



Changing Directions

Many Hands, One Heart!

E-Newsletter for Women's Resource Center of Central Oregon May, 2009

**Location: 1010 NW 14th St., Bend (between Jacksonville and Kingston)
(WRCCO 385-0750, counseling 385-0749, info@wrcco.org, www.wrcco.org)**



MOVING FORWARD . . .LOOKING BACK Lessons along the way. The WRCCO Board wants to thank the actresses who presented this incredible play/reading program. Director Kymberli Colbourne and her friends did such a wonderful job with the material, adding their own stories, too. The audiences were delighted, have told us so many times, and we loved it, too. It made us some money, too. **Thank you for your generosity and your beauty!**

If you missed this play, you can let us know if you are interested in a workshop along the same lines. Be amazed at the emotions it brings up -- has potential for helping each of us get over many of the bumps in the road of life. Have you heard, "GET OVER IT!" (call 385-0750 or e-mail info@wrcco.org)

NEW Ticket system on line, works great! We tried it out on the play, and our Psychic Development workshop (girls, that was so much fun! We were all amazed to find we actually have some psychic leanings.)

CLASS, WORKSHOP, EVENT REGISTRATIONS: Tickets are available by calling 385-0570, now online at www.wrcco.ticketleap.com, or mail check to WRCCO, PO Box 8693, Bend OR 97708-8693.

WHAT TO CALL US? WRCCO (pronounced Rock-o)

CURRENTLY UNDER WAY:

Vicky MacRitchie is currently teaching the **Life Transitions I** workshop . . . it's the one we're famous for . . . and it can help anyone sort out how to make life better and to get where you want to go. It's being facilitated by Sydney Johnston, OSU Counseling Intern assigned to us and to Saving Grace. We're hoping everyone taking it finds it as the previous students have . . . LIFE CHANGING! Next class in June . . .

OUR MOVE in February has still has a few folks looking for us, sending things, including donations to our old address, sitting outside our old address waiting for us to show up. Please help us out by letting your friends and acquaintances know we're no longer on Urania. We are at the **corner of NW 14th and NW Kingston** . . .

WORKSHOP & ACTIVITY UPDATE:

In addition to our signature class, Life Transitions, we hope to continue to offer ne and other relevant workshops which will increase your professional and personal skills, and which will improve your life in a variety of ways.

Sat., May 16, 9-4 Compassionate Communication with Bryn Hazell. This workshop is so valuable. It's based on Non-Violent Communication developed by Marshall Rosenberg, and is essential to forming excellent relationships, and communicating effectively, clearly and honestly, with compassion and empathy. \$75. (Bring a sack lunch) At the Peace Center: 816 NW Hill St., Bend

CHICK FLICK EVENING: You can't miss this one! **May 29, Greek night!** Greek Dinner and a movie . . . "Mama Mia!" If you've seen it, you'll want to again, if you haven't, now's the time! Prepare to dance and sing with the characters. Check with us about future Chick Flick & munchies (we hope you'll join us for a fun evening. 5:30-8:30 Only \$10.

EQUESTRIANS . . .? Cutting Edge Equestrian Fitness: Much More than the Core. Design an equestrian fitness program that enhances the health of you AND your horse in a two day training. Net Proceeds will come to the Women's Resource Center of Central Orgon. June 6 & 7, 9 am to 4 pm, Bend. Registration by

June 1. \$145; early-bird discount by May 20 is only - \$110. Contact Julie Samson for details, 541-610-8602.

PROFESSIONAL SERIES 1 - 3 WORKSHOPS:

May 30th Resume-writing That Gives You a Competitive Edge

With record high unemployment in Central Oregon, what will make your resume stand out from those of the hundreds of other candidates applying for the same job? One of the first steps is to prepare a resume that accurately portrays your skills, experience and education in a way that catches the attention of prospective employers. Learn how to prepare an effective resume that represents you well and will help you stand out from the competition.

Facilitator: Sally Sorenson, SPHR -- Human Resources Consultant

Date: Saturday, May 30th

Time: 9-11a.m.

Location: Women's Resource Center

Investment: \$25

June 6th How to Network with Results

Finding a new job often means that you will need to network. Networking is the process of gathering and disseminating information effectively to produce results. What is the result you are looking for in a networking situation? Is it to find a new job? Ultimately! But if that's your goal in attending a networking event, you'll be quite disappointed and will become easily frustrated. Your goal should be to meet folks who will be happy to accept your call, email to arrange an appointment or forward your resume. Join this highly practical session to discover how to:

- Develop a positive attitude for networking
- Prepare for networking events
- Use proper networking etiquette
- Maintain your network

Facilitator: Dana Barz, CEO of danamics

Date: Saturday, June 6th

Time: 9-11a.m.

Location: Women's Resource Center

Investment: \$25

Dana Barz is the principal and founder of danamics, a business development company that creates custom solutions for business leaders facing changes in organizational structure, technology, and ever-increasing consumer demands. Barz began her career in organizational development and operations management more than 15 years ago in the healthcare and customer service industries. Today, she is part of a select group of associates with Resource Associates Corporation, a global leader in business and management consulting and life/business coaching.

June 13th Interviewing for Success

In a competitive job market, landing an interview is a major accomplishment. So now you have the chance to present yourself to a prospective employer and you don't want to blow it! Or perhaps you have been in the same job for a long time and are way out of practice on interviewing for a job. This workshop will provide guidance on the "do's and don'ts" on interviewing to present yourself in the most positive way and to improve your chances of landing the job you really want.

Facilitator: Sally Sorenson, SPHR -- Human Resources Consultant

Date: Saturday, June 13th

Time: 9-11a.m.

Location: Women's Resource Center

Investment: \$25

Sally Sorenson, SPHR is an independent consultant and trainer with almost 20 years of experience as a human resources generalist in both for-profit and not-for-profit organizations, including experience with both labor relations and management. She graduated cum laude in 1997 from Trevecca Nazarene University with Bachelor's Degree in Management and Human Relations, and also has certification as a Senior Professional in Human Resources (SPHR). Sally is committed to a high standard of ethics, integrity and quality customer service, and has been instrumental in helping organizations protect, develop and retain their most important asset, their human resources.

PROFESSIONAL SERIES 2- Web workshops:

These three classes will help the novice understand the power of websites and how to use that power to create an online

June 15th Website Essentials

Discover the essential building blocks that must be in place before putting your first website together, in order to achieve the highest level of success online.

Facilitator: Lynn Wenger

Date: Monday June 15th

Time: 6-9pm

Location: East Campus Children's Foundation

Investment: \$60/each or \$100/2 or \$120/3

June 22 Effective Website Designs

What makes one website better than another? What information should you put on your site? How can you encourage visitors to interact with your site. These questions and more will be answered.

Facilitator: Lynn Wenger

Date: Monday June 22
Time: 6-9pm
Location: East Campus Children's Foundation
Investment: \$60/each or \$100/2 or \$120/3

June 29 Drive Traffic to your Website

You have a shiny new website and are ready to make sales. But how will your site become visible on the Net? This workshop will tell you.

Facilitator: Lynn Wenger
Date: Monday June 29
Time: 6-9pm
Location: East Campus Children's Foundation
Investment: \$60/each or \$100/2 or \$120/3

Improve your presence and successful business. You will learn how to drive traffic to your site and what mistakes to avoid by planning ahead.

Lynn Wenger is an expert in this field and has helped others with their websites nationwide and in the UK. She has 12 years experience designing and developing websites and implementing methods for driving traffic to those websites and converting traffic to sales. Graduated in 1999 with honors from WSU with a BA in Electronic Communications and Marketing. Founded webprodigy.com in 1998, just 3 years after the conception of the Web. webprodigy.com has grown for the past 11 years into a 4 person company with office in Bend, Portland, and Bellevue Washington. Lynn has 5 years experience as a corporate Webmaster for a global transportation company and has taught web development classes at Clark College in Vancouver, WA and Marylhurst University in Portland.

Tues., June 23 – July 28, LIFE TRANSITIONS I,
Time: 6-8 p.m.
Location: WRCCO
Instructor: Vicky MacRitchie

Another chance for this incredible workshop and support group. Definitely a must do, for everyone. 6 weeks, 12 meetings. Make the most of your life, living it by your own values and intentions. Learn how to plan your life the way you want it to play out. \$200 makes it a bargain. **LIFE CHANGING!**

SPARTY: 2nd quarterly **SPARTY . . . Spa Party . . .** fun and sisterhood and vendors make this event a success! mini-facials, mini-manicures, foot soaks, massages, tarot readings, psychic readings, shopping experiences and organizing tips. We hope to hold this event about 4 times a year. A best spent \$10, for all! If you are want to help? e-mail us at info@wrcco.org.

LOCATION DESCRIPTIONS: Unless location is mentioned, all workshops will be at our **14th and Kingston** location, shared space with the Deschutes Children's Foundation at the Rosie Bareis Campus on the east side of 14th. Rosie Bareis East, **2125 NE**

Daggett Ln., which is essentially NW behind St. Charles. Take Wells Acres to Daggett, and turn south, until just past park; or take Neff to Purcell, turn north, left on Full Moon, left on Daggett.

WE STILL NEED A COUPLE OF GOOD, NEWER COMPUTERS—ours are getting tired. Got one? Call Linda, 385-0356 or info@wrcco.org

WOULD YOU BE INTERESTED???

We've been approached to participate in and be recipients from a pretty exciting program. **The Women's A Cappella Holiday Chorus . . .** suggested by the Central Oregon Showcase Chorus, a 501 (c) 3 Sweet Adeline organization, an annual fund-raising community sing event providing women the opportunity to perform, partnering with three women's charities, Women's Resource Center, Saving Grace, and Grandma's House. We'll need those who would love to sing on stage, those who would like to sponsor such an event, and those who would enjoy attending . . .

Remember: Call **211** or visit www.CO211.info for community resource information.

REMINDER: WORKSHOP, EVENT REGISTRATIONS: Tickets are available by calling 385-0570, now online at www.wrcco.ticketleap.com, or mail check to WRCCO, PO Box 8693, Bend OR 97708-8693.

Women's Resource Center of Central Oregon NOW located at: 1010 NW 14th St., Bend East Campus Workshops: 2125 NE Daggett Lane 385-0750 information, 385-0749 counseling info@wrcco.org

**Donations/Mailing: WRCCO
PO Box 8693
Bend, OR 97708-8693**



HAPPY SPRING . . .