CATHARINE S. EBERLY CENTER FOR WOMEN

2016 Spring Calendar

Serving The University of Toledo and surrounding communities.

Monday – Wednesday, 8:30 a.m. – 5:30 p.m.
Thursday & Friday, 8:30 a.m. – 5 p.m.

About the Center
The Catharine S. Eberly Center for Women promotes the advancement of women and men at The University of Toledo and in the community by creating an environment that supports learning, discovery, engagement and enables all to achieve their highest potential.

The Center is an integral component of The University of Toledo under Equity, Diversity and Community Engagement.

About the Programs and Services
The Eberly Center provides programs and services that align with the vision to Educate, Empower and Engage others. Programming is grouped together and offered under the following:

- **Educate** - provides experiential and hands-on learning
- **Empower** - provides personal and professional development
- **Engage** - provides empowering and engaging events

Programming is available to both men and women, unless otherwise noted. All programming is free to UT Students; there is no cost to faculty, staff and community members, unless otherwise stated. Scholarships are available on a limited basis. If there is a fee, payment is expected on or before the first day of classes.

How to Register
Registration is important for all programming offered by the Eberly Center, as space is limited. Please call 419.530.8570 for more information or to register. You will receive a confirmation email upon registration and a courtesy call as your program approaches.

Check-in for all classes and programs in Tucker Hall, Room 0168.

Programs I'm Interested In
Please use this space to make notes on what programs and services you may be interested in!

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Computer Classes
All computer classes are taught by Janis Weber; Owner of Ohio Computer Training & Support.

Computer Basics • Tuesdays, Feb. 16 – March 1 5:30 – 8:30 p.m.
Three weekly sessions. This class is for the true beginner, no computer skills required. Participants will learn how the computer operates as well as how to effectively use the mouse and keyboard. Computer care, data storage, internet searching and document organization will also be covered.
Fee: $45

MS Word • Tuesdays, March 15 – 29 • 5:30 – 8:30 p.m.
Three weekly sessions. Attendees will get an introduction to this software and learn the many useful features that create personal and professional documents. Basic computer skills are required.
Fee: $45

Word Advanced • Mondays, April 4 - 18 • 5:30 – 8:30 p.m.
Three weekly sessions. This course will focus on mail merging, graphics, automation features like macros and auto correct. Attendees will utilize watermarks and newspaper columns in order to customize documents, learn how to track changes in a document and how to create forms. Basic MS Word skills are required.
Fee: $45

MS Excel • Tuesdays, April 5 – 19 • 5:30 – 8:30 p.m.
Three weekly sessions. Participants will learn how to track spending, maintain lists of data and automatically calculate lists of figures. Charts and graphs are also discussed through hands-on practice. Basic computer skills are required.
Fee: $45

Excel Advanced • Tuesdays, April 26 – May 3 • 5:30 – 8:30 p.m.
Two weekly sessions. From charts to advanced functions, attendees will effectively analyze and display data in a whole new way. More elaborate formatting will also be explored. Basic MS Excel skills are required.
Fee: $30

MS Power Point • Wednesdays, April 20 – May 4 • 5:30 – 8:30 p.m.
Three weekly sessions. Learn to create slideshows for personal, school or business application. Participants will find MS Power Point an easy and fun way to enhance presentations, lectures and speeches. Basic computer skills are required.
Fee: $45

Adventure Fridays!
Transportation is provided for all Adventure Fridays!

Glass Sculpting Class at the Toledo Museum of Art
Friday, January 29th • 12:30 - 3:30 p.m.
Join staff of the Toledo Museum of Art as they teach you about glass sculpting, while creating your very own piece! You will work in the famous Hotshop with molten glass and create your own multicolored glass paperweight. Closed-toed shoes and cotton clothing are recommended while working in the Glass Studios. The bus will leave the Eberly Center at 12:30 p.m. and return by 3:30 p.m.
Fee: None.

Hands-On Studio at the Toledo Botanical Gardens: Fairy Houses
Friday, February 26 • 9:30 a.m. – 12:30 p.m.
Use stoneware clay and beginner-friendly techniques to make and decorate a little house suitable for indoor display or an outdoor fairy garden. Finished projects will be dip glazed and kiln fired. Instructed by Kelly Savino. The bus will leave the Eberly Center at 9:30 a.m. and return by 12:30 p.m.
Fee: None.

“Coffee, Tea, Paint with Me” Class at Studio 12Thirteen
Friday, April 8th • 10:30 a.m. – 12:30 p.m.
While enjoying locally roasted coffees and locally blended teas, an artist will guide you step by step through the process of unleashing the artist within you! Create your own masterpiece to take home. All supplies are included for the project, and beverages and light snacks will be provided. The bus will leave the Eberly Center at 10:30 a.m. and return by 12:30 p.m.
Fee: None.
Personal and Professional Development Classes

Women’s Success Series (offered two times this semester)
Mondays, April 4 – May 9 • 9:30 a.m. – 12:00 p.m. or 5:30 – 8 p.m.
Join us for the newly revised addition of our professional development series!

Six-weekly workshops exploring different topics while setting goals, practicing and broadening skills, and identifying tools women can use to meet new levels of success. Women only.
Fee: None.

Topics Include:
• LinkedIn and Social Media Presence
• Business Etiquette Basics
• Strategies for Time Management
• Managing Life Transitions and Life Balance
• Dress for Success: Personal Style for the Workplace
• Financial Planning
• Conflict Management and Coping Skills
• Public Speaking and Networking

This six-week session will end in a completion ceremony and small networking event. Participants who complete the series (missing no more than 1 session) are eligible to participate in our half-day professional branding workshop.

Professional Branding Workshop
Mondays, May 16 • 2 – 6 p.m.

This half-day workshop is available to women who have completed the Women’s Success. Eligible participants will have missed no more than one Women’s Success Series class. Those who are eligible will be notified upon completion of the series. Women only. Fee: None.

This half-day workshop focuses on building and sharpening your professional brand through hands-on activities, including cover letter writing, resume review, and effective use of social media to enhance professional growth. UT staff will be able to answer questions regarding job search techniques and interview tips. The workshop will leave you feeling empowered and ready to take on your next professional adventure!

Self-Defense for Women
Wednesdays • Jan. 27 – Feb. 17 • 5:30 – 8:30 p.m.

Four weekly sessions. Retired UT police officer Jill Goldberg facilitates this hands-on self-defense class specifically designed for women. Attendees will learn to become more aware of their surroundings and techniques of defending themselves against an attacker. Jill is a certified R.A.D. instructor and utilizes this internationally recognized system which includes specialized simulation techniques. Wear comfortable athletic clothing and shoes. Attendees will be required to sign an informed risk waiver as the class begins.
Women Only, Fee: None

Safety Empowerment
Wednesdays • Mar. 16 – Apr. 6 • 5:30 – 8:30 p.m.

Four weekly sessions. Participants will learn how to help themselves and help others in times of an emergency. Each week a new topic will be addressed. Topics include:
• CPR
• First Aide
• Family Disaster Preparedness
• ALICE Training

If you are looking to empower yourself in times of crisis rather than panic, this class is for you! Commitment to this four-week program is required. A fee of $20.00 will be collected at enrollment and returned on the last class to those clients who have completed all four classes. Participants will also receive certificates for each session.
Programs and Services

Yoga – As You Are (Now with two sessions!)
Tuesdays • Jan. 19 – Apr. 26 (no class on Mar. 8)
12:10 – 12:50 p.m.

Wednesdays • Jan. 20 – Apr. 27
(no class on Mar. 9) • 12:10 – 12:50 p.m.
Come as you are (work out attire or work clothes) and experience instructor led yoga that accommodates a busy schedule. This short class focuses on relaxing and strengthening breathing and stretching techniques. Classes are taught by Katie Ingersol, trained and experienced yoga instructor.
katiesopenroad.blogspot.com

Finance Fridays
Jan. 29, Feb. 26, Mar. 18, Apr. 29 • 1:30 – 3:30 p.m.
By appointment only
This one-on-one personal consultation program is designed to provide participants with general information on a variety of financial concerns. These sessions are scheduled in half-hour time blocks and are facilitated by Ameriprise Financial Advisor, Betsy Gournayre, a Chartered Retirement Planning Counselor. Fee: None.

Resume Review Service
By appointment only
Professionals from UT and the community volunteer their time and talent to review and provide feedback on resumes, cover letters, follow up letters and scholarship applications.

Lactation Room
If you are a new parent and want to continue to breastfeed and express milk after returning to school or work, the University can help you meet the combined demands of your campus responsibilities and lactation needs. The University of Toledo is committed to providing a welcoming environment for all our UT students, employees, staff and greater Toledo area community and all are welcome to use the private lactation space within the ECW office suite Tucker Hall 0162.

Return to Learning
Individual appointments are available with UT admissions counselors providing guidance to women considering a college education and wanting to learn more about UT’s admissions process, degree programs and financial aid.

Scholarships for Women
The Eberly Center Advisory Board offers several scholarships for female students at UT. For a complete listing of Eberly Center scholarships along with the qualifications and access to application packets, visit utoledo.edu/centers/eberly/scholarships.html. Interested applicants must have a completed FAFSA for the 2016-2017 academic year. The deadline for all Eberly Center scholarships for the 2016-2017 school year is Monday, March 21, 2016.

Free Tax Preparation (offered two times this semester)
Wednesday • February 24 • 8 a.m. – 8:30 p.m.
Thursday • March 31 • 8 a.m. – 8:30 p.m.
Don’t spend hundreds for tax help! The Free Tax Preparation program at United Way of Greater Toledo provides free tax assistance to individuals and families earning $53,000 or less annually. Last year, United Way assisted nearly 2,900 clients across Lucas, Wood and Ottawa Counties, resulting in a nearly $4 Million economic impact for our region! Appointments will last 45 minutes to an hour, and will be held right here at the Eberly Center. Call 419.530.8570 to make an appointment!
Social Programs and Services

Art Exhibition • Jan 15 – May 6 • Monday – Friday
8:30 a.m. – 5 p.m.
Visit the Eberly Center during regular business hours to view, enjoy and become inspired by the art of select artists from Water for Ishmael. Water for Ishmael is a local faith-based nonprofit working with internationals in the Toledo area to help them “connect, belong and become.” Contributing artists are Samira Fakharan, Cherry Ladwig and Nancy Pickens. To learn more about these great artists and their stories, visit the Eberly Center website.

Artist Reception • Thursday, Apr. 7 • 5:30 – 7:30 p.m.
Stop by the Eberly Center for a reception celebrating the art of our contributing artists. This will be an opportunity to meet the artists, learn more about Water for Ishmael and purchase some original works of art!

Kate’s Closet
Affectionately using Catharine S. Eberly’s nickname, Kate’s Closet provides free business and professional attire to UT students and women participating in Eberly Center programs.

To shop in Kate’s Closet or to donate gently used, professionally dry-cleaned business attire, please call the Eberly Center to schedule an appointment.

Friends of the Eberly Center
Individuals are invited to contribute financial resources to the Eberly Center to provide scholarships for those in need and to support the many programs and services of the Eberly Center. For more information on how to give, contact the Eberly Center at 419.530.8570 or the UT Foundation at 419.530.7730.

Women’s Film, Lecture and Event Series

All events are open to the public and do not require registration, unless otherwise stated.

$Start $mart; Salary Negotiation for Women Workshop
Thursday, February 18 • 5:30 – 7:30 p.m.
Location: Tucker Hall 0152, Eberly Center Conference Room
The $Start $mart workshop is a hands-on guided experience providing women who are approaching the job market with the knowledge and skills needed to negotiate salaries and benefits. Topics explored include benchmarks for salary and benefits, salary negotiation skill-building exercises and developing a personal budget to determine salary needs. Parking is available in area 13. Light refreshments will be served. Space is limited, pre-registration is required.

Lecture: Jes Baker
Thursday, March 24 • 6 p.m.
Location: Doerrmann Theatre, University Hall
“I believe in glorifying all bodies. All of them. Because every single person in the entire world deserves to feel good and love themselves. It’s that simple.”
-Jes Baker

In honor of Women’s History Month, author and self-love enthusiast, Jes Baker, will be on campus to speak about a range of topics from the delightful to uncomfortable. This fiery body advocate and blog superstar will touch on relevant topics, such as the journey to body acceptance for all walks of people and general empowerment. Parking is available in area 13.

Film Viewing: He Named Me Malala
Tuesday, April 19 • 6 – 9 p.m.
Location: Ingman Room, Student Union
He Named Me Malala is a look at the events before and after the Taliban’s attack on Pakistani schoolgirl, Malala Yousafzai. Targeted for speaking out on girls’ education, Malala has addressed the United Nations, accepted a Nobel Peace Prize, and has begun studies at the University of Cambridge, transforming the attempt on her life into a movement demanding education for all girls worldwide. There will be a panel discussion directly following the film. Parking is available in area 13, light refreshments will be served.
8th Annual Celebrity Wait Night
Thursday, Feb, 11, 2016 • 6 – 9 p.m.
6 p.m. Cocktail "Empower" Hour
7 p.m. Dinner

Join us the for the Eberly Center’s largest fundraiser of the year, featuring local celebrity waiters, a silent auction, live entertainment and a few surprises!

Tickets are $60 for individuals or a table of 10 for $500.

Tickets can be purchased in person at the Eberly Center, over the phone at 419.530.8570 or online at utoledo.edu/centers/eberly

Location:
The Pinnacle
1772 Indian Wood Circle
Maumee, OH 43537

Connect with us on social media using the hashtag #ECWWaitNight.

Special Events Endorsed By The Eberly Center For Women

University Women's Commission Annual Spring Awards Luncheon
Thursday, April 7 • 11:30 a.m. – 1 p.m.
Location: Savage Arena, Grogran Room

Join the University Women’s Commission for their Annual Spring Awards Luncheon, as they award scholarships to women, as well as honor outstanding women at UT. This year’s guest speaker will be Dr. Patricia R. Komuniecki, vice provost for graduate affairs and dean of the college of graduate studies. For more information or to register, please contact Kelly Andrews at Kelly.andrews@utoledo.edu. To learn more about the University Women’s Commission, visit utoledo.edu/commissions/uwc.

Summer Classes
The Eberly Center is gearing up to offer a new set of programming for this summer! Are you excited as we are? Be sure to sign up for our mailing list to receive the first glance when our summer programming is released later this spring.
Dear Friends of the Eberly Center,

The year 2015 was full of many exciting changes for the Catharine S. Eberly Center for Women. Based on our clients input and a number of collaborations, we are excited to share the 2016 Spring Calendar with you.

I am also pleased to announce the addition of two new members to staff, Dr. Rosa Githiora and Ms. Anna Brogan-Knight. Along with a new addition from last spring, Ms. Jackie Eisel, the Eberly Center staff is geared up and ready for another great semester of programming.

We appreciate the support that we receive from both the university and the community that allows us to help Educate, Empower and Engage those on campus and in our great Toledo community.

Sincerely,

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For information regarding finances or marketing, please contact the appropriate Equity, Diversity and Community Engagement staff:

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