



RCSJ.edu/PIT

Thank You for all of your support!

We'd like to say a huge thank you to all the donors and organizations that have offered support to our clients over the past year. Without you, we would not be able to provide the services we provide.

A Special Thank You to:

- **People for People Foundation** for sponsoring our Turkey and Trimmings
- **Rowan College of South Jersey's Student Government Association** for their annual Giving Tree
- **The Rotary Club of Washington Township** for their generous donations,
- **St. John's Evangelical Lutheran Church** for adopting two families for the holidays



Donors for 2024

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We would also like to thank all of the individual donors who helped make this year possible:

PEOPLE IN TRANSITION WORKSHOPS

All workshops are open to the public, ages 18 and older. Registration is mandatory.

Introduction to Computers

This is a hands-on computer course covering Microsoft Word, Excel and Power Point.

*Presented by Amy Charlesworth, PIT
In-person at RCSJ*

**Fridays Sept. 13 – Nov. 1, 2024;
10 am – 3 pm**

Bereavement Series: Grief, Loss, and Other Painful Things

Find critical support as you navigate grief and loss in your monthly journey towards healing with this five-part Bereavement Series.

Presented by Sharon Roth-Lichtenfeld, Certified Professional Life Coach

In-person at RCSJ

Dates and times listed below:

Part 1 – Dealing with your Grief

Wed. Sept. 18, 2024; 6:30 – 8:30pm

Grief can make you feel adrift, unfocused and disengaged from yourself and others. You may feel lost, uncertain of who you are anymore, or even that the joy of life is gone. This month we will talk about shared experiences with grief and loss to feel more connected to one another and less alone.

Part 2 – Accepting your New Norm

Wed. Oct. 16, 2024; 6:30 – 8:30pm

Your “new normal” can be a difficult place to accept and learn to live within. At times, all you may want to do is go backward instead of forward. We will have an open discussion about accepting our changing reality and living in our “new normal.”

Part 3 – Navigating the Holidays

Wed. Nov. 13, 2024; 6:30 – 8:30pm

It can be difficult to embrace happiness in the wake of grief and loss – especially during the holidays. In this last week you will learn how to take the “happy” out of the holidays, plan ahead and set realistic expectations for yourself. With a support system in place to ward off depression, the holidays can become a time of peace.

Part 4 – Working with your Triggers

Wed. Dec. 11, 2024; 6:30 – 8:30pm

Have you been having a relatively good day after your loss. Then something happens that you see, hear, or smell and the sadness returns. These are moment are triggers. In this workshop you will recognize that triggers are normal and common. You will learn how to diffuse the emotional response and manage your triggers.

Part 5 – Living in Your New and Different Life

Wed. Jan. 18 2025; 6:30 – 8:30pm

Living your new and different life takes one step at a time. It takes practice, patience, and focus. We will talk about the key steps so you can live your new life.

Financial Support Series

*Presented by Ana L. Barnett,
RICP®, AAMS®, CLTC®
In-person at RCSJ*

Dates listed in next column:

Medicare 101

Thurs. Oct. 24, 2024; 6 – 8pm

OR

Thurs. Nov. 14, 2024; 6 – 8pm

Navigating Medicare’s enrollment periods, rules and plan options can feel overwhelming. It’s important to understand Medicare before you enroll and choose the right plan and avoid lifelong penalties. By researching in advance, you can secure a plan that fits your needs and enjoy a penalty-free experience throughout your retirement.

Social Security 101

Thurs. Nov. 7, 2024; 6 – 8pm

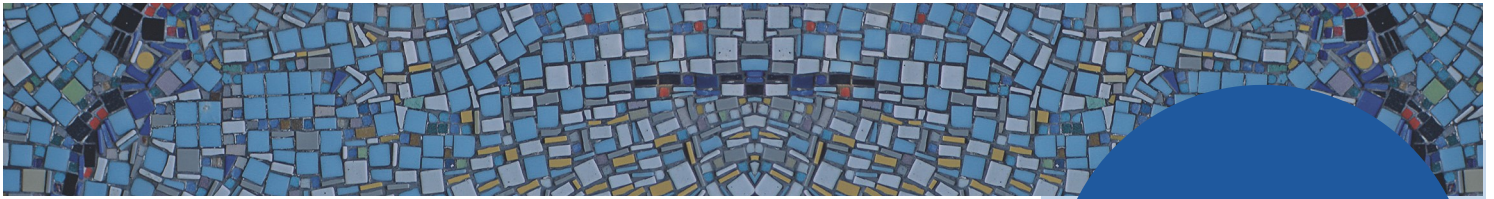
OR

Thurs. Nov. 21, 2024; 6 – 8pm

Deciding when to start receiving your Social Security benefits is a key aspect of retirement planning. There are several factors to take into account, and it’s crucial to begin the process early. Being well-informed allows you to make necessary adjustments in time for retirement, ensuring a more secure future. The more you learn now, the better prepared you’ll be for your retirement years.

“The SMART Way Saves the Day” - Goal Setting

Ready to set yourself up for success? Join our interactive workshop to discover how the SMART Goals technique can assist you in achieving your educational, personal, and professional goals. Leave feeling empowered to create change with three short and long-



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term goals that are relevant and attainable!

Presented by Victoria Bowman, M.A.

Wed., Sept. 11; 6 – 8pm

Virtual via Zoom

GET The Job, KEEP the Job,

In this workshop, you will learn how to create the perfect resume that highlights your strengths and experience. Discussion will also include cover and thank you letter etiquette, interviewing tips, and job search strategies! Additional discussions will revolve around appropriate workplace behavior like proper attire, work ethic, and time management. Getting the job is fantastic but knowing the keys to keeping the job is essential!

Presented by Amy Charlesworth, PIT

Thurs. Oct. 10, 2024; 12 – 2 pm

Dealing with Difficult People

The holidays can be a stressful time of year for everyone. Dealing with challenging individuals is an everyday occurrence, but during the holidays it can be extra stressful. This workshop will help you understand the warning signs of difficult individuals and will give you the tools needed to cope with these individual's.

Presented by Jaime Ramanauskas, M.S., PIT

Wed., Nov. 5, 2024; 6 – 8pm

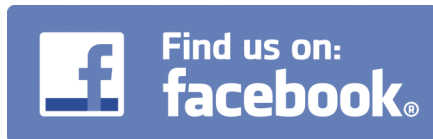
Budgeting for the Holidays

Budgeting for the holidays can be stressful. A personal budget will help you to achieve the various goals you are working toward by determining your income sources, creating a budget to stick to, and prioritizing essential as well as discretionary expenses.

Presented by Victoria Bowman, M.A.

Tues., Nov. 19, 2024; 6 – 8pm

Virtual via Zoom



*facebook.com/
centerforpeopleintransition*

People in Transition

Rowan College of South Jersey
1492 Tanyard Road
Sewell, NJ 08080

856-415-2222

RCSJ.edu/PIT

peopleintransition@RCSJ.edu



Center for People in Transition is dedicated to assisting displaced homemakers become self-sufficient!

- Have you lost your major source of financial support due to separation, divorce, death, or disability of a spouse?
- Are you emotionally and vocationally unprepared to enter the job market?
- Are you unemployed or underemployed?
- Are you unaware of needed support and referral services?

One-on-one services include:

- Support for separated, divorced, and widowed
- Individual interviews to determine needs
- Referrals to community resources
- Computer literacy
- Career counseling
- Information on returning to school or seeking job training
- Job search skills, including resume writing and interviewing techniques
- Assistance with job leads

Call 856-415-2222 to see if you qualify!

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RCSJ SGA
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 Services Empowering Rights of Victims
 South Jersey Dream Center
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If you would like to make a donation to the Center, please send it to:

**People in Transition
 1492 Tanyard Road
 Sewell NJ 08080**

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