



FRESH START
Catalog



2022
July
August
September

RESOURCES

Accessing information to meet immediate needs with helpful staff

SUPPORT

Ongoing support for personal and professional growth

WORKSHOPS

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

About Fresh Start

Our Mission

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

Our Vision

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

Getting Started

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

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

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

FIRST STEPS ORIENTATION

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

V FRIDAYS JUL 1 - SEPT 30 12pm - 1pm [Link](#)



How The Catalog Works

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

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

V	VIRTUAL	ZOOM WEBINAR
IP	IN-PERSON	RESOURCE CENTER WORKSHOP
H	HYBRID	BOTH VIRTUAL & IN-PERSON OPTIONS

Policies

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

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

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

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

Family Stability

BULLYING - SIGNS, SYMPTOMS & SOLUTIONS WITH CHILD CRISIS ARIZONA

A bully is defined as an individual who seeks out others that are viewed as vulnerable, with intent to cause harm. Bullying is a reality for our youth, and it's important to know signs and strategies to support those who are bullying and being bullied.

IP	TUES	JUL 6	9:30am - 11:30am	Link
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CARE FOR THE CAREGIVER WITH HOSPICE OF THE VALLEY

Caring for a loved one can be both rewarding and challenging. Learn how to optimize your loved one's well-being and take care of yourself in the process.

V	WEDS	AUG 17	5:45pm - 7:45pm	Link
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FAMILY COURT PREPARATION Q&A

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

V	TUES	JUL 26	5:45pm - 7:45pm	Link
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V	TUES	AUG 23	5:45pm - 7:45pm	Link
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V	THUR	SEPT 27	5:45pm - 7:45pm	Link
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GAINING CONTROL, DIVORCE CHANGES EVERYTHING

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

IP	MON	SEPT 26	9:30am - 11:30am	Link
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GETTING TO KNOW YOUR LEASE AND TENANT RIGHTS

Signing and understanding a lease can be scary. In this workshop we will break down the critical components of understanding your lease before, during, and after you move in. We will learn how to have your lease work for you instead of against you. You will leave this workshop with a better understanding of your rights as a tenant.

V	MON	SEPT 19	12pm - 1:30pm	Link
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INTRODUCTION TO FAMILY COURT

Presenter will provide an overview of different types of family law matters, legal terminology, and court procedures used in family court and how to access our family law support services at Fresh Start.

V	TUES	JUL 5	5:45pm - 7:45pm	Link
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V	TUES	AUG 2	5:45pm - 7:45pm	Link
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V	TUES	SEPT 6	5:45pm - 7:45pm	Link
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NAVIGATING THE DDD SYSTEM

During this time, we will learn about qualifying diagnosis, the benefits of DDD services, available supports, the application process, and advocacy.

V	MON	JUL 18	5:45pm - 6:45pm	Link
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V	MON	AUG 15	9:30am - 10:30am	Link
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OBTAINING AN ARIZONA PROTECTIVE ORDER WITH COMMUNITY LEGAL SERVICES

This workshop is presented by a Community Legal Services (CLS) Lead Family Law & Victims' Attorney, who will present an overview of the Arizona laws and rules that govern Protective Orders (Orders of Protection, Injunctions Against Harassment, & Injunctions against Workplace Harassment), the process and issuance of protective orders, and contested hearings in Arizona. The CLS attorney will address questions from webinar participants at the end of the presentation. This is a non-confidential classroom setting, and the instructors cannot provide legal advice.

V	THUR	JUL 14	5:45pm - 7:45pm	Link
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PARENTING ON THE SAME PAGE WITH CHILD CRISIS ARIZONA

Information and strategies for co-parenting children whether you're in the same or separate households. Explore your parenting style and motivation to create a foundation to approach parenting and further support your children.

IP	TUES	AUG 16	12pm - 2pm	Link
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PHONE FRIDAY WITH ASSURANCE WIRELESS FREE GOVERNMENT PHONE PROGRAM

This is an opportunity to apply to receive a free android smartphone with unlimited talk, text, data, and hotspot. This is a first come first serve service. To qualify you will need to show proof in the form of your DES letter with your name and address of AHCCCS, SSI, Food Stamps, Medicaid, WIC, unemployment, or meet low-income qualifications (SSN required).

IP	FRI	JUL 1	10am - 1pm	Link
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IP	FRI	AUG 5	10am - 1pm	Link
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IP	FRI	SEPT 2	10am - 1pm	Link
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PREPARING & PRESENTING YOUR FAMILY COURT CASE WITH COMMUNITY LEGAL SERVICES

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

V	MON	JUL 11	5:45pm - 7:45pm	Link
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V	TUES	AUG 9	9:30am - 11:30am	Link
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V	TUES	SEPT 20	2pm - 4pm	Link
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Family Stability

PRISON TO SELF-SUFFICIENCY SERIES

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

WHAT TO EXPECT WHEN YOU GET OUT

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

V	MON	JUL 18	12pm - 1:30pm	Link
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GETTING YOUR RIGHTS BACK

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

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

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

V	MON	AUG 15	12pm - 1:30pm	Link
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RESOURCE COACHING

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

H	TUESDAYS	JUL 5 - SEPT 27	9:30am - 1:30pm	Link
H	THURSDAYS	JUL 7 - SEPT 29	1:30pm - 4:30pm	Link

MANAGING REINTEGRATION TODAY (MRT)

SUPPORT GROUP

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

IP	WEDS	JUL 20	9:30am - 11am	Link
V	WEDS	AUG 3	5:45pm - 7:15pm	Link
IP	WEDS	AUG 17	9:30am - 11am	Link
V	WEDS	AUG 31	5:45pm - 7:15pm	Link
IP	WEDS	SEPT 14	9:30am - 11am	Link
V	WEDS	SEPT 28	5:45pm - 7:15pm	Link



Health & Well-Being

ASSERTIVE COMMUNICATION

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

IP	WEDS	JUL 20	9:30am - 11:30am	Link
V	TUES	SEPT 13	5:45pm - 6:45pm	Link

BASICS ON EXERCISE & FITNESS

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

V	MON	JUL 25	5:45pm - 7:45pm	Link
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BASICS ON HEALTH & NUTRITION

This webinar will guide you through easy everyday steps that will support your overall physical health and wellness. If you are unsure of where to start, this workshop is a great first step.

V	MON	JUL 18	5:45pm - 7:45pm	Link
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BI-VISIBLE SUPPORT GROUP

Join us for a monthly support group for Bi+ individuals who want to be in a space where our visibility goes beyond the stereotypes. This space will be for connection, support and validation!

IP	FRI	SEPT 23	12pm - 1pm	Link
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CO-DEPENDENTS ANONYMOUS (CODA) SUPPORT GROUP

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

IP	WEDNESDAYS	JUL 6 - SEPT 28	11:30am - 12:30pm	Link
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DEVELOPING BOUNDARIES

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

V	WEDS	AUG 3	5:45pm - 7:45pm	Link
IP	WEDS	SEPT 28	9:30am - 11:30am	Link

EMOTIONAL INTELLIGENCE PART 1

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

V	FRI	JUL 8	9:30am - 11:30am	Link
V	WEDS	SEPT 14	5:45pm - 7:45pm	Link

EMOTIONAL INTELLIGENCE PART 2

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

V	FRI	JUL 15	9:30am - 11:30am	Link
V	WEDS	SEPT 21	5:45pm - 7:45pm	Link

FREE OR REDUCED MEDICAL, DENTAL, AND MENTAL HEALTH SERVICES

Resources for free Medical, Dental, and Mental Health Services

IP	THUR	JUL 14	12pm - 1:30pm	Link
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GOAL SETTING

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

IP	MON	AUG 22	12pm - 2pm	Link
V	TUES	SEPT 20	5:45pm - 6:45pm	Link

GROWING INTO GREATNESS

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

V	THUR	JUL 14	9:30am - 11am	Link
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HEALING TOUCH

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

IP	THUR	JUL 14	10am - 3pm	Link
IP	THUR	AUG 11	10am - 3pm	Link
IP	THUR	SEPT 8	10am - 3pm	Link

HEALING JOURNEY SUPPORT GROUP WITH JFCS

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

IP	TUESDAYS	JUL 5 - SEPT 27	9:30am - 11:30am	Link
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Health & Well-Being

HEALTH COACHING

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

V	MON	JUL 1	5pm - 6:30pm	Link
V	FRI	AUG 19	12pm - 1:30pm	Link
V	FRI	SEPT 23	10am - 11am	Link

HOPE IN HEALING SUPPORT GROUP

This group is specifically created for adult survivors who experienced childhood sexual abuse. The group will offer a safe place to explore different forms of healing and attendees will receive support from other group members. Attendees must complete Mental Health 101 before signing up. This group will support skill building in the health and well-being pillar.

IP	THURSDAYS	SEPT 1 - 29	9:30am - 11:30am	Link
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JOURNALING 101

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

IP	FRI	AUG 19	9:30am - 11am	Link
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MENTAL HEALTH 101

This is a straightforward workshop to help to increase mental health literacy. Mental health refers to our overall emotional and psychological well-being. We will discuss signs and symptoms of mental health concerns such as anxiety, depression, and stress during this workshop. You will learn strategies for managing your mental health and how to access support when needed.

V	THUR	JUL 7	9:30am - 10:30am	Link
V	THUR	AUG 4	9:30am - 10:30am	Link

MENTEE INFO SESSION

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

Attend to learn more & apply.

V	FRI	JUL 8	9:30am - 10:30am	Link
IP	TUES	AUG 9	12pm - 1pm	Link
V	FRI	SEPT 9	9:30am-10:30am	Link

MINDFULNESS PRACTICE SESSION

This 45 minute long class is designed to further practice and discuss the mindfulness techniques taught in the Stress Relief course. It is encouraged that you attend this programs prior to attending this group class. Come with an open mind and ready to further enhance your awareness.

V	WEDS	AUG 24	5:45pm - 6:45pm	Link
V	WEDS	SEPT 21	5:45pm - 6:45pm	Link

ONE-ON-ONE DOMESTIC VIOLENCE

SERVICES WITH NEW LIFE CENTER

New Life Center provides mobile advocacy to survivors of domestic violence, sexual assault, and human trafficking. Mobile advocates support clients in all stages of the domestic violence, sexual assault, and human trafficking process. Meetings are done in order of arrival. Please plan to arrive at the start time to be placed on the list to meet with an advocate.

IP	WEDS	JUL 20	1pm - 3pm	Link
IP	WEDS	AUG 17	1pm - 3pm	Link
IP	WEDS	SEPT 21	1pm - 3pm	Link

OUR RELATIONSHIP WITH... SERIES

In focusing on a different topic each month, this workshop will allow us space to learn more about ourselves. From learning general information to practical tools, you will be able to explore and discuss with peers to further your growth. If you want to continue to deepen this discovery, check out the Our Relationship With: Extended which will be 4 group sessions diving deeper into some topics from this workshop.

GUILT & SHAME

How many of our life decisions are dictated by guilt and shame? Together, we will unpack our beliefs about ourselves that are rooted in these emotions, understand the difference between guilt & shame, and learn ways to take back the lead in our decision making. This workshop will support skill building within the health & well-being pillar.

IP	TUES	JUL 12	9:30am - 11am	Link
V	TUES	JUL 12	12pm - 1pm	Link

LIFE BALANCE

Even when we try to take the steps to strive towards a life balance, we can still feel like our cup is overflowing! Together, we will explore how to give more time to our priorities and what we value & how to set ourselves up for success. This workshop is paired well with Self-Care for the Woman on the Go, offered AUG 11. This workshop will support skill building within the health & well-being pillar.

IP	TUES	AUG 9	9:30am - 11am	Link
V	TUES	AUG 9	12pm - 1pm	Link

FEEDBACK

Whether at work or in our personal relationships, feedback is a major part of our lives. We can shy away from it or find ourselves struggling with what we're receiving. Together, we'll discover not only the ways in which we can better receive and give feedback, but also how we can be proactive in communication around feedback. This workshop will support skill building within the health & well-being pillar.

IP	TUES	SEPT 13	9:30am - 11am	Link
V	TUES	SEPT 13	12pm - 1pm	Link

Health & Well-Being

OUR RELATIONSHIP WITH SERIES: EXTENDED

This open support group is an extension of the Our Relationship With... Series. You will be able to connect with peers, learn about yourself & delve deeper into some of the concepts discussed in the series. This group will support skill building within the health & well-being pillar.

IP	TUES	JUL 26	9:30am - 11am	Link
IP	TUES	AUG 30	9:30am - 11am	Link
IP	TUES	SEPT 27	9:30am - 11am	Link

PERSONAL EMPOWERMENT SERIES

A month-long program focused on building a cohort of women seeking to become leaders in their lives. We focus on finding purpose, identifying strengths, boundaries, holistic well-being, networking, and much more. You are registering for the kick-off Saturday that will take place in person at Fresh Start.

Weekly virtual webinars will take place the following 4 Wednesdays and a close-out session will be held in person at Fresh Start on the following Saturday. Contact Kelli Brown at kbrown@fswf.org with questions.

IP	SAT	JUL 9	9:30am - 11:30am	Link
IP	SAT	AUG 6	11:30am - 2:30pm	Link
IP	FRI	SEPT 2	11:30am - 2:30pm	Link

REWARD YOURSELF

Can you do the difficult thing now, in exchange for a reward that is down the road? Maybe you don't have to. Learn ways to focus on your progress and celebrate your achievements, no matter how big or small. We will explore concepts of gratitude and recognition and begin to reimagine ways to reward ourselves. This workshop will support skill building within the health & well-being pillar.

V	THUR	JUL 28	9:30am - 11am	Link
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SELF-CARE FOR THE WOMAN ON THE GO

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

V	THUR	AUG 11	9:30am - 11am	Link
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STRESS RELIEF

This live webinar will help you understand stress and learn tools for how to manage the impacts of stress from day-to-day.

This is a Foundation Series course.

V	THUR	JUL 7	5:45pm - 7:45pm	Link
IP	THUR	AUG 18	12pm - 2pm	Link

SUPPORTING SURVIVORS OF CHILDHOOD SEXUAL ASSAULT

This workshop is specifically created for adult survivors who experienced childhood sexual abuse. Attendees will learn the impact of childhood sexual abuse and healing strategies. This workshop will support skill building within the health and well-being pillar. **Disclaimer:** This is not a therapeutic workshop but is a space for learning and resources. Attendees must complete a pre-screening. See your Social Worker for further instruction.

IP	THUR	AUG 18	9:30am - 11:30am	Link
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THE NEW EMPTY NESTER

We've designed this workshop for any caregiver approaching or who has recently become an Empty Nester. Typically this stage in raising children is full of excitement, worry, and many adjustments for everyone. We will cover boundaries, communication, expectations, and changing roles.

V	TUES	AUG 16	9:30am - 10:30am	Link
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YOGA STRETCHING & BREATHING

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

V	TUES	JUL 5	5:45pm - 6:45pm	Link
V	TUES	AUG 2	5:45pm - 6:45pm	Link
V	TUES	SEPT 6	5:45pm - 6:45pm	Link



Financial Management

ACT YOUR WAGE, ASSESSING YOUR FINANCES WITH TAKE CHARGE AMERICA

Participants learn the different types of expenses, budgeting basics and how to develop their personal budget while examining their financial well-being by completing a questionnaire to identify areas for improvement in their specific financial situation.

IP THUR JUL 21 9:30am - 11:30am [Link](#)

EXPLORING HOUSING OPTIONS WITH TAKE CHARGE AMERICA

Participants explore the pros & cons of renting vs. owning, available housing options, and ways to access the equity in a home and examine the pros and cons of buying and learn the seven basic steps of home buying, including pre-approval, mortgages, negotiation, and closing.

IP WEDS AUG 17 2pm - 4pm [Link](#)

GIVE YOURSELF CREDIT WITH TAKE CHARGE AMERICA

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

V TUES SEPT 6 5:45pm - 7:45pm [Link](#)

INSURANCE WITH THE YWCA

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.

V TUES AUG 16 12pm - 2pm [Link](#)

INVESTMENTS: ONE PIECE OF FINANCIAL PLANNING PART 1

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

V WEDS AUG 17 5:45pm - 7:45pm [Link](#)

INVESTMENTS: ONE PIECE OF FINANCIAL PLANNING PART 2

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

V THUR AUG 18 5:45pm - 7:45pm [Link](#)

INVEST IN YOUR FUTURE, RETIREMENT PREP WITH TAKE CHARGE AMERICA

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

V FRI AUG 26 9:30am - 11:30am [Link](#)

HEALTHY OR WEALTHY WITH TAKE CHARGE AMERICA

Participants learn the relative cost of different types of schools and the different sources of funding to pay for college.

IP WEDS SEPT 14 2pm - 4pm [Link](#)

MIND OVER MONEY, MASTER YOUR DEBT WITH TAKE CHARGE AMERICA

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

V THUR AUG 4 5:45pm - 7:45pm [Link](#)

SPEND SMART, STASH IT WITH TAKE CHARGE AMERICA

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

V TUES JUL 26 5:45pm - 7:45pm [Link](#)

TEACHING CHILDREN ABOUT MONEY WITH TAKE CHARGE AMERICA

Participants learn the 5 basic money concepts children need to learn, and tips and techniques for teaching these concepts to children 3-5, 6-10, 11-15, 16-18 years of age.

V TUES SEPT 20 5:45pm - 7:45pm [Link](#)

Education & Training

APPLYING FOR SCHOLARSHIPS

Join the Arizona Community Foundation to review proven strategies for applying for scholarships, tips for great scholarship essays and dispel common scholarship myths. Invest in your future!

IP	THURS	JUL 14	9:30am - 10:30am	Link
IP	WEDS	AUG 10	2pm - 3pm	Link
IP	TUES	SEPT 13	12pm - 1pm	Link

DEVELOPING YOUR INNER LEADER

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

IP	TUES	AUG 30	9:30am - 11:30am	Link
V	TUES	SEPT 27	5:45pm - 7:45pm	Link

DREAMBUILDER INFO SESSION

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

V	WEDS	AUG 10	9:30am - 11:30am	Link
V	WEDS	SEPT 21	5:45pm - 7:45pm	Link

HELPING HANDS FOR SINGLE MOMS SCHOLARSHIP INFO SESSION

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

V	THURS	JUL 21	5:45pm - 7:45pm	Link
V	THURS	AUG 11	5:45pm - 7:45pm	Link
V	THURS	SEPT 29	5:45pm - 7:45pm	Link

WIOA/ROUTE TO RELIEF INFO SESSION

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

IP	TUES	JUL 5	9:30am - 11:30am	Link
V	WEDS	JUL 13	5:45pm - 7:45pm	Link
IP	TUES	AUG 2	9:30am - 11:30am	Link
V	TUES	AUG 16	5:45pm - 7:45pm	Link
IP	TUES	SEPT 6	9:30am - 11:30am	Link
V	MON	SEPT 19	5:45pm - 7:45pm	Link



Career

ARIZONA CAREER READINESS CREDENTIAL (ACRC) INFO SESSION

The ACRC is a credential that shows employers that you possess the soft skills and knowledge for the job. This credential is being introduced to employers and job seekers across Arizona and will add value to your job search. Come to an info session to learn more about the credential, to gain access to the online practice portal, and to get started on earning you Arizona Career Readiness Credential!

IP	MON	JUL 11	9:30am - 11:30am	Link
V	THUR	JUL 14	5:45pm - 7:45pm	Link
IP	WEDS	AUG 3	9:30am - 11:30 am	Link
V	MON	AUG 22	5:45pm - 7:45pm	Link
IP	THUR	SEPT 7	9:30am - 11:30am	Link
V	THUR	SEPT 22	5:45pm - 7:45pm	Link

CAREER COACHING

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

EMPLOYMENT READINESS

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

H	THURSDAYS	JUL 7 - SEPT 29	5pm - 7pm	Link
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CAREER EXPLORATION

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

IP	MON	JUL 25	9:30am - 11:30am	Link
V	WEDS	AUG 24	5:45pm - 7:45pm	Link

COMMUNICATING EFFECTIVELY IN THE WORKPLACE

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

IP	THUR	AUG 4	9:30am - 11:30am	Link
V	MON	SEPT 26	5:45pm - 7:45pm	Link

CONVEYING PROFESSIONALISM

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

IP	MON	AUG 1	9:30am - 11:30am	Link
V	THUR	SEPT 1	5:45pm - 7:45pm	Link

EMPLOYMENT BOOTCAMP

This interactive webinar offers you the opportunity to have your resume and interviewing skills reviewed by Fresh Start's Career Services staff and volunteers, providing helpful tips for putting your best foot forward when looking for employment.

V	TUES	JUL 12	9:30am - 12:30pm	Link
IP	WEDS	SEPT 21	9:30am - 12:30pm	Link

EMPLOYMENT EVENTS

Fresh Start actively works to partner with companies who are hiring on a large scale and, when appropriate, hosts Virtual Employment Events wherein Fresh Start clients can learn more about the company, its culture and the positions they are currently seeking to fill.

V	TUES	JUL 5	5:45pm - 7:15pm	Link
V	FRI	JUL 8	9:30am - 11am	Link
V	TUES	AUG 9	9:30am - 11am	Link
V	FRI	AUG 12	9:30am - 11am	Link
V	FRI	SEPT 9	9:30am - 11am	Link
V	TUES	SEPT 20	9:30am - 11am	Link

INTERVIEWING TO GET THE JOB

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

IP	WEDS	JUL 13	9:30am - 11:30am	Link
V	MON	AUG 15	5:45pm - 7:45pm	Link

JOB SEARCH

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

IP	WEDS	JUL 27	9:30am - 11:30am	Link
V	THUR	SEPT 15	5:45pm - 7:45pm	Link

LINKEDIN

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

V	TUES	JUL 5	5:45pm - 7:45pm	Link
V	TUES	SEPT 27	5:45pm - 7:45pm	Link

Career

NETWORKING 101

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

IP	TUES	JUL 26	9:30am - 11:30am	Link
V	WEDS	AUG 17	5:45pm - 7:45pm	Link

PIPELINE AZ INFO SESSION

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

IP	MON	JUL 18	9:30am - 11:30am	Link
V	MON	AUG 29	5:45pm - 7:45pm	Link

SALARY NEGOTIATION

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

IP	THUR	AUG 18	9:30am - 11:30am	Link
V	TUES	SEPT 20	5:45pm - 7:45pm	Link

THE COURAGEOUS LEADERSHIP SERIES

You are a leader! Whether you are currently in a leadership role or aspire to lead one day, this series will empower and equip you. Each week we will explore a different set of leadership skills in a supportive environment. Series topics will include: professional boundaries and mentorship, leadership strengths assessment, professional communication, and developing a professional leadership plan.

V	MONDAYS	SEPT 12 - OCT 3	12pm - 1pm	Link
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WORKING IN A VIRTUAL WORLD

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

V	THUR	AUG 18	5:45pm - 7:45pm	Link
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WRITING A WINNING RESUME AND COVER LETTER

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

IP	THUR	JUL 28	9:30am - 11:30am	Link
V	TUES	SEPT 6	5:45pm - 7:45pm	Link



Computer Literacy

BASIC COMPUTERS & GOOGLE TOOLS

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

V	WEDS	JUL 6	5:45pm - 7:45pm	Link
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CYBER SAFETY

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

V	WEDS	SEPT 21	5:45pm - 7:45pm	Link
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GOOGLE DOCS SERIES

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

LEVEL 1

Get started learning the basics!

IP	WED	JUL 13	9:30am - 11:30am	Link
V	TUES	AUG 23	5:45pm - 7:45pm	Link

LEVEL 2

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

IP	THUR	JUL 14	9:30am - 11:30am	Link
V	WEDS	AUG 24	5:45pm - 7:45pm	Link

LEVEL 3

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

IP	FRI	JUL 15	9:30am - 11:30am	Link
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GOOGLE SHEETS SERIES

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

LEVEL 1

Get started learning the basics!

IP	THUR	JUL 21	9:30am - 11:30am	Link
V	WEDS	AUG 10	5:45pm - 7:45pm	Link

LEVEL 2

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

IP	FRI	JUL 22	9:30am - 11:30am	Link
V	THURS	AUG 11	5:45pm - 7:45pm	Link

LEVEL 3

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

IP	TUES	SEP 20	9:30am - 11:30am	Link
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GOOGLE SLIDES SERIES

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

LEVEL 1

Get started learning the basics!

IP	MON	AUG 15	9:30am - 11:30am	Link
V	MON	SEPT 12	5:45pm - 7:45pm	Link

LEVEL 2

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

IP	TUES	AUG 16	9:30am - 11:30am	Link
V	TUES	SEPT 13	5:45pm - 7:45pm	Link

LEVEL 3

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

IP	FRI	SEPT 16	9:30am - 11:30am	Link
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INTRO TO TECHNOLOGY & CODING

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

IP	SAT	AUG 20	9:30am - 11:30am	Link
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MICROSOFT EXCEL SERIES

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

LEVEL 1

From creating a workbook and entering data to formatting your spreadsheet and using formulas and AutoSum, you will see how this powerful tool can help you both professionally and personally. of productivity tools.

V	MON	JUL 11	5:45pm - 7:45pm	Link
IP	WEDS	AUG 3	9:30am - 11:30am	Link

LEVEL 2

Build on the skills you learned in the previous class along with advanced features. Level 1 required. you'll learn about the Average, Min and Max Functions, as well as building and formatting charts. We also go over page formatting features including headers/footers, page breaks and print titles.

V	TUES	JUL 12	5:45pm - 7:45pm	Link
IP	THUR	AUG 4	9:30am - 11:30am	Link

LEVEL 3

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

IP	THUR	SEPT 22	9:30am - 11:30am	Link
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LEVEL 4

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

IP	FRI	SEPT 23	9:30am - 11:30am	Link
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Computer Literacy

MICROSOFT POWERPOINT SERIES

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

LEVEL 1

We begin by creating a presentation and assigning a design theme. We follow that up with manually formatting the text, inserting new slides and manipulating text and slides using Cut, Copy and Paste. We then cover Find & Replace and the Spell Check feature before running our Slideshow.

V	MON	JUL 25	5:45pm - 7:45pm	Link
IP	MON	AUG 8	9:30am - 11:30am	Link

LEVEL 2

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

V	TUES	JUL 26	5:45pm - 7:45pm	Link
IP	TUES	AUG 9	9:30am - 11:30am	Link

LEVEL 3

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

IP	THUR	SEPT 1	9:30am - 11:30am	Link
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MICROSOFT WINDOWS LEVEL 1

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

IP	FRI	JUL 1	9:30am - 11:30am	Link
V	WEDS	AUG 17	5:45pm - 7:45pm	Link
IP	TUES	SEPT 6	9:30am - 11:30am	Link

MICROSOFT WINDOWS LEVEL 2

Pre-requisite: Microsoft Windows Level 1. This workshop builds on the skills taught in the Microsoft Windows Level 1 class, introducing you to more advanced features of Windows, including customizing the Start Menu and Task Bar, personalizing your desktop, customizing the File Explorer and performing Windows updates.

IP	WEDS	SEPT 7	9:30am - 11:30am	Link
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MICROSOFT WORD SERIES

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

LEVEL 1

We take you from creating a document, through formatting text, and into editing tools such as Cut, Copy and Paste and Find and Replace. We also create bulleted and numbered lists and use the Spelling and Grammar Checkers.

IP	MON	JUL 18	9:30am - 11:30am	Link
V	MON	AUG 1	5:45pm - 7:45pm	Link

LEVEL 2

Level 1 required. You'll learn to insert dates that automatically update when a document is opened, apply borders to paragraphs and pages, and apply before and after spacing to your paragraphs. We also share how to set tabs and paragraph indents as well as create tables. Lastly, we create headers and footers to create a polished document.

IP	TUES	JUL 19	9:30am - 11:30am	Link
V	TUES	AUG 2	5:45pm - 7:45pm	Link

LEVEL 3

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

IP	THUR	SEPT 8	9:30am - 11:30am	Link
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LEVEL 4

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

IP	FRI	SEPT 9	9:30am - 11:30am	Link
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Spanish Services

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?"

IP	SABADO	JUL 2 - SEPT 24	9:30am - 11:30am	Link
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CAMINO DE SANACION CON JFCS

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

IP	MIERCOLES	JUL 6 - SEPT 28	9:30am - 11:30am	Link
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COMENZANDO CON MICROSOFT WINDOWS

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

IP	JUEVES	JUL 7	9:30am - 11:30pm	Link
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V	LUNES	SEPT 26	5:45pm - 7:45pm	Link
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HABILIDADES BASICOS COMPUTACIONALES Y HERRAMIENTAS DE GOOGLE

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

V	MIERCOLES	SEPT 28	5:45pm - 7:45pm	Link
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NAVEGANDO EL SISTEMA DE DDD

Durante este tiempo, aprenderemos sobre diagnósticos calificantes, los beneficios de los servicios de DDD, los apoyos disponibles para sus participantes, el proceso de solicitud y apoyo.

IP	MIERCOLES	JUL 20	9:30am - 11:30am	Link
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IP	MARTES	AUG 9	12pm - 1:30pm	Link
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NUEVAS Y DIFERENTES MANERAS DE GANAR DINERO EXTRA

Esta vez discutiremos formas de ganar dinero extra (¿conoces alguna?). Ven y comparte con otras mujeres que necesitan apoyo y orientación. Estaremos aprendiendo unos de otros y compartiendo diferentes ideas. Si no es experto en tecnología, discutiremos las clases en Fresh Start para refrescar sus habilidades informáticas y apoyo adicional en este camino de autosuficiencia financiera.

IP	MIERCOLES	JUL 27	12pm - 1:30pm	Link
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V	LUNES	AUG 22	9:30am - 11:30am	Link
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SERVICIOS MÉDICOS, DENTALES Y DE SALUD MENTAL EN NUESTRA COMUNIDAD

En esta hora hablaremos sobre la importancia de su salud física, los tabúes en nuestra cultura sobre la salud mental y los servicios dentales de la comunidad. Hablaremos sobre lugares donde puede obtener servicios médicos gratuitos o de bajo costo, cómo conectarse con un consejero/terapeuta y sobre servicios dentales.

IP	MARTES	AUG 23	9:30am - 11:30am	Link
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SUPERACION PERSONAL RESPETANDO MIS TRADICIONES Y CULTURA

Estamos diseñados para vivir con un propósito. ¿Alguna vez te has preguntado si realmente estás aprovechando al máximo tu vida? ¿Cual es tu propósito? ¿Cuáles son tus pasiones? Durante este taller hablaremos de superación personal teniendo en cuenta nuestros principios, cultura y tradición. Conoceremos a otras mujeres que encontraron su pasión y son una inspiración para nuestra comunidad Latina. También hablaremos sobre como Fresh Start puede ser de apoyo en tu transición de mejora personal..

IP	JUEVES	JUL 14	9:30am - 11am	Link
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IP	JUEVES	AUG 25	12pm - 1:30pm	Link
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TRABAJANDO EN UN MUNDO VIRTUAL

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

V	MIERCOLES	AUG 31	9:30am - 11:30am	Link
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HELPING WOMEN HELP THEMSELVES



Fresh Start
Women's Foundation