

FRESH START
Catalog



2022
October
November
December

RESOURCES

Accessing information to
meet immediate needs
with helpful staff

SUPPORT

Ongoing support
for personal and
professional growth

WORKSHOPS

Attending workshops has
never been easier whether
virtually or in-person

About Fresh Start

Our Mission

Fresh Start Women's Foundation provides education, resources and support for women to positively transform their lives and strengthen our community.

Our Vision

We envision a community where every woman reaches her full potential through achieving personal empowerment and financial self-sufficiency.

Getting Started

Fresh Start Women's Foundation programs and services are available to any woman over the age of 18. New client registration is required before you can access services. Registration can be completed online [here](#).

Fresh Start Women's Resource Center is located at 1130 E. McDowell Rd., Phoenix, AZ 85006.

After your initial client registration we will complete a brief intake appointment to get to know you as well as share all of our programs & services with you. Once this is completed you'll have access to even more wonderful opportunities with Fresh Start!

First Steps Orientation

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 at Fresh Start.

V FRIDAYS OCT 7 - DEC 16 12pm - 1pm [Link](#)



How The Catalog Works

The following pages have descriptions of classes that are offered throughout the next quarter.

How and when the class will be offered is listed below the description along with a registration link. Here is where you can see how a class will be offered.

V	VIRTUAL	ZOOM WEBINAR
IP	IN-PERSON	RESOURCE CENTER WORKSHOP
H	HYBRID	BOTH VIRTUAL & IN-PERSON OPTIONS
OD	ON DEMAND	COASSEMBLE (self-paced e-learning)

Policies

Fresh Start has an on-time arrival policy for all appointments, workshops, and webinars. Please arrive 15 minutes prior to the start time.

Children may not go into classes, appointments, or be left unattended on the premises.

Fresh Start is committed to respecting and protecting your confidentiality at all times. We never release information about you to any individual or agency without your written or verbal consent with the exception of mandated reporting.

Masks are optional inside the building, regardless of vaccination status. Signage detailing Covid-19 safety protocols will be posted at the building entrance.

Family Stability

FAMILY COURT PREPARATION Q&A

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

V	TUES	OCT 25	5:45pm - 7:45pm	Link
V	TUES	NOV 29	5:45pm - 7:45pm	Link
V	TUES	DEC 20	5:45pm - 7:45pm	Link

GAINING CONTROL, DIVORCE CHANGES EVERYTHING

Discover how to gain control by understanding the key factors of divorce. Learn the critical components of divorce: Asset Division, Child Support & Spousal Maintenance. Gain answers to your questions surrounding the financial aspects of divorce to build confidence during this difficult transition.

IP	MON	DEC 12	9:30am - 11:30am	Link
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MANAGING STRESS AS A PARENT WITH CHILD CRISIS ARIZONA

Stress effects all aspects of our lives, including parenting. Explore healthy strategies to manage stress and create a plan to enhance your current parenting practices.

IP	TUES	OCT 4	12pm - 2pm	Link
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OBTAINING AN ARIZONA PROTECTIVE ORDER WITH COMMUNITY LEGAL SERVICES

This workshop is presented by a Community Legal Services (CLS) Lead Family Law & Victims' Attorney, who will present an overview of the Arizona laws and rules that govern Protective Orders (Orders of Protection, Injunctions Against Harassment, & Injunctions against Workplace Harassment), the process and issuance of protective orders, and contested hearings in Arizona. The CLS attorney 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.

V	MON	OCT 24	9:30am - 11:30am	Link
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PREPARING & PRESENTING YOUR FAMILY COURT CASE WITH COMMUNITY LEGAL SERVICES

A Community Legal Services (CLS) attorney will teach you how to prepare and present your case in court and provide information, resources, and helpful tips about Arizona Family Court processes—from filing your Petition or Response through successfully representing yourself in trial. The CLS attorney will address questions from webinar participants at the end of the presentation. This is a non-confidential classroom setting, and the instructor cannot provide legal advice.

V	MON	OCT 10	5:45pm - 7:45pm	Link
V	MON	NOV 7	9:30am - 11:30am	Link
V	MON	DEC 5	9:30am - 11:30am	Link

POSITIVE DISCIPLINE & GUIDANCE WITH CHILD CRISIS ARIZONA

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.

IP	TUES	NOV 8	12pm - 2pm	Link
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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. Resource Coaching can also help you create a path within Fresh Start and provide the support that you may need in getting started.

V	TUESDAYS	OCT 4 - DEC 20	9:30am - 1:30pm	Link
V	THURSDAYS	OCT 6 - DEC 22	1:30pm - 4:30pm	Link



Family Stability

JUSTICE INVOLVED WOMEN SERIES

Figuring out parole/probation, family, friends, and reintegration in general can feel like too much. In this workshop series we will discuss how to get through it together.

WHAT TO EXPECT WHEN YOU GET OUT

The first few weeks can be tough, let's talk about it.

V	MON	OCT 24	12pm - 1:30pm	Link
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GETTING YOUR RIGHTS BACK

In this workshop we will explore the steps needed to get your rights back after having a felony conviction

V	MON	NOV 7	12pm - 1:30pm	Link
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FINDING HOUSING & EMPLOYMENT

Finding employment and housing with a felony conviction can be tough. Let's discuss tips and tricks on how to make this process as smooth as possible.

V	MON	NOV 21	12pm - 1:30pm	Link
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MANAGING REINTEGRATION TODAY (MRT) SUPPORT GROUP

This is an open discussion support group for women coming out of incarceration. Join this safe and confidential space where one can share experiences and challenges with reentry. Learn how to maintain change by confronting past beliefs and develop new strategies for approaching interactions through the maintenance of positive relationships. Based upon the concept and strategies of navigating reentry into the community utilizing evidenced based practices around Moral Recognition Therapy.

IP	WEDS	OCT 12	9:30am - 11am	Link
IP	WEDS	NOV 9	9:30am - 11am	Link
IP	WEDS	DEC 21	9:30am - 11am	Link

ONE-ON-ONE DV SERVICES WITH NEW LIFE CENTER

This is an open discussion support group for women coming out of incarceration. Join this safe and confidential space where one can share experiences and challenges with reentry. Learn how to maintain change by confronting past beliefs and develop new strategies for approaching interactions through the maintenance of positive relationships. Based upon the concept and strategies of navigating reentry into the community utilizing evidenced based practices around Moral Recognition Therapy.

IP	WEDS	OCT 19	1pm - 3pm	Link
IP	WEDS	NOV 16	1pm - 3pm	Link

HEALING JOURNEY SUPPORT GROUP WITH JFCS

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.

IP	TUESDAYS	OCT 4 - DEC 20	9:30am - 11am	Link
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CO-DEPENDENTS ANONYMOUS

CODA is a fellowship with its only requirement for membership is a desire for healthy and loving relationships. We gather together to support and share with each other in a journey of self-discovery/learning to love the self, while becoming increasingly honest with ourselves about our personal histories and our own codependent behaviors (newcomers are invited at 15 minutes early to ask questions and get information about CoDA).

IP	TUES	OCT 5 - DEC 21	11:30am - 12:30pm	Link
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MAKING ACADEMIC ACHIEVEMENT ACCESSIBLE WITH AAA SCHOLARSHIP FOUNDATION

Join us to learn about scholarship opportunities available for K-12 students for the 2022-2023 and 2023-2024 school years. We will go over eligibility requirements and the application process.

V	TUES	NOV 1	5:45pm - 6:45pm	Link
V	THUR	DEC 15	9:30am - 10:30am	Link



Health & Well-Being

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.**

V	TUES	NOV 17	12pm - 1pm	Link
V	TUES	DEC 13	5:45pm - 6:45pm	Link

YOGA: STRETCHING AND 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.

V	THUR	NOV 10	5:45pm - 7:45pm	Link
V	TUES	DEC 20	5:45pm - 7:45pm	Link

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.**

V	THURS	OCT 6	5:45pm - 7:45pm	Link
V	FRI	NOV 4	9:30am - 11:30am	Link

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.**

V	MON	OCT 17	12pm - 1pm	Link
V	THUR	NOV 17	9:30am-10:30am	Link

BASICS ON STAYING HEALTHY OVER THE HOLIDAYS

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.**

V	TUES	NOV 8	5:45pm - 7:45pm	Link
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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.

V	FRI	OCT 7	9:30am - 11:30am	Link
V	WEDS	DEC 7	5:45pm - 7:45pm	Link

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.

V	FRI	OCT 14	9:30am - 11:30am	Link
V	WEDS	DEC 14	5:45pm - 7:45pm	Link



Health & Well-Being

"OUR RELATIONSHIP WITH" SERIES

In focusing on a different topic each month, this workshop will allow us space to learn more about ourselves. From learning general information to practical tools, you will be able to explore and discuss with peers to further your growth.

OUR RELATIONSHIP WITH MONEY

Finances can add a lot of stress to our lives & there's so much to unpack when it comes to dealing with money. We're influenced by what we learned about money growing up (whether positive or negative) In this workshop, we will work to unpack some of these notions through awareness and curiosity.

IP	TUES	OCT 11	12pm - 1:30pm	Link
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OUR RELATIONSHIP WITH HOLIDAYS

Do your Holiday traditions involve procrastination, family fights, or general exhaustion? Do you feel guilty when you're not feeling the Holiday cheer? Join us in a conversation about how to take care of ourselves during the holidays and support one another as we prepare for the holiday season.

V	TUES	NOV 14	12pm - 1:30pm	Link
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OUR RELATIONSHIP WITH REST

Rest is an essential part of our wellbeing and often times we don't prioritize it! Inspired by REST IS RESISTANCE: A MANIFESTO & the Nap Ministry, founded by Tricia Hersey, this workshop explores how to incorporate rest into our lives.

V	TUES	DEC 13	12pm - 1:30pm	Link
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"OUR RELATIONSHIP WITH" SERIES: EXTENDED

This open support group is an extension of the "Our Relationship With" Series. You will be able to connect with peers, learn about yourself & delve deeper into the process and our progress.

V	TUES	OCT 25	9:30am - 10:30am	Link
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JOURNALING 101

This workshop is created to learn about the benefits of journaling and the different ways to implement journaling into your life. This workshop will support skill building within the health and well-being pillar.

IP	FRI	DEC 2	9:30am - 10:30am	Link
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SELF-CARE FOR THE WOMAN ON THE GO

5 minutes, 30 minutes, or a whole day – you have got time for self-care. Self-care takes many forms and has positive impacts on your life. Come learn about the varying effects of not caring for ourselves, different forms of self-care and simple ways to incorporate them into our daily life. This workshop will support skill building within the health & well-being pillar.

IP	MON	OCT 3	9:30am - 11am	Link
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I CARE FOR MYSELF SUPPORT GROUP

Self-care is not selfish and yet women struggle to identify ways to care for themselves. Self-care is vital for your mental and physical well-being. Join a community of women who are seeking information and support while they participate in their self-care journey.

IP	MONDAYS	OCT 10 - OCT 31	9:30am - 10:30am	Link
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Health & Well-Being

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.

V	THUR	OCT 27	9:30am - 11:30am	Link
V	THUR	DEC 1	5:45pm - 7:45pm	Link

FREE OR REDUCED MEDICAL, DENTAL, AND MENTAL HEALTH SERVICES

We will discuss and share resources for free Medical, Dental and Mental Health Services in Arizona.

V	WEDS	OCT 12	12pm - 1:30pm	Link
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GROWING INTO GREATNESS

Come join this powerful workshop based upon the research of Dr. Brene' Brown. In this space, we will explore topics of vulnerability, courage, shame and worthiness. Through the examination of one's thoughts, emotions, and behaviors, we can begin the look at their relationship between holding oneself back and living as our most authentic selves. The primary focus of this group will be on understanding perfectionism and the development of shame resilience skills.

V	WEDS	OCT 19	9:30am - 11am	Link
V	TUES	NOV 29	12pm - 1:30pm	Link



PERSONAL EMPOWERMENT SERIES

A month-long program focused on building a cohort of women seeking to become leaders in their lives. We focus on finding purpose, identifying strengths, boundaries, holistic well-being, networking, and much more. You are registering for the kick-off Saturday that will take place in person at Fresh Start. Weekly virtual webinars will take place the following 4 Wednesdays and a close-out session will be held in person at Fresh Start on the following Saturday. Contact Kelli Brown at kbrown@fswf.org with questions.

H	SAT	OCT 1	9:30am - 11:30am	Link
H	FRI	OCT 29	9:30am - 11:30am	Link

HEALING TOUCH

Learn some of the basic techniques and terminology used in healing touch and how you can use these in your daily life.

IP	THUR	OCT 13	10am - 3pm	Link
IP	THUR	NOV 10	10am - 3pm	Link
IP	THUR	DEC 8	10am - 3pm	Link

HEALTH COACHING

Meet one-on-one with a certified Health Coach for a 30 minute session to discuss your health and wellness goals and gain resources, education, and support specific to your health related behavior change needs.

V	FRI	OCT 14	9:30am - 10:30am	Link
V	WED	NOV 9	9:30am - 10:30am	Link

Financial Management

HEALTHY OR WEALTHY? GETTING WISE ABOUT MEDICAL EXPENSES WITH TAKE CHARGE AMERICA

Become an informed consumer about healthcare costs and expenses. Learn some general strategies for reducing the cost of health care and explore ways to save money specifically for vision care, dental care, prescription drugs, and hearing loss.

V	WEDS	DEC 7	5:45pm - 7:45pm	Link
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MIND OVER MONEY, NAVIGATE 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.

V	WED	OCT 19	9:30am - 11:30am	Link
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SPEND SMART, SAVING SUCCESS WITH TAKE CHARGE AMERICA

Participants learn smart spending strategies, how to save on the big budget spending categories, how to spend smart and still have fun, and when it's smart to pay more. Participants will also learn the principles of saving, various types of savings needed, methods for increasing available money to save and techniques for developing the saving habit.

IP	THURS	OCT 27	9:30am - 11:30am	Link
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CREDIT VOYAGE WITH TAKE CHARGE AMERICA

Participants will be guided through a personalized action plan to improve their credit. They will identify their goals and choose strategies to maintain, improve, or establish their credit and credit score. Emphasis is placed on the financial impact of credit and steps needed to improve your credit score.

V	TUES	NOV 15	9:30am - 11:00am	Link
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FINANCIAL CENTS, ASSESSING YOUR FINANCES WITH TAKE CHARGE AMERICA

Knowing where your money is going is a crucial first step in controlling your finances. Participants will learn the different types of expenses, budgeting basics and how to develop their own personal budget. Participants will then be guided through a series of questions designed to assess their overall financial situation. Questions cover such areas as budgeting, savings, debt, credit reports and scores and retirement. Emphasis is placed on improving any financial areas that need attention.

V	TUES	OCT 11	5:45pm - 7:45pm	Link
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COLLABORATIVE FINANCIAL GUIDANCE

Confused by finances? Stumped as to how to improve your financial future or where to begin? Our Finance Program Specialist can help take the mystery and myths out of finances. She will guide you through the process of identifying financial goals and creating an action plan to help you achieve them.

V	DATES & TIMES VARY. USE LINK TO SCHEDULE	Link
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Financial Management

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.

V	WEDS	OCT 19	5:45pm - 7:45pm	Link
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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.

V	THUR	OCT 20	5:45pm - 7:45pm	Link
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YOUR SPENDING AND SAVING PLAN WITH BANK OF AMERICA

You will learn how to track income and expenses. We will also learn how to develop a spending and savings plan.

V	TUES	OCT 25	9:30am - 11:00am	Link
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BUYING BASICS 101 ROAD TO HOMEOWNERSHIP W/TAKE CHARGE AMERICA

Buying a home is often seen as an important step toward building personal wealth and achieving what many consider a milestone in our adult lives. This presentation focuses on considerations to keep in mind before making one of the biggest financial decisions of your life.

V	THURS	NOV 3	5:45pm - 7:15pm	Link
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CREDIT REPORTS, AND SCORES WITH BANK OF AMERICA

Taking a deep dive into Credit reports and scores, building productive credit histories, and repairing and improving credit.

V	TUES	NOV 15	5:45pm - 7:15pm	Link
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INVEST IN YOUR FUTURE, RETIREMENT PREP WITH TAKE CHARGE AMERICA

Participants learn about the types of retirement plans available, how to get started and the importance of starting now. Also discussed is the power of compounding interest and the difference between savings and investing. We will wrap up with ways to decrease money going out and increase money coming in and how events can derail retirement plans.

V	TUES	NOV 8	5:45pm - 7:45pm	Link
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MANAGING BUSINESS CREDIT WITH WELLS FARGO

Building credit is an active, ongoing process that takes careful management. Join us to learn about the steps you can take to build a stronger credit profile for your business and understand how this may help you when applying for financing. During this workshop we will deep dive the two critical business cycles that impact every business – the operating cycle and the business lifecycle.

V	FRI	OCT 21	12pm - 1pm	Link
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MANAGING BUSINESS CASH FLOW WITH WELLS FARGO

Cash flow is a key indicator of the financial health of your business. A consistent positive cash flow may help you pay expenses, invest in new opportunities, and grow your business. Join us as we discuss how you can manage and create safeguards towards a positive cash flow. During this workshop we will walk you through conducting a cashflow projection for your business.

V	FRI	NOV 18	12pm - 1pm	Link
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Education & Training

HELPING HANDS FOR SINGLE MOMS SCHOLARSHIP INFO SESSION

Helping Hands for Single Moms is an external organization offering scholarships to single moms in the community. In this session, they will highlight an IT certificate program through Glendale Community College covered by their scholarship. Additionally, they will explain the added benefits awardees have available to them within the Helping Hands community.

V	TUES	OCT 18	5:45pm - 6:45pm	Link
V	MON	NOV 14	12:00pm - 1:00pm	Link
V	WEDS	DEC 14	9:30am - 10:30am	Link



WIOA/ROUTE TO RELIEF INFO SESSION

WIOA (Workforce Innovation and Opportunity Act) and Route to Relief are comprehensive workforce development initiatives designed to help job seekers gain the education needed to secure employment. Join us to learn about these available educational funding opportunities and the supplemental employment and supportive services these programs offer. You will also learn about the eligibility requirements, application process, and expectations involved. This could be your first step to a new career!

IP	MON	OCT 10	9:30am - 10:30am	Link
V	MON	OCT 17	12:00pm - 1:00pm	Link
IP	TUES	NOV 8	9:30am - 10:30am	Link
V	TUES	NOV 22	5:45pm - 6:45pm	Link
V	THURS	DEC 15	12:00pm - 1:00pm	Link
IP	TUES	DEC 20	9:30am - 10:30am	Link

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!

V	WEDS	OCT 3	5:45pm - 6:45pm	Link
V	THURS	NOV 10	9:30am - 10:30am	Link

THE ART OF THE PITCH WITH WELLS FARGO

A good pitch is more of an art than a science, and when done well, it can make your business easier and more successful. Join us to learn how to structure your pitch to fit the right situation and how to incorporate the relevant information for your audience.

V	FRI	DEC 16	12pm - 1pm	Link
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Career

CAREER EMPOWERMENT SERIES

Join us for a three-day intensive learning experience centered around identifying, researching and preparing for a new career. From what career might best fit your personality, to what careers offer a promising future, to how you can get the training and certifications needed to pursue a particular career, we'll cover it all. We also cover the more fundamental pieces of switching careers, such as preparing a resume and how to put your best foot forward in an interview. This registers you for all 3 days.

IP	T/W/TH	OCT 4,5,6	9:30am - 4pm	Link
IP	T/W/TH	NOV 1,2,3	9:30am - 4pm	Link
IP	M/T/W	DEC 5,6,7	9:30am - 4pm	Link

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.

V	MON	NOV 21	12:00pm - 2:00pm	Link
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CAREER EXPLORATION

Looking to change your career, but not sure the direction you're heading? Join us for a journey through Career Exploration. What do I Love to Do? What Am I Good At? What Pays Well? This workshop introduces you to a variety of assessments and tools you can use to find the answers to these questions.

V	WEDS	NOV 30	5:45pm - 7:45pm	Link
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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).

V	WEDS	NOV 16	5:45pm - 7:45pm	Link
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CONVEYING PROFESSIONALISM

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 (ACRC).

V	MON	NOV 28	12:00pm - 2:00pm	Link
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JOB SEARCH

Looking for a job? Learn how to effectively and safely search for jobs that you qualify for using PipelineAZ and other job search engines. You'll also learn to identify your KSA&EEs so both you and potential employers know what you bring to the table.

V	WED	DEC 21	5:45pm - 7:45pm	Link
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CAREER COACHING SESSIONS

Meet one-on-one with an experienced volunteer Career Coach or Fresh Start Workforce Development Specialist to enhance your professional development! Employment Readiness Career Coaching is available to all clients. For additional in-depth Career Advising sessions, join the Impact Program today!

EMPLOYMENT READINESS

Whether it's reviewing and fine-tuning your resume or helping you prepare for an upcoming interview, our Employment Readiness Coaching services can assist you in your job search.

V	TUESDAYS	OCT 4 - DEC 19	12pm - 2pm	Link
V	THURSDAYS	OCT 6 - DEC 22	5pm - 7pm	Link

CAREER ADVISING

Let our Workforce Development Specialist walk with you on your career exploration journey. From behavioral and aptitude assessments to labor market research, he can help you identify career options that match your natural skills, interests and personality. He can also assist you in your job search or in applying for WIOA funding to upskill or reskill to a new career.

V	DATES & TIMES VARY. USE LINK TO SCHEDULE			Link
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Career

NETWORKING 101

In this interactive webinar, you'll learn how the power of networking can positively build your career. Topics that will be covered include how to create an effective introduction; the benefits of networking and basic do's and don'ts; how to overcome nervousness; an easy way to maintain your connections; and the benefits of power partners.

V	FRI	OCT 14	12:00pm - 2:00pm	Link
V	WEDS	NOV 9	5:45pm - 7:45pm	Link

PIPELINE AZ INFO SESSION

PipelineAZ is a unique job board that allows Fresh Start to actively assist you in your job search efforts. Explore jobs by industry, view projected job openings, compare career pathways and salaries, and learn what skills are necessary to land your dream career. Join us to learn how you can level-up your search for a new job or career using PipelineAZ.

V	WEDS	OCT 26	5:45pm - 7:45pm	Link
V	MON	DEC 19	12:00pm - 2:00pm	Link

SALARY NEGOTIATION

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

V	WED	DEC 14	5:45pm - 7:45pm	Link
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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.

V	MON	DEC 12	12:00pm - 2:00pm	Link
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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.

V	MON	NOV 14	9:30am - 12:30pm	Link
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DEVELOPING YOUR INNER LEADER

"Great leaders become great not because of their power, but because of their ability to empower others." Join us for a look at the characteristics of an excellent leader and learn tips and techniques you can use to develop or strengthen your leadership skills.

V	TUES	NOV 15	5:45pm - 7:45pm	Link
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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.

V	TUES	OCT 25	5:45pm - 7:45pm	Link
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Computer Literacy

MICROSOFT WINDOWS LEVEL 1

This entry-level workshop 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.

IP	MON	OCT 3	9:30am - 11:30am	Link
IP	TUES	NOV 1	9:30am - 11:30am	Link
OD	on demand e-learning course		self-paced	Link

MICROSOFT WINDOWS LEVEL 2

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.

IP	THURS	DEC 1	9:30am - 11:30am	Link
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MICROSOFT POWERPOINT SERIES

This series introduces you to the features and functions of Microsoft PowerPoint.

LEVEL 1

Pre-requisite: Microsoft Windows Level 1. 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.

IP	MON	NOV 7	9:30am - 11:30am	Link
OD	on demand e-learning course		self-paced	Link

LEVEL 2

Level 1 required. Build on the skills you learned in the previous class along with advanced features. In this class we'll work in different views, insert and format pictures and shapes and learn to animate and automate our slideshows.

IP	TUES	NOV 8	9:30am - 11:30am	Link
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LEVEL 3

Levels 1 & 2 required. Build on the skills you learned in the previous classes.

IP	TUES	NOV 15	9:30am - 11:30am	Link
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INTRO TO CODING

Pre-Requisite: None. This beginner-level workshop gives an easy to understand introduction to coding and technology. No experience necessary.

IP	SAT	OCT 22	9:30am - 11:30am	Link
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MICROSOFT WORD SERIES

This series introduces you to the features and functions of Microsoft Word..

LEVEL 1

Pre-requisite: Microsoft Windows Level 1. 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.

IP	MON	OCT 10	9:30am - 11:30am	Link
OD	on demand e-learning course		self-paced	Link

LEVEL 2

Level 1 required. 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.

IP	TUES	OCT 11	9:30am - 11:30am	Link
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LEVEL 3

Levels 1 & 2 required. Build on the skills you learned in the previous classes.

IP	THURS	OCT 27	9:30am - 11:30am	Link
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LEVEL 4

Levels 1, 2 & 3 required. Build on the skills taught in previous Word classes. This class introduces you to columns, outline numbering, generating Tables of Contents, adding footnotes, and working with multiple headers and footers.

IP	FRI	DEC 2	9:30am - 11:30am	Link
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OPEN COMPUTER LAB

You must have completed Windows Level 1 to access this offering. Open Lab hours are an opportunity for you to work on your resume, job search or other activity requiring the use of a computer. Open Lab is not an opportunity to learn how to use a computer and computers may not be used for recreational purposes such as watching videos or movies (unless educational in nature). *Open 2.5 hours

IP	TUES	OCT 4	9:30am - 12:00pm	Link
IP	FRI	OCT 14	9:30am - 12:00pm	Link
IP	TUES	OCT 18	9:30am - 12:00pm	Link
IP	FRI	NOV 18	9:30am - 12:00pm	Link
IP	WED	NOV 30	9:30am - 12:00pm	Link
IP	MON	DEC 5	9:30am - 12:00pm	Link

CYBER SAFETY

This is an introductory course on how to detect and protect yourself from common cyber threats (such as phishing) via your home computer, your mobile device, and your personal network (Wi-Fi). Learn interesting facts, tips and tricks, and how to further your education in cyber security. No prior technical or security skills needed.

V	THUR	NOV 3	9:30am - 12:30pm	Link
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Computer Literacy

GOOGLE DOCS SERIES

This series introduces you to the word processing application offered as part of Google's suite of productivity tools.

LEVEL 1

Pre-requisite: Microsoft Windows Level 1. Get started learning the basics!

V	WEDS	OCT 5	9:30am - 11:30am	Link
IP	WEDS	NOV 9	5:45pm - 7:45pm	Link

LEVEL 2

Level 1 required. Build on the skills you learned in the previous class along with advanced features.

V	THUR	OCT 13	5:45pm - 7:45pm	Link
IP	THUR	NOV 10	9:30am - 11:30am	Link

LEVEL 3

Levels 1 & 2 required. Build on the skills you learned in the previous classes.

IP	TUES	NOV 22	9:30am - 11:30am	Link
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GOOGLE SHEETS SERIES

This series introduces you to the spreadsheet application offered as part of Google's suite of productivity tools.

LEVEL 1

Pre-requisite: Microsoft Windows Level 1. Get started learning the basics!

IP	WEDS	OCT 19	9:30am - 11:30am	Link
V	WEDS	DEC 7	5:45pm - 7:45pm	Link

LEVEL 2

Level 1 required. Build on the skills you learned in the previous class along with advanced features.

IP	THURS	OCT 20	9:30am - 11:30am	Link
V	WEDS	DEC 14	5:45pm - 7:45pm	Link

LEVEL 3

Levels 1 & 2 required. Build on the skills you learned in the previous classes.

IP	MON	OCT 24	9:30am - 11:30am	Link
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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.

V	WED	OCT 12	9:30am - 11:30am	Link
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GOOGLE SLIDES SERIES

This series introduces you to the slideshow application offered as part of Google's suite of productivity tools.

LEVEL 1

Pre-requisite: Microsoft Windows Level 1. Get started learning the basics!

V	WEDS	NOV 2	5:45pm - 7:45pm	Link
IP	THURS	DEC 8	9:30am - 11:30am	Link

LEVEL 2

Level 1 required. Build on the skills you learned in the previous class along with advanced features.

V	WEDS	NOV 16	5:45pm - 7:45pm	Link
IP	FRI	DEC 9	9:30am - 11:30am	Link

LEVEL 3

Levels 1 & 2 required. Build on the skills you learned in the previous classes.

IP	FRI	DEC 16	9:30am - 11:30am	Link
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MICROSOFT EXCEL SERIES

This series introduces you to the features and functions of Microsoft Excel.

LEVEL 1

Pre-requisite: Microsoft Windows Level 1. 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, of productivity tools.

IP	MON	DEC 12	9:30am - 11:30am	Link
OD	on demand e-learning course		self-paced	Link

LEVEL 2

Level 1 required. Build on the skills you learned in the previous class along with advanced features. 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.

IP	TUES	DEC 13	9:30am - 11:30am	Link
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LEVEL 3

Levels 1 & 2 required. Build on the skills you learned in the previous classes.

IP	MON	DEC 19	9:30am - 11:30am	Link
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LEVEL 4

Levels 1, 2 & 3 required. Build on the skills you learned in the previous classes, including Pivot Tables, VLookup and CountIf, Custom Lists, and more.

IP	WEDS	DEC 21	9:30am - 11:30am	Link
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Spanish Services

AL-ANON

Al-Anon es un grupo compuesto de parientes y amigos de personas que sufren de alcoholismo, en el cual 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?"

IP	SABADO	OCT 1 - DEC 17	9:30am - 11:30am	Link
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CAMINO DE SANACION CON JFCS

Se parte de este grupo de apoyo que es seguro, confidencial y casual, donde podras compartir tus experiencias, aprender de otras mujeres y recibir apoyo emocional, por el cual podras trabajar en los efectos de la violencia domestica. Este grupo enseña los efectos del abuso en la víctima y sus hijos, incluyendo cómo crear relaciones de confianza y cariño, y cómo cultivar el crecimiento personal. JFCS requiere el uso de máscaras durante el grupo. Fresh Start tendrá máscaras en el lugar si es necesario.

IP	MIERCOLES	OCT 5 - DEC 21	9:30am - 11:30am	Link
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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.

IP	JUEVES	OCT 6	9:30am - 11:30am	Link
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V	LUNES	NOV 21	9:30am - 11:30am	Link
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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.

V	MARTES	DEC 20	9:30am - 11:30am	Link
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ÉXITO CON LOS AHORROS WITH TAKE CHARGE AMERICA

El ahorro es una parte importante de un plan financiero sólido. Los participantes aprenderán los diversos tipos de ahorros necesarios, los métodos para aumentar el dinero disponible para ahorrar, y las técnicas para desarrollar el hábito del ahorro. Cada participante creará un plan individual de ahorros.

IP	JUEVES	NOV 17	9:30am - 11:30am	Link
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CENTAVOS FINANCIEROS WITH TAKE CHARGE AMERICA

Saber a dónde está yendo su dinero es un primer paso crucial para controlar sus finanzas. Los participantes aprenderán los distintos tipos de gastos, los conceptos básicos del presupuesto, y cómo desarrollar su propio presupuesto personal.

IP	VIERNES	OCT 21	9:30am - 11:30am	Link
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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.

V	JUEVES	DEC 15	9:30am - 11:30am	Link
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NAVEGANDO TU DEUDA WITH TAKE CHARGE AMERICA

Tener control sobre su deuda es un paso importante para administrar con éxito su situación financiera. Nosotros presentaremos las principales fuentes de deuda y estrategias para reducirlas. Los participantes crearán un plan individualizado para reducir su deuda.

IP	JUEVES	NOV 8	9:30am - 11:30am	Link
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Fresh Start
Women's Foundation