

Women's Resource Center

of Sarasota County, Inc.

www.theWomensResourceCenter.org

WRCSO Programs

September & October 2010

All offices will be closed
on the following dates:
September 3 & 6



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 WRCSO 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.)

SARASOTA PROGRAMS

New Programs/Social-Special Events

Widow's Support Group

Sept. 10, 24, Oct. 8, 22, 2-3:30pm: This on-going support group is for widows to share their experiences and gain encouragement, support and friendship from those who are traveling the same path. \$8 non-members, \$5 members

Divorce Recovery, What Happens Now?

TBA (10 week class): Discuss topics related to divorce, such as denial, fear, letting go, transition and looking ahead. Based on the book "Rebuilding When Your Relationship Ends." Facilitator: Earlyne Bullock. \$5 per class

Retos Group Event

Sept. 21, 6-8pm: Come celebrate a fun-filled Hispanic night. Bring a friend! Hosted by Liliana Gonzalez Jones. Call 366-1700 to RSVP.

Creating Connections

Sept. 22, 10am-12pm: Program that helps you to find volunteer opportunities, employment and career advice, personal development programs, transition support groups, social sisterhoods, and others. Call 366-1700 to register. No fee.

Lunch with Hedria

Sept. 23, 11:30am-1:30pm: Come join Hedria Lunken, an internationally known speaker and author of "Square One at 51", as she shares her experiences as a widow with compassion and humor. This will be a fun, informal event with lunch and conversation. \$10 (includes lunch)

Art Gala Reception

October 7, 5-7pm: "PLAY MATTERS" What is play and why does it matter? Four local artist's, Pamela Callender, Lori Loveberry-George, Alison Light, and Alicia Loomis explore the idea of play both past and present through a series of collaborative artworks that explore the spontaneous and constructed qualities of play that are essential to growth personally, professionally, and culturally. Reception open to the public. No fee.

Transforming Anger into a Positive Force

October 12, 19, 26, Nov. 2, 11:15am-12:30pm (a 4 part workshop): Learn to use anger constructively. Discuss definitions, myths and beliefs about anger. Learn techniques to manage your anger. Closed workshop. All four classes should be attended to receive the full benefit of the workshop. Facilitator: Sylvia Kolker. \$5 per class

Facts and Myths of Investing: Protecting your Financial Assets

October 21, 6-7:30pm: Learn to spot unnecessarily expensive products, conflicts of interest, and scams. This presentation debunks common myths and introduces some simple principles to minimize risk. Presenter: Raul Elizalde, Financial Advisor, Founder, Pathfinder, LLC. Wine and hors d'oeuvres will be served. \$20 non-members, \$15 members

SARASOTA PROGRAMS CONTINUED

Challenge Alumnae Event

Oct. 22, 6-8pm: In an economy that's tough – we can still: **Strut Our Stuff!** Join us at our Challenge Alumnae Entrepreneurial Fair that is joining with Girl's Night Out. To all Challenge & Retos Entrepreneurs, Craftswomen & Service Providers – **SHOW US YOUR STUFF!** Contact Elaine at 366-1700.

Image Workshop, Being Your Personal Best (2 Part Series)

Your Body Type...How to Maximize It!

Oct. 27, 6-7:30pm: How do you determine your body type? Which silhouettes work best? How can you emphasize your strengths, minimize your weaknesses? Learn this and more. Presenter: Katherine Stevens, Certified Image Consultant. Call 366-1700 to register. \$8 non-members, \$5 members

Style...Own It. The Art of Living Well

Nov. 3, 6-7:30pm: What is personal style? How do you develop your own unique style? Learn that style is not just how you dress. It is poise, conversation, etiquette and more. Presenter: Katherine Stevens, Certified Image Consultant. Call 366-1700 to register. \$8 non-members, \$5 members

Managing Men “How to Get More of What you Want... From the Men You Want More From”

October 28, 6-7:30pm: Using real-life examples, expert input, and advice from “Mom,” Sarasota's own “Reality Chick.” MC Coolidge talks about navigating successful relationships with men. MC Coolidge penned a weekly column titled Reality Chick in the Pelican Press from 2006-2008 and is the author of the book “Sideways in Sarasota.” Wine and hors d'oeuvres will be served. \$20

Connection Café

Thursdays, 11:45am-1pm: Lively group discussions followed by optional lunch at area restaurants. No Fee. Donation requested.

Employment and Business Success

Employment Success Class

Monday's, 1-3pm (except Sept. 6 & Sept. 20), Sept. 2, 6-9pm, Sept. 21, 1-3pm, Oct. 19, 9:30am-Noon: Cutting edge tips for today's resume, interviewing skills, and job research strategies. Learn market insights and trends. Presenter: Career Advisor Jan Alston. Also available for one-on-one sessions. Call 366-1700 to register. \$5

Careers and Employment Opportunities in Health Care

Oct. 18, 3-4pm: Learn about employment and training opportunities in the health care field. Facilitator: Rosemarie Casanova, RN, BSN, CCRN, MHA. No fee.

Don't Dream It, Do It! Basics of Entrepreneurship

Aug. 16, 23, 30, Sept. 13, 20, 27, Oct. 4, 11, 18, 25, 6-9pm: 10 week sessions to learn basic information to start and build your own business, including writing a business plan, readiness, marketing, accounting, hiring, insurance, etc. Presenter: Andy Fox. Call 366-1700 to register. \$35 pre-payment, or \$8 non-members, \$5 members per class

Computer for Cowards

Sept. 14, 2:30-4pm, Sept. 23, 3-4:30pm, Oct. 5, 2:30-4pm, Oct. 14, 3-4:30pm: Overcome computer phobia with hands-on introduction to basic computer use. Presenters: Cindy Stelter, Jean Abrams. Call 366-1700 to register. Pre-payment required (non-refundable). \$8 non-members, \$5 members

Ready, Set, WORD

Sept. 14, Oct. 5, 6-8pm: Computer for Cowards or exposure to Word, a pre-requisite. Learn the tool bar, create new documents and learn formatting. Presenter: Jean Abrams. Call 366-1700 to register. Pre-payment required (non-refundable). \$8 non-members, \$5 members

Ready, Set, WORD (two-part)

Sept. 8, 15, Oct. 13, 20, 6-8pm: Beginning word process using MS Word. Computer for Cowards, exposure to Word or selecting texts a pre-requisite. Presenter: Frank Dymnicki. Call 366-1700 to register. Pre-payment required (non-refundable). \$16 non-members, \$10 members

Excel at EXCEL

Sept. 20, Sept. 22, Oct. 11, Oct. 26, 6-8pm: Explore the challenging world of MS Excel spreadsheets. Basic proficiency, a prerequisite. Presenters: Jean Abrams, Frank Dymnicki, Call 366-1700 to register. Prepayment required (non-refundable). \$8 non-members, \$5 members

Finance

Divorce: Your Financial Future

TBA: Learn facts you need before you sign away your financial future. Presenter: TBA. Call 366-1700 to register. \$8 non-members, \$5 members

Money Made Easy

Sept. 8, 6-9pm, Oct. 14, 9:30am-Noon: Learn tools and techniques to take control of your money. Presenter: Sandee Rains, Financial Advisor. Call 366-1700 to register. \$8 non-members, \$5 members

Legal

Protect Your Family: Wills, Trusts, & Probate

Sept. 22, Oct. 25, 3:30-5:30pm: In these challenging times, it is important to understand wills and probates, life insurance, 401K, trusts, creditors, and taxes. Presenter: Jack Windt, Esquire. Call 366-1700 to register. \$8 non-members, \$5 members

Pre-registration is required for all programs. Call 366-1700 to register.

Have a Question? Ask a Lawyer!

Sept. 28, Oct. 7, 2-5pm: Individual appointment to gain information and education about the legal process. Pre-meeting discussion with a peer counselor is required. Presenters: Marcia Lockwood, Attorney at Law, Jack Windt, Esquire. \$8 non-members, \$5 members

Divorce & The Law...Florida Divorce Laws

Sept. 23, Oct. 27, 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: Laurie Cameron, Attorney at Law. Call 366-1700 to register. \$8 non-members, \$5 members

Last Saturday: What Women Need to Know about Divorce Relationships

Sept. 25, Oct. 30, 10:00am- 12:30pm: Open to the public, this program is held at the Selby Public Library in Sarasota. Learn and understand the process of divorce including legal, family, and financial, issues and how to avoid divorce court in a question and answer session with professionals. No fee to register.

Mind-Body-Spirit

Peer Referral Counseling

Monday-Friday, 9am-4pm (except Sept. 3 & Sept. 6): 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 366-1700 to schedule a confidential appointment. \$5

Yoga

Weekdays, 9-10:30am (except Sept. 3 & Sept. 6): Gentle yoga focusing on stretching, breathing and relaxation. Appropriate for beginners, women and men welcome. Please bring a mat. \$8 non-members, \$5 members

Self Esteem...We all need more of it

Thursdays, 6-7:30pm: Learn to listen to yourself, trust yourself, and be your own person. Presenter: Joan Breiner, Professional Counselor, M. ED. Call 366-1700 to register. \$5

Challenge...Design Your Life, It "IS" All About You

Aug. 31, Sept. 1, 2, 7, 8, 9, 14, 15, 16, 6-9pm, Oct. 12, 13, 14, 19, 20, 21, 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. Facilitators: Michele Szabo & Elaine Taylor. For details, call Jan Alston, Challenge Director at 366-1700 to register. \$50

"Retos" (Spanish Challenge)

Oct. 5, 6, 7, 12, 13, 14, 19, 20, 21, 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. Bilingual Facilitator: Liliana Gonzalez Jones. For details, call Jan Alston, Challenge Director at 366-1700 to register. \$50

Living "Well", Now & Later

Sept. 14, 6-9pm, Oct. 20, 9:30am-Noon: Learn how to practice good health maintenance and illness prevention. Presenter: Christina Captain, DOM, AP, SLP. Call 366-1700 to register. \$8 non-members, \$5 members.

VENICE PROGRAMS

Call 485-9724 to register for all programs

New Programs/Social Events

How Safe is Your Identity?

Oct. 20, 2-3pm: Identity theft is one of the fastest growing crimes worldwide. This seminar provides information on the many types of identity theft and how you can safeguard your good name from a world of online and offline risks. Presenter: Ann Marques. Call 485-9724 to register. \$8 non-members, \$5 members

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

Employment & Business Success

Employment Success

Sept. 7, 21, 10-11:30am, Oct. 12, 6-9pm, Oct. 26, 10-11:30am

Career Counseling

Tuesdays & Wednesdays, 10am-4pm

Ready, Set, WORD

Sept. 14, Oct. 26, 6-8pm

Pre-registration is required for all programs. Call 366-1700 to register.

VENICE PROGRAMS CONTINUED

Excel at EXCEL

Oct. 12, 6-8pm

Computers: Internet Essentials

Sept. 21, Oct. 19, 2-4pm

Computer: PowerPoint

Sept. 28, 6-8pm

Computers: Windows Applications

Sept. 22, Oct. 27, 6-8pm

Finance

Protect Your Family: Wills, Trusts, & Probate

Oct. 27, 3:30-5:30pm

Divorce: Your Financial Future

Sept. 15, Oct. 21, 6-7:30pm

Legal

Have a Question? Ask a Lawyer!

Sept. 29, Oct. 19, 1-4:30pm

Divorce & The Law...Florida Divorce Laws

Sept. 21, 6-7:30pm

Mind-Body-Spirit

Peer Referral Counseling

Monday, Tuesday, Wednesday (except Sept. 6), 9am-4pm

Challenge...Design Your Life, It "IS" All About You

October 5, 6, 7, 12, 13, 14, 6-9pm



Pre-registration is required for all programs. Call 366-1700 to register.

facebook

Find us on Facebook and become a fan of the Women's Resource Center!

Girl's Night Out

FRIDAY
SEPT. 24TH
6:00 ~ 8:30 PM
340 S. Tuttle Avenue
Sarasota
Free Parking

ticket includes...
gift bag & prizes
cocktails or wine
hors d'oeuvres
spa services & shopping
entertainment

proceeds benefit
Women's Resource Center
sponsored by
SQ MEDIA GROUP

RSVP
366-1700

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<http://i.gettag.mobi>

OPEN HOUSE
OCTOBER 7TH

ENGORE!
more
Consignment Shop

1439 Main Street,
Sarasota
953-4222

Weekdays 10 to 5pm
Saturday 9 to 2:30pm

Store hours are subject to change for Holiday and Special Events.

Consignments by appointment only. Donations are accepted during normal business hours at The WRSCS Sarasota or Venice Campus

Encore & much more !!

Visit our new showroom for
Furniture & Rugs
1463 Main St., Sarasota
Weekdays 11 to 3pm Saturday 10 to 2:30pm

Shop • Consign • Donate

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.