



WOMEN'S
CENTER



○ Volume 15 | ○ Number 3

Woman to Woman

Dear Friends of the Women's Center,



For Brevard County, the second quarter of 2008 was a time of watching dry weather and fires, a time when many residents lost their homes entirely, a time when many homes were damaged by fire, and for many, a time when all possessions were lost. Our hearts go out to the families in the Palm Bay area who have been so tragically affected. We are helping in any way that we can, and our Furniture Store is participating in the process of rebuilding homes—replacing furniture, clothing, household items, and children's toys.

It was also a time that brought us into a more economically challenging period. State and federal budget cuts and the recent downturn in the U.S. economy will no doubt result in an increase need for our services. Research shows that overall fundraising results roughly correlate with economic conditions, so it is important that we be prepared as we cope with the current economic uncertainty. These hard times affect not only our clients, but our staff, volunteers, and contributors, so I thank you for remaining steadfast in your dedication and commitment to the Center.

We bid a fond adieu to Candice Santomauro and thank her for her hard work and accomplishments as she completes her term as Guild President. And we welcome Marian Shope. Marian's enthusiasm and dedication are already shining brightly as she assumes the responsibilities of President of the Women's Center Guild. We are also pleased to welcome Pamela Paquette as our Director of Development. Marian and Pamela are both impressive and hard working women. We are excited by their new ideas and the energy they bring and look forward to working with them.

I am extremely grateful to be a part of this dynamic organization that continues to help so many women and their families become independent, active and proud participants in our community. This could not be done without your time, talent, and contributions, and, again, I thank each and every one of you for what you do.

Dr. Jenny Gessler, Executive Director

*The point is not to pay back
kindness but to pass it on.*

~Julia Alvarez

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Marian B. Shope
President, Women's Center Guild

MISSION: TO EMPOWER WOMEN AND THEIR FAMILIES BY PROVIDING SUPPORT, EDUCATION, COUNSELING, INFORMATION AND SERVICES.

Dear Friends and Supporters of The Women's Center,

The ending of the 2007-2008 school year marked the completion of another great year for the Women's Center's Violence Prevention Program providing Violence Prevention to Brevard County schools. During this school year, we gave presentations on dating and sexual violence to over 3,100 students in 25 DIFFERENT public and private high schools, middle schools, colleges and universities. In addition to our work in the schools, since last August, we have also provided 11 professional trainings to over 400 people as well as ongoing programs with 13 local social service agencies, providing education to over 500 people. It was a highly successful year for the Violence Prevention Program!

The Women's Center's Violence Prevention Program is part of our Victim Services Department and is funded by a grant from the Centers for Disease Control and Prevention and the Florida Department of Health. As part of this program we offer free trainings to people of all ages about topics such as: dating violence, sexual assault, domestic violence, healthy relationships, and sexual harassment. These trainings can be offered as a one time presentation or an ongoing basis for the same or different groups of people.

As you can imagine, with school out for the summer, our schedule has slowed significantly. We would like your help to change that! We're currently looking to schedule trainings throughout the summer and are especially interested in reaching out to young people as they go about their summer activities. Are you or your child involved in a church or community youth group that might benefit from a Violence Prevention Training? Is your child part of a camp or organization that might be interested? Or are you a manager interested in having a training on sexual harassment or domestic violence for your staff? Are you part of the PTA or some other organization of parents interested in keeping your children safe?

If so, please contact Lauren Schatz, Violence Prevention Educator, at (321) 242-3110 ext. 337 or send an email to lschatz@womenscenterinbrevard.org for more information regarding how to schedule a presentation for the summer.

PLEASE SUPPORT THE WOMEN'S CENTER

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

\$25 \$100 \$500 \$1,500

\$50 \$250 \$1,000 \$ Other

Donation from _____

Address _____

City/State/Zip _____

Phone: Home/Cell _____

E-Mail Address _____

Please make checks payable to the Women's Center

Donate Online at: www.womenscenterinbrevard.org/donate.htm

M/C Visa Exp. Date _____

Acct. # _____

My gift is:

In Honor of _____

In Memory of _____

In Celebration of the Birthday of _____

Endowment

Please send acknowledgment of my gift to:

Name _____

Address _____

City/State/Zip _____

My employer _____

has a matching gift program.

Your contributions are tax-deductible. The Women's Center is a 501(c)3 charitable organization and is registered with the State of Florida. 100% of your contribution is used to support the Women's Center, and no part of this contribution is retained by any professional solicitor. Consult your tax advisor regarding eligible tax deductions.

A COPY OF THE OFFICIAL REGISTRATION AND FINANCIAL INFORMATION MAY BE OBTAINED FROM THE DIVISION OF CONSUMER SERVICES BY CALLING TOLL-FREE (800-435-7352) WITHIN THE STATE. REGISTRATION DOES NOT IMPLY ENDORSEMENT, APPROVAL, OR RECOMMENDATION BY THE STATE

Women's Center

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www.womenscenterinbrevard.org
email: info@womenscenterinbrevard.org

**The Women's Center is looking for Displaced
Homemakers to participate in a
FREE Career Guidance Program.**

A Displaced Homemaker is described as:

- 35 yrs of age or older, AND
- Has worked in the home as a homemaker AND
- Is not adequately employed, AND
- Has had, or would have, difficulty in securing adequate employment, AND
- Has been dependant on the income of another family member but is no longer supported by such income; OR
- Has been dependent on federal assistance.

The Career Guidance Program Services are **FREE** and include:

- Creating an Individual Employment Plan
- Workshops on topics such as Career Testing, Resume Writing and Dressing for Success
- Job Referral and Placement
- Working with a Job Trainer

Please contact Doris at 242-3110 x323 or dhomitz@womenscenterinbrevard.org to learn more.

**Human Trafficking is modern day slavery, and is happening even in the United States
—Part 2**



Many of the victims of human trafficking in the United States do not speak English and are unable to communicate with service providers, police, or others who might be able to help them. They are often kept isolated and their activities are restricted to prevent them from seeking help. Typically, they are watched, escorted or guarded by traffickers or associates of traffickers. The traffickers may “coach” victims to answer questions with a cover story about being a wife, student or tourist. They may be confined to one room or small space to work, eat, and sleep. Victims comply and do

- **Sex Trafficking: Victims can be found working in massage parlors, brothels, strip clubs, escort services, online**
- **Labor Trafficking: Victims can be found in domestic situations as nannies or maids, sweatshop factories, janitorial jobs, construction sites, farm work, or restaurants**

not seek help out of fear of what the trafficker will do to them or they may fear for the safety of family members in their home country. They may distrust health providers, the government and the police. Because they often do not speak English and are unfamiliar with U.S. culture, they tend to believe what the trafficker tells them about what the government will do to them if found. They fear being jailed or deported and may be unaware that what is being done to them is a crime. They may not consider themselves victims or may even blame themselves for their situation. They may even develop loyalties and positive feelings toward the trafficker as a coping method and may try to protect the trafficker from authorities. Sometimes victims do not know where they are, because traffickers frequently move them to escape detection.

If you want to know more about Human Trafficking check out these websites: acf.hhs.gov/trafficking or stophumantrafficking.org. If you would like someone to speak to your group about human trafficking, please contact Sue Kiley, MS, LMHC at 242-3110, ext. 316.

“What you give of yourself is priceless.”

**-Oprah Winfrey, American entertainer
and entrepreneur**

On April 18th friends and supporters of the Women’s Center gathered to honor the many volunteers who generously give their time and talent to carry on the mission of the Women’s Center.

The Women’s Center began in 1975 in a small office in downtown Melbourne by volunteers providing primarily peer counseling. From that small beginning the Center has grown to include volunteers assisting with administrative duties, case management, victim advocacy, workshops for clients, and speakers promoting the Center to various community groups.

The Women’s Center Guild boasts a membership of over 300. These women also give of their time and talent to host fundraising events which support the many programs and services of the Center.

In 2003, the Women’s Center took over a used furniture business. Managed by volunteers, the Furniture & More thrift store trains clients in a variety of job skills from reception, sales and operating a computer to furniture repair and refurbishing.

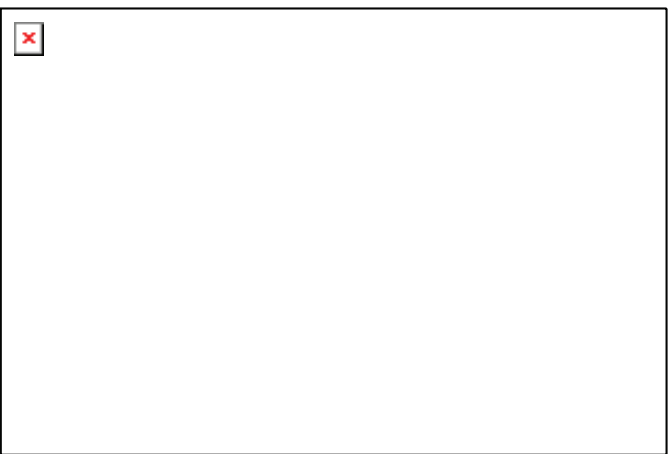
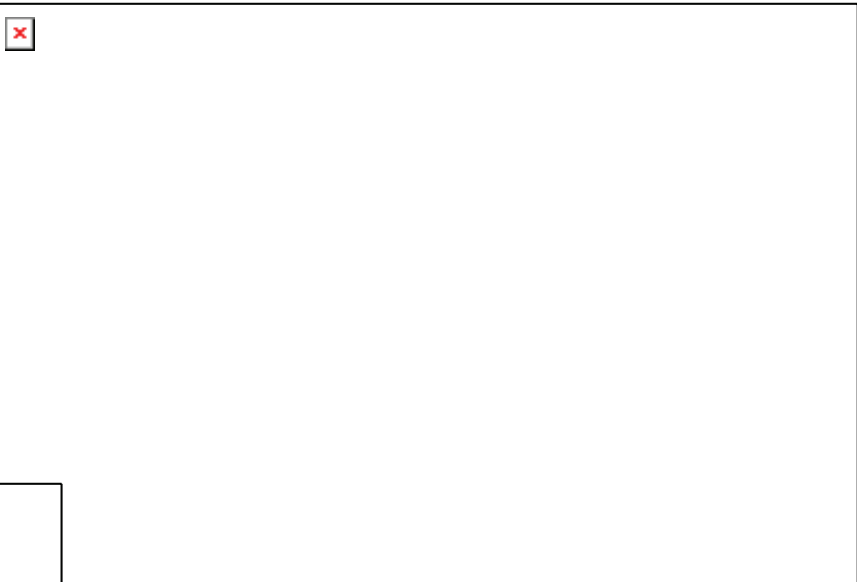
The Women’s Center has changed and grown over the last 33 years but one thing remains the same: the support of our volunteers! Only with their assistance is the Women’s Center able to change lives for the better, forever. On behalf of the more than 10,000 clients served annually, we thank all of our volunteers!

Ruth Cote Clemente
Volunteers of the Year – 2008

Fride Phelps – Women’s Center

Joy Inventasch – Women’s Center Guild

Kathy Ojeda – Furniture & More Store





Women's Center Guild



First and foremost, I thank you all for your support. It is an honor to serve the Guild and the Women's Center.

We are the lucky ones. We have love in our homes, love and support from our spouses through good times and bad, and love and gratitude from our children who have been given the opportunity to grow and bloom in a nurturing environment. From our membership I see a strong group of women working hard to help those who haven't experienced the blessings that we enjoy in our lives. In these times, when violence is on the rise and the standard of living has fallen, women and children are often the first victims, and we need to be there for them now, more than ever.

Let us join together in a unity of hearts! A conspiracy to defy the ugliness, the pain, the feelings of helplessness and hopelessness that these women and children endure on a daily basis. You and I have SO much! Let us reach into our hearts and share what we have, whether it is time or money. The amount is not important—every dollar and every minute counts! Let us rush to the rescue of these deserving women and children who, without our support and care, risk falling through the cracks of an abundant society.

As members of an organization that put simple humanity ahead of all else, we strive to help and support women and children whose lives are shattered from abusive homes, rape, incest, drug or alcohol addiction, or health issues. To that end, we need every resource to fight this fight. We are a group of women who have the power, through a unity of hearts, to change lives, one women at a time.

To empower one mother, or one women, or one child—to give hope and restore faith to even one person who feels she has been forgotten—we can turn many lives around. I am convinced that the recipients of kindness and support will not only rise above their circumstances to rebuild their own lives, they will have the gratitude to pass it on to others in need. Who knows how far that gratitude may travel? A unity of hearts has no boundaries.

Is this an easy task? No. We all know that righting the many wrongs is a difficult undertaking. A unity of hearts requires hard work, teamwork, time and money, and an unfaltering commitment to the women we serve. The price is high, but the payback, not only for the women in need, but for those of us who strive to help, is enormous.

More than ever, in this economic downturn, we need to push for funds to keep our women's center running, to help every last woman and child that we can. *As a team that beats with one heart*, we will have strength in numbers to reach our financial goals and most importantly, our humanitarian goals.

Let us join together in a unity of hearts that will not give up, or take no for an answer, when it comes to serving our sisters in need.

I thank our new Guild Board who are experienced, professional and diligent women that will help, with your support, to make this a successful year! Again, I am honored to serve you and look forward to working with each and every one of you.

Warmest Regards,

Marian Shope
President, Women's Center Guild

WOMEN'S CENTER GUILD MEMBERSHIP FORM

(Please Print Clearly & fill out form in its entirety)



Name: _____ Spouse: _____

Address: _____

Phone (Cell / Home): _____ E-mail: _____

Would you be interested in becoming a Partner (\$1000 or More) Yes / No

Dues are \$40
Endowment _____
Fundraising _____
Total _____

Please make your check payable to: Women's Center Guild.
For total contributions of \$100 or more you will be recognized as an Angel in the Membership Directory.

Mail to: P.O. Box 360944
Melbourne, FL 32936-0944



Women's Center Guild



2007—2008 Guild Recap

The Guild has had a wonderful year, with many incredible events and lots of behind the scenes updates that will be making their debut in the new guild year, including a new and improved database and some exciting new marketing materials. We were thrilled to exceed our \$135,000 pledge to the Women's Center with another \$20,000 donated to the Endowment Fund. To date, this year we have raised more than \$210,000, despite these challenging economic times.

There are so many people who contributed to the success of the year! First, I thank the incredible board for all of their hard work and efforts throughout the year: Joy Inventasch, Fride Phelps, Marian Shope, Dana McArthur, Dolly Casco, Becky Bell, Cynthia Paul, Roz Cobb, Rosemary Bain, and Carol Miller.

Next, a heartfelt thanks to every guild member who participated on a committee or assisted with any guild activity this year. There were so many of you and your generosity is much appreciated.

A very special Thanks to our Partners, vendors, and other supporters who gave of their time and resources to help such a worthy cause.

And, of course, a huge thanks to the volunteers and employees of the Women's Center, led by the amazing Dr. Jenny Gessler, who work so hard to

help others, and are the reason that we do what we do.

Last but certainly not least, another heartfelt thanks to Christine Lance for trusting me with this role and giving me this wonderful opportunity to serve and learn from you.

It has truly been an honor to serve as the 2007-2008 Guild President, and to give back in a small way to the place that gave me so much years ago. I am so pleased to pass the torch to the new Guild President, Marian Shope. Marian and I spent the last year together on the board and not only is she extremely capable and intelligent, she has a huge heart, a caring spirit, and is a wonderful, accomplished leader. I know exciting things are ahead for the Guild with her at the helm of a very dynamic and diverse new board.

Thank you for a wonderful year!

With sincere gratitude,

Candice Santomauro



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.

August 2008

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>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 www.womenscenterinbrevard.org</p>				<p>1</p> <p>Victim Advocate Volunteer Meeting 9:30-11:30 a.m.</p> <p>Living Well with Chronic Pain or Illness 4:30-5:45 p.m.</p>	<p>2</p> <p>Budgeting Workshop 10-11 a.m.</p>
<p>4</p> <p>Domestic Violence Support Group 10-11:30 a.m.</p> <p>Hispanic Discussion Group 1-2:30 p.m.</p> <p>Prenatal Depression Support Group 7:30-9 pm</p>	<p>5</p> <p>Incest Survivors/ Adult Victims of Childhood Abuse Support Group 5:30-7 p.m.</p>	<p>6</p> <p>Childbirth Classes 6:30-9 p.m.</p>	<p>7</p> <p>Bipolar Disorder Support Group 6-7:30 p.m.</p>	<p>8</p> <p>Domestic Violence Class 12-1 p.m.</p> <p>Living Well with Chronic Pain or Illness 4:30-5:45 p.m.</p>	<p>9</p> <p>How to Repair Your Credit 10-11:30 a.m.</p>
<p>11</p> <p>Domestic Violence Support Group 10-11:30 a.m.</p> <p>Hispanic Discussion Group 1-2:30 p.m.</p> <p>Guild Board meeting 2:30-4:30 p.m.</p> <p>Prenatal Depression Support Group 7:30-9 pm</p>	<p>12</p> <p>Incest Survivors/ Adult Victims of Childhood Abuse Support Group 5:30-7 p.m.</p>	<p>13</p> <p>Childbirth Classes 6:30-9 p.m.</p>	<p>14</p> <p>Career Interest & Testing 9:30-12:00 p.m.</p> <p>Bipolar Disorder Support Group 6-7:30 p.m.</p>	<p>15</p> <p>Career Interest & Testing 9:30-12:00 p.m.</p> <p>Living Well with Chronic Pain or Illness 4:30-5:45 p.m.</p>	<p>16</p>
<p>18</p> <p>Domestic Violence Support Group 10-11:30 a.m.</p> <p>Hispanic Discussion Group 1-2:30 p.m.</p> <p>Prenatal Depression Support Group 7:30-9 pm</p>	<p>19</p> <p>Career Directions 9:00-12:00 p.m.</p> <p>Incest Survivors/ Adult Victims of Childhood Abuse Support Group 5:30-7 p.m.</p>	<p>20</p> <p>Career Directions 9:00-12:30 p.m.</p> <p>Childbirth Classes 6:30-9 p.m.</p>	<p>21</p> <p>Career Directions 9:00-12:30 p.m.</p> <p>Bipolar Disorder Support Group 6-7:30 p.m.</p>	<p>22</p> <p>Living Well with Chronic Pain or Illness 4:30-5:45 p.m.</p>	<p>23</p> <p>Legal Aspects of Divorce and Separation 10-12 p.m</p>
<p>25</p> <p>Domestic Violence Support Group 10-11:30 a.m.</p> <p>Hispanic Discussion Group 1-2:30 p.m.</p> <p>Prenatal Depression Support Group 7:30-9 pm</p>	<p>26</p> <p>Incest Survivors/ Adult Victims of Childhood Abuse Support Group 5:30-7 p.m.</p>	<p>27</p> <p>Victim Advocacy Volunteer Training 9:30-11:30 a.m.</p> <p>Childbirth Classes 6:30-9 p.m.</p>	<p>28</p> <p>Victim Advocacy Volunteer Training 9:30-11:30 a.m.</p> <p>Bipolar Disorder Support Group 6-7:30 p.m.</p>	<p>29</p> <p>Victim Advocacy Volunteer Training 9:30-11:30 a.m.</p> <p>Living Well with Chronic Pain or Illness 4:30-5:45 p.m.</p>	<p>30</p>



What if the Women's Center earned a penny every time YOU searched the Internet? Or how about a percentage of every purchase you made online went to support our cause? Well, now we can!

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 and be sure to enter "Women's Center—Brevard County" as the charity you want to support. And, be sure to spread the word!

September 2008

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 The Women's Center will be Closed for the Labor Day holiday	2 Kool Kids 4-5 p.m. Incest Survivors/ Adult Victims of Childhood Abuse Support Group 5:30-7 p.m.	3 Childbirth Classes 6:30-9 p.m.	4 Résumé Development 10-11:30 a.m. Bipolar Disorder Support Group 6-7:30 p.m.	5 Victim Advocacy Monthly Meeting 9:30-11:30 a.m. Living Well with Chronic Pain or Illness 4:30-5:45 p.m.	6 Legal Aspects of Divorce and Separation 10-12 p.m.
8 Domestic Violence Support Group 10-11:30 a.m. Hispanic Discussion Group 1-2:30 p.m. Depression Support Group 5:30-7 pm Prenatal Depression Support Group 7:30-9:00 p.m.	9 Kool Kids 4-5 p.m. Incest Survivors/ Adult Victims of Childhood Abuse Support Group 5:30-7 p.m.	10	11 Career Interest & Testing 9:30-12:00 p.m. Bipolar Disorder Support Group 6-7:30 p.m.	12 Career Interest & Testing 9:30-12:00 p.m. 12:00 pm DV Class Living Well with Chronic Pain or Illness 4:30-5:45 p.m.	13 How to Repair Your Credit 10-11:30 a.m.
15 Domestic Violence Support Group 10-11:30 am Hispanic Discussion Group 1-2:30 p.m. Depression Support Group 5:30-7 pm Prenatal Depression Support Group 7:30-9:00 p.m.	16 Career Directions 9:00-12:30 p.m. Kool Kids 4-5 p.m. Incest Survivors/ Adult Victims of Childhood Abuse Support Group 5:30-7 p.m.	17 Career Directions 9:00-12:30 p.m.	18 Career Directions 9:00-12:30 p.m. Bipolar Disorder Support Group 6-7:30 p.m.	19 Living Well with Chronic Pain or Illness 4:30-5:45 p.m.	20 Budgeting Workshop 10-11 a.m.
22 Domestic Violence Support Group 10-11:30 am Hispanic Discussion Group 1-2:30 p.m. Depression Support Group 5:30-7 pm Prenatal Depression Support Group 7:30-9:00 p.m.	23 Kool Kids 4-5 p.m. Incest Survivors/ Adult Victims of Childhood Abuse Support Group 5:30-7 p.m.	24 Victim Advocacy Volunteer Training 9:30-12:30 p.m.	25 Victim Advocacy Volunteer Training 9:30-12:30 p.m. Bipolar Disorder Support Group 6-7:30 p.m.	26 Victim Advocacy Volunteer Training 9:30-12:30 p.m. Living Well with Chronic Pain or Illness 4:30-5:45 p.m.	27
29 Domestic Violence Support Group 10-11:30 am Hispanic Discussion Group 1-2:30 p.m. Depression Support Group 5:30-7 pm Prenatal Depression Support Group 7:30-9:00 p.m.	30 Résumé Development 10-11:30 a.m. Kool Kids 4-5 p.m. Incest Survivors/ Adult Victims of Childhood Abuse Support Group 5:30-7 p.m.				

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 Telephone: 321.242.3110

Thank you.

Classes, Support Groups, and Workshops Descriptions

CLASSES

Childbirth Preparation Classes

Wednesday (6:30-9 pm-series of 5 classes)

Classes on all aspects of labor and birth, including nutrition, pain medication, breast feeding, and stress relief. Classes provided by Brevard Chapter of Florida Outreach. For fee and registration, call Terri Myers 259-5598.

Domestic Violence Class

2nd Friday of each month,
12 noon- 1:30 pm. Free.

Provides education about the dynamics of domestic violence relationships, the cycle of violence, definitions of abuse, warning signs, and safety planning. Certificate provided. Facilitator: Glorimar Borges.

Résumé Development

Tuesday, July 29; Thursday, September 4
10:30 a.m.—12:00 noon. Free.

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

Clase sobre Violencia Doméstica.

Educación sobre las dinámicas de las relaciones de violencia doméstica, el ciclo de violencia, definiciones de abuso, señales de aviso, y plan de seguridad. Se proveerá un certificado. Favor de llamar al 242-3110 para información sobre las fechas y horarios. Gratis. Facilitadora: Glorimar Borges.

Adelante

Lunes, 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 & Kathy Gotay.

SUPPORT GROUPS

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.

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.

Kool Kids.

Tuesdays, 4:00 p.m.-5:00 p.m. (Starts Sept 2nd)
Free. Support group for children ages 6-12 years old who have witnessed or experienced family violence. Telephone intake with parent required before attendance. Therapist: Kellie Garza, M.A., LMHC.

Living Well with Chronic Pain or Illness

Fridays 4:30-5:45 pm. Ongoing therapy group sharing understanding, help, and hope with others, and learning you're not alone in your struggles. From the newly diagnosed or disabled to those dealing with illness for a while, this group will give you the tools to build hope into your life again. For men and women. Fee: \$5. Limited scholarships available.

Therapist: Angie Ream, RMHCI

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.

Depression Support Group

Approximately 35 million Americans will suffer from depression at sometime in their lives. It strikes women nearly twice as often as men, with about 12 million women in the US currently suffering from depression.

Counseling Services is gathering names for a new group for women dealing with depression. If you are interested in joining, please call 242-1526 for more information.

Fee TBA, Mondays, 5:30-7 pm
(starting September 8th)

Therapist: Krista Trefz, M.S.

Prenatal Depression Support Group

Mondays, 7:30 p.m.—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. The group will meet at the Women's Center, in Suite C.

WORKSHOPS

Career Testing & Interest

August 14 & 15; September 11 & 12;
9:30 a.m. to 12 p.m.

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, July 19, August 2, September 20
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

Career Directions

July 23-25, August 19-21, September 16-18
9:00 a.m.—12 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: August 9; September 13
10—11:30 a.m. Free

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: July 26; August 23; September 6
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.

Facilitator: Jeff Thompson, Attorney.

VOLUNTEERS

Volunteer Orientation

Check calendar for dates. The volunteer orientation is intended to familiarize interested applicants with the Women's Center and volunteer opportunities available. Free. Contact 242-3110

Victim Advocacy Volunteer Training

Wednesday, Thursday, Friday, August 27, 28, 29
9:30 a.m.—12:30 p.m. Free.

Three sessions of training to assist victims of domestic violence in filing the petition from the court, and support in the courtroom when attending hearings related to the injunction process. Part-time and full-time volunteer positions. Minimum commitment of 4-hour time slot per week.

Two shifts available at the courthouse:
8 a.m.- 12 p.m. or 1 p.m.-5 p.m. Volunteers can work one or both shifts.

Victim Advocacy Volunteer Meeting

First Friday of every month.
9:30-11:30 am. Free.

Share feedback, receive ongoing education, discuss experiences. For active victim advocates only. Facilitator: Jeanne Caulfield

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

## Women's Center Furniture & More Thrift Store

327 North Babcock Street,  
321.254.4060  
Mon.-Sat. 10-4

The Women's Center Furniture & More Thrift Store says "Thank You" to the community for your generous donations and to all of the volunteers and staff for your hard work in maintaining a friendly and personable thrift store.

This enables the store to continue to support the clients and programs of the Women's Center. In addition, our recent focus has been to assist the Palm Bay wildfire victims through coordinated efforts with the American Red Cross and Salvation Army Drop Zone. During the first week, we were able to donate over 50 pieces of luggage to assist victims during their displacement. As the families relocate, we will continue to help them with needed items.

The store continues to thrive to meet the needs of the community in spite of current economic conditions. One of the ways that we achieve this is through weekly specials, and you can be included in our email notification by sending your email address to [furnmore@bellsouth.net](mailto:furnmore@bellsouth.net). We look forward to seeing you in our thrift store. Donations are accepted from 10 am—3 pm; pickups may be available upon request for furniture and large items by calling the store.

Our customers, donors, staff and volunteers are each an integral component of the success of the store.  
Thank you for being part of our family!!!



Just a few of our many  
Furniture & More Thrift Store volunteers

~Albion Group~

## Women's Center Christmas-in-July Wish List

Dear Santa,

It's been a really tough year for mom but now we are getting help from this really great place called the Women's Center and things are getting better. I don't need any more toys so can you please bring some things to help the nice people who are helping us? I know they need:

- \* Gasoline cards for housing, career, and general client services. (The Women's Center is unable to purchase gasoline cards through any of their funded grants.)
- \* Donated cars. We have a donated car and now mom doesn't have to walk to her new job and I love the time we spend together when she drives me to school.
- \* Diapers of all sizes and diaper wipes. I don't need these anymore but my baby sister does.
- \* Flat screen monitors for counseling offices.

The Women's Center is also growing to create a library for housing clients like us and want to start a section on something called "personal financing". They hope to begin the library with books like

- Millionaire Women Next Door, Thomas J. Stanley
- Live with passion, Anthony Robbins
- Values based financial planning, Bill Bacharach
- Think and Grow Rich, Napoleon Hill

- Finish Rich Workbook, David Bach
- Start Late Finish Rich, David Bach
- Smart Couples Finish Rich, David Bach
- The Automatic Millionaire, David Bach
- 12 Choices that Lead to Your Success, David Cottrell
- Last Chance to Get it Right, J. Thomas Moore
- Money without Matrimony, Sheryl Garrett
- Buffettology, Mary Buffett and David Clark
- The Art of Asset Allocation, David M. Darst
- Investing for Cowards, Fred Siegel
- Efficient Asset Management, Richard O. Michaud
- The Richest Man in Babylon, George S. Clayson
- Rich Dad Poor Dad, Robert Kiyosaki
- The Essential Buffett, Robert G. Hagstrom
- The Frugal Senior, Rich Gray
- Live Rich & Stay Wealthy, Kenneth Himmler, Sr.

Thanks,

Bobby



# The Women's Center gratefully acknowledges the following donors for February 26, 2008 - June 23, 2008

## **Donations through United Way:**

Ellen T. Audelo  
Mr. and Mrs. John Breitfeller  
for Endowment Fund  
Lisa M. Gorman  
Rockwell Collins Employees  
Catherine M. Zurek

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Gannett Foundation/FLORIDA TODAY

## **Financial Donation List:**

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## **Harris Match:**

Howard L. Lance

As good stewards of your gifts, the Women's Center ensures that your wishes are respected in terms of the use of your gifts. Donations given to be used wherever the need is greatest provide the highest flexibility; however, all gifts are important to us.

Thank you for your contributions! You help women change their lives for the better, forever.



# The Women's Center Guild Partners

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**July, August, September 2008**



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