

EMPOWERMENT
&
SELF-SUFFICIENCY

Free Workshop Series for Women

Spanish Translation & Free Child Care Available, 661-252-9351
Monthly - 3rd or 4th Saturday, 10:00 am – 12:30 pm

2013

- Jul 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
- Aug 17th - Life Balance and Goal Setting** - Peggy Edwards, Principal of Ellis/Edwards and Karen Maleck-Whiteley, Certified Hypnotherapist &-Owner of Balance Point Spa
- Sep 21st - Anger Management - *A moment to exhale!*** - Dr. Patricia Patton, Therapist
Location change: Desert Streams Church Community Room, 26873 Ruether Avenue, Canyon Country
- Oct 19th - Increase Self Esteem & Feel Good!** - Shana Williams, Life Coach - Facilitator, interactive shared experiences
- Nov 16th - Avoid Holiday Stress – *Relax & enjoy the holidays!*** – Marilyn Ruman, Therapist; Yoga Instructor, Shawn Abtahi
- December – Dark**

2014

- Jan 18th - Learn to Network, Write a Resume, Interview** - Panel Presentation: Wendy Amara - Transformational Life Coach, Anthony Michaelides - Director COC Career Center; Mock Interview
- Feb 15th - Understanding & Filing Taxes** – Laura Peckham - CPA, Soren McAdam Christenson LLP
- Mar 15th - Your Health & Well-Being! *Eat Right & Exercise*** - Registered Dieticians & Nutritionists, McKenzie Hall & Nina Gasow; “Dance to the Music” - Certified Jazzercise Instructor, Shauna Parnell Smith
- Apr 26th - Women’s Health Issues – *Take Care of Yourself!*** – Robin Bernhoft, MD - Women Issues; Dr. Jeffrey Shapiro (Natureopathic)- Importance of Sleep; Dr. Roger Desa (Certified Chiropractic Wellness Practitioner) Stress-related health problems and benefits of massage therapy demonstration
- May 17th - Divorce and Family Law Issues?** - Steven Chroman, Esq.
- Jun 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