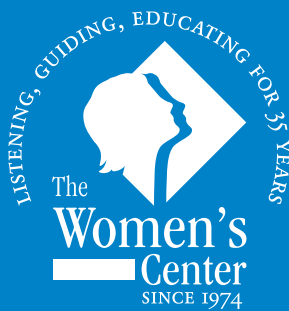


The Women's Center provides services and programs to meet life's challenges.

Let's Talk

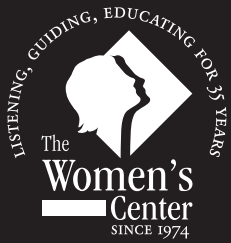
Winter 2010 Program Calendar



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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 70 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 links 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.

Educational Programs Winter 2010

Career

NEW - Discrimination and Unlawful Harassment in the Workplace

Junior League of Washington & Karen A. Doner, *Partner, Williams Mullen*

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

The Washington, DC metropolitan area is one where the workforce is often very diverse. This diversity offers a broad variety of personalities, backgrounds, and perceptions in the workplace that can present great opportunity and enrichment, but can also create challenges. Discrimination and harassment are illegal and unethical. There are steps that can be taken to prevent these behaviors and promote a positive work environment.

This session will provide real-life case examples, hypothetical situations and strategies regarding the prevention of the various types of unlawful discrimination and harassment.

WHEN: April 20 • 7:00 – 9:00 pm

WHERE: Junior League of Washington Headquarters
3039 M Street, NW Washington, DC 20007
(Meter parking available after 6:30pm)

NEW - 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 the economic conditions? If you are between the ages of 45 and 65, 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 dates. 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, choose an industry and position where you can put the word "passion" back into your career plans.

WHEN: Tuesday, March 9 • 7:00 – 9:00 pm

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

NEW - Time Strategies for Work and Life

Judy Rodda, *Certified, Professional Career Coach, Career-Life Changes (A Division of Legacy Associates Incorporated)*

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

Creating a strategy to manage our time is really about managing ourselves. Our use of time reflects who we are, how we live, what we value, and how we present ourselves to the world in work and in life. Time is a limited commodity – each person gets 24 hours in the day. Our potential for success in the workplace and in life, however, is not limited – except by the limitations that we ourselves impose. The hours, minutes and seconds are ticking down each day regardless of what we do, but how we manage our-

selves in those hours, minutes and seconds greatly influences our opportunities and potential for success. In this workshop, we will explore your relationship with time and conclude with individual time strategies that will help you be successful in work and life.

WHEN: Thursday, April 8 • 7:00 – 9:00 pm

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

NEW - Vision Boarding

Monica Thakrar, *President & CEO of Joyful Soul Coaching, Certified Life Coach*

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

Have you made New Year's Resolutions for years but have never been able to follow through on them? Come to this experiential workshop to determine your goals and desires for the year, that are aligned with your true heart's desires.

In this workshop participate in a guided meditation to visualize your life's goals in 2010. Then actively create your own 2010 collage using poster board and magazine images to bring your visualization to life. Share your collage with other workshop participants at the end of the workshop. Bring 2-3 of your favorite magazines with you to the class.

WHEN: Monday, February 22 • 7:00 - 9:00 pm

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

Money Matters

Hope & Power for Financial Empowerment

Presented by Deloitte LLP employees with specialized training in Financial Education

No Charge – Free. Registration Required.

Learn how you can improve your economic situation. Issues such as: budgeting, debt management, banking and credit all play a role in building your financial strength. Research shows that individuals who participate in financial education sessions are more likely to save money, utilize available resources, understand consumer credit and establish a budget. Developing financial skills allows individuals to gain confidence in their abilities to make informed responsible financial decisions. Interested in learning more? Take the first step to take control of your financial future and sign up today for a free one and one-half hour workshop on one of the following dates at The Women's Center:

- Tuesday, 1/12/10, 6:00 - 7:30 pm
Understanding Your Financial Situation/Budgeting
- Tuesday, 1/19/10, 6:00 - 7:30 pm
Building & Maintaining Your Credit/Debt Management
- Tuesday, 1/26/10, 6:00 - 7:30 pm
Savings & Investing

To register for these classes, call us at (703) 281-2657, ext 266. This program is made possible through the generous donation of time by Deloitte LLP staff.

Plan on Living Happily Ever After

Leslye S. Fenton, *Esquire, Principal, Odin, Feldman & Pittleman PC and Debbie Marson, CDFA, Investment & Resource Planning Associates*

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

A financial review and an in-depth discussion about money is one of the most important steps you and your partner can take before combining households. Lives change significantly once you are living together. Two people working towards a common goal can be powerful. But two people with different ideas about handling money can be a recipe for disaster. That's why financial problems are a leading cause of relationship problems.

Fortunately there are ways to handle finances and assets so that they reinforce your union rather than destroy it. In our Legal and Financial Planning seminar, we offer practical and tangible steps to take before and during your relationship to protect yourself, secure your financial future and enrich your relationship. This seminar is for anyone who is facing blending his or her finances and/or households.

WHEN: Saturday, January 23 • 10:00 am – 12:00 pm

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

Personal Growth

Anger Awareness For Women – (7 Weeks)

Paula Donovan, *MSW, LCSW, The Women's Center Therapist*

\$175 Registration Fee/ \$155 Center Circle Donor 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 problems. Used 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 with your anger, come learn the positive elements of anger, the patterns and triggers of your own anger, and ways to express anger appropriately and constructively. Support group available.

WHEN: *Wednesdays, January 27 – March 17 • 7:00 -9:30 pm

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

*Note: This is a 7-week class. 8 Weeks are reserved on the calendar in case a postponement is needed to accommodate a rescheduled class cancellation due to inclement weather.

Clutter Clearing is Spiritual Business!

(A Deeper Look at What Lies Under Clutter)

Bev Hitchins, *President of ALIGN, www.alignyourlife.net*

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

So, you have clutter! You've been looking at that stuff for awhile and just can't muster the energy to do anything with it. Here's your chance to change your perspective. This three-hour workshop is a novel approach to seeing your clutter in a spiritual way. You'll discover it's more than just stuff. It's a reflection of your spirit.

We'll explore what clutter means to you as well as what lies under it with exercises that use the whole brain. You will hear how your situation parallels that of others and gain awareness that you are not alone when it comes to dealing with clutter. We'll examine what it means to set an intention freeing you from clutter and then you'll create your own. You'll leave this workshop inspired to move your clutter up and out.

WHEN: Saturday, April 17 • 1-4pm

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

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

Meredith Kerley, *MSW, The Women's Center Therapist and Domestic Violence System Advocate and Educator*

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? 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 what you can do to stop 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.

WHEN: Monday, April 12 • 7:00 – 9:00 pm

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

Family Abuse – Legal Aspects

K. Leigh Taylor, *Attorney at Law, The Susan Hicks Group, PC*

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

Registration required – NO walk-ins

Domestic violence (also known by some as family abuse) presents unique issues to individuals who are going through legal processes. Come to this informative workshop to learn more about your rights within the judicial system, the process of and requirements for obtaining a protective order, and other legal issues in domestic violence cases.

WHEN: Monday, April 19 • 7 - 9 pm

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

Healthy Responses to Anger

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

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

Understanding sources of anger (stress and anxiety), recognizing feelings 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, 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, March 27 • 9:30 am -12:30 pm

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

New - Navigating Social Media Outlet – Facebook Etiquette for the Work place; using Twitter and more

Shannon Nieves, M.Ed, *Counselor, Northern Virginia Community College*

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

Have you been dying to figure out or understand what it means to send a "tweet" or to "Facebook" someone? Twitter and Facebook along with many other social utility sites have helped people all over the world re-connect with lost friends, distant family members, and old colleagues and classmates. In fact, the "New Oxford American Dictionary, just named "Unfriend" the word of year beating out a tech-heavy field that included "netbook," "hashtag" and "sexting" to take the annual honor." So what do these words mean? Come find out and participate in this interactive workshop that will teach you how to create a "tasteful" public profile, upload photos, send tweets, and of course educate you on "online etiquette" and the "do's and don'ts" of the virtual world.

WHEN: Monday, March 22 • 7:00 pm – 9:00 pm

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

Separation & Divorce

Avoiding Divorce Court - 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)\$75 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 thorough discussion of each issue that needs to be addressed in your agreement, from property to support to custody. Program fee may be applied to an initial mediation session.

WHEN: Wednesday, January 20 OR Tuesday, February 16 OR Tuesday, March 23 OR Thursday, April 22 • 7:00 – 9:30 pm

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

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

David Levy, Esquire, Surovell Markle Isaacs & Levy PLC

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

Issues of child custody are among the most painful and divisive aspects of separation and divorce, but they are also one of the most important. Your children's future well-being will depend directly on agreements made during this process. 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. This preparation will help you to understand your options and make a rational plan that will best serve the interests of you and your children. A support group will be available.

WHEN: Saturday, February 20 • 10:00 am – 1:00 pm

WHERE: Lutheran Church of the Redeemer, 1545 Chain Bridge Road, McLean

Finding Emotional Strength During Separation & Divorce (8 Weeks)

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

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

During a separation or divorce, many emotions come into play: confusion, anger, sadness, and fear, to name a few. It can be a stressful and overwhelming process, but you are not alone! Learn effective ways to cope with others who are going through similar situations and experiencing many of the same feelings. 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. A divorce is a highly stressful, life-changing event but it can also be a time for positive change. Sharing experiences with others will help you to emerge knowing yourself better and feeling stronger.

WHEN: Thursdays, February 4 – March 25 • 7:30 – 9:30 pm

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

Thank You...

The Women's Center wishes to thank...

- Farrell & Croft, PC
- Investment & Resource Planning Associates
- Junior League of Washington
- Lutheran Church of the Redeemer
- McLean Government Center

...for making program space available.

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*
\$45 Registration Fee / \$35 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 two divorce planners with more than 25 years of experience. This comprehensive seminar covers all financial components of the property settlement agreement, from preparing documents for your attorney to signing agreements.

Danny Burk, *Esquire & CDFA*

WHEN: Thursday, January 14 OR Wednesday, April 14 • 7:00 – 10:00 pm

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

Debbie Marson, *CDFA*

WHEN: Tuesday, February 16 OR Thursday, March 11 • 7:00 – 10:00 pm

WHERE: 10600 Arrowhead Drive, Suite 310, Fairfax, VA

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

Catherine S. Croft, *Attorney, Farrell & Croft, P.C.* or Jeffrey Sprowls, *Esquire* or David Levy, *Esquire Surovell Markle Isaacs & Levy PLC*

\$45 Registration Fee / \$35 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 a practicing attorney. Learn how the legal process works in the Virginia courts and how to work with your lawyer. A support group will be available.

Jeffrey Sprowls, *Esquire*

WHEN: Saturday, January 9 OR Saturday, February 6 OR Saturday, March 13 • 10:00 am – 1:00 pm

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

David Levy, *Esquire, Surovell Markle Isaacs & Levy PLC*

WHEN: Saturday, April 10 • 10:00 am – 1:00 pm

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

Catherine S. Croft, *Attorney, Farrell & Croft, P.C.*

WHEN: Tuesday, January 26 OR Tuesday, February 23 • 7:00 - 9:00 pm

WHERE: Farrell & Croft, PC, 9324 Main Street, Manassas, VA 20110

Understanding and Asserting Your Rights to Marital Assets in a Divorce

Leslye S. Fenton, *Esquire, Principal, Odin, Feldman & Pittleman PC*
\$40 Registration Fee / \$30 Center Circle Donors (Members)

As you navigate the divorce process, you might feel overwhelmed and out of control. You can regain control of your life, starting with your financial future. Learn how Virginia courts divide assets 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.

Leslye Fenton has more than 16 years of experience. Ms. Fenton concentrates her practice on family law issues involving equitable distribution of property, child and spousal support, visitation and a variety of other issues affecting children and families.

WHEN: Saturday, February 20 • 10:00 am – 12:30 pm

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

Programa en Español

Manejo del Enojo Para las Mujeres (8 semanas)

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

Honorario de registro \$80- llame al 703-281-4928 x 402 para registrarse

Precios reducidos disponibles a persona de bajo recursos.

Si la experiencia le ha enseñado 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 aprenderá a controlar, expresar y resolver sus sentimientos de enojo y agresividad de una manera saludable y efectiva.

FECHA: Miércoles, del 10 al Marzo al 28 de Abril, 7:00- 8:30 pm

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



The
Women's
Center
*24th Annual
Leadership
Conference*
The Power to Inspire

SAVE THE DATE

WHEN: March 13, 2010

TIME: 8:30 am until 3:00 pm

WHERE: McLean Hilton in Tysons Corner, Virginia

About the Conference

The Leadership Conference, an annual event hosted by The Women's Center, connects women leaders and business professionals across the Washington, D.C. metropolitan area. Now in its 24th year, the Conference will focus on "The Power to Inspire," bringing together some 800 individuals of varied backgrounds, professions, and ages in one unique and exciting event focused on education and leadership.

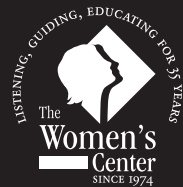


Join Our Circle
Become a Member Today!

The Women's Center's 35th
Anniversary Campaign

The Women's Center needs your support to help women and families in crisis! Donations help provide critical services addressing psychological, career, financial and legal needs to women and families based on their ability to pay. Your gift to the 35th Anniversary Campaign allows us to continue to serve thousands of women by providing direct services and resources to meet life's challenges.

For details on becoming a member, please visit our website at www.thewomenscenter.org.



Programs to go...

If your company or organization is interested in hosting one of our programs on personal growth, professional development, or workplace relations, please call 703-281-2657 ext. 211.

How to Register

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

ONLINE

At 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 during regular office hours. Please have your credit card available when you call.

IN PERSON

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

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.

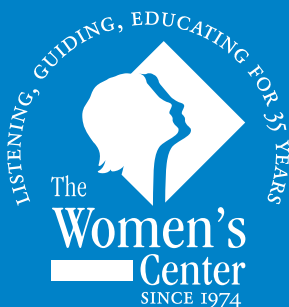
Please charge my: VISA MC AmEx Discover

Credit Card Number _____

Expiration Date _____ Security Code _____

Name on Card _____

Signature _____



www.thewomenscenter.org

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