CATHARINE S. EBERLY CENTER FOR WOMEN

2016 Fall Calendar
Serving The University of Toledo and surrounding communities.

Monday–Friday, 8:30 a.m.–5 p.m.
Our Programs and Services

The Eberly Center provides programs and services that align with our 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 interactive discussion and learning opportunities

**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. If there is a fee, payment is expected on or before the first day of classes. Scholarships are available.

Connect with us

Phone: 419.530.8570
Fax: 419.530.8575
Email: ecwomen@utoledo.edu
Website: utoledo.edu/centers/eberly

@eberlycenter eberlycenterforwomen
@uteberlycenter
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.

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- Eberly Center
Scholarships for Women

The Eberly Center offers several scholarships for women at UT. For a complete list of Eberly Center scholarships, qualifications and access to application packets, visit utoledo.edu/centers/eberly/scholarships.html.

Current scholarship listings are for the 2017-2018 academic year. Applicants must have a completed FAFSA for the 2017-18 academic year. The deadline for all Eberly Center scholarships for the 2017-2018 school year is Monday, March 20, 2017.

Friends of the Eberly Center

Individuals are invited to contribute financial resources to the ECW Center for Women Progress fund 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
Finance Fridays
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 an Ameriprise financial advisor, Betsy Gouvernayre, a Chartered Retirement Planning Counselor.

By appointment only | Call 419.530.8570
Aug. 26, Sept. 30, Oct. 28, Nov. 18, 1:30 – 3:30 p.m.

at 419.530.8570.

Resume Review Service
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.

By appointment only | Call 419.530.8570 to set up a review

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

By appointment only | Call 419.530.8570 for information

Lactation Room
The Eberly Center is committed to helping nursing mothers meet the combined demands of campus responsibilities and lactation needs. All are welcome to use the private lactation space in the Eberly Center.

As needed | Eberly Center, Tucker Hall | 0162
Computer Classes
Come for computer training in one of the only labs running Windows 10! Whether you are a true beginner or are building your workplace skills, our courses will provide up-to-date information. Taught by Janis Weber, owner of Ohio Computer Training & Support.

Microsoft Word
Tuesdays, Oct. 25, Nov. 1, 8 | 5:30 – 8:30 p.m. | Fee: $45
Come for an introduction to MS Word and learn the many useful features to create personal and professional documents. Basic computer skills are required.

Microsoft Word Advanced
Tuesdays, Nov. 15, 22, 29 | 5:30 – 8:30 p.m. | Fee: $45
This course focuses on mail merging, graphics, and automation features such as macros and auto correct. Utilize watermarks and newspaper columns, to customize documents, track changes in a document, and create forms. Basic MS Word skills required.

Microsoft Excel
Wednesdays, Oct. 19, 26, Nov. 2 | 5:30 – 8:30 p.m. | Fee: $45
Learn MS Excel by creating a budget. Build experience tracking spending, maintaining lists of data and automatically calculating lists of figures. Charts and graphs are also discussed through hands-on practice. Basic computer skills are required.

Microsoft Excel Advanced
Wednesdays, Nov. 9, 16, 30 | 5:30 – 8:30 p.m. | Fee: $45
From charts to advanced functions, participants will effectively analyze and display data in a whole new way. Elaborated formatting will also be explored. Basic MS Excel skills are required.

Apple to Apples? A Look at iPads and iPhones
Wednesdays, Nov. 30, Dec. 7 | 5:30 – 8:30 p.m. | Fee: $30
Bring your iPhone or iPad for this course designed to make a savvy user of anyone!
Women’s Success Series
Mondays, Sept. 26 - Nov. 7 | 5:30 – 8 p.m. | Fee: None
Women only. | No class on Oct. 31, Halloween

Join us for six weekly workshops covering topics to help you be your most successful you! Participants will explore goal setting, practicing and broadening skills, and identifying tools to meet new levels of success.

Topics include, but are not limited to:

- 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
- Professional Branding and Job Search Skills

Special Session: Women’s Professional Branding Workshop
Monday, Nov. 14 | 5:30 - 8 p.m. | Fee: None

This workshop is available to women who have completed the Women’s Success Series.

This workshop focuses on building and sharpening participants’ professional brand through hands-on activities, including cover letter writing and resume review. UT staff will be available to answer questions regarding job search techniques and interview tips. After the completion of this workshop, attendees will be empowered and ready to take on their next professional adventures!
Yoga - As You Are

Tuesdays, Aug. 30- Dec. 6 | Eberly Center | 12:10 – 12:50 p.m.

Come as you are (work or workout attire) for instructor-led yoga that accommodates a busy schedule. This short class focuses on relaxation, strengthening breathing and stretching techniques. This class is for everybody and every body.

Learn more about our leader, Kate Ingersol, trained instructor and yoga practitioner of 29 years, by visiting katiesopenroad.blogspot.com

Self-Defense for Women

Tuesdays, Nov. 1-22 | Eberly Center
5:30 – 8:30 p.m. | Women Only

Facilitated by retired UT Police officer and certified R.A.D. instructor Jill Goldberg, R.A.D. is an internationally-recognized, hands-on self-defense class designed for women, utilizing specialized simulation techniques. Participants practice techniques to defend against an attacker.

Wear comfortable athletic clothing and shoes. Participants are required to sign an informed risk waiver.

Safety Empowerment

Wednesdays, Sept. 28, Oct. 5, 12, 19 | Eberly Center
5:30 – 8:30 p.m. | Fee: $20

Learn how to help yourself and others in times of an emergency! By the end of this four-week series you will have:

- CPR certification
- First Aid certification
- Family Disaster Preparedness
- ALICE Training

Commitment to this four week program is required. A fee of $20 will be collected at enrollment and returned at the last class to participants who complete all four classes. Participants will also receive certificates for each session.
Women’s Film, Lecture and Event Series

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

Love Your Body Day

Oct. 19 | Student Union tables | 11 a.m. - 2 p.m.

Every day, the beauty industry and media tell women and girls that being admired, envied, and desired based on their looks is a primary function of true womanhood. The Love Your Body campaign challenges this message.

Drop by the Student Union for some body-positive activities and information about how you can help change the way we all see and look at ourselves and one another!

#LoveYourBodyDay

Women Writing:
Finding Our Voices, Sharing Our Stories

Wednesday, Oct. 26 | Ingman Room, Student Union | 6 - 8 p.m.

This panel of writers from UT and the community will provide insight to the writing and publishing process, motivation and the cultural importance of sharing stories.

Violence Against Women:
What We Need to Know

Thursday, Nov. 17 | Driscoll Auditorium | 6 - 8 p.m.

Join legal experts from across the University and Northwest Ohio for a conversation about policies, resources and what we can do to end violence against women.

Special Film Screenings

Keep an eye on social media for special film screenings this semester!
Kate’s Closet
By appointment only
Call 419.530.8570
to set up an appointment!

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 for an appointment.

AAUW $tart $mart:
Salary Negotiation for Women
By appointment only

Women in the United States are paid on average just 66 percent of what men are paid. Through AAUW $tart $mart we are fighting to close the pay gap, one workshop at a time.

The $tart $mart workshop is a hands-on, guided experience providing women approaching the job market with the knowledge and skills to negotiate salaries and benefits. Topics include benchmarks for salary and benefits, salary negotiation skill-building and developing a personal budget to determine salary needs.

Call 419.530.8570 today to schedule a workshop for your organization.
NaNoWriMo Group
Write Kick Off!
Tuesday, Nov. 1 | The Eberly Center
5-8 p.m.
National Novel Writing Month (NaNoWriMo) is a fun approach to creative writing. On Nov. 1, participants begin working toward the goal of writing a 50,000-word novel by 11:59 p.m. Nov. 30. Valuing enthusiasm, determination, and a deadline, NaNoWriMo is for anyone who has thought about writing a novel.

Sign up for NaNoWriMo and work on your stories with others at the Eberly Center. Participants will sign in at the Eberly Center and log their word counts on the NaNoWriMo website. Each time you sign in or send an update on your progress you are entered to win fun Eberly Center prizes.

Check out nanowrimo.org for more information.

Ballroom Dancing
Tuesdays, Sept. 6, 13, 20, 27 | Eberly Center | 6-7 p.m.
Fee: $25
Whether you want to learn to dance, meet new people, acquire a new skill or just have fun, this is for you! This session will focus on the Rumba. No experience or partner needed. Classes taught by Sariah Shutts.

Swimming with the Josh Project
Thursday, Sept. 29 | UT Student Recreation Center | 6-9 p.m.
Join the Eberly Center and The Josh Project for an evening of water safety and basic swim instruction that will help keep you and your family safer from accidental drowning! Includes general instruction and supervised practice in the water. Designed for adults with little to no swimming skills.

Call 419.530.8570 to register
Adventure Fridays!
Join us as we explore Northwest Ohio, stepping out of our comfort zones and seeing familiar sites through a new lens!
Space is limited and pre-registration is required. Call 419.530.8570 to register.

Rocket to the Zoo!
Friday, Sept. 9 | 9:30 a.m. – 3 p.m. | Fee: None
The bus leaves the Eberly Center at 9:30 a.m. and returns by 3 p.m. Have you been to the Toledo Zoo lately? Come with us as we explore the renovated aquarium, peek at polar bear baby Hope, feed the giraffes and more.

Tea at the Manor House, Wildwood Metropark
Friday, Oct. 7 | 11:30 a.m. – 3:30 p.m. | Fee: None
The bus leaves the Eberly Center at 11:30 a.m. and returns by 2:30 p.m. Socialize and relax in the Manor House while taking in the decorations and enjoying hot and iced tea, lemonade, sandwiches and desserts, all prepared by Metroparks volunteers.

Welloween
Friday, Oct. 28 | 11:30 a.m. – 1:30 p.m. | Fee: None
Meet at the Student Recreation Center! No bus!
Hosted by UT’s Student Recreation Center, Welloween is a long-standing tradition of trick-or-treating at the hands-on booths featuring wellness, fitness and health screenings!

Lathrop House Tour
Friday, Nov. 4 | 9:30 a.m. – 12:30 p.m. | Fee: None
The bus leaves the Eberly Center at 9:30 a.m. and returns by 12:30 p.m. Join us as we get to know Northwest Ohio’s most famous stop on the Underground Railroad, right next door in Sylvania.
Lunch with a Purpose

Dates and Times TBA | Eberly Center

The Catharine S. Eberly Center for Women is excited to present its new series, Lunch With a Purpose. This series allows individuals to present their outstanding research to colleagues and community members, while fostering interdisciplinary discussions. This series is held in the Eberly Center conference room, and guests are encouraged to bring their lunches to eat during the presentations.

If you are interested in presenting your research at Lunch With a Purpose, please call 419.530.8570 for information.

WOW Foundation Partnership

Watch us on social media for announcements about our partnership with the WOW Foundation.

facebook.com/thewowfoundation
The 13th Annual International Human Trafficking and Social Justice Conference

Sept. 22-23 | 8:30 a.m. – 5 p.m.
UT Student Union

The Human Trafficking and Social Justice Institute at The University of Toledo welcomes more than 60 presenters from across the country and around the world. This important conference brings together researchers, practitioners, and individuals with lived experience. Come and contribute to future collaborative research, advocacy, and program development to combat human trafficking and other injustices.

Registration is free for UT faculty, staff, and students. Visit the website traffickingconference.com for more details or call 419.530.5592.

An Evening of Chance

0ct. 13, 2016

This Monte Carlo themed fundraiser for UT’s Minority Business Development Center celebrates, honors and promotes minority business enterprises in Northwest Ohio.

For tickets or more information about the Minority Business Development Center, call 419.530.3170 or visit: utoledo.edu/incubator/mbdc
Eberly Center Open House
Thursday, Aug. 25 | The Eberly Center | 2-6 p.m.
Stop in to the Eberly Center and take a tour, meet the staff and learn all about our programs and services. Light refreshments will be served.

Poetry Exhibit
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 poetry of University of Toledo students and community members in our gallery space.

Poetry Reception
Thursday, Nov. 3 | 4 – 6 p.m.
Stop by the Eberly Center for a reception celebrating the poetry of our contributing artists. This will be an opportunity to meet the poets, enjoy a reading of their work and celebrate women poets of The University of Toledo and surrounding community.

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