

Women's Resource Center

of Sarasota County, Inc.

www.theWomensResourceCenter.org

WRCSC Programs

July & August 2010

All offices will be closed
on the following dates:
July 5, 6, 7, 8, 9



ABOUT OUR PROGRAMS

Challenge: Challenge is a program designed for the personal and professional development of women

Peer Referral Counseling: A Volunteer Peer Referral Counselor is a trained listener in a confidential, non-judgmental environment, who refers to WRCSC services and other community resources.

Employment & Business Success:

Career Counseling, workshops and resources to help women reach their employment, education and business goals.

(One on One appointments available.)

VENICE PROGRAMS

Computer lab available to job seekers for resume writing, job search & career assessment. Call 485-9724 for availability.

Employment & Business Success

Employment Success Class

Tuesdays, 10-11:30am (except on July 6), Wednesday, August 11, 9:30am-Noon: Cutting edge tips for today's resume, interviewing skills, and job research strategies. Learn local labor market insights and trends. Presenter: Career Advisor Ania Morris, is also available for one-on-one sessions. Call 485-9724 to register. \$5

Career Counseling

Tuesdays & Wednesdays, (except on July 6 & 7) 10am-4pm: WRCSC Career Advisor Ania Morris is available for one-on-one appointments. Assistance with resumes, employment resources, job search, interviewing, educational & scholarship resources. Call 485-9724 to make an individual appointment. \$5

Computers: MS Word

August 3, 6-8pm: Word processing. Computers for Cowards or exposure to Word, a pre-requisite. Learn the tool bar, create new documents and learn formatting. Presenter: Carol Miller. Prepayment required (non-refundable). Call 485-9724 to reserve a space. \$8 non-members, \$5 members

Computers: MS Excel

July 20, August 31, 6-8pm: Explore the challenging world of MS Excel spreadsheets. Computers for Cowards and mouse proficiency, a pre-requisite. Presenter: Carol Miller. Prepayment required (non-refundable). Call 485-9724 to reserve a space. \$8 non-members, \$5 members

Computer: PowerPoint

August 17, 6-8pm: Learn the basic skills for Microsoft PowerPoint. Bring a **USB Flash Drive** to save your work. Presenter: Carol Miller. Prepayment required (non-refundable). Call 485-9724 to reserve a space. \$8 non-members, \$5 members

Computers: Windows Applications

July 28, August 25, 6-8pm: Learn how Word, Excel, Access and Outlook email programs interact and work with each other. Prerequisite: Familiarity with one or more Windows programs. Presenter: George Alexander. Prepayment required (non-refundable). \$8 non-members, \$5 members

Pre-registration is required for all programs. Call 485-9724 to register.

VENICE PROGRAMS CONTINUED

Finance

Know Your Rights: Wills, Trusts & Probate

August 10, 3:30-5:30pm: In these challenging times it is especially important to understand wills and probates, life insurance, 401K, trusts, creditors, and taxes. Presenter: Marcella Mika, Attorney at Law. Call 485-9724 to register. \$8 non-members, \$5 members

Legal

Ask a Lawyer

July 20, 9am-12:30pm, August 4, 1-4:30pm: Individual appointment to gain information and education about the legal process. Pre-meeting discussion with a Peer Counselor is required. Presenters: Marie Wilson & Marcella Mika, Attorneys at Law. Call 485-9724 to reserve a space. \$8 non-members, \$5 members

Divorce: Legal Issues & Logistics

July 13, 6-7:30pm: Things to consider when hiring an attorney, timing and logistics of the divorce process, information on child support, custody, visitation, alimony, division of assets, etc. Presenter: Marcella Mika, Attorney at Law. Call 485-9724 to register. \$8 non-members, \$5 members

Divorce: The Financial Facts

July 15, August 10, 6-7:30pm: The facts you need before you sign away your financial future. Presenter: Freya Zollinger, CDFA. \$8 non-members, \$5 members

Divorce Support Group

July 27, August 31, 6-7:30pm: Come join other women facing similar challenges to share stories and learn new ways of coping. Presenter: Freya Zollinger, CDFA. Call 485-9724 to register. \$5

Mind-Body-Spirit

Peer Referral Counseling

Mondays, Tuesdays & Wednesdays (except for July 5, 6, 7): Make an individual appointment with a Volunteer Peer Referral Counselor who is a trained listener in a confidential, non-judgmental environment, who refers to WRCSC services and other community resources. \$5

Empowerment and Self-Esteem

Mondays, 10-11:30am (except July 5): Learn to listen to yourself, trust yourself, and be your own person. Presenter: Mary Frost. Call 485-9724 to register. \$5

Challenge Encounter

August 10, 11, 12, 9:30am-3:30pm: In our signature Challenge Program, we give women the tools to incorporate changes in a positive and productive way. Challenge is a program designed for the personal and professional development of women. Women of all experiences and talents benefit from this life management skills training. For details, call Jan Alston, Challenge Director at 366-1700 to register. \$50

New Venice Hours of Operation

Monday, Tuesday, Wednesday
9:00 a.m. – 5:30 p.m.

Peer Referral Counseling

Monday, Tuesday & Wednesday by appointment

Career Counseling

Tuesday & Wednesday by appointment

Pre-registration is required for all programs. Call 485-9724 to register.

NORTH PORT PROGRAMS

Employment & Business Success

Career Counseling

Monday, Thursday, Friday, (except July 5, 8, 9)
10am-4pm: WRCSC Career Advisor Ania Morris is available for one-on-one appointments. Assistance with resumes, employment resources, job search, interviewing, educational & scholarship resources. Call 429-3720 to schedule an appointment. \$5

Introduction to Computers

July 7, 21, August 4, 18, Noon-2pm: Overcome computer phobia with hands-on introduction to basic computer use with Windows. Presenters: Cary Zolot & Nancy Adrian. Call 429-3720 to reserve a space. No fee

Mind-Body-Spirit

Peer Referral Counseling

Tuesdays, (except July 6) 1-4pm: Make an individual appointment with a Volunteer Peer Referral Counselor who is a trained listener in a confidential, non-judgmental environment, who refers to WRCSC services and other community resources. Call 429-3720 to schedule a confidential appointment. \$5

Challenge Encounter

July 13, 14, 15, 20, 21, 22, 6-9pm: In our signature Challenge Program, we give women the tools to incorporate changes in a positive and productive way. Challenge is a program designed for the personal and professional development of women. Women of all experiences and talents benefit from this life management skills training. For details, call Jan Alston, Challenge Director at 366-1700. \$50

ENGLEWOOD/CAPE HAZE PROGRAMS

Mind-Body-Spirit

Peer Referral Counseling

Thursdays, 1-4pm (except July 8): Make an individual appointment with a Volunteer Peer Referral Counselor who is a trained listener in a confidential, non-judgmental environment, who refers to WRCSC services and other community resources. Call 286-3870 to schedule a confidential appointment. \$5

Ask a Lawyer

TBA, 1-4pm: Individual appointment to gain information and education about the legal process. Pre-meeting discussion with a peer counselor is required. Presenter: Nicolette Mason, Attorney at Law. \$8 non-members, \$5 members

Pre-registration is required for all programs. Call 485-9724 to register.

Body Empowerment Workshop



Do Something Great for YOU!

featuring
**celebrity trainer
Darla O'Brien**

You've seen her clients on the court, on the field and on the cover of magazines. Now, get tips & techniques from award-winning trainer & teacher Darla O'Brien. Darla has designed a workshop series for women of all ages & sizes who want to:

- **Reduce Stress**
- **Increase Flexibility**
- **Maximize Workouts**
- **Improve Daily Functioning**

***HURRY!* limit 25 attendees**

Workshop designed for healthy women, not appropriate for women requiring physical therapy or surgery. Beverages and healthy snacks provided. Wear work-out gear.

**\$60 fee includes
3 sessions +
gift bag valued at \$100**
pre-registration & pre-payment required

RSVP 366 – 1700
www.URfit.eventbrite.com



ALL PROCEEDS BENEFIT

*Women's
Resource
Center*
OF SARASOTA COUNTY

REGISTER NOW USING
YOUR SMART PHONE



Get the free mobile app at
<http://gettag.mobi>

JULY
15th
22nd
29th

**6:00 to
7:30 PM**

**340 South
Tuttle Ave.
Sarasota**

Our Mission

Creating personal, social, and professional growth opportunities for all women, providing women with strategies for living that strengthen themselves, their families and their communities.

www.theWomensResourceCenter.org

Sarasota
340 S. Tuttle Avenue
Sarasota, FL 34237
Call 366-1700 for info.

Venice
701 Center Rd.
Venice, FL 34285
Call 485-9724 for info.

North Port
North Port Health &
Family Services
6919 Outreach Way
North Port, FL 34287
Call 429-3720 for info.

Englewood/Cape Haze
United Methodist Church
700 E. Dearborn St.
Englewood, FL 34223
Call 286-3870 for info.