

Women's Center News

January - April 2010 Volume 27, Number 3

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ONE VOLUNTEER'S VIEW



Karen Dennis

A few months ago, I joined the ranks of the unemployed when my position in the NJ higher education system was eliminated in a budget cut. Job-seeking in an economic recession is a time-consuming process, but still I found myself with more free hours than I'm used to, and more than anything else, missing the sense of fulfillment that comes from work that makes a difference in people's lives, which is one of the truly wonderful things about working in education.

Volunteering was something I'd set aside because of the demands of my job, but now I had the time, so I came to Women's Rights Information Center through a friend who serves on its Board. Since late September, I've been coming to the Center a couple of days each week as a volunteer, and it's been an amazing and an enlightening experience.

I've been able to put my teaching experience to work, helping with some after-class tutoring - mostly encouragement and troubleshooting - for students in Manny Mesia's Microsoft Office classes. Manny is terrific: he marches them through Word, Excel, Access, Outlook, and PowerPoint in eight intense weeks, and I can't tell you how satisfying it is to see someone who never had touched a computer before this class become confident and competent enough to pass the certification test on the first try - or how much pleasure it gives me to know that in a very small way, I helped them master skills they can use not only in the workplace, but in their personal lives. Do you remember when *you* first

sent an e-mail? I watched a student do just that a few weeks ago - just a simple hello to a far-off family member - and I'll never forget the unabashed pleasure of the experience.

I've also been able to help clear the backlog of intake paperwork that documents all the services the Center provides to people who turn up here, whether for education and training, resume preparation, career counseling, job placement, or legal consultations. This data-entry work may seem less exciting than tutoring.... well, all right, it *is* less exciting than tutoring,

Continued on Page 2

WOMEN'S HISTORY CELEBRATION



Rosetta D'Angelo, professor of Italian Studies at Ramapo College and author of *Resisting Bodies: Narratives of Italian Partisan Women*, will be the guest speaker for Women's History Month. *Resisting Bodies*, is a translation of texts that explore the experiences of partisan women in Italy between 1943 and 1945.

Please join us
Thursday, March 4th
6:00pm
108 W. Palisade Ave.
Englewood, NJ

Refreshments will be served
All are welcome!

SHARED HOUSING -THERE'S NO PLACE LIKE HOME!

K and R, a young married couple who are college students, came to enroll in Shared Housing when the rent for a room where they lived was increased from \$600 to \$850. Already struggling working part-time and attending class, they knew they couldn't pay the increase. They had no kitchen privileges where they were living and the television was always blaring making it difficult for them to study.

CM, a widowed mother of three, enrolled in Shared Housing as a Provider when her youngest child graduated from college. Living alone was not a natural fit for CM and she wanted to have a young adult in the house again. She was hesitant when K and R were suggested as housemates as she had requested a single female, but she agreed to meet them. Arrangements were made for them to meet that afternoon as time was critical for K and R. CM liked them immediately, but wanted to get to know

them better before she committed to any arrangement so she invited them to lunch the following day. While K helped CM prepare lunch, R fixed a water leak under the sink for her. CM called the next morning and asked, "Can I adopt them?". K and R moved in the following week for less than they were paying for a room and they had access to the entire home. K and R are very excited about their new home. R called Angele Leaprot, Shared Housing Coordinator, and said, "CM is wonderful and treats us like her own children. We love our new extended family".

For a growing number of persons faced with losing their independence or struggling to keep housing costs within their budget, shared housing is an affordable and viable alternative. A home sharer might be a single parent, a senior citizen, a working professional, someone at risk of homelessness, or

simply a person wishing to share her or his home with others. For these people, shared housing offers companionship, affordable housing, security, mutual support and much more.



Shared living can be fun, enriching, and a very economical way to live, so if you are seeking housing or you are willing to set out the welcome mat and become a Provider for Shared Housing please call 201-568-1166.

ONE VOLUNTEER'S VIEW - CONTINUED FROM PAGE 1

but it's also a task that I'm glad to be able to relieve the staff of, since it frees up some of their time for the much more important client services, counseling and support.

Why is it vital? Because The Center is responsible for reporting back to those governmental agencies and foundations that provide funding for The Center's services and that refer clients – and to file those reports, somebody has to do the data entry. It's a nice contemplative sort of job, and as I type away, I get to watch the staff work magic for their clients. These folks care about those who walk in the Center's door, and they work hard to maintain a warm and affirming environment for them.

Most of all, it's a real satisfaction that I've been able to apply my marketing and academic experience to researching new sources of funding, especially private foundation support, for this terrific community organization and its clients.

As you know, The Center fills a significant gap in Bergen County, by providing

services to many low- and moderate-income families who are among the working poor, and those who are economically vulnerable because of unemployment, under-employment, or being single parents.

Most government funding sources have strict criteria that exclude services to people who are not on public assistance - but these 'borderline' families and individuals have always been a substantial part of the population The Center serves. There's also a tremendous need to help people for whom language and culture may be barriers to economic and social self-sufficiency – and again, The Center has been there to fill the gap.

The Center is doing all this on a shoestring budget, with an extraordinarily hard-working staff and some really dedicated volunteers who make me look like the rank amateur I am – if you've met Zelda, you know what I mean! (The Career Closet program, for example, which helps equip Center clients with professional attire for job

interviews and their first weeks of work, is entirely volunteer-run.)

I'm hopeful that my prospecting research will help identify some new sources of support for Women's Rights Information Center from some of the myriad large and small private foundations that are active here in Bergen County. That additional support could help the talented and dedicated staff expand their support and services, helping define the path to economic and social self-sufficiency for even more people. And the building itself could use some friendly funding, too!

Volunteering at Women's Rights Information Center has been, as I said, an amazing experience – and if you've been thinking that you'd like to find a way to put your professional or personal skills to work helping people in need during this rocky times (do you speaking a second language?), this is a good place to start.

HOLIDAY SPENDING HELPS EMPLOY WOMEN’S CENTER CLIENTS

With 2009 coming to a close, many job search clients are looking ahead to the upcoming year, and hopefully a better job market. Unemployed or underemployed clients tirelessly called companies, faxed and e-mailed resumes, followed up on applications, interviewed, waited and prayed in hopes of good news, but many of them are still searching for an opportunity. The U.S. Department of Labor confirmed that the country has been hit hard yet again with the national unemployment rate at 10.2%, an alarming increase from 6.5% last year. Employers also tend to slow down or completely cease their hiring until after the holidays, leaving job applicants with fewer potential opportunities to pursue.

Thankfully, the usual holiday fever has hit and shoppers are flocking to the stores to pick up gifts for their family and friends. Due to the increase in sales

volume (despite the dismal economy), stores have hired a sizable number of seasonal workers to help sell, stock, ring up and replenish merchandise. Several job seekers from the Women’s



Center have taken advantage of the hiring frenzy, landing great full-time and part-time positions to last through January 2010. For example, J.M., a recent Computer class graduate

who has had little response to her “Office Assistant” resume, has landed a seasonal position at Macy’s to help cover the bills during this slow hiring period. Also, Bookkeeping Clerk T.G. and Customer Service Representative M.L. have obtained employment opportunities with Lord and Taylor department store while searching for permanent, full-time work in their field. Hopefully 2010 will bring a surge of great new opportunities for these and many other clients!

Women’s Rights Information Center serves as a resource for connecting employers to qualified candidates in many different fields. If you know of a job opening or are an employer anticipating hiring, please give us a call to post an opening. All postings are FREE, and we will refer only candidates who meet your requirements. Call Bonnie for details.

COMPUTER TRAINING PROVIDES NECESSARY SKILLS

The Office Technology training course offers clients an opportunity to enhance their computer skills and become confident, qualified candidates for jobs in many industries. On occasion, a student enrolls who has little to no experience operating a computer, and needs to learn everything- from basic typing to screen menus- from the ground up.

LM, a seasoned Warehousing and Security professional in our last class, was referred from the Bergen One Stop Career Center because he had been out of work since 2007. Part of the reason for this was his lack of computer skills, which are necessary in today’s workplace. LM never thought he would be in this position since his previous jobs had never required computer skills. With bills mounting and no job prospects in sight, LM decided to seek funding from the One Stop to help him

attend computer training and gain the skills necessary to become employable again. During his enrollment process here, LM was also brought to realize that computers are used everywhere, and that taking this training course would help him in more ways than just his job search.



At first, LM was nervous that he would not keep up with the other students who had prior experience using computers. The first few days were tough, but LM stayed after class to practice what he’d learned and made sure the knowledge “stuck” with him. After several weeks, he was learning quickly

and even volunteered to help other students, which was possible because he finished his assignments quickly. LM was also the first person ready to sit for the Microsoft certification exam because he had caught on so quickly. He never thought he’d get through the class, let alone enjoy technology this much!! Office Technology has given LM the skills and confidence needed to move forward.



New student orientation

KIDS...YA GOTTA LOVE 'EM!

DK, is the mother of three in her late 30's. With the kids in school all day, she was the poster child for Empty Nest Syndrome. She had loved her career as a full-time mom but now needed to find paid employment. Having worked only at small part-time jobs before marriage and motherhood, DK had no real work experience on which to fall back. She had earned a bachelor's degree in early childhood education but had not entered the field.

At the beginning of her counseling with Juanita Turner, DK shared her dream of operating a day-care center in her home. Like many people with creative and/or entrepreneurial tendencies, DK focused on the warm fuzzy aspect of her own business but had little understanding of the realities. She was ready to create a flyer and start posting them in supermarkets and libraries.

Juanita persuaded DK to put promotional plans on hold and to set up an appointment with a small business counselor at SCORE. She was reluctant because she felt she would be "talked out of" pursuing her dream. Juanita assured her that the counselor would be invaluable in providing a reality check that would allow her to make an informed decision.

Two weeks later DK reported that her SCORE session had led



to the realization that she was not prepared to take on the business and compliance aspects of a day care center. Her desire to work with children was still strong enough to qualify as a career direction.

Through a contact in her town, DK was able to become certified in first aid and CPR at no cost. A resume was created based on her experience as a mother, highlighting the considerable school-related activities in which she had engaged over the years.

DK then identified and visited area schools and child-focused centers and within a month had landed a teaching assistant position within five miles of her home. In addition to satisfying her need to nurture and care for children, the job would serve as a platform on which to build for a future career in teaching when her children were older.

In the meantime, she is pursuing her master's degree in special education on a part-time basis and will seek certification when the time comes.

ESL & CITIZENSHIP VOLUNTEERS

For foreign-born women needing to learn English or gain US Citizenship, the Women's Center offers instructional classes and tutoring sessions throughout the year. Dedicated teachers and volunteers help nearly one hundred women each year to improve their communication skills, which in turn enhances their opportunities for success in the United States.

ESL (English as a Second Language) teacher Sharon Hecht provides beginning English instruction for learning grammar and proper pronunciation. Doris Leonard teaches Citizenship Education classes as well as an ESL Computer class for more advanced students. Volunteers Margo Stern, Lisa Crawford and Richard Alicchio work with small groups of students, focusing on building confidence and conversational skills, or preparing for the oral section of INS exams.

In addition, volunteers Ana Pimentel and Maria Mores provide bilingual assistance by speaking with clients who phone in for information, scheduling students for placement testing, and assisting with class registration.

Thanks to the talent and dedication of our teachers and volunteers, our clients are able to improve their lives and move closer to self-sufficiency.

BEGINNER AND INTERMEDIATE TRAINING

Microsoft training and certification has become an important and sometimes necessary component of a job seeker's quest for employment. We have now been able to accommodate twice as many trainees, with two sessions running daily. After two semesters of successful "split" sessions focusing on both beginner and intermediate computer training, we are ready to start our 3rd group which will finish in February 2010.



Our last session was a great success, with a 100% pass rate on the Microsoft certification exam. LM, a student with no previous computer skills, graduated with the highest test scores in the class for his two Microsoft certifications.

The Center's computers run on a Microsoft Windows XP P4 platform, and we are also an authorized Microsoft Testing Center for those interested in becoming certified. If you would like more information on computer programs offered at Women's Rights Information Center, contact our Training Counselor, Martha Velez, or visit www.womensrights.org.

EMPLOYER SPOTLIGHT - ASTORIA SURGICAL SUPPLIES

Women’s Rights Information Center is proud to align itself with companies and employers in the local community who share similar values and are committed to helping others gain the confidence they need to move toward self-sufficiency, no matter what aspect of their life is compromised. Astoria Surgical Supplies, a full-service medical supply provider and breast care boutique located in Englewood, NJ, does that and more!

As a retailer, Astoria serves the immediate needs of people who might be discharged from the hospital and in need of home care supplies for recovery, as well as the more permanent needs of those living with physical complications or disease. It also houses Suzanne Breast Care Boutique, which is a patient’s first stop after surgery for recovery items. The showroom they have created is like none other. It is a reflection of the staff at Astoria who create a warm, welcoming environment for every visitor.

Our Center likes to brag a bit about Astoria’s staff, since 3 out of the 9 employees were referred to job openings as a result of their relationship with the Women’s Center! Astoria is a wonderful support to the programs and services offered here. Arline Schwechter, President of the company, hires candidates who are similar to her in personality so that her business gets run with a “customer first” mentality. She holds herself, as well as her staff, to high standards, but cross-trains frequently so that everything can be handled- no matter how big or small the task. Employees also take online classes to continue their education and remain abreast of the most current products, industry trends, medical insurance regulations and HIPPA laws.

Before landing her position with Astoria, Lilly Lozada was conducting her own job search with little success. She decided it was time to spruce up her resume and approach things from a different angle, so she utilized the services of our Center. After a resume overhaul and some new found confidence, the Center referred Lilly to Astoria, who needed a qualified

Bookkeeper. Lilly landed the job because of her solid experience in the field, and her one year employment anniversary will be marked this Christmas Eve. She is thrilled to be given the opportunity to “continue to work in her field of accounting with a company that helps others.”

Nicole Boswell also came to the Center in search of a position, since her own methods were not generating enough interviews. She had a wonderful background working with accounts receivable/billing and health benefits, which brought a wealth of medical knowledge and customer service experience; however the tough economy and lack of jobs left her without a new opportunity. Nicole searched tirelessly and came to the Center often to apply for jobs, and here she finally learned how to e-mail resumes and reach a wider audience of potential employers. One of those employers was Astoria, where she interviewed for a Customer Service/Sales/Office hybrid-type position. Nicole’s past



Nicole Boswell; Arline Schwechter; Melissa Asbury

experiences and her customer-oriented sales personality helped her to obtain the position, and she is doing great! She is not a licensed driver, but enjoys her position so much that she wants to pursue her license so she can “take her show on the road” and reach a wider audience of people in need of personalized products and service.

Melissa Asbury, Astoria’s newest hire, is the company’s Data Retrieval Clerk, and a lot more! She was hired just a month ago, and is already being trained in several areas

of the business so that she can assist with billing, collections and Sales duties. Melissa was a graduate of the Women’s Center’s



Melissa Asbury

Office Technology computer training program. After quite a few years in legal support roles and unemployment running out, she wanted to refresh her computer skills to become a more competitive

job seeker in a field other than legal where she could “make a difference”. Melissa was eager to start working again even before she completed her training program, and landed a part-time position with a local company. She enjoyed her receptionist job, but needed more hours and take home pay, as well as the challenge of being able to help others. Melissa worked hard and continued to interview in the afternoons, and finally landed the job with Astoria!

Arline Schwechter has assembled a team of motivated, competent members who are helping her to “tap into the wonderfully diverse community of Englewood and the surrounding towns”. She hopes the new staff can help people from all walks of life to feel comfortable enough to reach out to her company and get the help they need to make their daily lives more comfortable. We are thrilled to have Arline and the Astoria team aligned with our organization through staff hiring, clothing donation, attendance at events, and all around support of women! We applaud her and her staff for all their hard work and dedication.

Astoria Surgical Supply is located at 1 West Forest Ave., Englewood, NJ 07631. You can also reach them at (201) 569-8033 or visit them online at www.astoriasurgical.com.

If you are an employer looking to hire new staff, please give us a call to post an opening. All postings are FREE, and we will refer only candidates who meet your requirements. Call Bonnie for details.

“WE CARE” THANK YOU

“We Care” was again the theme for our second annual luncheon held on October 22, 2009. Close to two hundred people gathered at the Clinton Inn to help raise money and awareness about the pressing needs of women in our community. Guests enjoyed the poignant, funny, and profound remarks of our keynote speaker, Nina Pineda, who reminded us that we are all part of a greater whole and that helping women help themselves improves our communities, our economy, and our world.

Angele Leaptrot and Bea Reynolds moved the audience with stories of courage, determination, and triumph. Their heartfelt remarks connected the audience to the many struggles endured by women in our community. Their stories highlighted the important work of the Center and helped us raise \$40,000.

Thank you to our Advisory Committee and many volunteers for organizing a successful and meaningful event. Thank you to our donors for your continued support. This event has grown in size and numbers over the last two years demonstrating to all of us that when people learn about the Center they want to help. They want to give because they care.



(Front row) Dawn Diaz; Kelly Sacks; Clare Sheridan; Pam DeBlasio;
(back row) Susan Del Rio; Monica Borg; Nina Pineda; Annie Hausmann;
Liz Corsini; and Florence Tweel



Nina Pineda, reporter, WABC-TV Eyewitness News



Francesca Ianora; Nancy Ferer; Dr. Denise Rubenstein



Mary Broderick; Pam DeBlasio; Zelda Bethea;
Marsha Kugelman, Florence Tweel



Monica Borg; Joan Grzenda; Anna Pimental-Watts

WOMEN’S HISTORY - WOMEN’S RIGHTS

Our lives as American’s today have been touched in some way by the experiences of women throughout history. Here, Women’s Rights Information Center celebrates one such story of achievement and victory in the quest for equal rights.

1781: ELIZABETH FREEMAN WINS HER FREEDOM IN A MASSACHUSETTS COURT CASE.

American slavery was not undone solely by the 14th Amendment of the Constitution as an emancipative conclusion to the Civil War. As the story of one woman’s fight for freedom in early New England demonstrates, victories in the abolitionist movement reach back nearly as far as the early settlements.

One such victory belonged to Elizabeth Freeman, widely and better known in local history by her affectionate family nickname Mum Bett, or Mumbet. She lived in the western part of the Massachusetts Bay Colony and won her freedom during the Revolutionary War by taking a case to court and demanding it.

One popular version of this story is that Freeman overheard talk of how liberty was guaranteed to all in Massachusetts’ new constitution of 1780 and was inspired to sue for her freedom. According to historians, however, a more likely version is that abolitionist lawyers selected her to carry a case and test those new constitutional principles. Freeman’s attorneys were the active abolitionist Theodore Sedgwick and the legal educator Tapping Reeve. In her later years Freeman worked as a servant for the Sedgwick family, which included an aspiring novelist, Catherine Sedgwick, who fictionalized Mum Bett’s story and attributed to her passionate words about her captivity: “Any time, any time while I was a slave, if one minute’s freedom had been offered to me, and I had been told I must die at the end of that minute, I would have taken it—just to stand one minute on god’airth a free woman—I would.”

Though her court victory has been largely overlooked by time, Freeman’s Ancestral connection to one of the greatest men of letters may be her story’s strongest preservative. It was over a century after her death that her great-grandson secured his own place in history by writing eloquently about American racism: His name was W. E. B. Dubois.

The Massachusetts Historical Society credits the Freeman case for setting precedent that helped lead to the abolition of slavery in Massachusetts during the 1780’s. Folklore identifies Elizabeth Freeman as the first African American woman to be freed from bondage.

(Excerpt: “Mum Bett Tested Case for Freedom in Early America” by Jennifer Thurston, WeNews, 2009, www.womensnews.org)



PROJECT STARS: SUCCESSFUL TRANSITION AND ACHIEVEMENT FOR RETURNING SERVICEWOMEN

Women’s Rights Information Center has been awarded a \$70,000 grant by Women United in Philanthropy to launch Project STARS: *Successful Transition and Achievement for Returning Servicewomen*. This new program will support women returning to Northern New Jersey following deployment to Iraq and Afghanistan. Collaborating partners in the project are Fairleigh Dickinson University, Bergen County One-Stop Career System and Women Lawyers in Bergen.

Project STARS was designed to address the unique needs of women veterans as they return from active duty. The three primary areas of focus will be: 1) Academic Preparedness for those who plan to take advantage of GI Bill Education Subsidies, 2) Career Services for those seeking employment, and 3) Legal Assistance for those facing child custody or other family issues.

A minimum of 30 servicewomen will participate in Project STARS, at no cost, during the grant year. Candidates will be identified and referred by the Family Assistance Center at the Armory in Teaneck, the Office of Veterans Services at FDU, Veterans Reemployment Services at the Bergen County One Stop, and through other state and local veterans service providers.

Women United in Philanthropy, which began in 2005, is a

giving circle based in Bergen County, with members of all ages from throughout the tri-state area who want to invest charitably and collectively to help women. Their mission... *To promote and focus the philanthropic power of women to effect change in the lives of women in Bergen County...* is closely aligned with the Women’s Center’s goal of helping women provide for themselves and their families and to achieve economic self-sufficiency.



Thank you, Women United in Philanthropy, for helping us serve those who have served our country. For more information on Project STARS, contact Suzan Burr.

THANK YOU FOR YOUR CONTRIBUTIONS - SEPT. - DEC. 2009

\$70,000

Women United in Philanthropy

\$10,000

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\$1,000 - \$5,000

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Maria Cioffi
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& All Wrapped Up Donors

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Beth Krugman
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Sue Simring
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Joy Appelbaum
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Ingrid Morely
Cresskill Women's Club
Joan Elhbeck
Cheryl Bloom
Eileen Goff
Kelly Durkin
Andrea White
Barbara Main
Joan Van Alstyne Johnson
Susan Benjamin
Bayer Health Care - Gary Surmay

Other:

Liz Piero
First Baptist Church Missionary Society
Patricia Libutti
Alison Mangot
Pastor Kenny & Ahwanetta Houston
of Englewood Love of Jesus Church
SDA Community Church

DONATIONS NEEDED

Business Clothing: Clean and on hangers; shoes, handbags, jewelry, belts and other accessories. Accepted Mondays, 3:00 - 5:30pm and Wednesdays 10am - 12pm.

Winter Coats For Women: Clean and ready to wear. Mondays, 3:30 - 5:30pm and Wednesdays, 10am - 12pm.

Supermarket Gift Cards: Accepted anytime.

Toiletries: Toothbrushes, tooth paste, disposable razors, skin creams, mouthwash, floss, new hairbrushes and combs, hand lotion, body lotion, shaving cream, lip balm, sewing kits, hats, gloves, scarves, new socks, hair bands, barrettes, Band Aids, mini first aid kits, shampoo, conditioner, hand sanitizer. Accepted anytime.

Baby Supplies: Diapers, baby wipes, formula. Accepted anytime.

New or Used Cell Phones: Accepted anytime.

Cash Contributions: Your financial support is critical to helping women and their families stabilize their lives and become - and remain - self-supporting. Please mail your check to the Women's Center or make your contribution online using your PayPal account.

GIVING HAPPENS IN MANY WAYS

Anna Merker, local jewelry designer, has found a unique way to support the Center. Anna donates 10% from the sales of her Better Be-ing line of jewelry sold locally at retailer Courage B in Englewood. Anna's message of the Better Be-ing line is "that throughout our ever-evolving journey, we must embrace the hope that each of us will strive to be better in any way we can".

Visit annalisedesigns.com to learn more.

Funding for Center programs and services include: NJ Dept. of Community Affairs Division on Women, Displaced Homemakers Program, NJ Dept. of Labor, Bergen County Dept. of Human Services/Office of Multicultural Community Affairs, Bergen County Community Development Program, County of Bergen, Bergen County's United Way, Community Chest of Englewood, Leonia Community Chest, National Council of Jewish Women, contributions from individuals, organizations, small foundations and corporations, fund-raising events, plus valuable in-kind services from members of Women Lawyers in Bergen and other volunteer professionals.

CALENDAR OF EVENTS

English Classes (ESL)

ESL students learn grammar and vocabulary while practicing to speak with confidence. Students are tested for placement into the beginner or intermediate level.

Level 1

Saturdays, Jan. 30-Apr. 3
9:30am - 12:30pm
\$45

Level 2

Mon. and Wed. Jan. 25 - Mar. 31
6:30pm - 8:30pm
\$55

Level 3

with computer instruction
Mon. and Wed. Jan. 25 - Mar. 31
7:00pm - 8:30pm
\$45

Citizenship Classes

For anyone wanting to prepare for the US Citizenship test, this course helps students learn the responsibilities, rights and benefits of citizenship; understand the naturalization process; and acquire the content knowledge and English skills necessary to pass the INS citizenship exam. Open to Bergen County immigrants of any nationality who have five or more years of US residency.

Tue. and Thurs. Jan. 26 - Apr. 1
6:30pm - 8:30pm
\$26

Legal Consultations

Private half-hour consultations for matrimonial, child support, custody or visitation issues. Members of Women Lawyers in Bergen County, provide information, legal advice to help you understand your rights and options.

Monday evenings, 6:30pm - 9:00pm
and third Thursday of month,
6:30pm - 9:00pm
\$10.00
 Appointments must be made in advance

Office Technology

Whether you want a position in a large corporation, small business, community organization or government agency, this course provides you with a solid foundation of computer skills that are in demand for today's competitive job market. Our comprehensive training curriculum includes: computer-based tutorial lessons for developing keyboarding, numeric keypad and data-entry skills; instructor led classroom training in Microsoft Word, Excel, Access, PowerPoint, and Outlook; daily computer practice and free lab time; Microsoft Office Specialist Certification testing; job search tools and individualized employment counseling; onsite internships and office support experience; free business outfits from our Career Closet. This course is approved by the NJ Dept. of Labor and Workforce Development and can be found on www.njtrainingsources.org Cost: \$3500 *Individual Training Accounts are accepted for unemployment recipients and dislocated workers; partial scholarship assistance is available to displaced homemakers and others who qualify under grant guidelines.*

Mon. to Fri. Feb. 22 - Apr. 16
9:00am - 4:00pm

Career Counseling

For those entering or re-entering the job market after a period of unemployment, our counselors can assess your work skills, offer training recommendations and provide job search assistance and employment referrals.

Weekdays by appointment
\$Free

Resume Development

New resumes, updates and revisions are professionally and uniquely composed and typically produced in two hours. Also available are cover letters, thank you letters and reference lists.

Donation:
\$50 per resume,
\$10 per additional letter or list.
Tues. Wed. or Thurs. by appointment

Microsoft Upgrade 2003-2007

Upgrade your computer skills and gain the competitive edge with training and certification in the latest Microsoft Office applications. For quick learners with recent computer experience, this course offers a short-term, fully packed 120-hour curriculum of instructor led certification training in Microsoft Word, Excel, PowerPoint, Access and Outlook version 2003, and interactive tutorial training in version 2007. Prerequisite: recent experience using Microsoft Office v. 2000. Cost includes one online MOS certification exam. Job search/job placement assistance available upon completion. This course is approved by the NJ Dept. of Labor and Workforce Development and can be found on njtrainingsources.org. Cost:\$2500 *Individual Training Accounts are accepted for unemployment recipients and dislocated workers; partial scholarship assistance is available to displaced homemakers and others who qualify under grant guidelines.*

Time and Date:
To be determined

Interview Coaching

Our interview coaches offer their experience in hiring and recruitment to provide you with helpful feedback and meaningful advice on how to present your best self to potential employers. Be sure to bring your resume, a few job listings, come appropriately dressed and arrive on time!

Counselor's recommendation required
\$Free

Career Closet

Arrive at your next interview dressed to impress! Our Career Closet offers a quality selection of business suits and separates free to job-seeking clients.

Donors: to ensure that our clients present themselves at their best, we stock only quality business attire. All donations must be new or freshly dry-cleaned, on hangers, and appropriate for the current season. We appreciate donations from individuals, businesses, women's organizations and other groups, but in order to best serve our clients' needs, we reserve the right not to accept inappropriate donations.

By Appointment
Mon. 3:30pm - 5:30pm
Wed. 10:00pm - 12:00pm

PROGRAMS AND SERVICES

Career Services: Resume development, job search counseling, re-employment counseling, career transition interview coaching, job training, Job Club.

Career Closet: Open by appointment. Mon. 3:30-5:30 and Wed. 10-12.

Computer Training: Job training classes, Microsoft Certification.

Displaced Homemaker Services: Legal consultations, employment counseling, computer training, job search assistance, and other services to help after domestic violence, divorce, separation, military deployment, disability or death of a spouse or partner. Scholarships available to those who qualify under grant guidelines.

En Español-Hispanic Women's Employment Services: Bilingual counselors provide assistance for women. *Para las mujeres que hablan Español, se ofrecen consejos sobre carreras, búsqueda de empleo, referencia para entrenamiento, aprendiendo. Consejeras Hispanas atenderá a sus clientes con cita previa.*

Inglés (ESL) and Ciudadania (Citizenship): Beginner, intermediate and advanced classes, plus on-on-one English tutoring. Citizenship classes are also offered. *Se ofrecerán clases de Inglés-tenemos el primer nivel y el segundo nivel, y Computadora ESL. También ofreceremos clases de Ciudadania.*

Job Matching: Employers can email job postings to BStarr@womensrights.org for our free job matching and referral services. We will select and pre-screen candidates from our talent bank of job seekers to match the specific skills and qualifications you seek, and contact you with resumes that represent the best matches for your needs.

Legal Consultations: For family, matrimonial and child support issues. Half-hour appointments scheduled Monday evenings and one Thursday night a month.

Shared Housing: For help setting up a shared-living arrangement and finding a compatible housemate.

Unemployment Re-training: Microsoft Office computer training for those receiving unemployment benefits, needing new or upgraded skills, and eligible for funded training through the Bergen County One-Stop.

Volunteering: Contribute your time and talents to help the Center help other women.

Workfirst New Jersey: Microsoft Office computer training, office skills, and job placement assistance for individuals moving from welfare to work and self-sufficiency.

Workshops: For registration, information or to present a workshop call the Center.

Women's History Library: Offering over 2,000 books for borrowing at no charge. Call for schedule.

WOMEN'S DIVERSITY BOOK CLUB

Women's Diversity Book Club is a joint project of Women's Rights Information Center and the Englewood Public Library. The group particularly values welcoming members of diverse groups, or experts with unique insights to help participants better understand the books and the cultures focused on. For more information contact Nancy Ferer at 201-424-4817 or Charlene Taylor, Englewood Library reference librarian at 201-568-2215x2.

Jan. 26, 6:30PM, Tuesday, Englewood Library
***Gifted Gabaldon Sisters* by Lorraine Lopez**
Celebrating Latin American Heritage Month

Feb. 23, 6:30PM, Tuesday, Englewood Library
***Mercy* by Toni Morrison**
Celebrating Black History Month

Mar. 23, 6:30PM, Tuesday, Englewood Library
***Half the Sky* by Nicholas D. Kristof and Sheryl WuDunn**
Celebrating Women's History Month

Apr. 27, 6:30PM, Tuesday, Local author event to be held at Nancy Ferer's home. Call 201-424-4817 or email nancyferer@hotmail.com for address and directions.
***Sweet Man is Gone* (2008) by Peggy Ehrhart**

EMOTIONAL FREEDOM WORKSHOP

Tuesday, January 19, 2010

6pm - 8pm

Sakinah Beth Kinley, CSW

Spiritual Wellness Educator

Everything that has ever happened to us is stored somewhere in the cells of our body and in our energy field. We carry these energetic issues with us from an early age, a time when we are especially impressionable. Many issues involving self-confidence, self-esteem, relationships, prosperity and abundance have these stored events as their root cause.

Emotional Freedom Techniques (EFT) are a group of powerful processes that can help just about every person achieve freedom from emotions which have caused problems in their lives. EFT has been described as one of the most important breakthroughs in the area of psychology in this century. EFT is a form of psychological acupuncture, combined with verbalization and affirmation. Combining these processes of the EFT technique balances the energy system and appears to relieve psychological stress and physiological pain. Restoring the balance of the energy system allows the body and mind to resume their natural healing abilities.

Please join us in viewing the movie, "The Tapping Solution-"Try it on Everything" which illustrates the power of EFT. It chronicles the experiences of 10 individuals from pain to healing. A group EFT process will be performed after the movie.

The Women's Center Easy Button

You can now make contributions
using your PayPal account.

Visit our website at
www.womensrights.org

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Contributions are tax deductible as allowed by law.

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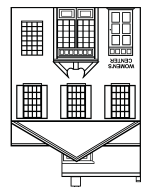
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Cheryl Alicchio	Office Assistant

For more information about Women's Rights Information Center
visit us online at www.womensrights.org.

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