



Workshop Catalog

602-252-8494 freshstartwomen.org

INFORMATION Workshops are subject to change. For the most updated schedule and to register, visit www.freshstartwomen.org.

Fresh Start is located at 1130 E. McDowell Rd. Phoenix, AZ 85006.

New Client registration is required before you can attend workshops, support groups, and certain special events. Registration can be completed online via the 'Get Started' tab on our website.

We no longer provide child care. Children may not go into class, appointments, or be left unattended on the premises.

*Workshop waivers are available for anyone experiencing financial hardship. Please visit our website for the application.

*Fresh Start has a no late arrival policy for workshops; please arrive 15 minutes prior to check in.

GET CONNECTED

FIRST STEPS (Free)

First Steps is designed to help you identify and prioritize your needs. Staff will provide information on Fresh Start services, resources, and you will have an opportunity to create your own road map for your first steps at Fresh Start!

Mon.-Thurs.	12-1:30 p.m.	*No class 01/01, 01/28, 01/29
Thurs.	01/10	5:45-7:15 p.m.
Fri.	01/11	9:30-11 a.m.
Fri.	02/08	9:30-11 a.m.
Thurs.	02/14	5:45-7:15 p.m.
Fri.	03/08	9:30-11 a.m.
Thurs.	03/14	5:45-7:15 p.m.

INTRO TO PROGRAMS (Free)

Fresh Start offers a variety of programs to support the pursuit of education and career goals. This session will review the basics of each of Fresh Start's various programs.

Wednesdays	01/02-03/27	2-3:30 p.m.
Wed.	01/16	5:45-7:15 p.m.
Wed.	02/20	5:45-7:15 p.m.
Wed.	03/20	5:45-7:15 p.m.

FEATURED PROGRAM

JUMP START (\$25)

Jump Start is a week-long series allowing you to concentrate on your job readiness skills, improving your boundaries, self-esteem, goal-setting, and bringing your passion to life.

Mon.-Fri.	01/14-01/18	9:30 a.m.-4 p.m.
Mon.-Fri.	02/11-02/15	9:30 a.m.-4p.m.
Mon.-Fri.	03/18-03/22	9:30 a.m.-4p.m.

CAREER & EDUCATION

ARIZONA CAREER READINESS CREDENTIAL (ACRC) INFO SESSION (Free)

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. Come to an info session to learn more about the credential, to gain access to the online practice portal, and to get started on earning your Arizona Career Readiness Credential!

Tues.	01/08	2-3:30 p.m.
Tues.	02/05	5:45-7:15 p.m.
Tues.	03/12	2-3:30 p.m.

BUSINESS ACCOUNTING (\$10)

This workshop will give practical guidance regarding what to know and look out for in regards to setting up your accounting when starting a small-business

Wed.	02/20	2-4 p.m.
Wed.	03/20	2-4 p.m.

CAREER ASSESSMENT EXPERIENCE (Free)

The Career Assessment Experience provides tools designed to help you understand how personal attributes impact your potential career success and satisfaction. The assessment provides information needed to make better career decisions to plan the next step in finding an opportunity that best fits you. It offers a range of personality and leadership assessments to help identify a clear path moving forward.

Tues.	01/15	2-4 p.m.
Fri.	02/08	9:30-11:30 a.m.
Fri.	03/22	9:30-11:30 a.m.

CAREER COACHING (Free)

Career coaches offer support including resume writing, critiquing, interviewing skills, job searching, and cover letter writing. In person registration opens 1 hour prior, the day of (online registration unavailable). First come, first served.

Tuesdays	01/08-03/26	12-2 p.m.
Thursdays	01/03-03/28	5-7 p.m.

*No Sessions 01/01 or 01/29

COMMUNICATING EFFECTIVELY IN THE WORKPLACE (Free)

This workshop will teach you skills to better communication in the workplace and will aid you in preparing to test for the Arizona Career Readiness Credential.

Mon.	02/11	9:30-11:30 a.m.
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CAREER & EDUCATION CONTINUED

CONVEYING PROFESSIONALISM (Free)

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

Thurs.	03/14	5:45-7:45 p.m.
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CREATING A GREAT RESUME (Free)

In this workshop, we will review the basic components of a resume, help you identify your strengths, and discuss how to use action verbs to write about your experience. You may bring a copy of your resume to the workshop for a brief resume critique.

Thurs.	01/03	2-4 p.m.
Tues.	02/05	9:30-11:30 a.m.
Tues.	03/05	9:30-11:30 a.m.

DREAMBUILDER INFO SESSION (Free)

Interested in starting a business? DreamBuilder is a unique online business skills training and certification program available for FREE! This information session provides an overview of the program and instructions for getting started.

Mon.	01/14	9:30-10:30 a.m.
Mon.	02/04	5:45-6:45 p.m.
Thurs.	03/07	2-3 p.m.

EDUCATION COACHING (Free)

Education coaches offer support in a variety of ways navigating FAFSA, searching for scholarships, transferring, and choosing a school. In person registration opens 1 hour prior, the day of (online registration unavailable). First come, first served.

Wed.	01/09	12-2 p.m.
Wed.	02/06	12-2 p.m.
Wed.	03/13	12-2 p.m.

HOW TO USE LINKEDIN (\$10)

This hands-on workshop is designed to teach the basics of using LinkedIn including setting up an account, creating a profile, connecting with other members to create a network, and searching for and applying for jobs.

Mon.	01/07	5:45-7:45 p.m.
Mon.	02/04	5:45-7:45 p.m.
Mon.	03/04	5:45-7:45 p.m.

JOB SEARCHING OVER 50 (\$10)

Learn how to best market your skills and how to complete a successful interview at any age.

Mon.	02/11	9:30-11:30 a.m.
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MASTER THE ART OF THE INTERVIEW WITH PHOENIX COLLEGE (Free)

First impressions last a lifetime. Master the art of the interview and sharpen your personal presentation and interviewing skills. From how you present yourself in the interview to how you close, this workshop will provide you the confidence you need to rock your next interview.

Thurs.	01/10	9:30-11:30 a.m.
Thurs.	02/14	9:30-11:30 a.m.
Thurs.	03/14	9:30-11:30 a.m.

MOCK INTERVIEWS (Free)

This workshop will review tips & tricks to improve your interview and will include an interactive role play simulating an actual interview. Practice is the key to success and the more feedback you receive the better prepared you will be to showcase your skills and abilities.

Fri.	01/11	9:30-11:30 a.m.
Tues.	02/19	9:30-11:30 a.m.
Tues.	03/19	9:30-11:30 a.m.

OFFICIAL ACRC PROCTORING (Free)

Pre-registration required, contact Brittany Bryant at bbryant@fswf.org to gain access to a proctoring session. For more information on the Arizona Career Readiness Credential and how to prepare for the exam, please attend the ACRC Information Session. This session will provide an opportunity to take the official proctored ACRC exam for all or some sections of the credential depending on your preference.

Wed.	01/16	9:30 a.m. – 2 p.m.
Sat.	02/23	9:30 a.m. – 2 p.m.
Wed.	03/20	9:30 a.m. – 2 p.m.

PROFESSIONAL RELATIONSHIPS (Free)

Establishing professional relationships an important tool to connect with individuals who can assist you with your job search. The right relationships will assist a potential job seeker on receiving career advice, the industry, and the company culture of a potential workplace. This workshop will provide you with the tools you need to establish professional relationships and how to make the most of it!

Fri.	01/18	9:30-11:30 a.m.
Fri.	02/15	9:30-11:30 a.m.
Fri.	03/15	9:30-11:30 a.m.

PROFESSIONALISM AT WORK (\$10)

Assisting job applicants and employees to gain a better understanding of professional behaviors and expectations at work by providing a safe place to discuss and learn from one another.

Sat.	01/12	9:30-11:30 a.m.
Sat.	02/09	9:30-11:30 a.m.
Sat.	03/09	9:30-11:30 a.m.

UPWARD MOBILITY INFO SESSION (Free)

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 tools to enable you to move into a self-sustaining, upwardly mobile career track.

Tues.	01/15	9:30-11 a.m.
Tues.	01/22	5:45-7:15 p.m.
Thurs.	02/07	9:30-11 a.m.
Tues.	02/26	5:45-7:15 p.m.
Fri.	03/08	9:30-11 a.m.
Mon.	03/11	5:45-7:15 p.m.

WORK SMART SALARY NEGOTIATION WITH YWCA (Free)

Created for working women, Work Smart teaches you to evaluate, negotiate, and articulate your worth confidently in the job market. Activities and role-play exercise give you the opportunity to create and perfect your persuasive salary pitch.

Tues.	02/12	5:45-7:30 p.m.
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COMPUTER LITERACY

If you already have an intermediate level of knowledge in any area below that requires a pre-requisite, you can contact the program coordinator and arrange to test out of the pre-requisites: Julie Schaffer, jschaffer@fswf.org.

BASIC COMPUTERS & GOOGLE TOOLS (\$10)

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

Fri.	01/04	9:30-11:30 a.m.
Fri.	02/01	9:30-11:30 a.m.
Fri.	03/01	9:30-11:30 a.m.

BASIC MICROSOFT OUTLOOK (\$10)

This workshop provides a general overview of Microsoft Outlook, including its email, calendar, contacts and task features.

Fri.	02/15	9:30-11 a.m.
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GOOGLE DOCS (\$10)

Pre-requisite: None. This beginning level workshop introduces you to the word processing application offered as part of Google's suite of productivity tools.

Thurs.	01/10	5:45-7:45 p.m.
Thurs.	02/07	2-4 p.m. or 5:45-7:45 p.m.
Thurs.	03/07	5:45-7:45 p.m.

GOOGLE SHEETS (\$10)

Pre-requisite: None. This beginning level workshop introduces you to the word processing application offered as part of Google's suite of productivity tools.

Thurs.	01/17	5:45-7:45 p.m.
Thurs.	02/14	2-4 p.m. or 5:45-7:45 p.m.
Thurs.	03/14	5:45-7:45 p.m.

GOOGLE SLIDES (\$10)

Pre-requisite: None. This beginning level workshop introduces you to the word processing application offered as part of Google's suite of productivity tools.

Thurs.	01/24	5:45-7:45 p.m.
Thurs.	02/21	2-4 p.m. or 5:45-7:45 p.m.
Thurs.	03/21	5:45-7:45 p.m.

MICROSOFT EXCEL SERIES: LEVEL 1 & 2 (\$10)

Pre-requisite: Microsoft Windows Level 1. This two-part series is great if you are new to Excel or if you have used Excel in the past but want to enhance your skill level. Upon successful completion of the course, you will receive a Certificate of Completion. You should mark your calendar to attend both days of the session you choose. \$10 covers the full 2-day program.

Mon.-Tues.	01/21-01/22	9:30-11:30 a.m. or 5:45-7:45 p.m.
Mon.-Tues.	02/18-02/19	5:45-7:45 p.m.
Tues.-Wed.	02/19-02/20	9:30-11:30 a.m.
Mon.-Tues.	03/18-03/19	9:30-11:30 a.m. or 5:45-7:45 p.m.

MICROSOFT EXCEL LEVEL: 3 (\$10)

Pre-requisite: Microsoft Excel Series. This workshop builds on the skills taught in the Microsoft Excel Level 1 & 2, introducing you to more advanced features of Excel. Upon successful completion, you will receive a Certificate of Completion.

Wed.	01/23	5:45-7:45 p.m.
Thurs.	01/24	9:30-11:30 a.m.
Wed.	02/20	5:45-7:45 p.m.
Thurs.	02/21	9:30-11:30 a.m.
Wed.	03/20	5:45-7:45 p.m.
Thurs.	03/21	9:30-11:30 a.m.

MICROSOFT EXCEL: LEVEL 4 (\$10)

Pre-requisite: Microsoft Excel Level 3. This workshop continues to build on the skills taught in previous Excel classes, introducing you to Pivot Tables, VLookup and Countif, Custom Lists, and more. Upon successful completion, you will receive a Certificate of Completion.

Tues.	03/26	9:30-11:30 a.m. or 5:45-7:45 p.m.
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MICROSOFT POWERPOINT SERIES: LEVEL 1 & 2 (\$10)

Pre-requisite: Microsoft Windows Level 1. This two-part series is great if you are new to PowerPoint or if you have used PowerPoint in the past but want to enhance your skill level. Upon successful completion of the course, you will receive a Certificate of Completion. You should mark your calendar to attend both days of the session you choose. \$10 covers the full 2-day program.

Mon.-Tues.	01/14-01/15	5:45-7:45 p.m.
Tues.-Wed.	01/15-01/16	9:30-11:30 a.m.
Mon.-Tues.	02/11-02/12	9:30-11:30 a.m. or 5:45-7:45 p.m.
Mon.-Tues.	03/11-03/12	5:45-7:45 p.m.
Tues.-Wed.	03/12-03/13	9:30-11:30 a.m.

MICROSOFT POWERPOINT: LEVEL 3 (\$10)

Pre-requisite: Microsoft PowerPoint Series Level 1 & 2. This workshop builds on the skills taught in the Microsoft PowerPoint Series, introducing you to more advanced features of PowerPoint. Upon successful completion, you will receive a Certificate of Completion.

Wed.	01/16	5:45-7:45 p.m.
Thurs.	01/17	9:30-11:30 a.m.
Wed.	02/13	5:45-7:45 p.m.
Thurs.	02/14	9:30-11:30 a.m.
Wed.	03/13	5:45-7:45 p.m.
Thurs.	03/14	9:30-11:30 a.m.

MICROSOFT WINDOWS: LEVEL 1 (\$10)

This entry level class introduces you to basic skills of using Microsoft Windows, including the desktop environment, using a mouse, opening, sizing, and closing windows, as well as creating, copying, moving, deleting and retrieving files and folders. You will receive a resource binder, flash drive, and a Certificate of Completion.

Thurs.	01/03	9:30-11:30 a.m. or 5:45-7:45 p.m.
Mon.	01/14	9:30-11:30 a.m.
Mon.	02/04	9:30-11:30 a.m.
Mon.	02/18	9:30-11:30 a.m.
Mon.	02/25	9:30-11:30 a.m. or 5:45-7:45 p.m.
Mon.	03/04	9:30-11:30 a.m.
Mon.	03/11	9:30-11:30 a.m.
Mon.	03/25	5:45-7:45 p.m.

COMPUTER LITERACY CONTINUED

MICROSOFT WINDOWS: LEVEL 2 (\$10)

Pre-requisite: Microsoft Windows Level 1*. This workshop builds on the skills taught in the Microsoft Windows Level 1 class, introducing you to more advanced features of Windows, including customizing the Start Menu and Task Bar, personalizing your desktop, customizing the File Explorer and performing Windows updates. Upon successful completion, you will receive a Certificate of Completion. Please bring the thumb-drive you received in Beginning Windows to class.

Tues.	02/26	9:30-11:30 a.m. or 5:45-7:45 p.m.
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MICROSOFT WORD SERIES: LEVEL 1 & 2 (\$10)

Pre-requisite: Microsoft Windows Level 1. This two-part series is great if you are new to Word or if you have used Word in the past but want to enhance your skill level. Upon successful completion of the course, you will receive a Certificate of Completion. You should mark your calendar to attend both days of the session you choose. \$10 covers the full 2-day program.

Mon.-Tues.	01/07-01/08	9:30-11:30 a.m. or 5:45-7:45 p.m.
Mon.-Tues.	02/04-02/05	5:45-7:45 p.m.
Tues.-Wed.	02/05-02/06	9:30-11:30 a.m.
Mon.-Tues.	03/04-03/05	5:45-7:45 p.m.
Tues.-Wed.	03/05-03/06	9:30-11:30 a.m.

MICROSOFT WORD: LEVEL 3 (\$10)

Pre-requisite: Microsoft Word Series Level 1 & 2. This workshop builds on the skills taught in the Microsoft Word Series, introducing you to more advanced features of Word. Upon successful completion, you will receive a Certificate of Completion.

Wed.	01/09	5:45-7:45 p.m.
Thurs.	01/10	9:30-11:30 a.m.
Wed.	02/06	5:45-7:45 p.m.
Thurs.	02/07	9:30-11:30 a.m.
Wed.	03/06	5:45-7:45 p.m.
Thurs.	03/07	9:30-11:30 a.m.

MICROSOFT WORD: LEVEL 4 (\$10)

Pre-requisite: Microsoft Word Level 3. This workshop continues to build on the skills taught in previous Word classes, introducing you to columns, outline numbering, generating Tables of Contents, adding footnotes, and working with multiple headers and footers. Upon successful completion of the course, you will receive a Certificate of Completion.

Wed.	01/30	9:30-11:30 a.m. or 5:45-7:45 p.m.
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ONLINE SALES (\$10)

Whether you have personal items you want to get rid of or you're thinking about starting an online business to sell items you buy or craft, this workshop provides tips and strategies for buying and selling items safely on sites like Craigslist, Etsy, and eBay.

Fri.	01/11	9:30-11:30 a.m.
Fri.	02/08	9:30-11:30 a.m.
Fri.	03/15	9:30-11:30 a.m.

SOCIAL MEDIA (\$10)

This class provides a general overview of various social media platforms, including Facebook, Instagram and Twitter, giving you a glimpse into how each is used and tips for staying safe when using Social Media.

Fri.	01/18	9:30-11:30 a.m.
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FINANCIAL LITERACY

BASIC BANKING WITH BANK OF AMERICA (Free)

This workshop provides an introduction to banking services and financial institutions.

Mon.	01/07	2-4 p.m.
Mon.	02/25	2-4 p.m.

BASIC BUDGETING WITH BANK OF AMERICA (Free)

This budgeting workshop helps you to learn what a budget is, and examine what you earn and how you are spending income.

Mon.	01/21	2-4 p.m.
Mon.	03/04	2-4 p.m.

HOMEOWNERSHIP 101 WITH YWCA (Free)

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.

Wed.	03/27	5:45-7:30 p.m.
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INSURANCE 101 WITH YWCA (Free)

Insurance 101 will teach you everything you need to know about insurance. Whether it's for a car, home, health or life, everyone needs insurance.

Wed.	03/13	5:45-7:30 p.m.
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INVESTMENTS: ONE PIECE OF FINANCIAL PLANNING (\$10)

Financial Planning covers 6 areas of concentration. Investment Management being 1 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!

Thurs.	01/17	5:45-7:45 p.m.
Thurs.	02/21	5:45-7:45 p.m.
Thurs.	03/21	5:45-7:45 p.m.

MIND OVER MONEY, MASTER YOUR DEBT WITH TAKE CHARGE AMERICA (Free)

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.

Wed.	01/09	9:30-11:30 a.m.
Mon.	01/21	5:45-7:45 p.m.
Tues.	02/05	9:30-11:30 a.m.
Wed.	02/20	2-4 p.m.
Tues.	03/05	9:30-11:30 a.m.
Wed.	03/20	5:45-7:45 p.m.

OWN IT LEVEL 2: FINANCIAL EDUCATION WITH YWCA Own It (Free)

Financial Education is a four-week program that provides its students with the knowledge and tools they need to become financially stable and independent. The curriculum teaches: using credit wisely, investing, managing a bank account, increasing savings, and reducing debt. (Free)

Tues.	01/15	5:45-7:30 p.m.
Thurs.	01/17	5:45-7:30 p.m.
Tues.	02/05	5:45-7:30 p.m.
Wed.	02/06	5:45-7:30 p.m.

FINANCIAL LITERACY CONTINUED

PURPLE PURSE MOVING AHEAD THROUGH FINANCIAL MANAGEMENT CURRICULUM IN PARTNERSHIP WITH THE ALLSTATE FOUNDATION (Free)

Join this series to learn money basics in order to gain long term financial freedom, and earn a certificate when you finish! In this course, you will learn how to control your money, rather than your money controlling you. Pre-registration with Rebecca Christ, MSW, MPA, is required with a commitment to attend each week. RSVP at (602) 261-7145 or rchrist@fswf.org.

Tuesdays	02/05-03/12	5:45-7:15 p.m.
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USING CREDIT WISELY WITH BANK OF AMERICA (Free)

This workshop describes the terms of credit card offers and loan contracts, the cost of credit, alternatives to credit use, and the criteria that creditors use when deciding whether or not to grant credit.

Mon.	02/04	2-4 p.m.
Mon.	03/18	2-4 p.m.

LIFE SKILLS: PERSONAL DEVELOPMENT

ASSERTIVE COMMUNICATION (\$10)

Assertive communication is the ability to speak and act in ways that naturally cause people to respond attentively and positively. Learn how to assert yourself in your professional and personal life.

Tues.	01/08	5:45-7:45 p.m.
Thurs.	01/24	9:30-11:30 a.m.
Tues.	02/05	5:45-7:45 p.m.
Thurs.	02/21	2-4 p.m.
Tues.	03/05	5:45-7:45 p.m.
Thurs.	03/21	9:30-11:30 a.m.

DEVELOPING BOUNDARIES (\$10)

This in-depth workshop will help you identify healthy boundaries and the signs of unhealthy boundaries. We will discuss 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.

Wed.	01/09	5:45-7:45 p.m.
Tues.	01/22	9:30-11:30 a.m.
Wed.	02/06	5:45-7:45 p.m.
Tues.	02/19	2-4 p.m.
Wed.	03/12	5:45-7:45 p.m.
Tues.	03/19	9:30-11:30 a.m.

EXPLORING PERSONALITY PREFERENCES (\$10)

This is a fun, interactive, 2-part workshop (based upon the True Colors personal development model) for exploring your own distinctive personality traits. You will walk away with the skills to increase your personal effectiveness in very concrete and practical ways. Attendance to both workshops is required.

Wed.	03/20 & 03/27	2-4 p.m.
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GOAL SETTING (\$10)

Learn simple and easy ways to identify a goal and create a plan for accomplishing it. This is a great class to 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.

Thurs.	01/10	5:45-7:45 p.m.
Thurs.	01/31	9:30-11:30 a.m.
Thurs.	02/07	5:45-7:45 p.m.
Thurs.	02/28	2-4 p.m.
Thurs.	03/07	5:45-7:45 p.m.
Thurs.	03/28	9:30-11:30 a.m.

MENTEE INFO SESSIONS (Free)

The Fresh Start Mentoring Program matches Fresh Start clients with local, female volunteers who provide support, insight, and guidance as mentees work on goals in either the 6-month Peer Mentoring option or the 12-month One-on-One Mentoring option. Attend an info session to learn more and to request an application.

Tues.	01/08	5:45-6:45 p.m.
Fri.	01/25	9:30-10:30 a.m.
Mon.	02/11	9:30-10:30 a.m.
Tues.	02/26	5:45-6:45 p.m.
Mon.	03/11	5:45-6:45 p.m.
Fri.	03/29	9:30-10:30 a.m.

PROFESSIONAL SUPPORT WORKSHOP (Free)

Participants will learn about the professional development topics included in the Mentoring Program. Professional members of the community facilitate each session and focus on professionalism, communication, and leadership. These workshops are available for anyone who is enrolled or interested in enrolling in the Mentoring Program.

Wed.	01/16	5:45-7:45 p.m.
Wed.	02/20	5:45-7:45 p.m.
Wed.	03/20	5:45-7:45 p.m.

SELF-ESTEEM AND SELF-ACCEPTANCE (\$10)

We all want to be the best we can be and achieve everything that is possible in our lives, but how to do this is challenging. Learn that the greatest changes occur when you become more of who you are.

Thurs.	01/10	2-4 p.m.
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SELF-LOVE FOR VALENTINE'S DAY (\$10)

Join us for an opportunity to develop your own personal messages of self-love and give yourself the gift of love this Valentine's Day!

Thurs.	02/14	2-3:30 p.m.
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STRESS RELIEF (\$10)

Learn tools for how to manage the impacts of stress from day to day.

Thurs.	01/17	5:45-7:45 p.m.
Wed.	01/30	9:30-11:30 a.m.
Wed.	02/20	2-4 p.m.
Thurs.	02/21	5:45-7:45 p.m.
Wed.	03/20	9:30-11:30 a.m.
Thurs.	03/21	5:45-7:45 p.m.

THE FUNDAMENTAL SHIFT (Free)

This workshop is an invitation to explore how you can achieve a sense of inner fulfillment, rather than feeling a constant need to chase after something outside of you. Through knowledge, a new awareness of yourself, and practical tools for self-expression, you will have a strong foundation for leading a fuller, more empowered life.

Tues.	03/19	2-4:30 p.m.
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THE RESILIENCE ADVANTAGE OF HEARTMATH (\$10)

Based on the science of resilience, this class provides a powerful skill set that prepares you to thrive in a world of challenge and opportunity. Learn techniques that can help you recharge your battery, regain your enthusiasm and stay in the zone for the next stage of your life and career.

Fri.	02/15	9:30-11:30 a.m.
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LIFE SKILLS: PERSONAL DEVELOPMENT CONTINUED

TIME MANAGEMENT ESSENTIALS (\$10)

This session covers short-term planning and prioritizing for accomplishing what's important to you. While life can be complicated, your time management process shouldn't be. The key to effective time management is really self- management.

Wed	02/13	2-4 p.m.
Sat.	03/02	11:30 a.m. – 1:30 p.m.
Tues.	03/05	9:30-11:30 a.m.

LIFE SKILLS: HEALTH & WELLNESS

ACUPRESSURE SELF-HELP (\$10)

This class will give you tools for neck and back problems, digestion, and hormonal balance.

Fri.	02/01	2-4 p.m.
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CLEARING THE CHAKRAS (\$10)

This class will teach you how to clear your chakras and bring in new energy as you clear the subconscious and create a new life.

Fri.	03/01	2-4 p.m.
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FACIAL REJUVENATION (\$10)

Learn how to replenish from the inside out and give yourself the tools to stay healthy, and look and feel younger. We will cover acupressure points to naturally rejuvenate your face.

Fri.	01/04	2-4 p.m.
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HEALING TOUCH (\$10)

Gentle touch assists in balancing physical, mental, emotional, and spiritual well-being. It assists in creating a coherent and balanced energy field. It is safe for all ages and works in harmony with standard medical care. In person registration opens 1 hour prior, the day of (online registration not available). First come, first served.

Thurs.	01/10	10 a.m.-3 p.m.
Thurs.	02/21	10 a.m.-3 p.m.
Thurs.	03/14	10 a.m.-3 p.m.

HEALTH EDUCATION RESOURCES WITH AZ F.A.C.T.S. OF LIFE (Free)

This service will provide information and resources on preventative health including health education, diabetes prevention, and much more! Application assistance for AHCCCS medical insurance is also available. First come, first served.

Fri.	01/18	11 a.m.-2 p.m.
Fri.	02/15	11 a.m.-2 p.m.
Fri.	03/15	11 a.m.-2 p.m.

HIV TESTING WITH NATIVE HEALTH (Free)

Thurs.	01/17	9 a.m.-12 p.m.
Thurs	02/14	9 a.m.-12 p.m.
Thurs.	03/14	9 a.m.-12 p.m.

TAI CHI & QIGONG (\$10)

In these classes we do simple yet powerful movements that direct energy into our organs for improved energy circulation and health. The class also provides an introduction to the Five Elements Model for well-being. There is a mix of movements, meditation on occasion, and discussion during tea time.

Sat.	01/12	11:30 a.m.-1:30 p.m.
Sat.	02/09	11:30 a.m.-1:30 p.m.
Sat.	03/09	11:30 a.m.-1:30 p.m.

YOGA (\$10)

This is an introductory Yoga class suitable for all levels. You will learn how to find balance, alignment, and personal strength.

Fri.	01/04	9:30-11 a.m.
Sat.	01/19	9:30-11 a.m.
Fri.	02/01	9:30-11 a.m.
Sat.	02/16	9:30-11 a.m.
Fri.	03/01	9:30-11 a.m.
Sat.	03/09	9:30-11 a.m.

LIFE SKILLS: PROFESSIONAL IMAGE

MARY KAY MAKE-UP APPLICATION CLASS (\$10)

Skin care and makeup application tips and techniques for a professional look whether you have no experience with makeup or you just want a new look. First, you'll start off with cleanser and moisturizer for a fresh face. Then you'll learn application tips for your eye color and shape, foundation, cheek, and lip color. This is a fun, interactive class to build your confidence and help you look your best!

Fri.	01/11	2-4 p.m.
Fri.	03/22	2-4 p.m.

PROFESSIONAL WARDROBING (Free)

Find your next treasure at Treasures Within, Fresh Start's clothing resource for women. Receive two outfits for free. In-person registration opens the day of at 9 a.m. (online registration not available). First come, first served.

Thursdays	01/03-03/28	10 a.m.-3 p.m.
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SALON DAY (\$10)

Receive a low-cost haircut and hairstyle that you love. In-person registration opens the day of at 10 a.m. (online registration not available). First come, first served.

Mon.	01/07	11 a.m.-3 p.m.
Mon.	02/04	11 a.m.-3 p.m.
Mon.	03/04	11 a.m.-3 p.m.

SUPPORT SERVICES: FAMILY & PARENTING

GIRLS THRIVING (Free)

Personal development sessions provided for middle and high school girls, ages 12-18. Topics covered vary each much and may include: self-esteem, boundaries, communication, peer pressure, bullying, healthy relationships, and leadership. Pre-registration and parental consent required. Forms may be found on our website.

Wed.-Fri.	03/13-03/15	9:30 a.m.-3:30 p.m.
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CHILD DEVELOPMENT WITH CHILD CRISIS ARIZONA (Free)

Learn general information about physical, social, emotional and cognitive development of children birth-11.

Mon.	03/25	5:45-7:45 p.m.
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KINDERGARTEN READINESS WITH CHILD CRISIS ARIZONA (Free)

This workshop focuses on how to help children make the transition from preschool into kindergarten. Each participant will receive a free kindergarten readiness kit.

Thurs.	02/21	9:30-11:30 a.m.
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PARENTING AND STRESS WITH CHILD CRISIS ARIZONA (Free)

Understand the effects of stress on parenting and walk away with healthy strategies to manage stress.

Fri.	01/18	9:30-11:30 a.m.
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PARENTING THROUGH ADVERSE CHILDHOOD EXPERIENCES WITH CHILD CRISIS ARIZONA (Free)

Awareness of childhood trauma and how it may affect parenting. Explore ways to positively parent through ACE's and build emotionally healthy, strong families.

Mon.	02/25	5:45-7:45 p.m.
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POSITIVE DISCIPLINE AND GUIDANCE WITH CHILD CRISIS ARIZONA (Free)

Learn effective discipline techniques for families.

Thurs.	01/31	5:45-7:45 p.m.
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RAISING CONFIDENT AND COMPETENT CHILDREN WITH PHOENIX CHILDREN'S HOSPITAL (Free)

Learn how to help children develop life skills and become confident, competent individuals.

Tues.	02/12	9:30-11:30 a.m.
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RAISING RESILIENT CHILDREN WITH PHOENIX CHILDREN'S HOSPITAL (Free)

Learn the building blocks to help children deal with their emotions and help build emotional resilience: being able to recognize, understand and accept feelings, express feelings appropriately, and develop a positive outlook throughout difficult situations.

Tues.	03/12	9:30-11:30 a.m.
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THE POWER OF POSITIVE PARENTING WITH PHOENIX CHILDREN'S HOSPITAL (Free)

Learn effective approaches to raising your children while emphasizing positivity. Topics include creating a safe, interesting environment, having a positive learning environment, using assertive discipline, having realistic expectations, and taking care of yourself as a parent.

Tues.	1/15	9:30-11:30 a.m.
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SUPPORT SERVICES: FAMILY LAW SUPPORT

FAMILY COURT PREPARATION AND Q&A (\$10)

This workshop 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.	01/22	5:45-7:45 p.m.
Tues.	02/26	5:45-7:45 p.m.
Tues.	03/26	5:45-7:45 p.m.

GAINING CONTROL: DIVORCE CHANGES EVERYTHING (\$10)

Discover how to gain control by understanding the key factors of divorce. Learn the critical components of divorce: Asset Division, Child Support, and Spousal Maintenance. The instructor will provide the answers to your questions surrounding the financial aspects of divorce to help you build confidence during this difficult transition with the power of knowledge.

Mon.	02/04	9:30-11:30 a.m.
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LEGAL INFORMATION SESSION: CHILD SUPPORT WITH THE DES/DIVISION OF CHILD SUPPORT SERVICES (\$10)

An instructor will educate you on your legal rights and responsibilities and guidelines. The instructor will demonstrate how to prepare a child support worksheet using an online calculator to calculate support properly. You will also be introduced to the services provided by the DES/Division of Child Support Services. This is a non-confidential classroom setting, and the instructor cannot provide legal advice.

Wed.	01/16	5:45-7:45 p.m.
Wed.	03/20	5:45-7:45 p.m.

PREPARING AND PRESENTING YOUR FAMILY COURT CASE WITH COMMUNITY LEGAL SERVICES (\$10)

CLS attorneys will teach you how to prepare and present your case in court following the Arizona Statutes and Rules that govern every family law case. CLS attorneys will provide information, resources, and helpful tips about the Family Court processes; 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.

Tues.	01/08	2-5 p.m.
Mon.	02/04	5:45-7:45 p.m.
Tues.	02/12	9:30 a.m.-12:30 p.m.
Mon.	03/04	5:45-7:45 p.m.
Tues.	03/12	2-5 p.m.

SUPPORT SERVICES: CLOSED GROUPS

SWING (Free)

Past experiences coupled with social messages can hurt our ability to cultivate self-worth, follow through with our goals, and create long lasting healthy relationships. In SWING, join a community of women and combine group discussion with journaling to challenge past experiences, let go of negative thoughts, and learn new tools for personal growth. Pre-registration with Stacy Hedrick is required with a commitment to attend each week. RSVP at (602) 261-7134 or shedrick@fswf.org.

Thursdays	01/17-02/28	9:30-11:30 a.m.
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THE SECOND HALF (Free)

This is a structured support group for women over 45 wanting to plan for "the second half" of life. If you are facing an empty nest or life transition, you may be experiencing a number of feelings, including relief, remorse, or regret. Retirees or career-focused women may be exploring new possibilities, desiring new focus, or searching for their dream. Pre-registration with Merle Salus-Herbig, LCSW, is required with a commitment to attend each week. RSVP at (602) 261-7172 or msalus-herbig@fswf.org.

Tuesdays	03/26-05/14	5:45-7:30 p.m.
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SUPPORT SERVICES: OPEN GROUPS

BUILDING PEACEFUL FAMILIES (Free)

This group covers the dynamics of domestic violence, its effects on the family, and skills to help you become emotionally and financially stable and live independently. You'll learn about your rights as a victim of domestic violence, the legal process involved in divorce, child custody, Orders of Protection and how to prepare a safety plan.

Fridays	01/25-03/29	9:30-11:30 a.m.
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CONTINUING HEALTHY BOUNDARIES (Free)

This support group is for women who have completed Developing Boundaries or completed Jump Start. Participants bring unique experiences to the group to continue working on creating and maintaining healthy boundaries. We will celebrate successes and help with challenges in a safe group setting. Developing healthy boundaries is a process, not an event.

Tues.	01/22	5:45-7:15 p.m.
Wed.	01/30	2-3:30 p.m.
Tues.	02/12	5:45-7:15 p.m.
Wed.	02/27	2-3:30 p.m.
Tues.	03/19	5:45-7:15 p.m.
Wed.	03/27	9:30-11 a.m.

HEALING JOURNEY WITH SHELTER WITHOUT WALLS (Free)

Join this safe, confidential, & casual group to share your experiences, learn from others, & receive emotional support as you work through the effects of domestic violence. This group teaches the effects of abuse on the victim & her children, how to create trusting, caring relationships, & how to cultivate personal growth.

Thursdays	01/03-03/28	9:30-11:30 a.m.
Thursdays	01/03-03/28	5:45-7:45 p.m.

SURVIVING ABUSE WITH ACESDV (Free)

Receive support, education and resources to be safe and heal from Family Violence.

Tuesdays	01/08-03/26	5:45-7:15 p.m.
*No group 01/01, 01/29		

SUPPORT SERVICES: RESOURCES & ADVOCACY

RESOURCE COACHING (Free)

This service offers one-on-one support by providing resources that tend to your immediate needs. Resource Coaching can also help you create a path within Fresh Start and provide support that you may need in getting started on your goals. Sessions are 15-20 minutes long, and in-person registration opens the day of at 9 a.m. (online registration not available). First come, first served.

Wednesdays	01/02-03/27	9:30-11:30 a.m.
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1-ON-1 DV SERVICES WITH NEW LIFE CENTER (Free)

New Life Center provides mobile advocacy to survivors of domestic violence. Mobile advocates support clients in all stages of the domestic violence process.

Wednesdays	01/02-03/27	3-5 p.m.
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EN ESPAÑOL:

INFORMACIÓN

Los talleres están sujetos a cambios. Para obtener el horario más actualizado y para registrarse, visite www.freshstartwomen.org

Fresh Start está ubicado en 1130 E. McDowell Rd. Phoenix, AZ 85006.

Se requiere que usted se registre como clienta antes de poder asistir a talleres, grupos de apoyo y ciertos eventos especiales. El registro se puede completar en línea a través de la pestaña 'Get Started' en nuestro sitio de web.

Ya no brindamos cuidado infantil. Los niños no pueden entrar a ninguna clase, citas o quedarse sin supervisión en las instalaciones.

* Las exenciones de talleres están disponibles para cualquier persona que tenga dificultades financieras. Por favor visite nuestro sitio de web para la aplicación.

* Fresh Start tiene una política de no llegar tarde para los talleres; por favor llegue 15 minutos antes de presentarse.

GRUPOS DE APOYO Y CLASES EN ESPAÑOL

AL-ANON (Gratis)

Al-Anón es una hermandad de parientes y amigos de alcohólicos que comparten sus experiencias, fortaleza, y esperanza. Nos reunimos para aprender una mejor forma de vida y encontrar la felicidad ya sea que el alcohólico siga bebiendo o no. Tome un momento para preguntarse: "Se preocupa cuanto bebe otra persona?"

Sábados, 5 de Enero al 30 de Marzo	9:30-11:15 a.m.
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CAMINO DE SANACION (Gratis)

Se parte de este grupo de apoyo que es seguro, confidencial y casual, donde podrás compartir tus experiencias, aprender de otras mujeres y recibir apoyo emocional, por el cual podrás trabajar en los efectos de la violencia doméstica. Este grupo enseña los efectos del abuso en la víctima, sus hijos, como crear relaciones de confianza, cuidado y como cultivar tu crecimiento personal.

Miércoles, 2 de Enero al 27 de Marzo	9:30-11:30 a.m.
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COMEDORES COMPULSIVOS (Gratis)

La comida es necesaria para mantenerse con vida pero la persona que come compulsivamente el exceso de alimento se convierte en una necesidad para poder enfrentar la vida. Por medio de este grupo encontrara apoyo para bajar de peso, mantenerse en el peso apropiado y tener buena salud. Con la disciplina apropiada usted encontrara la recuperación y evitara problemas de salud.

Lunes, 7 de Enero al 25 de Marzo	5:45-7:30 p.m.
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Jueves, 3 de Enero- 28 de Marzo	5:45-7:30 p.m.
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*No hay Grupo, 28 de Enero	
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COMENZANDO CON MICROSOFT WINDOWS (\$10)

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.

Miércoles, 2 de Enero	5:45-7:45 p.m.
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Miércoles 27 de Febrero	5:45-7:45 p.m.
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Miércoles, 27 de Marzo	5:45-7:45 p.m.
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COMO CRIAR NINOS EQUILIBRADOS CON PHOENIX CHILDREN'S HOSPITAL (Gratis)

Conozca los componentes básicos para ayudar a los niños a controlar sus emociones. Entre ellos son reconocer, entender y aceptar los sentimientos, expresar los sentimientos de forma adecuada tener una actitud positiva entre varias otras.

Martes, 26 de Marzo	9:30-11:30 a.m.
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COMO CRIAR NINOS SEGUROS DE SI MISMOS Y COMPETENTES CON PHOENIX CHILDREN'S HOSPITAL (Gratis)

Sepa cómo ayudarnos los niños a aprender técnicas que usarán toda la vida y que los convertirán en personas seguras de sí mismas y competentes. Algunas maneras de criar niños seguros de sí mismos son por respetar a los demás, ser atento y considerado y aprender a resolver problemas.

Martes, 26 de Febrero	9:30-11:30 a.m.
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EL PODER DE LA CRIANZA POSITIVA CON PHOENIX CHILDREN'S HOSPITAL (Gratis)

Aprenda formas efectivas de criar niños remarcando lo positivo. Aprenderemos sobre como crear un ambiente seguro y entretenido, vivir en un entorno de aprendizaje positivo, recurrir a una disciplina firme, tener expectativas realistas y cuidarse como padres.

Miércoles, 30 de Enero	9:30-11:30 a.m.
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HABILIDADES BÁSICOS COMPUTACIONALES Y HERRAMIENTAS DE GOOGLE (Gratis)

¿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.

Jueves, 31 de Enero	5:45-7:45 p.m.
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Jueves, 28 de Febrero	5:45-7:45 p.m.
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Jueves, 28 de Marzo	5:45-7:45 p.m.
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ORIENTACION Y DISCIPLINA POSITIVA CON CHILD CRISIS ARIZONA (Gratis)

Técnicas de disciplina efectiva para las familias.

Viernes, 15 de Marzo	9:30-11:30 a.m.
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MAS ALLAS DEL ABUSO WITH NEW LIFE CENTER (Gratis)

Aprender de la violencia doméstica en ocho sesiones.

Miércoles, 2 de Enero al 27 de Marzo	5:45-6:45 p.m.
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January 2019 Workshops & Support Groups Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Fresh Start Closed	2 <u>Resource Coaching</u> 9:30-11:30am (pg.8)(Free) <u>First Steps</u> 12-1:30pm (pg.1)(Free) <u>Intro to Programs</u> 2-3:30 p.m. (pg.2)(Free) <u>1:1 DV Services</u> 3-5pm (pg.7)(Free) <u>Español</u> <u>Camino de Sanacion</u> 9:30-11:30am (pg.9)(Gratis) <u>Mas Allas Del Abuso</u> 5:45-6:45pm (pg.9)(Gratis) <u>Comenzando con Microsoft Windows</u> 5:45-7:45pm (pg.9)(\$10)	3 <u>Healing Journey</u> 9:30-11:30am & 5:45-7:45pm (pg.8)(Free) <u>Microsoft Windows Level 1</u> 9:30-11:30am (pg.3)(\$10) <u>Professional Wardrobing</u> 10am-3pm (pg.6)(Free) <u>First Steps</u> 12-1:30pm (pg.1)(Free) <u>Creating a Great Resume</u> 2-4pm (pg.2)(Free) <u>Career Coaching</u> 5-7pm (pg.1)(Free) <u>Microsoft Windows Level 1</u> 5:45-7:45pm (pg.3)(\$10) <u>Español</u> <u>Comedores Compulsivos</u> 5:45-7:30pm (pg.9)(Gratis)	4 <u>Basic Computers & Google Tools</u> 9:30-11:30am (pg.3)(\$10) <u>Yoga</u> 9:30-11am (pg.6)(\$10) <u>Facial Rejuvenation</u> 2-4pm (pg.6)(\$10)	5 <u>Español</u> <u>Al-Anon</u> 9:30-11:15am (pg.9)(Gratis)
7 <u>Word Series Level 1&2</u> Class Mon.-Tues. 9:30-11:30am (pg.3)(\$10) <u>Salon Day</u> 11am-3pm (pg.6)(\$10) <u>First Steps</u> 12-1:30pm (pg.1)(Free) <u>Basic Banking</u> 2-4pm (pg.4)(Free) <u>How to Use LinkedIn</u> 5:45-7:45pm (pg.2)(\$10) <u>Word Series Level 1&2</u> Class Mon.-Tues. 5:45-7:45pm (pg.4)(\$10) <u>Español</u> <u>Comedores Compulsivos</u> 5:45-7:30pm (pg.9)(Gratis)	8 <u>First Steps</u> 12-1:30pm (pg.1)(Free) <u>Career Coaching</u> 12-2pm (pg.1)(Free) <u>ACRC Info Session</u> 2-3:30pm (pg.1)(Free) <u>Preparing & Presenting Your Case</u> 2-5pm (pg.7)(\$10) <u>Surviving Abuse</u> 5:45-7:15pm (pg.8)(Free) <u>Assertive Communication</u> 5:45-7:45pm (pg.5)(\$10) <u>Mentee Info Session</u> 5:45-6:45pm (pg.5)(Free) <u>Thoughts Become Things</u> 5:45-7pm (pg.6)(\$10)	9 <u>Resource Coaching</u> 9:30-11:30am (pg.8)(Free) <u>Mind Over Money</u> 9:30-11:30am (pg. 4)(Free) <u>Financial Consultant</u> 11:30am-1:30pm (pg.10)(Free) <u>Education Coaching</u> 12-2pm (pg.2)(Free) <u>First Steps</u> 12-1:30pm (pg.1)(Free) <u>Intro to Programs</u> 2-3:30 p.m. (pg.2)(Free) <u>1:1 DV Services</u> 3-5pm (pg.7)(Free) <u>Word Level 3</u> 5:45-7:45pm (pg.4)(\$10) <u>Developing Boundaries</u> 5:45-7:45pm (pg.5)(\$10) <u>Español</u> <u>Camino de Sanacion</u> 9:30-11:30am (pg.9)(Gratis) <u>Mas Allas Del Abuso</u> 5:45-6:45pm (pg.9)(Gratis)	10 <u>Healing Journey</u> 9:30-11:30am & 5:45-7:45pm (pg.8)(Free) <u>Word Level 3</u> 9:30-11:30am (pg.4)(\$10) <u>Master the Art of the Interview</u> 9:30-11:30am (pg.2)(Free) <u>Professional Wardrobing</u> 10am-3pm (pg.6)(Free) <u>Healing Touch</u> 10am-3pm (pg.6)(\$10) <u>First Steps</u> 12-1:30pm (pg.1)(Free) <u>Self-Esteem and Self-Acceptance</u> 2-4pm (pg.5)(\$10) <u>Career Coaching</u> 5-7pm (pg.1)(Free) <u>First Steps</u> 5:45-7:15pm (pg.1)(Free) <u>Goal Setting</u> 5:45-7:45pm (pg.5)(\$10) <u>Google Docs</u> 5:45-7:45pm (pg.3)(\$10) <u>Español</u> <u>Comedores Compulsivos</u> 5:45-7:30pm (pg.9)(Gratis)	11 <u>First Steps</u> 9:30-11am (pg.1)(Free) <u>Online Sales</u> 9:30-11:30am (pg.4)(\$10) <u>Mock Interviews</u> 9:30-11:30am (pg.2)(Free) <u>Marv Kay Make-Up</u> 2-4pm (pg.6)(\$10)	12 <u>Professionalism at Work</u> 9:30-11:30am (pg.2)(\$10) <u>Tai Chi & Qigong</u> 11:30am-1:30pm (pg.6)(\$10) <u>Español</u> <u>Al-Anon</u> 9:30-11:15am (pg.9)(Gratis)

FEATURED PROGRAM

FINANCIAL CONSULTANT (Free)

Meet one-on-one with a professional financial consultant 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. In person registration opens 1 hour prior, the day of (online registration unavailable).

First come, first served.

Wed.	01/09	11:30 a.m.-1:30 p.m.
Wed.	01/23	11:30 a.m.-1:30 p.m.

For the most up to date information and to register for a workshop, visit www.freshstartwomen.org/event-list.

January 2019 Workshops & Support Groups Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>14 <u>Jump Start</u> Class Mon.-Fri. 9:30am-4pm (pg.1)(\$25)</p> <p><u>DreamBuilder Info Session</u> 9:30-10:30am (pg.2)(Free)</p> <p><u>Microsoft Windows Level 1</u> 9:30-11:30am (pg.3)(\$10)</p> <p><u>First Steps</u> 12-1:30pm (pg.1)(Free)</p> <p><u>PowerPoint Series Level 1&2</u> Class Mon.-Tues. 5:45-7:45pm (pg.3)(\$10)</p> <p><u>Español</u> <u>Comedores Compulsivos</u> 5:45-7:30pm (pg.9)(Gratis)</p>	<p>15 <u>The Power of Positive Parenting</u> 9:30-11:30am (pg.7)(Free)</p> <p><u>PowerPoint Series Level 1&2</u> Class Tues.-Wed. 9:30-11:30am (pg.3)(\$10)</p> <p><u>Upward Mobility Info Session</u> 9:30-11am (pg.2)(Free)</p> <p><u>First Steps</u> 12-1:30pm (pg.1)(Free)</p> <p><u>Career Coaching</u> 12-2pm (pg.1)(Free)</p> <p><u>Career Assessment Experience</u> 2-4pm (pg.1)(Free)</p> <p><u>Surviving Abuse</u> 5:45-7:15pm (pg.8)(Free)</p> <p><u>Own It 2: Financial Education</u> 5:45-7:30pm (pg.4)(Free)</p>	<p>16 <u>Resource Coaching</u> 9:30-11:30am (pg.8)(Free)</p> <p><u>ACRC Proctoring</u> Pre-Registration Required 9:30am-2pm (pg.2)(Free)</p> <p><u>First Steps</u> 12-1:30pm (pg.1)(Free)</p> <p><u>Intro to Programs</u> 2-3:30 pm (pg.2)(Free)</p> <p><u>1:1 DV Services</u> 3-5pm (pg.7)(Free)</p> <p><u>Intro to Programs</u> 5:45-7:15 pm (pg.2)(Free)</p> <p><u>PowerPoint Level 3</u> 5:45-7:45pm (pg.3)(\$10)</p> <p><u>Child Support Info Session</u> 5:45-7:45pm (pg.7)(\$10)</p> <p><u>Prof. Support Workshop</u> 5:45-7:45pm (pg.5)(Free)</p> <p><u>Español</u> <u>Camino de Sanacion</u> 9:30-11:30am (pg.9)(Gratis)</p> <p><u>Mas Allas Del Abuso</u> 5:45-6:45pm (pg.9)(Gratis)</p>	<p>17 <u>HIV Testing</u> 9am-12pm (pg.6)(Free)</p> <p><u>Healing Journey</u> 9:30-11:30am & 5:45-7:45pm (pg.8)(Free)</p> <p><u>PowerPoint Level 3</u> 9:30-11:30am (pg.3)(\$10)</p> <p><u>Professional Wardrobing</u> 10am-3pm (pg.6)(Free)</p> <p><u>First Steps</u> 12-1:30pm (pg.1)(Free)</p> <p><u>Career Coaching</u> 5-7pm (pg.1)(Free)</p> <p><u>Stress Relief</u> 5:45-7:45pm (pg.5)(\$10)</p> <p><u>Google Sheets</u> 5:45-7:45pm (pg.3)(\$10)</p> <p><u>Own It 2: Financial Education</u> 5:45-7:30pm (pg.4)(Free)</p> <p><u>Investments: One Piece of Financial Planning</u> 5:45-7:45pm (pg.4)(\$10)</p> <p><u>Español</u> <u>Comedores Compulsivos</u> 5:45-7:30pm (pg.9)(Gratis)</p>	<p>18 <u>Parenting and Stress</u> 9:30-11:30am (pg.7)(Free)</p> <p><u>Professional Relationships</u> 9:30-11:30am (pg.2)(Free)</p> <p><u>Social Media</u> 9:30-11:30am (pg.4)(\$10)</p> <p><u>Health Education Resources</u> 11am-2pm (pg.6)(Free)</p>	<p>19 <u>Yoga</u> 9:30-11am (pg.6)(\$10)</p> <p><u>Español</u> <u>Al-Anon</u> 9:30-11:15am (pg.9)(Gratis)</p>
<p>21 <u>Excel Series Level 1&2</u> Class Mon.-Tues. 9:30-11:30am (pg.3)(\$10)</p> <p><u>First Steps</u> 12-1:30pm (pg.1)(Free)</p> <p><u>Basic Budgeting</u> 2-4pm (pg.4)(Free)</p> <p><u>Excel Series Level 1&2</u> Class Mon.-Tues. 5:45-7:45pm (pg.3)(\$10)</p> <p><u>Mind Over Money</u> 5:45-7:45pm (pg.4)(Free)</p> <p><u>Español</u> <u>Comedores Compulsivos</u> 5:45-7:30pm (pg.9)(Gratis)</p>	<p>22 <u>Developing Boundaries</u> 9:30-11:30am (pg.5)(\$10)</p> <p><u>First Steps</u> 12-1:30pm (pg.1)(Free)</p> <p><u>Career Coaching</u> 12-2pm (pg.1)(Free)</p> <p><u>Surviving Abuse</u> 5:45-7:15pm (pg.8)(Free)</p> <p><u>Family Court Prep Q&A</u> 5:45-7:45pm (pg.7)(\$10)</p> <p><u>Upward Mobility Info Session</u> 5:45-7:15pm (p.2)(Free)</p> <p><u>Thoughts Become Things</u> 5:45-7pm (pg.6)(\$10)</p> <p><u>Continuing Healthy Boundaries</u> Pre-Requisite Required 5:45-7:15pm (pg.8)(Free)</p>	<p>23 <u>Resource Coaching</u> 9:30-11:30am (pg.8)(Free)</p> <p><u>Financial Consultant</u> 11:30am-1:30pm (pg.10)(Free)</p> <p><u>First Steps</u> 12-1:30pm (pg.1)(Free)</p> <p><u>Intro to Programs</u> 2-3:30pm (pg.2)(Free)</p> <p><u>1:1 DV Services</u> 3-5pm (pg.7)(Free)</p> <p><u>Excel Level 3</u> 5:45-7:45pm (pg.3)(\$10)</p> <p><u>Español</u> <u>Camino de Sanacion</u> 9:30-11:30am (pg.9)(Gratis)</p> <p><u>Mas Allas Del Abuso</u> 5:45-6:45pm (pg.9)(Gratis)</p>	<p>24 <u>Healing Journey</u> 9:30-11:30am & 5:45-7:45pm (pg.8)(Free)</p> <p><u>Assertive Communication</u> 9:30-11:30am (pg.5)(\$10)</p> <p><u>Excel Level 3</u> 9:30-11:30am (pg.3)(\$10)</p> <p><u>Professional Wardrobing</u> 10am-3pm (pg.6)(Free)</p> <p><u>First Steps</u> 12-1:30pm (pg.1)(Free)</p> <p><u>Career Coaching</u> 5-7pm (pg.1)(Free)</p> <p><u>Google Slides</u> 5:45-7:45pm (pg.3)(\$10)</p> <p><u>Español</u> <u>Comedores Compulsivos</u> 5:45-7:30pm (pg.9)(Gratis)</p>	<p>25 <u>Building Peaceful Families</u> 9:30-11:30am (pg.7)(Free)</p> <p><u>Mentee Info Session</u> 9:30-10:30am (pg.5)(Free)</p>	<p>26 <u>Español</u> <u>Al-Anon</u> 9:30-11:15am (pg.9)(Gratis)</p>
<p>28 Fresh Start Closed for Staff Development</p>	<p>29 Fresh Start Closed for Staff Development</p>	<p>30 <u>Resource Coaching</u> 9:30-11:30am (pg.8)(Free)</p> <p><u>Stress Relief</u> 9:30-11:30am (pg.5)(\$10)</p> <p><u>Word Level 4</u> 9:30-11:30am (pg.4)(\$10)</p> <p><u>First Steps</u> 12-1:30pm (pg.1)(Free)</p> <p><u>Intro to Programs</u> 2-3:30 pm (pg.2)(Free)</p> <p><u>Continuing Healthy Boundaries</u> Pre-Requisite Required 2-3:30Pm (pg.8)(Free)</p> <p><u>1:1 DV Services</u> 3-5pm (pg.7)(Free)</p> <p><u>Word Level 4</u> 5:45-7:45pm (pg.4)(\$10)</p> <p><u>Español</u> <u>Camino de Sanacion</u> 9:30-11:30am (pg.9)(Gratis)</p> <p><u>El Poder de La Crianza Positiva</u> 9:30-11:30am (pg.9)(Free)</p> <p><u>Mas Allas Del Abuso</u> 5:45-6:45pm (pg.9)(Gratis)</p>	<p>31 <u>Healing Journey</u> 9:30-11:30am & 5:45-7:45pm (pg.8)(Free)</p> <p><u>Goal Setting</u> 9:30-11:30am (pg.5)(\$10)</p> <p><u>Professional Wardrobing</u> 10am-3pm (pg.6)(Free)</p> <p><u>First Steps</u> 12-1:30pm (pg.1)(Free)</p> <p><u>Career Coaching</u> 5-7pm (pg.1)(Free)</p> <p><u>Positive Discipline and Guidance</u> 5:45-7:45pm (pg.7)(Free)</p> <p><u>Español</u> <u>Comedores Compulsivos</u> 5:45-7:30pm (pg.9)(Gratis)</p> <p><u>Habilidades Basicos Computacionales y Herramientas de Google</u> 5:45-7:45pm (pg.9)(Gratis)</p>		

February 2019 Workshops & Support Groups Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				<p>1 <u>Basic Computers & Google Tools</u> 9:30-11:30am (pg.3)(\$10)</p> <p><u>Yoga</u> 9:30-11am (pg.6)(\$10)</p> <p><u>Building Peaceful Families</u> 9:30-11:30am (pg. 7)(Free)</p> <p><u>Acupressure Self Help</u> 2-4pm (pg.6)(\$10)</p>	<p>2 <u>Español Al-Anon</u> 9:30-11:15am (pg.8)(Gratis)</p>
<p>4 <u>Microsoft Windows Level 1</u> 9:30-11:30am (pg.3)(\$10)</p> <p><u>Gaining Control: Divorce Changes Everything</u> 9:30-11:30am (pg.7)(\$10)</p> <p><u>Salon Day</u> 11am-3pm (pg.6)(\$10)</p> <p><u>First Steps</u> 12-1:30pm (pg.1)(Free)</p> <p><u>Using Credit Wisely</u> 2-4pm (pg.5)(Free)</p> <p><u>How to Use LinkedIn</u> 5:45-7:45pm (pg.2)(\$10)</p> <p><u>Preparing & Presenting Your Case</u> 5:45-7:45pm (pg.7)(\$10)</p> <p><u>Word Series Level 1&2</u> Class Mon.-Tues. 5:45-7:45pm (pg.4)(\$10)</p> <p><u>DreamBuilder Info Session</u> 5:45-6:45pm (pg.2)(Free)</p> <p><u>Español Comedores Compulsivos</u> 5:45-7:30pm (pg.9)(Gratis)</p>	<p>5 <u>Word Series Level 1&2</u> Class Tues.-Wed. 9:30-11:30am (pg.4)(\$10)</p> <p><u>Creating a Great Resume</u> 9:30-11:30am (pg.2)(Free)</p> <p><u>Mind Over Money</u> 9:30-11:30am (pg.4)(Free)</p> <p><u>Career Coaching</u> 12-2pm (pg.1)(Free)</p> <p><u>First Steps</u> 12-1:30pm (pg.1)(Free)</p> <p><u>Assertive Communication</u> 5:45-7:45pm (pg.5)(\$10)</p> <p><u>ACRC Info Session</u> 5:45-7:15pm (pg.1)(Free)</p> <p><u>Purple Purse Moving Ahead</u> Pre-Registration Required Tues. 2/5- Tues. 3/12 5:45-7:15pm (pg.5)(Free)</p> <p><u>Surviving Abuse</u> 5:45-7:15pm (pg.8)(Free)</p> <p><u>Own It 2: Financial Education</u> 5:45-7:30pm (pg.4)(Free)</p> <p><u>Thoughts Become Things</u> 5:45-7pm (pg.6)(\$10)</p>	<p>6 <u>Resource Coaching</u> 9:30-11:30am (pg.8)(Free)</p> <p><u>Education Coaching</u> 12-2pm (pg.2)(Free)</p> <p><u>First Steps</u> 12-1:30pm (pg.1)(Free)</p> <p><u>Intro to Programs</u> 2-3:30pm (pg.2)(Free)</p> <p><u>1:1 DV Services</u> 3-5pm (pg.7)(Free)</p> <p><u>Word Level 3</u> 5:45-7:45pm (pg.4)(\$10)</p> <p><u>Developing Boundaries</u> 5:45-7:45pm (pg.5)(\$10)</p> <p><u>Own It 2: Financial Education</u> 5:45-7:30pm (pg.4)(Free)</p> <p><u>Español Camino de Sanacion</u> 9:30-11:30am (pg.9)(Gratis)</p> <p><u>Mas Allas Del Abuso</u> 5:45-6:45pm (pg.9)(Gratis)</p>	<p>7 <u>Healing Journey</u> 9:30-11:30am & 5:45-7:45pm (pg.7)(Free)</p> <p><u>Word Level 3</u> 9:30-11:30am (pg.4)(\$10)</p> <p><u>Upward Mobility Info Session</u> 9:30-11am (pg.2)(Free)</p> <p><u>Professional Wardrobing</u> 10am-3pm (pg.6)(Free)</p> <p><u>First Steps</u> 12-1:30pm (pg.1)(Free)</p> <p><u>Google Docs</u> 2-4pm (pg.3)(\$10)</p> <p><u>Career Coaching</u> 5-7pm (pg.1)(Free)</p> <p><u>Google Docs</u> 5:45-7:45pm (pg.3)(\$10)</p> <p><u>Goal Setting</u> 5:45-7:45pm (pg.5)(\$10)</p> <p><u>Español Comedores Compulsivos</u> 5:45-7:30pm (pg.9)(Gratis)</p>	<p>8 <u>Online Sales</u> 9:30-11:30am (pg.4)(\$10)</p> <p><u>Building Peaceful Families</u> 9:30-11:30am (pg.7)(Free)</p> <p><u>Career Assessment Experience</u> 9:30-11:30am (pg.1)(Free)</p> <p><u>First Steps</u> 9:30-11am (pg.1)(Free)</p>	<p>9 <u>Professionalism at Work</u> 9:30-11:30am (pg.2)(\$10)</p> <p><u>Tai Chi & Qigong</u> 11:30am-1:30pm (pg.6)(\$10)</p> <p><u>Español Al-Anon</u> 9:30-11:15am (pg.9)(Gratis)</p>
<p>11 <u>Mentee Info Session</u> 9:30-10:30am (pg.5)(Free)</p> <p><u>Job Searching Over 50</u> 9:30-11:30am (pg.2)(\$10)</p> <p><u>Jump Start</u> Class Mon.-Fri. 9:30am-4pm (pg.1)(\$25)</p> <p><u>Communicating Effectively in the Workplace</u> 9:30-11:30am (pg.1)(Free)</p> <p><u>PowerPoint Series Level 1&2</u> Class Mon.-Tues. 9:30-11:30am (pg.3)(\$10)</p> <p><u>First Steps</u> 12-1:30pm (pg.1)(Free)</p> <p><u>PowerPoint Series Level 1&2</u> Class Mon.-Tues. 5:45-7:45pm (pg.3)(\$10)</p> <p><u>Español Comedores Compulsivos</u> 5:45-7:30pm (pg.9)(Gratis)</p>	<p>12 <u>Raising Confident & Competent Children</u> 9:30-11:30am (pg.7)(Free)</p> <p><u>Preparing & Presenting Your Case</u> 9:30am-12:30pm (pg.7)(\$10)</p> <p><u>First Steps</u> 12-1:30pm (pg.1)(Free)</p> <p><u>Career Coaching</u> 12-2pm (pg.1)(Free)</p> <p><u>Purple Purse Moving Ahead</u> Pre-Registration Required Tues. 2/5- Tues. 3/12 5:45-7:15pm (pg.5)(Free)</p> <p><u>Surviving Abuse</u> 5:45-7:15pm (pg.8)(Free)</p> <p><u>Continuing Healthy Boundaries</u> Pre-Requisite Required 5:45-7:15pm (pg.8)(Free)</p> <p><u>Work Smart Salary Negotiation</u> 5:45-7:30pm (pg.2)(Free)</p>	<p>13 <u>Resource Coaching</u> 9:30-11:30am (pg.8)(Free)</p> <p><u>Financial Consultant</u> 11:30am-1:30pm (pg.13)(Free)</p> <p><u>First Steps</u> 12-1:30pm (pg.1)(Free)</p> <p><u>Intro to Programs</u> 2-3:30pm (pg.2)(Free)</p> <p><u>Time Management Essentials</u> 2-4pm (pg.6)(\$10)</p> <p><u>1:1 DV Services</u> 3-5pm (pg.7)(Free)</p> <p><u>PowerPoint Level 3</u> 5:45-7:45pm (pg.3)(\$10)</p> <p><u>Español Camino de Sanacion</u> 9:30-11:30am (pg.9)(Gratis)</p> <p><u>Mas Allas Del Abuso</u> 5:45-6:45pm (pg.9)(Gratis)</p>	<p>14 <u>HIV Testing</u> 9am-12pm (pg.6)(Free)</p> <p><u>Healing Journey</u> 9:30-11:30am & 5:45-7:45pm (pg.7)(Free)</p> <p><u>PowerPoint Level 3</u> 9:30-11:30am (pg.3)(\$10)</p> <p><u>Master the Art of the Interview</u> 9:30-11:30am (pg. 2)(Free)</p> <p><u>Google Sheets</u> 2-4 (pg.3)(\$10)</p> <p><u>Professional Wardrobing</u> 10am-3pm (pg.6)(Free)</p> <p><u>First Steps</u> 12-1:30pm (pg.1)(Free)</p> <p><u>Self-Love for Valentine's Day</u> 2-3:30pm (pg.5)(\$10)</p> <p><u>Career Coaching</u> 5-7pm (pg.1)(Free)</p> <p><u>Google Sheets</u> 5:45-7:45pm (pg.3)(\$10)</p> <p><u>First Steps</u> 5:45-7:15pm (pg.1)(Free)</p> <p><u>Español Comedores Compulsivos</u> 5:45-7:30pm (pg.9)(Gratis)</p>	<p>15 <u>Building Peaceful Families</u> 9:30-11:30am (pg.7)(Free)</p> <p><u>The Resilience Advantage of HeartMath</u> 9:30-11:30 (pg.5)(\$10)</p> <p><u>Basic Microsoft Outlook</u> 9:30-11:30am (pg.3)(\$10)</p> <p><u>Professional Relationships</u> 9:30-11:30am (pg.2)(Free)</p> <p><u>Health Education Resources</u> 11am-2pm (pg.6)(Free)</p>	<p>16 <u>Yoga</u> 9:30-11am (pg.6)(\$10)</p> <p><u>Español Al-Anon</u> 9:30-11:15am (pg.9)(Gratis)</p>

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>18</p> <p><u>Microsoft Windows Level 1</u> 9:30-11:30am(pg.3)(\$10)</p> <p><u>First Steps</u> 12-1:30pm (pg.1)(Free)</p> <p><u>Excel Series Level 1&2</u> Class Mon.-Tues. 5:45-7:45pm (pg.3)(\$10)</p> <p><u>Español</u> <u>Comedores Compulsivos</u> 5:45-7:30pm (pg.9)(Gratis)</p>	<p>19</p> <p><u>Excel Series Level 1&2</u> Class Tues.-Wed. 9:30-11:30am (pg.3)(\$10)</p> <p><u>Mock Interviews</u> 9:30-11:30am (pg.2)(Free)</p> <p><u>First Steps</u> 12-1:30pm (pg.1)(Free)</p> <p><u>Career Coaching</u> 12-2pm (pg.1)(Free)</p> <p><u>Developing Boundaries</u> 2-4pm (pg.5)(\$10)</p> <p><u>Surviving Abuse</u> 5:45-7:15pm (pg.8)(Free)</p> <p><u>Thoughts Become Things</u> 5:45-7pm (pg.6)(\$10)</p>	<p>20</p> <p><u>Resource Coaching</u> 9:30-11:30am (pg.8)(Free)</p> <p><u>First Steps</u> 12-1:30pm (pg.1)(Free)</p> <p><u>Mind Over Money</u> 2-4pm (pg. 4)(Free)</p> <p><u>Intro to Programs</u> 2-3:30pm (pg.2)(Free)</p> <p><u>Business Accounting</u> 2-4pm (pg.1)(\$10)</p> <p><u>Stress Relief</u> 2-4pm (pg.5)(\$10)</p> <p><u>1:1 DV Services</u> 3-5pm (pg.7)(Free)</p> <p><u>Intro to Programs</u> 5:45-7:15pm (pg.2)(Free)</p> <p><u>Excel Level 3</u> 5:45-7:45pm (pg.3)(\$10)</p> <p><u>Professional Support</u> <u>Workshop</u> 5:45-7:45pm (pg.5)(Free)</p> <p><u>Español</u> <u>Camino de Sanacion</u> 9:30-11:30am (pg.9)(Gratis)</p> <p><u>Mas Allas Del Abuso</u> 5:45-6:45pm (pg.9)(Gratis)</p>	<p>21</p> <p><u>Healing Journey</u> 9:30-11:30am & 5:45-7:45pm (pg.7)(Free)</p> <p><u>Kindergarten Readiness</u> 9:30-11:30am (pg.7)(Free)</p> <p><u>Excel Level 3</u> 9:30-11:30am (pg.3)(\$10)</p> <p><u>Healing Touch</u> 10am-3pm (pg.6)(\$10)</p> <p><u>Professional Wardrobing</u> 10am-3pm (pg.6)(Free)</p> <p><u>First Steps</u> 12-1:30pm (pg.1)(Free)</p> <p><u>Assertive Communication</u> 2-4pm (pg.5)(\$10)</p> <p><u>Google Slides</u> 2-4pm (pg.3)(\$10)</p> <p><u>Google Slides</u> 5:45-7:45pm (pg.3)(\$10)</p> <p><u>Investments: One Piece of</u> <u>Financial Planning</u> 5:45-7:45pm (pg.4)(\$10)</p> <p><u>Career Coaching</u> 5-7pm (pg.1)(Free)</p> <p><u>Stress Relief</u> 5:45-7:45pm (pg.5)(\$10)</p> <p><u>Español</u> <u>Comedores Compulsivos</u> 5:45-7:30pm (pg.9)(Gratis)</p>	<p>22</p> <p><u>Building Peaceful Families</u> 9:30-11:30am (pg.7)(Free)</p>	<p>23</p> <p><u>ACRC Proctoring</u> Pre-Registration Required 9:30am-2pm (pg.2)(Free)</p> <p><u>Español</u> <u>Al-Anon</u> 9:30-11:15am (pg.9)(Gratis)</p>
<p>25</p> <p><u>Microsoft Windows Level 1</u> 9:30-11:30am(pg.3)(\$10)</p> <p><u>First Steps</u> 12-1:30pm (pg.1)(Free)</p> <p><u>Basic Banking</u> 2-4pm (pg.4)(Free)</p> <p><u>Parenting Through Adverse</u> <u>Childhood Experiences</u> 5:45-7:45pm (pg.7)(Free)</p> <p><u>Microsoft Windows Level 1</u> 5:45-7:45pm (pg.3)(\$10)</p> <p><u>Español</u> <u>Comedores Compulsivos</u> 5:45-7:30pm (pg.9)(Gratis)</p>	<p>26</p> <p><u>Microsoft Windows Level 2</u> 9:30-11:30am (pg.4)(\$10)</p> <p><u>First Steps</u> 12-1:30pm (pg.1)(Free)</p> <p><u>Career Coaching</u> 12-2pm (pg.1)(Free)</p> <p><u>Surviving Abuse</u> 5:45-7:15pm (pg.8)(Free)</p> <p><u>Mentee Info Session</u> 5:45-6:45pm (pg.5)(Free)</p> <p><u>Family Court Prep Q&A</u> 5:45-7:45pm (pg.7)(\$10)</p> <p><u>Upward Mobility Info Session</u> 5:45-7:15pm (p.2)(Free)</p> <p><u>Microsoft Windows Level 2</u> 5:45-7:45pm (pg.4)(\$10)</p> <p><u>Español</u> <u>Como Criar Ninos Seguros</u> <u>de Si Mismos Y</u> <u>Competentes</u> 9:30-11:30 (pg.9)(Gratis)</p>	<p>27</p> <p><u>Resource Coaching</u> 9:30-11:30am (pg.8)(Free)</p> <p><u>Financial Consultant</u> 11:30am-1:30pm (pg.13)(Free)</p> <p><u>First Steps</u> 12-1:30pm (pg.1)(Free)</p> <p><u>Intro to Programs</u> 2-3:30pm (pg.2)(Free)</p> <p><u>Continuing Healthy</u> <u>Boundaries</u> Pre-Requisite Required 2-3:30pm (pg.8)(Free)</p> <p><u>1:1 DV Services</u> 3-5pm (pg.7)(Free)</p> <p><u>Español</u> <u>Camino de Sanacion</u> 9:30-11:30am (pg.9)(Gratis)</p> <p><u>Mas Allas Del Abuso</u> 5:45-6:45pm (pg.9)(Gratis)</p> <p><u>Comenzando con Microsoft</u> <u>Windows</u> 5:45-7:45pm (pg.9)(\$10)</p>	<p>28</p> <p><u>Healing Journey</u> 9:30-11:30am & 5:45-7:45pm (pg.7)(Free)</p> <p><u>Professional Wardrobing</u> 10am-3pm (pg.6)(Free)</p> <p><u>First Steps</u> 12-1:30pm (pg.1)(Free)</p> <p><u>Goal Setting</u> 2-4pm (pg.5)(\$10)</p> <p><u>Career Coaching</u> 5-7pm (pg.1)(Free)</p> <p><u>Español</u> <u>Comedores Compulsivos</u> 5:45-7:30pm (pg.9)(Gratis)</p> <p><u>Habilidades Basicos</u> <u>Computacionales y</u> <u>Herramientas de Google</u> 5:45-7:45pm (pg.9)(Gratis)</p>		

FEATURED PROGRAM

FINANCIAL CONSULTANT (Free)

Meet one-on-one with a professional financial consultant 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. In person registration opens 1 hour prior, the day of (online registration unavailable).

First come, first served.

Wed.	02/13	11:30 a.m.-1:30 p.m.
Wed.	02/27	11:30 a.m.-1:30 p.m.

For the most up to date information and to register for a workshop, visit www.freshstartwomen.org/event-list.

March 2019 Workshops & Support Groups Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				<p>1 <u>Basic Computers & Google Tools</u> 9:30-11:30am (pg.3)(\$10)</p> <p><u>Yoga</u> 9:30-11am (pg.6)(\$10)</p> <p><u>Building Peaceful Families</u> 9:30-11:30am (pg.7)(Free)</p> <p><u>Clearing the Chakras</u> 2-4pm (pg.6)(\$10)</p>	<p>2 <u>Time Management Essentials</u> 11:30am-1:30pm (pg.6)(\$10)</p> <p><u>Español Al-Anon</u> 9:30-11:15am (pg.9)(Gratis)</p>
<p>4 <u>Microsoft Windows Level 1</u> 9:30-11:30am(pg.3)(\$10)</p> <p><u>Salon Day</u> 11am-3pm (pg.6)(\$10)</p> <p><u>First Steps</u> 12-1:30pm (pg.1)(Free)</p> <p><u>Basic Budgeting</u> 2-4pm (pg.4)(Free)</p> <p><u>How to Use LinkedIn</u> 5:45-7:45pm (pg.2)(\$10)</p> <p><u>Preparing & Presenting Your Case</u> 5:45-7:45pm (pg.7)(\$10)</p> <p><u>Word Series Level 1&2</u> Class Mon.-Tues. 5:45-7:45pm (pg.4)(\$10)</p> <p><u>Español Comedores Compulsivos</u> 5:45-7:30pm (pg.9)(Gratis)</p>	<p>5 <u>Word Series Level 1&2</u> Class Tues.-Wed. 9:30-11:30am (pg.4)(\$10)</p> <p><u>Time Management Essentials</u> 9:30-11:30am (pg.6)(\$10)</p> <p><u>Creating a Great Resume</u> 9:30-11:30am (pg.2)(Free)</p> <p><u>Mind Over Money</u> 9:30-11:30am (pg.4)(Free)</p> <p><u>First Steps</u> 12-1:30pm (pg.1)(Free)</p> <p><u>Career Coaching</u> 12-2pm (pg.1)(Free)</p> <p><u>Assertive Communication</u> 5:45-7:45pm (pg.5)(\$10)</p> <p><u>Surviving Abuse</u> 5:45-7:15pm (pg.8)(Free)</p> <p><u>Thoughts Become Things</u> 5:45-7pm (pg.6)(\$10)</p>	<p>6 <u>Resource Coaching</u> 9:30-11:30am (pg.8)(Free)</p> <p><u>First Steps</u> 12-1:30pm (pg.1)(Free)</p> <p><u>Intro to Programs</u> 2-3:30pm (pg.2)(Free)</p> <p><u>1:1 DV Services</u> 3-5pm (pg.7)(Free)</p> <p><u>Word Level 3</u> 5:45-7:45pm (pg.4)(\$10)</p> <p><u>Español Camino de Sanacion</u> 9:30-11:30am (pg.9)(Gratis)</p> <p><u>Mas Allas Del Abuso</u> 5:45-6:45pm (pg.9)(Gratis)</p>	<p>7 <u>Healing Journey</u> 9:30-11:30am & 5:45-7:45pm (pg.7)(Free)</p> <p><u>Word Level 3</u> 9:30-11:30am (pg.4)(\$10)</p> <p><u>Professional Wardrobing</u> 10am-3pm (pg.6)(Free)</p> <p><u>First Steps</u> 12-1:30pm (pg.1)(Free)</p> <p><u>DreamBuilder Info Session</u> 2-3pm (pg.2)(Free)</p> <p><u>Career Coaching</u> 5-7pm (pg.1)(Free)</p> <p><u>Google Docs</u> 5:45-7:45pm (pg.3)(\$10)</p> <p><u>Goal Setting</u> 5:45-7:45pm (pg.5)(\$10)</p> <p><u>Español Comedores Compulsivos</u> 5:45-7:30pm (pg.9)(Gratis)</p>	<p>8 <u>Building Peaceful Families</u> 9:30-11:30am (pg.7)(Free)</p> <p><u>Upward Mobility Info Session</u> 9:30-11am (p.2)(Free)</p> <p><u>First Steps</u> 9:30-11am (pg.1)(Free)</p>	<p>9 <u>Professionalism at Work</u> 9:30-11:30am (pg.2)(\$10)</p> <p><u>Yoga</u> 9:30-11am (pg.6)(\$10)</p> <p><u>Tai Chi & Qigong</u> 11:30am-1:30pm (pg.6)(\$10)</p> <p><u>Español Al-Anon</u> 9:30-11:15am (pg.9)(Gratis)</p>
<p>11 <u>Microsoft Windows Level 1</u> 9:30-11:30am(pg.3)(\$10)</p> <p><u>First Steps</u> 12-1:30pm (pg.1)(Free)</p> <p><u>Mentee Info Session</u> 5:45-6:45pm (pg.5)(Free)</p> <p><u>PowerPoint Series Level 1&2</u> Class Mon.-Tues. 5:45-7:45pm (pg.3)(\$10)</p> <p><u>Upward Mobility Info Session</u> 5:45-7:15pm (pg.2)(Free)</p> <p><u>Español Comedores Compulsivos</u> 5:45-7:30pm (pg.9)(Gratis)</p>	<p>12 <u>Raising Resilient Children</u> 9:30-11:30am (pg.7)(Free)</p> <p><u>PowerPoint Series Level 1&2</u> Class Tues.-Wed. 9:30-11:30am (pg.3)(\$10)</p> <p><u>First Steps</u> 12-1:30pm (pg.1)(Free)</p> <p><u>Career Coaching</u> 12-2pm (pg.1)(Free)</p> <p><u>Preparing & Presenting Your Case</u> 2-5pm (pg.7)(\$10)</p> <p><u>ACRC Info Session</u> 2-3:30pm (pg.1)(Free)</p> <p><u>Surviving Abuse</u> 5:45-7:15pm (pg.8)(Free)</p> <p><u>Developing Boundaries</u> 5:45-7:45pm (pg.5)(\$10)</p>	<p>13 <u>Girls Thriving Mini Camp</u> Wed.-Fri. 9:30am-3:30pm (pg.7)(Free)</p> <p><u>Resource Coaching</u> 9:30-11:30am (pg.8)(Free)</p> <p><u>Financial Consultant</u> 11:30am-1:30pm (pg.14)(Free)</p> <p><u>Education Coaching</u> 12-2pm (pg.2)(Free)</p> <p><u>First Steps</u> 12-1:30pm (pg.1)(Free)</p> <p><u>Intro to Programs</u> 2-3:30pm (pg.2)(Free)</p> <p><u>1:1 DV Services</u> 3-5pm (pg.7)(Free)</p> <p><u>Insurance 101</u> 5:45-7:30pm (pg.4)(Free)</p> <p><u>PowerPoint Level 3</u> 5:45-7:45pm (pg.3)(\$10)</p> <p><u>Español Camino de Sanacion</u> 9:30-11:30am (pg.9)(Gratis)</p> <p><u>Mas Allas Del Abuso</u> 5:45-6:45pm (pg.9)(Gratis)</p>	<p>14 <u>HIV Testing</u> 9am-12pm (pg.6)(Free)</p> <p><u>Healing Journey</u> 9:30-11:30am & 5:45-7:45pm (pg.7)(Free)</p> <p><u>Master the Art of the Interview</u> 9:30-11:30am (pg.2)(Free)</p> <p><u>PowerPoint Level 3</u> 9:30-11:30am (pg.3)(\$10)</p> <p><u>Professional Wardrobing</u> 10am-3pm (pg.6)(Free)</p> <p><u>Healing Touch</u> 10am-3pm (pg.6)(\$10)</p> <p><u>First Steps</u> 12-1:30pm (pg.1)(Free)</p> <p><u>Career Coaching</u> 5-7pm (pg.1)(Free)</p> <p><u>Google Sheets</u> 5:45-7:45pm (pg.3)(\$10)</p> <p><u>Conveying Professionalism</u> 5:45-7:45pm (pg.2)(Free)</p> <p><u>First Steps</u> 5:45-7:15pm (pg.1)(Free)</p> <p><u>Español Comedores Compulsivos</u> 5:45-7:30pm (pg.9)(Gratis)</p>	<p>15 <u>Online Sales</u> 9:30-11:30am (pg.4)(\$10)</p> <p><u>Building Peaceful Families</u> 9:30-11:30am (pg.7)(Free)</p> <p><u>Professional Relationships</u> 9:30-11:30am (pg.2)(Free)</p> <p><u>Health Education Resources</u> 11am-2pm (pg.6)(Free)</p> <p><u>Español Orientacion y Disciplina Positiva</u> 9:30-11:30am (pg.9)(Free)</p>	<p>16 <u>Español Al-Anon</u> 9:30-11:15am (pg.9)(Gratis)</p>

FEATURED PROGRAM FINANCIAL CONSULTANT (Free)

Meet one-on-one with a professional financial consultant 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. In person registration opens 1 hour prior, the day of (online registration unavailable).

First come, first served.

Wed.	03/13	11:30 a.m.-1:30 p.m.
Wed.	03/27	11:30 a.m.-1:30 p.m.

March 2019 Workshops & Support Groups Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>18</p> <p><u>Jump Start</u> Class Mon.-Fri. 9:30am-4pm (pg.1)(\$25)</p> <p><u>Excel Series Level 1&2</u> Class Mon.-Tues. 9:30-11:30am (pg.3)(\$10)</p> <p><u>First Steps</u> 12-1:30pm (pg.1)(Free)</p> <p><u>Using Credit Wisely</u> 2-4pm (pg.5)(Free)</p> <p><u>Excel Series Level 1&2</u> Class Mon.-Tues. 5:45-7:45pm (pg.3)(\$10)</p> <p><u>Español</u> <u>Comedores Compulsivos</u> 5:45-7:30pm (pg.9)(Gratis)</p>	<p>19</p> <p><u>Developing Boundaries</u> 9:30-11:30am (pg.5)(\$10)</p> <p><u>Mock Interviews</u> 9:30-11:30am (pg.2)(Free)</p> <p><u>Career Coaching</u> 12-2pm (pg.1)(Free)</p> <p><u>First Steps</u> 12-1:30pm (pg.1)(Free)</p> <p><u>The Fundamental Shift</u> 2-4:30pm (pg.5)(Free)</p> <p><u>Surviving Abuse</u> 5:45-7:15pm (pg.8)(Free)</p> <p><u>Thoughts Become Things</u> 5:45-7pm (pg.6)(\$10)</p> <p><u>Continuing Healthy Boundaries</u> Pre-Requisite Required 5:45-7:15pm (pg.8)(Free)</p>	<p>20</p> <p><u>Resource Coaching</u> 9:30-11:30am (pg.8)(Free)</p> <p><u>Stress Relief</u> 9:30-11:30am (pg.5)(\$10)</p> <p><u>ACRC Proctoring</u> Pre-Registration Required 9:30am-2pm (pg.2)(Free)</p> <p><u>First Steps</u> 12-1:30pm (pg.1)(Free)</p> <p><u>Exploring Personality Preferences</u> Wednesdays 3.20-3.27 2-4pm (pg.5)(\$10)</p> <p><u>Business Accounting</u> 2-4pm (pg.1)(\$10)</p> <p><u>Intro to Programs</u> 2-3:30pm (pg.2)(Free)</p> <p><u>1:1 DV Services</u> 3-5pm (pg.7)(Free)</p> <p><u>Intro to Programs</u> 5:45-7:15pm (pg.2)(Free)</p> <p><u>Excel Level 3</u> 5:45-7:45pm (pg.3)(\$10)</p> <p><u>Mind Over Money</u> 5:45-7:45pm (pg.4)(Free)</p> <p><u>Professional Support Workshop</u> 5:45-7:45pm (pg.5)(Free)</p> <p><u>Child Support Info Session</u> 5:45-7:45pm (pg.7)(\$10)</p> <p><u>Español</u> <u>Camino de Sanacion</u> 9:30-11:30am (pg.9)(Gratis)</p> <p><u>Mas Allas Del Abuso</u> 5:45-6:45pm (pg.9)(Gratis)</p>	<p>21</p> <p><u>Excel Level 3</u> 9:30-11:30am (pg.3)(\$10)</p> <p><u>Assertive Communication</u> 9:30-11:30am (pg.5)(\$10)</p> <p><u>Healing Journey</u> 9:30-11:30am & 5:45-7:45pm (pg.7)(Free)</p> <p><u>Professional Wardrobing</u> 10am-3pm (pg.6)(Free)</p> <p><u>First Steps</u> 12-1:30pm (pg.1)(Free)</p> <p><u>Career Coaching</u> 5-7pm (pg.1)(Free)</p> <p><u>Google Slides</u> 5:45-7:45pm (pg.3)(\$10)</p> <p><u>Investments: One Piece of Financial Planning</u> 5:45-7:45pm (pg.4)(\$10)</p> <p><u>Stress Relief</u> 5:45-7:45pm (pg.5)(\$10)</p> <p><u>Español</u> <u>Comedores Compulsivos</u> 5:45-7:30pm (pg.9)(Gratis)</p>	<p>22</p> <p><u>Building Peaceful Families</u> 9:30-11:30am (pg.7)(Free)</p> <p><u>Career Assessment Experience</u> 9:30-11:30am (pg.1)(Free)</p> <p><u>Mary Kay Make-Up</u> 2-4pm (pg.6)(\$10)</p>	<p>23</p> <p><u>Español</u> <u>Al-Anon</u> 9:30-11:15am (pg.9)(Gratis)</p>
<p>25</p> <p><u>First Steps</u> 12-1:30pm (pg.1)(Free)</p> <p><u>Microsoft Windows Level 1</u> 5:45-7:45pm (pg.3)(\$10)</p> <p><u>Child Development</u> 5:45-7:45 (pg.7)(Free)</p> <p><u>Español</u> <u>Comedores Compulsivos</u> 5:45-7:30pm (pg.9)(Gratis)</p>	<p>26</p> <p><u>Excel Level 4</u> 9:30-11:30am (pg.3)(\$10)</p> <p><u>First Steps</u> 12-1:30pm (pg.1)(Free)</p> <p><u>Career Coaching</u> 12-2pm (pg.1)(Free)</p> <p><u>Surviving Abuse</u> 5:45-7:15pm (pg.8)(Free)</p> <p><u>Family Court Prep Q&A</u> 5:45-7:45pm (pg.7)(\$10)</p> <p><u>Excel Level 4</u> 5:45-7:45pm (pg.3)(\$10)</p> <p><u>Español</u> <u>Como Criar Ninos Equilibrados</u> 9:30-11:30 (pg.9)(Gratis)</p>	<p>27</p> <p><u>Resource Coaching</u> 9:30-11:30am (pg.8)(Free)</p> <p><u>Continuing Healthy Boundaries</u> Pre-Requisite Required 9:30-11am (pg.8)(Free)</p> <p><u>Financial Consultant</u> 11:30am-1:30pm (pg.14)(Free)</p> <p><u>First Steps</u> 12-1:30pm (pg.1)(Free)</p> <p><u>Intro to Programs</u> 2-3:30pm (pg.2)(Free)</p> <p><u>1:1 DV Services</u> 3-5pm (pg.7)(Free)</p> <p><u>Homeownership 101</u> 5:45-7:30pm (pg.4)(Free)</p> <p><u>Español</u> <u>Camino de Sanacion</u> 9:30-11:30am (pg.9)(Gratis)</p> <p><u>Mas Allas Del Abuso</u> 5:45-6:45pm (pg.9)(Gratis)</p> <p><u>Comenzando con Microsoft Windows</u> 5:45-7:45pm (pg.9)(\$10)</p>	<p>28</p> <p><u>Healing Journey</u> 9:30-11:30am & 5:45-7:45pm (pg.7)(Free)</p> <p><u>Goal Setting</u> 9:30-11:30am (pg.5)(\$10)</p> <p><u>Professional Wardrobing</u> 10am-3pm (pg.6)(Free)</p> <p><u>First Steps</u> 12-1:30pm (pg.1)(Free)</p> <p><u>Career Coaching</u> 5-7pm (pg.1)(Free)</p> <p><u>Español</u> <u>Comedores Compulsivos</u> 5:45-7:30pm (pg.9)(Gratis)</p> <p><u>Habilidades Basicos Computacionales y Herramientas de Google</u> 5:45-7:45pm (pg.9)(Gratis)</p>	<p>29</p> <p><u>Mentee Info Session</u> 9:30-10:30am (pg.5)(Free)</p> <p><u>Building Peaceful Families</u> 9:30-11:30am (pg.7)(Free)</p>	<p>30</p> <p><u>Español</u> <u>Al-Anon</u> 9:30-11:15am (pg.9)(Gratis)</p>

For the most up to date information and to register for a workshop, visit www.freshstartwomen.org/event-list.

Fresh Start Services

Hours of Operation:

- Monday – Thursday 9 a.m. – 7 p.m.
- Friday 9 a.m. – 5 p.m.
- Saturday 9 a.m. – 2 p.m.

Client Registration and First Steps

Client registration is required to attend services at Fresh Start. This includes wardrobing, workshops, support groups, the E-Learning Center, and some events. Registration can be completed in person or online. Our in-person First Steps class will gain you access to programs and one-on-one appointments with staff. First Steps is available Monday through Thursday from 12–1:30 p.m., the second Thursday of the month from 5:45–7:15 p.m., and the second Friday of the month from 9:30–11 a.m. This free session will introduce you to Fresh Start, providing a detailed overview of all of our services, and help you create an action plan for addressing your needs.

Arizona Career Readiness Credential (ACRC)

The ACRC is a state-wide recognized credential that measures employability skills and adds value to a job search. Please attend an information session for more details.

Computer Literacy

These workshops and programs teach you the computer skills necessary to secure employment, advance in the workplace, and effectively utilize computers to support your business and personal goals. Special emphasis is also placed on introducing you to the benefits associated with pursuing a career in technology.

E-Learning Center

Goodwill of Central Arizona provides a range of career services within our E-Learning Center. Additionally, the Center is equipped with free access to Internet-connected computers, printers, telephones, and fax machine.

Family Law Support

Fresh Start gives you access to Certified Legal Document Professionals (CLDP) who can help you prepare and advocate for you and your family in cases of divorce, legal decision-making (custody), parenting time or support proceedings.

Programs

Fresh Start has a variety of programs to help you move forward in achieving goals. Once a registered client, you may attend *Intro to Programs* to learn how to apply for the program that interests you. Intro to Programs is offered Wednesdays from 2–3:30 p.m. and the second Wednesday of every month from 5:45 p.m. –7:15 p.m.

- | | | |
|-----------------------|--------------|---------------------------|
| - DreamBuilder | - Jump Start | - Small Business Start Up |
| - Career Scholarships | - Kick Start | - Upward Mobility |
| - Girls Thriving | - Mentoring | |

Social Work

The social work team can help guide you toward the right community resources and help you through your challenges. Social work services are free and provide ongoing one-on-one assistance to clients in all variations of transition.

Treasures Within

Treasures Within is our in-house clothing resource for women. Public shopping and free wardrobing for clients is available. Free wardrobing sessions for clients occur on Thursdays from 10 a.m. to 3 p.m. (first come, first served) to select up to ten pieces. To view open shopping hours <https://www.freshstartwomen.org/resources/treasures-within>

Upward Mobility

Create an individualized pathway to a financially stable career and gain the training and tools to sustain success. Please attend an information session for more details.

