The Smart Split: What You Need to Know About the Legal Aspects of Separation & Divorce

Taking action to acquire information can provide comfort and empowerment in a time of uncertainty and transition. In this overview of the fundamentals of the divorce process in Virginia, an experienced family law attorney summarizes the important legal aspects of that process, including fault and no-fault grounds, child custody, spousal and child support, property and retirement asset division, health insurance and considerations for choosing an attorney.

Fee: $55

Divorce 101: Information Strategies & Tips

Learn how to negotiate or mediate your Separation, Custody or Property Settlement Agreement without setting foot in a courtroom. A divorce attorney with 20+ years’ experience will guide you through a comparison of mediation and negotiation and provide mediation and negotiation tips you can use. The workshop will also cover strategies and pitfalls to avoid and a general discussion of the issues that are commonly addressed in an Agreement, from property to support to custody.

Fee: $40, or $70 per couple

Divorce 102: Information, Strategies & Tips

This course picks up where ‘Divorce Without Litigation I’ leaves off and provides a more thorough discussion of Separation, Custody and Property Settlement Agreements. In addition to reviewing the provisions in an Agreement (custody, support, retirement and property), information will be provided regarding both standard provisions that are routinely found in all Agreements (“boilerplate provisions”) and creative provisions that are available to parties negotiating or mediating an Agreement.

Fee: $40, or $70 per couple

Reclaiming Your Future: Financial Planning During Separation & Divorce (Two locations; see website)

If you are going through a divorce and feel overwhelmed by all the financial decisions that you must make, it is time to take control of your financial future and start this new chapter of your life on the right foot. Get the practical information you need to make educated financial decisions from a financial planner who specializes in separation and divorce. This comprehensive seminar covers all financial components of the property settlement agreement.

Fee: $50

Finding Emotional Strength During Separation & Divorce (6 Weeks)

Separation and divorce can be a stressful and overwhelming process but you are not alone! Join others going through similar situations and learn effective ways to cope. Participants will have the opportunity to explore a variety of topics in a safe, confidential and supportive setting. Regardless of where you are in the process, this program will provide information and support and guide you toward a new beginning.

Fee: $130

Whose Stuff Is This Anyway? Dividing Marital Assets & Liabilities in Divorce

As you navigate the divorce process, you might feel overwhelmed and out of control. You can regain control of your life, starting with your financial future.

Get the perspective of both a mediator and a litigator at this seminar, as they explain how the Virginia Courts divide assets and liabilities upon divorce, how to determine whether property is marital or separate, and the factors the court must take into account in making its decisions. This program will provide you with the practical information you need to understand your rights and financial future, whether you negotiate a settlement or seek a court determination.

Fee: $35

**Register for both Divorce 101 and 102 on the same day and receive $5 off each workshop, a savings of $10. Or consider a 5-class pack and save more! See our website or contact us at 703-281-2657, ext. 276**
Assertiveness Training (7 Weeks)
This program aims to facilitate women who are developing assertive interpersonal behavior in their homes, extended families, places of volunteer or paid work, and community. Participants will discuss the challenges women experience in asserting themselves effectively, and will examine the importance of being assertive within the context of their lives and needs.

You will identify personal goals for which you will practice assertive scripts that target an objective goal (for example, asking for a pay raise); communicate a feeling; and maintain individual rights.

Role playing assertive responses to challenges will make it more likely that self-assertion becomes a way of life as a result of the training.
Fee: $150

Building Your Self-Esteem (5 Weeks)
Explore in the context of a small group setting techniques to help you build self-esteem and develop a more positive self-identity. Gain insight into how self-esteem can impact all facets of your life, including relationships and career.

Discover how both your conscious and subconscious thoughts contribute to how you feel about yourself, and begin to identify and challenge your thinking to create a more positive sense-of-self. This workshop will help you learn how to better care for yourself to achieve a healthier, happier you. Participants will be provided with a workbook and journal companion. The value of the workshop sessions plus materials is $205, being offered at a reduced rate of $150 at The Women’s Center.
Fee: $150

Healthy Responses to Anger
Healthy Responses to Anger is a beneficial first step in learning to recognize your anger triggers, understanding that anger is mostly an expression of other, deeper emotions, and identifying potential coping skills to reduce the effects of anger in your life.

Understanding the sources of anger (stress, anxiety, fear...), recognizing the associated feelings and thoughts and developing effective responses are the overall goals of this program for both women and men. In addition to considering the root causes of anger, such as low self-esteem and poor modeling, the workshop will emphasize relationship-based anger and include practical exercises to assist participants in identifying anger sources and managing stress and anger responses.
Fee: $35

Anger Management for Men (7 weeks)
There are many emotions that contribute to our daily life. Sometimes we handle life with ease and sometimes we become angry during stressful situations. If managed inappropriately, anger is likely to negatively affect our physical and mental health. Repressed anger can disrupt relationships, affect thinking and behavior patterns and create a variety of physical problems, such as high blood pressure, heart problems, headaches, skin disorders, arthritis and digestive issues. Channeled carefully, anger can help you achieve your goals. Misuse it and it will create difficulties that will keep you from becoming the kind of person you would like to be. If you feel stuck, come learn the patterns and triggers of your own anger and ways to express anger appropriately and constructively.
Fee: $150

Anger Management for Women (7 Weeks)
There are many emotions that contribute to our daily life. Sometimes we handle life with ease and sometimes we become angry during stressful situations. If managed inappropriately, anger is likely to negatively affect our physical and mental health. Repressed anger can disrupt relationships, affect thinking and behavior patterns, and create a variety of physical problems, such as high blood pressure, heart problems, headaches, skin disorders, arthritis and digestive issues.

Channeled carefully, anger can help you achieve your goals. Misuse it and it will create difficulties that will keep you from becoming the kind of person you would like to be. If you feel stuck, come learn the patterns and triggers of your own anger and ways to express anger appropriately and constructively.
Fee: $150
Tools for a Teenage Well-being: An Introduction
The best gift your child can receive as you help them to prepare for their future are the keys to a healthy MIND/healthy practices to increase resiliency, improve self-image and confidence, and maximize study time...

How about resiliency – the ability to navigate difficult challenges without losing a sense of self, purpose or resolve? Or mindfulness—learning how to bring real intention to thought and action.... Or how to distinguish assertiveness from aggression, or to practice compassion for self and others?

These and other tools of mental well-being and self-esteem will help your young adult now, into the next school year and beyond. At a free workshop this August, give your teen the time and the space to mentally prepare for the onslaught of school work, sports, volunteering and work.

Strength Building for a Solid Foundation - A summer leadership program for middle and high school teens
In this week-long summer program brought to the community by The Women's Center, participants will use discussion, movement and the arts to connect to others and work with their own strengths and challenges. The program is designed by Women's Center professionals to:

Construct Courage: Identify vulnerabilities, develop critical decision-making skills
Cultivate Confidence: Recognize strengths, build resiliency
Care for Connections: Learn about healthy relationships with friends and family
Create Calm: Practice stress reduction and mindfulness

Handling the Holidays (New!)
Attend this workshop and you will:
- Identify common holiday stressors;
- Learn to cope with holiday related emotions;
- Understand how to create expectations for your holidays that can become a reality;

Develop strategies for taking care of yourself and others during this high-stress time of year.

A College Prep Workshop: Practical and Emotional Tools for a Successful College Experience
Join us for this highly interactive workshop led by TWC clinicians and certified coaches. There will also be a panel of current college students representing a variety of colleges who will speak to realities of college life and common lessons learned.

We'll address:
- The realities of college life
- Definitions of a “successful college experience”
- The practical skills you’ll need to manage college demands and your growing independence
- The emotional tools you’ll want to thrive in the midst of the ups of downs of college

Family Abuse: What Is It and What Can You Do About It? (FREE)
What does family abuse look like? Could it be happening to you or someone you know? What stops those who experience family abuse from getting the help they need? What are the barriers to getting help? Why is it so difficult to understand, identify, and even harder to stop? What are some of the options and resources in the community (including the protective order process)? If any of these questions have crossed your mind, join us for a session that will help you identify and learn how to most effectively deal with the pattern of coercive behaviors associated with family abuse, including (but not limited to) physical and sexual violence, threats of violence, emotional and psychological intimidation, verbal abuse, economic and financial control, spiritual abuse, and destruction of property.

During the presentation, a survivor/advocate will tell her story and her experiences going through the Protective Order court process from Intake through Trial. Bring your questions.

Fee: FREE. Registration required.

Coming Soon: Parenting Workshops
Please email us at rporter@thewomenscenter.org if you are interested in upcoming programs for parents.
Federal Job Applications

With federal government job opportunities becoming a bit more restricted in the Washington, D.C. metro area, there is no better time to understand the appropriate strategies for applying for federal positions. In this workshop a federal expert with over 25 years of experience in the federal sector will guide you through:

- Status of federal opportunities
- Federal sources of current information
- USAJOBS.gov - the latest version
- Federal-styled resume template
- Pro-active federal job search strategies

Fee: $35

Job Interview Skills

Your resume was good enough to obtain an interview. Now what? Interviewing for a job is like a first date; you are nurturing a relationship. What do you have to offer? What do you want? How do you make the interviewer want to hire you? Do you have a success story? Or more than one? How do you negotiate the salary you want? This workshop answers these questions and more.

Fee: $35

Networking Skills

This workshop focuses on networking skills as the #1 job search marketing tool. Learn about:

- Job Search Marketing Plan
- Informational Interviewing
- 90 Second Commercial
- Linkedin
- Sample Questions to be Asked

Fee: $35

Re-Entering the Workforce

Are you thinking of going back to work after a long absence from the workplace? Perhaps you have been raising children. Perhaps your 401K is now a 201K and you need to supplement your retirement dollars. Whatever the reason might be, re-entering the work-a-day world and finding a job can seem like a daunting prospect. This session is designed to address your questions and provide you with some essential pointers on how to get started including:

- The nature of the job market
- What hiring managers are looking for
- Proactive & reactive job search strategies
- The key steps of a targeted job search
- Key competitive advantages and how to develop them
- Addressing the issue of your absence on your resume

Fee: $35

Resume Development

Resume Development Workshop identifies the ingredients and format of a successful federal or private sector résumé including how to define measurable successes, how to market your successes through a resume and how to be responsive to the job expectations identified in a job vacancy announcement.

The agenda will include:

- Resume essentials
- Personal Success Jogger Questions to identify measurable success
- Appropriate resume format for government positions
- Sample Federal-styled and private sector resumes
- Sample Federal and private sector vacancy announcements

Fee: $35

Career Counseling at The Women’s Center

The Women’s Center is pleased to offer a variety of services to assist you in your career planning and job search. Whether you are seeking employment, changing career paths, re-entering the job market, or entering it for the very first time, we’re here to help you during this important transition. In addition to the above workshops, we offer:

- Career Coaching
- Career Counseling
- Resume Review

For more information, call 703-281-2657 x266 or email questions@thewomenscenter.org.
FALL 2015 CALENDAR AT A GLANCE

SEPTEMBER
7  LABOR DAY - CLOSED
10  Divorce 101: Information, Strategies and Tips
12  Resume Development
16  Healthy Responses to Anger
17  Divorce 102: Information, Strategies and Tips
17  Reclaiming Your Future: Financial Planning During Separation & Divorce (Fairfax)*
19  The Smart Split: What You Need to Know About the Legal Aspects of Separation & Divorce
19  Friendships over 50 Workshop
23  Anger Management for Men (7 weeks)
26  Networking Skills
28  Federal Job Applications

OCTOBER
5  Re-entering the Workforce
8  Reclaiming Your Future: Financial Planning During Separation & Divorce
13  Divorce 101: Information, Strategies and Tips
15  Finding Emotional Strength During Separation & Divorce (6 weeks)
17  The Smart Split: What You Need to Know About the Legal Aspects of Separation & Divorce
19  Building Your Self-Esteem (5 weeks)
19  Family Abuse: What Is It and What Can You Do About It? (FREE)
20  Divorce 102: Information, Strategies and Tips
23-24  The Daring Way™ for Clinicians and Coaches - Two-Day Intensive (McLean)*
24  Job Interview Skills
26  Anger Management for Women (7 weeks)

NOVEMBER
5  Reclaiming Your Future: Financial Planning During Separation & Divorce (Fairfax)*
7  Divorce 101: Information, Strategies and Tips
10  Whose Stuff Is This Anyway? Dividing Marital Assets & Liabilities in Divorce
14  Divorce 102: Information, Strategies and Tips
16  Handling the Holidays (New!)
21  The Smart Split: What You Need to Know About the Legal Aspects of Separation & Divorce
23  Resume Development

DECEMBER
3  Reclaiming Your Future: Financial Planning During Separation & Divorce
5  Networking Skills
8  Divorce 101: Information, Strategies and Tips
10  Divorce 102: Information, Strategies and Tips
12  The Smart Split: What You Need to Know About the Legal Aspects of Separation & Divorce

All workshops take place at The Women's Center,
127 Park St NE, Vienna, VA unless otherwise noted.
* indicates class will take place off-site. see course description for details

Info: (703) 281 2657 or programs@thewomenscenter.org
Register online: www.thewomenscenter.org