

# FOR WOMEN ONLY, INC

THE OFFICIAL NEWSLETTER OF FOR WOMEN ONLY, INC



"Your Past is not Your Future"



## SECOND CHANCE CAREER & RESOURCE FAIR for MILITARY VETERANS AND ALL JOB SEEKERS

Presented by  
STATE EMPLOYMENT DEVELOPMENT DEPARTMENT  
AND THE CITY OF INGLEWOOD

THURSDAY, APRIL 28<sup>th</sup> - 10 A.M. to 2 P.M.  
LOCATION  
ONE MANCHESTER BLVD. - CITY HALL COMMUNITY ROOM  
INGLEWOOD, CA 90301

A collaboration of the California Employment Development Department, Los Angeles Opportunities Industrialization Center, Friends Outside, County of Los Angeles, Weingart Center, Volunteers of America, City of Inglewood, AND MANY MORE.....

Company/Organization Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
Contact Name: \_\_\_\_\_ Telephone Number: \_\_\_\_\_  
E-mail Address: \_\_\_\_\_ Fax Number: \_\_\_\_\_

### BOOTH RESERVATION:

I would like to reserve \_\_\_\_\_ booth(s) and (1) folding chair(s)

FAX APPLICATION TO:  
310 680-4045  
Attention: Brian Witten  
Employment Development Department  
E-Mail to: Brian.Witten@edd.ca.gov  
For more information call (310) 680-3800



EDD, an equal opportunity employer/program, is a partner in this event. Auxiliary aids and services are available upon request to individuals with disabilities. Requests for services, aids, and/or alternate formats need to be made prior to the event by calling 310-680-3814 (voice). TTY users, please call the California Relay Service at 711.

SPRING Issue

Mar/Apr/May 2011

[FORWOMENONLYINCLA.ORG](http://FORWOMENONLYINCLA.ORG)

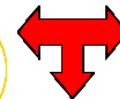
## Employment Opportunities

### SAVE THE DATE COMMUNITY RESOURCE FAIR



REPRESENTATIVES FROM VARIOUS COUNTY AGENCIES WILL  
BE PRESENT!

HEALTH SERVICES:  
MOBILE HEALTH VAN,  
COUNSELING AGENCIES &  
MORE



OTHER SERVICES:  
DPSS Representatives  
GROW/GAIN  
GENERAL RELIEF

EDUCATION SERVICES:  
G.E.D PROGRAMS,  
LIFE SKILLS & MORE

WHERE: FIRESTONE PROBATION DEPARTMENT  
8526 S. GRAPE STREET  
LOS ANGELES, CA 90001

WHEN: SATURDAY, APRIL 30, 2011  
10AM-2PM

FOOD, PRIZES AND MORE

## Inside this issue:

Is Your Family Struggling?

2

Employment Tips

2

Resume Tips

3

The Appeals' Corner

3

Free Tuition

4

Recipe—Chicken Fijitas

4

## Is Your Family Struggling?

### IS YOUR FAMILY STRUGGLING IN THESE TOUGH TIMES?

Is your family struggling with job loss, marital problems, blended family stress, depression or any other issues that you need help with?

Is life at home filled with stress, anger and anxiety?

Does your family need help but you aren't sure where to turn?

Licensed Family Therapist, Tara Fields, PH.D. can help...

World-renowned family therapist, Tara Fields, Ph.D. has made a difference on "Hoarders" and "Intervention" but now YOUR FAMILY can have the chance to work one-on-one with her! On this compelling one-hour series, she'll work with families to uncover what their real issues are and then help them to overcome them and repair relationships. This is not a live studio audience show, it will be filmed in the privacy of the family's home.

If you - or someone you know - are in need of help and live in Southern California, contact us today! **Families who appear on the show will receive free family therapy after the filming and a \$2,000 financial honorarium as a thank-you for their time commitment.**

We look forward to hearing from you!

Danielle Gervais  
Sr. Casting Producer  
212-377-4543

[IshTVcasting.Danielle@gmail.com](mailto:IshTVcasting.Danielle@gmail.com)

*\*Please be sure to include a description of your family and the issues you're dealing with, along with a recent photo. Couples must have children over the age of 10 and be open to discuss and work through their challenges on camera.*

**\*WHEN CONTACTING THE PRODUCER, PLEASE MENTION TROY BOY INTERNATIONAL\***

For Women Only, Inc.  
532 W 55th St  
Los Angeles, CA 90037-4006

(mailing address Only)

323.250.3537

Comments:

info@

forwomenonlyincla.org

## EMPLOYMENT TIPS

*Passport to Life- a project of FOR WOMEN ONLY, Inc., a California public nonprofit organization that serves females-only age 18-24 who are no longer a dependent of the state's child welfare and/or probation system.*

*Our mission is to provide fundamental support and encouragement for the successful transition to adulthood and financial sustainability.*

### Employment Application

Warning signs that might stop an employer from considering a job candidate -

- ◆ Incomplete or skipped answers on a job application
- ◆ Unexplained gaps in employment
- ◆ Reluctance to allow past employers to be contacted
- ◆ Discrepancies between job titles or dates on application and resume
- ◆ Interview answers that differ from information given on application
- ◆ Failure to sign application or release of information

### Know Your Skills

- Ability to serve customers in friendly and respectful manner
- Able to accept change and easily stop, start or switch duties
- Comfortable working with people of diverse backgrounds
- Listening, understanding and following instructions
- Speaking clearly to coworkers and customers
- Taking criticism or being corrected by supervisors or coworkers
- Taking responsibility for decisions and actions

We're on the web:  
ForWomenOnlyIncLa.org

**Your Charitable Donation is Tax-Deductible  
Please check with your legal advisor**

For Women Only exist because of the caring and generosity from the community, individuals, grants, and businesses. **100 percent** of all gifts received are used to support our job readiness, information, education and resource activities.



Food4Less and Ralphs Community Rewards Program gives FWOInc a rebate each time you shop—ASK ME HOW by calling 3232503537.

If you have a vehicle you longer want or have not the time to sell, let the Vehicle Donation Program take your worries away. FWO will get a benefit and you will get the tax-deduction. Please call 3232503537 for more information.



**GOT EMPTY CARTRIDGES???**

Let us take them off your hands...3232503537



Want to donate—fast and easy

Visit [www.forwomenonlyincla.org](http://www.forwomenonlyincla.org) and click "Your Support" link.

**How to Answer Five Tricky Interview Questions**

**INTERVIEW TIPS**

1. "Tell me about yourself"
  - ◆ **DO:** Talk about the ways that what you know and what you can do are perfectly suited to this job.
  - ◆ **DON'T:** Tell the interviewer your life story.
2. "Tell me something bad you've heard about our company."
  - ◆ **DO:** You wouldn't apply for a job at a company you disapproved of, would you? So you should be able to honestly answer that you have not heard anything negative about this place.
  - ◆ **DON'T:** Repeat gossip you might have heard.
3. "Why should I hire you?"
  - ◆ **DO:** Impress your interview with how much you know about the company's requirements and then describe how you are the best person to meet those requirements.
  - ◆ **DON'T:** Get tripped up by a lack of prior research.
4. "Where do you see yourself in five years?"
  - ◆ **DO:** Talk about how your specific abilities, training and experience will enable you to smoothly integrate with this company.
  - ◆ **DON'T:** Say that you have no idea.
5. "Can you work under pressure?"
  - ◆ **DO:** Say that of course you can, and then relate a brief story about a time you did.
  - ◆ **DON'T:** Just say, "Yes I can." Provide a specific example.

**Cat and Mouse**

A cat and mouse died on the same day and went up to Heaven. At the top they met God and he asked them 'How do you like it so far?' The mouse replied 'It's great, but can I get a pair of roller skates?' God said 'Sure', and he gave him a pair of roller skates. The next day God saw the cat and asked him 'How do you like it up here so far?' and the cat replied 'Great, I didn't know you had meals on wheels up here!'

*Christian-jokes.net*

**For Women Only's**  
Passport to Life  
**a safe, loving, and  
nurturing  
environment for  
young women in  
transition**



## Harvard University Announcement No tuition and no student loans

Harvard University announced over the weekend that from now on undergraduate students from low-income families will pay no tuition. In making the announcement, Harvard's president Lawrence H. Summers said, "When only ten percent of the students in elite higher education come from families in the lower half of the income distribution, we are not doing enough. We are not doing enough in bringing elite higher education to the lower half of the income distribution."

If you know of a family earning less than \$60,000 a year with an honor student graduating from high school soon, Harvard University wants to pay the tuition. The prestigious university recently announced that from now on undergraduate students from low-income families can go to Harvard for free... no tuition and no student loans!

To find out more about Harvard offering free tuition for families making less than \$60,000 a year, visit Harvard's financial aid website at [www.fao.fas.harvard.edu/](http://www.fao.fas.harvard.edu/) or call the school's financial aid office at (617) 495-1581.

### Quick and Easy

#### CHICKEN FIJITAS

- Brown onion (little oil)
- Add sliced peppers (red or green or yellow)
- Slice chicken in strips
- Add to brown onions and peppers
- Add little oil

#### SPICES

- Roast garlic powder
- Chili powder
- Onion powder
- Cumin
- Steak powder

**PREHEAT SKILLET IN OVEN AT 350 degrees**

Warm/brown flour tortilla



### The Knots Prayer

Dear God:  
Please untie the knots  
that are in my mind,  
my heart and my life.  
Remove the have nots,  
the can nots and the do nots  
that I have in my mind.

Erase the will nots,  
may nots,  
might nots that may find  
a home in my heart.

Release me from the could nots,  
would nots and  
should nots that obstruct my life.

And most of all,  
Dear God,  
I ask that you remove from my mind,  
my heart and my life all of the 'am nots'  
that I have allowed to hold me back,  
especially the thought  
that I am not good enough.  
Amen

Author Known To God