

Center for People in Transition

Achieving personal and professional self-sufficiency

Thank you for all your support!

Thank you to all our individual donors as well as all the organizations that have provided support to our clients over the past few months.

A Special Thank You to the People for People Foundation for sponsoring our Turkey and Trimmings in November 2023.



PEOPLE FOR PEOPLE



A Special Thank You to Rowan College of South Jersey's Student Government Association, St. John's Evangelical Lutheran Church and our RCSJ Faculty/Staff Family for their annual Giving Tree.



Welcome our New Director!



I am pleased to join People in Transition here at Rowan College of South Jersey. For the last 20 plus years I have been working to help families and students within my community and look forward to continuing my passion here with People in Transition.

After graduating from college, I started working for the Bridgeport Public Schools, in Connecticut, where I helped students and families find resources. In 2006, I moved to the area where I worked at The Children's Hospital of Philadelphia with children newly diagnosed with hearing loss helping families navigate the medical system, mental health resources and education services.

In 2013, I decided to pursue my dream of working in Higher Education and started my Master's degree at Holy Family University for a Master's degree in Counseling Psychology. Since then, I have worked in Student Life and Academics to help students be successful in the education journey.

Jamie Ramanauskas
Jamie Ramanauskas



People in Transition Workshops



Intermediate Computers

This is a 40 hour course covering Microsoft Word, Excel and Power Point. The course is available for free to displaced homemakers and \$100.00 for non-displaced homemakers.

Presented by: Amy Charlesworth, PIT
Fridays, January, 5 – March 8
10 a.m.–2 p.m.
CTE Building

Who Am I Now: Growing The New You

Maybe you experienced a life changing event, or you feel you have lost yourself in some way. You don't know who you are anymore. In this workshop, you will begin to learn your new "who" and discover yourself again.

Presented by: Sharon Roth-Lichtenfeld, Certified Professional Life Coach
Wednesday, January 17
6:30–8:30 p.m.
CTE Building

Get the Job, Keep the Job

Office professionals are at times professional jugglers handling details and challenging situations simultaneously. These multi-taskers keep things balanced while supporting the efforts of many different levels of management, staff and customers. Positive interactions with others, goal setting, and organizational and time management skills will enhance job performance and satisfaction. Come join us to learn how to best use your abilities, how to be a professional presence on the job, and how to become the "go to" individual at your place of employment.

Presented by: Amy Charlesworth, PIT
Monday, February 5
10 a.m.–12 p.m.
Virtual

Growing Your Self-Confidence

Life can be tough, and at times we can all feel defeated. Learn how to regroup and relearn how to strengthen the love you have for yourself and build up your self confidence. A healthy self-esteem is essential for growth and achieving success.

Presented by: Amber Bonnet, Certified Life Coach & Business Owner
Tuesday, February 6
6–8:00 p.m.
Virtual

Budgeting 101

This workshop will provide information on the purpose and importance of having a summer budget, including how to budget summer camps and trips for you and your family. We will talk about the difference between essential and non-essential purchases, explore short-term and long-term savings, and examine how to enjoy your summertime on a budget!

Presented by: Amber Bonnet, Certified Life Coach & Business Owner
Tuesday, March 19
6–8 p.m.
Virtual

Advanced Computers

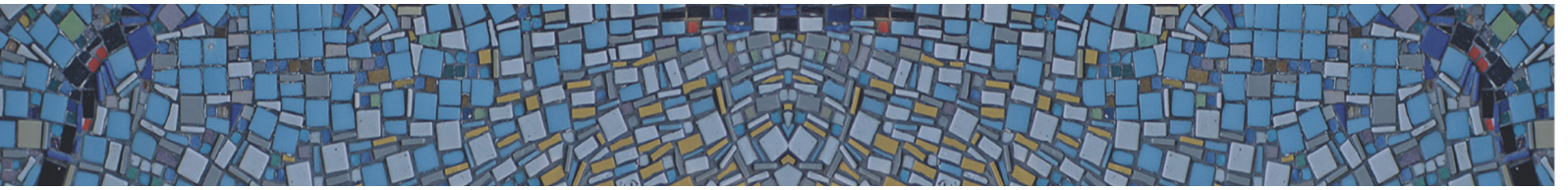
This 40-hour computer class will transform intermediate computer user into an advanced user in just eight sessions! The course is available for free to displaced homemakers and \$100.00 for non-displaced homemakers.

Presented by: Amy Charlesworth, PIT
Fridays, April 5 – June 7
10 a.m.–2 p.m.
CTE Building

emotional habits that cycle resulting in stress and anxiety.

Presented by: Amber Bonnet, Certified Life Coach & Business Owner
Tuesday, April 9
6–8 p.m.
Virtual

All workshops are open to the public, ages 18 and older. Registration is mandatory.
All workshops held in-person at RCSJ unless noted otherwise!



Spring Cleaning Your Life

As we start a new season, many of us focus on cleaning and decluttering our homes, but in order to successfully maintain a “clutter free” life, we must first improve time management skills, change unhelpful thought patterns, and learn how to effectively communicate our feelings. In this workshop, we will examine the unhelpful thinking patterns and mental/**emotional habits that cycle resulting in stress and anxiety.**

Presented by: Amber Bonnet, Certified Life Coach & Business Owner

Tuesday, April 9

6–8 p.m.

Virtual

Victim to Victory: Overcoming the Obstacles in Your life

When we feel like a victim life’s challenges become overwhelming and hopeless. In this workshop you will learn how to step out of victim using new tools and strategies to help you have victory.

Presented by: Sharon Roth-Lichtenfeld, Certified Professional Life Coach

Wednesday, April 17

6:30–8:30 p.m.

CTE Building

Creating Your Bullseye of Support

When going through a painful event, it is important to have the support that you need. In this workshop, you will learn about the 10 emotional needs and start to create your own support system.

Presented by: Sharon Roth-Lichtenfeld, Certified Professional Life Coach

Wednesday, May 15

6:30 – 8:30 p.m.

CTE Building

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!



@CenterForPeopleInTransition

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People in Transition

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