



WOMEN'S  
CENTER



# Woman to Woman

○ Volume 16 | ○ Number 1

February, March, April 2009



Thank you for all you  
have done for my son  
and all the help you've  
given me.

Your kindness will  
never be forgotten.

~ A Women's Center  
Client

# The Spirit of

## In this Issue

# Giving

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DURING THE HOLIDAY  
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In every community there is work to be done. In every nation there are wounds to heal. In every heart there is the power to do it."

~Marianne Williamson

# Women's Center Board of Directors

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Irma J. Tirro  
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## Executive Director's Message

Dear Friends of the Women's Center

The Spirit of Giving is about serving each other in meaningful ways as part of our daily lives. Some people demonstrate this through thoughtful acts; some do so through volunteering their time and talent, and others to it through philanthropy. There are endless ways to show your own personal spirit of giving.

Recently, Anne, a 30-something year old, working, single mom shared with me an 'ah-ha' moment she had that expanded her own personal spirit of giving. While doing some weekly cleaning she came across an old blanket needing washed when she noticed a hole in it. Having had the blanket some 20 years, she decided it was no longer worth keeping and decided to throw it out, after all, she had others and she planned to pick up a new \$20 blanket on her next trip to the store. As she walked toward her door to toss it into the garbage can outside, Anne froze when she reached the door. She thought, "This is an old blanket and it does have a small hole or two but it still keeps me warm. What if it could help keep someone else warm?" Anne brought the blanket to the Women's Center and not long ago it, along with others, was distributed to a woman and her family who are struggling to make ends meet and living in their car.

As we embark into 2009 the signs show rough seas ahead. Many companies are being forced to layoff employees and make other cutbacks. There is an overall lack of funding across the board. But the Women's Center supports the belief that cutting vital programs and services is not an option. It is precisely because of the current economic conditions that more support is necessary to help the many women and families in need.

Charitable giving naturally increases during the end-of-year, winter holidays. We feel a sense of gratitude, a desire to help, or we need that ever-important tax break. The holiday season has come and gone, but the needs of women and children in our community are still with us. The challenge for the Women's Center is to provide services and help year round.

Evidence shows that giving is recession proof. Difficult times tend to bring out the humanitarian in many of us although many get more creative about their giving. In this issue, you'll read more about the spirit of giving. I challenge each of you to choose your own special way of directing your charitable contributions, be it through your time, talent or treasure.

Your support today can change lives for the better, forever .

Thank you for your support,



**Women's Center**  
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**MISSION: TO EMPOWER WOMEN AND  
THEIR FAMILIES BY PROVIDING  
SUPPORT, EDUCATION, COUNSELING,  
INFORMATION AND SERVICES.**

**Donation  
slip moved  
to page 11.**



Laurie Watkins of Melbourne Beach is grateful for all she has—a wonderful husband, two beautiful children, their home, health, safety, security, family and many dear friends. As the 2008 holiday season approached Laurie knew she wanted to help less fortunate women and children. Her inquiry to the Women's Center came shortly after we received a generous offer of Christmas stockings from Eleanor Redding, the original Mrs. Santa Claus, also of Melbourne Beach.

With the help of family and friends, Mrs. Watkins created her own spirit of giving. What was formerly an annual neighborhood holiday party for friends was now transformed into a family-friendly event filled with good food, musical entertainment, games and activities for the children and even a visit from Elfis, one of Santa's own who wowed children—and adults—with his magic. Children and their families were each invited to bring a stocking-stuffer gift.

It was an afternoon of fun, food, and festivities—a time when friends and family gathered not only to enjoy each others company but also to help women and children in need.

This is a testament to the simple things we can all do to create a closer sense of community and enable women and their children to live happier, healthier lives. We extend our heartfelt thanks and gratitude to Mr. and Mrs. Bill Watkins, to Tina Sanders for her help in planning and coordinating the event, to Lisa Leslie for the musical entertainment, and to David Sanders as Elfis.

And to all of our supporters, volunteers, and guild members, on behalf of the many women and children helped by your generosity...thank you.

## EVERYTHING WE DO

We may not always realize that everything we do

Affects not only our lives but touches others too.

A single happy smile can always brighten up the day

For anyone who happens to be passing by your way.

And a little bit of thoughtfulness that shows someone you care

Creates a ray of sunshine for both of you to share.

Yes, every time you offer someone a helping hand,

Every time you show a friend you understand.

Every time you have a kind and gentle word to give,

You help someone to find beauty in this precious life we live.

For happiness brings happiness and loving ways bring love,

And giving is the treasure that contentment is made of.

-- Author Unknown --

BellaOnline—The Voice of Women.  
[Http://www.bellaonline.com](http://www.bellaonline.com)

*“Wanted to wish you a very Merry Christmas and to thank you for the gifts for my children and for all the others you've helped in so many countless ways! May you be blessed in your own lives always!”*

--A Women's Center client



## Women's Center Guild



As we enter a new year, let's remember all of those who suffered so much last year – and do our best to support the Women's Center to the best of our abilities. Your contributions make such a huge difference in the wake of grant cuts and lay offs. We appreciate your continued generosity and thoughtfulness!

Our Partners have made an enormous difference in our ability to raise funds for the Women's Center and we are so thankful to them for all they do.

We had a very busy 2008, beginning with our Nordstrom Trip in July, Sex and the City luncheon – which was a fabulous success - our annual Health, Beauty & Wellness luncheon and then the Holiday Brunch! All were fun events but more importantly, we raised money for the women and children in our community that need our help.

By the time you read this, we will have hosted our 12<sup>th</sup> Annual To Serve with Love tennis tournament and luncheon. We have a near record number attending and are thrilled that the volunteers who worked so hard on this event have been so successful – once again!

The plans are under way for TENNIS UNDER THE STARS 2009. We are excited about **Luke Jensen**, tennis professional and ESPN and CBS sports color announcer, coming to the Kiwi Club **Saturday, March 7** for an afternoon and casual evening of fun. He will be participating in various clinics and exhibitions. The afternoon ProAm for men and the clinic for women are limited so if you are interested, please contact Becky or Joan quickly. There will be a buffet dinner and cocktails and fabulous raffle items – you do not have to be present to win! Please contact Becky Bell at [beckynbell@hotmail.com](mailto:beckynbell@hotmail.com) or Joan Flavin at [jflavin@cfl.rr.com](mailto:jflavin@cfl.rr.com) if you would like to purchase tickets!!

Once again, Sheila Gurr and Sharon Sutton are putting together the Bridge Bash at Eau Gallie Yacht Club. It will be held on Friday, February 20<sup>th</sup> – so please mark your calendars and look for more details to come! For all of you that do not play bridge, there will be tables with games such as Bunko available.

### SAVE THE DATE FOR MAY 16<sup>th</sup>!!!

We are holding our first annual **Masquerade Ball** in May. It will be cocktail/black tie optional and our Partners, Pink Avenue will be doing the décor for us. Fun, feathery Venetian masks are encouraged and can be purchased before and during the event. All proceeds will go to benefit the Women's Center! Please contact me at [mbs7254@aol.com](mailto:mbs7254@aol.com) or Monica at [monicarowe@aol.com](mailto:monicarowe@aol.com) or Marilyn at [hurstoneal@cfl.rr.com](mailto:hurstoneal@cfl.rr.com) for more information.

Again, as the fund raising arm for the Women's Center, we encourage all to participate in our events! The Guild ladies have worked very hard this year to put on some fabulous events and I am so proud of each and every one of them!

If you would like to join our efforts – as a member or a Partner, please contact me at 242-4564 or email me at [mbs7254@aol.com](mailto:mbs7254@aol.com). I look forward to the opportunity to welcome you into our wonderful organization!

Warmest Regards,  
**Marian Shope**  
President,  
Women's Center Guild



### Tennis Under the Stars

Featuring Luke Jensen

**MARCH 7th 2009**

6–8p.m. at Kiwi Tennis Club in Indian Harbour Beach. There will be events throughout the day capped off by the Evening Exhibition and dinner.

**Contact:**

Becky Bell at [beckynbell@hotmail.com](mailto:beckynbell@hotmail.com) or  
Joan Flavin at [jflavin@cfl.rr.com](mailto:jflavin@cfl.rr.com)

### Are you a Riverside Bank customer?

If so, you can enjoy special banking benefits **and** help the Women's Center at the same time.

Contact your local Riverside branch and tell them you want to work together with them and the Women's Center to help our community programs.



WOMEN'S  
CENTER

# Masquerade Ball

Save  
the date

*May 16, 2009*

Call for details and tickets 242-7766

Look for details on our website [www.womenscenterguild.org](http://www.womenscenterguild.org)

or contact Marian Shope at 321-242-4564

# February 2009

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>2</p> <p>Domestic Violence Support Group 10-11:30 a.m.</p> <p>Prenatal Depression Support Group 7:30-9 pm</p>	<p>3</p> <p>Kool Kids Support Group 4-5:00 p.m.</p> <p>Incest Survivors/ Adult Victims of Childhood Abuse Support Group 5:30-7 p.m.</p>	<p>4</p> <p>Career Interest &amp; Testing Workshop 9:30-12:00 p.m.</p>	<p>5</p> <p>Career Interest &amp; Testing Workshop 9:30-12:00 p.m.</p> <p>Adelante– Spanish Domestic Violence Discussion Group 4– 5:00 p.m.</p> <p>Men’s Survivor Support Group 6-7:30 p.m. FREE</p> <p>Bipolar Disorder Support Group 6-7:30 p.m. \$15.00</p>	<p>6</p>	<p>7</p>
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<p>23</p> <p>Domestic Violence Support Group 10-11:30 a.m.</p> <p>Resume Assistance Workshop 10:30 - 12 p.m.</p> <p>Prenatal Depression Support Group 7:30-9 pm</p>	<p>24</p> <p>Kool Kids Support Group 4-5:00 p.m.</p> <p>Incest Survivors/ Adult Victims of Childhood Abuse Support Group 5:30-7 p.m.</p>	<p>25</p>	<p>26</p> <p>Communicating Effectively Workshop 9– 12:00 p.m.</p> <p>Adelante– Spanish Domestic Violence Discussion Group 4– 5:00 p.m.</p> <p>Men’s Survivor Support Group 6-7:30 p.m. FREE</p> <p>Bipolar Disorder Support Group 6-7:30 p.m. \$15.00</p>	<p>27</p>	<p>28</p> <p>Budgeting Seminar 10–11:30 a.m. FREE NO CHILDCARE PROVIDED</p>



## *Prenatal Depression Support Group*

Every Monday from 7:30 - 9:00 p.m. FREE

A new support group for pregnant women struggling with depression and anxiety. Dr. Rachel Lefebvre, a licensed psychologist, will lead the group and teach mothers-to-be to make use of relaxation techniques, work on negative thoughts, and prepare for the 4th trimester. For more information or to register, please call Dr. Lefebvre at 321-536-1724 or visit her online at [www.girlfriendshealth.com](http://www.girlfriendshealth.com). The group will meet at the Women’s Center, in Suite C.

Relocating? Address change?

Let us know!

We want to ensure that you will continue to receive the Woman to Woman newsletter.

**Email:**

[info@womenscenterinbrevard.org](mailto:info@womenscenterinbrevard.org)

**Telephone: 321.242.3110**

Thank you.

## March 2009

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>2</p> <p>Domestic Violence Support Group 10-11:30 a.m.</p> <p>Prenatal Depression Support Group 7:30-9 pm</p>	<p>3</p> <p>Kool Kids Support Group 4-5:00 p.m.</p> <p>Incest Survivors/ Adult Victims of Childhood Abuse Support Group 5:30-7 p.m.</p>	<p>4</p> <p>Career Interest &amp; Testing Workshop 9:30-12:00 p.m.</p>	<p>5</p> <p>Career Interest &amp; Testing Workshop 9:30-12:00 p.m.</p> <p>Adelante– Spanish Domestic Violence Discussion Group 4– 5:00 p.m.</p> <p>Men’s Survivor Support Group 6-7:30 p.m. FREE</p> <p>Bipolar Disorder Support Group 6-7:30 p.m. \$15.00</p>	<p>6</p>	<p>7</p> <p>Legal Aspects of Divorce and Separation with Karen Brandon 10-12:00 p.m. \$10 NO CHILDCARE PROVIDED</p>
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**GoodSearch**

Raise money for your favorite charity or school just by searching the Internet or shopping online with GoodSearch!

GoodSearch.com is a new Yahoo-powered search engine that donates half its advertising revenue, about a penny per search, to the charities its users designate. Use it just as you would any search engine, get quality search results from Yahoo, and watch the donations add up!

Just go to [www.goodsearch.com](http://www.goodsearch.com) and be sure to enter “Women’s Center—Brevard County” as the charity you want to support. And, don’t forget to spread the word!

# April 2009

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Classes, Support Groups and workshops are held at the Women's Center in the Suite C Conference Room. Please call 321-242-3110, Extension 301 to register. Directions to the center are provided on the web site at <a href="http://www.womenscenterinbrevard.org">www.womenscenterinbrevard.org</a></b></p>		1	<p>2</p> <p>Adelante– Spanish Domestic Violence Discussion Group 4– 5:00 p.m.</p> <p>Men's Survivor Support Group 6-7:30 p.m. FREE</p> <p>Bipolar Disorder Support Group 6-7:30 p.m. \$15.00.</p>	3	<p>4</p> <p>How to Repair Your Credit 10-11:30 a.m. \$5 NO CHILDCARE PROVIDED</p>
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Friday - February 23rd;

## Resume Assistance Workshop

**10:30—12:00 p.m.**

An informal résumé writing workshop where attendees can polish up their current résumé or begin to create a new one. Will also cover résumé Do's and Don'ts, cover letters and reference lists, and any other questions, concerns, or assistance in writing a résumé. Bring copy of current résumé, if available. Pre-registration not required. Contact: Cindy Schroeder at 242-3110, ext. 311

# Classes, Support Groups, and Workshops Descriptions

## SUPPORT GROUPS

### **Prenatal Depression Support Group**

Mondays, 7:30 p.m.-9 p.m. Free.  
A new support group for pregnant women struggling with depression and anxiety. Dr. Rachel Lefebvre, a licensed psychologist, will lead the group and teach mothers-to-be to make use of relaxation techniques, work on negative thoughts, and prepare for the 4th trimester. For more information or to register, please call Dr. Lefebvre at 321-536-1724 or visit her online at [www.girlfriendshealth.com](http://www.girlfriendshealth.com). The group will meet at the Women's Center, in Suite C.

### **Adelante- Hispanic Domestic Violence Support Group**

Jueves, 1-2:30 p.m. Es un grupo de apoyo para mujeres hispanas donde se proveerá información sobre violencia doméstica, relaciones saludables; se discutirán las dinámicas de violencia familiar y otros temas de interés al grupo. Free. Facilitadoras: Glori Borges.

### **Domestic Violence Support Group**

Mondays, 10-11:30 am. Free.  
An open support group for women to provide information and understanding of emotional and/or physical abuse at the hands of someone they love. Therapist: Kellie Garza, M.A., LMHC.

### **Childhood Sexual Abuse/Incest Survivors Support Group**

Tuesdays, 5:30-7:00pm. Free.  
Support group For adult women who have experienced sexual abuse as children. Focus on emotional reactions, resolution of feelings, the effects on everyday life, and on self-respect as a survivor. Therapist: Kellie Garza, M.A., LMHC.

### **Bipolar Disorder Support Group**

Thursdays, 6-7:30 pm. Support for Men and Women. Whether newly diagnosed or dealing with this for a while, this group will give you new insight into this sometimes-confusing diagnosis and tools to help bring balance into your life. Fee: \$15 per session. Therapists: Angie Ream MA, RMHCI and Tracy Wills, B.A.

## WORKSHOPS

### **Career Testing & Interest**

February 4 & 5; March 4 & 5; April 8 & 9 from 9:30 a.m. to Noon  
Participants will take useful career inventories to assess their occupational interests, preferred activities, competencies and abilities. Results will enhance the person's career direction and enlighten their career decision-making.

### **Budgeting Workshop**

Saturdays, February 28, March 21, April 11 from 10 a.m.-11 a.m. Free.  
Covers basic budgeting knowledge, how to avoid falling into the maxed-out credit card trap, tips on why budgets fail, how to keep your budget on track, and creating a spending plan. Facilitator: JoAnn Harvan-Chin

### **Volunteer Orientation**

The volunteer orientation is intended to familiarize interested applicants with the Women's Center and volunteer opportunities available. Free. For times and dates, please contact 242-3110

### **Career Directions**

July 23-25, August 19-21, September 16-18 from 9:00 a.m.—Noon. Free  
Whether you're thinking about a new career or want to advance in your current position, the Career Directions three day workshop offers the personal attention and career advice to help you get there. Covered topics include goal setting, interviewing, resume writing, applications and job search skills, among others. Facilitator: Cindy Schroeder

### **How to Repair Your Credit.**

Saturdays: February 21; March 14; April 4 from 10—11:30 a.m. \$5.00  
If you've ever wondered what makes up a credit score, how to dispute items on your credit report, or what steps you can take to increase your score, this workshop is the place to find out. The workshop is presented by Mary Ellen Troilo of Riverside Home Loans, Inc., who informally discusses and answers questions on topics we all need to be familiar with in regards to our credit score. Facilitator: Mary Ellen Troilo

### **Legal Aspects of Divorce & Separation**

Saturdays: February 14; March 7; April 25 from 10 am-12 pm. Fee \$10.  
An attorney explains the legal rights of parties involved in separation or divorce. Includes fault/no fault divorce, spousal and child support, property settlement agreements, custody and visitation, distribution of property and retirement benefits.

### **Communicating Effectively**

Thursday, February 26; Wednesday March 18; Wednesday April 29th from 9 a.m. to Noon. Free.

## I NEED A DESCRIPTION FOR THE COMMUNICATING EFFECTIVELY WORKSHOP

~~~~~  
Unless otherwise noted, please call the Women's Center at 242-3110 to register for classes, groups, workshops, or volunteer training.

*“There is hope. You don’t need to go it alone. There are avenues of help.”*

*--Barbara Yates*

After moving to Florida to escape an abusive relationship, Barbara Yates soon found herself struggling to find employment. The

challenge of returning to the workforce was an obstacle. A mother of

two adult children and a college graduate, she knew she would need some help.

In our Displaced Homemaker program, Barbara has had the opportunity to work directly with a career guide to create an individual employment plan and has received assistance with job referrals and placement. “What I like most about my career guide, Doris, is her caring attitude. She gave me really good tips about updating my resume and helps by passing along notices about job opportunities.”

Barbara has also attended our career workshops on topics such as Career Testing, Resume Writing and Dressing for Success. Barbara says, “The workshops were most beneficial, especially when we talked about interview skills and resume building.”

In addition to the assistance Barbara has received through our Career Guidance program, she has also been helped through our food pantry service and the Women’s Center Furniture & More Thrift Shop for clothes and other household items.

In the spirit of giving, Barbara knows there are others fraught with more concerns than she has and tries to give back a little extra when she is able to.

~~~~~  
*Many women face a number of problems throughout their lives and sometime need help. Having a comprehensive community resource like the Women’s Center means that if you need a job, a place to live, counseling, or help against violence – you have a place to turn.*

*The Women’s Center helps women help themselves to develop safe, healthy and self-sufficient lives. By supporting the Women’s Center through your time, talent and treasure, you give the gift of hope, and change lives for the better, forever.*

## Women’s Center Furniture & More Thrift Store

Imagine yourself in a situation where you need to start your life over. Perhaps you fled a violent relationship, or due to unemployment and the inability to keep up on rent—you were evicted from your home.

Well, think about the items you would need while rebuilding your life. These are the items that we need at the Furniture & More Thrift Store.

Mattresses of all sizes, linens, pots and pans, pillows, blankets—even appliances.

We are also in need of laptops. The majority of our customers are looking to buy more up-to-date electronics—Laptops, DVD players



# The Women's Center gratefully acknowledges the following donors for June 24, 2008 - December 31, 2008

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ensures that your  
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Thank you for your  
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help women change  
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better, forever.

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Enclosed is a tax-deductible gift in the amount of:

\$25     \$100     \$500     \$1,500

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*Please make checks payable to the Women's Center*

Donate Online at: [www.womenscenterinbrevard.org/donate.htm](http://www.womenscenterinbrevard.org/donate.htm)

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February, March, April 2009



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