

FRESH START WOMEN'S FOUNDATION

Catalog

DECEMBER 2020



WEBINARS


Attending workshops has never been easier virtually through Zoom Webinars

RESOURCES

Accessing information to meet immediate needs with helpful staff

SUPPORT

Ongoing support for personal and professional growth and goals



**take what
you need**

love

hope

passion

courage

happiness

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MEET THE STAFF



KELSEY EVANS
Education Program Manager

*"I don't think of all the misery, but of all the beauty that still exists."
- Anne Frank*

This year has brought many ups and downs for each of us. Many of us have experienced feelings of anxiety, stress, and even hopelessness as we have seen our sense of normalcy shift again and again. These challenges have driven many of us towards new opportunities like establishing new routines, seeking pleasures in small joys, acquiring new skills, and opening our minds to new possibilities.

This season has brought us a renewed sense of spirit and growth in our resiliency. On the horizon we see hope rising like the dawn of beautiful new day, similar to a sunrise radiating brightly in our vast Arizona sky. With hope on the horizon we must ready ourselves to continue to rise to new challenges that will most certainly come. Luckily, Fresh Start Women's Foundation provides all of us a place to meet those challenges head on!

Throughout this challenging year Fresh Start has stood steadfast in offering each of the same programs and services that we have always offered. As the Education Program Manager I was lucky to play a part in the initial launch of transitioning our offerings to a virtual format. I can honestly say that we did not possess the knowledge or skillset to deliver right away and it took an exploration of learning and development of new skills in order to achieve our goals. In a true test of resiliency we dove headfirst into the unknown waters of virtual services with Fresh Start's mission and vision at the forefront of our minds. Our mission of serving all women with the support, resources, and education needed to strengthen lives has proudly been maintained through the bravery that each of us on the Fresh Start staff committed to during this time.

It takes bravery, courage and resilience to overcome any obstacle. We know that each of us has been tested this year in new and challenging ways. We also know that with these challenges come opportunities to continue to harness our bravery, courage and resilience. For that is the beauty in challenge - opportunity. When I look back on the year we've had and ahead to the dawn of hope I am filled with joy knowing that Fresh Start will be there, as we always have, to provide each of you with support, resources, and education to strengthen your life.

Featured Programs

FIRST STEPS

First Steps is designed to help you identify and prioritize your needs. In this orientation workshop you will receive information about programs, services, and resources to help you create your action plan for first steps at Fresh Start.

Fridays	12/04-12/18	12 p.m. - 1 p.m.
Mondays	12/07-12/21	5:45 p.m. - 6:45 p.m.
Sat.	12/19	10 a.m. - 11 a.m.

JUMP START

Jump Start is a program that assists women with building a new social support network with other women while concentrating on self-reflection, personal and professional development skills, and moving forward with new goals. This month, Jump Start will be offered during the day, Monday through Thursday. First Steps required.

Mon.-Thurs.	12/07-12/10	10 a.m. - 3 p.m.
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KICK START INFO SESSION

Interested in getting to the Thrive Level with us? Kick Start is a great, self-paced way to get there! Join us for an upcoming info session where you will learn how to personalize your own program of study using the Fresh Start catalog, and how Fresh Start staff will support you along your journey.

Weds.	12/16	2 p.m. - 3 p.m.
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MENTEE INFO SESSION

The Fresh Start Mentoring Program matches clients with local, female volunteers who provide support, insight, and guidance as mentees work on goals in either the six-month Peer Mentoring or the 12-month One-on-One Mentoring option. Attend to learn more & apply.

Tues.	12/01	5:45 p.m. - 6:45 p.m.
Fri.	12/18	9:30 a.m. - 10:30 a.m.

UPWARD MOBILITY INFO SESSION

Upward Mobility is an intensive program designed to aid you in career readiness and advancement. The program will link you to training, growth opportunities, and provide you with the tools needed to enable you to move into a self-sustaining, upwardly mobile career track.

Thurs.	12/03	9:30 a.m. - 10:30 a.m.
Tues.	12/15	5:45 p.m. - 6:45 p.m.

Featured Programs are an excellent way to get started with Fresh Start!

Client registration is required before attending webinars, support groups and certain events.

Registration can be completed on the Fresh Start website under the Our Services tab.

For assistance please contact Client Services at 602-252-8494.

Career & Education

ARIZONA CAREER READINESS

CREDENTIAL (ACRC) INFO SESSION

The ACRC is a credential that shows employers that you possess the soft skills and knowledge for the job. This credential is being introduced to employers and job seekers across Arizona and will add value to your job search. Attend an info session to learn more and gain access to the online practice portal.

Tues.	12/01	5:45 p.m. - 6:45 p.m.
Weds.	12/09	9:30 a.m. - 10:30 a.m.

ARIZONA CAREER READINESS

CREDENTIAL (ACRC) OFFICIAL

PROCTORING SESSION

Pre-requisite: ACRC Info Session. This allows you to take the official proctored exam for all or some sections of the credential depending on your preference.

Weds.	12/16	9:30 a.m. - 1 p.m.
Sat.	12/19	9:30 a.m. - 1 p.m.

BRIGHTON COLLEGE INFO SESSION

Join us to learn about the various certificate programs offered through Fresh Start's partnership with Brighton College. Current Upward Mobility clients who meet eligibility requirements will be eligible for scholarship assistance.

Tues.	12/01	9:30 a.m. - 10:30 a.m.
Sat.	12/12	9:30 a.m. - 10:30 a.m.



COMMUNICATING EFFECTIVELY IN THE WORKPLACE

This webinar will teach you skills to have better communication in the workplace and will aid you in preparing to test for the Arizona Career Readiness Credential (ACRC).

Weds.	12/16	5:45 p.m. - 6:45 p.m.
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CONVEYING PROFESSIONALISM

This webinar will help you obtain critical skills for professional settings and will aid you in preparing to test for the Arizona Career Readiness Credential (ACRC).

Weds.	12/02	5:45 p.m. - 6:45 p.m.
Mon.	12/21	2 p.m. - 3 p.m.

DREAMBUILDER INFO SESSION

Are you interested in starting your own business but you don't know where to begin? Join us for an introduction to this unique online business skills training and certification course available for FREE!

Tues.	12/22	12 p.m. - 1 p.m.
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No matter your professional goals, Fresh Start offers the tools to help!

Maybe you're entering the workforce for the first time or after a long absence. Perhaps you are looking to learn new skills, change career fields, or even start your own business. Register for an upcoming Career & Education webinar through the online calendar.

Career & Education

EMPLOYMENT BOOT CAMP

This webinar offers the opportunity to work with a group of professional volunteers who will help assess the readiness of your resume, LinkedIn profile, interview techniques, and career/industry knowledge.

Thurs. 12/10 10 a.m. - 1 p.m.

EMPLOYMENT COACHING

Attend a 45 minute session with an experienced volunteer coach via telephone, Zoom, or email - your choice. Please register for a session that is at least 24 hrs prior desired date so we have time to inform your coach of the appointment.

Tuesdays 12/01-12/15 12 p.m. - 2 p.m.

Thursdays 12/03-12/17 5 p.m. - 7 p.m.

Sat. 12/12 10 a.m. - 11:45 p.m.

EMPLOYMENT EVENTS

Fresh Start actively works to partner with companies who are hiring on a large scale and, when appropriate, hosts Virtual Employment Events wherein Fresh Start clients can learn more about the company, its culture and the positions they are currently seeking to fill. Dates and times of such events are listed on our online calendar. Please visit our online calendar often to learn of virtual employment events that may be scheduled.

Tues. 12/15 9:30 a.m. - 10:30 a.m.

INTERVIEWING TO GET THE JOB

In this webinar, you'll learn how to put your best foot forward in a job interview. We'll cover some common interview questions and talk about dressing for the job you want, body language, and tone of voice. We'll also go over the importance of listening and the power of appreciation.

Mon. 12/07 5:45 p.m. - 6:45 p.m.

LINKEDIN

This workshop focuses on how to build and utilize LinkedIn for your career. Learn how to incorporate it into your career change or search. Please create an account before coming to this workshop.

Tues. 12/22 5:45 p.m. - 6:45 p.m.

SALARY NEGOTIATION

Created for working women, this workshop will teach you to evaluate, negotiate, and articulate your worth in today's workforce.

Thurs. 12/10 5:45 p.m. - 6:45 p.m.

Weds. 12/23 9:30 a.m. - 10:30 a.m.

WRITING A WINNING RESUME AND COVER LETTER

Learn how to market yourself through a well-written resume and cover letter. We'll go over the do's and don'ts of writing a resume, writing an effective summary of qualifications, the importance of action words, and tips for submitting your resume and cover letter electronically.

Mon. 12/14 5:45 p.m. - 6:45 p.m.

No matter your professional goals, Fresh Start offers the tools to help!

Maybe you're entering the workforce for the first time or after a long absence.

Perhaps you are looking to learn new skills, change career fields, or even start your own business.

Register for an upcoming Career & Education webinar through the online calendar.

Financial Literacy

FINANCIAL CONSULTANT

Meet one-on-one with a professional financial consultant for a 30 minute session to discuss various types of financial issues including budgeting, retirement planning, financial planning, and more. Securities and advisory services offered through LPL Financial, a Registered Investment Advisor, Member FINRA/SIPC.

Thurs. 12/10 2:30 p.m. - 4:30p.m.

GIVE YOURSELF CREDIT WITH TAKE

CHARGE AMERICA

Participants learn the importance of credit, how to obtain and read their credit report, how to interpret their credit score, and how to keep good credit.

Tues. 12/15 9:30 a.m. - 10:30 a.m.

HOMEOWNERSHIP 101 WITH YWCA

Homeownership 101 will teach you everything you need to know about buying the home of which you've always dreamed. This workshop looks at figuring out how much you can afford, types of financing, searching, and leasing and purchasing.

Weds. 12/09 5:45 p.m. - 6:45 p.m.

INVESTMENTS: ONE PIECE OF

FINANCIAL PLANNING PART 1

Financial Planning covers 6 areas of concentration. Investment Management being one piece of the puzzle. Learn about the Stock and Bond Markets, Asset Allocation, Portfolio Diversification, Passive and Active Management, Retirement vehicle, Tax considerations, and much more in this two part series.

Weds. 12/16 5:45 p.m. - 7:45 p.m.

INVESTMENTS: ONE PIECE OF

FINANCIAL PLANNING PART 2

Financial Planning covers 6 areas of concentration. Investment Management being one piece of the puzzle. Learn about the Stock and Bond Markets, Asset Allocation, Portfolio Diversification, Passive and Active Management, Retirement vehicle, Tax considerations, and much more in this two part series. Attendance to part 1 is encouraged.

Thurs. 12/17 5:45 p.m. - 7:45 p.m.

MIND OVER MONEY, MASTER YOUR DEBT WITH TAKE CHARGE AMERICA

Participants learn the sources of attitudes about money, how they influence how we handle finances, common money disorders and how to change money habits. Participants will also learn the major sources of debt and ways to master them, the four major debt management strategies, and how to reduce their debt.

Thurs. 12/03 9:30 a.m. - 10:30 a.m.

PREPARING FOR TAXES WITH TAKE CHARGE AMERICA

Participants learn the basics of how taxes are computed, the difference between deductions, exemptions and tax credits, and how to prepare to file their tax return.

Thurs. 12/10 9:30 a.m. - 10:30 a.m.

Financial fitness is an important part of being self-sufficient & independent!

Fresh Start offers a variety of Financial Literacy workshops.

Gain empowerment through understanding budgeting, retirement, and financial planning.

Register for an upcoming Financial Literacy webinar through the online calendar.

Financial Literacy

THE ALLSTATE FOUNDATION MOVING AHEAD CURRICULUM

Join this program to learn money basics in order to gain long term financial freedom. You will learn how to control your money, rather than having your money controlling you. Certificates of completion are awarded to attendees who complete a minimum of three out of four sessions; attendance to all four sessions is encouraged. Certificate earners will receive hard copies of the Moving Ahead Curriculum, a self-care pampering kit, and surprise giveaways! Facilitated by Julie Jakubek, MBA and Allstate Agency Owner

SESSION ONE: HEALTHY RELATIONSHIPS WITH MONEY

When we think of health and wellness, we think of exercise, eating well, and getting enough sleep – not money. Our relationships with money are also a component of our overall wellness. This class will help you to identify your money behaviors and create solutions for a healthier relationship.

Mon. 11/02 5:45 p.m. - 6:45 p.m.

SESSION TWO: WHEN IS DEBT OKAY?

Wondering if you have too much debt? The total of certain types of debt compared to your income can help you answer that question. This class will help you assess where you are and how to move forward in a healthy way.

Mon. 11/16 5:45 p.m. - 6:45 p.m.



SESSION THREE: BUILD PROTECTION WITH INSURANCE

Insurance can protect you financially in a number of ways. This class will help you to learn about different types of insurance and how to determine your insurance needs.

Mon. 11/30 5:45 p.m. - 6:45 p.m.

SESSION FOUR: CREATIVE WAYS TO SAVE MONEY

We all want to save money, but trimming down on expenses sometimes feels like a sacrifice. This class will help you to find creative ways to save money and learn how to treat yourself within your budget.

Mon. 12/14 5:45 p.m. - 6:45 p.m.

Missed a session? This series will be offered in full again in January!

This program has been academically validated to help women and domestic violence survivors move from short-term safety to long-term security.

Computer Literacy

BASIC COMPUTERS & GOOGLE TOOLS

Did you know that Google is more than just a search engine? Learn how Google's powerful search engine and apps for searching the internet; e-mail; maps; creating documents, spreadsheets, and slideshows; blogging; and image editing.

Fri. 12/04 9:30 a.m. - 11 a.m.

INTRO TO TECHNOLOGY & CODING

This beginner level workshop gives an easy to understand introduction to coding and technology. No experience necessary.

Tues. 12/08 5:45 p.m. - 6:45 p.m.

MICROSOFT EXCEL LEVEL 1

Pre-requisite: None. This webinar introduces you to basic features and functions of Microsoft Excel. From creating a workbook and entering data to formatting your spreadsheet and using formulas and AutoSum, you will see how this powerful tool can help you both professionally and personally.

Mon. 12/21 9:30 a.m. - 11 a.m.

MICROSOFT EXCEL LEVEL 2

Pre-requisite: Excel Level 1. This webinar builds on the information shared in our Level 1 webinar. In this webinar you'll learn about the Average, Min and Max Functions, as well as building and formatting charts. We also go over page formatting features including headers/footers, page breaks and print titles.

Tues. 12/22 9:30 a.m. - 11 a.m.



MICROSOFT POWERPOINT LEVEL 1

Pre-requisite: None. This webinar introduces you to the basic features of Microsoft PowerPoint. We begin by creating a presentation and assigning a design theme. We follow that up with manually formatting the text, inserting new slides and manipulating text and slides using Cut, Copy and Paste. We then cover Find & Replace and the Spell Check feature before running our Slideshow.

Mon. 12/14 9:30 a.m. - 11 a.m.

MICROSOFT POWERPOINT LEVEL 2

Pre-requisite: PowerPoint Level 1. This webinar builds on the information shared in our Level 1 webinar. In this webinar we'll work in different views, insert and format pictures and shapes and learn to animate and automate our slideshows.

Tues. 12/15 9:30 a.m. - 11 a.m.

Stay on top of technology to achieve your personal & professional goals!

Fresh Start offers a variety of Computer Literacy workshops.

Learn the computer skills necessary to secure employment and connect with others.

Register for an upcoming Computer Literacy webinar through the online calendar.

Computer Literacy

MICROSOFT WINDOWS LEVEL 1

This entry-level webinar introduces you to the Windows Operating System. You'll learn about the different components of the desktop, how to open, resize, move and close individual windows. You'll also be introduced to the File Explorer where we create folders, move and copy folders to a thumb drive, and delete, restore, and then permanently delete files and folders.

Tues.	12/01	9:30 a.m. - 11 a.m.
Weds.	12/09	5:45 p.m. - 7:15 p.m.

MICROSOFT WORD LEVEL 1

Pre-requisite: None. This webinar introduces you to the basic features of Microsoft Word. We take you from creating a document, through formatting text, and into editing tools such as Cut, Copy and Paste and Find and Replace. We also create bulleted and numbered lists and use the Spelling and Grammar Checkers.

Mon.	12/07	9:30 a.m. - 11 a.m.
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MICROSOFT WORD LEVEL 2

Pre-requisite: Word Level 1. This webinar builds on the information shared in our Level 1 webinar. In this webinar you'll learn to insert dates that automatically update when a document is opened, apply borders to paragraphs and pages, and apply before and after spacing to your paragraphs. We also share how to set tabs and paragraph indents as well as create tables. Lastly, we create headers and footers to create a polished document.

Tues.	12/08	9:30 a.m. - 11 a.m.
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TECHNOLOGY CAREER COACHING

Considering a career in Technology? Schedule a 30-minute coaching session with our volunteer Tech Coach, Melissa Rhodes, to learn more about the industry and how to structure your resume and interviewing skills when applying for tech jobs.

Tues.	12/08	12 p.m. - 2 p.m.
Tues.	12/15	5:45 p.m. - 7:45 p.m.
Fri.	12/18	9:30 a.m. - 10:45 a.m.

WORKING IN A VIRTUAL WORLD

What does it mean to work virtually? In this webinar, we'll talk about video conferencing, collaboration, and file sharing as well as online etiquette and how to come across well in video meetings and video job interviews.

Thurs.	12/17	9:30 a.m. - 10:30 a.m.
Weds.	12/23	5:45 p.m. - 6:45 p.m.



Stay on top of technology to achieve your personal & professional goals!

Fresh Start offers a variety of Computer Literacy workshops.

Learn the computer skills necessary to secure employment and connect with others.

Register for an upcoming Computer Literacy webinar through the online calendar.

Life Skills

ASSERTIVE COMMUNICATION

Assertive communication is the ability to speak and act in ways that naturally cause people to respond attentively and positively. Join this webinar and learn how to assert yourself in your professional and personal life. **This is a Foundation Series course.**

Tues. 12/15 2 p.m. - 3 p.m.

Weds. 12/23 9:30 a.m. - 10:30 a.m.

BASICS ON EXERCISE & FITNESS

This webinar is a great follow up to the Basics of Health and Nutrition. This workshop will guide you through easy everyday steps that will support your strength, cardiovascular, and over all fitness right from your home. Learn how to make exercise work for you and your lifestyle.

Weds. 12/02 5:45 p.m. - 6:45 p.m.

BASICS ON STAYING HEALTHY OVER THE HOLIDAYS

The Holiday's are often full of yummy food that is not so great for our health. In this workshop participants will learn ways to indulge and enjoy their holiday favorites while still holding their health as a priority.

Mon. 12/07 5:45 p.m. - 7:15 p.m.

DEVELOPING BOUNDARIES

This webinar will help you identify healthy boundaries, the signs of unhealthy boundaries, and the emotional hooks that prevent us from setting boundaries in a relationship. Learn how to say "no", how to set limits, and steps to improve relationships of all kinds. **This is a Foundation Series course.**

Weds. 12/02 2 p.m. - 3 p.m.

Mon. 12/14 10 a.m. - 11 a.m.

EMOTIONAL INTELLIGENCE PART 1

How are emotions affecting your relationships? Discuss your abilities to recognize behaviors, moods, and impulses, and manage them in a positive way in order to communicate effectively, empathize with others, manage stress, overcome challenging situations and defuse conflict. We will focus on skills to cope with your emotions and the emotions of others when there is tension and conflict.

Fri. 12/04 9:30 a.m. - 10:30 a.m.

EMOTIONAL INTELLIGENCE PART 2

Ready to take what you learned in Part One and deepen your learning? In this course we will provide you with hands-on exercises and techniques to manage your emotions and to make better decisions. It is strongly encouraged that you attend Part One prior to attending Part Two.

Fri. 12/11 9:30 a.m. - 10:30 a.m.

When we feel good about ourselves, it affects every area of our lives!

Fresh Start puts a big emphasis on building a healthy self-image from the inside out. Personal Development services focus on emotional, mental, and physical well-being.

Register for an upcoming Life Skills webinar through the online calendar.

Life Skills

GOAL SETTING

Join our webinar to learn simple and easy ways to identify a goal and create a plan for accomplishing it. This session will help you learn how to overcome past challenges that have held you back and to create a new specific goal in mind you'd like to achieve. **This is a Foundation Series course.**

Tues. 12/01 9:30 a.m. - 10:30 a.m.

Thurs. 12/17 9:30 a.m. - 10:30 a.m.

MAKE-UP APPLICATION

Join us for an overview of the basic makeup application of applying false eyelashes and grooming your eyebrows to complete your look.

Fri. 12/18 10 a.m. - 11 a.m.

MENTORING SUPPORT SERIES

In this three-part series, participants will learn about Professionalism, Communication, and Leadership topics, themes included in the Mentoring Program. These workshops are available for anyone who is enrolled or interested in enrolling in the Mentoring Program. Upon successful completion of the three-part series, you will receive a Certificate of Completion..

Weds. 12/16 5:45 p.m. - 6:45 p.m.

MINDFULNESS PRACTICE SESSION

This 45 minute long class is designed to further practice and discuss the mindfulness techniques taught in Jump Start and the Stress Relief course. It is encouraged that you attend these programs prior to attending this group class.

Thurs. 12/10 5:45 p.m. - 6:15 p.m.

Weds. 12/16 9:30 a.m. - 10:15a.m.

RESILIENCY 101

This live webinar will help you learn about resiliency, what it means, and how you can continue to grow your very own levels of resiliency.

Thurs. 12/03 10 a.m. - 11 a.m.

Mon. 12/21 2 p.m. - 3 p.m.

SPEAKHER SERIES

The SpeakHer Series teaches confidence tools for women to step into their public speaking power. Upon completion, participants will be invited to the SpeakHer Story Slam. First Steps & pre-registration required. Contact lakiesha Townsel at ltownsel@fswf.org to register.

Mon.-Weds. 12/14-12/16 10 a.m. - 11 a.m.

STRESS RELIEF

This live webinar will help you understand stress and learn tools for how to manage the impacts of stress from day-to-day. **This is a Foundation Series course.**

Thurs. 12/03 2 p.m. - 3 p.m.

Weds. 12/09 5:45 p.m. - 6:45 p.m.

YOGA STRETCHING & BREATHING

Experience gentle stretching with coordinated breathing, and breathing with coordinated meditation. Learn to create a stronger mind/body connection, reduce stress, increase focus and re-balance! A focus and practice on movements such as brain wave vibration and Ki-Gong.

Sat. 12/01 5:45 p.m. - 6:45 p.m.

When we feel good about ourselves, it affects every area of our lives!

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Register for an upcoming Life Skills webinar through the online calendar.

Support Services

ACCESSING PROTECTIVE ORDERS

Konnie K. Young, CLS Lead Family Law & Victims' Attorney, and Raquel Balcazar, Sojourner Lead Lay Legal Advocate, will present on the laws and rules that govern Arizona Protective Orders, types of protective orders, and the process to obtain protective orders in Arizona. They will address questions from webinar participants at the end of the presentation. This is a non-confidential classroom setting, and the instructors cannot provide legal advice.

Thurs. 12/17 5:45 p.m. - 6:45 p.m.

BUILDING YOUR EMPIRE: HOW TO

INCREASE SELF-ESTEEM

This segment will teach you the foundational steps to improve your vision of yourself through increasing your feelings of self-worth. Through the practice of being mindful and changing your story, you are on the road to the creation of your own EMPIRE OF SUCCESS!

Weds. 12/02 12 p.m. - 1 p.m.

Weds. 12/09 5:45 p.m. - 6:45 p.m.

Weds. 12/23 5:45 p.m. - 6:45 p.m.

CONQUER CONFIDENCE: BUILDING

YOUR OWN SELF-CONFIDENCE

By utilizing these steps, you will learn how to develop more self-confidence, learn why self-confidence is important, the connection between self-confidence and behavior, and the tools to PREPARE FOR SUCCESS!

Thurs. 12/03 12 p.m. - 1 p.m.

Thurs. 12/10 5:45 p.m. - 6:45 p.m.

Thurs. 12/17 5:45 p.m. - 6:45 p.m.

FAMILY COURT PREPARATION Q&A

This webinar covers the basics of family court. It discusses different legal papers, common mistakes, and how to handle your own appearance at trial. This is a non-confidential classroom setting, and the instructor cannot provide legal advice.

Tues. 12/15 5:45 p.m. - 6:45 p.m.

GIRLS THRIVING MOM & ME:

ZENTANGLE GARDEN

Girls Thriving offers personal development sessions for middle & high school girls, grades 6-12, to connect with their Mom or mother figures. The goal of this class is to leave feeling more relaxed and confident in your own creative abilities.

Sat. 12/12 10 a.m. - 12 p.m.

INTRODUCTION TO FAMILY COURT

Presenter will provide an overview of different types of family law matters, legal terminology, and court procedures used in family court. Learn about other webinars available to help you prepare for court, and how to access our family law support services.

Tues. 12/01 10 a.m. - 11 a.m.

MILES OF SMILES: PROMOTING

POSITIVITY & DEFENDING AGAINST

DEPRESSION

Teaching you the steps to building and promoting positivity in your personal and professional self while finding ways to combat against negative thoughts and emotions. Think POSITIVE and ENJOY LIFE!

Tues. 12/08 12 p.m. - 1 p.m.

Tues. 12/15 5:45 p.m. - 6:45 p.m.

Tues. 12/22 5:45 p.m. - 6:45 p.m.

You are not alone in navigating life's challenges!

Fresh Start offers caring, professional support staff to guide you towards a brighter future.

Support Groups, Family Law Support Services, and ongoing Social Work Support.

Register for an upcoming Support Services webinar through the online calendar.

Support Services

PREPARING & PRESENTING YOUR FAMILY COURT CASE WITH COMMUNITY LEGAL SERVICES

Community Legal Services attorneys will teach you how to prepare and present your case in court and provide information, resources, and helpful tips about Arizona Family Court processes during the COVID-19 Pandemic—from filing your Petition or Response through successfully representing yourself in trial. This is a non-confidential classroom setting, and the instructor cannot provide legal advice.

Mon.	12/07	5:45 p.m. - 7:45 p.m..
Tues.	12/08	9:30 a.m. - 11:30 a.m.

RESOURCE COACHING

This service provides resources that tend to your immediate needs through 1-on-1 sessions that are 15-20 minutes long. You will be contacted to the preferred method you submit when you register and in the order that you registered. Resource Coaching can also help you create a path within Fresh Start and provide the support that you may need in getting started.

Tuesdays	12/01-12/22	11 a.m. - 3 p.m.
Wednesday	12/02-12/23	3 p.m. - 6 p.m.
Sat.	12/05	10 a.m. - 1 p.m.

TOPIC GROUP SERIES: BUILDING A BRIGHTER FUTURE

This three-part series offers the chance to work in a small group to learn strategies for defining & developing goals. In part 1 we will work on plan development, part 2 will focus on the steps to put your plan into action, and part 3 will maximize your ability to see & share your vision. Support one another while discovering how exciting this process can be as you move forward towards your brighter future! You must attend the same day & time for all three sessions.

Mondays	12/07,12/14,12/21	5:45 p.m. - 6:45 p.m.
Wednesdays	12/09,12/16,12/23	12 p.m. - 1 p.m.

TOPIC GROUP: COFFEE TALK WITH CLAUDIA

This is a strengths based group with the goal of discussing solutions to the everyday problems or needs in our community. This month: assessing my own needs: Ever wonder why we are struggling and lack the ability to move forward with the goals we set for ourselves? this month we will be assessing our needs and prioritize steps to help us get closer to our achieving our goals. No judgement zone!

Fri.	12/11	10 a.m. - 11:30 a.m.
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Spanish Services

ORIENTACIÓN: PRIMEROS PASOS

En nuestro video de orientación recibirá información sobre programas, servicios y recursos para ayudarla a crear su propio plan de acción personalizado.

Siempre

Todos

10 minutos

INTRODUCCIÓN AL TRIBUNAL DE

FAMILIA

El presentador proporcionará una descripción general de los diferentes tipos de asuntos de derecho de familia, terminología legal y procedimientos judiciales utilizados en el tribunal de familia. Conozca sobre otros talleres virtuales, disponibles para ayudarla a prepararse para la corte y conozca cómo acceder a nuestros servicios de apoyo de derecho familiar.

Miercoles

12/02

10 a.m. - 11 a.m.

ALIVIO DEL ESTRÉS

Este webinar le ayudará a entender el estrés y a aprender herramientas para manejar los impactos del estrés en el día a día. **Este es un curso parte del Foundation Series.**

Jueves

12/03

10 a.m. - 11 a.m.

COMUNICACIÓN ASERTIVA

La comunicación asertiva es la capacidad de hablar y actuar de manera que naturalmente haga que las personas respondan atenta y positivamente. Únase a este webinar y aprenda cómo afirmarse en su profesionalismo y vida personal. **Este es un curso parte del Foundation Series.**

Jueves

12/10

2 p.m. - 3 p.m.

ESTABLECIENDO OBJETIVOS

Participe en nuestro webinar para aprender maneras simples y fáciles de identificar una meta y crear un plan para lograrlo. Esta sesión le ayudará a aprender a superar desafíos pasados que haya tenido y para crear un nuevo objetivos específicos que le gustaría lograr. **Este es un curso parte del Foundation Series.**

Miercoles

12/09

2 p.m. - 3 p.m.

LÍMITES SANOS

Este webinar le ayudará a identificar límites sanos, las señales de que tus límites no son sanos y los ganchos emocionales que nos impiden establecer límites en una relación. Aprenda a decir "no", cómo establecer límites y pasos para mejorar las relaciones de todo tipo. **Este es un curso parte del Foundation Series.**

Lunes

12/07

10 a.m. - 11 a.m.

Cada mujer merece un nuevo comienzo, pero usted no tiene que hacerlo sola.

Fresh Start de la Mujer está aquí para hacer este viaje con usted, ofreciendo atención, apoyo y orientación. Nuestros servicios, clases y talleres se centran en la enseñanza de habilidades profesionales y personales que fomentan la confianza a lo largo del recorrido para descubrir lo mejor en ti.

Spanish Services

COMENZANDO CON MICROSOFT

WINDOWS

Esta clase de nivel inicial presenta las habilidades básicas para usar el programa de Microsoft Windows tales como: el uso del ambiente del escritorio o "Desktop" y el "mouse", abrir, cambiar de tamaño y cerrar las "ventanas" de los programas de Microsoft Windows. Asimismo, poder crear, copiar, mover, eliminar y recuperar archivos y carpetas de archivos. Usted recibirá una carpeta en donde podrá guardar sus archivos y hojas de papel, un dispositivo de almacenamiento USB (Flash Drive) para guardar sus archivos electrónicos y un Certificado al final del curso.

Jueves

12/03

5:45 p.m. - 6:15 p.m.

HABILIDADES BASICOS

COMPUTACIONALES Y HERRAMIENTAS

DE GOOGLE

¿Sabía usted que Google es más que sólo una de herramienta de búsqueda del Internet? Obtenga más información acerca de la potente herramienta de búsqueda de Internet de Google, así como de todas las aplicaciones de Google, como el correo electrónico, los mapas, la creación de documentos, las hojas de cálculo y las presentaciones de diapositivas, blogs y edición de imágenes.

Viernes

12/11

9:30 a.m. - 11 a.m.

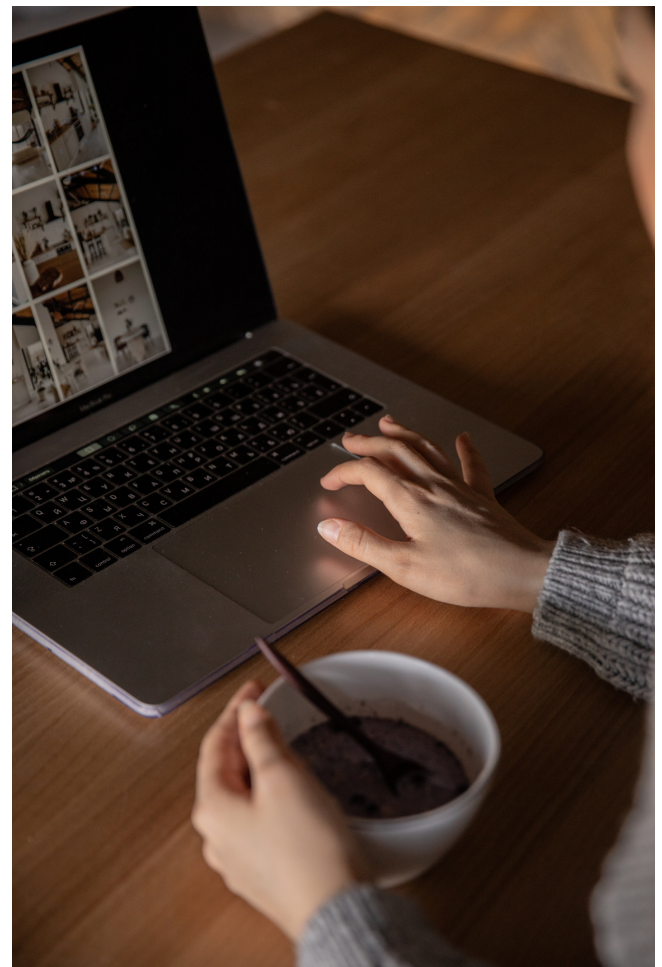
TRABAJANDO EN UN MUNDO VIRTUAL

¿Qué significa trabajar virtualmente? En este seminario web, hablaremos sobre las videoconferencias, la colaboración y el intercambio de archivos, así como también la etiqueta en línea y cómo encontrarnos bien en las reuniones de video y las entrevistas de video de trabajo.

Viernes

12/18

9:30 a.m. - 10:30 a.m.



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Mentoring Program

At Fresh Start Women's Foundation, we believe in the idea of women supporting women and that having a Mentor at any stage of life is an empowering, transformative experience. Our Mentoring Program stands as the flagship program of Fresh Start, providing women with the opportunity to receive guidance, support, and inspiration from successful women in our community for over 20 years!

As a Mentee, we offer two options to become involved with a Mentor, Peer Mentoring & One-On-One Mentoring.

As a Mentee, you have the added benefit of attending quarterly networking events. Networking events are an excellent time to foster supportive connections with the other Mentors and Mentees in the program, build networking skills essential for personal and professional success, and increase confidence in a supportive and collaborative environment.

Mentoring Support Workshop Series

Becoming a Mentee is not the only way to become involved in the Mentoring Program. The Mentoring Support Workshop Series is a monthly Group Mentoring event available to any woman at Fresh Start who is interested in the mentoring process and professional development. Offered on the third Wednesday of every month, the Mentoring Support Workshop Series features themes in Professionalism, Communication, and Leadership topics. Attending this series is a fantastic way to increase your support system or consider if the Mentoring Program may be a good fit for you.



One-On-One Mentoring

The One-On-One Mentoring Program is a 12-month time commitment concentrating on the Mentee's personal and professional development goals. Through a fun and supportive Speed Matching Event, Mentors and Mentees discuss each other's interests, values, and aspirations then complete a scoring rubric to assist in finding their most compatible match. Once the matches are confirmed, the Mentor/Mentee team meets twice per month to discuss resources, extend support, set goals, and celebrate the wins.

Peer Mentoring

The Peer Mentoring Program is a six-month time commitment that focuses on career and education and works in partnership with our Upward Mobility Program. Peer Mentoring groups consist of one Mentor and two-four Mentees and are matched based on the Mentees' career and education tracks. Peer Mentoring groups meet twice a month to exchange career and educational resources, offer support, set goals, and track progress.

Jennifer Koeller, Mentoring Program Coordinator

Jennifer has a passion for providing programs dedicated to empowering women and positively transforming their lives. Contact Jennifer at jkoeller@fswf.org to receive more information about the Mentoring Program, or register for an upcoming Mentee Info Session(Pg. 4) or Mentoring Support Workshop Series (Pg.12) to get started today.

Community Partner



Jewish Family & Children's Service is a non-profit that strengthens the community by providing behavioral health, healthcare and social services to all ages, faiths and backgrounds. JFCS envisions a future where families are strong, elders are cared for, and where children are safe.

JFCS touches the lives of thousands of children, teens, and adults coping with trauma, family violence, mental illness, substance abuse, as well as other serious behavioral, physical, and social obstacles. They offer attentive, compassionate, and confidential care.

During COVID-19 many of JFCS programs are continuing with virtual service delivery including but not limited to counseling and case management, creative aging, older adult in-home services, real world job development, and shelter without walls.

JFCS serves all clients regardless of faith or background. They do not deny services based on a person's race, disability, religion, sex, sexual orientation or national origin. They offer discounted fees for clients who qualify and accept insurance including Medicaid, Medicare, and Children's Health Insurance Program (CHIP).

With the COVID-19 landscape quickly changing, Jewish Family & Children's Service is taking actions based on guidance from the Centers for Disease Control (CDC) and the Arizona Department of Health Services (ADHS). If you need assistance:

- For Behavioral Health and Primary Medical Care, call (602) 256-0528.
- For Jewish Community Services, call (602) 452-4627.
- For Administration and other inquiries, call (602) 279-7655.
- For Domestic Violence Services, call (602) 452-4640 (English) or (602) 534-3087 (Spanish).

All JFCS healthcare centers and clinics remain open:

- JFCS East Valley Healthcare Center (480) 820-0825
- JFCS Glendale Healthcare Center (623) 486-8202
- JFCS Michael R. Zent Healthcare Center (602) 353-0703
- JFCS West Valley Clinic (623) 234-9811

Fresh Start Women's Foundation has enjoyed a partnership with Jewish Family & Children's Services for years.

December 2020

TUESDAY

1
Brighton College Info Session
 9:30am (Pg.5)

Windows Lvl 1
 9:30am (Pg.10)

Goal Setting
 9:30am (Pg.12)

Introduction to Family Court
 10am (Pg.13)

Resource Coaching
 11am (Pg.14)

Employment Coaching
 12pm (Pg.6)

Mentee Info Session
 5:45pm (Pg.4)

ACRC Info Session
 5:45pm (Pg.5)

Yoga: Stretching & Breathing
 5:45pm (Pg.12)

WEDNESDAY

2
Build Your Empire
 12pm (Pg.12)

Developing Boundaries
 2pm (Pg.11)

Resource Coaching
 3pm (Pg.14)

Conveying Professionalism
 5:45pm (Pg.5)

Basics of Exercise & Fitness
 5:45pm (Pg.11)

Español Introducción al Tribunal de Familia
 10am (Pg.15)

THURSDAY

3
Upward Mobility Info Session
 9:30am (Pg.4)

Mind Over Money
 9:30am (Pg.7)

Resiliency 101
 10am (Pg.12)

Conquer with Confidence
 12pm (Pg.13)

Stress Relief
 2pm (Pg.12)

Español Alivio del Estrés
 10am (Pg.15)

Employment Coaching
 5pm (Pg.6)

Comenzando Con Microsoft Windows
 5:45pm (Pg.16)

FRIDAY

4
Basic Computers & Google Tools
 9:30am (Pg.9)

Emotional Intelligence Pt.1
 9:30am (Pg.11)

First Steps
 12pm (Pg.4)

SATURDAY

5
Resource Coaching
 10am (Pg.14)

December 2020

MONDAY

7

Word Lvl 1
9:30am (Pg.10)

Jump Start
Mon-Thurs
10am (Pg.4)

First Steps
5:45pm (Pg.4)

Interviewing to
Get the Job
5:45pm (Pg.6)

Basics for
Staying Healthy
Over the
Holidays
5:45pm (Pg.11)

Building a
Brighter Future
Pt.1
5:45pm (Pg.14)

Preparing &
Presenting Your
Family Court
Case
5:45pm (Pg.14)

Español
Límites Sanos
10am (Pg.15)

TUESDAY

8

Word Lvl 2
9:30am (Pg.10)

Preparing &
Presenting Your
Family Court
Case
9:30am (Pg.14)

Resource
Coaching
11am (Pg.14)

Employment
Coaching
12pm (Pg.6)

Miles of Smiles
12pm (Pg.13)

Intro to
Technology &
Coding
5:45pm (Pg.9)

WEDNESDAY

9

ACRC Info
Session
9:30am (Pg.5)

Building a
Brighter Future
Pt.1
12pm (Pg.13)

Resource
Coaching
3pm (Pg.14)

Homeownership
101
5:45pm (Pg.7)

Windows Lvl 1
5:45pm (Pg.10)

Stress Relief
5:45pm (Pg.12)

Build Your
Empire
5:45pm (Pg.13)

Español
Estableciendo
Objetivos
2pm (Pg.15)

THURSDAY

10

Preparing for
Taxes
9:30am (Pg.7)

Employment
Boot Camp
10am (Pg.6)

Employment
Coaching
5pm (Pg.6)

Salary
Negotiation
5:45pm (Pg.6)

Mindfulness
Practice Session
5:45pm (Pg.12)

Conquer with
Confidence
5:45pm (Pg.13)

Español
Comunicación
Asertiva
2pm (Pg.15)

FRIDAY

11

Emotional
Intelligence Pt.2
9:30am (Pg.11)

Coffee Talk with
Claudia
10am (Pg.14)

First Steps
12pm (Pg.4)

Español
Habilidades
Basicos
Computacionales
y Herramientas
De Google
9:30am (Pg.16)

SATURDAY

12

Brighton
College Info
Session
9:30am (Pg.5)

Employment
Coaching
10am (Pg.6)

Girls Thriving
Mom & Me
10am (Pg.13)

December 2020

MONDAY

14
PowerPoint Lvl 1
9:30am (Pg.9)

Developing Boundaries
10am (Pg.11)

SpeakHer Series
Mon.-Weds.
10am (Pg.12)

First Steps
5:45pm (Pg.4)

Writing a Winning Resume
5:45pm (Pg.6)

AllState Moving Ahead Part 4
5:45pm (Pg.8)

Building a Brighter Future Pt. 2
5:45pm (Pg.14)

TUESDAY

15
Ball Employment Event
9:30am (Pg.6)

PowerPoint Lvl 2
9:30am (Pg.9)

Give Yourself Credit
9:30am (Pg.7)

Resource Coaching
11am (Pg.14)

Employment Coaching
12pm (Pg.6)

Assertive Communication
2pm (Pg.11)

Upward Mobility Info Session
5:45pm (Pg.4)

Family Court Q&A
5:45pm (Pg.13)

Miles of Smiles
5:45pm (Pg.13)

WEDNESDAY

16
ACRC Proctoring Session
9:30am (Pg.5)

Mindfulness Practice Session
9:30am (Pg.12)

Building a Brighter Future Pt.2
12pm (Pg.14)

Kick Start Info Session
2pm (Pg.4)

Resource Coaching
3pm (Pg.14)

Communicating Effectively in the Workplace
5:45pm (Pg.5)

Investments Part 1
5:45pm (Pg.7)

Mentoring Support Workshop Support Series
5:45pm (Pg.12)

THURSDAY

17
Working in a Virtual World
9:30am (Pg.10)

Goal Setting
9:30am (Pg.12)

Employment Coaching
5pm (Pg.6)

Investments Part 2
5:45pm (Pg.7)

Accessing Protective Orders
5:45pm (Pg.13)

Conquer with Confidence
5:45pm (Pg.13)

FRIDAY

18
Mentee Info Session
9:30am (Pg.4)

Make-Up Application
10am (Pg.12)

First Steps
12pm (Pg.4)

Español Trabajando en un Mundo Virtual
9:30am (Pg.16)

SATURDAY

19
ACRC Proctoring Session
9:30am (Pg.5)

First Steps
10am (Pg.4)

December 2020

MONDAY

21

Excel Lvl 1
9:30am (Pg.9)

Conveying Professionalism
2pm (Pg.5)

Resiliency 101
2pm (Pg.12)

First Steps
5:45pm (Pg.4)

Building a Brighter Future Pt.3
5:45pm (Pg.14)

TUESDAY

22

Excel Lvl 2
9:30am (Pg.9)

Resource Coaching
11am (Pg.14)

DreamBuilder Info Session
12pm (Pg.5)

LinkedIn
5:45pm (Pg.6)

Miles of Smiles
5:45pm (Pg.13)

WEDNESDAY

23

Salary Negotiation
9:30am (Pg.6)

Assertive Communication
9:30am (Pg.11)

Building a Brighter Future Pt.3
12pm (Pg.14)

Resource Coaching
3pm (Pg.14)

Working in a Virtual World
5:45pm (Pg.10)

Build Your Empire
5:45pm (Pg.13)

THURSDAY

24

Closed for Holiday
Dec. 24-Jan. 3

FRIDAY

25

Closed for Holiday
Dec. 24-Jan. 3

SATURDAY

26

Closed for Holiday
Dec. 24-Jan. 3



DO

LOVE

HOPE

PEACE

CARE

HELPING WOMEN HELP THEMSELVES



Fresh Start
Women's Foundation