



Late August Updates 2023

**Saturday August 26th 10 am - 4 pm**

**North NJ Women Veterans Stand Down/Resource Fair**

**10 am - 4 pm, American Legion Post 170, 33 W. Passaic Street, Rochelle Park:**

Help us spread the word about this one-stop-shopping resource event for female veterans offering assistance for medical and mental health, benefits, claims processing, housing, employment, clothing, lunch, refreshments and even a brief yoga session! Operation **Sisterhood** is proud to partner with NJSOSVETS Women's Committee and other community partners to make this event happen.

**Saturday, September 9th: Noon - 2 pm**

**Virtual Peer Support Group Meeting**

Talk with other female veterans and share challenges, triumphs, strategies, and resources. **Click here to join the conversation on Zoom.** Questions? Contact Program Manager Liz Meyers [Emeyers@cfp-mnh.org](mailto:Emeyers@cfp-mnh.org) or text her @ 973-570-9484.

**Wednesday September 13th INTEL HOUR**

**@ 6:30 pm: "Taking control of your finances to take control of your life."**

Female veteran Ana Gaston, owner of Financial Wisdom Solutions with Ana G, will talk with participants about the 4 Essential Steps to Take to Manage Your Finances. A question Ana asks, "What's stopping you from reaching your goals and bringing your big dreams to life?" Her answer, "It might be your relationship with money." **Click here to join this empowering and fact filled conversation!** The presentation will be followed by Q & A - your time to ask the expert!



**Saturday September 23rd Equestrian Therapy & Support Group Event Noon - 2pm:**

In-Person @ Centenary University Equestrian Center, 40 Califon Road, Long Valley NJ. Need a change of scenery and time bonding with a beautiful creature who gets you? Up-close time with horses is very soothing! Come Join Us! Space is limited and paperwork is required. If interested, reach out to Program Manager Liz Meyers [Emeyers@cfp-mnh.org](mailto:Emeyers@cfp-mnh.org) or text her @ 973-570-9484.

## IN CASE YOU MISSED IT

**WHAT EVERYONE NEEDS TO KNOW ABOUT INTIMATE PARTNER VIOLENCE!**

Our July 12th virtual **INTEL HOUR** featured Intimate Partner Violence Assistance Program Coordinator Kaydeen Bishop, LCSW, who discussed the complexities of Intimate Partner Violence. Bishop encouraged women to speak up for themselves or others and to connect with available resources for support and guidance. Help is available. Bishop shared her direct business phone number and welcomes inquiries @ 973-666-0543.

**Click here to view the informative video of her presentation.** Consider sharing it on your social media platforms or with anyone who might benefit from this important - and life changing - information. **Click here for a copy of the fact-filled presentation slides.**



**OS Salutes Woman's Club of Morristown!**

Sending a shout out to our friends at the Woman's Club of Morristown for recently hosting Operation **Sisterhood** to a wonderful morning of shopping in their amazing rummage shop. OS participants walked away with needed housewares, furnishings and full hearts!

**Questions? Want to Sign Up for a Program? Contact OS Program Manager Liz Meyers: [emeyers@cfp-mnh.org](mailto:emeyers@cfp-mnh.org) / 973-570-9484**

**Operation Sisterhood salutes our sponsors!**



cornerstone family programs  
& morristown neighborhood house  
Better Lives, Stronger Communities



MERCK  
Be well

