Catalog

WEBINARS
Attending workshops has never been easier virtually through Zoom Webinars

RESOURCES
Accessing information to meet immediate needs with helpful staff

SUPPORT
Ongoing support for personal and professional growth and goals
CONTENTS

03 Meet the Staff
04 Featured Programs
05 Career & Education
07 Financial Literacy
10 Computer Services
12 Life Skills
14 Support Services
16 Spanish Services
18 Feature: Upward Mobility Program
19 Calendar Pages
25 Feature: Community Legal Services
When I think of my almost twelve years at Fresh Start, gratitude comes to mind.

A retirement message of gratitude.

I have had the honor of seeing clients at Fresh Start for over almost twelve years. I am grateful for the opportunity to see women overcome so very much. I have seen women with abusive childhoods and dysfunctional families of origin, move forward to face life and choose health over replication of old patterns of behavior. This is extremely hard work. I have witnessed women struggling with loss and life changes and do the difficult work of healing and redefining themselves.

Women have come to the agency with the “scars” of abusive relationships. I have seen them tackle PTSD, go to support groups and gain an understanding of how healthy boundaries are possible in healthy relationships. My good fortune has been that the women of Fresh Start, have allowed me to really get to know them and be witness to the hard work of their life journey. They have the strength, courage, determination and resilience to be able to do this, knowing that it is not easy. The heroes in life are those that face their own difficulties and choose to go forward, even when it is a very difficult and rocky path.

I am filled with gratitude to have been a part of my client’s life journeys. I am so very fortunate to know so many wonderful women. The clients, dedicated and talented staff, the Executive Staff and the Board of Directors that puts the client’s needs first. Thank you all for these gifts and for being part of Fresh Start and for touching my life in so many ways.

*Merle Salus-Herbig, LCSW*
Jump Start is a program that assists women with building a new social support network with other women while concentrating on self-reflection, personal and professional development skills, and moving forward with new goals. This month, Jump Start will be offered during the day. Monday through Thursday. First Steps required.

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

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

Kick Start Info Session
Interested in getting to the Thrive Level with us? Kick Start is a great, self-paced way to get there! Join us for an upcoming info session where you will learn how to personalize your own program of study using the Fresh Start catalog, and how Fresh Start staff will support you along your journey.

Upward Mobility Info Session
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 you with the tools needed to enable you to move into a self-sustaining, upwardly mobile career track.
ARIZONA CAREER READINESS CREDENTIAL (ACRC) INFO SESSION
The ACRC is a credential that shows employers that you possess the soft skills and knowledge for the job. This credential is being introduced to employers and job seekers across Arizona and will add value to your job search. Attend an info session to learn more and gain access to the online practice portal.

Weds. 11/11 9:30 a.m. - 10:30 a.m.

ARIZONA CAREER READINESS CREDENTIAL (ACRC) OFFICIAL PROCTORING SESSION
Pre-requisite: ACRC Info Session. This allows you to take the official proctored exam for all or some sections of the credential depending on your preference.

Weds. 11/18 9:30 a.m. - 1 p.m.
Sat. 11/21 9:30 a.m. - 1 p.m.

BRIGHTON COLLEGE INFO SESSION
Join us to learn about the various certificate programs offered through Fresh Start’s partnership with Brighton College. Current Upward Mobility clients who meet eligibility requirements will be eligible for scholarship assistance.

Tues. 11/03 9:30 a.m. - 10:30 a.m.
Sat. 11/14 9:30 a.m. - 10:30 a.m.

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

Weds. 11/18 5:45 p.m. - 6:45 p.m.

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

Weds. 11/04 5:45 p.m. - 6:45 p.m.
Weds. 11/23 2 p.m. - 3 p.m.

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

Mon. 11/16 12 p.m. - 1 p.m.

No matter your professional goals, Fresh Start offers the tools to help!

Maybe you’re entering the workforce for the first time or after a long absence. Perhaps you are looking to learn new skills, change career fields, or even start your own business. Register for an upcoming Career & Education webinar through the online calendar.
EMPLOYMENT BOOT CAMP
This webinar offers the opportunity to work with a group of professional volunteers who will help assess the readiness of your resume, LinkedIn profile, interview techniques, and career/industry knowledge.

**Thurs.** 11/12 10 a.m. - 1 p.m.

EMPLOYMENT COACHING
Attend a 45 minute session with an experienced volunteer coach via telephone, Zoom, or email - your choice. Please register for a session that is at least 24 hrs prior desired date so we have time to inform your coach of the appointment. Send your resume and any job description(s) you are interested in to jschaffer@fswf.org prior to your scheduled session so they can be forwarded to your coach for their review.

<table>
<thead>
<tr>
<th>Tuesdays</th>
<th>11/03-11/24 and Thursdays</th>
<th>11/05-11/19 and Sat.</th>
<th>11/14</th>
</tr>
</thead>
<tbody>
<tr>
<td>12 p.m. - 2 p.m.</td>
<td>5 p.m. - 7 p.m.</td>
<td>10 a.m. - 11:45 p.m.</td>
<td></td>
</tr>
</tbody>
</table>

EMPLOYMENT EVENTS
Fresh Start actively works to partner with companies who are hiring on a large scale and, when appropriate, hosts Virtual Employment Events wherein Fresh Start clients can learn more about the company, its culture and the positions they are currently seeking to fill. Dates and times of such events are listed on our online calendar. Please visit our online calendar often to learn of virtual employment events that may be scheduled.

| Thurs. | 11/12 | 5:45 p.m. - 6:45 p.m. |
| Weds. | 11/25 | 9:30 a.m. - 10:30 a.m. |
| Sat. | 11/14 | 10 a.m. - 11:45 p.m. |

No matter your professional goals, Fresh Start offers the tools to help!

Maybe you’re entering the workforce for the first time or after a long absence. Perhaps you are looking to learn new skills, change career fields, or even start your own business.

Register for an upcoming Career & Education webinar through the online calendar.

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

| Tues. | 11/10 | 5:45 p.m. - 6:45 p.m. |

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

| Tues. | 11/24 | 5:45 p.m. - 6:45 p.m. |

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

| Thurs. | 11/12 | 5:45 p.m. - 6:45 p.m. |

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

| Mon. | 11/16 | 2 p.m. - 3 p.m. |
Financial Literacy

BUILDING YOUR FINANCIAL FUTURE WITH BANK OF AMERICA
This class will teach participants ways to build assets, including buying a car and getting training and education.

- Tues. 11/24 5:45 p.m. - 7:45 p.m.

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

- Thurs. 11/19 9:30 a.m. - 10:30 a.m.

FINANCIAL CONSULTANT
Meet one-on-one with a professional financial consultant for a 30 minute session 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.

- Thurs. 11/05 2:30 p.m. - 4:30 p.m.

HEALTHY OR WEALTHY WITH TAKE CHARGE AMERICA
Participants learn some general strategies for reducing the cost of their health care and explore ways to save money specifically for vision care, dental care, prescription drugs, and hearing loss.

- Mon. 11/23 5:45 p.m. - 7:45 p.m.

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

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

INVESTMENTS: ONE PIECE OF FINANCIAL PLANNING PART 1
Financial Planning covers 6 areas of concentration. Investment Management being one piece of the puzzle. Learn about the Stock and Bond Markets, Asset Allocation, Portfolio Diversification, Passive and Active Management, Retirement vehicle, Tax considerations, and much more in this two part series.

- Weds. 11/18 5:45 p.m. - 7:45 p.m.

INVESTMENTS: ONE PIECE OF FINANCIAL PLANNING PART 2
Financial Planning covers 6 areas of concentration. Investment Management being one piece of the puzzle. Learn about the Stock and Bond Markets, Asset Allocation, Portfolio Diversification, Passive and Active Management, Retirement vehicle, Tax considerations, and much more in this two part series. Attendance to prat 1 is encouraged.

- Thurs. 11/19 5:45 p.m. - 7:45 p.m.

Financial fitness is an important part of being self-sufficient & independent!

Fresh Start offers a variety of Financial Literacy workshops.
Gain empowerment through understanding budgeting, retirement, and financial planning.
Register for an upcoming Financial Literacy webinar through the online calendar.
OWN IT SERIES WITH YWCA
Own It Financial Education is a four-week program that provides its students with the knowledge and tools they need to become financially stable and independent. The curriculum teaches: using credit wisely, investing, managing a bank account, increasing savings, and reducing debt. Attendance to all four workshops is required.

<table>
<thead>
<tr>
<th>Tues.</th>
<th>11/03</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tues.</td>
<td>11/10</td>
</tr>
<tr>
<td>Tues.</td>
<td>11/17</td>
</tr>
<tr>
<td>Tues.</td>
<td>11/24</td>
</tr>
<tr>
<td>5:45 p.m. - 6:45 p.m.</td>
<td>5:45 p.m. - 6:45 p.m.</td>
</tr>
<tr>
<td>5:45 p.m. - 6:45 p.m.</td>
<td>5:45 p.m. - 6:45 p.m.</td>
</tr>
</tbody>
</table>

SPEND SMART WITH TAKE CHARGE AMERICA
Participants will learn about smart spending strategies, how to save on big budget spending categories, how to spend smart and still have fun, and when it’s smart to pay more. Plus a special section on holiday spending!

<table>
<thead>
<tr>
<th>Weds.</th>
<th>11/18</th>
</tr>
</thead>
<tbody>
<tr>
<td>5:45 p.m. - 7:45 p.m.</td>
<td>5:45 p.m. - 7:45 p.m.</td>
</tr>
</tbody>
</table>

STASH IT! WITH TAKE CHARGE AMERICA
Participants learn the principles of saving, various types of savings needed, methods for increasing available money to save and techniques for developing the saving habit.

<table>
<thead>
<tr>
<th>Thurs.</th>
<th>11/05</th>
</tr>
</thead>
<tbody>
<tr>
<td>5:45 p.m. - 7:45 p.m.</td>
<td>5:45 p.m. - 7:45 p.m.</td>
</tr>
</tbody>
</table>

Financial fitness is an important part of being self-sufficient & independent!

Fresh Start offers a variety of Financial Literacy workshops. Gain empowerment through understanding budgeting, retirement, and financial planning. Register for an upcoming Financial Literacy webinar through the online calendar.
THE ALLSTATE FOUNDATION MOVING AHEAD CURRICULUM

Join this program to learn money basics in order to gain long term financial freedom. You will learn how to control your money, rather than having your money controlling you. Certificates of completion are awarded to attendees who complete a minimum of three out of four sessions; attendance to all four sessions is encouraged. Certificate earners will receive hard copies of the Moving Ahead Curriculum, a self-care pampering kit, and surprise giveaways! Facilitated by Julie Jakubek, MBA and Allstate Agency Owner

SESSION ONE: HEALTHY RELATIONSHIPS WITH MONEY
When we think of health and wellness, we think of exercise, eating well, and getting enough sleep – not money. Our relationships with money are also a component of our overall wellness. This class will help you to identify your money behaviors and create solutions for a healthier relationship.

Mon. 11/02 5:45 p.m. - 6:45 p.m.

SESSION TWO: WHEN IS DEBT OKAY?
Wondering if you have too much debt? The total of certain types of debt compared to your income can help you answer that question. This class will help you assess where you are and how to move forward in a healthy way.

Mon. 11/16 5:45 p.m. - 6:45 p.m.

SESSION THREE: BUILD PROTECTION WITH INSURANCE
Insurance can protect you financially in a number of ways. This class will help you to learn about different types of insurance and how to determine your insurance needs.

Mon. 11/30 5:45 p.m. - 6:45 p.m.

SESSION FOUR: CREATIVE WAYS TO SAVE MONEY
We all want to save money, but trimming down on expenses sometimes feels like a sacrifice. This class will help you to find creative ways to save money and learn how to treat yourself within your budget.

Mon. 12/14 5:45 p.m. - 6:45 p.m.

This program has been academically validated to help women and domestic violence survivors move from short-term safety to long-term security.
Computer Literacy

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

Fri. 11/06 9:30 a.m. - 11 a.m.

INTRO TO TECHNOLOGY & CODING
This beginner level workshop gives an easy to understand introduction to coding and technology. No experience necessary.

Mon. 11/30 5:45 p.m. - 6:45 p.m.

MICROSOFT EXCEL LEVEL 1
Pre-requisite: None. This webinar introduces you to basic features and functions of Microsoft Excel. From creating a workbook and entering data to formatting your spreadsheet and using formulas and AutoSum, you will see how this powerful tool can help you both professionally and personally.

Mon. 11/23 9:30 a.m. - 11 a.m.

MICROSOFT POWERPOINT LEVEL 1
Pre-requisite: None. This webinar introduces you to the basic features of Microsoft PowerPoint. We begin by creating a presentation and assigning a design theme. We follow that up with manually formatting the text, inserting new slides and manipulating text and slides using Cut, Copy and Paste. We then cover Find & Replace and the Spell Check feature before running our Slideshow.

Mon. 11/16 9:30 a.m. - 11 a.m.

MICROSOFT EXCEL LEVEL 2
Pre-requisite: Excel Level 1. This webinar builds on the information shared in our Level 1 webinar. In this webinar you’ll learn about the Average, Min and Max Functions, as well as building and formatting charts. We also go over page formatting features including headers/footers, page breaks and print titles.

Tues. 11/24 9:30 a.m. - 11 a.m.

MICROSOFT POWERPOINT LEVEL 2
Pre-requisite: PowerPoint Level 1. This webinar builds on the information shared in our Level 1 webinar. In this webinar we’ll work in different views, insert and format pictures and shapes and learn to animate and automate our slideshows.

Tues. 11/17 9:30 a.m. - 11 a.m.

Stay on top of technology to achieve your personal & professional goals!

Fresh Start offers a variety of Computer Literacy workshops. Learn the computer skills necessary to secure employment and connect with others. Register for an upcoming Computer Literacy webinar through the online calendar.
**Computer Literacy**

**MICROSOFT WINDOWS LEVEL 1**
This entry-level webinar introduces you to the Windows Operating System. You’ll learn about the different components of the desktop, how to open, resize, move and close individual windows. You’ll also be introduced to the File Explorer where we create folders, move and copy folders to a thumb drive, and delete, restore, and then permanently delete files and folders.

- Tues. 11/03 9:30 a.m. - 11 a.m.
- Weds. 11/11 5:45 p.m. - 7:15 p.m.

**MICROSOFT WORD LEVEL 1**
Pre-requisite: None. This webinar introduces you to the basic features of Microsoft Word. We take you from creating a document, through formatting text, and into editing tools such as Cut, Copy and Paste and Find and Replace. We also create bulleted and numbered lists and use the Spelling and Grammar Checkers.

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

**MICROSOFT WORD LEVEL 2**
Pre-requisite: Word Level 1. This webinar builds on the information shared in our Level 1 webinar. In this webinar you’ll learn to insert dates that automatically update when a document is opened, apply borders to paragraphs and pages, and apply before and after spacing to your paragraphs. We also share how to set tabs and paragraph indents as well as create tables. Lastly, we create headers and footers to create a polished document.

- Tues. 11/10 9:30 a.m. - 11 a.m.

**TECHNOLOGY CAREER COACHING**
Considering a career in Technology? Schedule a 30-minute coaching session with our volunteer Tech Coach, Melissa Rhodes, to learn more about the industry and how to structure your resume and interviewing skills when applying for tech jobs.

- Fri. 11/06 9:30 a.m. - 11:30 a.m.
- Tues. 11/10 12 p.m. - 2 p.m.

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

- Thurs. 11/19 9:30 a.m. - 10:30 a.m.
- Weds. 11/25 5:45 p.m. - 6:45 p.m.

Stay on top of technology to achieve your personal & professional goals!

Fresh Start offers a variety of Computer Literacy workshops. Learn the computer skills necessary to secure employment and connect with others. Register for an upcoming Computer Literacy webinar through the online calendar.
When we feel good about ourselves, it affects every area of our lives!

Fresh Start puts a big emphasis on building a healthy self-image from the inside out. Personal Development services focus on emotional, mental, and physical well-being.

Register for an upcoming Life Skills webinar through the online calendar.
Life Skills

MAKE-UP APPLICATION
Join us for an overview of the basic makeup application of applying false eyelashes and grooming your eyebrows to complete your look.

| Tues. | 11/24 | 10 a.m. - 11 a.m. |

MENTORING SUPPORT SERIES
In this three-part series, participants will learn about Professionalism, Communication, and Leadership topics, themes included in the Mentoring Program. 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.

| Weds. | 11/18 | 5:45 p.m. - 6:45 p.m. |

MINDFULNESS PRACTICE SESSION
This 45 minute long class is designed to further practice and discuss the mindfulness techniques taught in Jump Start and the Stress Relief course. It is encouraged that you attend these programs prior to attending this group class.

| Thurs. | 11/12 | 5:45 p.m. - 6:15 p.m. |
| Weds. | 11/25 | 9:30 a.m. - 10:15 a.m. |

RESILIENCY 101
This live webinar will help you learn about resiliency, what it means, and how you can continue to grow your very own levels of resiliency.

| Tues. | 11/10 | 10 a.m. - 11 a.m. |
| Mon. | 11/23 | 2 p.m. - 3 p.m. |

SPEAKHER SERIES
The SpeakHer Series teaches confidence tools for women to step into their public speaking power. Upon completion, participants will be invited to the SpeakHer Story Slam. First Steps & pre-registration required. Contact lakiesha Townsel at ltownsel@fsw.org to register.

| Tues.-Thurs. | 11/17-11/19 | 2 p.m. - 3 p.m. |

STRESS RELIEF
This live webinar will help you understand stress and learn tools for how to manage the impacts of stress from day-to-day. This is a Foundation Series course.

| Weds. | 11/04 | 12 p.m. - 1 p.m. |
| Tues. | 11/17 | 12 p.m. - 1 p.m. |

YOGA
This webinar will offer gentle stretching with coordinated breathing and sun salutations with the intention of strengthening the mind-body connection. This webinar will help you practice tools for overall well-being as we generate heat and energy in the body.

| Thurs. | 11/12 | 2 p.m. - 3 p.m. |

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

| Sat. | 11/07 | 9:30 a.m. - 10:30 a.m. |

When we feel good about ourselves, it affects every area of our lives!

Fresh Start puts a big emphasis on building a healthy self-image from the inside out. Personal Development services focus on emotional, mental, and physical well-being. Register for an upcoming Life Skills webinar through the online calendar.
Accessing Protective Orders

Konnie K. Young, CLS Lead Family Law & Victims’ Attorney, and Raquel Balcazar, Sojourner Lead Lay Legal Advocate, will present on the laws and rules that govern Arizona Protective Orders, types of protective orders, and the process to obtain protective orders in Arizona. They will address questions from webinar participants at the end of the presentation. This is a non-confidential classroom setting, and the instructors cannot provide legal advice.

Family Court Preparation Q&A

This webinar 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.

Gaining Control: Divorce Changes Everything

Discover how to gain control by understanding the key factors of divorce. Learn the critical components of divorce. Asset Division, Child Support, 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.

Building Your Empire: How to Increase Self-Esteem

This segment will teach you the foundational steps to improve your vision of yourself through increasing your feelings of self-worth. Through the practice of being mindful and changing your story, you are on the road to the creation of your own EMPIRE OF SUCCESS!

Introduction to Family Court

Presenter will provide an overview of different types of family law matters, legal terminology, and court procedures used in family court. Learn about other webinars available to help you prepare for court, and how to access our family law support services.

Intro to Positive Discipline

Do you wonder what your child’s behaviors mean? Are you looking to improve your relationship with your child and decrease shouting matches? Are you wanting to decrease some of the negative behaviors of your child? Join Liliana Montoya in this webinar, she is a certified Positive Discipline parent educator, Infant Mental Health Specialist and holistic parent coach. She will provide a short introduction to the Positive Discipline approach to parenting and offer practical skills. There will be time for Q&A.

You are not alone in navigating life's challenges!

Fresh Start offers caring, professional support staff to guide you towards a brighter future. Support Groups, Family Law Support Services, and ongoing Social Work Support. Register for an upcoming Support Services webinar through the online calendar.
You are not alone in navigating life's challenges!

Fresh Start offers caring, professional support staff to guide you towards a brighter future. Support Groups, Family Law Support Services, and ongoing Social Work Support. Register for an upcoming Support Services webinar through the online calendar.
ORIENTACIÓN: PRIMEROS PASOS
En nuestro video de orientación recibirá información sobre programas, servicios y recursos para ayudarla a crear su propio plan de acción personalizado.

INTRODUCCIÓN AL TRIBUNAL DE FAMILIA
El presentador proporcionará una descripción general de los diferentes tipos de asuntos de derecho de familia, terminología legal y procedimientos judiciales utilizados en el tribunal de familia. Conozca sobre otros talleres virtuales, disponibles para ayudarla a prepararse para la corte y conozca cómo acceder a nuestros servicios de apoyo de derecho familiar.

ALIVIO DEL ESTRÉS
La comunicación asertiva es la capacidad de hablar y actuar de manera que naturalmente haga que las personas respondan atenta y positivamente. Únase a este webinar y aprenda cómo afirmarse en su profesionalismo y vida personal. 

COMUNICACIÓN ASERTIVA
La comunicación asertiva es la capacidad de hablar y actuar de manera que naturalmente haga que las personas respondan atenta y positivamente. Únase a este webinar y aprenda cómo afirmarse en su profesionalismo y vida personal.

LÍMITES SANOS
Este seminario web le ayudará a identificar límites sanos, las señales de que tus límites no son sanos y los ganhos emocionales que nos impiden establecer límites en una relación. Aprenda a decir "no", cómo establecer límites y pasos para mejorar las relaciones de todo tipo.

Cada mujer merece un nuevo comienzo, pero usted no tiene que hacerlo sola.

Fresh Start de la Mujer está aquí para hacer este viaje con usted, ofreciendo atención, apoyo y orientación. Nuestros servicios, clases y talleres se centran en la enseñanza de habilidades profesionales y personales que fomentan la confianza a lo largo del recorrido para descubrir lo mejor en ti.
HABILIDADES BASICOS
COMPUTACIONALES Y HERRAMIENTAS
DE GOOGLE

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

Viernes 11/13 9:30 a.m. - 11 a.m.

COMENZANDO CON MICROSOFT
WINDOWS

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

Lunes 11/02 5:45 p.m. - 6:15 p.m.

TRABAJANDO EN UN MUNDO VIRTUAL

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

Viernes 11/20 9:30 a.m. - 10:30 a.m.

Cada mujer merece un nuevo comienzo, pero usted no tiene que hacerlo sola.

Fresh Start de la Mujer está aquí para hacer este viaje con usted, ofreciendo atención, apoyo y orientación. Nuestros servicios, clases y talleres se centran en la enseñanza de habilidades profesionales y personales que fomentan la confianza a lo largo del recorrido para descubrir lo mejor en ti.
Upward Mobility is a multi-level program that helps a woman progress from wherever she is professionally to a place where she can attain a financially-sustainable career that offers upward mobility and advancement. Focusing on the whole person, Upward Mobility begins with personal development to create a strong foundation upon which to build. With each level, participants are given a clear pathway of the programs and services Fresh Start offers that will help her successfully prepare for a new career.

The purpose behind Upward Mobility is to stop the cycle of poverty. According to Living Wage, a single woman needs to earn $25,000 per year to support herself. Add two children to the mix and that number jumps to over $60,000 per year. There are many career options that provide sustainable wages, benefits, opportunities for growth, and much more and it is Fresh Start’s intention is to bring light to these careers, many of which are considered non-traditional for women. The Upward Mobility program also focuses on connecting participants with the training, certification, or licensing required to qualify for such careers and then actively works with Apprenticeship programs and employers to create connections that will help participants get a foot in the door.

Upward Mobility is comprised of an array of Fresh Start programs and webinars, including, but not limited to Career Services, Career Coaching, financial literacy, computer literacy, the Arizona Career Readiness Credential, Mentoring, and Social Work. Each participant is assigned a Success Coach who will check in monthly to keep you on track and to help address any challenges that might arise along the way. Certificates are offered at each milestone throughout the program and those who successfully complete each level of Upward Mobility are invited to participate in Fresh Start’s Celebration of Success.

Your Upward Mobility Team
- Abdu Dahr, VP of Operations
- Julie Schaffer, Workforce & Technology Sr. Manager
- Claudia Duarte, Social Services Specialist
- Melissa Sarina, Program Assistant

How to get involved in Upward Mobility
Register for an Upward Mobility Info Session to learn more about the program.
<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jump Start</td>
<td>Brighton College Info Session</td>
<td>Stress Relief</td>
<td>Upward Mobility Info Session</td>
<td>Basic Computer &amp; Google Tools</td>
<td>Upward Mobility Info Session</td>
</tr>
<tr>
<td>Mon.-Thurs. 10am-3pm (Pg.4)</td>
<td>9:30am (Pg.5)</td>
<td>12pm (Pg.13)</td>
<td>9:30am (Pg.4)</td>
<td>9:30am (Pg.10)</td>
<td>9:30am (Pg.13)</td>
</tr>
<tr>
<td>First Steps 5:45pm (Pg.4)</td>
<td>Windows Lvl 1 9:30am (Pg.11)</td>
<td>Developing Boundaries 2pm (Pg.12)</td>
<td>Goal Setting 9:30am (Pg.12)</td>
<td>First Steps 12pm (Pg.4)</td>
<td>Yoga Stretching &amp; Breathing 9:30am (Pg.13)</td>
</tr>
<tr>
<td>The AllState Foundation Moving Ahead Curriculum Session 1 5:45pm (Pg.9)</td>
<td>Conquer with Confidence 10am (Pg.14)</td>
<td>Resource Coaching 3pm (Pg.15)</td>
<td>Intro to Positive Discipline 10am (Pg.14)</td>
<td>Employment Coaching 5pm (Pg.6)</td>
<td>Resource Coaching 10am (Pg.15)</td>
</tr>
<tr>
<td>Preparing &amp; Presenting Your Family Court Case 5:45pm (Pg.15)</td>
<td>Introduction to Family Court 10am (Pg.14)</td>
<td>Conveying Professionalism 5:45pm (Pg.5)</td>
<td>Conveying Professionalism 5:45pm (Pg.5)</td>
<td>Stash It! 5:45pm (Pg.8)</td>
<td></td>
</tr>
<tr>
<td>Español Comenzando Con Microsoft Windows 5:45pm (Pg.17)</td>
<td>Resource Coaching 11am (Pg.15)</td>
<td>Español Introducción al Tribunal de Familia 10am (Pg.16)</td>
<td></td>
<td>Miles of Smiles 5:45pm (Pg.15)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Employment Coaching 12pm (Pg.6)</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>MONDAY</td>
<td>TUESDAY</td>
<td>WEDNESDAY</td>
<td>THURSDAY</td>
<td>FRIDAY</td>
<td>SATURDAY</td>
</tr>
<tr>
<td>-----------------</td>
<td>--------------------------</td>
<td>----------------------------------</td>
<td>-----------------------------------</td>
<td>------------------------------------</td>
<td>--------------</td>
</tr>
<tr>
<td>Word Lvl 1</td>
<td>Mentee Info Session</td>
<td>ACRC Info Session</td>
<td>Goal Setting</td>
<td>Emotional Intelligence Part 1</td>
<td>Brighton College Info Session</td>
</tr>
<tr>
<td>9:30am (Pg.11)</td>
<td>9:30am (Pg.4)</td>
<td>9:30am (Pg.5)</td>
<td>9:30am (Pg.12)</td>
<td>9:30am (Pg.14)</td>
<td>9:30am (Pg.5)</td>
</tr>
<tr>
<td>Invest in Your Future &amp; Retirement</td>
<td>Word Lvl 2</td>
<td>Kick Start Info Session</td>
<td>Gaining Control Divorce Changes Everything</td>
<td>Coffee Talk With Claudia</td>
<td>Brighton College Info Session</td>
</tr>
<tr>
<td>9:30am (Pg.7)</td>
<td>9:30am (Pg.11)</td>
<td>2pm (Pg.4)</td>
<td>9:30am (Pg.14)</td>
<td>10am (Pg.15)</td>
<td>10am (Pg.6)</td>
</tr>
<tr>
<td>Building a Brighter Future Part 1</td>
<td>Living with Chronic Disease</td>
<td>Resource Coaching</td>
<td>Employment Boot Camp</td>
<td>First Steps</td>
<td>Employment Coaching</td>
</tr>
<tr>
<td>12pm (Pg.15)</td>
<td>9:30am (Pg.15)</td>
<td>3pm (Pg.15)</td>
<td>10am (Pg.6)</td>
<td>12pm (Pg.4)</td>
<td>10am (Pg.6)</td>
</tr>
<tr>
<td>First Steps</td>
<td>Resiliency 101</td>
<td>Basics for Staying Healthy Over the Holidays</td>
<td>Yoga</td>
<td>Español Habilidades Basicos Computaciona</td>
<td></td>
</tr>
<tr>
<td>5:45pm (Pg.4)</td>
<td>10am (Pg.13)</td>
<td>5:45pm (Pg.12)</td>
<td>2pm (Pg.13)</td>
<td>Límites Sanos</td>
<td></td>
</tr>
<tr>
<td>Preparing &amp; Presenting Your</td>
<td>Windows Lvl 1</td>
<td>Employment Coaching</td>
<td>Employment Coaching</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Family Court Case</td>
<td>5:45pm (Pg.11)</td>
<td>5pm (Pg.6)</td>
<td>5pm (Pg.6)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2pm (Pg.15)</td>
<td>Resource Coaching 11am (Pg.15)</td>
<td>Building a Brighter Future Part 1</td>
<td>Salary Negotiation</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Interviewing to Get the Job</td>
<td>Basics for Staying Healthy Over the Holidays</td>
<td>5:45pm (Pg.14)</td>
<td>Mindfulness Practice Session</td>
<td></td>
<td></td>
</tr>
<tr>
<td>5:45pm (Pg.6)</td>
<td>2pm (Pg.13)</td>
<td>5:45pm (Pg.14)</td>
<td>5:45pm (Pg.13)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Own It Series Part 2</td>
<td>Employment Coaching</td>
<td>5:45pm (Pg.14)</td>
<td>Conquer with Confidence</td>
<td></td>
<td></td>
</tr>
<tr>
<td>5:45pm (Pg.8)</td>
<td>5:45pm (Pg.15)</td>
<td>5:45pm (Pg.13)</td>
<td>5:45pm (Pg.14)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Building Your Self-Esteem Empire</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5:45pm (Pg.14)</td>
<td>5:45pm (Pg.14)</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Español Alivio del Estrés 2pm (Pg.16)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2pm (Pg.16)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>MONDAY</td>
<td>TUESDAY</td>
<td>WEDNESDAY</td>
<td>THURSDAY</td>
<td>FRIDAY</td>
<td>SATURDAY</td>
</tr>
<tr>
<td>------------------------</td>
<td>--------------------------</td>
<td>---------------------------</td>
<td>---------------------------</td>
<td>-------------------------</td>
<td>---------------------------</td>
</tr>
<tr>
<td>16 PowerPoint Lvl 1</td>
<td>17 PowerPoint Lvl 2</td>
<td>18 ACRC Proctoring Session</td>
<td>19 Business Accounting</td>
<td>20 ACRC Proctoring Session</td>
<td>21 ACRC Proctoring Session</td>
</tr>
<tr>
<td>9:30am (Pg.10)</td>
<td>9:30am (Pg.10)</td>
<td>9:30am (Pg.5)</td>
<td>9:30am (Pg.7)</td>
<td>9:30am (Pg.5)</td>
<td>9:30am (Pg.5)</td>
</tr>
<tr>
<td>DreamBuilder</td>
<td>Miles of Smiles</td>
<td>Resource Coaching</td>
<td>Working in a Virtual World</td>
<td>First Steps</td>
<td>First Steps</td>
</tr>
<tr>
<td>Info Session</td>
<td>10am (Pg.15)</td>
<td>11am (Pg.15)</td>
<td>9:30am (Pg.11)</td>
<td>12pm (Pg.4)</td>
<td>10am (Pg.4)</td>
</tr>
<tr>
<td>12pm (Pg.5)</td>
<td>Resource Coaching</td>
<td>Employment Coaching</td>
<td>Accessing Protective Orders</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Building a Brighter Future Part 2</td>
<td>12pm (Pg.14)</td>
<td>Communicating Effectively in the Workplace</td>
<td>2pm (Pg.14)</td>
<td>Employment Coaching</td>
<td>5:45pm (Pg.6)</td>
</tr>
<tr>
<td>12pm (Pg.6)</td>
<td>Stress Relief</td>
<td>3pm (Pg.15)</td>
<td>Assertive Communication</td>
<td>Investments</td>
<td>Investments</td>
</tr>
<tr>
<td>First Steps</td>
<td>12pm (Pg.13)</td>
<td>4:30pm (Pg.5)</td>
<td>9:30am (Pg.12)</td>
<td>Part 1</td>
<td>Part 2</td>
</tr>
<tr>
<td>5:45pm (Pg.4)</td>
<td>SpeakHer Series</td>
<td>5:45pm (Pg.7)</td>
<td>5:45pm (Pg.7)</td>
<td>5:45pm (Pg.7)</td>
<td>5:45pm (Pg.7)</td>
</tr>
<tr>
<td>The AllState Foundation</td>
<td>2pm (Pg.13)</td>
<td>Spend Smart</td>
<td>5:45pm (Pg.14)</td>
<td>5:45pm (Pg.14)</td>
<td>5:45pm (Pg.14)</td>
</tr>
<tr>
<td>Moving Ahead Curriculum</td>
<td>Own It Series</td>
<td>Mentoring Support</td>
<td>Basics on Health &amp; Nutrition</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Session 2</td>
<td>Part 3</td>
<td>Workshop Series</td>
<td>5:45pm (Pg.12)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>5:45pm (Pg.9)</td>
<td>Baseline</td>
<td>5:45pm (Pg.13)</td>
<td>Build Your Self-Esteem Empire</td>
<td></td>
<td></td>
</tr>
<tr>
<td>España Comunicación</td>
<td>Building a Brighter Future Part 2</td>
<td>5:45pm (Pg.14)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Asertiva</td>
<td>10am (Pg.16)</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>MONDAY</strong></td>
<td><strong>TUESDAY</strong></td>
<td><strong>WEDNESDAY</strong></td>
<td><strong>THURSDAY</strong></td>
<td><strong>FRIDAY</strong></td>
<td><strong>SATURDAY</strong></td>
</tr>
<tr>
<td>-----------</td>
<td>-------------</td>
<td>---------------</td>
<td>--------------</td>
<td>-----------</td>
<td>--------------</td>
</tr>
<tr>
<td>23</td>
<td>24</td>
<td>25</td>
<td>26</td>
<td>27</td>
<td>28</td>
</tr>
<tr>
<td>Excel Lvl 1</td>
<td>Excel Lvl 2</td>
<td>Salary Negotiation</td>
<td>Closed for Thanksgiving</td>
<td>Closed for Thanksgiving</td>
<td>Closed for Thanksgiving</td>
</tr>
<tr>
<td>9:30am (Pg.10)</td>
<td>9:30am (Pg.10)</td>
<td>9:30am (Pg.6)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Developing Boundaries</td>
<td>Make-Up Application</td>
<td>Mindfulness Practice Session</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>10am (Pg.12)</td>
<td>10am (Pg.13)</td>
<td>9:30am (Pg.13)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Miles of Smiles</td>
<td>Resource Coaching</td>
<td>Resource Coaching</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>10am (Pg.15)</td>
<td>11am (Pg.15)</td>
<td>3pm (Pg.15)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Conveying Professionalism</td>
<td>Employment Coaching</td>
<td>Working in a Virtual World</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2pm (Pg.5)</td>
<td>12pm (Pg.6)</td>
<td>5:45pm (Pg.11)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Resiliency 101</td>
<td>Assertive Communication</td>
<td>Building a Brighter Future Part 3</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2pm (Pg.13)</td>
<td>2pm (Pg.12)</td>
<td>5:45pm (Pg.14)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>First Steps</td>
<td>Conquer with Confidence</td>
<td>LinkedIn</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5:45pm (Pg.4)</td>
<td>2pm (Pg.14)</td>
<td>5:45pm (Pg.6)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Mentee Info Session</td>
<td>LinkedIn</td>
<td>Own It Series Part 4</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5:45pm (Pg.4)</td>
<td>5:45pm (Pg.6)</td>
<td>5:45pm (Pg.8)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Healthy or Wealthy</td>
<td>Building Your Financial Future</td>
<td>Family Court Q&amp;A</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5:45pm (Pg.7)</td>
<td>5:45pm (Pg.7)</td>
<td>5:45pm (Pg.14)</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
November 2020

MONDAY

30
Upward Mobility
Info Session
9:30am (Pg.6)

Kick Start Info
Session
10am (Pg.4)

Building a
Brighter Future
Part 3
12pm (Pg.14)

First Steps
5:45pm (Pg.4)

Intro to
Technology &
Coding
5:45pm (Pg.10)

The AllState
Foundation
Moving Forward
Curriculum
Session 3
5:45pm (Pg.9)
Community Legal Services

Community Legal Services (CLS) is dedicated to providing legal assistance, advice or representation, self-help materials and legal education so people can know their rights. CLS assists low income Arizonans to navigate the Family Court process, focusing on victims of domestic violence and children at risk of abuse or neglect.

CLS assists with various types of family law issues which may include divorce, legal decision making, parenting time, enforcement, modification, and child support. Approximately 83% of Arizonans represent themselves in Family Court. CLS provides helpful resources in self-representation, especially for domestic violence victims and survivors.

Here are a few things our clients have shared about attending workshops/webinars with CLS:

- “This class was fantastic. I received so much information and am much more confident to file my paperwork. Josh was patient with all of our questions and extremely knowledgeable.”
- “I enjoyed this class - reading material was provided. Konnie explained services available and filing procedures great information provided.”
- “Very knowledgeable, experienced person and really willing to help. I felt supported 100%.”
- “Really positive and helpful. Made me more knowledgeable and confident.”
- “Calm, empathetic, patient, on point, direct. The class was very helpful as well as the participants to ask great questions to handle court concerns for parties involved.”

Looking for more Family Law support? Look no further than Fresh Start!

We have dedicated, friendly, and experienced Certified Legal Document Preparers who can review or prepare family court documents at a significantly reduced fee. All document preparation services are by appointment only and are available in both English and Spanish.

Family Law Intake Process

- Register as a Fresh Start client (if needed)
- Complete an online Family Law Intake Form
- Fresh Start Staff connect with client within 48 hours to schedule full Intake Appointment
- Intake Appointment with Fresh Start Staff

Fresh Start Women’s Foundation strives to offer the best services possible to all women in the community seeking Family Law Support. Please keep in mind that there may be some matters that involve complex circumstances and elements that are beyond Fresh Start’s level of expertise. We can, however, provide you with referrals and resources within the community to better serve you and your need for Family Law Support.

For more information, contact familylawsupport@fswf.org
HELPING WOMEN HELP THEMSELVES