FRESH START WOMEN'S FOUNDATION

JEWELL MCFARLAND LEWIS FRESH START WOMEN'S RESOURCE CENTER

PROGRAM CATALOG 2017

freshstartwomen.org

HELPING WOMEN HELP THEMSELVES

TABLE OF CONTENTS

About Fresh Start 4

Fresh Start Information 5
- Hours
- Levels of Connection
- Online Workshop Schedule
- Memberships
- Waivers

Get Started 6-7
- Registration
- Orientation
- Intro to Programs
- Next Steps
- Program of Study

Workshops
- Career & Education 8-10
- Life Skills 12-14
- Support Services 16-17
- En Espanol 18

Volunteers 19

Pictured from left to right: Beverly Stewart and Pat Petznick, co-founders, Fresh Start Women's Foundation

ABOUT FRESH START

Since 1992, Fresh Start Women's Foundation has been on a mission to provide education, resources and support for women to positively transform their lives and strengthen our community.

Our nonprofit organization helps women 18 and older focus on key areas of their lives, with a wide range of services, classes and workshops designed to teach self-confidence, life skills and career development.

MEET PAT AND BEVERLY

Fresh Start is all about women helping women, and it's been a true passion project for founders and sisters, Pat Petznick and Beverly Stewart. Pat and Beverly watched their grandmother become the sole support of their family and vowed to one day support women who found themselves in similar circumstances.

Over the years, the Arizona natives became ardent community activists on behalf of women. In 1992, Pat and Beverly were in a position to personally and professionally reach out to women in need and initially offered a day of pampering each month at the salon they co-owned, inviting 20 women to boost their confidence and self-esteem. Later that year, Fresh Start Women's Foundation was officially born.

ACERCA DE FRESH START

Desde 1992, la Fundación Fresh Start para las mujeres ha tenido una misión para capacitar a las mujeres de Arizona para transformar sus vidas a través de la educación, el desarrollo personal y la autosuficiencia.

Nuestra organización sin fines de lucro ayuda a las mujeres mayores de 18 años a enfocarse en las áreas clave de su vida, con una amplia gama de servicios, clases y talleres diseñados para enseñar confianza y autoestima, habilidades para la vida y desarrollo de carreras.

CONOZCA A PAT Y BEVERLY

Fresh Start para las Mujeres se trata de que entre mujeres nos ayudemos y nos apoyemos. Ha sido un verdadero proyecto de pasión para las fundadoras y hermanas, Pat Petznick y Beverly Stewart. Pat y Beverly vieron a su abuela convertirse en el único sostén de su familia y se comprometieron a apoyar a las mujeres si algún día se encontraban en circunstancias similares.

Con los años, los nativos de Arizona se convirtieron en activistas apasionados de la comunidad en favor de las mujeres. En 1992, Pat y Beverly estaban en condiciones de extender la mano a nivel personal y profesional a las mujeres que lo necesitan y en un principio ofreció un día de belleza cada mes en el salón que ellas tenían, invitando a 20 mujeres para aumentar su confianza y autoestima. Más tarde ese año, la Fundación de Fresh Start para las Mujeres nació oficialmente.

FRESH START INFORMATION

CENTER 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.

*Some classes may run until 8 p.m.

LEVELS OF CONNECTION

Most new client join us at the Connect Level, with access to a selection of helpful services to get you on the right path quickly. As you progress, you'll "graduate" to additional levels that unlock more advanced programs. For more information, about the Connect, Empower and Thrive levels, visit **freshstartwomen.org/our-services**.

ONLINE WORKSHOP SCHEDULE

Visit freshstartwomen.org for a complete schedule of workshops and events. For those with limited access to our website, a monthly printed calendar is available at the front desk.

MEMBERSHIPS*

Purchase a membership to attend an unlimited number of workshops at a discounted rate. Includes: workshops; Jump Start; one-on-one self-esteem services; family law support workshops; and information sessions. Without a membership, workshops are $10.

Monthly membership....$35

Quarterly membership....$65

Gift card for 5 workshops....$40

WAIVERS**

Workshop waiver applications are available to any woman facing financial hardship and are approved on a weekly basis. Please fill out a form online at **freshstartwomen.org/resources/waiver**.

*Payments must be made in-person at the Center via cash, credit or debit card. Prorating, refunds and transferable credit not permitted.

**Appointments with Family Law Support staff and special event registration fees are not covered with waivers, memberships or Thrive level status.

INFORMACIÓN SOBRE FRESH START

LOS NIVELES DE CONEXIÓN

La mayoría de nuevas clientas se une a nosotros en el nivel de Conéctate, con acceso a una selección de servicios útiles para ayudarle en el camino correcto rápidamente. A medida que avances, podrás "graduarte" a niveles adicionales que desbloquean los programas más avanzados. Para obtener más información, acerca de los niveles Conéctate, Empoderamiento, y Prosperar, visite **freshstartwomen.org/our-services**.

HORARIO PARA LOS TALLERES EN LÍNEA

Visite freshstartwomen.org para un calendario completo de los talleres y eventos. Para aquellos con acceso limitado a nuestro sitio de web, pase a la area de recepcion para receiber un calendario.

MEMBRESÍAS*

Comprar una membresía para asistir a un número ilimitado de talleres a un precio reducido. Incluye: talleres; Buen inicio; servicios uno-a-uno de autoestima; talleres de apoyo en derecho de familia; y sesiones de información. Sin una membresia, talleres cuestan $10 cada uno.

Membresía mensual....$35

Membresía por tres meses....$65

Tarjeta de regalo para 5 talleres....$40

EXENCIONES**

solicitudes de exenciones de taller están disponibles para cualquier mujer que se enfrenta en dificultades financieras y se aprueban sobre una base semanal. Por favor, llenar un formulario en línea en **freshstartwomen.org/resources/waiver**.

*Los pagos deben hacerse en persona en el Centro a través de dinero en efectivo, tarjeta de crédito o débito. Prorrateo, los reembolsos y créditos transferibles no son permitidos.

**Las citas con el personal de Apoyo en Ley Familiar y registro de eventos especiales no están cubiertas con las exenciones o nivel de estado, Thrive.

GET STARTED

STEP 1 - REGISTRATION

Registration is required before you can attend workshops, support groups, and certain special events. Registration can be completed at the Center or online at **freshstartwomen.org/our-services/get-started**.

STEP 2 - ORIENTATION

Orientation is required to access more in-depth services such as the E-Learning Center, Jump Start, Social Work or Family Law Support. You must complete Orientation either at the Center or online.

The one-hour Orientation is available at the Center and online. If you plan to attend orientation onsite, you can complete registration at the same time.

Watch the orientation video at **freshstartwomen.org/our-services/get-started** and write down the completion code at the end. If you watch the video online, you'll need to bring the completion code to the Center upon your first visit.

INTRO TO PROGRAMS

Fresh Start offers a variety of programs to help you pursue your education and career goals. If you aren't sure what step to take first, or which program may be best for you, this brief session will inform you about the basics of Fresh Start's various programs.

NEXT STEPS

Need further guidance creating your road map to empowerment? Fresh Start staff will offer Next Steps, a unique workshop designed to support you in identifying and prioritizing your needs. It provides guidance, information about Fresh Start services, and ways to search for community resources to help you begin to plan how to best address your most important needs.

PROGRAM OF STUDY *(Only available in English)*

At the Empower level, most clients begin with one of our onboarding programs of study, Jump Start, Kick Start, or ReStart.

Jump Start is a week-long series allowing you to concentrate on career readiness, boundary setting, goal-setting and life skills, like assertive communication.

KickStart and ReStart are self-paced programs with a variety of workshops offered at different times to allow for flexibility within your schedule. Required workshops for both provide a strong foundation in valuable life skills. Kick Start offers electives to support one's individual interests and needs in the area of career development, while ReStart offers electives to support one's individual interests and needs in the area of personal development. Clients may choose either program depending on their individual goals.

AQUÍ ES CÓMO EMPEZAR

PASO 1 - REGISTRO

Es necesario registrarse antes de poder asistir a talleres, grupos de apoyo, y ciertos eventos especiales. El registro puede ser completado en el Centro o en línea en **freshstartwomen.org/our-services/get-started**.

PASO 2 - ORIENTACIÓN

Se requiere orientación para acceder a más servicios en profundidad, como el Centro de E-Learning, Jump Start, o el apoyo en Ley de Familia, debe completar la orientación, ya sea en el centro o en línea.

La orientación de una hora está disponible en el Centro y en linea. Si va a asistir a la orientación en el sitio, se puede completar el registro al mismo tiempo.

Puede el vídeo de orientación en **freshstartwomen.org/our-services/get-started**. Por favor anotar el código de finalización. Usted tiene que traer el código al Centro en su primera visita.

INTRODUCCIÓN A LOS PROGRAMAS *(Sólo se ofrece en Inglés)*

Fresh Start ofrece una variedad de programas para ayudar a alcanzar sus metas educativas y profesionales. Si no está seguro de que paso tomar en primer lugar, o qué programa puede ser mejor para ti, esta breve sesión le informará sobre los aspectos básicos de los diversos programas de Fresh Start.

PRÓXIMOS PASOS

¿Necesita más orientación para crear ruta para el empoderamiento? El personal de Fresh Start ofrecerá los Proximos pasos, un taller único diseñado para ayudarle a identificar y priorizar sus necesidades. Proporciona información sobre los servicios de Fresh Start y maneras de buscar recursos en la comunidad para ayudarle a comenzar a planear cómo abordar mejor sus necesidades más importantes.

PROGRAMA DE ESTUDIOS *(Sólo se ofrece en Inglés)*

A nivel de Empoderamiento, la mayoría de clientas comienzan con uno de nuestros programas de estudio, como Jump Start, Kick Start, o ReStart.

Jump Start es una serie de una semana lo que le permite concentrarse en la preparación profesional, el establecimiento de límites, la fijación de objetivos y habilidades para la vida como la comunicación asertiva.

Kick Start y ReStart son programas de ritmo propio que ofrecen una variedad de valiosos talleres para permitir la flexibilidad del horario. Las electivas de Kick Start apoyan los intereses de desarrollo profesional, mientras que las electivas de ReStart apoyan intereses de desarrollo personal. Las clientas pueden selectar cualquiera de los programas, dependiendo de sus objetivos individuales.

CAREER & EDUCATION

COMPUTER LITERACY

In order to provide more in-depth computer literacy services, Fresh Start is developing new workshops and will host open computer lab hours in 2017. Be on the lookout for more information in our client e-newsletter and online calendar. In the meantime, the following workshops are available.

INTEL EASY STEPS

Learn the basics of computers to help with communicating to others through email, researching, accessing information on the Internet, creating resumes, flyers, invitations, budgets, business documents, presentations and more.

MICROSOFT LITERACY: EXCEL BASICS

Participants will learn the basics of Microsoft Excel, including opening documents, setting up tables, mathematical functions, printing and more.

MICROSOFT LITERACY: POWERPOINT BASICS

Participants will learn the basics of Microsoft PowerPoint including opening documents, designing presentations, inserting photos, printing and more.

MICROSOFT LITERACY: WORD BASICS

Participants will learn the basics of Microsoft Word, including opening documents, fonts, margins, inserting pictures and tables, printing, and more.

CAREER SERVICES

A FOUNDATION FOR SUCCESS

In this 4-hour workshop you will learn and practice skills that will help us start rebuilding our self confidence. Our renewed confidence allows us to regain trust in ourselves and to listen to our own internal voice as to our self-worth, not someone else's voice.

CAREER COACHING

If you are looking for one-on-one support, career coaches are here to support you. Career coaches offer support in a variety of ways such as resume writing/ critiquing, interviewing skills, job searching, and cover letter writing. Our career coaches have extensive experience in this field and are here to support you on your journey.

CAREER EXPLORATION

An interactive workshop in Career Exploration. You will learn about yourself and the world of work, identify and explore potential satisfying occupations, and develop an effective strategy to realize your goals.

CAREER READINESS GROUP

Are you currently unemployed? Searching for a job? Feeling discouraged or just want additional support? This group will enhance the connectedness you feel to yourself and the job search. Join us in the power of the shared experience! Different discussions every week.

COMMUNICATION IN THE WORKPLACE

Get tips that will allow you to communicate effectively at work. We will also share easy tips that will help you succeed quickly in your new job.

CREATING A GREAT RESUME

Learn how to craft a resume that will grab the attention of any employer. This workshop will give you the skills you need to effectivley showcase your experience.

DEVELOPING YOUR INNER LEADER

This workshop will help you understand what the characteristics of a good leader are, understand leadership styles, and provide you with tips on what you can do today to develop your leadership skills. You will also learn how to assess your leadership skills and develop an action plan of next steps for follow-up after the class.

HIRING EVENT

This event will connect women with a multitude of job opportunities from around the Valley. If you are seeking employment, looking for a career change, or searching for future career options, join us to meet several of the Valley's top employers representing a variety of positions, professions and industries.

FINDING A JOB IN HALF THE TIME

The purpose of this workshop is to help job seekers search for jobs and complete online job applications in an efficient manner. Learn how to tailor your resume and cover letter to fit the employment opportunities you are interested in. You will learn how to evaluate the job description, determine if you qualify, how to apply for the job, and how to track and follow-up once you have submitted the application.

For details, dates, times and to register, visit us at
freshstartwomen.org/event-list

CAREER & EDUCATION

HERSTORY: CAREER EXPLORATION

Are you considering a career change or getting back into the workforce? Are you wondering where to start or what steps you need to take toward your goals? We have invited ladies from the community to share what they did to achieve success. You will leave this presentation inspired to pursue your own career goals.

INTERVIEWING TECHNIQUES

First impressions last a lifetime. Master your interview techniques and sharpen your personal presentation and interviewing skills. We will discuss interviewing preparation components as well as how to interview with confidence. This workshop will provide you the skills you need to rock your next interview.

HOW TO USE LINKEDIN

LinkedIn has become an important tool that all job seekers need to know. This hands-on course provides you with the skills necessary to set up your LinkedIn account to connect to others and find employment opportunities.

I LOST MY JOB, NOW WHAT?

Most of us, at some point in our lives, find ourselves jobless. It can be shocking, unexpected, and cause us to want to find the nearest pile of sand to bury our head in. Before things get out of control, attend this workshop that will help you develop a plan of action by learning what to do first, ways to manage your finances, and how to find balance in your life.

INFORMATIONAL INTERVIEWS

Often the best way to learn about your desired job, or career field is to talk to someone who is currently working in that industry. Informational interviewing is an informal conversation with a professional already working in your desired industry. Learn how informational interviewing will help you succeed professionally and tips on how to conduct informational interviews effectively.

JOB SEARCHING WITH A RECORD

This dynamic workshop assists women with criminal records in preparing for, finding and retaining employment. Focus will be on how to address your past and implement effective strategies to overcome employer's objections.

JUMP START

This week-long series will allow you to not only concentrate on your job readiness skills but also improve your boundaries, self-esteem, and goal setting in your personal life. You will learn how assertive communication is essential in the workplace, how and why to use a resume, how to read a job description and interviewing techniques. Don't miss out on this monthly all-in-one series!

NETWORKING IN A NUTSHELL

Before you can network effectively, you need to select the right venue, master the art of mingling and make yourself known. All you need to have is a strategy, and this workshop will deliver an interactive program that helps you put the strategy to work before you leave the class.

POWER OF MINDSET

This workshop will highlight the power of your beliefs on your ability to be successful and reach your goals. It will help you to recognize your own choice of mindset and the mindset of others in your life. You will learn how to shift your beliefs to set yourself up for success in your life and career.

PUTTING CAREER GOALS INTO ACTION

Acquire the skills needed to create your career vision and execute your specific goals, in both your personal and professional life.

SOCIAL MEDIA IN THE JOB SEARCH

Everyone partakes in a job hunt at some point in their lives. Learn about a recruitment tool that keeps expanding and growing more popular: social media. Because they allow users to communicate, connect and share information with a large audience, social networks are an asset for both job seekers and employers prowling for new talent.

THE POWER OF YOU

Be memorable! When your appearance, posture, approach and eye contact inspire trust when meeting someone for the first time, you are "perceived" as confident and self-assured (even if you are not). Positive first impressions are created by how graciously you transition from the greeting and conversation to the departure.

CAREER & EDUCATION

EDUCATION SERVICES

E. JEAN GOULET SCHOLARSHIP INFO SESSION
Established to assist Fresh Start women who have demonstrated financial need by funding their educational endeavors. Funds can be used for certified degrees and approved vocational program. Funds will only cover tuition costs and will be awarded on semester-by-semester basis.

EDUCATION COACHING
Meet one-on-one with a professional to discuss degree exploration, college applications, and financial aid options. Appointments will be given on a first come, first served basis.

EDUCATION TUESDAYS
Representatives from various Arizona schools are available to answer your questions about the programs they offer.

FINANCIAL AID 101
Learn about the different forms of financial aid available for women who are going back to school.

STARTING FRESH
An annual event for women who are in school or interested in going back to school. The day includes informational and inspirational presentations, as well as an educational resource fair.

TIPS FOR GOING BACK TO SCHOOL
Are you going back to school, but nervous about how to juggle family, work, and school? Has it been awhile since you were last a student, and you're unsure of what to expect from your classes and professors? Come to this workshop to learn some helpful tips.

ENTREPRENEUR SERVICES

DREAMBUILDER INFORMATION SESSION
An introduction into this unique online business skills training and certification course available online for FREE! Find out what the program entails and how to get started.

ENTREPRENEUR 101: START ME UP
This workshop is for women who want to start a business, as well as those who have recently started their own business. Learn the basics of what it takes to start a small business in Arizona to ensure you are building a strong foundation with a strong business plan in place.

ENTREPRENEUR FAIR
A day of education, networking, and awareness focused on discovering new opportunities for services and products.

REAL ESTATE: FUNDAMENTALS FOR A CAREER AND YOUR LIFE
A career in real estate is a great option for women. It provides schedule flexibility during the week, uncapped income, and a better quality of life. Learn about the different fields in real estate, if it's a fit for you, how to get started, and other useful information. Learn how the recession and current real estate market impacts you. Get valuable information on how to qualify for a loan, sell, buy or rent a home, and strategies on how to deal with change when moving and adjusting to a new home.

SMALL BUSINESS START-UP INFORMATION SESSION
Come to an information session to find out how you can earn a certificate of completion (CCL) in Small Business Start-Up from Paradise Valley Community College.

After the recession in 2008, business changed. I hoped to connect with available resources in the community that could help me navigate a new career, and that's when I found Fresh Start.

- Kate

LIFE SKILLS

PERSONAL DEVELOPMENT

ASSERTIVE COMMUNICATION
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.

BUILDING A HEALTHY SUPPORT SYSTEM
This workshop focuses on women's friendship experiences and ways to have healthy friendships. Women will share their experiences and hear about other women's experiences to know they are not alone. Other goals include gaining knowledge about how to keep and maintain friendships in today's digital age.

COMMUNICATION STYLES
Learn about your own communication style and reflect on how you interact with those around you. You will learn various ways to communicate effectively, while assessing your own strengths and weaknesses. Practical examples will be given.

DEVELOPING BOUNDARIES PART I & II
This in-depth workshop will help you identify what healthy boundaries are 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 your relationships with partners, family members, co-workers and friends. Prerequisite: Prerequisite: Must attend Developing Boundaries Part I in order to attend Part II

EMOTIONAL INTELLIGENCE
We will take a deeper look into the power of human emotions. How self-aware are you about your emotional triggers? How are emotions impacting your relationships? We will focus on skills to deal with your emotions and the emotions of others when there is tension and conflict. We will help you develop a plan to connect more deeply with your family, peers and co-workers.

GOAL SETTING
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 create a new skillset for achieving your dreams! Come with a specific goal in mind that you'd like to achieve.

NON VERBAL MESSAGES
Did you know that most of our communication comes from things we don't actually say? Learn how our body language could be sending the wrong messages. You will receive tips about how to effectivley match your body language to the messages you are sending.

SPEAKHER
A six week group where participants learn to write and share their "story of self". Graduates are often invited to share their story at Fresh Start board meetings and other events.

TIME MANAGEMENT
The lack of time management in our lives can lead to chaos and unneeded stress. Learn simple and easy methods to manage your time effectively!

HEALTH & WELLNESS

BASIC HEALTH: MIND & BODY
This class will cover basic health and wellness for women including nutrition, exercise, and preventative health. We will also discuss emotional health including stress, anxiety, and depression and discuss tips for stress reduction and healthy communication.

HEALING TOUCH
Healing Touch is a relaxing, nurturing, energy therapy that uses little to no touch assisting in balancing your physical, mental, emotional, and spiritual well-being. Healing Touch works with your energy field to support your natural ability to heal. It is safe for all ages and works in harmony with standard medical care. Consent needs to be signed at front desk.

LOOK YOUR BEST-FACIAL REJUVENATION
Replenish from the inside out and give yourself tools to stay healthy and look and feel younger. We will cover acupressure points to naturally rejuvenate your face.

MEDITATION
Ever wonder what meditation is all about and if it can really teach you to quiet your mind? If so, this class is for you! You will learn a variety of ways to meditate and learn skills to apply for reducing stress.

For details, dates, times and to register, visit us at
freshstartwomen.org/event-list

LIFE SKILLS

HEALTH & WELLNESS (CONT)

NUTRITION
Learn how to eat and prepare food mindfully to optimize a healthy life. Appreciating your food, slowing down, and often times, eating less may be the answer you are looking for. Change your relationship with food with some simple steps.

SELF DEFENSE
In this workshop, you will learn to recognize threats, set and hold boundaries, avoid conflict and, if necessary, fight...escape...SURVIVE. Workshop includes informational session, boundary-setting drills and physical skills training.

STRESS REDUCTION ACUPRESSURE
Learn acupressure points to reduce stress in the body, mind and emotions.

TAI CHI
Take part in Tai Chi and Qigong movements and explore in depth selected topics related to health, life purpose, karma and wholeness. This class will be a mixture of movements, lecture and discussion.

YOGA
This class in an introductory level yoga class for all body types and abilities. The class will be adjusted to individual needs, whether it's your first time experiencing yoga or if you're a seasoned practitioner.

PROFESSIONAL IMAGE

BEST HAIRSTYLE FOR YOUR FACE
If you are thinking of trying a new hairdo, but are a little timid, this class is for you. Learn what your face shape is, how to balance it more beautifully, and come away with new concrete ways to make the most of your hair. Learn how lifestyle, texture, and skill level play a key role in the decisions we make with our hair. Hands on class full of fun.

FACIALS AND WAXING
Receive a mini-facial to help you relax and let go.

FUN MAKEUP CONSULTING
Get ready to learn basic skincare to full make up application. You will learn to determine your skin type, the best way to cleanse and makeup application techniques.

PROFESSIONAL WARDROBING
Learn how to dress professionally for interviews and professional situations.

SALON DAY
Receive a low cost haircut and hairstyle that you love.

SOCIAL ETIQUETTE
Have you ever encountered a complicated table setting and watched for someone else to start only to discover that everyone was waiting for you to begin? Or, what to do with a dropped utensil? Participants will learn how to handle these and many other sensitive situations with ease and finesse.

THREE WEEKS TO A NEW YOU
Identify your best colors and learn how to dress for your body shape. Understand how to dress and present yourself with confidence, to stand out when interviewing for a position or getting a promotion.

SELF-EMPOWERMENT

ANGER MANAGEMENT
Participants will explore their cycle of anger and gain a better understanding of the underlying attachments that fuel it. They will leave with ideas about how to break the habit of anger and learn tips to balance their emotions.

BUILDING SELF-ESTEEM
It seems like the hardest thing many of us face is accepting ourselves for who we are, including the good and the bad. Many times we lack self-love because we don't want to accept the negative aspects of ourselves. In this class, we will participate in interactive exercises and discussions that will focus on how you can accept more of who you are and all aspects of your being. This will be an uplifting and empowering class with skills to help you grow and develop more self-love and acceptance for the wonderful woman you are!

CREATING CHANGES
Easy-to-apply methods to make positive changes in your life, achieve your goals, develop new habits and stop procrastinating. Learning the components and process of change will help you to stop doing what you don't want and start doing what you do want.

LIFE SKILLS

CREATING HAPPINESS
Being happy is our biggest goal in life. It's up to us to create our happiness and protect it despite all of life's challenges. Learn how to create happiness even through difficult times. By using these concepts and tools, your life will change in amazing ways.

CREATIVE WRITING: THE ART OF STORY TELLING
We all have the ability to tell stories! Join us for an interactive exploration of writing. With our time together we will "exercise" our writing skills while also exploring genre, outlining, character development and setting a scene.

DEVELOPING SELF-LOVE & SELF-ESTEEM
Self-love is the foundation upon which healthy self-esteem is built. Explore this topic to discover how well you care for, nurture, and value your unique self. Learn how to support yourself in building a life which communicates that you value yourself and deserve all the good things which life has to offer.

EMPOWERING THOUGHTS & BELIEFS
Our thoughts and beliefs are the driving forces in our lives. Everything starts with a thought. Part I discusses the power of our thoughts and how they affect our lives. Part II covers the process of evaluating our beliefs and how to change them from limiting us to empowering us.

JOURNALING & CREATIVE WRITING
Anyone can write! Join us for a workshop focusing on writing strategies, inspiration and the benefits of writing. This workshop is not genre specific, and we will spend time writing during the workshop.

JOURNALING YOUR GOALS
Take a minute to think about where you are and where you will be in five years. This workshop will assist you in journaling through the process of making your vision a reality. Through sentence starters and personal inventories, you will see your path to that goal!

MANAGING STRESS AND ANXIETY
Anxiety is the fear of the unknown. Some anxiety is healthy because it keeps you safe; however, anxiety is unhealthy when it interferes with your functioning at home, at work, or in social settings. Learn your personal cycle of anxiety: what triggers it, where your worries take you, where you hold anxiety in your body, and what you need to feel better. Practice techniques to manage anxiety and establish control of your emotions.

NOW THAT'S A THOUGHT
What could your life be, if anything were possible? When we really dig deep it becomes clear what we live through each day is not reality as much as it is our perceptions or interpretations of what we experience around us. When we discover what thoughts keep us hooked and how we can change them into choices that keep us anchored, we begin to acknowledge our empowering "inner knowing" and can move from reacting to intentionally responding and creating possibilities in life. Discover what you'd like to acknowledge and let go of, shift your perspectives so that you are in-touch with your own power, create accountability, and deepen your ability to move forward into your right 'authentic action'.

THE EMPOWERED YOU
The EmPOWERed You is for women who want to find and be their greatest potential. What holds you back? In this workshop we will discuss the power of thought, transform and uncover those aspects that keep you from flying.

FINANCIAL LITERACY

FINANCIAL CONSULTANT
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.

FINANCIAL PLANNING 101
Personal finance covers a wide variety of money topics including budgeting, expenses, debt, saving, retirement and insurance among others. Understanding how each of these topics work together and affect each other is important for laying the groundwork for a solid financial foundation for you and your family.

OWN IT: FINANCIAL EDUCATION SERIES
Take the first step to achieving financial security. Take a proactive role in securing your financial future for you and your family: develop a budget, learn to save for emergencies, reduce debt, and establish and understand credit.

Even though I was a professional with a bachelor's degree in marketing, a master's degree in journalism, public relations and education, I felt I hit bottom professionally and was not fulfilling my dream of owning a business. The stress was negatively affecting my health, and I was the sole support for my family. I had to make a choice between my health and well-being, my future and the life I wanted.

- Tina

SUPPORT SERVICES

OPEN SUPPORT GROUPS

BUILDING PEACEFUL FAMILIES WORKSHOP

This workshop 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. Certificates will be awarded to those who complete all eight sessions.

CONTINUING HEALTHY BOUNDARIES

This is an open support group for women who have completed Developing Boundaries Part 1 and 2 or completed Jump Start. Participants bring unique boundary experiences to the group to continue working on creating and maintaining healthy boundaries. We will celebrate boundary successes and help with boundary challenges in a safe group setting. Developing healthy boundaries is a process not an event.

COURAGE TO CHANGE

This open group examines how self-defeating behaviors affect us and our relationships. People pleasing, putting ourselves last, trying to control others' choices and behaviors, having low self-esteem and exhibiting patterns of denial are all trademarks of codependency. This safe space will allow for open sharing and support to help change codependent behaviors and learn healthy ways to enhance our relationships.

HEALING JOURNEY

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

"ME FIRST" RELATIONSHIPS AND DATING

Are you contemplating a new relationship or considering dating again? This group discusses tools on creating and maintaining healthy relationships. Learn about red flags, boundaries that promote healthy intimacy, communication and much more. Each week we will discuss a new topic relating to dating and relationships in a safe environment and receive handouts to take home with you. Join one or all sessions.

SURVIVING ABUSE

Receive support, education and resources to be safe and heal from family violence.

CLOSED SUPPORT GROUPS

HEALING LIFE TRANSITIONS

The losses which occur throughout the transitions in life can be difficult to experience. These may be multiple, and can include job/career/financial loss, loss of a home, relationship loss through divorce or breakup, change in roles, loss of physical health. In this group you will learn not only how these transitions can affect you, but also gain tools and skills in recovering from and integrating these losses into your life. Our goal is that you will not only survive, but thrive. This closed group is limited in size. Pre-registration and talking to the presenter prior to group is required.

THE SECOND HALF

This is a structured group for women 45 and older wanting to plan for the "Second Half" of life. We will review our life thus far and identify our passions, values and talents. We will evaluate relationships, what we do and our environment as we make decisions about what changes are needed as we plan our next phase of life. Weekly homework assignments. Pre-registration and talking to presenter prior to group required.

FAMILY AND PARENTING

GIRLS THRIVING

Girls Thriving is a personal development session provided for middle and high school girls, ages 12-18. Each session covers self-esteem and goal setting, with additional monthly featured topics.

POSITIVE PARENTING SOLUTIONS

Do you feel challenged by your child's behavior? You will learn how to build and use positive behavior intervention skills within your family to help decrease problem behaviors and increase positive behaviors in your children. This group follows a Positive Behavior Intervention and Support curriculum (PBIS) which has been successfully used in elementary schools, high schools, and treatment centers across the country.

For details, dates, times and to register, visit us at
freshstartwomen.org/event-list

SUPPORT SERVICES

FAMILY LAW SUPPORT

DIVORCE: GAINING CONTROL

Divorce is hard enough without worrying about your financial future. This workshop will ensure that you are better prepared for what lies ahead. Learn the importance of protecting your assets, mistakes to avoid, and become aware of what you're entitled to during the divorce process. This is a non-confidential classroom setting, and the instructor cannot provide advice on individual cases.

FAMILY COURT ARIZONA DIVORCE LAWS Q&A

Attorneys will provide you the opportunity to ask general questions about community property, community debt, and spousal maintenance in divorce or legal separation proceedings. You may also ask general questions about establishing, modifying or enforcing orders for legal decision-making (custody), parenting time, relocation and child support. This is a non-confidential classroom setting, and the instructor cannot provide legal advice on individual cases.

LEGAL INFORMATION SESSION: CHILD SUPPORT

An instructor will educate you on your legal rights and responsibilities under the Arizona child support law 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 on individual cases.

LEGAL INFORMATION SESSION: DIVORCE AND LEGAL SEPARATION

An instructor will educate you about Arizona's laws governing divorce and legal separation. Topics covered include the family court process, community property, separate property and spousal maintenance. This is a non-confidential classroom setting, and the instructor cannot provide legal advice on individual cases.

LEGAL INFORMATION SESSION: LEGAL-DECISION MAKING (CUSTODY) AND PARENTING TIME

An instructor will educate you about the family court process and Arizona's laws governing the establishment, modification, and enforcement of legal decision-making (custody) and parenting time orders. This is a non-confidential classroom setting, and the instructor cannot provide legal advice on individual cases.

PREPARING AND PRESENTING YOUR CASE

Community Legal Services 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 Family Court processes, from filing your Petition or Response through successfully representing yourself in trial. You will have the opportunity to ask questions about family law and specific issues you might be facing, including Dissolution (Divorce), Paternity/Establishment, Modification/ Enforcement of Prior Orders, Legal Decision-Making (Custody), Parenting Time (Visitation), Child Support, Property Division, Spousal Maintenance (Alimony), and Domestic Violence & Child Abuse. This is a non-confidential classroom setting, and the instructor cannot provide legal advice on individual cases.

MENTORING

MENTEE INFO SESSION

The Fresh Start Mentoring Program matches Fresh Start clients with local, female volunteers who provide insight and guidance as mentees work on three to five personal and professional goals for 12 months. Attend this info session for more information and to receive an application.

REQUIRED MENTORING TRAININGS AND WORKSHOPS

SPEED MATCHING

Mentees and mentors attend this fun event to meet each other and choose their "match." Approved based on mentors and mentees compatibility, goals and professional background.

S.M.A.R.T. GOALS TRAINING

Mentors and mentees learn how to create S.M.A.R.T. goals and design a system for achieving goals for 12 months.

HEALTHY BOUNDARIES TRAINING

Mentors and mentees attend a Healthy Boundaries Training facilitated by a Licensed Social Worker. Mentors and mentees learn appropriate boundaries in a mentoring relationship.

EN ESPAÑOL

SPANISH ESL CLASSES

CLASES PARA APRENDER EL IDIOMA INGLES

Una introducción interactiva para seguir aprendiendo el lanuage Inglés. En la manera de escuchar, hablar, escribir, pronunciacion y habilidades de conversación.

GRUPOS DE APOYO EN ESPAÑOL

AL-ANON

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?" "Teme disgustar con alguien por medio de incitarle a que emborrache?" Si usted identifica con alguna de setas preguntas, podría encontrar el grupo del al-anón apoyo y compresión.

CAMINO DE SANACION

La invitamos a unirse a este grupo de apoyo donde podra compartir sus experiencias en un ambiente seguro y confidencial. Aprendera de otras personas y recibira apoyo emocional y de esa manera trabajara los efectos negativos del abuso y asi podra amprender un camino de vida sano y feliz. La ensenanza de este grupo se enfocara en los efectos de abuso en los ninos, crear una relacion de carino, cultivar su crecimiento personal, incrementar recursos que la lleven a la sanidad, reconstruir su vida para seguir adelante.

COMEDORES COMPULSIVOS

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.

MEJORANDO TU VIDA

Hola Señoras y Señoritas! Únase a un grupo abierto, donde se puede practicar habilidades nuevas y apoyar se unas mismas y discutir los siguientes temas: la Autoestima, Lenguaje Positivos, Manejo del Estrés, La Jerarquía de Necesidades de Maslow, y Mejorar la Comunicación. Participen en un sole grupo o participen en todos, espero verlos allí!

EDUCACIÕN FINANCIERA

SEA PROPIETARIA: PROGRAMA DE EDUCACIÓN FINANCIERA

Tome el primer paso para alcanzar la seguridad financiera. Asumir un papel proactivo en asegurar su futuro financiero para usted y su familia: desarrollar un presupuesto, aprenda a ahorrar para emergencias, reducir la deuda, y establecer y entender el crédito. Los estudiantes están obligados a asistir a todas las sesiones.

APOYO EN LEY DE FAMILIA

SESIONES DE INFORMACIÓN LEGAL DIVORCIO

En la sesión de información legal sobre el divorcio, se le educara acerca de las leyes en Arizona tratándose sobre el divorcio y la separación legal Los temas cubiertos incluirán la propiedad comunitaria, la manutención del esposa/o, la toma de decisión legal, (custodia) manutención de hijos menores y tiempo de madre/padre. El personal de Fresh Start no son abogadas y no se le podrá dar aviso legal sobre sus casos individuales.

SESIONES DE INFORMACIÓN LEGAL TOMA DE DECISIÓN LEGAL (CUSTODIA) TIEMPO DE PADRES Y MANUTENCIÓN DE MENORES

Esta sesión de información legal se le educara acerca de las leyes en Arizona e incluirá la toma de decisión legal, (custodia) tiempo de madre/padre y manutención de hijos menores. Otros temas cubiertos incluirán el establecimiento, y la modificación o cumplimiento de órdenes previamente establecidas. El personal de Fresh Start no son abogadas y no se le podrá dar aviso legal sobre sus casos individuales.

VOLUNTEERS

Fresh Start volunteers are the lifeblood of our organization. We rely on the talent and time donated by community members to help us accomplish our mission, and there are plenty of ways to give back and make a difference. Volunteering with Fresh Start is incredibly rewarding. Every day, our volunteers make a huge impact in the lives of the women we serve. Learn about our opportunities and attend an orientation session to get started at **freshstartwomen.org/volunteer-and-support/volunteer**.

Once, a Fresh Start client told me she had never made financial decisions in her life, her husband had always done it. When I told her that she would be in control of her life and in control financially without worry as to the longevity of her assets, she cried. She had tears of freedom. That is why I volunteer at Fresh Start. I want to help women who are frightened of moving forward with their lives. I want to give them the information necessary to move past the fear and make an informed decision, whatever that decision is.

Renee Hanson,
Private Wealth Advisor and Fresh Start Volunteer

Fresh Start
Women's Foundation

CELEBRATING
25 YEARS

1130 E. McDowell Road, Phoenix, AZ 85006 • freshstartwomen.org • 602-252-8494