

North Port Sun Archives

THIS STORY HAS BEEN FORMATTED FOR EASY PRINTING

The article you requested is displayed below.

Program helps widows take charge of their lives Women's Resource Center offers help for life's stages

Author(s): Staff Report **Date:** July 9, 2007 **Section:**
VENICE -- For Colleen Phillips, becoming a **widow** at an early age was a life-changing experience.

Now 43 and living in Bradenton with her 6-year-old son, she is sharing what she has learned with other women who also find themselves facing widowhood.

Through the Women's Resource Center of Sarasota, Phillips will present "Honoring the Past, Welcoming the Future." The program will address the social and emotional impact of widowhood.

Phillips is the president of Phillips Coaching, which seeks to help people connect in personal leadership roles and to ignite and inspire the people around them.

"The idea is that the women come together and spend time connecting with a little exercise called 'The Wheel of Life' where each woman looks at the component of their life, and it helps them to figure out where they are," said Phillips.

According to Phillips, the women participating often feel that they are stuck in one place. The seminar opens them up to the idea of women's choices and their new perspective on their lives.

"That's where we start to see women taking baby steps toward a new and different understanding about themselves and their future," said Phillips.

The program will be held 9:30 a.m.-1:30 p.m. on July 19 at The Women's Resource Center, 340 S. Tuttle Ave., Sarasota, and again 9:30 a.m.-1:30 p.m. on July 25 at The Women's Resource Center, 806

Pinebrook Road in Venice. The seminar costs \$25 and includes continental breakfast and lunch.

For more information and to register for either session, call the Women's Resource Center at 941-485-9724.

Technical problems: If you have a technical problem with your account please e-mail newslibrary@newsbank.com.

Copyright (c) 2007, North Port Sun