

March 2017

Programs & Services Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<p><u>Career Readiness Group</u> 9:30-10:30am (Free)</p> <p><u>Building Peaceful Families</u> 9:30-10:30am (Free)</p> <p><u>Mentee Info Session</u> 9:30-10:30am (Free)</p> <p><u>Fresh Start Orientation</u> 12:30-1:15pm (Free)</p> <p><u>Next Steps</u> 1:30-2:15pm (Free)</p> <p><u>Discovering Your Worth</u> 5:45-7:45pm (\$10)</p> <p><u>Me First</u> 5:45-7:45pm (Free)</p> <p><u>Continuing Healthy Boundaries</u> 5:45-7:45pm (Free)</p> <p><u>Espanol</u> <u>Camino de Sanacion</u> 9:30-11:30am (Gratis)</p>	<p><u>Creating a Great Resume</u> 9:30-11am (Free)</p> <p><u>Healing Journey</u> 9:30-11:30am (Free)</p> <p><u>Career Coach Nancy</u> 12-2pm (Free)</p> <p><u>Next Steps</u> 3-3:45pm (Free)</p> <p><u>Personal Narrative 101 Pt. 2</u> 5:45-7:15pm (\$10)</p>	<p><u>Intro to Facebook</u> 9:30-11:30am (\$10)</p> <p><u>Career Coach Beth</u> 10am-12:30pm (Free)</p> <p><u>Career Coach Judy</u> 10am-12:30pm (Free)</p> <p><u>Reiki Self Help</u> 2-4pm (\$10)</p>	<p><u>Shifting Your Mindfulness</u> 9:30-11:30am (\$10)</p> <p><u>Open Computer Lab</u> 11:30am-1:30pm (Free)</p> <p><u>Espanol</u> <u>Clases de Ingles</u> 9:30-11:30am (Gratis)</p> <p><u>Comedores Compulsivos</u> 9:30-11:30am (Gratis)</p> <p><u>Al-Anon</u> 11am-12:45pm (Gratis)</p>
<p><u>6</u> <u>Salon Day</u> 11am-3pm (\$10)</p> <p><u>Self-Love Meditation</u> 5:45-7:15pm (\$10)</p> <p><u>Espanol</u> <u>Orientación de Fresh Start</u> 11-11:30am (Gratis)</p> <p><u>Proximos Pasos</u> 11:30am-12:15pm (Gratis)</p> <p><u>Comedores Compulsivos</u> 5:45-7:30pm (Gratis)</p> <p><u>Violencia Domestica Grupo</u> 5:45-6:45pm (Gratis)</p>	<p><u>7</u> <u>Enhancing Self Esteem</u> 9:30-10:15am (\$10)</p> <p><u>Fresh Express Bus</u> 9:30-10:30am</p> <p><u>EJG Scholarship Info Session</u> 9:30-11am (Free)</p> <p><u>Time Management</u> 9:30-11am (\$10)</p> <p><u>Intro to Programs</u> 12-1pm (Free)</p> <p><u>Support Circle</u> 2-3pm (Free)</p> <p><u>Career Coach Lori</u> 4-6pm (Free)</p> <p><u>DreamBuilder Info Session</u> 5:45-6:45pm (Free)</p> <p><u>Surviving Abuse</u> 5:45-7:15pm (Free)</p> <p><u>Sexual Assault Group</u> 5:45-6:45pm (Free)</p>	<p><u>8</u> <u>Born Dazzling & Brilliant</u> 9:30-11am (\$10)</p> <p><u>Career Readiness Group</u> 9:30-10:30am (Free)</p> <p><u>Building Peaceful Families</u> 9:30-11am (Free)</p> <p><u>Healing Touch</u> 10am-2pm (\$10)</p> <p><u>Fresh Start Orientation</u> 12:30-1:15pm (Free)</p> <p><u>Next Steps</u> 1:30-2:15pm (Free)</p> <p><u>Assertive Communication</u> 2-4pm (\$10)</p> <p><u>Informational Interviewing</u> 2-4pm (\$10)</p> <p><u>Emotional Intelligence</u> 5:45-7:45pm (\$10)</p> <p><u>Discovering Your Worth</u> 5:45-7:45pm (\$10)</p> <p><u>Intro to Programs</u> 5:45-6:45pm (Free)</p> <p><u>Child Support Info Session</u> 5:45-7:45pm (\$10)</p> <p><u>Continuing Healthy Boundaries</u> 5:45-6:45pm (Free)</p> <p><u>Espanol</u> <u>Divorcio</u> 9:30-11:30am (\$10)</p> <p><u>Camino de Sanacion</u> 9:30-11:30am (Gratis)</p>	<p><u>9</u> <u>Master the Art of Interview</u> 9:30-11:45am (\$10)</p> <p><u>Healing Journey</u> 9:30-11:30am (Free)</p> <p><u>Parenting and Stress</u> 9:30-11:30am (Free)</p> <p><u>Financial Coach Jian</u> 11:30am-1:30pm (Free)</p> <p><u>Career Coach Nancy</u> 12-2pm (Free)</p> <p><u>Next Steps</u> 3-3:45pm (Free)</p> <p><u>Career Coach Courtney</u> 5-7pm (Free)</p> <p><u>Own It: Financial Education</u> 5:45-7:30pm (Free)</p> <p><u>SNAP and AHCCCS Application Assistance:</u> Contact Mary Perez at 602-870-6060 ext. 338951 for appointment (Free)</p>	<p><u>10</u> <u>Microsoft Outlook</u> 9:30-11:30am (\$10)</p>	<p><u>11</u> <u>Microsoft PowerPoint Basics</u> 9:30-11:30am (\$10)</p> <p><u>Entrepreneur 101</u> 11:30am-1pm (\$10)</p> <p><u>Open Computer Lab</u> 11:30am-1:30pm (Free)</p> <p><u>Espanol</u> <u>Clases de Ingles</u> 9:30-11:30am (Gratis)</p> <p><u>Comedores Compulsivos</u> 9:30-11:30am (Gratis)</p> <p><u>Al-Anon</u> 11am-12:45pm (Gratis)</p>


>> Fresh Start has a no late arrival policy for workshops; please arrive 15 minutes prior to check-in<<

>> One-on-one domestic violence advocacy services provided by Eve's Place, call for appointment: 623-537-5380 <<

>> Uno-a-uno servicios de defensa de violencia por Eve's Place, llame para una cita: 623-537-5380 <<

March 2017

Programs & Services Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>13 <u>Jump Start</u> 9:30am-4pm (\$25)</p> <p><u>Self-Love Guided Meditation</u> 5:45-7:15pm (\$10)</p> <p><u>Espanol</u> <u>Orientación de Fresh Start</u> 11-11:30am (Gratis)</p> <p><u>Proximos Pasos</u> 11:30am-12:15pm (Gratis)</p> <p><u>Career Coach Beth</u> 1-3pm (Free)</p> <p><u>Comedores Compulsivos</u> 5:45-7:30pm (Gratis)</p> <p><u>Violencia Domestica Grupo</u> 5:45-6:45pm (Gratis)</p>	<p>14 <u>Parenting AZ Storytime</u> 9:30-10:30am (Free)</p> <p><u>Foundation for Success</u> 9:30am-2pm (\$10)</p> <p><u>Enhancing Self-Esteem</u> 9:30-10:45am (\$10)</p> <p><u>Career Exploration</u> 9:30-11am (\$10)</p> <p><u>How to Use LinkedIn</u> 9:30-11:30am (\$10)</p> <p><u>Intro to Programs</u> 12-1pm (Free)</p> <p><u>Preparing & Presenting Your Case</u> 2-4pm (\$10)</p> <p><u>Support Circle</u> 2-3pm (Free)</p> <p><u>Career Coach Lori</u> 4-6pm (Free)</p> <p><u>Sexual Assault Group</u> 5:45-6:45pm (Free)</p> <p><u>Surviving Abuse</u> 5:45-7:15pm (Free)</p>	<p>15 <u>Microsoft PowerPoint Basics</u> 9:30-11:30am (\$10)</p> <p><u>Building Peaceful Families</u> 9:30-11:30am (Free)</p> <p><u>Fresh Start Orientation</u> 12:30-1:15pm (Free)</p> <p><u>Next Steps</u> 1:30-2:15pm (Free)</p> <p><u>Mentee Info Session</u> 2-3pm (Free)</p> <p><u>Discovering Your Worth</u> 5:45-7:45pm (\$10)</p> <p><u>Financial Aid 101</u> 5:45-6:45pm (Free)</p> <p><u>Espanol</u> <u>Camino de Sanacion</u> 9:30-11:30am (Gratis)</p> <p>Women's Conference Registration Deadline bit.ly/fsconference17</p> 	<p>16 <u>Healing Journey</u> 9:30-11:30am (Free)</p> <p><u>Career Coach Lois</u> 1-3pm (Free)</p> <p><u>Developing Boundaries Pt. 1</u> 2-4pm (Free)</p> <p><u>Next Steps</u> 3-3:45pm (Free)</p> <p><u>Open Computer Lab</u> 5:45-7:30pm (Free)</p> <p><u>Financial Planning 101</u> 5:45-7:30pm (\$10)</p>	<p>17 <u>Internet Garage Sale</u> 9:30-11:30am (\$10)</p>	<p>18 <u>Parenting with a Purpose</u> 9:30am-1:30pm (Free)</p> <p><u>Tai Chi</u> 9:30-11:30am (\$10)</p> <p><u>Girls Thriving</u> 9:30 am-1:30 pm (Free) Pre-registration required</p> <p><u>Goal Achievement Strategy</u> 11am-1pm (\$10)</p> <p><u>Espanol</u> <u>Padres Con Proposito</u> 9:30am-1:30pm (Gratis)</p> <p><u>Clases de Ingles</u> 9:30-11:30am (Gratis)</p> <p><u>Comedores Compulsivos</u> 9:30-11:30am (Gratis)</p> <p><u>Al-Anon</u> 11am-12:45pm (Gratis)</p>
<p>20 <u>Social Media in Job Search</u> 9:30-11am (\$10)</p> <p><u>Self-Love Guided Meditation</u> 5:45-7:15pm (\$10)</p> <p><u>Espanol</u> <u>Orientación de Fresh Start</u> 11-11:30am (Gratis)</p> <p><u>Proximos Pasos</u> 11:30am-12:15pm (Gratis)</p> <p><u>Comedores Compulsivos</u> 5:45-7:30pm (Gratis)</p> <p><u>Violencia Domestica Grupo</u> 5:45-6:45pm (Gratis)</p>	<p>21 <u>Enhancing Self-Esteem</u> 9:30-10:45am (\$10)</p> <p><u>Fresh Express Bus</u> 9:30-10:30am</p> <p><u>Finding A Job in Half the Time</u> 9:30-11am (Free)</p> <p><u>Goal Setting 101</u> 9:30-11:30am (\$10)</p> <p><u>Intro to Programs</u> 12-1pm (Free)</p> <p><u>Support Circle</u> 2-3pm (Free)</p> <p><u>HerStory: Career Exploration</u> 5:45-7:45pm (Free)</p> <p><u>AZ Divorce Laws Q&A</u> 2-4pm (\$10)</p> <p><u>Career Coach Lori</u> 4-6pm (Free)</p> <p><u>Open Computer Lab</u> 5:45-7:30pm (Free)</p> <p><u>Surviving Abuse</u> 5:45-7:15pm (Free)</p> <p><u>Sexual Assault Group</u> 5:45-6:45pm (Free)</p>	<p>22 <u>Building Peaceful Families</u> 9:30-11:30am (Free)</p> <p><u>Career Readiness Group</u> 9:30-10:30am (Free)</p> <p><u>Fresh Start Orientation</u> 12:30-1:15pm (Free)</p> <p><u>Next Steps</u> 1:30-2:15pm (Free)</p> <p><u>EJG Scholarship Info Session</u> 2-3:30pm (Free)</p> <p><u>Discovering Your Worth</u> 5:45-7:45pm (\$10)</p> <p><u>Positive Discipline & Guidance</u> 5:45-7:45pm (Free)</p> <p><u>Espanol</u> <u>Camino de Sanacion</u> 9:30-11:30am (Gratis)</p> <p><u>Custodia</u> 5:45-7:45pm (\$10)</p>	<p>23 <u>Healing Journey</u> 9:30-11:30 (Free)</p> <p><u>Financial Coach Jian</u> 11:30am-1:30pm (Free)</p> <p><u>Mary Kay Makeup Class</u> 2-4pm (Free)</p> <p><u>Developing Boundaries Pt. 2</u> 2-4pm (\$10)</p> <p><u>Next Steps</u> 3-3:45pm (Free)</p> <p><u>Career Coach Courtney</u> 5-7pm (Free)</p>	<p>24 <u>Home Computer Organization</u> 9:30-11:30am (\$10)</p>	<p>25 <u>Ready, Set, GROW!</u> 9:30am-1:30pm (Free)</p> <p><u>Espanol</u> <u>Clases de Ingles</u> 9:30-11:30am (Gratis)</p> <p><u>Comedores Compulsivos</u> 9:30-11:30am (Gratis)</p> <p><u>Al-Anon</u> 11am-12:45pm (Gratis)</p>
<p>27 <u>Mentee Info Session</u> 9:30-10:30am (Free)</p> <p><u>Career Coach Lois</u> 1-3pm (Free)</p> <p><u>Divorce Info Session</u> 5:45-7:45pm (\$10)</p> <p><u>Self-Love Guided Meditation</u> 5:45-7:15pm (\$10)</p> <p><u>Espanol</u> <u>Orientación de Fresh Start</u> 11-11:30am (Gratis)</p> <p><u>Proximos Pasos</u> 11:30am-12:15pm (Gratis)</p> <p><u>Comedores Compulsivos</u> 5:45-7:30pm (Gratis)</p> <p><u>Violencia Domestica Grupo</u> 5:45-6:45pm (Gratis)</p>	<p>28 <u>Enhancing Self-Esteem</u> 9:30-10:45am (\$10)</p> <p><u>Intro to Programs</u> 12-1pm (Free)</p> <p><u>Career Coach Beth</u> 1-3pm (Free)</p> <p><u>Support Circle</u> 2-3pm (Free)</p> <p><u>Career Coach Lori</u> 4-6pm (Free)</p> <p><u>Surviving Abuse</u> 5:45-7:15pm (Free)</p> <p><u>Sexual Assault Group</u> 5:45-6:45pm (Free)</p>	<p>29 <u>Building Peaceful Families</u> 9:30-11:30am (Free)</p> <p><u>Fresh Start Orientation</u> 12:30-1:15pm (Free)</p> <p><u>Next Steps</u> 1:30-2:15pm (Free)</p> <p><u>Emotional Intelligence</u> 2-4pm (\$10)</p> <p><u>Open Computer Lab</u> 5:45-7:30pm (Free)</p> <p><u>Discovering Your Worth</u> 5:45-7:45pm (\$10)</p> <p><u>Espanol</u> <u>Camino de Sanacion</u> 9:30-11:30am (Gratis)</p>	<p>30 <u>Healing Journey</u> 9:30-11:30am (Free)</p> <p>Women's Conference 8 a.m. - 1:30 p.m. Pre-registration required</p>	<p>31 Fresh Start Closed Due to Staff Development</p> 