

Winter 2018

Women's Resource Center Magazine

MyWRC

What it means to

BE
FINANCIALLY
EMPOWERED

Yoga
Meetups
Employment
Coaching

About our
Millennial

Cover girl

Inaugural Issue of **MyWRC** | Programs that fit *your* Life



WOMEN'S RESOURCE CENTER

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Why is it that other people get to define our happiness? And sometimes, a lot of times, we don't even know the people who are setting the standard.



Ashley Brown
President and CEO

Webster's defines happy as 1. favored by circumstances; lucky; fortunate 2. Having, causing or showing a feeling of great pleasure, contentment, joy, etc. Hmm, isn't number one interesting? Never really, had I thought happiness was tied to good luck or good fortune. I thought—that happiness was something we had infinitely more control over.

I personally prefer the definition of happiness my good friend Jane showed me from *Woman's Day Magazine*. Happiness (n.) 1. A sense of general well-being and of everything being right in the world, or at least in your immediate vicinity; 2. A giddy feeling that your heart is lighter than air; 3. That toe-tappin' energy you get on a perfectly sunny day; 4. A deep belly laugh; 5. Cheerful. You must agree, isn't that much, well...happier?

I think the phrase "or at least in your immediate vicinity" is very important. Why? Because I think happiness is different for every single person, and that we are responsible for our own happiness.

However, I am not sure we are too comfortable being responsible for our own happiness. It seems that most of us spend a lot of time looking for other people or other things to make us happy. Why is it that other people get to define our happiness? And sometimes, we don't even know the people who are setting the standard.

Let's take the entertainment and social media industry as an example. How many movies have we seen that depict the perfect relationship, romance, career, etc? Or sometimes it is someone we know that gives us the illusion of never making a misstep. The reality is, TV and movies are fake, and I have yet to meet anyone that is perfect.

I believe that to be happy you have to come to terms with who you are as a person. This is the tricky part, because as we grow up we are molded by our influences: parents, friends, educators, media, etc. But what happens when we figure out that who we truly are is a variation of what is expected? What if the big career, the right car, the 2.5 kids isn't what we want? What if we don't look like the moms or models on TV or in

magazines? Bottom line, we have to come to terms with who we are and make peace with ourselves.

Undoubtedly, easier said than done. Most people I know are more critical of themselves than any outsider could ever possibly be. So please, cut yourself some slack!

If you are having trouble giving yourself a break, the Center has a lot of programs that can help you get started. You can take advantage of group sessions, individual counseling, seminars or classes.

For me personally, getting to know myself has been the best part of getting older. I have found that everyday, more about me and what makes me happy, surfaces.

Thankfully, through my 15 years at WRC, I have grown more aware that I am the only one to define happiness for myself. Still a work in progress, I am not even close to having it all figured out, but the process has been fun.

Mistakes still happen, but I am getting better at looking at them and learning from them. I'll keep you posted on my progress.

2018: The Power of Intergenerational Teams



A full year and many meetings have passed at the Women’s Resource Center (WRC) since the merger of WRC Manatee and Sarasota County organizations became official January 1, 2017. Through the year, WRC has embarked on the exciting task of creating a unified brand, including this new magazine, our new website at MyWRC.org, our beautiful lotus logo, expanded social media presence and combined staff. Through market research with heavy influence from an Intergenerational Focus Group, WRC found our footing as a regional organization.

From the start, with help from AAUW, Sarasota engaged displaced homemakers to help them become self-sufficient. Through the ‘80s and ‘90s, a shared dream to empower women became reality. Altrusa led the way for the inception of the Manatee WRC, with additional assistance from AAUW and Junior League of Manatee County. With Sarasota focusing on vocational training and peer resource advising and Manatee County focusing on mental health counseling, career coaching and encouraging Latinas to get involved, WRC was growing and responding to women’s needs after Y2K. The first merger occurred when WRC Sarasota merged with Venice-based Women’s Enrichment and Support Center. Last year’s two-county merger—collectively with program expansion—WRC is now reaching more than 4,000 unduplicated clients in more than 9,000 hours of programming annually. WRC now serves clients from Parrish to North Port.

The Patterson Foundation was instrumental in this unprecedented merger. With additional support from Gulf Coast Community Foundation’s I3 program and nonprofit consultant, Christie Nolan, WRC evaluated their programs and partners and continues to build a consolidated culture ensuring client and community needs are met.

Today, a combined WRC Board oversees ongoing efforts, and welcomes the next part—creating an integrated organization with unified messaging.

ON THE COVER

After a successful response from a multi-media survey and Board/Staff participation in a unique brand survey, an intergenerational focus group was created with direction from WRC supporter, Dr. Willa Bernhard. This focus group jump started discussions about how to serve all generations in a collective voice. The brand survey, called Brand Reflections, was instrumental in defining who WRC was. The objective was to understand how WRC, as a brand, shares, learns and connects. The process is ongoing, but the goal is steadfast—to better communicate messaging and ensure that the women of our region know we are here.

The most important aspect of our research and efforts is to leverage the very best of our programming throughout the entire region to make the most impact.

Stay posted on our programs and progress by following us on your preferred social networks or online at MyWRC.org.

Dylan Howell, our “cover girl,” is not just an adorable face, she is the brainchild of MyWRC title. As one of our few token millennial volunteers, Dylan serves on WRC’s Intergenerational and Special Events committees. We got into her millennial mind a bit with some questions.

What are you studying at USFSM?
I am studying Professional and Technical Communications and am an Editorial/Marketing Intern at SRQ Magazine.

What is your dream job?
To be a producer at Home Shopping Network or a job involving marketing and/or fashion writing.

Favorite female influencer?
Dolly Parton. I have deep respect for her strength as a successful businesswoman. Dolly had her own obstacles, but through everything, she turned some of her most painful memories into the most beautiful lyrics. I love how she doesn’t compromise who she is and always is herself, even if some misjudge her by how she looks.

Who/What influences/motivates you?
After losing my father at 14, I promised to make him proud, because I still feel his presence...I truly believe that it doesn’t matter who you are or where you came from, the only real limitations in life are the ones we place on ourselves.

How did you find WRC?
I started volunteering for WRC last year, and used this valuable experience as my platform while I competed in pageants for Miss Florida. I never took home a tiara, but WRC gave me more, a sense of community and purpose.

What do you think of the impact WRC has made on the community?
WRC is not only smart, it’s sustainable, giving women tools to break the socio-economic cycle, change lives and create a better community.

What does My WRC mean to you?
The positive energy I feel with each and every woman involved makes me hopeful for the future.

BEHIND THE SCENES AT OUR COVER SHOOT:

We had so much fun—Dylan was delightful in her Steve Madden slippers, pink iPhone in hand and a keychain with a special story, her confident smile made us all at ease.

We helped Dylan over seawall rocks and belly laughed hard when she shimmied up a tree in her beautiful dress.

Special thanks to photographer, Pam Truitt.



I’ve always wanted to go to Madame Tussauds wax museum and this fall I finally went with my best friend Corina! I love old-hollywood movies like Gentlemen Prefer Blondes and Breakfast at Tiffany’s.



VOLUNTEER

Deborah Kostroun: A Powerful Resource for the Women's Resource Center

SANDY CHASE - WRC Volunteer, Writer and CoAuthor of The Revolutionary War

A consummate volunteer, Deborah loves sharing her experience, expertise, and most importantly—her passion for improving the lives of others. During her career as a mental-health and HR professional Deborah volunteered and assisted others in need. Since her retirement three years ago from Manatee Glens—Bradenton's mental health, addiction, and behavioral health services organization—now known as Centerstone, Deborah is now a full-time volunteer.

Helping to disseminate the WRC mission has always been Deborah's passion, as she so eloquently states, "We must speak at as many community meetings and public events as possible and collaborate with as many other social-service organizations so that people know about WRC and the vital services offered."

"WRC's recent merger of all three locations gives us a great opportunity to strengthen our role

throughout Sarasota and Manatee counties. We must do all we can to spread our mission to other organizations and to those who need it most. The time is ripe. Collaborating with other nonprofits is utmost."



A role model, Deborah has been featured in the Venice Gondolier as the keynote speaker at the Women in Business event, where she shared WRC success stories. She attends North Port Health and Human Services monthly meetings—calendar in hand—highlighting WRC programs and referrals. She presides over the Friends of the Venice Library. And is a board member of the Family Safety Alliance, which oversees child welfare in Sarasota, Manatee, and DeSoto counties, advocating for foster homes, solutions, and case management.

Enthusiastically, she stresses how the recent merger will benefit WRC clients.

"Sarasota and Venice employment programs, coupled with Manatee counseling, allow us to provide optimal courses and career preparation within a shorter time period."

Linda Mickelberg, the Manager for the WRC's Venice office—where Deborah volunteers as the Career Coach and as peer

"There's nothing stronger than the heart of a volunteer."

--Lieutenant General James Doolittle, WW II

counselor—summarizes Deborah’s contributions: “Deborah has been promoting our Employability Program, which helps our clients create or improve their resume and cover letter. She also makes herself available when clients need to practice a mock interview.

Because some of our clients have not been in the workforce for quite some time, Deborah will patiently work with them so they can determine what field may possibly fit their skill set.

Deborah has a wonderful attitude and it has been my pleasure to work with her these past three years. Her dedication is extraordinary, and when asked, she will do whatever she can to support the organization.”

Deborah’s recent speech at the Women in Business award ceremony exemplifies her commitment to her clients and her vision for their success.

In her speech, she shared, “As with many of our clients, a woman I was working with knew she needed a job. But as I spoke with her, it was obvious that she first needed to address her history of abusive relationships, co-dependency with loved one’s substance abuse, and a lack of acknowledgement of her own creativity.”

Deborah’s compassion, insights, and experience helped guide the client to join Al-Anon, identify her interests, and explore possible occupations. Bolstered by Deborah’s guidance, the client was prepared “to tackle” the job market because she had learned and practiced all facets of career preparation.

Deborah glows when she talks about that woman’s success: “She was very creative and handy and really wanted to have her own home-decorating and repair business. Three years later she has a successful career and is in a healthy and supportive relationship.”



Deborah Kostroun (right) and Baila Miller at Friends of the Venice Library luncheon

Every client is an individual—from the older woman facing marital issues to the younger, insecure woman looking to join the workforce for the first time.

Emphasizing that career counseling is one on one—and collaborative, Deborah says, “Every client is an individual—from the older woman facing marital issues to the younger, insecure woman looking to join the workforce for the first time.”

For her, counseling also revolves around self-esteem issues. And she works with the client to ensure that she feels better about herself, especially in a changing world.

“Because it’s different for each person, I might refer them to counseling and/or other services at the WRC or in the community.”

What’s noteworthy is Deborah’s patience and teaching style. Without being didactic, she capitalizes on her listening skills. Returning to the workplace, for example, can be traumatic. Deborah provides stepping stones for her clients to attain their goals.

Her signature demeanor, and her extensive professional experience as an HR executive and Chief Operating Officer for Manatee Glens for over 22 years, enable her to recommend the most effective career plan for each client. Furthermore, she was HR Director of the New York office of Al-Anon International.

Her commitment doesn’t stop with the WRC and their clients: She’s dedicated to enhancing the Venice community by her crusade to grow the Venice Library, strengthen the South County Food Pantry program, and augment the services of the Family Safety Alliance.

As Linda Mickelberg and others will attest, Deborah inspires, educates, and instills confidence in her clients. “I’m grateful that she decided to volunteer at Women’s Resource Center.”

To learn more about WRC’s volunteer opportunities, please call WRC at 941-256-9721.

Writer, Sandy Chase, has been a US Government communications officer, editor, technical writer, and writing instructor. Sandy directed the writing training program at the Central Intelligence Agency (CIA). As an adjunct instructor for the University of Virginia, Sandy taught grammar and punctuation.



PROGRAMMING: MY MONEY

Women and Finance:

POWER WITH A FINANCIAL PLAN

Are you maximizing your financial life? If you are, good for you! If not, then this article is the perfect read.

On a positive note, more and more women are college educated and are entering high-paying professional fields. Although on an upwards trend, statistically; women still earn less than men, which not only impacts their current income, but also effects their retirement income. This is particularly a problem since women live longer than men but have less earned resources to fund their retirement. Additionally, many women tend not to optimize their financial choices in preparing for retirement—partly because they find finance boring or ominous—some, who are mothers, spend resources ensuring their children’s needs are met. And a handful even talk themselves into not caring about money. Ironically, they do care about the things that money can buy such as security, independence and even philanthropy.

Why don’t more women assert themselves financially?

There are many reasons. Traditionally, a handful of women were taught that working with money was a man’s role, and they were encouraged to remain dependent. I will dare say that, even today, a notable number of women have allowed others to think, talk and

“Like many forms of empowerment, financial empowerment must come from within.”

act on their behalf rather than solve their own problems and take control of their lives. As a result, they have not fully developed an understanding of how money works. As one brave WRC client shared, “I feel passive aggressive by not participating in our family finances, mainly, because if something goes wrong, I can blame someone else.”

The result of not taking an active role may lead to a lack of power over their lives. Like many forms of empowerment, financial empowerment must come from within. Women must claim their financial power. They must seize it with a passion, resulting in a life built of their own choices and needs, not what someone else has chosen.

A goal of Women’s Resource Center is to encourage women to improve their comfort level with money in general and gain knowledge and confidence to make good financial decisions. Whether one needs assistance getting out of debt, managing bills or investing for retirement, WRC will encourage and assist one to attain a level of comfort and knowledge to make this happen.

Now you may ask the question, “How do I muster the determination to change my thinking?”

My suggestion is to start by examining your beliefs about money.

For example, do you believe that money is the root of all evil? Do you have trouble envisioning yourself as well-off financially, because you believe this is only a status for others? By identifying and rejecting such hindering myths, you can clear your path to financial empowerment.

The next step is to think hard about your life goals and how financial resources could help you reach those goals. Money is not the end goal, and it is not the secret to happiness. However, learning to use it to your advantage can help you achieve your goals. It can ensure your security. It can provide independence and can be channeled to make a difference not only in your own life but in the world today.

Success in finance and investing is dependent upon a plan and discipline. Just about any plan that you can stick to is better than no plan at all.

When investing is part of your plan, the most critical factor to success is to understand and control risk. Our culture generally credits men as having better investment skills than women. This is a confusing generality when we look at behavioral finance research, which shows that men tend to make more investing errors than the women who choose to participate.

A better way to look at investing and risk is that women seem to be more attuned to risk when making investment decisions. Empirical data reveals that men tend to be overly confident, and if anything, women are more conscious and informed, making less costly trades than the men. Women also seem to be aware that to be a successful investor, it is not just about returns but also about risk and your individual tolerance for risk. Ultimately, you want to be able to sleep at night while investing.

An investment plan is like a road map to your destination; therefore, you want to minimize risk. If you’re in unfamiliar territory, you don’t just get in the car and drive. You make a plan based on information. Your investment plan should balance anticipated returns with risk, and the specific risk inherent in your investment choices should reflect your risk tolerance.

It’s a new year, and it’s your money. Let’s learn to use this tool and claim your financial power!

Want to learn more, attend WRC’s upcoming Money Empowerment Series. Details on page 16. If you have specific questions, you may email info@mywrc.org with subject line Dr. Laura.

Dr. Laura Mattia, MBA, CFP®, CRPS®, CDFAs, founder of Women’s Money Empowerment Network, is a professor, researcher, author and adviser.

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HOURS:

Monday closed | Tuesday - Friday 11 am-5 pm | Saturday 10 am-2 pm

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PROGRAMMING

Expanded
Programming:

2018

Engage

Educate

Enrich

Empower

20

18

E Engage, Educate, Enrich and Empower are WRC's building blocks to successful programming. Each month, more than 400 women reach out to WRC. Like many of us, they have reached a critical turning point in their life. Unsure or unable to determine a direction, they come to us seeking a fresh start. As trained listeners, we are able to direct them to an applicable program/service at one of our centers. Additionally, we work with more than 40 nonprofit and community partners that enhance our ability to meet clients' needs. At WRC, we encourage women to address their current situation as well as create hope for the next stage of their life. Our programming empowers women to understand their value—to themselves, their family and to society as a whole. We believe it is important to be independent and have self worth. It begins with understanding that choices and decisions we make affect our lives. We give our clients opportunities in career development, education on finances and adopting healthy lifestyles. At WRC, we provide compassionate volunteers, dedicated staff and professional services. All of these work in concert to develop and empower women to live life on their terms. Whatever stage you may be in your life, WRC has a program that fits your need, your schedule, your income... YOUR LIFE.

WRC PROGRAMS

JANUARY - MARCH

2018



Lunch Bunch

Have you recently moved here, changed jobs, or want to make new friends? Join us to foster camaraderie and support, and help you through transition. A different restaurant is chosen weekly. If you are interested in starting a Lunch Bunch in Manatee or Venice, please e-mail Program Director, Chris Braun at cbraun@wrcmanatee.org.

Sarasota
Thursdays 11:30 am - 1:00 pm
Fee: Donation



Peer Resource Advising

Do you need someone to listen without judging, who has the tools to guide you to needed support? We have experienced Peer Resource Advisors who help you prioritize your needs. They can refer you to the right community agencies, and/or recommend programs offered by the WRC that provide resources and information.

Manatee Sarasota Venice
Call for Appointment
No Fee

SPECIAL PROGRAMMING

WRC SPECIAL SPEAKERS ENGAGEMENT SERIES

Lunch + Learn - RSVP Required

Learn about retirement, social security and how to out smart the scammers. Join Edward Jones Financial Advisor, Cassie Collins, for lunch. All ages welcome. Fee: \$2. RSVP required.

Venice
Gulf Coast Community Foundation 601 S. Tamiami Trail
Wednesday, March 21 Noon - 1:30 pm

WRC Author Series - No Fees - RSVP Required

Karen R. Koenig, M. ED., LCSW

Why Diets Fail and What Works: Skills and Habits for Becoming a "Normal" Eater

Identify the psychological and emotional reasons diets don't work.

Sarasota
Tuesday, January 23 6 - 7:30 pm

Venice
Gulf Coast Community Foundation 601 S. Tamiami Trail
Monday, February 26 Noon-1:00 pm

George Schofield

How Do I Get There from Here?

Plot your direction for the coming decades and explore the NEW after-50 lifestyle, which calls for more than money: it demands conscious engagement, diverse interests and the ability to adapt.

Venice
Gulf Coast Community Foundation 601 S. Tamiami Trail
Monday, February 26 3:00 - 4:30 pm

Margaret "Peg" Beck

The Female Factor: A Confidence Guide for Women

The Female Architect: How to Rebuild Your Life

This reading focuses on women globally who wish to step into their most confident self and gain self-esteem and leadership skills.

Venice
Gulf Coast Community Foudation 601 S. Tamiami Trail
Wednesday, Febraury 28 3:00 - 4:30 pm



**RENAISSANCE LUNCHEON
HONORING SARASOTA WONDER WOMEN**

Tuesday, March 20, 2018 • 11:30 a.m. - 1:30 p.m.

\$100 individual ticket • \$150 patron ticket
Patron will be acknowledged at the luncheon

The Westin Sarasota
1175 North Gulfstream Ave. • Sarasota

PREVIEW SALE AT WRC SARASOTA
Minimum \$10 Contribution Requested
Includes light refreshments and advance shopping
Thursday | January 18, 2018 | 5 - 7 PM
340 S. Tuttle Avenue



SALE DATES
Friday | January 19, 2018 | 9 AM - 1 PM
Saturday | January 20, 2018 | 9 AM - NOON

yard | garage | estate sales

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garage-sale junkies
art enthusiasts

For the last four years, everyone has loved
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100% of proceeds benefit Animal Rescue Coalition,
New College Foundation Scholarship Fund,
and Women's Resource Center

Special thanks to Karin's Causes and supporters for assisting with the Sarasota Center makeover. It's amazing!
Reneé Hamad • Mary Ciner • Flori Roberts • Maureen Simpson • Donna Hardin • Barbara Etsell • Ginny Kepp • Jean Hubbard



Mentoring - No Fee

It can be difficult to see our goals through to the end, and sometimes we need someone to help us. This program is offered to clients who would benefit from additional support and experience from a qualified mentor.”

By appointment only



Evaluating Unhealthy Relationships - No Fee

An ongoing educational support group in collaboration with HOPE Family Services about setting boundaries in relationships, making safe & healthy decisions and understanding the wide range of abusive & controlling relationships.

Manatee Call Jill at 941-747-8499 to register.



Rediscover Joy

Join Judith A. Sedgeman, Ed. D., a mental health educator, to discover your innate mental well-being and find the means to sustain balance, perspective and wisdom in everyday life.

Sarasota
Tuesdays
February 6, 13, 20 & 27
6:00 - 7:30 pm
Fee: \$2

Manatee
Tuesdays
March 6, 13, 20 & 27
6:00 - 7:30 pm
Fee: \$2



You Are Worthy: Learning to Raise Your Own Bar

Chris Florand and Denise Whalin teach you to develop the skills for improved self-confidence, assertiveness, boundary setting and negotiation skills for handling life’s challenges.

Venice
Thursdays
January 18; February 1, 15; March 1, 15, 29
6:00 - 8:00 pm
Fee: \$2



WRC Challenge Program

Challenge Program: Unit 5: *How Can I Be Content?*

Manatee
Wednesdays
January 10 - February 14
4:45 - 6:00 pm

Sarasota
Tuesdays
January 9 - February 13
3:00 - 4:30 pm

\$2 Per Session
Dr. Ellen Akhavein

Challenge Program: Unit 6 *How Do I Learn to Fully Experience and Enjoy Life?*

Manatee
Wednesdays
February 28 - April 4
4:45 - 6:00 pm

Sarasota
Tuesdays
February 27 - April 3
3:00 - 4:30 pm

\$2 Per Session
Dr. Ellen Akhavein



Latinas of WRC

A weekly forum for Latina women to discover skills, build self-confidence and find their own paths to success.

Manatee
 Mondays 6:00 - 7:30 pm
 Fee: \$2

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“I wish everyone could feel as blessed as I did after coming to the WRC. You are a beacon of light & hope. You saved me today.”

.....

“The program taught me to realize I have options in my thoughts and actions. We all have common experiences. I’m learning new ways of thinking.”



Mental Health Counseling

WRC offers individual, couples and family counseling with fully qualified mental health professionals. Counselors have the discretion of referring clients to more appropriate treatment when it is deemed to be more beneficial for the client.

Manatee Sarasota Venice
 By appointment only
 Fee: Affordable sliding-scale fee structure



Support Groups

Addiction Support Group For friends / family of addicts
 Manatee
 Mondays 6:00 - 8:00 pm
 Fee: \$2

Alzheimer’s Support Group For caregivers - No Fee
 Manatee
 Thursdays
 January 11; February 8; March 8
 2:30 - 3:30 pm



ALZ Memory Mobile - Know the 10 signs - No fee

Intended for public awareness and education of Alzheimer’s disease and other memory-related disorders. Appointments are approximately 20 minutes: Information on Alzheimer’s Disease and related dementia and referrals to community resources available.

Sarasota		
Thursday, January 18		10:00 am - 3:00 pm
Venice		
Thursday, January 25		10:00 am - 3:00 pm



Career Center and Computer Tutoring

Clients are invited to work in our self-help career center to conduct online job searches, work on job applications and resumes. Learn MS Word, Excel and other computer applications (\$10 additional fee for 1:1 sessions). RSVP only.

Sarasota Monday - Friday
Venice By Appointment
Manatee By Appointment



Employment Coaching - No Fee

Individual assistance in preparing for a successful job search. Includes resume preparation, interviewing skills and networking techniques. Appointment Only.

Manatee Sarasota Venice



Employability Classes - No Fee

Employment 101. Explore career opportunities. Learn basics of online job search and applications, resume building.

Sarasota Mondays 1:00 pm - 3:00 pm
Venice Tuesdays 11:00 am - 2:00 pm

Communications in the workplace. Identify strengths and opportunities through a personality profile. Learn about the different personalities and how to work more effectively with them.

Sarasota Wednesdays 1:00 pm - 3:00 pm

Friday Follow-up. Job Seeker Networking Group. Join us for ongoing job-seeker support, networking in multi-media format and featured guest speakers. Topics vary each week.

Sarasota Fridays 1:00 - 3:00 pm



Employment CPR - No Fee

A one-day workshop that encompasses most of our Employability topics in a classroom setting. Geared to help clients gain pertinent skills and information necessary to jumpstart their job search.

Sarasota Wednesdays 10:00 am - 3:00 pm
Jan 10, Feb 14 and Mar 14



Money Empowerment Series

The purpose of this two-part workshop series is to provide unbiased and objective information so you are empowered to make informed decisions. Sponsored by USF and Bay Point Wealth Management.

USF - Sarasota-Manatee
Saturdays February 3 and 10
9:30 am - 12:30 pm
Fee: \$50 (Scholarships Available)
Pre register at MyWRC.org/money

Presenter: Dr. Laura Mattia, CFP®
and Guest Presenter:
Marcey J. Walsh, CBC, DSS

Career Closet

Career clothing and accessories, up to five outfits, provided for job interviews.

Sarasota
Manatee
Monday - Thursday 9 am - 4 pm
Fridays - 9 am - 11:30 am





Diet and Nutrition Workshop

An educational opportunity to learn about nutrition, a healthier lifestyle and how gluten may affect your health.

Venice 11:00 am - 12:00 pm
Mondays February 5 and March 5
Fee: \$2
Marilu Thornburgh



Advance Social Security Planning

Are you taking control of your retirement? Hal Hammond, of the nonprofit, Foundation for Financial Education (F3E), hosts a workshop on how social security benefits are calculated, how to delay retirement credit.

Venice 10:00 - 11:00 am
Monday January 22
Fee: \$2



Ask an Attorney

Individual 30-minute legal consultation on family law topics such as divorce, child support, child custody and more. At the Manatee Center, a bilingual attorney may assist with immigration matters.

Sarasota 9:00 - 11:00 am
Fridays
Manatee and Venice
By appointment only
Fee: \$10



Estate Planning

Hal Hammond, of the nonprofit, Foundation for Financial Education (F3E), will help define the terms and simplify the process of organizing your estate plan with an easy-to-follow outline.

Venice 11:00 am - 12 pm
Monday January 29
Fee: \$2



The Smart Split

Attorney Rebecca Rider focuses on the Florida legal process for obtaining a divorce and other family law matters.

Sarasota 10:00 am -12:00 pm
Wednesday January 31
Fee: \$10
Attorney Rebecca Rider



Herbal Classes

Herbs in the Florida Garden: Start spring with your own herbal garden! Be introduced to herbs that thrive in Florida. Explore how to grow, use in the kitchen, medicinal values and ways they may affect or enhance your health. Two well-known and experienced herbal professionals combine their knowledge

Manatee Tuesday, January 23
Sarasota Thursday, January 25
5:30 - 6:45 pm
Fee: \$2
Master Herbalist, Dr. Angela Fritz
Manatee County Master Gardener,
Dr. Rebecca (Becky) Moreland.

Detox 3 - Detoxify Your Body the Natural Way in Three Weeks: Pollutants and contaminants from the environment are attacking our body constantly. Detoxifying the natural way has three columns: 1) Nutrition (cleansing and purification) 2) Using herbs that assist, supported by Detox Tea 3) Exercise - A daily plan in order to cleanse your body in three weeks

Manatee Tuesday, February 20
Sarasota Thursday, February 22
5:30 - 6:45 pm
Fee: \$2
Dr. Angela Fritz

Herbs in Your Daily Life. Be introduced to the benefits of herbs and simple recipes that will help you integrate herbs daily. How about creating your own creams and lotions?

Manatee Thursday, March 22
Sarasota Tuesday, March 20
5:30 - 6:45 pm
Fee: \$2
Dr. Angela Fritz





Enrichment Book Club

Enjoy reading? We host monthly Book Club meetings at two of our Centers. A list of books being read at the Manatee Center Book Club may be found at MyWRC.org. Interested in starting a book club in Sarasota? E-mail Program Director, Chris Braun at cbraun@wrcmanatee.org.

Manatee 1:00 - 2:00 pm or 7:00 - 8:00 pm
Thursdays January 4, February 1 and March 1
Venice 1:00 - 3:00 pm
Mondays January 22, February 19 and March 19
Fee: \$2



Enrichment Astrology - Journey to your Well-Being

Certified astrological consultant, Diane Eppler Adams, shows you how to use astrology on your journey to physical and emotional well-being. Provide your birth date, place and exact time of birth when you register to receive a copy of your personal chart. Pre-registration is required, call (941)-256-WRC1 (9721).

Venice 2:00 - 4:00 pm
Wednesdays February 7 and March 7
Fee: \$10
Diane Eppler Adams



Meditation

Mindful Meditation: This eight-week class of basic mindfulness meditation includes practical coping skills, deep states of physical and mental relaxation and awareness of emotional and physical tensions. Meditation practice, discussion and questions.

Sarasota 10:30 - 11:30 am
Thursdays January 25 to March 15
Lily Myers
Fee: \$2 Per Session

Guided Meditation: Whatever your personal situation is, meditation can help you feel greater calm and inner peace. Access your “inner voice” or guide, which helps quiet the mind so you can listen to your heart. By listening to our heart, we can experience greater peace and better health.

Manatee Thursdays Jan. 25, Feb. 22, March 29 5:30 - 6:30 pm Mary Onna Bode Fee: \$2 Per Session	Venice Wednesday Feb 14, March 14 11:00 am - 1:00 pm Mary Conway Fee: \$2 Per Session
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Yoga

Open to all! Please bring a mat and other yoga instruments.

Power Yoga

Manatee 8:15 - 9:30 am
Tuesdays
Fee: \$5

Gentle Yoga

Manatee 5:30 - 6:30 pm
Wednesdays
Fee: \$5

Intermediate Yoga

Manatee 9:00 am
Saturdays
Fee: \$5

Integral Yoga

Infused with chi-enhancing practices to maintain or enhance natural vitality. Accommodates students with physical limits (using chair as optional prop). No on-the-floor mat work. Includes meditation, self massage and breathing exercises.

Manatee Wednesdays
Sarasota Thursdays
9:00 - 10:30 am
Fee: \$5

All Levels Yoga

Sarasota
Mondays, Tuesdays, Fridays
9:00 - 10:30 am
Fee: \$5

Y12SR - Yoga 12 Step Recovery

A 12-step-based discussion and yoga practice that is open to anyone dealing with their own addictive behavior or affected by the addictive behavior of others. This is an open and inclusive group. All A's are welcome. Wear comfortable clothing.

Manatee 11:15 am - 12:30 pm
Saturdays
Fee: Donation

A Year to Remember



*Special thanks to WRC Partners who creatively gave donations through special events.
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Save the Dates

- MAR 20** RENAISSANCE LEGACY LUNCHEON
Sarasota
- APR 26** FOUNDERS LEGACY LUNCHEON
Bradenton
- MAY 01** GIVING CHALLENGE
Crowd-Funding Online
- OCT TBD** EMPOWER YOUR PURSE
Lakewood Ranch
- NOV 02** FALL LEGACY LUNCHEON
Venice
- NOV 30** DÈJÀ BLUES
Bradenton



2018 Scholarship Deadline

MAR 09

More info at MyWRC.org
Thank you Betty Schoenbaum for your 2018 pledge
\$10,000 for scholarships in 2018 already!