Lifeforward
Believe, Build, Be.

EMPOWERMENT & SELF-SUFFICIENCY

Free Workshop Series for Women

Spanish Translation & Free Child Care Available, 661-252-9351

2013

July 20th - **Continue My Education – Why? Why Not? -** Deborah Rio, Dean, Enrollment Services- COC; Renard Thomas, Director of Adult Reentry & Veterans Center- COC; Cheryl Wasserman-Golden Oaks Adult School; Cherise Moore, Ph.D.Sr. Researcher, CALPRO/ Member Golden Oak Adult School Advisory Committee

August 17th - **Life Balance and Goal Setting -** Peggy Edwards, Principal of Ellis/Edwards and Karen Maleck-Whiteley, Certified Hypnotherapist &-Owner of Balance Point Spa

September 21st - Anger Management - ***A moment to exhale! -*** Dr. Patricia Patton, Therapist
Location: Desert Streams Church Community Room, 26873 Ruether Avenue, Canyon Country

October 19th - Increase Self Esteem & Feel Good! - Shana Williams, Life Coach - Facilitator, interactive shared experiences

November 16th - Avoid Holiday Stress – ***Relax & enjoy the holidays!*** – Marilyn Ruman, Therapist; Louise Guzman, YogaWorks Studios

December – Dark

2014

January 18th - **Learn to Network, Write a Resume, Interview** - Panel Presentation: Wendy Amara - Transformational Life Coach, Anthony Michaelides - Director COC Career Center; Mock Interview

February 15th - **Understanding & Filing Taxes** –Laura Peckham - CPA, Soren McAdam Christenson LLP

March 15th - **Your Health & Well-Being!** ***Eat Right & Exercise*** - Registered Dieticians & Nutritionists, McKenzie Hall & Nina Gasow; "Dance to the Music" - Certified Jazzercize Instructor, Shauna Parnell Smith

April 26th - Women's Health Issues – ***Take Care of Yourself!*** - (Importance of Sleep) – *Speaker TBD*

May 17th - Divorce and Family Law Issues? - Steven Chroman, Esq.

June 21st - **Sources of Child Support** - ***Obtain Answers to Your questions!*** – Steven Chroman, Esq.

Life*forward* workshops are sponsored by Zonta Club of Santa Clarita Valley in collaboration with Single Mothers Outreach, Victim of Domestic Violence, Habitat for Humanity SFV/SCV Returning Women Veterans, & LA County Department of Children & Family Services serving Single Moms.

ALL WELCOME!!

NEW LOCATION: Savia Community Center, 23780 Newhall Avenue, Newhall, CA 91321

Except as noted