

January 13, 2009

Tuesday

5:00 PM - 7:00 PM

Introduction to Microsoft Powerpoint -- HS room 267

Microsoft PowerPoint is a powerful tool that allows users to create professional computer slide shows, transparencies, or printed handouts quickly and easily. This class is targeted at beginning users and is intended to provide the basics for using a presentation program.

Students will learn how to create a simple presentation, create and edit slides, insert clipart, apply designs, work with views, and run the slide show. Class will also cover how to save, print, and open presentations.

2 hour workshop

January 29, 2009

Thursday

5:00 PM - 7:00 PM

Maintaining your Home and Keeping it Safe -- HS room 267

Maintaining your home can be an overwhelming task. Police Officer Gary Salerno will answer questions and demonstrate different tasks on maintaining your home and keeping it safe.

2 hour workshop

February 10, 2009

Tuesday

5:00 PM - 6:00 PM

Career Counseling Workshop -- HS Library

Do you want to pursue a new career direction? Are you worried you may be laid off or terminated and need outplacement services, a new resume, or just a fresh start? Are you uncertain about the type of school or course of study to choose? In this workshop Dr. Ciuffo will give you the direction you are looking for.

1 hour class-Grouped with "Putting your Best "PAW" Forward"

6:00 PM - 7:00 PM

Putting your Best "PAW" Forward -- HS Library

Transitioning from soccer mom to secretary or from the kitchen to the conference room can seem overwhelming if not impossible. During this course, guest speaker Maureen

Appiarus will demonstrate how to translate the skills acquired by women raising a family and managing a home into positive workplace attributes. This will help build self- esteem as participants navigate their way towards a new work experience.

In addition to creating a repertoire of employer sought skills, participants will

February 10, 2009 Continued

Tuesday

discover the “dos, don’ts and discounts” of appropriate office attire. This will complete the package to put your best “paw” forward.

1 hour class-Grouped with “Interview workshop”

March 31, 2009

Tuesday

5:00 PM - 6:00 PM

Dealing with Divorce or the Death of a Spouse -- HS room 267

Divorce and death of a spouse are major life changing events that can leave a person feeling emotionally crippled. Suddenly alone to deal with issues such as money, children and career changes can seem overwhelming. Guest Speaker Joanne Verdino, Jericho Schools social worker, has graciously offered to speak at this session.

Ms. Verdino will discuss the stressors they might be experiencing such as change in financial status, issues re: childcare, emotional needs of themselves and their children, issues of low self-esteem and coping with the loss of a spouse. She will also help them to break down their many responsibilities and issues into manageable tasks.

1 hour workshop

April 07, 2009

Tuesday

5:00 PM - 7:00 PM

Personal Finances -- HS Library

Have hard economic times taken a toll on your emotional and financial health? Are you sinking in credit card debt and confused what to do with your declining retirement funds or, do you just want to get become financially healthy and independent? Dr. Joan Colvin, Jericho Schools Assistant Superintendent of Business Affairs, will be conducting a 2 hour workshop on Personal Finances that will include discussions on how to monitor and adjust your expenses in these economic times, as well as what you should be doing with your retirement funds.

2 hour workshop

May 26, 2009

Tuesday

5:00 PM - 7:00 PM

Understanding the Legal Issues of Widowhood and Divorce -- HS room 267

Guest speaker Claire Lieber-Saul, Esq, Certified Bereavement Facilitator, Life Coach and founder of the Beyond Radical Loss Transformational Grieving Program, will focus on the legal and practical matters surrounding widowhood and divorce. Even for the strongest and most competent of women, the trauma of widowhood and divorce/separation often results in a broken heart and a

May 26, 2009 Continued

Tuesday

consequential loss of inner power, self-confidence and pure physical energy. Such a traumatic experience can create difficulties of prioritization and focus necessary for dealing with the myriad of issues which arise for the suddenly-single woman. This two hour workshop of the JPAW curriculum will explore numerous areas, including the alteration of legal status of both the person and property. The purpose of this section is to provide a basic command of these matters, thus fostering a more fluid and easy transition from a life of fear and confusion, to a life of increased clarity and legal financial security.

2 hour workshop

June 04, 2009

Thursday

5:00 PM - 7:00 PM

Photoshop Elements: The Basics -- HS room 125

This course will offer a brief overview of the basic applications found in the Photoshop Elements Software program. Topics Covered: Overview, Examining the Workspace, Photoshop Elements Quick Fix for Photographs, Fixing a scanned image, Layers, Create Web photo galleries, Creating a greeting card.

2 hour workshop

June 09, 2009

Tuesday

5:00 PM - 6:00 PM

Auto Mechanics 101 -- MS Library

Are you tired of getting ripped off by Mechanics who think you know nothing? Diagnosing car problems may seem out of one's reach and comprehension, but it can be done with a little know-how. Guest speaker, Auto Mechanic Tony LaCorte will guide us through many of the issues we all experience with our cars.

1 hour workshop

July 21, 2009

Tuesday

7:00 PM - 9:00 PM

Empowering Yourself and Your Family During Challenging Times -- MS Library

Claire Lieber-Saul, Esq., Certified Life Coach and Bereavement Facilitator will present a workshop on how to empower yourself and overcome the challenges of major life transitions, such as partnership loss, mid-life changes, aging spouses/parents and financial/legal status alteration, with her Transformational Coaching Program.

Topics discussed will include:

~ How to protect yourself from the detrimental effects of stress associated with difficult life transitions

- ~ How to deal effectively with the grief associated with the loss of a partner, a parent, a job, your physical health, your financial status, etc.
- ~ How to avoid caregiver burn-out while caring for a sick spouse or aging parent
- ~ How to choose the right professionals to assist you during major life transitions
- ~ How to save time and money by communicating effectively with your doctor, lawyer and other professionals
- ~ How to protect yours and your family's assets during legal status changes

2 hour workshop