



**Workshop Catalog**

602-252-8494 [freshstartwomen.org](http://freshstartwomen.org)

**INFORMATION** Workshops are subject to change. For the most updated schedule and to register, visit [www.freshstartwomen.org](http://www.freshstartwomen.org).

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

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

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

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

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

**GET CONNECTED**

**FIRST STEPS (Free)**

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

Mon.-Thurs.	12-1:30 p.m.	*No class 05/27
Thurs.	04/11	5:45-7:15 p.m.
Fri.	04/12	9:30-11 a.m.
Thurs.	05/09	5:45-7:15 p.m.
Fri.	05/10	9:30-11 a.m.
Thurs.	06/13	5:45-7:15 p.m.
Fri.	06/14	9:30-11 a.m.

**INTRO TO PROGRAMS (Free)**

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

Wednesdays	04/03-06/26	2-3:30 p.m.
Wed.	04/17	5:45-7:15 p.m.
Wed.	05/15	5:45-7:15 p.m.
Wed.	06/19	5:45-7:15 p.m.

**FEATURED PROGRAM**

**JUMP START (\$25)**

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

Mon.-Fri.	04/08-04/12	9:30 a.m.-4 p.m.
Mon.-Fri.	05/06-05/10	9:30 a.m.-4 p.m.
Mon.-Fri.	06/10-06/14	9:30 a.m.-4 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, to gain access to the online practice portal, and to get started on earning your Arizona Career Readiness Credential!

Mon.	04/15	2-3:30 p.m.
Wed.	04/24	2-3:30 p.m.
Wed.	05/01	5:45-7:15 p.m.
Fri.	05/17	9:30-11 a.m.
Mon.	06/03	5:45-7:15 p.m.

**BUSINESS ACCOUNTING (\$10)**

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

Mon.	04/29	5:45-7:45 p.m.
Wed.	05/22	2-4 p.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.

Mon.	04/22	2-4 p.m.
Fri.	05/10	9:30-11:30 a.m.
Tues.	06/04	9:30-11:30 a.m.
Fri.	06/21	9:30-11:30 a.m.

**CAREER COACHING (Free)**

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

Tuesdays	04/02-06/25	12-2 p.m.
Thursday	04/04-06/27	5-7 p.m.
*No Coaching 04/25		

**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.	05/08	9:30-11:30 a.m.
------	-------	-----------------

## CAREER & EDUCATION CONTINUED

### 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.

Thurs.	04/04	2-4 p.m.
Tues.	05/07	9:30-11:30 a.m.
Tues.	05/28	9:30-11:30 a.m.
Wed.	06/19	2-4 p.m.

### EDUCATION COACHING (Free)

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

Wed.	04/10	5-7 p.m.
Tues.	05/07	5-7 p.m.
Wed.	06/12	5-7 p.m.

### ENTREPRENEUR 101 (\$10)

This class is for women who want to establish a career through business ownership.

Sat.	04/13	9:30-11:30 a.m.
Sat.	05/11	9:30-11:30 a.m.
Sat.	06/08	9:30-11:30 a.m.

### JOB SEARCHING OVER 50 (\$10)

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

Mon.	04/08	9:30-11:30 a.m.
Mon.	05/06	9:30-11:30 a.m.
Mon.	06/03	9:30-11:30 a.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.	04/02	9:30-11:30 a.m.
Thurs.	05/16	9:30-11:30 a.m.
Thurs.	06/13	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.

Thurs.	04/11	9:30-11:30 a.m.
Wed.	04/24	2-4 p.m.
Fri.	05/24	9:30-11:30 a.m.
Thurs.	06/06	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.

Sat.	04/27	9 a.m.-2 p.m.
Wed.	05/22	9 a.m.-2 p.m.
Wed.	06/26	2-6 p.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.

Tues.	04/09	9:30-11:30 a.m.
Sat.	04/20	9:30-11:30 a.m.
Thurs.	05/02	5:45-7:45 p.m.
Sat.	05/18	9:30-11:30 a.m.
Tues.	05/28	5:45-7:45 p.m.
Fri.	06/07	9:30-11:30 a.m.
Sat.	06/15	9:30-11:30 a.m.
Mon.	06/24	5:45-7:45 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.

Thurs.	04/11	9:30-11 a.m.
Tues.	04/16	5:45-7:15 p.m.
Mon.	05/06	9:30-11 a.m.
Tues.	05/21	5:45-7:15 p.m.
Wed.	06/12	9:30-11 a.m.
Tues.	06/18	5:45-7:15 p.m.
Fri.	06/28	9:30-11 a.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.	05/23	5:45-7:30 p.m.
--------	-------	----------------

### COMPUTER LITERACY

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

### BASIC COMPUTERS & GOOGLE TOOLS (\$10)

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

Fri.	04/05	9:30-11:30 a.m.
Fri.	05/03	9:30-11:30 a.m.
Fri.	06/07	9:30-11:30 a.m.

## COMPUTER LITERACY CONTINUED

### BASIC MICROSOFT OUTLOOK (\$10)

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

Fri.	05/10	9:30-11 a.m.
------	-------	--------------

### GOOGLE DOCS (\$10)

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

Thurs.	04/04	9:30-11:30 a.m. or 5:45-7:45 p.m.
Tues.	05/14	9:30-11:30 a.m. or 5:45-7:45 p.m.
Thurs.	06/06	9:30-11:30 a.m. or 5:45-7:45 p.m.

### GOOGLE SHEETS (\$10)

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

Thurs.	04/11	9:30-11:30 a.m. or 5:45-7:45 p.m.
Tues.	05/21	9:30-11:30 a.m. or 5:45-7:45 p.m.
Thurs.	06/13	9:30-11:30 a.m. or 5:45-7:45 p.m.

### GOOGLE SLIDES (\$10)

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

Thurs.	04/18	9:30-11:30 a.m. or 5:45-7:45 p.m.
Tues.	05/28	9:30-11:30 a.m. or 5:45-7:45 p.m.
Thurs.	06/20	9:30-11:30 a.m. or 5:45-7:45 p.m.

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

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

Mon.-Tues.	04/22-04/23	9:30-11:30 a.m. or 5:45-7:45 p.m.
Wed.-Thurs.	05/22-05/23	9:30-11:30 a.m. or 5:45-7:45 p.m.
Mon.-Tues.	06/17-06/18	9:30-11:30 a.m. or 5:45-7:45 p.m.

### MICROSOFT EXCEL: LEVEL 3 (\$10)

Pre-Requisite: Microsoft Excel Series. This workshop builds on the skills taught in the Microsoft Excel 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.

Mon.	04/29	9:30-11:30 a.m. or 5:45-7:45 p.m.
Wed.	05/29	9:30-11:30 a.m. or 5:45-7:45 p.m.
Thurs.	06/27	9:30-11:30 a.m. or 5:45-7:45 p.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.	05/30	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.	04/08-04/09	9:30-11:30 a.m. or 5:45-7:45 p.m.
Wed.-Thurs.	05/15-05/16	9:30-11:30 a.m. or 5:45-7:45 p.m.
Mon.-Tues.	06/10-06/11	9:30-11:30 a.m. or 5:45-7:45 p.m.

### 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.

Tues.	04/16	9:30-11:30 a.m. or 5:45-7:45 p.m.
Mon.	05/20	9:30-11:30 a.m. or 5:45-7:45 p.m.
Tues.	06/25	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.	04/01	9:30-11:30 a.m. or 5:45-7:45 p.m.
Wed.	04/10	9:30-11:30 a.m. or 5:45-7:45 p.m.
Thurs.	05/02	9:30-11:30 a.m.
Wed.	05/08	9:30-11:30 a.m. or 5:45-7:45 p.m.
Mon.	06/03	9:30-11:30 a.m. or 5:45-7:45 p.m.
Wed.	06/12	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.	05/09	9:30-11:30 a.m. or 5:45-7:45 p.m.
--------	-------	-----------------------------------

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

## COMPUTER LITERACY CONTINUED

### 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.	04/15	9:30-11:30 a.m. or 5:45-7:45 p.m.
Mon.	05/13	9:30-11:30 a.m. or 5:45-7:45 p.m.
Mon.	06/24	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.	04/30	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.	04/12	9:30-11:30 a.m.
Fri.	05/17	9:30-11:30 a.m.
Fri.	06/28	9:30-11:30 a.m.

### SOCIAL MEDIA (\$10)

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

Fri.	04/12	2-4 p.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.	05/06	2-4 p.m.
Mon.	06/24	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.	04/10	11:30 a.m.-1:30 p.m.
Wed.	04/17	11:30 a.m.-1:30 p.m.
Wed.	05/01	11:30 a.m.-1:30 p.m.
Wed.	05/22	11:30 a.m.-1:30 p.m.
Wed.	06/12	11:30 a.m.-1:30 p.m.
Wed.	06/26	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.	04/10	5:45-7:30 p.m.
------	-------	----------------

### 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.	06/11	5:45-7:30 p.m.
-------	-------	----------------

### 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.	04/18	5:45-7:45 p.m.
Thurs.	05/16	5:45-7:45 p.m.
Thurs.	06/20	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.

Mon.	04/01	5:45-7:45 p.m.
Mon.	04/22	9:30-11:30 a.m.
Mon.	05/06	5:45-7:45 p.m.
Mon.	05/20	2-4 p.m.
Mon.	06/03	5:45-7:45 p.m.
Mon.	06/24	9:30-11:30 a.m.

### OWN IT FINANCIAL EDUCATION 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. Attendance to all four sessions is highly encouraged.

Tues.	04/23	5:45-7:30 p.m.
Tues.	04/30	5:45-7:30 p.m.
Tues.	05/07	5:45-7:30 p.m.
Tues.	05/14	5:45-7:30 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.

Wednesdays	04/03-05/08	5:45-7:15 p.m.
------------	-------------	----------------

## FINANCIAL LITERACY CONTINUED

### 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.	04/22	2-4 p.m.
Mon.	06/10	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.	04/08	2-4 p.m.
Mon.	05/13	2-4 p.m.

## LIFE SKILLS: PERSONAL DEVELOPMENT

### ASSERTIVE COMMUNICATION (\$10)

Assertive communication is the ability to speak and act in ways that naturally cause people to respond attentively and positively.

Tues.	04/02	5:45-7:45 p.m.
Fri.	04/19	2-4 p.m.
Tues.	05/07	5:45-7:45 p.m.
Fri.	05/17	9:30-11:30 a.m.
Tues.	06/04	5:45-7:45 p.m.
Fri.	06/21	2-4 p.m.

### BUILDING BRAVERY (\$10)

In this workshop, you will learn tools to build bravery in order to help you take the next step in reach your goals.

Wed.	05/29	5:45-7:45 p.m.
------	-------	----------------

### DEVELOPING BOUNDARIES (\$10)

This in-depth workshop will help you identify healthy boundaries and the signs of unhealthy boundaries. We will discuss the emotional hooks that prevent us from setting boundaries in a relationship. Learn how to say "no," how to set limits, and steps to improve relationships of all kinds.

Wed.	04/03	5:45-7:45 p.m.
Tues.	04/16	2-4 p.m.
Wed.	05/01	5:45-7:45 p.m.
Tues.	05/21	9:30-11:30 a.m.
Wed.	06/05	5:45-7:45 p.m.
Tues.	06/18	2-4 p.m.

### EXPLORING PERSONALITY PREFERENCES (\$10)

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

Tues.	04/23 & 04/30	2-4 p.m.
-------	---------------	----------

### GOAL SETTING (\$10)

Learn simple and easy ways to identify a goal and create a plan for accomplishing it. This is a great class to learn how to overcome past challenges that have held you back and to create a new specific goal in mind you'd like to achieve.

Thurs.	04/04	5:45-7:45 p.m.
Fri.	04/26	2-4 p.m.
Thurs.	05/02	5:45-7:45 p.m.
Fri.	05/24	9:30-11:30 a.m.
Thurs.	06/06	5:45-7:45 p.m.
Fri.	06/28	2-4 p.m.

### HEART CENTERED LIVING (Free)

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 with specific tools to increase your peace, health and well-being by living a heart-centered life.

Tues.	04/09	9:30-11:30 a.m.
Thurs.	06/06	9:30-11:30 a.m.

### MENTEE INFO SESSION (Free)

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

Tues.	04/09	5:45-6:45 p.m.
Fri.	04/26	9:30-10:30 a.m.
Tues.	05/07	5:45-6:45 p.m.
Fri.	05/24	9:30-10:30 a.m.
Mon.	06/10	9:30-10:30 a.m.
Fri.	06/27	5:45-6:45 p.m.

### 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.	04/17	5:45-7:45 p.m.
Wed.	05/15	5:45-7:45 p.m.
Wed.	06/19	5:45-7:45 p.m.

### MOTHER'S DAY REVISITED (\$10)

For anyone who is a mother, has or had a mother, or did not get the mother they needed/deserved, this workshop will be a chance for healing.

Wed.	05/08	2-3:30 p.m.
------	-------	-------------

### PERSONAL NARRATIVE (\$10)

This workshop focuses on writing our personal stories. We talk about writing techniques, writing exercises, and finding inspiration in the world around us.

Mon.	04/22	9:30-11:30 a.m.
------	-------	-----------------

### SEASONAL WRITING INSPIRATION (\$10)

Creative writing exercises aimed at bringing women together to explore the season and explore new writing techniques.

Sat.	05/18	9:30-11:30 a.m.
------	-------	-----------------

### SELF-LOVE AND SELF-ESTEEM (\$10)

Self-esteem is the foundation upon which a happy and successful life is built. Learn strategies to support yourself in building a life which communicates that you value yourself and deserve all the good things which life has to offer. This three-part workshop will explore these topics and allow participants to discuss practicing new strategies in their daily lives. Participants who complete all three sessions will receive a complimentary copy of the moderator's book, *Charge Up Your Life, Conquer the 6 Barriers to Love, Happiness, and Success.*

Thursdays	05/02-05/16	2-4 p.m.
-----------	-------------	----------

## LIFE SKILLS: PERSONAL DEVELOPMENT CONTINUED

### STRESS RELIEF (\$10)

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

Tues.	04/02	2-4 p.m.
Tues.	04/16	5:45-7:45 p.m.
Tues.	05/14	5:45-7:45 p.m.
Wed.	05/22	9:30-11:30 a.m.
Wed.	06/12	5:45-7:45 p.m.
Tues.	06/25	2-4 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.

Wed.	05/08	9:30 a.m.-12 p.m.
------	-------	-------------------

### 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.	04/10	2-4 p.m.
Sat.	04/13	11:30 a.m.-1:30 p.m.
Tues.	05/07	9:30-11:30 a.m.
Tues.	06/04	9:30-11:30 a.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.	05/20	2-4 p.m.
------	-------	----------

## LIFE SKILLS: HEALTH & WELLNESS

### 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.	04/11	10 a.m.- 3 p.m.
Thurs.	05/09	10 a.m.- 3 p.m.
Thurs.	06/13	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.	04/12	11 a.m.-2 p.m.
Fri.	05/10	11 a.m.-2 p.m.
Fri.	06/14	11 a.m.-2 p.m.

### HIV TESTING WITH NATIVE HEALTH (Free)

Thurs.	04/11	9 a.m.-12 p.m.
Thurs.	05/09	9 a.m.-12 p.m.
Thurs.	06/13	9 a.m.-12 p.m.

### 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.

Thurs.	04/18	9:30-11:30 a.m.
Thurs.	05/23	9:30-11:30 a.m.
Thurs.	06/27	9:30-11:30 a.m.

### TAI CHI & QIGONG (\$10)

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

Sat.	04/27	9:30-11:30 a.m.
Sat.	05/11	11:30 a.m.-1:30 p.m.
Sat.	06/15	9:30-11:30 a.m.

### YOGA (\$10)

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

Tues.	04/16	5:45-7:15 p.m.
Sat.	04/20	9:30-11 a.m.
Sat.	05/04	9:30-11 a.m.
Tues.	05/21	5:45-7:15 p.m.
Sat.	06/01	9:30-11 a.m.
Tues.	06/18	5:45-7:15 p.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.	05/10	2-4 p.m.
Fri.	06/14	2-4 p.m.

### PROFESSIONAL WARDROBING (Free)

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

Thursdays	04/04-06/27	10 a.m.-3 p.m.
-----------	-------------	----------------

### 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.	04/01	11 a.m.-3 p.m.
Mon.	05/06	11 a.m.-3 p.m.
Mon.	06/03	11 a.m.-3 p.m.

**SUPPORT SERVICES: FAMILY & PARENTING**

**GIRLS THRIVING (Free)**

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

Sat.	05/18	9:30 a.m.-12:30 p.m.
Wed.-Fri.	06/05-06/07	9:30 a.m.-3:30 p.m.
Mon.-Wed.	06/17-06/19	9:30 a.m.-3:30 p.m.

**GETTING TO THE ROOTS OF ROUTINES WITH CHILD CRISIS ARIZONA (Free)**

Routines are crucial to healthy child development. Learn about routines that apply to common parenting challenges including bedtime battles and potty training. Apply your new knowledge by creating a new routine during the session. Aimed at families with children birth to three-years.

Mon.	04/29	9:30-11:30 a.m.
------	-------	-----------------

**PARENTING ON THE SAME PAGE WITH CHILD CRISIS ARIZONA (Free)**

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.

Thurs.	06/13	5:45-7:45 p.m.
--------	-------	----------------

**SINGLE PARENTING TODAY WITH CHILD CRISIS ARIZONA (Free)**

This workshop covers the unique challenges and strengths of parenting alone. Connect with other parents while exploring strategies to parent successfully while maintaining a single parent household.

Mon.	05/20	2-4 p.m.
------	-------	----------

**TRIPLE P WITH PHOENIX CHILDREN'S HOSPITAL (Free)**

Learn to develop desired behaviors in children, gain confidence and knowledge as a parent, improve family dynamics and communication and reduce stress. This is an eight week, DCS approved series. Attendance to the first session on April 2 is required in order to participate in the following sessions.

Tuesdays	04/02-05/21	9:30-11:30 a.m.
----------	-------------	-----------------

**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.	04/23	5:45-7:45 p.m.
Tues.	05/28	5:45-7:45 p.m.
Tues.	06/25	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.	04/08	9:30-11 a.m.
Mon.	06/10	9:30-11 a.m.

**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.	05/15	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.	04/09	9:30 a.m.-12:30 p.m.
Mon.	05/06	5:45-7:45 p.m.
Tues.	05/14	2-5 p.m.
Mon.	06/03	5:45-7:45 p.m.
Tues.	06/11	9:30 a.m.-12:30 p.m.

**SUPPORT SERVICES: OPEN GROUPS**

**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.

Thurs.	04/11	2-3:30 p.m.
Wed.	04/24	2-3:30 p.m.
Wed.	05/01	2-3:30 p.m.
Tues.	05/21	5:45-7:30 p.m.
Tues.	06/04	2-3:30 p.m.
Tues.	06/18	5:45-7:30 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	04/04-06/27	9:30-11:30 a.m.
Thursdays	04/04-06/27	5:45-7:45 p.m.
*No group 04/25 at 5:45 p.m.		

## SUPPORT SERVICES: OPEN GROUPS

### CONTINUED

#### SURVIVING ABUSE WITH ACESDV (Free)

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

Tuesdays	04/02-06/25	5:45-7:15 p.m.
----------	-------------	----------------

## 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	04/03-06/26	9:30-11:30 a.m.
------------	-------------	-----------------

#### 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	04/03-06/26	3-5 p.m.
------------	-------------	----------

## EN ESPAÑOL:

### INFORMACIÓN

Los talleres están sujetos a cambios. Para obtener el horario más actualizado y para registrarse, visite [www.freshstartwomen.org](http://www.freshstartwomen.org)

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

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

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

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

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

## GRUPOS DE APOYO Y CLASES EN ESPAÑOL

#### AL-ANON (Gratis)

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

Sábados, 13 de Abril al 29 de Junio	9:30-11:15 a.m.
*No hay Grupo, 6 de Abril	

#### 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 Abril al 26 de Junio	9:30-11:30 a.m.
--------------------------------------	-----------------

#### 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 Abril al 24 de Junio	5:45-7:30 p.m.
Jueves, 4 de Abril al 27 de Junio	5:45-7:30 p.m.
*No hay Grupo, 25 de Abril o 27 de Mayo	

#### 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, 24 de Abril	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.

Jueves, 2 de Mayo	5:45-7:45 p.m.
-------------------	----------------



## Community Resource List

<b>Emergency Phone Numbers</b>	
Mental Health Crisis Line: 602-222-9444 or 1-800-631-1314/Toll Free	La Frontera EMPACT Crisis Line: 480-784-1500 24 hour crisis hotline.
National Suicide Prevention Lifeline: 1-800-273-TALK (8255) or text HOME to 741741	Domestic Violence Hotline: 1-800-799-7233
Veterans Crisis Hotline: 1-800-273-8255	Community Information & Referral: 2-1-1 or 1-877-211-8661
<b>Emergency Shelter List</b>	
Domestic Violence Shelters/Centralized Screening Hotline: 480-890-3039 or 1-800-799-7739	Vista Colina Emergency Family Shelter: 602-256-6945; Families Only
Family Housing Hub 3307 E. Van Buren Street #108 Phoenix, AZ 85008; 602-595-8700	Halle Women's Center: 602-362-5833 Adult Females Only
Child Crisis Arizona 2334 E Polk St, Phoenix, AZ 85006; (602) 273-7363 Emergency Children's Shelter Birth-10 y/o	Central AZ Shelter Services (CASS) 230 S 12th Ave, Phoenix, AZ 85007; (602) 256-6945 Emergency Shelter for Adult Men & Women
Ozanam Manor 320 W Watkins Rd., Phoenix, AZ 85003; (602) 850-6900 Shelter for Elderly & Disabled Men & Women age 50 +, or Disabled adults 18+	I-Help through AZCEND: 480-963-1423 ext. 120 345 S. California St. Chandler, AZ 85225 Emergency Shelter for Adult Men & Women Must be at the above address no later than 5 pm every day to complete intake.
<b>Non-Emergency Housing List</b>	
<a href="http://www.findhelpphx.org">www.findhelpphx.org</a> : website to search for a variety of resources in Maricopa County, including housing resources.	<a href="http://www.socialserve.com">www.socialserve.com</a> : website to search for affordable/subsidized housing options in the area
TRELLIS 1405 E McDowell Rd, Phoenix, AZ 85006; 602-258-1659 Homebuyer & Financial Education Programs	Labor's Community Service Agency 3117 N 16th St #100, Phoenix, AZ 85016; 602-263-5741 Transitional & Affordable Housing Resources
<a href="http://www.hud.gov">www.hud.gov</a> > Resources > Affordable Apartment Search	YMCA Short Term Residences: 602-257-5134 Single Women or Men 18+. \$175 per week, \$485 per month, \$200 deposit, \$55 application fee, \$35 move-in fee
<b>Emergency Food Resources</b>	
Toll Free Hunger Hotline: 1-866-3-HUNGRY (486479)	Foodbank Locator: <a href="http://www.azfoodbanks.org">www.azfoodbanks.org</a>
Andre House of Arizona Arizona, 213 S. 11th Ave., Phoenix, AZ 85007, 602-255-0580 Dinner: 5:30-6:30 pm, Sat.-Thurs, Free Adult Clothing, 10 a.m. M, W, Th., & 1 p.m. on Sat.	Phoenix Rescue Mission 1801 S. 35th Ave., Phoenix, AZ 85009, 602-346-3384 Food Boxes available 2 <sup>nd</sup> and 4 <sup>th</sup> Saturday of the month
Friendly House Food Boxes available Monday-Thursday, 8:30 a.m. – 5 p.m., Photo ID Required	Market on the Move (The 3000 Club) <a href="http://www.the3000club.org">www.the3000club.org</a> 623-374-2559 with \$10 donation, receive up to 60lbs of produce. Various locations Saturdays 9am-1pm. Text "market" to 88202
<b>Emergency Financial Assistance</b>	
Travis L. Williams Center 4732 S Central Ave Phoenix, AZ; 602-534-4732 Rental and Utility Assistance in Crisis Situations	Sunnyslope Center 914 W. Hatcher, Phoenix, AZ; 602-495-5229
John F. Long Center 3454 N. 51st Ave., Phoenix, AZ; 602-262-6510 Rental & Utility Assistance in Crisis Situations	Friendly House 723 S. 1 <sup>st</sup> Ave, Phoenix, AZ, 85003; 602 345-0167, Staff will only assist those who call on the 1st Thursday of the month between 9 a.m.- 12 p.m.
<b>Additional Emergency Resources</b>	
Interfaith Cooperative Ministries 501 S. 9th Ave., Phoenix, AZ 85007; 602-254-7450 Adult & Children's Clothing & Personal Hygiene Supplies, Mon-Sat., 9-11 a.m. Must bring a photo ID for self & all family members	Hope Women's Center 1640 E McDowell Rd, Phoenix, AZ 85006; 602-715-0999 Provides food, clothing, hygiene supplies & emergency financial assistance contact for eligibility requirements. Mon.-Wed. 9 a.m.-2 p.m., Thurs. 9 a.m. – 7 p.m.
Area Agency on Aging Senior Helpline: 602-264-4357 Resources for men & women 60+, 18 w/ HIV, &/or 18+ with a disability	Southwest Network Help book: <a href="http://www.southwestnetwork.org">www.southwestnetwork.org</a> ; click on The Help Book Community Resource Directory, top left column of web page.

# April 2019 Workshops & Support Groups Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>1</b></p> <p><u>Microsoft Windows Level 1</u> 9:30-11:30am (pg.3)(\$10)</p> <p><u>Salon Day</u> 11am-3pm (pg.6)(\$10)</p> <p><u>First Steps</u> 12-1:30pm (pg.1)(Free)</p> <p><u>Mind Over Money</u> 5:45-7:45pm (pg.4)(Free)</p> <p><u>Microsoft Windows Level 1</u> 5:45-7:45pm (pg.3)(\$10)</p> <p><u>Español</u> <u>Comedores Compulsivos</u> 5:45-7:30pm (pg.8)(Gratis)</p>	<p><b>2</b></p> <p><u>Word Series Level 1&amp;2</u> Class Tues.-Wed. 9:30-11:30am (pg.3)(\$10)</p> <p><u>Triple P Parenting Program</u> Tuesdays 4/02-5/21 9:30-11:30am (pg.7)(Free)</p> <p><u>Master the Art of the Interview</u> 9:30-11:30am (pg.2)(Free)</p> <p><u>First Steps</u> 12-1:30pm (pg.1)(Free)</p> <p><u>Career Coaching</u> 12-2pm (pg.1)(Free)</p> <p><u>Stress Relief</u> 2-4pm (pg.6)(\$10)</p> <p><u>Surviving Abuse</u> 5:45-7:15pm (pg.8)(Free)</p> <p><u>Assertive Communication</u> 5:45-7:45pm (pg.5)(\$10)</p> <p><u>Word Series Level 1&amp;2</u> Class Tues.-Wed. 5:45-7:45pm (pg.3)(\$10)</p>	<p><b>3</b></p> <p><u>Resource Coaching</u> 9:30-11:30am (pg.8)(Free)</p> <p><u>First Steps</u> 12-1:30pm (pg.1)(Free)</p> <p><u>Intro to Programs</u> 2-3:30pm (pg.1)(Free)</p> <p><u>1:1 DV Services</u> 3-5pm (pg.8)(Free)</p> <p><u>Purple Purse Moving Ahead</u> Pre-Registration Required Wednesdays 4/03- 5/08 5:45-7:15pm (pg.4)(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.8)(Gratis)</p>	<p><b>4</b></p> <p><u>Healing Journey</u> 9:30-11:30am &amp; 5:45-7:45pm (pg.7)(Free)</p> <p><u>Google Docs</u> 9:30-11:30am (pg.3)(\$10)</p> <p><u>Professional Wardrobing</u> 10am-3pm (pg.6)(Free)</p> <p><u>First Steps</u> 12-1:30pm (pg.1)(Free)</p> <p><u>Creating a Great Resume</u> 2-4pm (pg.2)(Free)</p> <p><u>Career Coaching</u> 5-7pm (pg.1)(Free)</p> <p><u>Goal Setting</u> 5:45-7:45pm (pg.5)(\$10)</p> <p><u>Google Docs</u> 5:45-7:45pm (pg.3)(\$10)</p> <p><u>Español</u> <u>Comedores Compulsivos</u> 5:45-7:30pm (pg.8)(Gratis)</p>	<p><b>5</b></p> <p><u>Basic Computers &amp; Google Tools</u> 9:30-11:30am (pg.2)(\$10)</p>	<p><b>6</b></p> <p><u>Law Day for Women</u> 9am-2pm (\$10 Event Fee)</p>
<p><b>8</b></p> <p><u>Jump Start</u> Class Mon.-Fri. 9:30am-4pm (pg.1)(\$25)</p> <p><u>Gaining Control: Divorce Changes Everything</u> 9:30-11am (pg.7)(\$10)</p> <p><u>PowerPoint Series Level 1&amp;2</u> Class Mon.-Tues. 9:30-11:30am (pg.3)(\$10)</p> <p><u>Job Searching Over 50</u> 9:30-11:30am (pg.2)(\$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>PowerPoint Series Level 1&amp;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.8)(Gratis)</p>	<p><b>9</b></p> <p><u>Heart Centered Living</u> 9:30-11:30am (pg.5)(Free)</p> <p><u>Small Business Start-Up Info Session</u> 9:30-11:30am (pg.2)(Free)</p> <p><u>Preparing &amp; Presenting Your Case</u> 9:30am-12:30pm (pg.7)(\$10)</p> <p><u>First Steps</u> 12-1:30pm (pg.1)(Free)</p> <p><u>Career Coaching</u> 12-2pm (pg.1)(Free)</p> <p><u>Mentee Info Session</u> 5:45-6:45pm (pg.5)(Free)</p> <p><u>Surviving Abuse</u> 5:45-7:15pm (pg.8)(Free)</p>	<p><b>10</b></p> <p><u>Resource Coaching</u> 9:30-11:30am (pg.8)(Free)</p> <p><u>Microsoft Windows Level 1</u> 9:30-11:30am (pg.3)(\$10)</p> <p><u>Financial Consultant</u> 11:30am-1:30pm (pg.4)(Free)</p> <p><u>First Steps</u> 12-1:30pm (pg.1)(Free)</p> <p><u>Intro to Programs</u> 2-3:30pm (pg.1)(Free)</p> <p><u>Time Management Essentials</u> 2-4pm (pg.6)(\$10)</p> <p><u>1:1 DV Services</u> 3-5pm (pg.8)(Free)</p> <p><u>Education Coaching</u> 5-7pm (pg.2)(Free)</p> <p><u>Purple Purse Moving Ahead</u> Pre-Registration Required Wednesdays 4/03- 5/08 5:45-7:15pm (pg.4)(Free)</p> <p><u>Homeownership 101</u> 5:45-7:30pm (pg.4)(Free)</p> <p><u>Microsoft Windows Level 1</u> 5:45-7:45pm (pg.3)(\$10)</p> <p><u>Español</u> <u>Camino de Sanacion</u> 9:30-11:30am (pg.8)(Gratis)</p>	<p><b>11</b></p> <p><u>HIV Testing</u> 9am-12pm (pg.6)(Free)</p> <p><u>Healing Journey</u> 9:30-11:30am &amp; 5:45-7:45pm (pg.7)(Free)</p> <p><u>Upward Mobility Info Session</u> 9:30-11am (pg.2)(Free)</p> <p><u>Google Sheets</u> 9:30-11:30am (pg.3)(\$10)</p> <p><u>Mock Interviews</u> 9:30-11:30am (pg.2)(Free)</p> <p><u>Healing Touch</u> 10am-3pm (pg.6)(\$10)</p> <p><u>Professional Wardrobing</u> 10am-3pm (pg.6)(Free)</p> <p><u>First Steps</u> 12-1:30pm (pg.1)(Free)</p> <p><u>Continuing Healthy Boundaries</u> Pre-Requisite Required 2-3:30pm (pg.7)(Free)</p> <p><u>Career Coaching</u> 5-7pm (pg.1)(Free)</p> <p><u>First Steps</u> 5:45-7:15pm (pg.1)(Free)</p> <p><u>Google Sheets</u> 5:45-7:45pm (pg.3)(\$10)</p> <p><u>Español</u> <u>Comedores Compulsivos</u> 5:45-7:30pm (pg.8)(Gratis)</p>	<p><b>12</b></p> <p><u>Resource Fair</u> 9:30-11:30am (Free)</p> <p><u>First Steps</u> 9:30-11am (pg.1)(Free)</p> <p><u>Online Sales</u> 9:30-11:30am (pg.4)(\$10)</p> <p><u>Health Education Resources</u> 11am-2pm (pg.6)(Free)</p> <p><u>Social Media</u> 2-4pm (pg.4)(\$10)</p>	<p><b>13</b></p> <p><u>Entrepreneur 101</u> 9:30-11:30am (pg.2)(\$10)</p> <p><u>Time Management Essentials</u> 11:30am-1:30pm (pg.6)(\$10)</p> <p><u>Español</u> <u>Al-Anon</u> 9:30-11:15am (pg.8)(Gratis)</p>

## SAVE THE DATES

### LAW DAY

An opportunity to meet and ask questions with lawyers from different types of law.  
Register online at [www.freshstartwomen.org](http://www.freshstartwomen.org)

Saturday	04/06	9 a.m.-2p.m.
----------	-------	--------------

### COMMUNITY RESOURCE FAIR

A free resource fair highlighting various social service agencies around the valley and their programs.  
No pre-registration required.

Friday	04/12	9:30-11:30 a.m.
--------	-------	-----------------

For the most up to date information and to register for a workshop, visit [www.freshstartwomen.org/event-list](http://www.freshstartwomen.org/event-list)

# April 2019 Workshops & Support Groups Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>15</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>ACRC Info Session</u> 2-3:30pm (pg.1)(Free)</p> <p><u>Word: Level 3</u> 5:45-7:45pm (pg.4)(\$10)</p> <p><u>Español</u> <u>Comedores Compulsivos</u> 5:45-7:30pm (pg.8)(Gratis)</p>	<p>16</p> <p><u>PowerPoint: Level 3</u> 9:30-11:30am (pg.3)(\$10)</p> <p><u>First Steps</u> 12-1:30pm (pg.1)(Free)</p> <p><u>Career Coaching</u> 12-2pm (pg.1)(Free)</p> <p><u>Developing Boundaries</u> 2-4pm (pg.5)(\$10)</p> <p><u>Upward Mobility Info Session</u> 5:45-7:15pm (pg.2)(Free)</p> <p><u>Yoga</u> 5:45-7:15pm (pg.6)(\$10)</p> <p><u>Surviving Abuse</u> 5:45-7:15pm (pg.8)(Free)</p> <p><u>Stress Relief</u> 5:45-7:45pm (pg.6)(\$10)</p> <p><u>PowerPoint: Level 3</u> 5:45-7:45pm (pg.3)(\$10)</p>	<p>17</p> <p><u>Resource Coaching</u> 9:30-11:30am (pg.8)(Free)</p> <p><u>Financial Consultant</u> 11:30am-1:30pm (pg.4)(Free)</p> <p><u>First Steps</u> 12-1:30pm (pg.1)(Free)</p> <p><u>Intro to Programs</u> 2-3:30pm (pg.1)(Free)</p> <p><u>1:1 DV Services</u> 3-5pm (pg.8)(Free)</p> <p><u>Intro to Programs</u> 5:45-7:15pm (pg.1)(Free)</p> <p><u>Mentoring Support Workshop</u> 5:45-7:45pm (pg.5)(Free)</p> <p><u>Español</u> <u>Camino de Sanacion</u> 9:30-11:30am (pg.8)(Gratis)</p>	<p>18</p> <p><u>Healing Journey</u> 9:30-11:30am &amp; 5:45-7:45pm (pg.7)(Free)</p> <p><u>Obtaining Health Care</u> 9:30-11:30am (pg.6)(Free)</p> <p><u>Google Slides</u> 9:30-11:30am (pg.3)(\$10)</p> <p><u>Professional Wardrobing</u> 10am-3pm (pg.6)(Free)</p> <p><u>First Steps</u> 12-1:30pm (pg.1)(Free)</p> <p><u>Career Coaching</u> 5-7pm (pg.1)(Free)</p> <p><u>Investments: One Piece of Financial Planning</u> 5:45-7:45pm (pg.4)(\$10)</p> <p><u>Google Slides</u> 5:45-7:45pm (pg.3)(\$10)</p> <p><u>Español</u> <u>Comedores Compulsivos</u> 5:45-7:30pm (pg.8)(Gratis)</p>	<p>19</p> <p><u>Assertive Communication</u> 2-4pm (pg.5)(\$10)</p>	<p>20</p> <p><u>Yoga</u> 9:30-11am (pg.6)(\$10)</p> <p><u>Small Business Start-Up Info Session</u> 9:30-11:30am (pg.2)(Free)</p> <p><u>Español</u> <u>Al-Anon</u> 9:30-11:15am (pg.8)(Gratis)</p>
<p>22</p> <p><u>Excel Series Level 1&amp;2</u> Class Mon.-Tues. 9:30-11:30am (pg.3)(\$10)</p> <p><u>Mind Over Money</u> 9:30-11:30am (pg.4)(Free)</p> <p><u>Personal Narrative</u> 9:30-11:30am (pg.5)(\$10)</p> <p><u>First Steps</u> 12-1:30pm (pg.1)(Free)</p> <p><u>Career Assessment Experience</u> 2-4pm (pg.1)(Free)</p> <p><u>Setting Financial Goals and Priorities</u> 2-4pm (pg.5)(Free)</p> <p><u>Excel Series Level 1&amp;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.8)(Gratis)</p>	<p>23</p> <p><u>First Steps</u> 12-1:30pm (pg.1)(Free)</p> <p><u>Career Coaching</u> 12-2pm (pg.1)(Free)</p> <p><u>Exploring Personality Preferences</u> Tuesdays 4.23-4.30 2-4pm (pg.5)(\$10)</p> <p><u>Surviving Abuse</u> 5:45-7:15pm (pg.8)(Free)</p> <p><u>Own It</u> 5:45-7:30pm (pg.4)(Free)</p> <p><u>Family Court Prep Q&amp;A</u> 5:45-7:45pm (pg.7)(\$10)</p>	<p>24</p> <p><u>Resource Coaching</u> 9:30-11:30am (pg.8)(Free)</p> <p><u>First Steps</u> 12-1:30pm (pg.1)(Free)</p> <p><u>Intro to Programs</u> 2-3:30pm (pg.1)(Free)</p> <p><u>ACRC Info Session</u> 2-3:30pm (pg.1)(Free)</p> <p><u>Continuing Healthy Boundaries</u> Pre-Requisite Required 2-3:30pm (pg.7)(Free)</p> <p><u>Mock Interviews</u> 2-4pm (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.8)(Gratis)</p> <p><u>Comenzando con Microsoft Windows</u> 5:45-7:45pm (pg.8)(\$10)</p>	<p>25</p> <p><u>Healing Journey</u> 9:30-11:30am (pg.7)(Free)</p> <p><u>Professional Wardrobing</u> 10am-3pm (pg.6)(Free)</p> <p><u>First Steps</u> 12-1:30pm (pg.1)(Free)</p>	<p>26</p> <p><u>Mentee Info Session</u> 9:30-10:30am (pg.5)(Free)</p> <p><u>Goal Setting</u> 2-4pm (pg.5)(\$10)</p>	<p>27</p> <p><u>ACRC Proctoring</u> Pre-Registration Required 9am-2pm (pg.2)(Free)</p> <p><u>Tai Chi &amp; Qigong</u> 9:30-11:30am (pg.6)(\$10)</p> <p><u>Español</u> <u>Al-Anon</u> 9:30-11:15am (pg.8)(Gratis)</p>
<p>29</p> <p><u>Excel: Level 3</u> 9:30-11:30am (pg.3)(\$10)</p> <p><u>Getting to the Roots of Routines</u> 9:30-11:30am (pg.7)(Free)</p> <p><u>First Steps</u> 12-1:30pm (pg.1)(Free)</p> <p><u>Business Accounting</u> 5:45-7:45pm (pg.1)(\$10)</p> <p><u>Excel: Level 3</u> 5:45-7:45pm (pg.3)(\$10)</p> <p><u>Español</u> <u>Comedores Compulsivos</u> 5:45-7:30pm (pg.8)(Gratis)</p>	<p>30</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>Career Coaching</u> 12-2pm (pg.1)(Free)</p> <p><u>Surviving Abuse</u> 5:45-7:15pm (pg.8)(Free)</p> <p><u>Own It</u> 5:45-7:30pm (pg.4)(Free)</p> <p><u>Word: Level 4</u> 5:45-7:45pm (pg.4)(\$10)</p>				

# May 2019 Workshops & Support Groups Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<p>1 <u>Resource Coaching</u> 9:30-11:30am (pg.8)(Free)</p> <p><u>Financial Consultant</u> 11:30am-1:30pm (pg.4)(Free)</p> <p><u>First Steps</u> 12-1:30pm (pg.1)(Free)</p> <p><u>Intro to Programs</u> 2-3:30pm (pg.1)(Free)</p> <p><u>Continuing Healthy Boundaries</u> Pre-Requisite Required 2-3:30pm (pg.7)(Free)</p> <p><u>1:1 DV Services</u> 3-5pm (pg.8)(Free)</p> <p><u>ACRC Info Session</u> 5:45-7:15pm (pg.1)(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.8)(Gratis)</p>	<p>2 <u>Healing Journey</u> 9:30-11:30am &amp; 5:45-7:45pm (pg.7)(Free)</p> <p><u>Microsoft Windows Level 1</u> 9:30-11:30am (pg.3)(\$10)</p> <p><u>Professional Wardrobing</u> 10am-3pm (pg.6)(Free)</p> <p><u>First Steps</u> 12-1:30pm (pg.1)(Free)</p> <p><u>Self-Love &amp; Self-Esteem</u> 2-4pm (pg.5)(\$10)</p> <p><u>Career Coaching</u> 5-7pm (pg.1)(Free)</p> <p><u>Small Business Start-Up Info Session</u> 5:45-7:45pm (pg.2)(Free)</p> <p><u>Goal Setting</u> 5:45-7:45pm (pg.5)(\$10)</p> <p><u>Español Herramientas de Google</u> 5:45-7:45pm (pg.8)(Gratis)</p> <p><u>Español Comedores Compulsivos</u> 5:45-7:30pm (pg.8)(Gratis)</p>	<p>3 <u>Basic Computers &amp; Google Tools</u> 9:30-11:30am (pg.2)(\$10)</p>	<p>4 <u>Yoga</u> 9:30-11am (pg.6)(\$10)</p> <p><u>Español Al-Anon</u> 9:30-11:15am (pg.8)(Gratis)</p>
<p>6 <u>Jump Start Class Mon.-Fri.</u> 9:30am-4pm (pg.1)(\$25)</p> <p><u>Upward Mobility Info Session</u> 9:30-11am (pg.2)(Free)</p> <p><u>Word Series Level 1&amp;2 Class Mon.-Tues.</u> 9:30-11:30am (pg.3)(\$10)</p> <p><u>Job Searching Over 50</u> 9:30-11:30am (pg.2)(\$10)</p> <p><u>Salon Day</u> 11am-3pm (pg.6)(\$10)</p> <p><u>First Steps</u> 12-1:30pm (pg.1)(Free)</p> <p><u>Economic Mobility</u> 2-4pm (pg.4)(Free)</p> <p><u>Preparing &amp; Presenting Your Case</u> 5:45-7:45pm (pg.7)(\$10)</p> <p><u>Mind Over Money</u> 5:45-7:45pm (pg.4)(Free)</p> <p><u>Word Series Level 1&amp;2 Class Mon.-Tues.</u> 5:45-7:45pm (pg.3)(\$10)</p> <p><u>Español Comedores Compulsivos</u> 5:45-7:30pm (pg.8)(Gratis)</p>	<p>7 <u>Creating a Great Resume</u> 9:30-11:30am (pg.2)(Free)</p> <p><u>Time Management Essentials</u> 9:30-11:30am (pg.6)(\$10)</p> <p><u>First Steps</u> 12-1:30pm (pg.1)(Free)</p> <p><u>Career Coaching</u> 12-2pm (pg.1)(Free)</p> <p><u>Education Coaching</u> 5-7pm (pg.2)(Free)</p> <p><u>Mentee Info Session</u> 5:45-6:45pm (pg.5)(Free)</p> <p><u>Surviving Abuse</u> 5:45-7:15pm (pg.8)(Free)</p> <p><u>Own It</u> 5:45-7:30pm (pg.4)(Free)</p> <p><u>Assertive Communication</u> 5:45-7:45pm (pg.5)(\$10)</p>	<p>8 <u>Resource Coaching</u> 9:30-11:30am (pg.8)(Free)</p> <p><u>Communicating Effectively in the Workplace</u> 9:30-11:30am (pg.1)(Free)</p> <p><u>Microsoft Windows Level 1</u> 9:30-11:30am (pg.3)(\$10)</p> <p><u>The Fundamental Shift</u> 9:30 am-12 pm (pg.6)(Free)</p> <p><u>First Steps</u> 12-1:30pm (pg.1)(Free)</p> <p><u>Intro to Programs</u> 2-3:30pm (pg.1)(Free)</p> <p><u>Mother's Day Revisited</u> 2-3:30pm (pg.5)(\$10)</p> <p><u>1:1 DV Services</u> 3-5pm (pg.8)(Free)</p> <p><u>Microsoft Windows Level 1</u> 5:45-7:45pm (pg.3)(\$10)</p> <p><u>Español Camino de Sanacion</u> 9:30-11:30am (pg.8)(Gratis)</p>	<p>9 <u>HIV Testing</u> 9am-12pm (pg.6)(Free)</p> <p><u>Healing Journey</u> 9:30-11:30am &amp; 5:45-7:45pm (pg.7)(Free)</p> <p><u>Microsoft Windows Level 2</u> 9:30-11:30am (pg.3)(\$10)</p> <p><u>Healing Touch</u> 10am-3pm (pg.6)(\$10)</p> <p><u>Professional Wardrobing</u> 10am-3pm (pg.6)(Free)</p> <p><u>First Steps</u> 12-1:30pm (pg.1)(Free)</p> <p><u>Self-Love &amp; Self-Esteem</u> 2-4pm (pg.5)(\$10)</p> <p><u>Career Coaching</u> 5-7pm (pg.1)(Free)</p> <p><u>First Steps</u> 5:45-7:15pm (pg.1)(Free)</p> <p><u>Microsoft Windows Level 2</u> 5:45-7:45pm (pg.3)(\$10)</p> <p><u>Español Comedores Compulsivos</u> 5:45-7:30pm (pg.8)(Gratis)</p>	<p>10 <u>Career Assessment Experience</u> 9:30-11:30am (pg.1)(Free)</p> <p><u>Basic Microsoft Outlook</u> 9:30-11am (pg.3)(\$10)</p> <p><u>First Steps</u> 9:30-11am (pg.1)(Free)</p> <p><u>Health Education Resources</u> 11am-2pm (pg.6)(Free)</p> <p><u>Mary Kay Make-Up</u> 2-4pm (pg.6)(\$10)</p>	<p>11 <u>Entrepreneur 101</u> 9:30-11:30am (pg.2)(\$10)</p> <p><u>Tai Chi &amp; Qigong</u> 11:30am-1:30pm (pg.6)(\$10)</p> <p><u>Español Al-Anon</u> 9:30-11:15am (pg.8)(Gratis)</p>

## SAVE THE DATE

### FREE SPREE

An opportunity to receive free clothing from the resale boutique.

Open to all clients of Fresh Start.

Register online after May 1<sup>st</sup>.

Friday	05/31	9:30 a.m.-3:30 a.m.
--------	-------	---------------------

For the most up to date information and to register for a workshop, visit [www.freshstartwomen.org/event-list](http://www.freshstartwomen.org/event-list)

# May 2019 Workshops & Support Groups Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>13</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>Understanding Identity Theft</u> 2-4pm (pg.5)(Free)</p> <p><u>Word: Level 3</u> 5:45-7:45pm (pg.4)(\$10)</p> <p><u>Español</u> <u>Comedores Compulsivos</u> 5:45-7:30pm (pg.8)(Gratis)</p>	<p>14</p> <p><u>Google Docs</u> 9:30-11:30am (pg.3)(\$10)</p> <p><u>First Steps</u> 12-1:30pm (pg.1)(Free)</p> <p><u>Career Coaching</u> 12-2pm (pg.1)(Free)</p> <p><u>Preparing &amp; Presenting Your Case</u> 2-5pm (pg.7)(\$10)</p> <p><u>Surviving Abuse</u> 5:45-7:15pm (pg.8)(Free)</p> <p><u>Own It</u> 5:45-7:30pm (pg.4)(Free)</p> <p><u>Stress Relief</u> 5:45-7:45pm (pg.6)(\$10)</p> <p><u>Google Docs</u> 5:45-7:45pm (pg.3)(\$10)</p>	<p>15</p> <p><u>Resource Coaching</u> 9:30-11:30am (pg.8)(Free)</p> <p><u>PowerPoint Series Level 1&amp;2</u> Class Wed.-Thurs. 9:30-11:30am (pg.3)(\$10)</p> <p><u>First Steps</u> 12-1:30pm (pg.1)(Free)</p> <p><u>Intro to Programs</u> 2-3:30pm (pg.1)(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.5)(Free)</p> <p><u>Intro to Programs</u> 5:45-7:15pm (pg.1)(Free)</p> <p><u>PowerPoint Series Level 1&amp;2</u> Class Wed.-Thurs. 5:45-7:45pm (pg.3)(\$10)</p> <p><u>Child Support Info Session</u> 5:45-7:45pm (pg.7)(\$10)</p> <p><u>Español</u> <u>Camino de Sanacion</u> 9:30-11:30am (pg.8)(Gratis)</p>	<p>16</p> <p><u>Healing Journey</u> 9:30-11:30am &amp; 5:45-7:45pm (pg.7)(Free)</p> <p><u>Master the Art of the Interview</u> 9:30-11:30am (pg.2)(Free)</p> <p><u>Professional Wardrobing</u> 10am-3pm (pg.6)(Free)</p> <p><u>First Steps</u> 12-1:30pm (pg.1)(Free)</p> <p><u>Self-Love &amp; Self-Esteem</u> 2-4pm (pg.5)(\$10)</p> <p><u>Career Coaching</u> 5-7pm (pg.1)(Free)</p> <p><u>Investments: One Piece of Financial Planning</u> 5:45-7:45pm (pg.4)(\$10)</p> <p><u>Español</u> <u>Comedores Compulsivos</u> 5:45-7:30pm (pg.8)(Gratis)</p>	<p>17</p> <p><u>ACRC Info Session</u> 9:30-11am (pg.1)(Free)</p> <p><u>Assertive Communication</u> 9:30-11:30am (pg.5)(\$10)</p> <p><u>Online Sales</u> 9:30-11:30am (pg.4)(\$10)</p>	<p>18</p> <p><u>Girls Thriving</u> 9:30am-12:30pm (pg.7)(Free)</p> <p><u>Small Business Start-Up Info Session</u> 9:30-11:30am (pg.2)(Free)</p> <p><u>Seasonal Writing Inspiration</u> 9:30-11:30am (pg.5)(\$10)</p> <p><u>Español</u> <u>Al-Anon</u> 9:30-11:15am (pg.8)(Gratis)</p>
<p>20</p> <p><u>PowerPoint: Level 3</u> 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.4)(Free)</p> <p><u>Understanding Grief and Mourning</u> 2-4pm (pg.6)(Free)</p> <p><u>Single Parenting Today</u> 2-4pm (pg.7)(Free)</p> <p><u>PowerPoint: Level 3</u> 5:45-7:45pm (pg.3)(\$10)</p> <p><u>Español</u> <u>Comedores Compulsivos</u> 5:45-7:30pm (pg.8)(Gratis)</p>	<p>21</p> <p><u>Google Sheets</u> 9:30-11:30am (pg.3)(\$10)</p> <p><u>Developing Boundaries</u> 9:30-11:30am (pg.5)(\$10)</p> <p><u>First Steps</u> 12-1:30pm (pg.1)(Free)</p> <p><u>Career Coaching</u> 12-2pm (pg.1)(Free)</p> <p><u>Upward Mobility Info Session</u> 5:45-7:15pm (pg.2)(Free)</p> <p><u>Surviving Abuse</u> 5:45-7:15pm (pg.8)(Free)</p> <p><u>Yoga</u> 5:45-7:15pm (pg.6)(\$10)</p> <p><u>Continuing Healthy Boundaries</u> Pre-Requisite Required 5:45-7:30pm (pg.7)(Free)</p> <p><u>Google Sheets</u> 5:45-7:45pm (pg.3)(\$10)</p>	<p>22</p> <p><u>ACRC Proctoring</u> Pre-Registration Required 9am-2pm (pg.2)(Free)</p> <p><u>Resource Coaching</u> 9:30-11:30am (pg.8)(Free)</p> <p><u>Excel Series Level 1&amp;2</u> Class Wed.-Thurs. 9:30-11:30am (pg.3)(\$10)</p> <p><u>Stress Relief</u> 9:30-11:30am (pg.6)(\$10)</p> <p><u>Financial Consultant</u> 11:30am-1:30pm (pg.4)(Free)</p> <p><u>First Steps</u> 12-1:30pm (pg.1)(Free)</p> <p><u>Intro to Programs</u> 2-3:30pm (pg.1)(Free)</p> <p><u>Business Accounting</u> 2-4pm (pg.1)(\$10)</p> <p><u>1:1 DV Services</u> 3-5pm (pg.8)(Free)</p> <p><u>Excel Series Level 1&amp;2</u> Class Wed.-Thurs. 5:45-7:45pm (pg.3)(\$10)</p> <p><u>Español</u> <u>Camino de Sanacion</u> 9:30-11:30am (pg.8)(Gratis)</p>	<p>23</p> <p><u>Healing Journey</u> 9:30-11:30am &amp; 5:45-7:45pm (pg.7)(Free)</p> <p><u>Obtaining Health Care</u> 9:30-11:30am (pg.6)(Free)</p> <p><u>Professional Wardrobing</u> 10am-3pm (pg.6)(Free)</p> <p><u>First Steps</u> 12-1:30pm (pg.1)(Free)</p> <p><u>Career Coaching</u> 5-7pm (pg.1)(Free)</p> <p><u>Work Smart Salary Negotiation</u> 5:45-7:30pm (pg.2)(Free)</p> <p><u>Español</u> <u>Comedores Compulsivos</u> 5:45-7:30pm (pg.8)(Gratis)</p>	<p>24</p> <p><u>Mentee Info Session</u> 9:30-10:30am (pg.5)(Free)</p> <p><u>Goal Setting</u> 9:30-11:30am (pg.5)(\$10)</p> <p><u>Mock Interviews</u> 9:30-11:30am (pg.2)(Free)</p>	<p>25</p> <p><u>Español</u> <u>Al-Anon</u> 9:30-11:15am (pg.8)(Gratis)</p>
<p>27</p> <p><b>Fresh Start Closed</b></p>	<p>28</p> <p><u>Google Slides</u> 9:30-11:30am (pg.3)(\$10)</p> <p><u>Creating a Great Resume</u> 9:30-11:30am (pg.2)(Free)</p> <p><u>First Steps</u> 12-1:30pm (pg.1)(Free)</p> <p><u>Career Coaching</u> 12-2pm (pg.1)(Free)</p> <p><u>Surviving Abuse</u> 5:45-7:15pm (pg.8)(Free)</p> <p><u>Family Court Prep Q&amp;A</u> 5:45-7:45pm (pg.7)(\$10)</p> <p><u>Small Business Start-Up Info Session</u> 5:45-7:45pm (pg.2)(Free)</p> <p><u>Google Slides</u> 5:45-7:45pm (pg.3)(\$10)</p>	<p>29</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>First Steps</u> 12-1:30pm (pg.1)(Free)</p> <p><u>Intro to Programs</u> 2-3:30pm (pg.1)(Free)</p> <p><u>1:1 DV Services</u> 3-5pm (pg.8)(Free)</p> <p><u>Building Bravery</u> 5:45-7:45pm (pg.5)(\$10)</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.8)(Gratis)</p>	<p>30</p> <p><u>Healing Journey</u> 9:30-11:30am &amp; 5:45-7:45pm (pg.7)(Free)</p> <p><u>Excel: Level 4</u> 9:30-11:30am (pg.3)(\$10)</p> <p><u>First Steps</u> 12-1:30pm (pg.1)(Free)</p> <p><u>Professional Wardrobing</u> 10am-3pm (pg.6)(Free)</p> <p><u>Career Coaching</u> 5-7pm (pg.1)(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.8)(Gratis)</p>	<p>31</p> <p><u>Free Spree</u> 9:30am-3:30pm (Free)</p>	

# June 2019 Workshops & Support Groups Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					<p>1 <u>Yoga</u> 9:30-11am (pg.6)(\$10)</p> <p><u>Español</u> <u>Al-Anon</u> 9:30-11:15am (pg.8)(Gratis)</p>
<p>3 <u>Job Searching Over 50</u> 9:30-11:30am (pg.2)(\$10)</p> <p><u>Microsoft Windows Level 1</u> 9:30-11:30am (pg.3)(\$10)</p> <p><u>Salon Day</u> 11am-3pm (pg.6)(\$10)</p> <p><u>First Steps</u> 12-1:30pm (pg.1)(Free)</p> <p><u>ACRC Info Session</u> 5:45-7:15pm (pg.1)(Free)</p> <p><u>Preparing &amp; Presenting Your Case</u> 5:45-7:45pm (pg.7)(\$10)</p> <p><u>Mind Over Money</u> 5:45-7:45pm (pg.4)(Free)</p> <p><u>Microsoft Windows Level 1</u> 5:45-7:45pm (pg.3)(\$10)</p> <p><u>Español</u> <u>Comedores Compulsivos</u> 5:45-7:30pm (pg.8)(Gratis)</p>	<p>4 <u>Career Assessment Experience</u> 9:30-11:30am (pg.1)(Free)</p> <p><u>Time Management Essentials</u> 9:30-11:30am (pg.6)(\$10)</p> <p><u>Word Series Level 1&amp;2</u> Class Tues.-Wed. 9:30-11:30am (pg.3)(\$10)</p> <p><u>First Steps</u> 12-1:30pm (pg.1)(Free)</p> <p><u>Career Coaching</u> 12-2pm (pg.1)(Free)</p> <p><u>Continuing Healthy Boundaries</u> Pre-Requisite Required 2-3:30pm (pg.7)(Free)</p> <p><u>Surviving Abuse</u> 5:45-7:15pm (pg.8)(Free)</p> <p><u>Assertive Communication</u> 5:45-7:45pm (pg.5)(\$10)</p> <p><u>Word Series Level 1&amp;2</u> Class Tues.-Wed. 5:45-7:45pm (pg.3)(\$10)</p>	<p>5 <u>Girls Thriving Class Wed.-Fri.</u> 9:30am-3:30pm (pg.7)(Free)</p> <p><u>Resource Coaching</u> 9:30-11:30am (pg.8)(Free)</p> <p><u>First Steps</u> 12-1:30pm (pg.1)(Free)</p> <p><u>Intro to Programs</u> 2-3:30pm (pg.1)(Free)</p> <p><u>1:1 DV Services</u> 3-5pm (pg.8)(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.8)(Gratis)</p>	<p>6 <u>Healing Journey</u> 9:30-11:30am &amp; 5:45-7:45pm (pg.7)(Free)</p> <p><u>Google Docs</u> 9:30-11:30am (pg.3)(\$10)</p> <p><u>Heart Centered Living</u> 9:30-11:30am (pg.5)(Free)</p> <p><u>Professional Wardrobing</u> 10am-3pm (pg.6)(Free)</p> <p><u>First Steps</u> 12-1:30pm (pg.1)(Free)</p> <p><u>Mock Interviews</u> 2-4pm (pg.2)(Free)</p> <p><u>Career Coaching</u> 5-7pm (pg.1)(Free)</p> <p><u>Goal Setting</u> 5:45-7:45pm (pg.5)(\$10)</p> <p><u>Google Docs</u> 5:45-7:45pm (pg.3)(\$10)</p> <p><u>Español</u> <u>Comedores Compulsivos</u> 5:45-7:30pm (pg.8)(Gratis)</p>	<p>7 <u>Basic Computers &amp; Google Tools</u> 9:30-11:30am (pg.2)(\$10)</p> <p><u>Small Business Start-Up Info Session</u> 9:30-11:30am (pg.2)(Free)</p>	<p>8 <u>Entrepreneur 101</u> 9:30-11:30am (pg.2)(\$10)</p> <p><u>Español</u> <u>Al-Anon</u> 9:30-11:15am (pg.8)(Gratis)</p>
<p>10 <u>Jump Start Class Mon.-Fri.</u> 9:30am-4pm (pg.1)(\$25)</p> <p><u>Mentee Info Session</u> 9:30-10:30am (pg.5)(Free)</p> <p><u>Gaining Control: Divorce Changes Everything</u> 9:30-11am (pg.7)(\$10)</p> <p><u>PowerPoint Series Level 1&amp;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>Setting Financial Goals and Priorities</u> 2-4pm (pg.5)(Free)</p> <p><u>PowerPoint Series Level 1&amp;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.8)(Gratis)</p>	<p>11 <u>Preparing &amp; Presenting Your Case</u> 9:30am-12:30pm (pg.7)(\$10)</p> <p><u>First Steps</u> 12-1:30pm (pg.1)(Free)</p> <p><u>Career Coaching</u> 12-2pm (pg.1)(Free)</p> <p><u>Surviving Abuse</u> 5:45-7:15pm (pg.8)(Free)</p> <p><u>Insurance 101</u> 5:45-7:30pm (pg.4)(Free)</p>	<p>12 <u>Upward Mobility Info Session</u> 9:30-11am (pg.2)(Free)</p> <p><u>Resource Coaching</u> 9:30-11:30am (pg.8)(Free)</p> <p><u>Microsoft Windows Level 1</u> 9:30-11:30am (pg.3)(\$10)</p> <p><u>Financial Consultant</u> 11:30am-1:30pm (pg.4)(Free)</p> <p><u>First Steps</u> 12-1:30pm (pg.1)(Free)</p> <p><u>Intro to Programs</u> 2-3:30pm (pg.1)(Free)</p> <p><u>1:1 DV Services</u> 3-5pm (pg.8)(Free)</p> <p><u>Education Coaching</u> 5-7pm (pg.2)(Free)</p> <p><u>Stress Relief</u> 5:45-7:45pm (pg.5)(\$10)</p> <p><u>Microsoft Windows Level 1</u> 5:45-7:45pm (pg.3)(\$10)</p> <p><u>Español</u> <u>Camino de Sanacion</u> 9:30-11:30am (pg.8)(Gratis)</p>	<p>13 <u>HIV Testing</u> 9am-12pm (pg.6)(Free)</p> <p><u>Healing Journey</u> 9:30-11:30am &amp; 5:45-7:45pm (pg.7)(Free)</p> <p><u>Master the Art of the Interview</u> 9:30-11:30am (pg.2)(Free)</p> <p><u>Google Sheets</u> 9:30-11:30am (pg.3)(\$10)</p> <p><u>Healing Touch</u> 10am-3pm (pg.6)(\$10)</p> <p><u>Professional Wardrobing</u> 10am-3pm (pg.6)(Free)</p> <p><u>First Steps</u> 12-1:30pm (pg.1)(Free)</p> <p><u>Career Coaching</u> 5-7pm (pg.1)(Free)</p> <p><u>First Steps</u> 5:45-7:15pm (pg.1)(Free)</p> <p><u>Parenting on the Same Page</u> 5:45-7:45pm (pg.7)(Free)</p> <p><u>Google Sheets</u> 5:45-7:45pm (pg.3)(\$10)</p> <p><u>Español</u> <u>Comedores Compulsivos</u> 5:45-7:30pm (pg.8)(Gratis)</p>	<p>14 <u>First Steps</u> 9:30-11am (pg.1)(Free)</p> <p><u>Health Education Resources</u> 11am-2pm (pg.6)(Free)</p> <p><u>Mary Kay Make-Up</u> 2-4pm (pg.6)(\$10)</p>	<p>15 <u>Small Business Start-Up Info Session</u> 9:30-11:30am (pg.2)(Free)</p> <p><u>Tai Chi &amp; Qigong</u> 9:30-11:30am (pg.6)(\$10)</p> <p><u>Español</u> <u>Al-Anon</u> 9:30-11:15am (pg.8)(Gratis)</p>

For the most up to date information and to register for a workshop, visit [www.freshstartwomen.org/event-list](http://www.freshstartwomen.org/event-list)

# June 2019 Workshops & Support Groups Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>17</p> <p><u>Girls Thriving</u> Class Mon.-Wed. 9:30am-3:30pm (pg.7)(Free)</p> <p><u>Excel Series Level 1&amp;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>Excel Series Level 1&amp;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.8)(Gratis)</p>	<p>18</p> <p><u>First Steps</u> 12-1:30pm (pg.1)(Free)</p> <p><u>Career Coaching</u> 12-2pm (pg.1)(Free)</p> <p><u>Developing Boundaries</u> 2-4pm (pg.5)(\$10)</p> <p><u>Upward Mobility Info Session</u> 5:45-7:15pm (pg.2)(Free)</p> <p><u>Yoga</u> 5:45-7:15pm (pg.6)(\$10)</p> <p><u>Surviving Abuse</u> 5:45-7:15pm (pg.8)(Free)</p> <p><u>Continuing Healthy Boundaries</u> Pre-Requisite Required 5:45-7:30pm (pg.7)(Free)</p>	<p>19</p> <p><u>Resource Coaching</u> 9:30-11:30am (pg.8)(Free)</p> <p><u>First Steps</u> 12-1:30pm (pg.1)(Free)</p> <p><u>Intro to Programs</u> 2-3:30pm (pg.1)(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>Intro to Programs</u> 5:45-7:15pm (pg.1)(Free)</p> <p><u>Mentoring Support Workshop</u> 5:45-7:45pm (pg.5)(Free)</p> <p><u>Español</u> <u>Camino de Sanacion</u> 9:30-11:30am (pg.8)(Gratis)</p>	<p>20</p> <p><u>Healing Journey</u> 9:30-11:30am &amp; 5:45-7:45pm (pg.7)(Free)</p> <p><u>Google Slides</u> 9:30-11:30am (pg.3)(\$10)</p> <p><u>Professional Wardrobing</u> 10am-3pm (pg.6)(Free)</p> <p><u>First Steps</u> 12-1:30pm (pg.1)(Free)</p> <p><u>Career Coaching</u> 5-7pm (pg.1)(Free)</p> <p><u>Investments: One Piece of Financial Planning</u> 5:45-7:45pm (pg.4)(\$10)</p> <p><u>Google Slides</u> 5:45-7:45pm (pg.3)(\$10)</p> <p><u>Español</u> <u>Comedores Compulsivos</u> 5:45-7:30pm (pg.8)(Gratis)</p>	<p>21</p> <p><u>Career Assessment Experience</u> 9:30-11:30am (pg.1)(Free)</p> <p><u>Assertive Communication</u> 2-4pm (pg.5)(\$10)</p>	<p>22</p> <p><u>Español</u> <u>Al-Anon</u> 9:30-11:15am (pg.8)(Gratis)</p>
<p>24</p> <p><u>Word: Level 3</u> 9:30-11:30am (pg.4)(\$10)</p> <p><u>Mind Over Money</u> 9:30-11:30am (pg.4)(Free)</p> <p><u>First Steps</u> 12-1:30pm (pg.1)(Free)</p> <p><u>Economic Mobility</u> 2-4pm (pg.4)(Free)</p> <p><u>Small Business Start-Up Info Session</u> 5:45-7:45pm (pg.2)(Free)</p> <p><u>Word: Level 3</u> 5:45-7:45pm (pg.4)(\$10)</p> <p><u>Español</u> <u>Comedores Compulsivos</u> 5:45-7:30pm (pg.8)(Gratis)</p>	<p>25</p> <p><u>PowerPoint: Level 3</u> 9:30-11:30am (pg.3)(\$10)</p> <p><u>First Steps</u> 12-1:30pm (pg.1)(Free)</p> <p><u>Career Coaching</u> 12-2pm (pg.1)(Free)</p> <p><u>Stress Relief</u> 2-4pm (pg.6)(\$10)</p> <p><u>Surviving Abuse</u> 5:45-7:15pm (pg.8)(Free)</p> <p><u>Family Court Prep Q&amp;A</u> 5:45-7:45pm (pg.7)(\$10)</p> <p><u>PowerPoint: Level 3</u> 5:45-7:45pm (pg.3)(\$10)</p>	<p>26</p> <p><u>Resource Coaching</u> 9:30-11:30am (pg.8)(Free)</p> <p><u>Financial Consultant</u> 11:30am-1:30pm (pg.4)(Free)</p> <p><u>First Steps</u> 12-1:30pm (pg.1)(Free)</p> <p><u>Intro to Programs</u> 2-3:30pm (pg.1)(Free)</p> <p><u>ACRC Proctoring</u> Pre-Registration Required 2pm-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.8)(Gratis)</p>	<p>27</p> <p><u>Healing Journey</u> 9:30-11:30am &amp; 5:45-7:45pm (pg.7)(Free)</p> <p><u>Excel: Level 3</u> 9:30-11:30am (pg.3)(\$10)</p> <p><u>Obtaining Health Care</u> 9:30-11:30am (pg.6)(Free)</p> <p><u>Professional Wardrobing</u> 10am-3pm (pg.6)(Free)</p> <p><u>First Steps</u> 12-1:30pm (pg.1)(Free)</p> <p><u>Career Coaching</u> 5-7pm (pg.1)(Free)</p> <p><u>Mentee Info Session</u> 5:45-6:45pm (pg.5)(Free)</p> <p><u>Excel: Level 3</u> 5:45-7:45pm (pg.3)(\$10)</p> <p><u>Español</u> <u>Comedores Compulsivos</u> 5:45-7:30pm (pg.8)(Gratis)</p>	<p>28</p> <p><u>Upward Mobility Info Session</u> 9:30-11am (pg.2)(Free)</p> <p><u>Online Sales</u> 9:30-11:30am (pg.4)(\$10)</p> <p><u>Goal Setting</u> 2-4pm (pg.5)(\$10)</p>	<p>29</p> <p><u>Español</u> <u>Al-Anon</u> 9:30-11:15am (pg.8)(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. This includes wardrobing, workshops, support groups, the E-Learning Center, and some events. Registration can be completed in person or online. Our in-person First Steps class will gain you access to programs and one-on-one appointments with staff. First Steps is available Monday through Thursday from 12–1:30 p.m., the second Thursday of the month from 5:45–7:15 p.m., and the second Friday of the month from 9:30–11 a.m. This free session will introduce you to Fresh Start, providing a detailed overview of all of our services, and help you create an action plan for addressing your needs.

## Arizona Career Readiness Credential (ACRC)

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

## Computer Literacy

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

## E-Learning Center

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

## Family Law Support

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

## Programs

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

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

## Social Work

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

## Treasures Within

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

## Upward Mobility

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

