



The New York State Women, Inc. _____ Chapter' Athena Society proudly presents a series of workshops to help military families transition from active duty to civilian life.

Contact Information:

Name _____

Address _____

Phone _____ Email _____

Active Inactive

Married Single _____ # of Children

For Information or reserve your space, please contact
Insert name/contact information of contact person

Workshop 1: Introduction

Goal: Getting to know you and what programs you want

Discussing your needs, what workshops are of interest and planning your program.

PLEASE CHECK THE WORKSHOPS YOU ARE INTERESTED IN

Workshop 2: Finances and budgeting

Date:

Time:

Location:

Goal: Spending money wisely

- Creating a budget: Housing ,food, clothing, transportation, entertainment, school costs, children insurance, other
- Dividing up your paycheck
- Guest Speaker: Chase Bank to address local bank accounts, fees, services for military/veterans

Workshop 3: Home Basics

Date:

Time:

Location:

Goal: Creating a home in a civilian world

- Helping to find a home: Guest speaker – Local Realtor and programs for veterans
- Helping to furnish a home: maximizing purchases on a budget
- Helping to decorate home: Guest speaker – home décor demonstration
- Helping to finance a home: Guest Speaker – Mortgage broker and VA Mortgages
- Keeping House: How to clean without penalties and developing a routine

Workshop 4: Resume building

Date:

Time:

Location:

Goal: to create a civilian resume based on their military experiences

Bring your DD214 and create a resume, using your skills, for civilian life

Program Careers for the Transitioning Military: MOS Code to Civilian Occupations Translator

Workshop 5: Dress for Success

Date:

Time:

Location:

Goal: to get a job

Meet local businesses and explore clothes for the interview and work; hairstyles and other essentials.

- Clothes demonstration – corporate, business casual, various careers and norms
- Hairstyles, salons and other services

Workshop 6: Helping with children

Date:

Time:

Location:

Goal: The Children see that their parents are there to help them

- Discuss delegating household chores for specific age groups
- Responsibilities
 - ♥ Of the Children – helping around home
 - ♥ Of the Parents – providing a safe home, involvement in outside and school activities
 - ♥ Guest Speaker: Family counselor.

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