



Workshop Catalog

602-252-8494 freshstartwomen.org

INFORMATION Workshops are subject to change. For the most updated schedule and to register, visit www.freshstartwomen.org.

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

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

We no longer provide child care. Children may not go into 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 11/22, 12/4, 12/24-31
Wed.	10/10	5:45-7:15 p.m.
Fri.	10/12	9:30-11 a.m.
Fri.	11/09	9:30-11 a.m.
Wed.	11/14	5:45-7:15 p.m.
Wed.	12/12	5:45-7:15 p.m.
Fri.	12/14	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 session will review the basics of each of Fresh Start's various programs.

Wednesdays	10/03-12/19	2-3:30 p.m.
Wed.	10/17	5:45-7:15 p.m.
Wed.	11/21	5:45-7:15 p.m.
Wed.	12/19	5:45-7:15 p.m.
No class 12/26		

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.	10/08-10/12	9:30 a.m.-4 p.m.
Mon.-Fri.	11/12-11/16	9:30 a.m.-4p.m.
Mon.-Fri.	12/10-12/14	9:30 a.m.-4p.m.

CAREER & EDUCATION

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.

Tues.	10/16	2-4 p.m.
Fri.	11/09	9:30-11:30 a.m.
Tues.	12/21	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 1 hour prior, the day of (online registration unavailable). First come, first served.

Tuesdays	10/2-12/18	12-2 p.m.
Thursdays	10/05-12/20	5-7 p.m.
*No Sessions 11/22, 12/25 or 12/27		

CREATING A GREAT RESUME WITH GOODWILL (Free)

In this workshop, we will review the basic components of a resume, help you identify your strengths, and discuss how to use action verbs to write about your experience. You may bring a copy of your resume to the workshop for a brief resume critique.

Tues.	10/02	9:30-11:30 a.m.
Tues.	11/06	2-4 p.m.
Tues.	12/04	9:30-11:30 a.m.

DREAMBUILDER INFO SESSION (Free)

Interested in starting a business? DreamBuilder is a unique online business skills training and certification program available for FREE! This information session provides an overview of the program and instructions for getting started.

Mon.	10/15	9:30-10:30 a.m.
Mon.	11/05	5:45-6:45 p.m.
Thurs.	12/06	9:30-10:30 a.m.

E. JEAN GOULET SCHOLARSHIP INFO SESSION (Free)

Established to assist Fresh Start women are interested in pursuing or continuing their education and who demonstrate a financial need. Funds can be used for accredited certificate, associates, and bachelor's degrees and approved vocational programs at nonprofit institutions. Funds will only cover tuition costs and will be awarded on a semester-by-semester basis.

Tues.	10/02	5:45-7:15 p.m.
Thurs.	10/04	5:45-7:15 p.m.
Wed.	10/10	2-3:30 p.m.

CAREER & EDUCATION CONTINUED

ENTREPRENEUR 101 (\$10)

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

Sat.	11/03	11:30 a.m.-1:30 p.m.
Sat.	12/08	11:30 a.m.-1:30 p.m.

HOW TO USE LINKEDIN (\$10)

This hands-on workshop is designed to teach the basics of using LinkedIn including setting up an account, creating a profile, connecting with other members to create a network, and searching for and applying for jobs.

Mon.	10/01	5:45-7:45 p.m.
Mon.	11/05	5:45-7:45 p.m.
Mon.	12/03	5:45-7:45 p.m.

INFORMATIONAL INTERVIEWING WITH GOODWILL (Free)

An Informational Interview is a meeting in which a potential job seeker seeks advice on their career, the industry, and the company culture of a potential future workplace. This workshop will provide you with the tools you need to ask for an informational interview and how to make the most of it!

Fri.	10/19	9:30-11:30 a.m.
Fri.	11/16	9:30-11:30 a.m.
Tues.	12/14	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.	10/22	9:30-11:30 a.m.
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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.

Thurs.	10/11	9:30-11:30 a.m.
Thurs.	11/08	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.

Fri.	10/12	9:30-11:30 a.m.
Tues.	11/20	9:30-11:30 a.m.
Tues.	12/18	9:30-11:30 a.m.

PROFESSIONALISM AT WORK (\$10)

Assisting job applicants and employees to gain a better understanding of professional behaviors and expectations at work by providing a safe place to discuss and learn from one another.

Sat.	10/13	9:30-11:30 a.m.
Sat.	11/10	9:30-11:30 a.m.
Sat.	12/08	9:30-11:30 a.m.

SOCIAL MEDIA IN THE JOB SEARCH (\$10)

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

Mon.	11/26	9:30-11:30 a.m.
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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 training, growth opportunities, and provide tools to enable you to move into a self-sustaining, upwardly mobile career track.

Wed.	10/03	9:30-11 a.m.
Fri.	10/12	12-1:30 p.m.
Wed.	10/17	5:45-7:15 p.m.
Tues.	10/23	9:30-11 a.m.
Thurs.	11/01	5:45-7:15 p.m.
Mon.	11/05	12-1:30 p.m.
Thurs.	11/15	9:30-11 a.m.
Mon.	11/26	5:45-7:15 p.m.
Fri.	12/07	9:30-11 a.m.
Tues.	12/11	12-1:30 p.m.
Wed.	12/12	5:45-7:15 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.

ADVANCED MICROSOFT EXCEL (\$10)

Pre-Requisite: Microsoft Excel Series. This workshop builds on the skills taught in the Microsoft Excel Series, introducing you to more advanced features of Excel. Upon successful completion, you will receive a Certificate of Completion.

Thurs.	10/30	9:30-11:30 a.m.
Thurs.	11/01	5:45-7:45 p.m.
Wed.	11/28	9:30-11:30 a.m.

ADVANCED MICROSOFT POWERPOINT (\$10)

Pre-Requisite: Microsoft PowerPoint Series. 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.

Mon.	10/22	5:45-7:45 p.m.
Wed.	10/24	9:30-11:30 a.m.
Wed.	11/21	9:30-11:30 a.m.

ADVANCED MICROSOFT WINDOWS (\$10)

Pre-Requisite: Beginning Microsoft Windows. This workshop builds on the skills taught in the Beginning Windows workshop, introducing you to more advanced features of Windows. Upon successful completion, you will receive a Certificate of Completion.

Wed.	11/28	5:45-7:45 p.m.
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COMPUTER LITERACY CONTINUED

ADVANCED MICROSOFT WORD (\$10)

Pre-Requisite: Microsoft Word Series. 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.

Mon.	10/15	5:45-7:45 p.m.
Mon.	10/22	9:30-11:30 a.m.
Wed.	11/14	9:30-11:30 a.m.

BASIC COMPUTERS & GOOGLE TOOLS (\$10)

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

Fri.	10/05	9:30-11:30 a.m.
Thurs.	11/01	9:30-11:30 a.m.
Fri.	12/07	9:30-11:30 a.m.

BASIC MICROSOFT OUTLOOK (\$10)

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

Fri.	10/26	9:30-11 a.m.
Fri.	11/09	9:30-11 a.m.
Fri.	12/21	9:30-11 a.m.

BEGINNING MICROSOFT WINDOWS (\$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. You will receive a resource binder, flash drive, and a Certificate of Completion.

Mon.	10/01	9:30-11:30 a.m.
Mon.	10/08	5:45-7:45 p.m.
Thurs.	10/18	9:30-11:30 a.m. or 5:45-7:45 p.m.
Mon.	11/05	9:30-11:30 a.m. or 5:45-7:45 p.m.
Wed.	11/14	5:45-7:45 p.m.
Mon.	12/03	9:30-11:30 a.m. or 5:45-7:45 p.m.
Mon.	12/10	9:30-11:30 a.m. or 5:45-7:45 p.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.	10/04	9:30-11:30 a.m. or 5:45-7:45 p.m.
Thurs.	11/08	9:30-11:30 a.m. or 5:45-7:45 p.m.
Thurs.	12/06	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 word processing application offered as part of Google's suite of productivity tools.

Thurs.	10/25	9:30-11:30 a.m. or 5:45-7:45 p.m.
Thurs.	11/29	9:30-11:30 a.m. or 5:45-7:45 p.m.
Thurs.	12/20	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 word processing application offered as part of Google's suite of productivity tools.

Thurs.	10/11	9:30-11:30 a.m. or 5:45-7:45 p.m.
Thurs.	11/15	9:30-11:30 a.m. or 5:45-7:45 p.m.
Thurs.	12/13	9:30-11:30 a.m. or 5:45-7:45 p.m.

MICROSOFT EXCEL SERIES (\$10)

Pre-requisite: Beginning Microsoft Windows. 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.

Tues.-Wed.	10/15-10/16	9:30-11:30 a.m.
Tues.-Wed.	10/23-10/24	5:45-7:45 p.m.
Mon.-Tues.	11/19-11/20	9:30-11:30 a.m. or 5:45-7:75 p.m.
Tues.-Wed.	12/18-12/19	9:30-11:30 a.m. or 5:45-7:75 p.m.

MICROSOFT POWERPOINT SERIES (\$10)

Pre-requisite: Beginning Microsoft Windows. 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.

Mon.-Tues.	10/08-10/09	9:30-11:30 a.m.
Tues.-Wed.	10/16-10/17	5:45-7:45 p.m.
Mon.-Tues.	11/12-11/13	9:30-11:30 a.m. or 5:45-7:45 p.m.
Tues.-Wed.	12/11-12/12	9:30-11:30 a.m. or 5:45-7:45 p.m.

MICROSOFT WORD SERIES (\$10)

Pre-requisite: Beginning Microsoft Windows. 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.

Tues.-Wed.	10/02-10/03	9:30-11:30 a.m.
Tues.-Wed.	10/09-10/10	5:45-7:45 p.m.
Tues.-Wed.	11/06-11/07	9:30-11:30 a.m. or 5:45-7:45 p.m.
Tues.-Wed.	12/04/12/05	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, and eBay.

Fri.	10/19	9:30-11:30 a.m.
Fri.	11/16	9:30-11:30 a.m.
Fri.	12/14	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.	10/19	2-4 p.m.
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WEB DEVELOPMENT FOUNDATIONS WITH GIRL DEVELOP IT (\$10)

This class will give an introduction to a few of the foundational languages, such as HTML, CSS, and JavaScript, and will answer questions you may have on how to begin a web development career. By the end of the class, you will have a basic understanding of how web pages are created in your browser and how these pages are created with these languages.

Sat.	12/08	9:30 a.m.-1:30 p.m.
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FINANCIAL LITERACY

CREATING AN EVERY DAY BUDGET WITH BANK OF AMERICA (Free)

This workshop guides participants in creating an easy to follow everyday budget.

Mon.	11/12	2-4 p.m.
Mon.	12/10	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 1 hour prior, the day of (online registration unavailable). First come, first served.

Wed.	10/10	11:30 a.m.-1:30 p.m.
Wed.	10/24	11:30 a.m.-1:30 p.m.
Wed.	11/07	11:30 a.m.-1:30 p.m.
Wed.	12/12	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, starting the search, and leasing and purchasing.

Wed.	12/12	5:45-7:30 p.m.
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INVESTMENTS: ONE PIECE OF FINANCIAL PLANNING (\$10)

Financial Planning covers 6 areas of concentration. Investment Management being 1 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.	10/18	5:45-7:45 p.m.
Thurs.	11/15	5:45-7:45 p.m.
Thurs.	12/20	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.

Wed.	10/10	5:45-7:45 p.m.
Mon.	10/29	2-4 p.m.
Mon.	11/19	5:45-7:45 p.m.
Mon.	11/26	2-4 p.m.
Tues.	12/04	5:45-7:45 p.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. The curriculum teaches: using credit wisely, investing, managing a bank account, increasing savings, and reducing debt.

Mon.	10/01	2-4 p.m.
Mon.	10/08	2-4 p.m.
Mon.	10/15	2-4 p.m.
Mon.	10/22	2-4 p.m.

USING CREDIT WISELY WITH BANK OF AMERICA (Free)

This workshop describes the terms of credit card offers and loan contracts, the cost of credit, alternatives to credit use, and the criteria that creditors use when deciding whether or not to grant credit.

Mon.	11/26	9:30-11:30 a.m.
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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 exercise give you the opportunity to create and perfect your persuasive salary pitch.

Tues.	11/13	5:45-7:30 p.m.
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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. Learn how to assert yourself in your professional and personal life.

Tues.	10/02	5:45-7:45 p.m.
Thurs.	10/18	2-4 p.m.
Tues.	11/06	5:45-7:45 p.m.
Thurs.	11/15	9:30-11:30 a.m.
Tues.	12/04	5:45-7:45 p.m.
Thurs.	12/20	2-4 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.	10/03	5:45-7:45 p.m.
Tues.	10/16	2-4 p.m.
Wed.	11/07	5:45-7:45 p.m.
Tues.	11/27	9:30-11:30 a.m.
Wed.	12/05	5:45-7:45 p.m.
Tues.	12/18	2-4 p.m.

EXPLORING PERSONALITY PREFERENCES (\$10)

This is a fun, interactive, 2-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.

Wed.	12/05 & 12/12	2-4 p.m.
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GOAL ACHIEVEMENT STRATEGY (\$10)

G.O.A.L. combines both inner work and outer work to empower you to reach your goals. It teaches four steps to help you create a successful goal strategy. You will learn the importance of clarity, addressing obstacles, creating an action plan, and learning from the journey.

Sat.	10/27	9:30-11:30 a.m.
Tues.	11/13	5:45-7:45 p.m.

LIFE SKILLS: PERSONAL DEVELOPMENT CONTINUED

GOAL SETTING (\$10)

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

Thurs.	10/04	5:45-7:45 p.m.
Thurs.	10/25	2-4 p.m.
Thurs.	11/01	5:45-7:45 p.m.
Thurs.	11/29	9:30-11:30 a.m.
Thurs.	12/06	5:45-7:45 p.m.
Mon.	12/17	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 of your heart 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.

Fri.	11/02	9:30-11:30 a.m.
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MENTEE INFO SESSIONS (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 6-month Peer Mentoring option or the 12-month One-on-One Mentoring option. Attend an info session to learn more and to request an application.

Tues.	10/16	5:45-6:45 p.m.
Fri.	11/09	9:30-10:30 a.m.
Tues.	11/20	5:45-6:45 p.m.
Mon.	12/10	9:30-10:30 a.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.

Sat.	11/10	11:30 a.m.-1:30 p.m.
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SEASONAL WRITING INSPIRATION (\$10)

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

Sat.	10/27	11:30 a.m.-1:30 p.m.
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STRESS RELIEF (\$10)

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

Thurs.	10/11	5:45-7:45 p.m.
Wed.	10/17	2-4 p.m.
Thurs.	11/08	5:45-7:45 p.m.
Wed.	11/21	9:30-11:30 a.m.
Thurs.	12/13	5:45-7:45 p.m.
Wed.	12/19	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.

Tues.	10/16	9:30 a.m.-12 p.m.
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THOUGHTS BECOME THINGS (\$10)

Our thoughts and our perceptions largely shape the world we live in - everything we want, and quite possibly, everything we don't want. Learn how to navigate and shift your awareness to a whole new level and harness this awareness in service of creating a life you love living!

Wed.	10/10	5:45-7:45 p.m.
Wed.	10/24	5:45-7:45 p.m.
Wed.	11/14	5:45-7:45 p.m.
Wed.	11/28	5:45-7:45 p.m.
Wed.	12/12	5:45-7:45 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.	10/24	2-4 p.m.
Tues.	11/13	2-4 p.m.
Sat.	12/01	11:30 a.m. - 1:30 p.m.

LIFE SKILLS: HEALTH & WELLNESS

ACUPRESSURE SELF-HELP (\$10)

This class will give you tools for neck and back problems, digestion, and hormonal balance.

Fri.	10/05	2-4 p.m.
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CLEARING THE CHAKRAS (\$10)

This class will teach you how to clear your chakras and bring in new energy as you clear the subconscious and create a new life.

Fri.	12/07	2-4 p.m.
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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 1 hour prior, the day of (online registration not available). First come, first served.

Thurs.	10/11	10 a.m.-3 p.m.
Thurs.	11/08	10 a.m.-3 p.m.
Thurs.	12/13	10 a.m.-3 p.m.

HIV/HEP C TESTING WITH NATIVE HEALTH (Free)

Thurs.	10/18	9:30 a.m.-2 p.m.
Thurs.	11/15	9:30 a.m.-2 p.m.
Thurs.	12/13	9:30 a.m.-2 p.m.

NATURAL AND ORGANIC HYGIENE WELLNESS ON A BUDGET (\$10)

Learn the benefits of using natural and organic ingredients to support your hygiene wellness. Receive recipes to make your own personal skincare products, typically for much less than you would find at the store. Since most of the ingredients used are eligible food purchases as defined by SNAP, making your own body care products are both good for your health and good for your budget!

Tues.	12/11	5:45-7:45 p.m.
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REIKI (\$10)

You will learn the theory of Reiki and learn how to work on yourself and a partner.

Fri.	11/02	2-4 p.m.
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LIFE SKILLS: HEALTH & WELLNESS CONTINUED

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 on occasion, and discussion during tea time.

Sat.	12/08	11:30 a.m.-1:30 p.m.
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YOGA (\$10)

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

Tues.	10/16	5:45-6:45 p.m.
Sat.	10/20	9:30-11 a.m.
Sat.	11/03	11:30 a.m.-1 p.m.
Tues.	11/20	5:45-6:45 p.m.
Sat.	12/08	9:30-11 a.m.
Tues.	12/18	5:45-6:45 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!

Wed.	11/07	2-4 p.m.
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SALON DAY (\$10)

Receive a low-cost haircut and hairstyle that you love. In-person registration opens the day of at 10 a.m. (online registration not available). First come, first served.

Mon.	10/01	11 a.m.-3 p.m.
Mon.	11/05	11 a.m.-3 p.m.
Mon.	12/03	11 a.m.-3 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	10/04-12/20	10 a.m.-3 p.m.
No wardrobing 11/22 or 12/27		

SUPPORT SERVICES: FAMILY & PARENTING

GIRLS THRIVING (Free)

Personal development sessions provided for middle and high school girls, ages 12-18. Topics covered vary each much 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.

Wed.-Fri.	10/10-10/12	9:30 a.m.-3:30 p.m.
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POSITIVE DISCIPLINE AND GUIDANCE WITH CHILD CRISIS AZ (Free)

Caregivers and parents learn how to use positive discipline techniques, build strong relationships with children, and communicate effectively.

Tues.	12/18	5:45-7:45 p.m.
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SINGLE PARENTING TODAY WITH CHILD CRISIS AZ (Free)

This workshop covers the unique challenges and strengths of parenting alone.

Mon.	11/05	9:30-11:30 a.m.
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SUPPORT SERVICES: FAMILY LAW SUPPORT

FAMILY COURT PREPARATION AND Q&A (\$10)

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

Tues.	10/09	5:45-7:45 p.m.
Tues.	11/27	5:45-7:45 p.m.
Tues.	12/18	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.	10/29	9:30-11:30 a.m.
Mon.	12/17	9:30-11:30 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.	11/14	5:45-7:45 p.m.
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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.	10/09	9:30 a.m.-12:30 p.m.
Mon.	11/05	5:45-7:45 p.m.
Tues.	11/13	2-5 p.m.
Mon.	12/03	5:45-7:45 p.m.
Tues.	12/11	9:30 a.m.-12:30 p.m.

SUPPORT SERVICES: OPEN GROUPS

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	10/03-12/19	3-5 p.m.
No services 12/26		

SUPPORT SERVICES: OPEN GROUPS CONTINUED

BUILDING PEACEFUL FAMILIES (Free)

This group covers the dynamics of domestic violence, its effects on the family, and skills to help you become emotionally and financially stable and live independently. You'll learn about your rights as a victim of domestic violence, the legal process involved in divorce, child custody, Orders of Protection and how to prepare a safety plan.

Fridays	10/05-11/09	9:30-11:30 a.m.
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CONTINUING HEALTHY BOUNDARIES (Free)

This support group is for women who have completed Developing Boundaries or completed 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.

Wed.	10/10	2-3:30 p.m.
Wed.	10/24	2-3:30 p.m.
Wed.	11/07	2-3:30 p.m.
Tues.	11/27	5:45-7:15 p.m.
Thurs.	12/06	2-3:30 p.m.
Tues.	12/11	5:45-7:15 p.m.

HEALING JOURNEY WITH SHELTER WITHOUT WALLS (Free)

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

Thursdays	9:30-11:30 a.m.
Thursdays	5:45-7:45 p.m.
No group 11/22 & 12/27	

SURVIVING ABUSE WITH ACESDV (Free)

Receive support, education and resources to be safe and heal from Family Violence.

Tuesdays	5:45-7:15 p.m.
No group 12/25	

THE WOMEN'S GROUP (Free)

This group is for anyone looking to be a part of a community of women to share in the joys and challenges of life. Gather to de-stress and strengthen coping and other life skills, while sharing support, stories, dreams and goals. Although skills will build throughout the group; each session can stand alone.

Saturdays	10/13-12/1	11:30 a.m.-1:30 p.m.
No group 11/03 or 11/24		

EN ESPAÑOL:

INFORMACIÓN

Los talleres están sujetos a cambios. Para obtener el horario más actualizado y para registrarse, visite www.freshstartwomen.org

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

Se requiere que usted se registre como clienta 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	9:30-11:15 a.m.
No hay grupo 10/06, 11/24, 12/22 o 12/29	

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	9:30-11:30 a.m.
No hay grupo 12/26	

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	5:45-7:30 p.m.
Jueves	5:45-7:30 p.m.
No hay grupo 11/22, 12/24, 12/27, 12/31	

GRUPOS DE APOYO Y CLASES EN ESPAÑOL CONTINUADO

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.

Lunes	10/01	5:45-7:45 p.m.
Miércoles	11/21	5:45-7:45 p.m.

COMPREHENSIÓN DE EL TEMPERAMENTO CON CHILD CRISIS AZ (Gratis)

Información sobre cómo se forma la personalidad y consejos para mejorar las relaciones.

Miércoles	10/10	9:30-11:30 a.m.
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HABILIDADES BÁSICOS COMPUTACIONALES Y HERRAMIENTAS DE GOOGLE (\$10)

¿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.

Viernes	10/05	2-4 p.m.
Viernes	11/09	2-4 p.m.
Viernes	12/07	2-4 p.m.

LA SERIE DE MICROSOFT EXCEL (\$10)

Requisito previo: CURSO Comenzando con Microsoft Windows. Esta serie de dos partes es excelente si usted es nueva en Microsoft Excel o si ya ha usado Excel en el pasado, pero desea mejorar sus habilidades en este programa. Al completar con éxito el curso, usted recibirá un Certificado. Usted deberá programarse para asistir los dos días de la sesión que elija. El costo de \$10 cubre el programa completo de 2 días.

Lunes-Martes	11/26-11/27	5:45-7:45 p.m.
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LA SERIE DE MICROSOFT POWERPOINT (\$10)

Requisito previo: Comenzando con Microsoft Windows. Esta serie de dos partes es excelente si eres nuevo en Microsoft PowerPoint o si ya ha usado PowerPoint en el pasado, pero desea mejorar sus habilidades en este programa. Al completar con éxito el curso, recibirá un Certificado de finalización. Debe marcar su calendario para seleccionar la sesión de dos días que elijas. \$10 cubre el programa completo de 2 días.

Lunes-Martes	10/29-10/30	5:45-7:45 p.m.
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LA SERIE DE MICROSOFT WORD (\$10)

Requisito previo: Comenzando con Microsoft Windows. Esta serie de dos partes es excelente si eres nuevo en Microsoft Word o si ya ha usado Word en el pasado, pero desea mejorar sus habilidades en este programa. Al completar con éxito el curso, recibirá un Certificado de finalización. Debe marcar su calendario para seleccionar la sesión de dos días que elijas. \$10 cubre el programa completo de 2 días.

Martes- Miércoles	10/02-10/03	5:45-7:45 p.m.
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MAS ALLA DEL ABUSO WITH NEW LIFE CENTER (Gratis)

Aprender de la violencia doméstica en ocho sesiones.

Miércoles	10/03-12/19	5:45-6:45 p.m.
No hay grupo 12/26		

Community Resource List

Emergency Phone Numbers	
Mental Health Crisis Line: 602-222-9444 or 1-800-631-1314/Toll Free	EMPACT Crisis Line: 480-784-1500 24 hour crisis hotline.
National Suicide Prevention Lifeline: 1-800-273-TALK (8255)	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
Emergency Shelter List	
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.
Non-Emergency Housing List	
www.findhelpphx.org : website to search for a variety of resources in Maricopa County, including housing resources.	www.socialserve.com : 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
www.hud.gov > 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
Emergency Food Resources	
Toll Free Hunger Hotline: 1-866-3-HUNGRY (486479)	Foodbank Locator: www.azfoodbanks.org
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 nd and 4 th Saturday of the month
Emergency Financial Assistance	
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 st Ave, Phoenix, AZ, 85003; 602 345-0167 Staff will only assist
Additional Emergency Resources	
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: www.southwestnetwork.org ; click on The Help Book Community Resource Directory, top left column of web page.

October 2018 Workshops & Support Groups Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>1</p> <p><u>Beginning Windows</u> 9:30-11:30am (pg.3)(\$10)</p> <p><u>Resource Coaching</u> 10-11:30am (pg.10)(Free)</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>Own It: Financial Education</u> 2-4pm (pg.4)(Free)</p> <p><u>How to Use LinkedIn</u> 5:45-7:45pm (pg.2)(\$10)</p> <p><u>Español</u> <u>Comedores Compulsivos</u> 5:45-7:30pm (pg.7)(Gratis)</p> <p><u>Comenzando con Microsoft Windows</u> 5:45-7:45pm (pg.8)(\$10)</p>	<p>2</p> <p><u>Creating a Great Resume</u> 9:30-11:30am (pg.1)(Free)</p> <p><u>Microsoft Word Series</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>EJG Scholarship Info Session</u> 5:45-7:15pm (pg.1)(Free)</p> <p><u>Assertive Communication</u> 5:45-7:45pm (pg.4)(Free)</p> <p><u>Surviving Abuse</u> 5:45-7:15pm (pg.7)(Free)</p> <p><u>Español</u> <u>La Serie De Microsoft Word</u> Clase Martes-Miercoles 5:45-7:45pm (pg.8)(\$10)</p>	<p>3</p> <p><u>Upward Mobility Info Session</u> 9:30-11am (p.2)(Free)</p> <p><u>First Steps</u> 12-1:30pm (pg.1)(Free)</p> <p><u>Intro to Programs</u> 2-3:30 p.m. (pg.2)(Free)</p> <p><u>1:1 DV Services</u> 3-5pm (pg.6)(Free)</p> <p><u>Developing Boundaries</u> 5:45-7:45pm (pg.4)(Free)</p> <p><u>Español</u> <u>Camino de Sanacion</u> 9:30-11:30am (pg.7)(Gratis)</p> <p><u>Mas Alla Del Abuso</u> 5:45-6:45pm (pg.8)(Gratis)</p>	<p>4</p> <p><u>Resource Fair</u> 9:30-11:30am</p> <p><u>Healing Journey</u> 9:30-11:30am & 5:45-7:45pm (pg.7)(Free)</p> <p><u>Professional Wardrobing</u> 10am-3pm (pg.6)(Free)</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> 5-7pm (pg.1)(Free)</p> <p><u>Goal Setting</u> 5:45-7:45pm (pg.5)(Free)</p> <p><u>EJG Scholarship Info Session</u> 5:45-7:15pm (pg.1)(Free)</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.7)(Gratis)</p>	<p>5</p> <p><u>Basic Computers & Google Tools</u> 9:30-11:30am (pg.3)(\$10)</p> <p><u>Building Peaceful Families</u> 9:30-11:30am (pg. 7)(Free)</p> <p><u>Acupressure Self-Help</u> 2-4pm (pg.5)(\$10)</p> <p><u>Español</u> <u>Habilidades Basicos Computacionales y Herramientas de Google</u> 2-4pm (pg.8)(\$10)</p>	<p>6</p> <p><u>Law Day for Women</u> 9am-2pm (\$10 Event Fee)</p>
<p>8</p> <p><u>Jump Start</u> Class Mon.-Fri. 9:30am-4pm (pg.1)(\$25)</p> <p><u>Microsoft PowerPoint Series</u> Class Mon.-Tues. 9:30-11:30am (pg.3)(\$10)</p> <p><u>Resource Coaching</u> 10-11:30am (pg.10)(Free)</p> <p><u>First Steps</u> 12-1:30pm (pg.1)(Free)</p> <p><u>Own It: Financial Education</u> 2-4pm (pg.4)(Free)</p> <p><u>Beginning Windows</u> 5:45-7:45pm (pg.3)(\$10)</p> <p><u>Español</u> <u>Comedores Compulsivos</u> 5:45-7:30pm (pg.7)(Gratis)</p>	<p>9</p> <p><u>Preparing & Presenting Your Case</u> 9:30am-12:30pm (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>Surviving Abuse</u> 5:45-7:15pm (pg.7)(Free)</p> <p><u>Family Court Prep Q&A</u> 5:45-7:45pm (pg.6)(\$10)</p> <p><u>Microsoft Word Series</u> Class Tues.-Wed. 5:45-7:45pm (pg.3)(\$10)</p>	<p>10</p> <p><u>Girls Thriving</u> Class Wed.-Fri. 9:30am-1:30pm (pg.6)(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> 2-3:30 p.m. (pg.2)(Free)</p> <p><u>EJG Scholarship Info Session</u> 2-3:30pm (pg.1)(Free)</p> <p><u>Continuing Healthy Boundaries</u> 2-3:30pm (pg.7)(Free)</p> <p><u>1:1 DV Services</u> 3-5pm (pg.6)(Free)</p> <p><u>First Steps</u> 5:45-7:15pm (pg.1)(Free)</p> <p><u>Thoughts Become Things</u> 5:45-7:45pm (pg. 5)(\$10)</p> <p><u>Mind Over Money</u> 5:45-7:45pm (pg. 4)(Free)</p> <p><u>Español</u> <u>Camino de Sanacion</u> 9:30-11:30am (pg.7)(Gratis)</p> <p><u>Comprehension de el Temperamento</u> 9:30-11:30am (pg.8)(Gratis)</p> <p><u>Mas Alla Del Abuso</u> 5:45-6:45pm (pg.8)(Gratis)</p>	<p>11</p> <p><u>Google Slides</u> 9:30-11:30am (pg.3)(\$10)</p> <p><u>Healing Journey</u> 9:30-11:30am & 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>Healing Touch</u> 10am-3pm (pg.5)(\$10)</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>Stress Relief</u> 5:45-7:45pm (pg.5)(Free)</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.7)(Gratis)</p>	<p>12</p> <p><u>First Steps</u> 9:30-11am (pg.1)(Free)</p> <p><u>Mock Interviews</u> 9:30-11:30am (pg.2)(Free)</p> <p><u>Building Peaceful Families</u> 9:30-11:30am (pg. 7)(Free)</p> <p><u>Upward Mobility Info Session</u> 12-1:30pm (p.2)(Free)</p>	<p>13</p> <p><u>Professionalism at Work</u> 9:30-11:30am (pg.2)(\$10)</p> <p><u>The Women's Group</u> 11:30am-1:30pm (pg.7)(Free)</p> <p><u>Español</u> <u>Al-Anon</u> 9:30-11:15am (pg.7)(Gratis)</p>

For the most up to date information and to register for a workshop, visit www.freshstartwomen.org/event-list.

FEATURED PROGRAM RESOURCE COACHING (Free)

This new service offers one-on-one support by providing 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 at 9 a.m. (online registration not available). First come, first served.

Mondays	10/01-12/17	10 a.m.-11:30 a.m.
No sessions offered 12/24 or 12/31		

October 2018 Workshops & Support Groups Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>15</p> <p><u>DreamBuilder Info Session</u> 9:30-10:30am (pg.1)(Free)</p> <p><u>Microsoft Excel Series</u> Class Mon.-Tues. 9:30-11:30am (pg.3)(\$10)</p> <p><u>Resource Coaching</u> 10-11:30am (pg.10)(Free)</p> <p><u>First Steps</u> 12-1:30pm (pg.1)(Free)</p> <p><u>Own It: Financial Education</u> 2-4pm (pg.4)(Free)</p> <p><u>Advanced Word</u> 5:45-7:45pm (pg.3)(\$10)</p> <p><u>Español</u> <u>Comedores Compulsivos</u> 5:45-7:30pm (pg.7)(Gratis)</p>	<p>16</p> <p><u>The Fundamental Shift</u> 9:30am-12pm (pg.5)(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>Career Assessment Experience</u> 2-4pm (pg.1)(Free)</p> <p><u>Developing Boundaries</u> 2-4pm (pg.4)(Free)</p> <p><u>Yoga</u> 5:45-6:45pm (pg.6)(\$10)</p> <p><u>Surviving Abuse</u> 5:45-7:15pm (pg.7)(Free)</p> <p><u>Microsoft PowerPoint Series</u> Class Tues.-Wed. 5:45-7:45pm (pg.3)(\$10)</p> <p><u>Mentee Info Session</u> 5:45-6:45pm (pg.5)(Free)</p>	<p>17</p> <p><u>First Steps</u> 12-1:30pm (pg.1)(Free)</p> <p><u>Intro to Programs</u> 2-3:30 pm (pg.2)(Free)</p> <p><u>Stress Relief</u> 2-4pm (pg.5)(Free)</p> <p><u>1:1 DV Services</u> 3-5pm (pg.6)(Free)</p> <p><u>Intro to Programs</u> 5:45-7:15 pm (pg.2)(Free)</p> <p><u>Upward Mobility Info Session</u> 5:45-7:15pm (p.2)(Free)</p> <p><u>Español</u> <u>Camino de Sanacion</u> 9:30-11:30am (pg.7)(Gratis)</p> <p><u>Mas Alla Del Abuso</u> 5:45-6:45pm (pg.8)(Gratis)</p>	<p>18</p> <p><u>Healing Journey</u> 9:30-11:30am & 5:45-7:45pm (pg.7)(Free)</p> <p><u>HIV & Hep. C Testing</u> 9:30am-2pm (pg.5)(Free)</p> <p><u>Beginning Windows</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>Assertive Communication</u> 2-4pm (pg.4)(Free)</p> <p><u>Career Coaching</u> 5-7pm (pg.1)(Free)</p> <p><u>Beginning Windows</u> 5:45-7:45pm (pg.3)(\$10)</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.7)(Gratis)</p>	<p>19</p> <p><u>Online Sales</u> 9:30-11:30am (pg.3)(\$10)</p> <p><u>Informational Interviewing</u> 9:30-11:30am (pg.2)(Free)</p> <p><u>Building Peaceful Families</u> 9:30-11:30am (pg. 7)(Free)</p> <p><u>Social Media</u> 2-4pm (pg.4)(\$10)</p>	<p>20</p> <p><u>Yoga</u> 9:30-11am (pg.6)(\$10)</p> <p><u>The Women's Group</u> 11:30am-1:30pm (pg.7)(Free)</p> <p><u>Español</u> <u>Al-Anon</u> 9:30-11:15am (pg.7)(Gratis)</p>
<p>22</p> <p><u>Job Searching Over 50</u> 9:30-11:30am (pg.2)(Free)</p> <p><u>Advanced Word</u> 9:30-11:30am (pg.3)(\$10)</p> <p><u>Resource Coaching</u> 10-11:30am (pg.10)(Free)</p> <p><u>First Steps</u> 12-1:30pm (pg.1)(Free)</p> <p><u>Own It: Financial Education</u> 2-4pm (pg.4)(Free)</p> <p><u>Advanced PowerPoint</u> 5:45-7:45pm (pg.3)(\$10)</p> <p><u>Español</u> <u>Comedores Compulsivos</u> 5:45-7:30pm (pg.7)(Gratis)</p>	<p>23</p> <p><u>Upward Mobility Info Session</u> 9:30-11am (p.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.7)(Free)</p> <p><u>Microsoft Excel Series</u> Class Tues.-Wed. 5:45-7:45pm (pg.3)(\$10)</p>	<p>24</p> <p><u>Financial Consultant</u> 11:30am-1:30pm (pg.4)(Free)</p> <p><u>Advanced PowerPoint</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.2)(Free)</p> <p><u>Time Management Essentials</u> 2-4pm (pg.5)(\$10)</p> <p><u>Continuing Healthy Boundaries</u> 2-3:30pm (pg.7)(Free)</p> <p><u>1:1 DV Services</u> 3-5pm (pg.6)(Free)</p> <p><u>Thoughts Become Things</u> 5:45-7:45pm (pg. 5)(\$10)</p> <p><u>Español</u> <u>Camino de Sanacion</u> 9:30-11:30am (pg.7)(Gratis)</p> <p><u>Mas Alla Del Abuso</u> 5:45-6:45pm (pg.8)(Gratis)</p>	<p>25</p> <p><u>Healing Journey</u> 9:30-11:30am & 5:45-7:45pm (pg.7)(Free)</p> <p><u>Google Sheets</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>Goal Setting</u> 2-4pm (pg.5)(Free)</p> <p><u>Career Coaching</u> 5-7pm (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.7)(Gratis)</p>	<p>26</p> <p><u>Basic Outlook</u> 9:30-11am (pg.3)(\$10)</p> <p><u>Building Peaceful Families</u> 9:30-11:30am (pg. 7)(Free)</p>	<p>27</p> <p><u>Goal Achievement Strategy</u> 9:30-11:30am (pg.4)(\$10)</p> <p><u>Seasonal Writing Inspiration</u> 11:30am-1:30pm (pg.5)(\$10)</p> <p><u>The Women's Group</u> 11:30am-1:30pm (pg.7)(Free)</p> <p><u>Español</u> <u>Al-Anon</u> 9:30-11:15am (pg.7)(Gratis)</p>
<p>29</p> <p><u>Gaining Control Divorce Changes Everything</u> 9:30-11:30am (pg.7)(\$10)</p> <p><u>Resource Coaching</u> 10-11:30am (pg.10)(Free)</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>Español</u> <u>Comedores Compulsivos</u> 5:45-7:30pm (pg.7)(Gratis)</p> <p><u>La Serie De Microsoft PowerPoint</u> Clase Lunes-Martes 5:45-7:45pm (pg.8)(\$10)</p>	<p>30</p> <p><u>Advanced Excel</u> 9:30-11:30am (pg.2)(\$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.7)(Free)</p>	<p>31</p> <p><u>First Steps</u> 12-1:30pm (pg.1)(Free)</p> <p><u>Intro to Programs</u> 2-3:30 pm (pg.2)(Free)</p> <p><u>1:1 DV Services</u> 3-5pm (pg.6)(Free)</p> <p><u>Español</u> <u>Camino de Sanacion</u> 9:30-11:30am (pg.7)(Gratis)</p> <p><u>Mas Alla Del Abuso</u> 5:45-6:45pm (pg.8)(Gratis)</p>			

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November 2018 Workshops & Support Groups Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			<p>1 <u>Healing Journey</u> 9:30-11:30am & 5:45-7:45pm (pg.7)(Free)</p> <p><u>Basic Computers & Google Tools</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>Upward Mobility Info Session</u> 5:45-7:15pm (p.2)(Free)</p> <p><u>Advanced Excel</u> 5:45-7:45pm (pg.2)(\$10)</p> <p><u>Goal Setting</u> 5:45-7:45pm (pg.5)(Free)</p> <p><u>Español</u> <u>Comedores Compulsivos</u> 5:45-7:30pm (pg.7)(Gratis)</p>	<p>2 <u>Reiki</u> 2-4pm (pg.5)(\$10)</p> <p><u>Building Peaceful Families</u> 9:30-11:30am (pg. 7)(Free)</p> <p><u>Heart Centered Living</u> 9:30-11:30am (pg.5)(Free)</p>	<p>3 <u>Entrepreneur 101</u> 11:30am-1:30pm (pg.2)(\$10)</p> <p><u>Yoga</u> 11:30am-1pm (pg.6)(\$10)</p> <p><u>Español</u> <u>Al-Anon</u> 9:30-11:15am (pg.7)(Gratis)</p>
<p>5 <u>Single Parenting Today</u> 9:30-11:30am (pg.7)(Free)</p> <p><u>Beginning Windows</u> 9:30-11:30am (pg.3)(\$10)</p> <p><u>Resource Coaching</u> 10-11:30am (pg.13)(Free)</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>Upward Mobility Info Session</u> 12-1:30pm (p.2)(Free)</p> <p><u>How to Use LinkedIn</u> 5:45-7:45pm (pg.2)(\$10)</p> <p><u>Beginning Windows</u> 5:45-7:45pm (pg.3)(\$10)</p> <p><u>Preparing & Presenting Your Case</u> 5:45-7:45pm (pg.6)(\$10)</p> <p><u>DreamBuilder Info Session</u> 5:45-6:45pm (pg.1)(Free)</p> <p><u>Español</u> <u>Comedores Compulsivos</u> 5:45-7:30pm (pg.7)(Gratis)</p>	<p>6 <u>Microsoft Word Series</u> Class Tues.-Wed. 9:30-11:30am (pg.3)(\$10)</p> <p><u>Career Coaching</u> 12-2pm (pg.1)(Free)</p> <p><u>First Steps</u> 12-1:30pm (pg.1)(Free)</p> <p><u>Creating a Great Resume</u> 2-4pm (pg.1)(Free)</p> <p><u>Microsoft Word Series</u> Class Tues.-Wed. 5:45-7:45pm (pg.3)(\$10)</p> <p><u>Assertive Communication</u> 5:45-7:45pm (pg.4)(Free)</p> <p><u>Surviving Abuse</u> 5:45-7:15pm (pg.7)(Free)</p>	<p>7 <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.2)(Free)</p> <p><u>Mary Kay Make-Up</u> 2-4pm (pg.6)(\$10)</p> <p><u>Continuing Healthy Boundaries</u> 2-3:30pm (pg.7)(Free)</p> <p><u>1:1 DV Services</u> 3-5pm (pg.6)(Free)</p> <p><u>Developing Boundaries</u> 5:45-7:45pm (pg.4)(Free)</p> <p><u>Español</u> <u>Camino de Sanacion</u> 9:30-11:30am (pg.7)(Gratis)</p> <p><u>Mas Alla Del Abuso</u> 5:45-6:45pm (pg.8)(Gratis)</p>	<p>8 <u>Healing Journey</u> 9:30-11:30am & 5:45-7:45pm (pg.7)(Free)</p> <p><u>Google Docs</u> 9:30-11:30am (pg.3)(\$10)</p> <p><u>Master the Art of the Interview</u> 9:30-11:30am (pg. 2)(Free)</p> <p><u>Professional Wardrobing</u> 10am-3pm (pg.6)(Free)</p> <p><u>Healing Touch</u> 10am-3pm (pg.5)(\$10)</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>Google Docs</u> 5:45-7:45pm (pg.3)(\$10)</p> <p><u>Stress Relief</u> 5:45-7:45pm (pg.5)(Free)</p> <p><u>Español</u> <u>Comedores Compulsivos</u> 5:45-7:30pm (pg.7)(Gratis)</p>	<p>9 <u>Career Assessment Experience</u> 9:30-11:30am (pg.1)(Free)</p> <p><u>Building Peaceful Families</u> 9:30-11:30am (pg. 7)(Free)</p> <p><u>Mentee Info Session</u> 9:30-11:30am (pg.5)(Free)</p> <p><u>First Steps</u> 9:30-11am (pg.1)(Free)</p> <p><u>Basic Outlook</u> 9:30-11am (pg.3)(\$10)</p> <p><u>Español</u> <u>Habilidades Basicos Computacionales y Herramientas de Google</u> 2-4pm (pg.8)(\$10)</p>	<p>10 <u>Professionalism at Work</u> 9:30-11:30am (pg.2)(\$10)</p> <p><u>Personal Narrative</u> 11:30am-1:30pm (pg.5)(\$10)</p> <p><u>The Women's Group</u> 11:30am-1:30pm (pg.7)(Free)</p> <p><u>Español</u> <u>Al-Anon</u> 9:30-11:15am (pg.7)(Gratis)</p>
<p>12 <u>Jump Start</u> Class Mon.-Fri. 9:30am-4pm (pg.1)(\$25)</p> <p><u>Microsoft PowerPoint Series</u> Class Mon.-Tues. 9:30-11:30am (pg.3)(\$10)</p> <p><u>Resource Coaching</u> 10-11:30am (pg.13)(Free)</p> <p><u>First Steps</u> 12-1:30pm (pg.1)(Free)</p> <p><u>Creating an Every Day Budget</u> 2-4pm (pg.4)(Free)</p> <p><u>Microsoft PowerPoint Series</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.7)(Gratis)</p>	<p>13 <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 & Presenting Your Case</u> 2-5pm (pg.6)(\$10)</p> <p><u>Time Management Essentials</u> 2-4pm (pg.5)(\$10)</p> <p><u>Surviving Abuse</u> 5:45-7:15pm (pg.7)(Free)</p> <p><u>Goal Achievement Strategy</u> 5:45-7:45pm (pg.4)(\$10)</p> <p><u>Work Smart Salary Negotiation</u> 5:45-7:30pm (pg.4)(Free)</p>	<p>14 <u>Advanced Word</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.2)(Free)</p> <p><u>1:1 DV Services</u> 3-5pm (pg.6)(Free)</p> <p><u>Thoughts Become Things</u> 5:45-7:45pm (pg. 5)(\$10)</p> <p><u>First Steps</u> 5:45-7:15pm (pg.1)(Free)</p> <p><u>Beginning Windows</u> 5:45-7:45pm (pg.3)(\$10)</p> <p><u>Child Support Info Session</u> 5:45-7:45pm (pg.6)(\$10)</p> <p><u>Español</u> <u>Camino de Sanacion</u> 9:30-11:30am (pg.7)(Gratis)</p> <p><u>Mas Alla Del Abuso</u> 5:45-6:45pm (pg.8)(Gratis)</p>	<p>15 <u>Healing Journey</u> 9:30-11:30am & 5:45-7:45pm (pg.7)(Free)</p> <p><u>Upward Mobility Info Session</u> 9:30-11:00am (p.2)(Free)</p> <p><u>Google Slides</u> 9:30-11:30am (pg.3)(\$10)</p> <p><u>Assertive Communication</u> 9:30-11:30am (pg.4)(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>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.7)(Gratis)</p>	<p>16 <u>Online Sales</u> 9:30-11:30am (pg.3)(\$10)</p> <p><u>Informational Interviewing</u> 9:30-11:30am (pg.2)(Free)</p>	<p>17 <u>The Women's Group</u> 11:30am-1:30pm (pg.7)(Free)</p> <p><u>Español</u> <u>Al-Anon</u> 9:30-11:15am (pg.7)(Gratis)</p>

November 2018 Workshops & Support Groups Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>19</p> <p><u>Microsoft Excel Series</u> Class Mon.-Tues. 9:30-11:30am (pg.3)(\$10)</p> <p><u>Resource Coaching</u> 10-11:30am (pg.13)(Free)</p> <p><u>First Steps</u> 12-1:30pm (pg.1)(Free)</p> <p><u>Microsoft Excel Series</u> Class Mon.-Tues. 5:45-7:45pm (pg.3)(\$10)</p> <p><u>Mind Over Money</u> 5:45-7:45pm (pg. 4)(Free)</p> <p><u>Español</u> <u>Comedores Compulsivos</u> 5:45-7:30pm (pg.7)(Gratis)</p>	<p>20</p> <p><u>Mock Interviews</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>Yoga</u> 5:45-6:45pm (pg.6)(\$10)</p> <p><u>Surviving Abuse</u> 5:45-7:15pm (pg.7)(Free)</p> <p><u>Mentee Info Session</u> 5:45-6:45pm (pg.5)(Free)</p>	<p>21</p> <p><u>Advanced PowerPoint</u> 9:30-11:30am (pg.3)(\$10)</p> <p><u>Stress Relief</u> 9:30-11:30 (pg.5)(\$10)</p> <p><u>First Steps</u> 12-1:30pm (pg.1)(Free)</p> <p><u>Intro to Programs</u> 2-3:30pm (pg.2)(Free)</p> <p><u>Intro to Programs</u> 5:45-7:15pm (pg.2)(Free)</p> <p><u>1:1 DV Services</u> 3-5pm (pg.6)(Free)</p> <p><u>Español</u> <u>Camino de Sanacion</u> 9:30-11:30am (pg.7)(Gratis)</p> <p><u>Comenzando con Microsoft Windows</u> 5:45-7:45pm (pg.8)(\$10)</p> <p><u>Mas Alla Del Abuso</u> 5:45-6:45pm (pg.8)(Gratis)</p>	<p>22</p> <p>Fresh Start Closed for Thanksgiving</p>	<p>23</p> <p>Fresh Start Closed for Thanksgiving</p>	<p>24</p> <p>Fresh Start Closed for Thanksgiving</p>
<p>26</p> <p><u>Social Media in the Job Search</u> 9:30-11:30am (pg.2)(\$10)</p> <p><u>Using Credit Wisely</u> 9:30-11:30am (pg.4)(Free)</p> <p><u>Resource Coaching</u> 10-11:30am (pg.13)(Free)</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>Upward Mobility Info Session</u> 5:45-7:15pm (p.2)(Free)</p> <p><u>Español</u> <u>Comedores Compulsivos</u> 5:45-7:30pm (pg.7)(Gratis)</p> <p><u>La Serie De Microsoft Excel</u> Clase Lunes-Martes 5:45-7:45pm (pg.8)(\$10)</p>	<p>27</p> <p><u>Developing Boundaries</u> 9:30-11:30am (pg.4)(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.7)(Free)</p> <p><u>Continuing Healthy Boundaries</u> 5:45-7:15pm (pg.7)(Free)</p> <p><u>Family Court Prep Q&A</u> 5:45-7:45pm (pg.6)(\$10)</p>	<p>28</p> <p><u>Advanced Excel</u> 9:30-11:30am (pg.2)(\$10)</p> <p><u>First Steps</u> 12-1:30pm (pg.1)(Free)</p> <p><u>Intro to Programs</u> 2-3:30pm (pg.2)(Free)</p> <p><u>1:1 DV Services</u> 3-5pm (pg.6)(Free)</p> <p><u>Thoughts Become Things</u> 5:45-7:45pm (pg. 5)(\$10)</p> <p><u>Advanced Windows</u> 5:45-7:45pm (pg.2)(\$10)</p> <p><u>Español</u> <u>Camino de Sanacion</u> 9:30-11:30am (pg.7)(Gratis)</p> <p><u>Mas Alla Del Abuso</u> 5:45-6:45pm (pg.8)(Gratis)</p>	<p>29</p> <p><u>Healing Journey</u> 9:30-11:30am & 5:45-7:45pm (pg.7)(Free)</p> <p><u>Google Sheets</u> 9:30-11:30am (pg.3)(\$10)</p> <p><u>Goal Setting</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>Career Coaching</u> 5-7pm (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.7)(Gratis)</p>	<p>30</p>	

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FEATURED PROGRAM RESOURCE COACHING (Free)

This new service offers one-on-one support by providing 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 at 9 a.m. (online registration not available). First come, first served.

Mondays	10/01-12/17	10 a.m.-11:30 a.m.
No sessions offered 12/24 or 12/31		

December 2018 Workshops & Support Groups Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					<p>1</p> <p><u>The Women's Group</u> 11:30am-1:30pm (pg.7)(Free)</p> <p><u>Time Management Essentials</u> 11:30am-1:30pm (pg.5)(\$10)</p> <p><u>Español</u> <u>Al-Anon</u> 9:30-11:15am (pg.8)(Gratis)</p>
<p>3</p> <p><u>Beginning Windows</u> 9:30-11:30am (pg.3)(\$10)</p> <p><u>Resource Coaching</u> 10-11:30am (pg.15)(Free)</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>How to Use LinkedIn</u> 5:45-7:45pm (pg.2)(\$10)</p> <p><u>Preparing & Presenting Your Case</u> 5:45-7:45pm (pg.6)(\$10)</p> <p><u>Beginning Windows</u> 5:45-7:45pm (pg.3)(\$10)</p> <p><u>Español</u> <u>Comedores Compulsivos</u> 5:45-7:30pm (pg.7)(Gratis)</p>	<p>4</p> <p><u>Microsoft Word Series</u> Class Tues.-Wed. 9:30-11:30am (pg.3)(\$10)</p> <p><u>Creating a Great Resume</u> 9:30-11:30am (pg.1)(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>Mind Over Money</u> 5:45-7:45pm (pg. 4)(Free)</p> <p><u>Assertive Communication</u> 5:45-7:45pm (pg.3)(Free)</p> <p><u>Surviving Abuse</u> 5:45-7:15pm (pg.7)(Free)</p> <p><u>Microsoft Word Series</u> Class Tues.-Wed. 5:45-7:45pm (pg.3)(\$10)</p>	<p>5</p> <p><u>First Steps</u> 12-1:30pm (pg.1)(Free)</p> <p><u>Intro to Programs</u> 2-3:30pm (pg.2)(Free)</p> <p><u>Exploring Personality Preferences</u> Wednesdays 12.5-12.12 2-4pm (pg.4)(\$10)</p> <p><u>1:1 DV Services</u> 3-5pm (pg.6)(Free)</p> <p><u>Developing Boundaries</u> 5:45-7:45pm (pg.4)(Free)</p> <p><u>Español</u> <u>Camino de Sanacion</u> 9:30-11:30am (pg.7)(Gratis)</p> <p><u>Mas Alla Del Abuso</u> 5:45-6:45pm (pg.8)(Gratis)</p>	<p>6</p> <p><u>DreamBuilder Info Session</u> 9:30-10:30am (pg.1)(Free)</p> <p><u>Healing Journey</u> 9:30-11:30am & 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>Continuing Healthy Boundaries</u> 2-3:30pm (pg.7)(Free)</p> <p><u>Career Coaching</u> 5-7pm (pg.1)(Free)</p> <p><u>Google Docs</u> 5:45-7:45pm (pg.3)(\$10)</p> <p><u>Goal Setting</u> 5:45-7:45pm (pg.5)(Free)</p> <p><u>Español</u> <u>Comedores Compulsivos</u> 5:45-7:30pm (pg.7)(Gratis)</p>	<p>7</p> <p><u>Basic Computers & Google Tools</u> 9:30-11:30am (pg.3)(\$10)</p> <p><u>Upward Mobility Info Session</u> 9:30-11:00am (p.2)(Free)</p> <p><u>Clearing the Chakras</u> 2-4pm (pg.5)(\$10)</p> <p><u>Español</u> <u>Habilidades Basicos Computacionales y Herramientas de Google</u> 2-4pm (pg.8)(\$10)</p>	<p>8</p> <p><u>Web Development Foundations</u> 9:30am-1:30pm (pg.3)(Free)</p> <p><u>Professionalism at Work</u> 9:30-11:30am (pg.2)(\$10)</p> <p><u>Yoga</u> 9:30-11am (pg.6)(\$10)</p> <p><u>Tai Chi & Qigong</u> 11:30am-1:30pm (pg.6)(\$10)</p> <p><u>Entrepreneur 101</u> 11:30am-1:30pm (pg.2)(\$10)</p> <p><u>Español</u> <u>Al-Anon</u> 9:30-11:15am (pg.7)(Gratis)</p>
<p>10</p> <p><u>Jump Start</u> Class Mon.-Fri. 9:30am-4pm (pg.1)(\$25)</p> <p><u>Mentee Info Session</u> 9:30-11:30am (pg.5)(Free)</p> <p><u>Beginning Windows</u> 9:30-11:30am (pg.3)(\$10)</p> <p><u>Resource Coaching</u> 10-11:30am (pg.15)(Free)</p> <p><u>First Steps</u> 12-1:30pm (pg.1)(Free)</p> <p><u>Creating an Every Day Budget</u> 2-4pm (pg.4)(Free)</p> <p><u>Beginning Windows</u> 5:45-7:45pm (pg.3)(\$10)</p> <p><u>Español</u> <u>Comedores Compulsivos</u> 5:45-7:30pm (pg.7)(Gratis)</p>	<p>11</p> <p><u>Preparing & Presenting Your Case</u> 9:30am-12:30pm (pg.6)(\$10)</p> <p><u>Microsoft PowerPoint Series</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>Upward Mobility Info Session</u> 12-1:30pm (p.2)(Free)</p> <p><u>Career Coaching</u> 12-2pm (pg.1)(Free)</p> <p><u>Natural & Organic Hygiene</u> 5:45-7:45pm (pg.5)(\$10)</p> <p><u>Surviving Abuse</u> 5:45-7:15pm (pg.7)(Free)</p> <p><u>Microsoft PowerPoint Series</u> Class Tues.-Wed. 5:45-7:45pm (pg.3)(\$10)</p> <p><u>Continuing Healthy Boundaries</u> 5:45-7:15pm (pg.7)(Free)</p>	<p>12</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.2)(Free)</p> <p><u>1:1 DV Services</u> 3-5pm (pg.6)(Free)</p> <p><u>Thoughts Become Things</u> 5:45-7:45pm (pg. 5)(\$10)</p> <p><u>First Steps</u> 5:45-7:15pm (pg.1)(Free)</p> <p><u>Upward Mobility Info Session</u> 5:45-7:15pm (p.2)(Free)</p> <p><u>Homeownership 101</u> 5:45-7:30pm (pg.4)(Free)</p> <p><u>Español</u> <u>Camino de Sanacion</u> 9:30-11:30am (pg.7)(Gratis)</p> <p><u>Mas Alla Del Abuso</u> 5:45-6:45pm (pg.8)(Gratis)</p>	<p>13</p> <p><u>Healing Journey</u> 9:30-11:30am & 5:45-7:45pm (pg.7)(Free)</p> <p><u>HIV & Hep. C Testing</u> 9:30am-2pm (pg.5)(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>Healing Touch</u> 10am-3pm (pg.5)(\$10)</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>Google Slides</u> 9:30-11:30am (pg.3)(\$10)</p> <p><u>Stress Relief</u> 5:45-7:45pm (pg.5)(Free)</p> <p><u>Español</u> <u>Comedores Compulsivos</u> 5:45-7:30pm (pg.7)(Gratis)</p>	<p>14</p> <p><u>First Steps</u> 9:30-11am (pg.1)(Free)</p> <p><u>Online Sales</u> 9:30-11:30am (pg.3)(\$10)</p> <p><u>Informational Interviewing</u> 9:30-11:30am (pg.2)(Free)</p>	<p>15</p> <p><u>Español</u> <u>Al-Anon</u> 9:30-11:15am (pg.7)(Gratis)</p>

For the most up to date information and to register for a workshop, visit www.freshstartwomen.org/event-list.

December 2018 Workshops & Support Groups Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>17</p> <p><u>Gaining Control Divorce Changes Everything</u> 9:30-11:30am (pg.7)(\$10)</p> <p><u>Resource Coaching</u> 10-11:30am (pg.15)(Free)</p> <p><u>First Steps</u> 12-1:30pm (pg.1)(Free)</p> <p><u>Goal Setting</u> 2-4pm (pg.5)(Free)</p> <p><u>Español Comedores Compulsivos</u> 5:45-7:30pm (pg.7)(Gratis)</p>	<p>18</p> <p><u>Microsoft Excel Series</u> Class Tues.-Wed. 9:30-11:30am (pg.3)(\$10)</p> <p><u>Mock Interviews</u> 9:30-11:30am (pg.2)(Free)</p> <p><u>Career Coaching</u> 12-2pm (pg.4)(Free)</p> <p><u>First Steps</u> 12-1:30pm (pg.1)(Free)</p> <p><u>Developing Boundaries</u> 2-4pm (pg.4)(Free)</p> <p><u>Yoga</u> 5:45-6:45pm (pg.6)(\$10)</p> <p><u>Surviving Abuse</u> 5:45-7:15pm (pg.7)(Free)</p> <p><u>Microsoft Excel Series</u> Class Tues.-Wed. 5:45-7:45pm (pg.3)(\$10)</p> <p><u>Positive Discipline & Guidance</u> 5:45-7:45pm (pg.7)(Free)</p> <p><u>Family Court Prep Q&A</u> 5:45-7:45pm (pg.6)(\$10)</p>	<p>19</p> <p><u>First Steps</u> 12-1:30pm (pg.1)(Free)</p> <p><u>Intro to Programs</u> 2-3:30pm (pg.2)(Free)</p> <p><u>Stress Relief</u> 2-4pm (pg.5)(Free)</p> <p><u>1:1 DV Services</u> 3-5pm (pg.6)(Free)</p> <p><u>Intro to Programs</u> 5:45-7:15pm (pg.2)(Free)</p> <p><u>Español Camino de Sanacion</u> 9:30-11:30am (pg.7)(Gratis)</p> <p><u>Mas Alla Del Abuso</u> 5:45-6:45pm (pg.8)(Gratis)</p>	<p>20</p> <p><u>Healing Journey</u> 9:30-11:30am & 5:45-7:45pm (pg.7)(Free)</p> <p><u>Google Sheets</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>Assertive Communication</u> 2-4pm (pg.4)(Free)</p> <p><u>Career Coaching</u> 5-7pm (pg.1)(Free)</p> <p><u>Google Sheets</u> 5:45-7:45pm (pg.3)(\$10)</p> <p><u>Investments: One Piece of Financial Planning</u> 5:45-7:45pm (pg.4)(\$10)</p> <p><u>Español Comedores Compulsivos</u> 5:45-7:30pm (pg.7)(Gratis)</p>	<p>21</p> <p><u>Career Assessment Experience</u> 9:30-11:30am (pg.1)(Free)</p> <p><u>Basic Outlook</u> 9:30-11am (pg.3)(\$10)</p>	<p>22</p> <p>Fresh Start Closed for Winter Holidays</p>
<p>24</p> <p>Fresh Start Closed for Winter Holidays</p>	<p>25</p> <p>Fresh Start Closed for Winter Holidays</p>	<p>26</p> <p>Fresh Start Closed for Winter Holidays</p>	<p>27</p> <p>Fresh Start Closed for Winter Holidays</p>	<p>28</p> <p>Fresh Start Closed for Winter Holidays</p>	<p>29</p> <p>Fresh Start Closed for Winter Holidays</p>
<p>31</p> <p>Fresh Start Closed for Winter Holidays</p>					

For the most up to date information and to register for a workshop, visit www.freshstartwomen.org/event-list.

FEATURED PROGRAM

RESOURCE COACHING (Free)

This new service offers one-on-one support by providing 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 at 9 a.m. (online registration not available). First come, first served.

Mondays	10/01-12/17	10 a.m.-11:30 a.m.
No sessions offered 12/24 or 12/31		

Our Community Partners



Fall Community Partner Breakfast & Resource Fair

Thursday, October 4, 9:30-11:30 a.m.

*This event is for community, social service agencies and nonprofit professionals.

Fresh Start's Community Partner Breakfast is a quarterly event designed to provide resources and professional development to partner organizations. Through networking, sharing resources, and gaining new knowledge, those working in social services are better equipped to serve their communities well.

Attendees should come ready to meet some new organizations and share resources and knowledge about everything their agency offers! Feel free to invite others from your agency to attend as well!

Please RSVP at volunteer@fswf.org.

Winter Community Partner Breakfast: Friday, January 11, 9:30-11:30 a.m.