

Women's Forum Registration Information (print legibly)

REGISTRATION REQUIRED ~ DEADLINE: July 15, 2009

TARGET (who should attend?): Women, ages 18 and older, striving toward 'middle class' status and economic self-sufficiency.

CONTACT INFORMATION:

Name _____

Mailing Address _____

City, State _____ Zip _____

Email _____

Phone (home) () _____ (mobile) () _____

SPECIAL ACCOMMODATIONS:

Do you need transportation? YES NO

What region of the county do you live? Eastern Western Northern Southern

Do you need a Spanish interpreter? YES NO

Are you vegetarian? YES NO Other special dietary needs? _____

Other accommodations? _____ (please indicate)

REGISTRATION FEE:

Donation of new women's toiletries, benefiting *Passage Home* participants.

BREAKOUT SESSIONS: (Rate your top three choices - 1, 2, 3)

___ **"Healthy Relationships"** - Fostering positive relationships, building effective communication techniques and recognizing signs of a declining bond/relationship.

___ **"Personal Safety"** - Developing a plan of action for those in a relationship that involves domestic violence; exploring the impact of domestic violence on families and learning about available resources in the community.

___ **"The Total Woman"** - Promoting healthy lifestyles and addressing issues related to stress, nutrition, and general women's health.

___ **"Dollars and Cents"** - Learning to manage your finances and ways to save and budget, as well as credit repair.

___ **"Controlling One's Life"** (special session for Spanish speaking women) - Providing tips on how to get control of one's life, calendar, household and family.

___ **"Dressing 4 Success"** - Assessing your wardrobe and applying the "do's" and "don'ts" for workplace attire.

Return registration form to:

Tracy A. Taylor, Child Welfare / Foster Care Unit

220 Swinburne Road, Room 4155

P.O. Box 46833

Raleigh, NC 27620

Phone: 919- 231-5684

Fax: 919-250-1572

Are You Interested?

Wake County Human Services is committed to enhancing the quality of life for women.

After the Forum, are you interested in serving on a women's health collaborative? YES NO

***** NO CHILDCARE PROVIDED *****