



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 classes, 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. You will receive information about programs, services, and resources to help you create your own personalized action plan for your first steps at Fresh Start.

Mondays	07/01-09/30	12-1:30 p.m.	*Not offered 07/04, 09/02
Thursdays	07/11-09/26	9:30-11 a.m.	
Tues.	07/09	5:45-7:15 p.m.	
Tues.	08/06	5:45-7:15 p.m.	
Tues.	09/10	5:45-7:15 p.m.	

FAST TRACK FOUNDATION SERIES (Free)

This program allows women to maximize their time getting started. Participants will be able to identify and prioritize their needs and create a personalized action plan. Participants will then learn the basics of our Foundation Series classes: Assertive Communication, Developing Boundaries, Goal Setting and Stress Relief. Completion of this fast-track program fulfills the Foundation Series requirements in the Kick Start Program of Study.

Tues.	07/16	9:30 a.m.-2 p.m.
Tues.	07/30	9:30 a.m.-2 p.m.
Tues.	08/06	9:30 a.m.-2 p.m.
Tues.	08/27	9:30 a.m.-2 p.m.
Wed.	09/04	9:30 a.m.-2 p.m.
Tues.	09/24	9:30 a.m.-2 p.m.

JOIN A PROGRAM

JUMP START (\$25)

Jump Start is a week-long series that offers women the opportunity to build a new social support network with other women. The program concentrates on self-reflection, personal and professional development skills while moving forward with newly defined goals. Lunch provided each day.

Mon.-Fri.	07/08-07/12	9:30 a.m.-4 p.m.
Mon.-Fri.	08/12-08/16	9:30 a.m.-4 p.m.
Mon.-Fri.	09/09-09/13	9:30 a.m.-4 p.m.

SPEAKER SERIES (Free)

This six hour program teaches confidence tools and techniques for women to step into their public speaking power. Upon completion, participants will be invited to the SpeakHer Story Slam and become a part of the Fresh Start Speakers Bureau.

Mon.	07/15	9:30 a.m.-3:30 p.m.
Tues.	08/20	9:30 a.m.-3:30 p.m.
Tues.	09/17	9:30 a.m.-3:30 p.m.

MENTEE INFO SESSION (Free)

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

Tues.	07/09	5:45-6:45 p.m.
Fri.	07/26	9:30-10:30 a.m.
Mon.	08/05	9:30-10:30 a.m.
Tues.	08/20	5:45-6:45 p.m.
Mon.	09/09	5:45-6:45 p.m.
Fri.	09/27	9:30-10:30 a.m.

SMALL BUSINESS START UP INFO SESSION (Free)

This 9-month, 13-credit, Certificate of Completion program with Paradise Valley Community College will cover management, marketing, finance, and business plan development. Attend this info session to learn more about the program.

Sat.	07/13	9:30-11 a.m.
Mon.	07/15	5:45-7:15 p.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 trainings, growth opportunities, and provide you with the tools needed to enable you to move into a self-sustaining, upwardly mobile career track.

Tues.	07/16	9:30-10:30 a.m.
Wed.	08/07	5:45-6:45 p.m.
Tues.	08/20	2-3 p.m.
Tues.	09/10	9:30-10:30 a.m.
Tues.	09/20	9:30-10:30 a.m.

WOMEN IN IT INFO SESSION (Free)

This 6-month, 9-credit, series of classes with Paradise Valley Community College will prepare participants to take the CompTIA A+ Certification exam. Students will learn about the uses of application software for efficient and effective problem solving, social and ethical issues related to computers, exploration of relevant emerging technologies, and technical aspects of personal computers. Attend this info session to learn more about the program.

Tues.	07/02	9:30-11 a.m.
Mon.	07/15	2-3:30 p.m.
Tues.	07/23	5:45-7:15 p.m.
Tues.	08/06	9:30-11 a.m.
Mon.	08/12	5:45-7:15 p.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, gain access to the online practice portal, and get started on earning your Arizona Career Readiness Credential!

Wed.	07/24	9:30-10:30 a.m.
Wed.	08/14	5:45-6:45 p.m.
Tues.	09/17	2-3 p.m.

ASK HR... (\$10)

This workshop is for anyone who is new to the workforce or needs a refresher on your rights as an employee.

Wed.	07/10	5:45-7:45 p.m.
Sat.	08/10	9:30-11:30 a.m.
Sat.	09/14	9:30-11:30 a.m.

CAREER ASSESSMENT EXPERIENCE WITH GOODWILL (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.

Wed.	07/10	2-4 p.m.
Tues.	07/23	9:30-11:30 a.m.
Wed.	08/21	2-4 p.m.
Fri.	09/13	9:30-11:30 a.m.

CAREER COACHING (Free)

Career coaches offer support including resume writing, interviewing skills, job searching, and cover letter writing. In person registration opens one hour prior to the starting time (online registration unavailable). First come, first served.

Tuesdays	07/02-09/24	12-2 p.m.
Thursdays	07/11-09/26	5-7 p.m.
*Not offered 07/04		

COMMUNICATING EFFECTIVELY IN THE WORKPLACE (Free)

This workshop 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.

Wed.	09/11	9:30-11:30 a.m.
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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.

Tues.	08/27	5:45-7:45 p.m.
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CREATING A GREAT RESUME WITH GOODWILL (Free)

Review the basic components of a resume, 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.

Tues.	07/16	2-4 p.m.
Wed.	08/07	9:30-11:30 a.m.
Wed.	08/28	2-4 p.m.
Tues.	09/24	9:30-11:30 a.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 one hour prior to the starting time (online registration unavailable). First come, first served.

Tues.	07/09	5-7 p.m.
Tues.	08/13	5-7 p.m.
Tues.	09/10	5-7 p.m.

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.

Tues.	07/16	9:30-11:30 a.m.
Thurs.	08/08	9:30-11:30 a.m.
Thurs.	09/26	9:30-11:30 a.m.

MOCK INTERVIEWS WITH GOODWILL (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.

Tues	07/02	9:30-11:30 a.m.
Thurs.	08/01	2-4 p.m.
Tues.	09/03	9:30-11:30 a.m.
Thurs.	09/19	2-4 p.m.

OFFICIAL ACRC PROCTORING (Free)

Pre-registration required, contact Brittany Bryant at bbryant@fswf.org or 602-261-7157, 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 will provide an opportunity to take the official proctored ACRC exam for all or some sections of the credential depending on your preference.

Wed.	07/31	9:30 a.m.- 2 p.m.
Tues.	08/24	9:30 a.m.- 2 p.m.
Wed.	09/25	2-6 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 exercises give you the opportunity to create and perfect your persuasive salary pitch.

Thurs.	07/11	5:45-7:45 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. Clients enrolling in any of the Microsoft 2-Day Series classes are required to attend the same session (morning or evening) on both days.

BASIC COMPUTERS & GOOGLE TOOLS (\$10)

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

Mon.	07/01	5:45-7:45 p.m.
Fri.	07/12	9:30-11:30 a.m.
Fri.	08/02	9:30-11:30 a.m.
Mon.	08/05	5:45-7:45 p.m.
Fri.	09/06	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.	08/23	9:30-11:30 a.m.
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GOOGLE DOCS LEVEL 1 (\$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. Upon successful completion, you will receive a Certificate of Completion. Participants must have a Google/Gmail Account to participate in this class.

Thurs.	07/11	9:30-11:30 a.m. or 5:45-7:45 p.m.
Thurs.	08/15	9:30-11:30 a.m. or 5:45-7:45 p.m.
Thurs.	09/12	9:30-11:30 a.m. or 5:45-7:45 p.m.

GOOGLE DOCS LEVEL 2 (\$10)

Pre-Requisite: Google Docs: Level 1. This workshop builds on the skills taught in the Google Docs Level 1 class, introducing you to more advanced features of Docs. Upon successful completion, you will receive a Certificate of Completion. Students must have a Google/Gmail Account to participate in this class.

Mon.	09/16	2-4 p.m.
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GOOGLE SHEETS LEVEL 1 (\$10)

Pre-requisite: None. This beginning level workshop introduces you to the spreadsheet application offered as part of Google's suite of productivity tools. Upon successful completion, you will receive a Certificate of Completion. Participants must have a Google/Gmail Account to participate in this class.

Thurs.	07/18	9:30-11:30 a.m. or 5:45-7:45 p.m.
Thurs.	08/22	9:30-11:30 a.m. or 5:45-7:45 p.m.
Thurs.	09/19	9:30-11:30 a.m. or 5:45-7:45 p.m.

GOOGLE SHEETS LEVEL 2 (\$10)

Pre-Requisite: Google Sheets: Level 1. This workshop builds on the skills taught in the Google Sheets Level 1 class, introducing you to more advanced features of Sheets. Upon successful completion, you will receive a Certificate of Completion. Students must have a Google/Gmail Account to participate in this class.

Mon.	09/23	2-4 p.m.
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GOOGLE SLIDES LEVEL 1 (\$10)

Pre-requisite: None. This beginning level workshop introduces you to the slideshow application offered as part of Google's suite of productivity tools. Upon successful completion, you will receive a Certificate of Completion. Participants must have a Google/Gmail Account to participate in this class.

Thurs.	07/25	9:30-11:30 a.m. or 5:45-7:45 p.m.
Thurs.	08/29	9:30-11:30 a.m. or 5:45-7:45 p.m.
Thurs.	09/26	9:30-11:30 a.m. or 5:45-7:45 p.m.

GOOGLE SLIDES LEVEL 2 (\$10)

Pre-Requisite: Google Slides: Level 1. This workshop builds on the skills taught in the Google Slides Level 1 class, introducing you to more advanced features of Slides. Upon successful completion, you will receive a Certificate of Completion. Students must have a Google/Gmail Account to participate in this class.

Mon.	09/30	2-4 p.m.
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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. Please bring the thumb-drive you received in Windows Level 1 to class.

Mon.-Tues.	07/22-07/23	9:30-11:30 a.m. or 5:45-7:45 p.m.
Mon.-Tues.	08/19-08/20	9:30-11:30 a.m. or 5:45-7:45 p.m.
Tues.-Wed.	09/17-09/18	9:30-11:30 a.m. or 5:45-7:45 p.m.

MICROSOFT EXCEL: LEVEL 3 (\$10)

Pre-Requisite: Microsoft Excel Series Levels 1 & 2. This workshop builds on the skills taught in the Microsoft Excel Series Levels 1 & 2, introducing you to more advanced features of Excel. Upon successful completion, you will receive a Certificate of Completion. Please bring the thumb-drive you received in Windows Level 1 to class.

Wed.	07/31	9:30-11:30 a.m. or 5:45-7:45 p.m.
Wed.	08/28	9:30-11:30 a.m. or 5:45-7:45 p.m.
Wed.	09/25	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. Please bring the thumb-drive you received in Windows Level 1 to class.

Thurs.	08/01	9:30-11:30 a.m. or 5:45-7:45 p.m.
Mon.	09/30	9:30-11:30 a.m. or 5:45-7:45 p.m.

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. Please bring the thumb-drive you received in Windows Level 1 to class.

Mon.-Tues.	07/08-07/09	9:30-11:30 a.m. or 5:45-7:45 p.m.
Mon.-Tues.	08/12-08/13	9:30-11:30 a.m. or 5:45-7:45 p.m.
Mon.-Tues.	09/09-09/10	9:30-11:30 a.m. or 5:45-7:45 p.m.

COMPUTER LITERACY CONTINUED

MICROSOFT POWERPOINT: LEVEL 3 (\$10)

Pre-Requisite: Microsoft PowerPoint Series Levels 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. Please bring the thumb-drive you received in Windows Level 1 to class.

Wed.	07/17	9:30-11:30 a.m. or 5:45-7:45 p.m.
Tues.	08/27	9:30-11:30 a.m. or 5:45-7:45 p.m.
Tues.	09/24	9:30-11:30 a.m. or 5:45-7:45 p.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. Upon completion, you will receive a resource binder, flash drive, and a Certificate of Completion.

Mon.	07/01	9:30-11:30 a.m. or 5:45-7:45 p.m.
Wed.	07/10	9:30-11:30 a.m.
Mon.	08/05	9:30-11:30 a.m. or 5:45-7:45 p.m.
Wed.	08/14	9:30-11:30 a.m. or 5:45-7:45 p.m.
Tues.	09/03	9:30-11:30 a.m. or 5:45-7:45 p.m.
Mon.	09/16	9:30-11:30 a.m. or 5:45-7:45 p.m.

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 Windows Level 1 to class.

Thurs.	08/08	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. Please bring the thumb-drive you received in Windows Level 1 to class.

Tues.-Wed.	07/02-07/03	9:30-11:30 a.m. or 5:45-7:45 p.m.
Tues.-Wed.	08/06-08/07	9:30-11:30 a.m. or 5:45-7:45 p.m.
Wed.-Thurs.	09/04-09/05	9:30-11:30 a.m. or 5:45-7:45 p.m.

MICROSOFT WORD: LEVEL 3 (\$10)

Pre-Requisite: Microsoft Word Series Levels 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. Please bring the thumb-drive you received in Windows Level 1 to class.

Mon.	07/15	9:30-11:30 a.m. or 5:45-7:45 p.m.
Mon.	08/26	9:30-11:30 a.m. or 5:45-7:45 p.m.
Wed.	09/11	9:30-11:30 a.m. or 5:45-7:45 p.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. Please bring the thumb-drive you received in Windows Level 1 to class.

Tues.	07/16	9:30-11:30 a.m. or 5:45-7:45 p.m.
Mon.	09/23	9:30-11:30 a.m. or 5:45-7:45 p.m.

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, eBay and FaceBook.

Fri.	07/19	9:30-11:30 a.m.
Fri.	08/09	9:30-11:30 a.m.
Fri.	09/20	9:30-11:30 a.m.

FINANCIAL LITERACY

ECONOMIC MOBILITY NEXT STEPS WITH BANK OF AMERICA (Free)

This class helps individuals get beyond the basics of reviewing bill management and spending allocation to setting financial goals like buying a car, or home, or building healthy credit.

Mon.	08/05	2-4 p.m.
Mon.	09/30	2-4 p.m.

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 one hour prior to the starting time. (online registration unavailable). First come, first served.

Wed.	07/03	11:30 a.m.-1:30 p.m.
Wed.	07/17	11:30 a.m.-1:30 p.m.
Wed.	08/14	11:30 a.m.-1:30 p.m.
Wed.	08/28	11:30 a.m.-1:30 p.m.
Wed.	09/11	11:30 a.m.-1:30 p.m.
Wed.	09/25	11:30 a.m.-1:30 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.	07/24	5:45-7:45 p.m.
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HOMEOWNERSHIP COACHING (Free)

This coaching is help understand the process of home ownership and empower women with how to get started. We explain the importance of a credit score and provide the tools necessary to help improve and/or stabilize your own score. The process of home ownership can be intimidating so we use key terminology to help better understand and provide the first step into owning your own home. In person registration opens 1 hour prior, the day of (online registration unavailable). First come, first served.

Wed.	07/17	5-7 p.m.
Wed.	08/14	5-7 p.m.
Wed.	09/11	5-7 p.m.

FINANCIAL LITERACY CONTINUED

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.

Tues.	09/17	5:45-7:45 p.m.
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INVESTMENTS: ONE PIECE OF FINANCIAL PLANNING (\$10)

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!

Thurs.	07/18	5:45-7:45 p.m.
Thurs.	08/15	5:45-7:45 p.m.
Thurs.	09/19	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.

Tues	07/02	9:30-11:30 a.m.
Wed.	07/31	5:45-7:45 p.m.
Mon.	08/12	2-4 p.m.
Mon.	08/26	9:30-11:30 a.m.
Mon.	09/09	2-4 p.m.
Mon.	09/23	5:45-7:45 p.m.

OWN IT FINANCIAL EDUCATION LEVEL 2 WITH YWCA (Free)

Own It 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. Attendance to all four workshops is encouraged.

Mon.	08/05	5:45-7:45 p.m.
Mon.	08/12	5:45-7:45 p.m.
Mon.	08/19	5:45-7:45 p.m.
Mon.	08/26	5:45-7:45 p.m.

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 Bailey Curry is required with a commitment to attend each week. RSVP at (602) 261-7134 or bcurry@fswf.org.

Tuesdays	07/30-09/03	5:45-7:15 p.m.
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SETTING FINANCIAL GOALS AND PRIORITIES WITH BANK OF AMERICA (Free)

This class teaches the concepts of determining family values, setting goals, prioritizing these goals, and monitoring the progress.

Mon.	07/01	2-4 p.m.
Mon.	09/16	2-4 p.m.

UNDERSTANDING IDENTITY THEFT BANK OF AMERICA (Free)

This class helps participants to protect themselves from becoming a victim of identity theft and take the proper steps if they become a victim.

Mon.	07/22	2-4 p.m.
Mon.	08/19	2-4 p.m.

LIFE SKILLS: PERSONAL DEVELOPMENT AVOIDING DEPRESSION BY THINKING POSITIVELY (\$10)

Your life is filled with many challenges which cannot be avoided. How you react to them determines the quality of your life and whether you live a life of sadness and disappointment or a life of joy and satisfaction. Discover how to let yourself be happy, and use your innate positive energy to meet your goals and realize your dreams.

Fri.	08/02	2-4 p.m.
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ASSERTIVE COMMUNICATION (\$10)

Assertive communication is the ability to speak and act in ways that naturally cause people to respond attentively and positively. This class is a part of the Fresh Start Foundation Series.

Tues.	07/02	5:45-7:45 p.m.
Tues.	08/06	5:45-7:45 p.m.
Tues.	09/03	5:45-7:45 p.m.

BUILDING BRAVERY (\$10)

Learn techniques for "turning down the dial" of negative self-talk and building skills for taking the next step in reaching your goals.

Tues.	08/13	2-4 p.m.
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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. This class is a part of the Fresh Start Foundation Series.

Wed.	07/17	5:45-7:45 p.m.
Wed.	08/07	5:45-7:45 p.m.
Thurs.	09/05	5:45-7:45 p.m.

EMOTIONAL INTELLIGENCE (\$10)

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 cope with your emotions and the emotions of others when there is tension and conflict.

Fri.	07/19	9:30-11:30 a.m.
Fri.	08/16	9:30-11:30 a.m.
Fri.	09/06	9:30-11:30 a.m.

GETTING THINGS DONE: ACHIEVING YOUR GOALS (\$10)

During this session participants learn to overcome procrastination, develop accurate goal setting skills, manage time effectively, self-motivate, and accomplish important tasks. These skills translate into increased satisfaction in one's professional and personal life.

Wed.	07/03	5:45-7:45 p.m.
Tues.	08/13	5:45-7:45 p.m.
Tues.	09/17	5:45-7:45 p.m.

LIFE SKILLS: PERSONAL DEVELOPMENT CONTINUED

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. This class is a part of the Fresh Start Foundation Series.

Thurs.	07/18	5:45-7:45 p.m.
Thurs.	08/01	5:45-7:45 p.m.
Wed.	09/04	5:45-7:45 p.m.

HEART CENTERED LIVING (\$10)

Through this program you will have a new understanding of the overall power of the heart (scientific, energetic, practical) and you will experience the positive impact your heart has on you and your life. You will practice ways to be in your heart, and you will walk away in specific tools to increase your peace, health, and well-being by living a heart-centered life.

Tues.	07/09	9:30-11:30 a.m.
Wed.	08/07	9:30-11:30 a.m.
Tues.	09/10	9:30-11:30 a.m.

HEALTHY INDEPENDENCE (\$10)

Gain understanding of codependence, independence, and inter-dependence while identifying how they may appear in your life. Learn healthy ways to strengthen future and existing bonds with others.

Wed.	07/03	9:30-11:30 a.m.
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INTRODUCTION TO THE PERSONALITY (Free)

Ever notice how you repeat the same behaviors even when you try to change them? Our personality is full of patterns that either support or limit us, and although many patterns are unconscious, they can still be altered. You will learn about these patterns, identify at least one that is limiting in your life, and practice techniques to dissolve this pattern and create new ones that will serve you.

Mon.	08/19	2-4:30 p.m.
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MENTORING SUPPORT WORKSHOP (Free)

In this three-part series, participants will learn about the professional development topics included in the Mentoring Program in a group setting. Professional members of the community facilitate each session and focus on Professionalism, Communication, and Leadership topics. These workshops are available for anyone who is enrolled or interested in enrolling in the Mentoring Program. Upon successful completion of the three-part series, you will receive a Certificate of Completion and a \$50 Treasures Gift Certificate.

Wed.	07/17	5:45-7:45 p.m.
Wed.	08/21	5:45-7:45 p.m.
Wed.	09/18	5:45-7:45 p.m.

MINDFULNESS PRACTICE SESSION (FREE)

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

Tues.	07/23	9:30-10:30 a.m.
Tues.	08/27	9:30-10:30 a.m.
Wed.	09/25	9:30-10:30 a.m.

STRESS RELIEF (\$10)

Learn tools for how to manage the impacts of stress from day to day. This class is a part of the Fresh Start Foundation Series.

Wed.	07/10	5:45-7:45 p.m.
Thurs.	08/08	5:45-7:45 p.m.
Thurs.	09/12	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.

Mon.	09/16	2-4:30 p.m.
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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.	07/24	5:45-7:45 p.m.
Sat.	08/03	11:30 a.m.-1:30 p.m.
Wed.	09/11	2-4 p.m.

UNDERSTANDING GRIEF AND MOURNING WITH

HOSPICE OF THE VALLEY (Free)

Grief and loss can be overwhelming experiences, but the more you know about what to expect, the less frightening it is.

Mon.	09/30	9:30-11:30 a.m.
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LIFE SKILLS: HEALTH & WELLNESS

FOUNDATIONS FOR BALANCED NUTRITION (\$10)

In the class you will gain a deeper understanding of how the food we consume supports our bodies and learn how to implement simple solutions for balanced nutrition. You'll gain confidence in making healthy food choices and develop 4 of your very own healthy habits to adopt.

Mon.	07/15	2-4 p.m.
Sat.	08/10	9:30-11:30 a.m.
Sat.	09/14	9:30-11:30 a.m.

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 one hour prior, the day of (online registration not available). First come, first served.

Thurs.	08/08	10 a.m.- 4 p.m.
Thurs.	09/12	10 a.m.- 3 p.m.

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

This service will provide information 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.	07/12	11 a.m.-2 p.m.
Fri.	08/16	11 a.m.-2 p.m.
Fri.	09/13	11 a.m.-2 p.m.

HIV TESTING WITH NATIVE HEALTH (Free)

Thurs.	07/11	9 a.m.-12 p.m.
Thurs.	08/15	9 a.m.-12 p.m.
Thurs.	09/12	9 a.m.-12 p.m.

**LIFE SKILLS: HEALTH & WELLNESS
CONTINUED**

OBTAINING HEALTH CARE WITH AZ F.A.C.T.S. OF LIFE (Free)

This workshop helps individuals and families to obtain AHCCCS health coverage so that they might increase their access to medical & mental health assistance and promote a generally healthier well-being. There will be a walk-through presentation and assistance with the online application. Participants should bring a State issued ID, current information regarding their residence and income.

Fri.	07/19	9:30-11 a.m.
Fri.	08/23	9:30-11 a.m.
Fri.	09/20	9:30-11 a.m.

HEALING TOUCH INFORMATION AND DEMONSTRATION (\$10)

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

Thurs.	08/08	5:45-7:30 p.m.
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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, and discussion during tea time.

Sat.	07/13	9:30-11:30 a.m.
Sat.	08/24	9:30-11:30 a.m.
Sat.	09/28	9:30-11:30 a.m.

YOGA ON FRIDAYS (\$10)

An all level vinyasa flow class, working on strength, flexibility, and balance in both body and mind.

Fri.	07/12	9:30-11 a.m.
Fri.	07/26	9:30-11 a.m.
Fri.	08/09	9:30-11 a.m.
Fri.	08/30	9:30-11 a.m.
Fri.	09/13	9:30-11 a.m.
Fri.	09/27	9:30-11 a.m.

YOGA ON MONDAYS (\$10)

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.

Mon.	07/22	5:45-7:15 p.m.
Mon.	09/30	2-3:30 p.m.

YOGA ON SATURDAYS (\$10)

A blended yoga class with gentle flows through postures that increase personal body awareness and alignment and decrease discomfort and stress throughout the mind/body. With a heavy focus on guided meditation and breathing techniques to calm the nervous system and increase our mental wellness. Often times the flows and meditations are inspired by the individual needs of the participants.

Sat.	07/20	9:30-11 a.m.
Sat.	08/31	9:30-11 a.m.
Sat.	09/14	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.	09/20	2-4 p.m.
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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	07/11-09/26	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.	07/01	11 a.m.-3 p.m.
Mon.	08/05	11 a.m.-3 p.m.

SUPPORT SERVICES: FAMILY & PARENTING

GIRLS THRIVING (Free)

Personal development sessions for middle and high school girls, grades 6-12. Topics covered vary each session and may include: self-esteem, diversity, healthy relationships, life skills, and leadership. Pre- registration and parental consent required. Forms may be found on our website. 3rd Saturday of every month, 9:30am-12:30pm.

Sat.	07/20	9:30 a.m.-12:30 p.m.
Sat.	08/17	9:30 a.m.-12:30 p.m.
Sat.	09/21	9:30 a.m.-12:30 p.m.

RAISING EMOTIONALLY INTELLIGENT CHILDREN WITH CHILD CRISIS ARIZONA (Free)

This class teaches participants about the five critical emotional needs of all human beings.

Thurs.	07/11	5:45-7:45 p.m.
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RAISING SONS AND DAUGHTERS WITH CHILD CRISIS ARZIONA (Free)

Parents play a crucial role in the lives of their children. Understand the impact both fathers and mothers have on the lives of their children while exploring tips and strategies for raising healthy sons and daughters.

Mon.	08/26	5:45-7:45 p.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.	07/23	5:45-7:45 p.m.
Tues.	08/27	5:45-7:45 p.m.
Tues.	09/24	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.	08/12	9:30-11 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.	07/17	5:45-7:45 p.m.
Wed.	09/18	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.	07/09	2-5 p.m.
Mon.	08/05	5:45-7:45 p.m.
Tues.	08/13	9:30-12:30 p.m.
Mon.	09/09	5:45-7:45 p.m.
Tues.	09/10	2-5 p.m.

SUPPORT SERVICES: OPEN GROUPS

BUILDING PEACEFUL FAMILIES WITH SHELTER WITHOUT WALLS (Free)

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.

Fridays	09/06-11/08	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 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.	07/16	5:45-7:15 p.m.
Wed.	07/31	2-3:30 p.m.
Tues.	08/13	5:45-7:15 p.m.
Wed.	09/11	2-3:30 p.m.
Tues.	09/24	5:45-7:15 p.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 abuse has on the victim & her children, how to create trusting, caring relationships, & how to cultivate personal growth.

Thursdays	07/11-09/26	9:30-11:30 a.m. or 5:45-7:45 p.m.
*No Group 07/04		

SURVIVING ABUSE WITH ACESDV (Free)

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

Tuesdays	07/02-09/24	5:45-7:15 p.m.
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SUPPORT SERVICES: CLOSED GROUPS

SUPPORTING WOMEN IN NEW GROWTH (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 Bailey Curry is required with a commitment to attend each week. RSVP at (602) 261-7134 or bcurry@fswf.org

Tuesdays	08/27-10/01	5:45-7:30 p.m.
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SUPPORT SERVICES: RESOURCES & ADVOCACY

RESOURCE COACHING (Free)

This service provides 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 service at 9 a.m. (online registration not available). First come, first served.

Wednesdays	07/03-09/25	9:30-11:30 a.m.
*Not offered 07/17 or 07/24		

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	07/03-09/25	3-5 p.m.
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EN ESPAÑOL:

INFORMACIÓN

Los talleres están sujetos a cambios. Para obtener la programación más actualizada y registrarse, visite

www.freshstartwomen.org

Fresh Start se encuentra en 1130 E. McDowell Rd. Phoenix, AZ 85006.

Usted está obligado a registrarse como cliente antes de poder asistir a talleres, grupos de apoyo y ciertos eventos especiales. El registro se puede completar en persona o en línea a través de la opción "empezar" en nuestro sitio Web. Tenga en cuenta que el registro en línea solo está disponible en inglés. Ya no proporcionamos cuidado de niños. Los niños no pueden ir a clases, citas o dejarse desatendidos en las instalaciones.

* El "waiver" están disponibles para cualquier persona que tenga dificultades financieras.

* Fresh Start no tiene una política de llegada tardía para talleres; deberá llegar 15 minutos antes del registro de entrada.

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, 13 de Julio al 28 de Septiembre	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, 3 de Julio al 25 de Septiembre	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, 1 de Julio al 30 de Septiembre	5:45-7:30 p.m.
Jueves, 11 de Julio al 26 de Septiembre	5:45-7:30 p.m.
*No hay Grupo, 4 de Julio o 5 de Septiembre	

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, 10 de Julio	5:45-7:45 p.m.
Miércoles, 21 de Agosto	5:45-7:45 p.m.

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.

Miércoles, 24 de Julio	5:45-7:45 p.m.
Miércoles, 25 de Septiembre	5:45-7:45 p.m.

DESARROLLO DEL NIÑO CON CHILD CRISIS ARIZONA (Gratis)

Una visión general de los hitos físicos, cognitivos, sociales y emocionales apropiados para el desarrollo desde el nacimiento hasta los once años. Aprenda cómo dirigir las características claves dentro de cada etapa de desarrollo

Lunes, 23 de Septiembre	5:45-7:45 p.m.
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July 2019 Workshops & Support Groups Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>1</p> <p><u>Windows Level 1</u> 9:30-11:30am (pg.4)(\$10)</p> <p><u>Salon Day</u> 11am-3pm (pg.7)(\$10)</p> <p><u>First Steps</u> 12-1:30pm (pg.1)(Free)</p> <p><u>Setting Financial Goals & Priorities</u> 2-4pm (pg.5)(Free)</p> <p><u>Windows Level 1</u> 5:45-7:45pm (pg.4)(\$10)</p> <p><u>Basic Computers & Google Tools</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>2</p> <p><u>Women in IT Info Session</u> 9:30-11am (pg.1)(Free)</p> <p><u>Mind Over Money</u> 9:30-11:30am (pg.5)(Free)</p> <p><u>Mock Interviews</u> 9:30-11:30am (pg.2)(Free)</p> <p><u>Word Series Level 1&2</u> Class Tues.-Wed. 9:30-11:30am (pg.4)(\$10)</p> <p><u>Career Coaching</u> 12-2pm (pg.2)(Free)</p> <p><u>Assertive Communication</u> 5:45-7:45pm (pg.5)(\$10)</p> <p><u>Word Series Level 1&2</u> Class Tues.-Wed. 5:45-7:45pm (pg.4)(\$10)</p> <p><u>Surviving Abuse</u> 5:45-7:15pm (pg.8)(Free)</p>	<p>3</p> <p><u>Resource Coaching</u> 9:30-11:30am (pg.8)(Free)</p> <p><u>Healthy Independence</u> 9:30-11:30am (pg.6)(\$10)</p> <p><u>Financial Consultant</u> 11:30am-1:30pm (pg.4)(Free)</p> <p><u>1:1 DV Services</u> 3-5pm (pg.8)(Free)</p> <p><u>Getting Things Done: Achieving Your Goals</u> 5:45-7:45pm (pg.6)(\$10)</p> <p><u>Español</u> <u>Camino de Sanacion</u> 9:30-11:30am (pg.9)(Gratis)</p>	<p>4</p> <p>Fresh Start Closed</p>	<p>5</p> <p>Fresh Start Closed</p>	<p>6</p> <p>Fresh Start Closed</p>
<p>8</p> <p><u>Jump Start</u> Class Mon.-Fri. 9:30am-4pm (pg.1)(\$25)</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</u> <u>Comedores Compulsivos</u> 5:45-7:30pm (pg.9)(Gratis)</p>	<p>9</p> <p><u>Heart Centered Living</u> 9:30-11:30am (pg.6)(\$10)</p> <p><u>Career Coaching</u> 12-2pm (pg.2)(Free)</p> <p><u>Preparing and Presenting Your Family Court Case</u> 2-5pm (pg.8)(\$10)</p> <p><u>Education Coaching</u> 5-7pm (pg.2)(Free)</p> <p><u>Mentee Info Session</u> 5:45-6:45pm (pg.1)(Free)</p> <p><u>First Steps</u> 5:45-7:15pm (pg.1)(Free)</p> <p><u>Surviving Abuse</u> 5:45-7:15pm (pg.8)(Free)</p>	<p>10</p> <p><u>Resource Coaching</u> 9:30-11:30am (pg.8)(Free)</p> <p><u>Windows Level 1</u> 9:30-11:30am (pg.4)(\$10)</p> <p><u>Career Assessment Experience</u> 2-4pm (pg.2)(Free)</p> <p><u>1:1 DV Services</u> 3-5pm (pg.8)(Free)</p> <p><u>Ask HR</u> 5:45-7:45pm (pg.2)(\$10)</p> <p><u>Stress Relief</u> 5:45-7:45pm (pg.6)(\$10)</p> <p><u>Español</u> <u>Camino de Sanacion</u> 9:30-11:30am (pg.9)(Gratis)</p> <p><u>Comenzando con Microsoft Windows</u> 5:45-7:45pm (pg.9)(\$10)</p>	<p>11</p> <p><u>HIV Testing</u> 9am-12pm (pg.6)(Free)</p> <p><u>First Steps</u> 9:30-11am (pg.1)(Free)</p> <p><u>Google Docs Lvl 1</u> 9:30-11:30am (pg.3)(\$10)</p> <p><u>Healing Journey</u> 9:30-11:30am & 5:45-7:45pm (pg.8)(Free)</p> <p><u>Professional Wardrobing</u> 10am-3pm (pg.7)(Free)</p> <p><u>Career Coaching</u> 5-7pm (pg.2)(Free)</p> <p><u>Google Docs Lvl 1</u> 5:45-7:45pm (pg.3)(\$10)</p> <p><u>Raising Emotionally Intelligent Children</u> 5:45-7:45pm (pg.7)(Free)</p> <p><u>WorkSmart Salary Negotiation</u> 5:45-7:45pm (pg.2)(Free)</p> <p><u>Español</u> <u>Comedores Compulsivos</u> 5:45-7:30pm (pg.9)(Gratis)</p>	<p>12</p> <p><u>Yoga</u> 9:30-11am (pg.7)(\$10)</p> <p><u>Resource Fair</u> 9:30-11:30am (Free)</p> <p><u>Basic Computers & Google Tools</u> 9:30-11:30am (pg.3)(\$10)</p> <p><u>Health Education Resources</u> 11am-2pm (pg.6)(Free)</p>	<p>13</p> <p><u>Tai Chi & Qigong</u> 9:30-11:30am (pg.7)(\$10)</p> <p><u>Small Business Start Up Info Session</u> 9:30-11am (pg.1)(Free)</p> <p><u>Español</u> <u>Al-Anon</u> 9:30-11:15am (pg.9)(Gratis)</p>

SAVE THE DATES

COMMUNITY RESOURCE FAIR

A free resource fair highlighting various social service agencies around the valley and their programs.

No pre-registration required.

Friday	07/12	9:30-11:30 a.m.
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INTERVIEW PRACTICE

A free event for women to practice and brush up on their interview techniques.

Each individual will receive 30 minutes to practice with two-three different interviewers.

Sign up on the website to reserve your spot today!

Thursday	07/25	12-2 p.m.
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For the most up to date information and to register for a workshop, visit www.freshstartwomen.org/event-list

July 2019 Workshops & Support Groups Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>15</p> <p><u>SpeakHer Series</u> 9:30am-3:30pm (pg.1)(Free)</p> <p><u>First Steps</u> 12-1:30pm (pg.1)(Free)</p> <p><u>Word Level 3</u> 9:30-11:30am (pg.4)(\$10)</p> <p><u>Women in IT Info Session</u> 2-3:30pm (pg.1)(Free)</p> <p><u>Foundations for Balanced Nutrition</u> 2-4pm (pg.6)(\$10)</p> <p><u>Small Business Start Up Info Session</u> 5:45-7:15pm (pg.1)(Free)</p> <p><u>Word Level 3</u> 5:45-7:45pm (pg.4)(\$10)</p> <p><u>Español Comedores Compulsivos</u> 5:45-7:30pm (pg.9)(Gratis)</p>	<p>16</p> <p><u>Fast Track Foundation Series</u> 9:30am-2pm (pg.1)(Free)</p> <p><u>Upward Mobility Info Session</u> 9:30-10:30am (pg.1)(Free)</p> <p><u>Master the Art of the Interview</u> 9:30-11:30am (pg.2)(Free)</p> <p><u>Word Level 4</u> 9:30-11:30am (pg.4)(\$10)</p> <p><u>Career Coaching</u> 12-2pm (pg.2)(Free)</p> <p><u>Creating A Great Resume</u> 2-4pm (pg.2)(Free)</p> <p><u>Continuing Healthy Boundaries</u> Pre-Requisite Required 5:45-7:15pm (pg.8)(Free)</p> <p><u>Surviving Abuse</u> 5:45-7:15pm (pg.8)(Free)</p> <p><u>Word Level 4</u> 5:45-7:45pm (pg.4)(\$10)</p>	<p>17</p> <p><u>PowerPoint Level 3</u> 9:30-11:30am (pg.4)(\$10)</p> <p><u>Financial Consultant</u> 11:30am-1:30pm (pg.4)(Free)</p> <p><u>1:1 DV Services</u> 3-5pm (pg.8)(Free)</p> <p><u>Homeownership Coaching</u> 5-7pm (pg.4)(Free)</p> <p><u>Legal Information Session: Child Support</u> 5:45-7:45pm (pg.8)(\$10)</p> <p><u>PowerPoint Level 3</u> 5:45-7:45pm (pg.4)(\$10)</p> <p><u>Mentoring Support Workshop</u> 5:45-7:45pm (pg.6)(Free)</p> <p><u>Developing Boundaries</u> 5:45-7:45pm (pg.5)(\$10)</p> <p><u>Español Camino de Sanacion</u> 9:30-11:30am (pg.9)(Gratis)</p>	<p>18</p> <p><u>First Steps</u> 9:30-11am (pg.1)(Free)</p> <p><u>Healing Journey</u> 9:30-11:30am & 5:45-7:45pm (pg.8)(Free)</p> <p><u>Google Sheets Lvl 1</u> 9:30-11:30am (pg.3)(\$10)</p> <p><u>Professional Wardrobing</u> 10am-3pm (pg.7)(Free)</p> <p><u>Career Coaching</u> 5-7pm (pg.2)(Free)</p> <p><u>Goal Setting</u> 5:45-7:45pm (pg.6)(\$10)</p> <p><u>Investments: One Piece of Financial Planning</u> 5:45-7:45pm (pg.5)(\$10)</p> <p><u>Google Sheets Lvl 1</u> 5:45-7:45pm (pg.3)(\$10)</p> <p><u>Español Comedores Compulsivos</u> 5:45-7:30pm (pg.9)(Gratis)</p>	<p>19</p> <p><u>Emotional Intelligence</u> 9:30-11:30am (pg.5)(\$10)</p> <p><u>Online Sales</u> 9:30-11:30am (pg.4)(\$10)</p> <p><u>Obtaining Healthcare</u> 9:30-11am (pg.7)(Free)</p>	<p>20</p> <p><u>Yoga</u> 9:30-11am (pg.7)(\$10)</p> <p><u>Girl's Thriving</u> *grades 6-12 9:30am-12:30pm (pg.7)(Free)</p> <p><u>Español Al-Anon</u> 9:30-11:15am (pg.9)(Gratis)</p>
<p>22</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>Understanding Identity Theft</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>Yoga</u> 5:45-7:15pm (pg.7)(\$10)</p> <p><u>Español Comedores Compulsivos</u> 5:45-7:30pm (pg.9)(Gratis)</p>	<p>23</p> <p><u>Mindfulness Practice Session</u> 9:30-10:30am (pg.6)(Free)</p> <p><u>Career Assessment Experience</u> 9:30-11:30am (pg.2)(Free)</p> <p><u>Career Coaching</u> 12-2pm (pg.2)(Free)</p> <p><u>Surviving Abuse</u> 5:45-7:15pm (pg.8)(Free)</p> <p><u>Women in IT Info Session</u> 5:45-7:15pm (pg.1)(Free)</p> <p><u>Family Court Prep & Q&A</u> 5:45-7:45pm (pg.7)(\$10)</p>	<p>24</p> <p><u>ACRC Info Session</u> 9:30-10:30am (pg.2)(Free)</p> <p><u>1:1 DV Services</u> 3-5pm (pg.8)(Free)</p> <p><u>Homeownership 101</u> 5:45-7:45pm (pg.4)(Free)</p> <p><u>Time Management</u> 5:45-7:45pm (pg.6)(\$10)</p> <p><u>Español Camino de Sanacion</u> 9:30-11:30am (pg.9)(Gratis)</p> <p><u>Herramientas de Google</u> 5:45-7:45pm (pg.9)(Gratis)</p>	<p>25</p> <p><u>First Steps</u> 9:30-11am (pg.1)(Free)</p> <p><u>Healing Journey</u> 9:30-11:30am & 5:45-7:45pm (pg.8)(Free)</p> <p><u>Google Slides Lvl 1</u> 9:30-11:30am (pg.3)(\$10)</p> <p><u>Interview Practice</u> 12-2pm (Free)</p> <p><u>Professional Wardrobing</u> 10am-3pm (pg.7)(Free)</p> <p><u>Career Coaching</u> 5-7pm (pg.2)(Free)</p> <p><u>Google Slides Lvl 1</u> 5:45-7:45pm (pg.3)(\$10)</p> <p><u>Español Comedores Compulsivos</u> 5:45-7:30pm (pg.9)(Gratis)</p>	<p>26</p> <p><u>Mentee Info Session</u> 9:30-10:30am (pg.1)(Free)</p> <p><u>Yoga</u> 9:30-11am (pg.7)(\$10)</p>	<p>27</p> <p><u>Español Al-Anon</u> 9:30-11:15am (pg.9)(Gratis)</p>
<p>29</p> <p><u>First Steps</u> 12-1:30pm (pg.1)(Free)</p> <p><u>Español Comedores Compulsivos</u> 5:45-7:30pm (pg.9)(Gratis)</p>	<p>30</p> <p><u>Fast Track Foundation Series</u> 9:30am-2pm (pg.1)(Free)</p> <p><u>Career Coaching</u> 12-2pm (pg.2)(Free)</p> <p><u>Surviving Abuse</u> 5:45-7:15pm (pg.8)(Free)</p>	<p>31</p> <p><u>Resource Coaching</u> 9:30-11:30am (pg.8)(Free)</p> <p><u>Excel Level 3</u> 9:30-11:30am (pg.3)(\$10)</p> <p><u>ACRC Proctored Exam</u> Preregistration Required 9:30am-2pm (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.8)(Free)</p> <p><u>Mind Over Money</u> 5:45-7:45pm (pg.5)(Free)</p> <p><u>Excel 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>			

August 2019 Workshops & Support Groups Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			<p>1 <u>First Steps</u> 9:30-11am (pg.1)(Free)</p> <p><u>Healing Journey</u> 9:30-11:30am & 5:45-7:45pm (pg.8)(Free)</p> <p><u>Excel Level 4</u> 9:30-11:30am (pg.3)(\$10)</p> <p><u>Professional Wardrobing</u> 10am-3pm (pg.7)(Free)</p> <p><u>Mock Interviews</u> 2-4pm (pg.2)(Free)</p> <p><u>Career Coaching</u> 5-7pm (pg.2)(Free)</p> <p><u>Goal Setting</u> 5:45-7:45pm (pg.6)(\$10)</p> <p><u>Excel Level 4</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>2 <u>Basic Computers & Google Tools</u> 9:30-11:30am (pg.3)(\$10)</p> <p><u>Avoiding Depression by Thinking Positively</u> 2-4pm (pg.5)(\$10)</p>	<p>3 <u>Time Management</u> 11:30am-1:30pm (pg.6)(\$10)</p> <p><u>Español</u> <u>Al-Anon</u> 9:30-11:15am (pg.9)(Gratis)</p>
<p>5 <u>Mentee Info Session</u> 9:30-10:30am (pg.1)(Free)</p> <p><u>Windows Level 1</u> 9:30-11:30am (pg.4)(\$10)</p> <p><u>Salon Day</u> 11am-3pm (pg.7)(\$10)</p> <p><u>First Steps</u> 12-1:30pm (pg.1)(Free)</p> <p><u>Economic Mobility Next Steps</u> 2-4pm (pg.4)(Free)</p> <p><u>Preparing and Presenting Your Family Court Case</u> 5:45-7:45pm (pg.8)(\$10)</p> <p><u>Windows Level 1</u> 5:45-7:45pm (pg.4)(\$10)</p> <p><u>Own It Level 2</u> 5:45-7:45pm (pg.5)(Free)</p> <p><u>Basic Computers & Google Tools</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>6 <u>Fast Track Foundation Series</u> 9:30am-2pm (pg.1)(Free)</p> <p><u>Women in IT Info Session</u> 9:30-11am (pg.1)(Free)</p> <p><u>Word Series Level 1&2</u> Class Tues.-Wed. 9:30-11:30am (pg.4)(\$10)</p> <p><u>Career Coaching</u> 12-2pm (pg.2)(Free)</p> <p><u>First Steps</u> 5:45-7:15pm (pg.1)(Free)</p> <p><u>Surviving Abuse</u> 5:45-7:15pm (pg.8)(Free)</p> <p><u>Word Series Level 1&2</u> Class Tues.-Wed. 5:45-7:45pm (pg.4)(\$10)</p> <p><u>Assertive Communication</u> 5:45-7:45pm (pg.5)(\$10)</p>	<p>7 <u>Resource Coaching</u> 9:30-11:30am (pg.8)(Free)</p> <p><u>Heart Centered Living</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>1:1 DV Services</u> 3-5pm (pg.8)(Free)</p> <p><u>Upward Mobility Info Session</u> 5:45-6:45pm (pg.1)(Free)</p> <p><u>Developing Boundaries</u> 5:45-7:45pm (pg.5)(\$10)</p> <p><u>Español</u> <u>Camino de Sanacion</u> 9:30-11:30am (pg.9)(Gratis)</p>	<p>8 <u>First Steps</u> 9:30-11am (pg.1)(Free)</p> <p><u>Healing Journey</u> 9:30-11:30am & 5:45-7:45pm (pg.8)(Free)</p> <p><u>Windows Level 2</u> 9:30-11:30am (pg.4)(\$10)</p> <p><u>Master the Art of the Interview</u> 9:30-11:30am (pg.2)(Free)</p> <p><u>Healing Touch</u> 10am-4pm (pg.6)(\$10)</p> <p><u>Professional Wardrobing</u> 10am-3pm (pg.7)(Free)</p> <p><u>Career Coaching</u> 5-7pm (pg.2)(Free)</p> <p><u>Healing Touch Information and Demonstration</u> 5:45-7:30pm (pg.7)(\$10)</p> <p><u>Stress Relief</u> 5:45-7:45pm (pg.6)(\$10)</p> <p><u>Windows Level 2</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>9 <u>Yoga</u> 9:30-11am (pg.7)(\$10)</p> <p><u>Online Sales</u> 9:30-11:30am (pg.4)(\$10)</p>	<p>10 <u>Foundations for Balanced Nutrition</u> 9:30-11:30am (pg.6)(\$10)</p> <p><u>Ask HR</u> 9:30-11:30am (pg.2)(\$10)</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

August 2019 Workshops & Support Groups Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>12</p> <p><u>Jump Start</u> Class Mon.-Fri. 9:30am-4pm (pg.1)(\$25)</p> <p><u>PowerPoint Series Level 1&2</u> Class Mon.-Tues. 9:30-11:30am (pg.3)(\$10)</p> <p><u>Gaining Control: Divorce Changes Everything</u> 9:30-11am (pg.8)(\$10)</p> <p><u>First Steps</u> 12-1:30pm (pg.1)(Free)</p> <p><u>Mind Over Money</u> 2-4pm (pg.5)(Free)</p> <p><u>Women in IT Info Session</u> 5:45-7:15pm (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>Own It Level 2</u> 5:45-7:45pm (pg.5)(Free)</p> <p><u>Español</u> <u>Comedores Compulsivos</u> 5:45-7:30pm (pg.9)(Gratis)</p>	<p>13</p> <p><u>Preparing and Presenting Your Family Court Case</u> 9:30am-12:30pm (pg.8)(\$10)</p> <p><u>Career Coaching</u> 12-2pm (pg.2)(Free)</p> <p><u>Building Bravery</u> 2-4pm (pg.5)(\$10)</p> <p><u>Education Coaching</u> 5-7pm (pg.2)(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>Getting Things Done: Achieving Your Goals</u> 5:45-7:45pm (pg.6)(\$10)</p>	<p>14</p> <p><u>Resource Coaching</u> 9:30-11:30am (pg.8)(Free)</p> <p><u>Windows Level 1</u> 9:30-11:30am (pg.4)(\$10)</p> <p><u>Financial Consultant</u> 11:30am-1:30pm (pg.4)(Free)</p> <p><u>1:1 DV Services</u> 3-5pm (pg.8)(Free)</p> <p><u>Homeownership Coaching</u> 5-7pm (pg.4)(Free)</p> <p><u>ACRC Info Session</u> 5:45-6:45pm (pg.2)(Free)</p> <p><u>Windows Level 1</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>15</p> <p><u>HIV Testing</u> 9am-12pm (pg.6)(Free)</p> <p><u>First Steps</u> 9:30-11am (pg.1)(Free)</p> <p><u>Google Docs Lvl 1</u> 9:30-11:30am (pg.3)(\$10)</p> <p><u>Healing Journey</u> 9:30-11:30am & 5:45-7:45pm (pg.8)(Free)</p> <p><u>Professional Wardrobing</u> 10am-3pm (pg.7)(Free)</p> <p><u>Career Coaching</u> 5-7pm (pg.2)(Free)</p> <p><u>Investments: One Piece of Financial Planning</u> 5:45-7:45pm (pg.5)(\$10)</p> <p><u>Google Docs Lvl 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>16</p> <p><u>Emotional Intelligence</u> 9:30-11:30am (pg.5)(\$10)</p> <p><u>Health Education Resources</u> 11am-2pm (pg.6)(Free)</p>	<p>17</p> <p><u>Girl's Thriving</u> *grades 6-12 9:30am-12:30pm (pg.7)(Free)</p> <p><u>Español</u> <u>Al-Anon</u> 9:30-11:15am (pg.9)(Gratis)</p>
<p>19</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>Understanding Identity Theft</u> 2-4pm (pg.5)(Free)</p> <p><u>Introduction to the Personality</u> 2-4:30pm (pg.6)(Free)</p> <p><u>Excel Series Level 1&2</u> Class Mon.-Tues. 5:45-7:45pm (pg.3)(\$10)</p> <p><u>Own It Level 2</u> 5:45-7:45pm (pg.5)(Free)</p> <p><u>Español</u> <u>Comedores Compulsivos</u> 5:45-7:30pm (pg.9)(Gratis)</p>	<p>20</p> <p><u>SpeakHer Series</u> 9:30am-3:30pm (pg.1)(Free)</p> <p><u>Career Coaching</u> 12-2pm (pg.2)(Free)</p> <p><u>Upward Mobility Info Session</u> 2-3pm (pg.1)(Free)</p> <p><u>Mentee Info Session</u> 5:45-6:45pm (pg.1)(Free)</p> <p><u>Surviving Abuse</u> 5:45-7:15pm (pg.8)(Free)</p>	<p>21</p> <p><u>Resource Coaching</u> 9:30-11:30am (pg.8)(Free)</p> <p><u>Career Assessment Experience</u> 2-4pm (pg.2)(Free)</p> <p><u>1:1 DV Services</u> 3-5pm (pg.8)(Free)</p> <p><u>Mentoring Support Workshop</u> 5:45-7:45pm (pg.6)(Free)</p> <p><u>Español</u> <u>Camino de Sanacion</u> 9:30-11:30am (pg.9)(Gratis)</p> <p><u>Comenzando con Microsoft Windows</u> 5:45-7:45pm (pg.9)(\$10)</p>	<p>22</p> <p><u>First Steps</u> 9:30-11am (pg.1)(Free)</p> <p><u>Healing Journey</u> 9:30-11:30am & 5:45-7:45pm (pg.8)(Free)</p> <p><u>Google Sheets Lvl 1</u> 9:30-11:30am (pg.3)(\$10)</p> <p><u>Professional Wardrobing</u> 10am-3pm (pg.7)(Free)</p> <p><u>Career Coaching</u> 5-7pm (pg.2)(Free)</p> <p><u>Google Sheets Lvl 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>23</p> <p><u>Obtaining Healthcare</u> 9:30-11am (pg.7)(Free)</p> <p><u>Basic Microsoft Outlook</u> 9:30-11:30am (pg.3)(\$10)</p>	<p>24</p> <p><u>Tai Chi & Qigong</u> 9:30-11:30am (pg.7)(\$10)</p> <p><u>ACRC Proctored Exam</u> Preregistration 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>26</p> <p><u>Mind Over Money</u> 9:30-11:30am (pg.5)(Free)</p> <p><u>Word Level 3</u> 9:30-11:30am (pg.4)(\$10)</p> <p><u>First Steps</u> 12-1:30pm (pg.1)(Free)</p> <p><u>Word Level 3</u> 5:45-7:45pm (pg.4)(\$10)</p> <p><u>Raising Sons & Daughters</u> 5:45-7:45pm (pg.7)(Free)</p> <p><u>Own It Level 2</u> 5:45-7:45pm (pg.5)(Free)</p> <p><u>Español</u> <u>Comedores Compulsivos</u> 5:45-7:30pm (pg.9)(Gratis)</p>	<p>27</p> <p><u>Fast Track Foundation Series</u> 9:30am-2pm (pg.1)(Free)</p> <p><u>Mindfulness Practice Session</u> 9:30-10:30am (pg.6)(Free)</p> <p><u>PowerPoint Level 3</u> 9:30-11:30am (pg.4)(\$10)</p> <p><u>Career Coaching</u> 12-2pm (pg.2)(Free)</p> <p><u>Surviving Abuse</u> 5:45-7:15pm (pg.8)(Free)</p> <p><u>Conveying Professionalism</u> 5:45-7:45pm (pg.2)(Free)</p> <p><u>PowerPoint Level 3</u> 5:45-7:45pm (pg.4)(\$10)</p> <p><u>Family Court Prep & Q&A</u> 5:45-7:45pm (pg.7)(\$10)</p>	<p>28</p> <p><u>Resource Coaching</u> 9:30-11:30am (pg.8)(Free)</p> <p><u>Excel Level 3</u> 9:30-11:30am (pg.3)(\$10)</p> <p><u>Financial Consultant</u> 11:30am-1:30pm (pg.4)(Free)</p> <p><u>Creating A Great Resume</u> 2-4pm (pg.2)(Free)</p> <p><u>1:1 DV Services</u> 3-5pm (pg.8)(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>29</p> <p><u>First Steps</u> 9:30-11am (pg.1)(Free)</p> <p><u>Healing Journey</u> 9:30-11:30am & 5:45-7:45pm (pg.8)(Free)</p> <p><u>Google Slides Lvl 1</u> 9:30-11:30am (pg.3)(\$10)</p> <p><u>Professional Wardrobing</u> 10am-3pm (pg.7)(Free)</p> <p><u>Career Coaching</u> 5-7pm (pg.2)(Free)</p> <p><u>Google Slides Lvl 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>30</p> <p><u>Yoga</u> 9:30-11am (pg.7)(\$10)</p>	<p>31</p> <p><u>Yoga</u> 9:30-11am (pg.7)(\$10)</p> <p><u>Español</u> <u>Al-Anon</u> 9:30-11:15am (pg.9)(Gratis)</p>

September 2019 Workshops & Support Groups Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>2</p> <p>Fresh Start Closed</p>	<p>3</p> <p><u>Windows Level 1</u> 9:30-11:30am (pg.4)(\$10)</p> <p><u>Mock Interviews</u> 9:30-11:30am (pg.2)(Free)</p> <p><u>Career Coaching</u> 12-2pm (pg.2)(Free)</p> <p><u>Surviving Abuse</u> 5:45-7:15pm (pg.8)(Free)</p> <p><u>Windows Level 1</u> 5:45-7:45pm (pg.4)(\$10)</p> <p><u>Assertive Communication</u> 5:45-7:45pm (pg.5)(\$10)</p>	<p>4</p> <p><u>Fast Track Foundation Series</u> 9:30am-2pm (pg.1)(Free)</p> <p><u>Resource Coaching</u> 9:30-11:30am (pg.8)(Free)</p> <p><u>Word Series Level 1&2</u> Class Wed.-Thurs. 9:30-11:30am (pg.4)(\$10)</p> <p><u>1:1 DV Services</u> 3-5pm (pg.8)(Free)</p> <p><u>Goal Setting</u> 5:45-7:45pm (pg.6)(\$10)</p> <p><u>Word Series Level 1&2</u> Class Wed.-Thurs. 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>5</p> <p><u>First Steps</u> 9:30-11am (pg.1)(Free)</p> <p><u>Healing Journey</u> 9:30-11:30am & 5:45-7:45pm (pg.8)(Free)</p> <p><u>Professional Wardrobing</u> 10am-3pm (pg.7)(Free)</p> <p><u>1:1 DV Services</u> 3-5pm (pg.) (Free)</p> <p><u>Career Coaching</u> 5-7pm (pg.2)(Free)</p> <p><u>Developing Boundaries</u> 5:45-7:45pm (pg.5)(\$10)</p> <p><u>Español</u> <u>Comedores Compulsivos</u> 9:30-11:30am (pg.9)(Gratis)</p>	<p>6</p> <p><u>Emotional Intelligence</u> 9:30-11:30am (pg.5)(\$10)</p> <p><u>Building Peaceful Families</u> 9:30-11:30am (pg.8)(Free)</p> <p><u>Basic Computers & Google Tools</u> 9:30-11:30am (pg.3)(\$10)</p>	<p>7</p> <p><u>Español</u> <u>Al-Anon</u> 9:30-11:15am (pg.9)(Gratis)</p>
<p>9</p> <p><u>Jump Start</u> Class Mon.-Fri. 9:30am-4pm (pg.1)(\$25)</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>Mind Over Money</u> 2-4pm (pg.5)(Free)</p> <p><u>Mentee Info Session</u> 5:45-6:45pm (pg.1)(Free)</p> <p><u>Preparing and Presenting Your Family Court Case</u> 5:45-7:45pm (pg.8)(\$10)</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>10</p> <p><u>Upward Mobility Info Session</u> 9:30-10:30am (pg.1)(Free)</p> <p><u>Heart Centered Living</u> 9:30-11:30am (pg.6)(\$10)</p> <p><u>Career Coaching</u> 12-2pm (pg.2)(Free)</p> <p><u>Preparing and Presenting Your Family Court Case</u> 2-5pm (pg.8)(\$10)</p> <p><u>Education Coaching</u> 5-7pm (pg.2)(Free)</p> <p><u>Surviving Abuse</u> 5:45-7:15pm (pg.8)(Free)</p> <p><u>First Steps</u> 5:45-7:15pm (pg.1)(Free)</p>	<p>11</p> <p><u>Resource Coaching</u> 9:30-11:30am (pg.8)(Free)</p> <p><u>Word Level 3</u> 9:30-11:30am (pg.4)(\$10)</p> <p><u>Communicating Effectively</u> 9:30-11:30am (pg.2)(Free)</p> <p><u>Financial Consultant</u> 11:30am-1:30pm (pg.4)(Free)</p> <p><u>Continuing Healthy Boundaries</u> Pre-Requisite Required 2-3:30pm (pg.8)(Free)</p> <p><u>Time Management</u> 2-4pm (pg.6)(\$10)</p> <p><u>1:1 DV Services</u> 3-5pm (pg.8)(Free)</p> <p><u>Homeownership Coaching</u> 5-7pm (pg.4)(Free)</p> <p><u>Word Level 3</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>12</p> <p><u>HIV Testing</u> 9am-12pm (pg.6)(Free)</p> <p><u>First Steps</u> 9:30-11am (pg.1)(Free)</p> <p><u>Google Docs Lvl 1</u> 9:30-11:30am (pg.3)(\$10)</p> <p><u>Healing Journey</u> 9:30-11:30am & 5:45-7:45pm (pg.8)(Free)</p> <p><u>Healing Touch</u> 10am-3pm (pg.6)(\$10)</p> <p><u>Professional Wardrobing</u> 10am-3pm (pg.7)(Free)</p> <p><u>Career Coaching</u> 5-7pm (pg.2)(Free)</p> <p><u>Stress Relief</u> 5:45-7:45pm (pg.6)(\$10)</p> <p><u>Google Docs Lvl 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>13</p> <p><u>Yoga</u> 9:30-11am (pg.7)(\$10)</p> <p><u>Building Peaceful Families</u> 9:30-11:30am (pg.8)(Free)</p> <p><u>Career Assessment Experience</u> 9:30-11:30am (pg.2)(Free)</p> <p><u>Health Education Resources</u> 11am-2pm (pg.6)(Free)</p>	<p>14</p> <p><u>Yoga</u> 9:30-11am (pg.7)(\$10)</p> <p><u>Ask HR</u> 9:30-11:30am (pg.2)(\$10)</p> <p><u>Foundations for Balanced Nutrition</u> 9:30-11:30am (pg.6)(\$10)</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

September 2019 Workshops & Support Groups Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>16</p> <p><u>Windows Level 1</u> 9:30-11:30am (pg.4)(\$10)</p> <p><u>First Steps</u> 12-1:30pm (pg.1)(Free)</p> <p><u>Google Docs Lvl 2</u> 2-4pm (pg.3)(\$10)</p> <p><u>Setting Financial Goals & Priorities</u> 2-4pm (pg.5)(Free)</p> <p><u>The Fundamental Shift</u> 2-4:30pm (pg.6)(Free)</p> <p><u>Windows Level 1</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>17</p> <p><u>SpeakHer Series</u> 9:30am-3:30pm (pg.1)(Free)</p> <p><u>Excel Series Level 1&2</u> Class Tues.-Wed. 9:30-11:30am (pg.3)(\$10)</p> <p><u>Career Coaching</u> 12-2pm (pg.2)(Free)</p> <p><u>ACRC Info Session</u> 2-3pm (pg.2)(Free)</p> <p><u>Surviving Abuse</u> 5:45-7:15pm (pg.8)(Free)</p> <p><u>Excel Series Level 1&2</u> Class Tues.-Wed. 5:45-7:45pm (pg.3)(\$10)</p> <p><u>Getting Things Done: Achieving Your Goals</u> 5:45-7:45pm (pg.6)(\$10)</p> <p><u>Insurance 101</u> 5:45-7:45pm (pg.5)(Free)</p>	<p>18</p> <p><u>Resource Coaching</u> 9:30-11:30am (pg.8)(Free)</p> <p><u>1:1 DV Services</u> 3-5pm (pg.8)(Free)</p> <p><u>Legal Information Session: Child Support</u> 5:45-7:45pm (pg.8)(\$10)</p> <p><u>Mentoring Support Workshop</u> 5:45-7:45pm (pg.6)(Free)</p> <p><u>Español</u> <u>Camino de Sanacion</u> 9:30-11:30am (pg.9)(Gratis)</p>	<p>19</p> <p><u>First Steps</u> 9:30-11am (pg.1)(Free)</p> <p><u>Healing Journey</u> 9:30-11:30am & 5:45-7:45pm (pg.8)(Free)</p> <p><u>Google Sheets Lvl 1</u> 9:30-11:30am (pg.3)(\$10)</p> <p><u>Professional Wardrobing</u> 10am-3pm (pg.7)(Free)</p> <p><u>Mock Interviews</u> 2-4pm (pg.2)(Free)</p> <p><u>Career Coaching</u> 5-7pm (pg.2)(Free)</p> <p><u>Investments: One Piece of Financial Planning</u> 5:45-7:45pm (pg.5)(\$10)</p> <p><u>Google Sheets Lvl 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>20</p> <p><u>Upward Mobility Info Session</u> 9:30-10:30am (pg.1)(Free)</p> <p><u>Obtaining Healthcare</u> 9:30-11am (pg.7)(Free)</p> <p><u>Online Sales</u> 9:30-11:30am (pg.4)(\$10)</p> <p><u>Building Peaceful Families</u> 9:30-11:30am (pg.8)(Free)</p> <p><u>Mary Kay Make Up Application</u> 2-4pm (pg.7)(\$10)</p>	<p>21</p> <p><u>Girl's Thriving</u> grades 6-12 9:30am-12:30pm (pg.7)(Free)</p> <p><u>Español</u> <u>Al-Anon</u> 9:30-11:15am (pg.9)(Gratis)</p>
<p>23</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>Google Sheets Lvl 2</u> 2-4pm (pg.3)(\$10)</p> <p><u>Mind Over Money</u> 5:45-7:45pm (pg.5)(Free)</p> <p><u>Word Level 4</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><u>Desarrollo del Niño</u> 5:45-7:45pm (pg.9)(Gratis)</p>	<p>24</p> <p><u>Fast Track Foundation Series</u> 9:30am-2pm (pg.1)(Free)</p> <p><u>Creating A Great Resume</u> 9:30-11:30am (pg.2)(Free)</p> <p><u>PowerPoint Level 3</u> 9:30-11:30am (pg.4)(\$10)</p> <p><u>Career Coaching</u> 12-2pm (pg.2)(Free)</p> <p><u>Continuing Healthy Boundaries</u> Pre-Requisite Required 5:45-7:15pm (pg.8)(Free)</p> <p><u>Surviving Abuse</u> 5:45-7:15pm (pg.8)(Free)</p> <p><u>PowerPoint Level 3</u> 5:45-7:45pm (pg.4)(\$10)</p> <p><u>Family Court Prep & Q&A</u> 5:45-7:45pm (pg.7)(\$10)</p>	<p>25</p> <p><u>Mindfulness Practice Session</u> 9:30-10:30am (pg.6)(Free)</p> <p><u>Resource Coaching</u> 9:30-11:30am (pg.8)(Free)</p> <p><u>Excel Level 3</u> 9:30-11:30am (pg.3)(\$10)</p> <p><u>Financial Consultant</u> 11:30am-1:30pm (pg.4)(Free)</p> <p><u>ACRC Proctored Exam</u> Preregistration Required 2-6pm (pg.2)(Free)</p> <p><u>1:1 DV Services</u> 3-5pm (pg.8)(Free)</p> <p><u>Español</u> <u>Camino de Sanacion</u> 9:30-11:30am (pg.9)(Gratis)</p> <p><u>Herramientas de Google</u> 5:45-7:45pm (pg.9)(Gratis)</p>	<p>26</p> <p><u>First Steps</u> 9:30-11am (pg.1)(Free)</p> <p><u>Healing Journey</u> 9:30-11:30am & 5:45-7:45pm (pg.8)(Free)</p> <p><u>Google Slides Lvl 1</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>Professional Wardrobing</u> 10am-3pm (pg.7)(Free)</p> <p><u>Career Coaching</u> 5-7pm (pg.2)(Free)</p> <p><u>Google Slides Lvl 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>27</p> <p><u>Mentee Info Session</u> 9:30-10:30am (pg.1)(Free)</p> <p><u>Yoga</u> 9:30-11am (pg.7)(\$10)</p> <p><u>Building Peaceful Families</u> 9:30-11:30am (pg.8)(Free)</p>	<p>28</p> <p><u>Tai Chi & Qigong</u> 9:30-11:30am (pg.7)(\$10)</p> <p><u>Español</u> <u>Al-Anon</u> 9:30-11:15am (pg.9)(Gratis)</p>
<p>30</p> <p><u>Excel Level 4</u> 9:30-11:30am (pg.3)(\$10)</p> <p><u>Understanding Grief and Mourning</u> 9:30-11:30am (pg.6)(Free)</p> <p><u>First Steps</u> 12-1:30pm (pg.1)(Free)</p> <p><u>Yoga</u> 2-3:30pm (pg.7)(\$10)</p> <p><u>Google Slides Lvl 2</u> 2-4pm (pg.3)(\$10)</p> <p><u>Economic Mobility Next Steps</u> 2-4pm (pg.4)(Free)</p> <p><u>Excel Level 4</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>					

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 including 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 Mondays at 12-1:30 p.m., Thursdays at 9:30-11 a.m., and from 5:45-7:15 p.m. on 07/09/19, 08/06/19, and 09/10/10. This free session will introduce you to Fresh Start, providing an overview of our programs, services, and resources to 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 personal and professional goals including Jump Start, Mentoring, Girls Thriving, Career Scholarships, Upward Mobility, Small Business Start Up and more! Once a registered client, you may attend First Steps to learn how to apply for the programs that interest you.

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|-----------------------|--------------|---------------------------|
| - 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. Please attend First Steps prior to seeing a social worker.

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.

