



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.

Hear about the Program Learn about the Workshops

Date (insert date)

Time (insert time)

Place (insert location)

For more information contact (insert name and contact information)

Workshop 1: Introduction

Goal: Getting to know you and what programs you want

Discussing your needs, what workshops you might be interest in and planning your program.

Workshop 2: Finances and budgeting

Goal: Spending money wisely

Creating a budget and other financial tools

Workshop 3: Home Basics

Goal: Creating a home in a civilian world

Helping to find a home, furnish a home, decorate home, finance a home and clean the home
Guide to Healthy Food and Shopping

Workshop 4: Resume building

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

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

Workshop 5: Dress for Success

Goal: to get a job

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

Workshop 6: Helping with children

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

Sharing household chores and other responsibilities of both parents and children