**FALL 2017 Programming Schedule**

**Coffee with a Commissioner**

Join us for a monthly conversation that allows you to learn more about our work and gives commissioners an opportunity to hear from you!  Join Commissioners on the second Thursday of each month from 5:30 - 6:30pm at Panera Bread 219 E Middle Ln, Rockville, MD 20850. (Conversation is free, items from Panera are your cost)

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**Comeback Careers: Re-Entering the Workforce**

Are you looking to re-enter the workforce after an extended time off, but don't know where to start? Seminars take place in the Rockville Library. **FREE**

* Tips & Tricks for Crafting the Perfect Resume - September 12th
* Networking Tips & Elevator Pitches - September 19th
* Interview Best Practices & Dressing for the Workforce - September 26th
* Wage Negotiation - October 3rd
* Panel Discussion - Women in Nontraditional Careers - October 14th

[SIGN UP HERE](http://host.evanced.info/montgomerycountymd/evanced/eventsignup.asp?ID=125734&rts=&disptype=&ret=eventcalendar.asp&pointer=&returnToSearch=&num=0&ad=&dt=mo&mo=9/1/2017&kw=series+for+women&df=list&EventType=ALL&Lib=ALL&AgeGroup=ALL&LangType=0&WindowMode=&noheader=&lad=&pub=1&nopub=&page=1&pgdisp=25)

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**Fall into Financial Freedom**

We've partnered with the Montgomery County Public Libraries to offer a series of financial seminars to help walk you through the ins and outs of budgeting, financial planning and risk management. The seminars will be led by Jamie Lapin, owner of Risk Management Group, LLC.  Seminars take place in the Rockville Library. **FREE**

* Divorce and Money - September 27th
* Financial Planning 101 - October 11th
* Envisioning Your Financial Future - October 18th
* Planning For Your Retirement - October 25th

[SIGN UP HERE](http://host.evanced.info/montgomerycountymd/evanced/eventsignup.asp?ID=125730&rts=&disptype=&ret=eventcalendar.asp&pointer=&returnToSearch=&num=0&ad=&dt=mo&mo=9/1/2017&kw=series+for+women&df=list&EventType=ALL&Lib=ALL&AgeGroup=ALL&LangType=0&WindowMode=&noheader=&lad=&pub=1&nopub=&page=1&pgdisp=25)

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**Family Law Seminars**

Along with the Family Law Section and the Montgomery County Bar Association, we are proud to continue our Family Law series.  Please join us as local attorneys walk through the "ins" and "outs" of going through a separation and divorce in Maryland. All classes are from 7:00 - 8:30pm. **Cost: $5.00**

**Separation and Divorce: What Do I Need To Know?**

September 11th, Rockville Library

October 23rd, Twinbrook Library / 23 de octubre de 2017, Twinbrook biblioteca, \*El seminario se ofrecerá en español

**Financial Management in the Divorce and Separation Process**

November 13th, Rockville Library

**The Nitty Gritty About Child Custody**

October 9th, Regional Services Center-Upcounty

[SIGN UP HERE](https://www.eventbrite.com/e/separation-and-divorce-what-do-i-need-to-know-tickets-36684526406)

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**Introduction to Self-Defense Class**

This 2-hour self-defense class will teach participants basic techniques that may reduce risk of exposure to violence. The class also teaches participants introductory physical aspects of self-defense. This workshop is sponsored by the Montgomery County Commission for Women and led by Holly and Anthony Solano, certified R.A.D. (Rape Aggression Defense system) self-defense instructors. **Cost: $10**

* September 21st, 7:30pm-9:30pm, Rockville Library, Second Floor Meeting Room
* November 7th, 7:30pm-9:30pm, Rockville Library, Second Floor Meeting Room

[INTRODUCTION TO SELF DEFENSE SIGN UP](https://www.eventbrite.com/e/introduction-to-womens-self-defense-tickets-36553975926)

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**Six Week Self-Defense Class**

The R.A.D.\* for Women Basic Self-Defense course is a 12-hour course for women that begins with risk awareness and reduction strategies, progresses to the basics of realistic hands-on self-defense skills that are practical for women of all body types and fitness levels, and culminates in an optional simulation where students may suit up in protective body gear and practice their new skills in a safe training environment. R.A.D. is not a martial arts program. Our courses are taught by certified R.A.D. instructors, and include a comprehensive reference manual and a LIFETIME free return and practice policy for all students who finish the course. Teens age 13-18 may attend with an attending female adult. Athletic footwear and comfortable clothing required.

\*Rape Aggression Defense (R.A.D.) Systems is the largest self-defense program for women in the United States, with over 8,000 instructors certified in the US and Canada. R.A.D. for Women Women’s Basic Self-Defense course meets or exceeds all the National Coalition Against Sexual Assault (NCASA) guidelines for choosing a self-defense program. It is the only self-defense program ever to be endorsed by the International Association of Campus Law Enforcement Administrators (IACLEA).

This workshop is sponsored by the Montgomery County Commission for Women and led by Holly and Anthony Solano, certified R.A.D. (Rape Aggression Defense system) self-defense instructors.

**Please note: This is a 6 part self-defense class. Classes MAY be canceled if attendance minimum is not reached. If a class is canceled, participants will be notified via e-mail.**

**Participants must participate in 6 of the following class dates:**

October 5th, Rockville Library, 7:30 - 9:30pm, Second Floor Meeting Room

October 12th, Rockville Library, 7:30 - 9:30pm, Second Floor Meeting Room

October 19th, Rockville Library, 7:30 - 9:30pm, Second Floor Meeting Room

November 9th, Rockville Library, 7:30 - 9:30pm, Second Floor Meeting Room

November 14th, Rockville Library, 7:30 - 9:30pm, Second Floor Meeting Room

November 30th, Rockville Library, 7:30 - 9:30pm, Second Floor Meeting Room

December 7th, Rockville Library, 7:30 - 9:30pm, Second Floor Meeting Room \*MAKE UP DATE\*

[SIX WEEK CLASS SIGN UP](https://www.eventbrite.com/e/womens-self-defense-rad-class-6-week-series-tickets-36656652033)