors (Members)

A divorce marks the end of one chapter in your life, but with the right tools, you should be able to get a fresh, fast start on the next chapter! Don't let a drawn-out court battle keep you from beginning your new life — you can negotiate or mediate your Separation, Custody and Property Settlement Agreement without setting foot in a courtroom. A divorce attorney with 20+ years experience will guide you through a comparison of mediation and negotiation and provide mediation and negotiation tips you can use. The workshop will also cover strategies and pitfalls to avoid and a general discussion of the issues that are commonly addressed in an Agreement, from property to support to custody. Program fee may be applied to an initial mediation session.

#### Six dates offered:

WHEN: Saturday, September 10 • 10 am -1:00 pm

Thursday, October 13 • 6:30 – 9:30 pm

Saturday, November 5 • 10 am -1:00 pm

Thursday, December 8 • 6:30 – 9:30 pm

WHERE: The Women's Center, 127 Park St., NE, Vienna, VA

WHEN: Thursday, November 3 • 6:30 – 9:30 pm

WHERE: Manassas Presbyterian Church, 8201 Ashton Ave., Manassas, VA

WHEN: Saturday, December 3 • 10:00 am – 1:00 pm

WHERE: Fairlington Community Center, Room 104, 3308 S. Stafford Street, Arlington, VA 22206

### Avoiding Divorce Court II – Provisions of Settlement Agreements

Patti J. Philipse, Attorney and Mediator, Law Office of Patti J. Philipse

\$40 Registration Fee/\$30 Center Circle Donors (Members) \$70 Couples Registration Fee/\$50 Couples Center Circle Donors (Members)

This course picks up where Avoiding Divorce Court I leaves off and provides a more thorough discussion of Separation, Custody, and Property Settlement Agreements. In addition to reviewing the provisions in an Agreement (custody, support, retirement, and property), information will be provided regarding both standard provisions that are routinely found in all Agreements ("boilerplate provisions") and creative provisions that are available to parties negotiating or mediating an Agreement.

#### Six dates offered:

WHEN : Saturday, September 24 • 10 am – 1pm

Thursday, October 20 • 6:30 – 9:30 pm

Saturday, November 12 • 10 am – 1pm

Thursday, December 15 • 6:30 – 9:30 pm

WHERE: The Women's Center, 127 Park St., NE, Vienna, VA

WHEN: Thursday, November 17 • 6:30 – 9:30 pm

WHERE: Manassas Presbyterian Church, 8201 Ashton Ave., Manassas, VA

WHEN: Saturday, December 17 • 10 am – 1pm

WHERE: Fairlington Community Center, Room 104, 3308 S. Stafford Street, Arlington, VA 22206

## Discovery

### NEW – Divorce or Custody Discovery - Dos, Don'ts and Dangers

*Kathryn Dickerson, Attorney, SmolenPlevy and Sarah Piper, Attorney, Maddox Law Firm*

\$55 Registration Fee / \$45 Center Circle Donors (Members) (New Course – TWC to confirm price)

Whether settlement is a possibility or not, once the litigation process begins, you may find that you have been served with discovery. Written Interrogatories, Requests for Admission, Requests for Production of Documents and Notices of Deposition can often be overwhelming and scary. Some discovery requests can be highly complex. Have an opportunity to review some commonly issued discovery questions, which include references to multi-part statutes. How you respond to discovery has a significant impact on your case. Your response impacts what evidence you can present at trial and the cost of the proceedings.

Learn the different aspects of discovery, the rules that govern discovery, and ways to approach discovery that may assist your attorney in streamlining your case, keep costs down, and ensure that the evidence you believe is most relevant is preserved for trial.

#### Two dates offered:

WHEN: Wednesday, September 21 • 7 - 9 pm

WHERE: The Women's Center, 127 Park St., NE, Vienna, VA

WHEN: Monday, October 3 • 7 - 9 pm

WHERE: The Women's Center, 127 Park St., NE, Vienna, VA

## Child Support/Custody

### Be Prepared for Your Children – Learn Legal Aspects of Child and Spousal Support, Custody & Visitation

*Jason Braun, Attorney, Surovell Isaacs Petersen & Levy PLC - OR - Cory Goriup, Attorney, Surovell Isaacs Petersen & Levy PLC*

\$55 Registration Fee / \$45 Center Circle Donors (Members)

Issues of child custody are among the most painful and divisive aspects of separation and divorce, but you can prepare yourself by learning how to navigate the legal aspects of child custody in Virginia courts. We will discuss how courts determine what financial support is required based on spousal income(s), what is deemed to be in the "best interests" of the child and what to expect during the custody proceedings. A support group will be available.

#### One date offered with Jason Braun:

WHEN: Monday, September 19 • 7:00 – 9:30 pm

WHERE: The Women's Center, 127 Park St., NE, Vienna, VA

#### One date offered with Cory Goriup:

WHEN: Monday, September 26 • 7:00 – 9:30 pm

WHERE: Floris United Methodist Church, 13600 Frying Pan Rd., Herndon, VA

## Financial Planning

### Reclaiming Your Future: Financial Planning During Separation & Divorce

*Danny Burk, Esquire & CDFA, Attorney at Law, Resolution Point, LLC - OR - Debbie Marson, CDFA, Investment & Resource Planning Associates*

\$50 Registration Fee / \$40 Center Circle Donors (Members)

Going through a divorce and feeling overwhelmed by all the financial decisions that will affect your future for years to come? Divorce can be financially devastating for the unprepared, but

you can take control of your financial future now and start a new chapter of your life on the right foot. Get the practical information you need to make educated financial decisions from one of two divorce planners with more than 25 years of experience. This comprehensive seminar covers all financial components of the property settlement agreement.

#### Two dates offered with Danny Burk, Esquire & CDFA:

WHEN: Thursday, October 6 • 6:30 – 9:30 pm

Thursday, December 1 • 6:30 – 9:30 pm

WHERE: The Women's Center, 127 Park St., NE, Vienna

#### Two dates offered with Debbie Marson, CDFA:

WHEN: Thursday, September 22 • 6:30-9:30 pm

Monday, November 21 • 6:30 – 9:30 pm

WHERE: Investment & Resource Planning Associates, Inc., 4400 Fair Lakes Court, # 70, Fairfax, VA

## Understanding and Asserting Your Rights to Marital Assets in a Divorce

*Leslye S. Fenton, Esquire, Odin, Feldman & Pittleman PC*

\$50 Registration Fee / \$40 Center Circle Donors (Members)

This workshop will guide you through what you need to know to successfully navigate the divorce process and understand your rights to marital assets. You can regain control of your life, starting with your financial future. Learn how Virginia courts divide assets (including retirements) and liabilities upon divorce, how to determine whether property is marital or separate and the factors the court must take into account in making its decisions. This program will provide you with the practical information you need to understand your rights and financial future, whether you negotiate a settlement or seek a court determination.

WHEN: Wednesday, November 9 • 11 am – 1:30 pm

WHERE: Odin, Feldman & Pittleman, P.C. 9302 Lee Highway, Suite 1100 Fairfax

## Programa en Espanol

### Aprendiendo A Manejar Las Situaciones Emocionales (enfoque en control del enojo) (8 semanas)

*Vittoria Grant, LPC, Women's Center Therapist*

Honorario de registro \$80 – llame al 703-281-4928 x402 para registrarse

Precios reducidos disponibles a personal de bajo recursos.

Si la experiencia que ni el enojarse ni el suprimir su enojo funcionan, este seminario es para usted. Con discusiones de grupo y una variedad de ejercicios, usted aprendera a controlar, expresar y resolver sus sentimientos de enojo y agresividad de una manera saludable y efectiva.

FECHA: Miércoles, Septiembre 14 – Noviembre 9 • 7:00 – 8:30 pm (no clase Octubre 26)

LUGAR: 133 Park Street, NE, Room 9, Vienna, VA

# How to Register

Pre-registration and pre-payment are required for all programs and workshops.

## ONLINE

At [www.thewomenscenter.org](http://www.thewomenscenter.org).

## BY FAX

Complete and fax with credit card information to 703-242-1454, Attention: Program Registration.

## BY PHONE

Call the Center at 703-281-2657, ext 276 during regular office hours. Please have your credit card available when you call.

## IN PERSON

During regular Vienna office hours 9am - 5pm weekdays or 9am - 4pm Saturdays.

## BY MAIL

Mail with payment to:  
The Women's Center  
Attention: Program Registration  
133 Park Street, NE, Vienna, VA 22180.

## SPECIAL ASSISTANCE

Notify the Center 30 days in advance for your special needs.

## CANCELLATIONS

No Refunds will be issued without written, faxed or emailed notice three days in advance of your program. There will be no exceptions to this policy. Refunds will be issued for any program cancelled by the Center.

# Registration Form

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Home Phone \_\_\_\_\_ Work Phone \_\_\_\_\_

Email \_\_\_\_\_

I am a Center Circle Donor / Member of The Women's Center.

I would like to become a \$50 Center Circle Donor (Member).

## Program Registration

Program Name	Date	Cost	Total
1. _____			
2. _____			
3. _____			
		Total \$	_____

## Payment Information

My check (payable to The Women's Center) is enclosed.

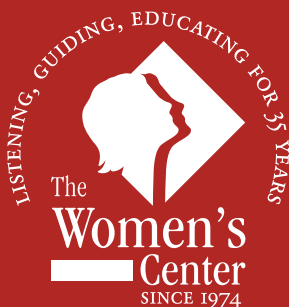
Please charge my:  VISA  MC  AmEx  Discover

Credit Card Number \_\_\_\_\_

Expiration Date \_\_\_\_\_ Security Code \_\_\_\_\_

Name on Card \_\_\_\_\_

Signature \_\_\_\_\_



[www.thewomenscenter.org](http://www.thewomenscenter.org)

In Northern Virginia:  
133 Park Street, NE  
Vienna, VA 22180  
703-281-2657

In Washington, DC:  
1025 Vermont Avenue. NW  
Suite 310  
Washington, DC 20005  
202-293-4580