

FRESH START WOMEN'S FOUNDATION

Catalog

JANUARY 2021



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
- 13** Life Skills

- 15** Support Services
- 17** Spanish Services
- 19** Program Feature
- 20** Community Partner Feature
- 21** Calendar Pages



MEET THE STAFF



MELISSA SARINA
Success Coach

Happy New Year!

We made it through 2020. *cue deep breath* Last year, we were confronted with countless hurdles, hardships, and heartache. While we discovered new ways to connect and ignite hope, we cannot discount how challenging last year was for most. As we welcome 2021, we recognize that the dawn of a new year anticipates a clear path to make a fresh start. We have the opportunity to reflect on the past and reimagine our future.

Here at Fresh Start, we are in the business of new beginnings. In my role as Success Coach, I have the privilege of engaging daily with clients about their new beginnings. During Upward Mobility check-ins, we discuss the personalized process of maintaining motivation and accomplishing goals. We celebrate all progress whether the wins come big or small. Each day, I am happy to act as a listening ear who is available with resources and support.

Progress is not linear. And we know that change can happen any day of the week. Even though January 1 provides a renewed sense of drive, this day does not determine the rate of your growth. Nonetheless, this month signifies a clear, fresh start which empowers you to take that first step and redefine who you are and what you want.

"I can be changed by what happens to me. but I refuse to be reduced by it." Maya Angelou

2020 was a defining year but it does not define you. You have the power to learn from your experiences and choose how you want to move forward. You are strong. You are determined, and you are fierce. Say it with me!

Fresh Start wants to walk alongside you with programs, services, and encouragement, as a reminder that all events, positive and negative, have a purpose and produce resiliency. As we say in the Upward Mobility Program, when you take a step, we take a step with you. Even though we do not know the journey that lies ahead in 2021, let's take the first step together.

Cheers,

Melissa Sarina

Featured Programs

FIRST STEPS

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.

Fridays	01/08-01/29	12 p.m. - 1 p.m.
Mondays	01/04-01/25	5:45 p.m. - 6:45 p.m.
Sat.	01/23	10 a.m. - 11 a.m.

JUMP START

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.

Mon.-Thurs.	01/18-01/21	10 a.m. - 3 p.m.
-------------	-------------	------------------

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.

Weds.	01/13	5:45 p.m. - 6:45 p.m.
Fri.	01/29	9:30 a.m. - 10:30 a.m.



MENTEE INFO SESSION

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

Tues.	01/12	5:45 p.m. - 6:45 p.m.
Fri.	01/29	9:30 a.m. - 10:30 a.m.

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.

Mon.	01/18	5:45 p.m. - 6:45 p.m.
Thurs.	01/21	9:30 a.m. - 10:30 a.m.

Featured Programs are an excellent way to get started with Fresh Start!

Client registration is required before attending webinars, support groups and certain events.

Registration can be completed on the Fresh Start website under the Our Services tab.

For assistance please contact Client Services at 602-252-8494.

Career & Education

APPLYING FOR SCHOLARSHIPS

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

Tues. 01/12 10 a.m. - 11 a.m.

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.

Mon. 01/11 5:45 p.m. - 6:45 p.m.

Weds. 01/13 9:30 a.m. - 10:30 a.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. 01/05 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).

Tues. 01/12 9:30 a.m. - 10:30 a.m.

Weds. 01/20 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. 01/06 5:45 p.m. - 6:45 p.m.

Mon. 01/25 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!

Tues. 01/12 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.

Career & Education

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.

Sat.	01/16	10 a.m. - 1 p.m.
Tues.	01/26	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.

Tuesdays	01/05-01/26	12 p.m. - 2 p.m.
Thursdays	01/07-01/28	5 p.m. - 7 p.m.
Sat.	01/23	10 a.m. - 11:45 p.m.

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.

Fri.	01/15	9:30 a.m. - 10:30 a.m.
------	-------	------------------------

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.	01/12	5:45 p.m. - 6:45 p.m.
Thurs.	01/28	9:30 a.m. - 10:30 a.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.	01/26	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.	01/14	5:45 p.m. - 6:45 p.m.
Weds.	01/27	9:30 a.m. - 10:30 a.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.	01/18	2 p.m. - 3 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.

Financial Literacy

ASSESSING YOUR FINANCES WITH TAKE CHARGE AMERICA

Participants examine their financial well-being by completing a questionnaire to identify areas of improvement in their specific financial situation.

Mon. 01/26 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. 01/21 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. 01/21 2:30 p.m. - 4:15p.m.

INSURANCE 101 WITH YWCA

Insurance 101 will teach you everything you need to know about insurance. Whether it's for a car, home, health or life, everyone needs insurance.

Tues. 01/12 5:45 p.m. - 6:45 p.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. 01/20 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 part 1 is encouraged.

Thurs. 01/21 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.

Financial Literacy

KNOW YOUR WORTH - WAGE NEGOTIATION WITH THE YWCA

Join YWCA Metropolitan Phoenix in empowering women to close the wage gap! We offer an educational program geared towards providing women with the skills and knowledge to advocate for themselves and their families during wage negotiations. This live workshop will cover topic on the wage gap itself, creating a career portfolio, writing value statements and negotiation strategies. We will practice and work on our interview skills with trained facilitators in breakout sessions. Join us, as we widen the community of women committed to closing the pay gap!

Tues. 01/26 5:45 p.m. - 6:45 p.m.

PAYING FOR COLLEGE WITH TAKE CHARGE AMERICA

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

Mon. 01/25 9:30 a.m. - 10:30 a.m.

PREPARING FOR TAXES WITH TAKE CHARGE AMERICA

Participants learn the basics of how taxes are computed, the difference between deductions, exemptions and tax credits, and how to prepare to file their tax return.

Thurs. 01/07 5:45 p.m. - 6:45 p.m.

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.

Weds. 01/13 9:30 a.m. - 10:30 a.m.

YOUR INCOME, EXPENSES, AND YOUR SPENDING & SAVING PLAN WITH BANK OF AMERICA

We will learn how to track income and expenses. We will also learn how to develop a spending and savings plan.

Tues. 01/12 5:45 p.m. - 6:45 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.

Financial Literacy

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. 01/11 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. 01/25 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. 02/08 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. 02/22 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.

Thurs. 01/07 9:30 a.m. - 11:30 a.m.

GOOGLE DOCS LEVEL 1

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

Weds. 01/06 2 p.m. - 4 p.m.

GOOGLE DOCS LEVEL 2

Pre-requisite: Google Docs Level 1. This workshop builds on the skills taught in the Google Docs Level 1 course, introducing you to more advanced features of Docs.

Thurs. 01/07 2 p.m. - 4 p.m.

GOOGLE SHEETS LEVEL 1

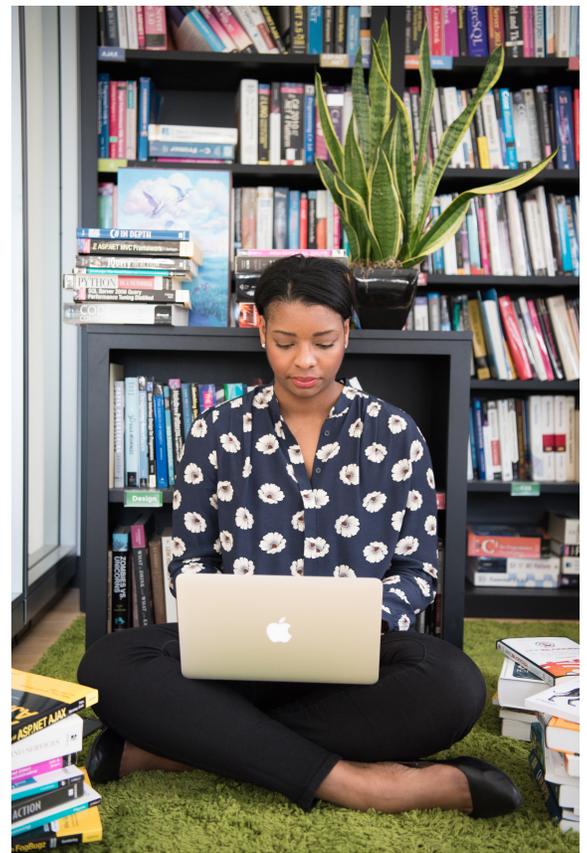
This beginning level workshop introduces you to the spreadsheet application offered as part of Google's suite of productivity tools.

Weds. 01/20 2 p.m. - 4 p.m.

GOOGLE SHEETS LEVEL 2

Pre-requisite: Google Sheets Level 1. This workshop builds on the skills taught in the Google Sheets Level 1 course, introducing you to more advanced features of Sheets.

Thurs. 01/21 2 p.m. - 4 p.m.



GOOGLE SLIDES LEVEL 1

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

Weds. 01/13 2 p.m. - 4 p.m.

GOOGLE SLIDES LEVEL 2

Pre-requisite: Google Slides Level 1. This workshop builds on the skills taught in the Google Slides Level 1 course, introducing you to more advanced features of Slides.

Thurs. 01/14 2 p.m. - 4 p.m.

INTRO TO TECHNOLOGY & CODING

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

Mon. 1/11 5:45 p.m. - 7:45 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.

Computer Literacy

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.	01/25	9:30 a.m. - 11:30 a.m.
Weds.	01/27	5:45 p.m. - 7:45 p.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.	01/26	9:30 a.m. - 11:30 a.m.
Weds.	01/28	5:45 p.m. - 7:45 p.m.

MICROSOFT EXCEL LEVEL 3

Pre-requisite: Microsoft Excel Levels 1 & 2. This workshop builds on the skills taught in the Microsoft Excel Series Levels 1 & 2, introducing you to more advanced features of Excel.

Fri.	01/29	9:30 a.m. - 11:30 a.m.
------	-------	------------------------

MICROSOFT EXCEL LEVEL 4

Pre-requisite: Microsoft Excel Level 3. This workshop continues to build on the skills taught in previous Excel classes, introducing you to Pivot Tables, VLookup and CountIf, Custom Lists, and more.

Fri.	02/26	2 p.m. - 4 p.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.	01/18	9:30 a.m. - 11:30 a.m.
Weds.	01/20	5:45 p.m. - 7:45 p.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.	01/19	9:30 a.m. - 11:30 a.m.
Thurs.	01/21	5:45 p.m. - 7:45 p.m.

MICROSOFT POWERPOINT LEVEL 3

Pre-requisite: Microsoft PowerPoint Levels 1 & 2. This workshop builds on the skills taught in the Microsoft PowerPoint Series, introducing you to more advanced features of PowerPoint.

Fri.	01/22	9:30 a.m. - 11:30 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. 01/05 9:30 a.m. - 11:30 a.m.

Tues. 01/05 5:45 p.m. - 7:45 p.m.

Weds. 01/13 5:45 p.m. - 7:45 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.

Weds. 01/06 5:45 p.m. - 7:45 p.m.

Mon. 01/11 9:30 a.m. - 11:30 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.

Thurs. 01/07 5:45 p.m. - 7:45 p.m.

Tues. 01/12 9:30 a.m. - 11:30 a.m.

MICROSOFT WORD LEVEL 3

Pre-requisite: Microsoft Word Levels 1 & 2.

This workshop builds on the skills taught in the Microsoft Word Series, introducing you to more advanced features of Word.

Thurs.

01/14

9:30 a.m. - 11:30 a.m.

MICROSOFT WORD LEVEL 4

Pre-requisite: Microsoft Word Level 3. This workshop continues to build on the skills taught in previous Word classes, introducing you to columns, outline numbering, generating Tables of Contents, adding footnotes, and working with multiple headers and footers.

Weds.

02/10

2 p.m. - 4 p.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.

Weds.

01/27

5:45 p.m. - 7:45 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.

Mon.

01/18

5:45 p.m. - 7:45 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.

Life Skills

ASSERTIVE COMMUNICATION

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

Thurs. 01/07 9:30 a.m. - 10:30 a.m.

Tues. 01/26 5:45 p.m. - 6:45 p.m.

BASICS ON EXERCISE & FITNESS

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

Weds. 01/27 5:45 p.m. - 7:15 p.m.

BASICS ON HEALTH & NUTRITION

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

Thurs. 01/21 5:45 p.m. - 7:15 p.m.

DEVELOPING BOUNDARIES

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

Thurs. 01/07 12 p.m. - 1 p.m.

Weds. 01/27 5:45 p.m. - 6:45 p.m.

EMOTIONAL INTELLIGENCE PART 1

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

Fri. 01/08 9:30 a.m. - 10:30 a.m.

EMOTIONAL INTELLIGENCE PART 2

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

Fri. 01/15 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.

Life Skills

GOAL SETTING

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

Thurs. 01/14 9:30 a.m. - 10:30 a.m.

Thurs. 01/28 2 p.m. - 3 p.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. 01/20 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. 01/07 5:45 p.m. - 6:15 p.m.

Weds. 01/20 9:30 a.m. - 10:15a.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. 01/12 10 a.m. - 11 a.m.

Mon. 01/25 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@fswf.org with questions.

Tues.-Thurs. 01/26-01/28 10 a.m. - 11 a.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.**

Mon. 01/04 12 p.m. - 1 p.m.

Mon. 01/18 12 p.m. - 1 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. 01/09 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.

Support Services

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.

Thurs. 01/21 9:30 a.m. - 11 a.m.

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!

Weds. 01/13 2 p.m. - 3 p.m.

Mon. 01/18 12 p.m. - 1 p.m.

Tues. 01/26 5:45 p.m. - 6:45 p.m.

CONQUER CONFIDENCE: BUILDING

YOUR OWN SELF-CONFIDENCE

By utilizing these steps, you will learn how to develop more self-confidence, learn why self-confidence is important, the connection between self-confidence and behavior, and the tools to PREPARE FOR SUCCESS!

Thurs. 01/07 12 p.m. - 1 p.m.

Thurs. 01/14 2 p.m. - 3 p.m.

Thurs. 01/28 5:45 p.m. - 6:45 p.m.

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.

Tues. 01/26 5:45 p.m. - 6:45 p.m.

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.

Tues. 01/05 9:30 a.m. - 10:30 a.m.

MILES OF SMILES: PROMOTING POSITIVITY & DEFENDING AGAINST DEPRESSION

Teaching you the steps to building and promoting positivity in your personal and professional self while finding ways to combat against negative thoughts and emotions. Think POSITIVE and ENJOY LIFE!

Tues. 01/05 12 p.m. - 1 p.m.

Tues. 01/12 2 p.m. - 3 p.m.

Tues. 01/19 5:45 p.m. - 6:45 p.m.

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.

Support Services

PREPARING & PRESENTING YOUR FAMILY COURT CASE WITH COMMUNITY LEGAL SERVICES

Community Legal Services attorneys will teach you how to prepare and present your case in court and provide information, resources, and helpful tips about Arizona Family Court processes during the COVID-19 Pandemic—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.

Mon.	01/04	5:45 p.m. - 7:45 p.m..
Tues.	01/12	9:30 a.m. - 11:30 a.m.

RESOURCE COACHING

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

Tuesdays	01/05-01/26	11 a.m. - 3 p.m.
Wednesday	01/06-01/27	3 p.m. - 6 p.m.
Sat.	01/16	10 a.m. - 1 p.m.

TOPIC GROUP SERIES: BUILDING A BRIGHTER FUTURE

This three-part series offers the chance to work in a small group to learn strategies for defining & developing goals. In part 1 we will work on plan development, part 2 will focus on the steps to put your plan into action, and part 3 will maximize your ability to see & share your vision. Support one another while discovering how exciting this process can be as you move forward towards your brighter future! You must attend the same day & time for all three sessions.

Mondays	01/04, 01/11, 01/25	5:45 p.m. - 6:45 p.m.
Wednesdays	01/06, 01/20, 01/27	12 p.m. - 1 p.m.

TOPIC GROUP: COFFEE TALK WITH CLAUDIA

This is a strengths based group with the goal of discussing solutions to the everyday problems or needs in our community. This month: assessing my own needs: Ever wonder why we are struggling and lack the ability to move forward with the goals we set for ourselves? this month we will be assessing our needs and prioritize steps to help us get closer to our achieving our goals. No judgement zone!

Fri.	01/15	10 a.m. - 12 p.m.
------	-------	-------------------

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.

Spanish Services

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.

Siempre

Todos

10 minutos

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.

Miercoles

01/06

9:30 a.m. - 10:30 a.m.

ALIVIO DEL ESTRÉS

Este webinar le ayudará a entender el estrés y a aprender herramientas para manejar los impactos del estrés en el día a día. **Este es un curso parte del Foundation Series.**

Jueves

01/14

5:45 p.m. - 6:45 p.m.

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. **Este es un curso parte del Foundation Series.**

Miercoles

01/20

5:45 p.m. - 6:45 p.m.

ESTABLECIENDO OBJETIVOS

Participe en nuestro webinar para aprender maneras simples y fáciles de identificar una meta y crear un plan para lograrlo. Esta sesión le ayudará a aprender a superar desafíos pasados que haya tenido y para crear un nuevo objetivos específicos que le gustaría lograr. **Este es un curso parte del Foundation Series.**

Miercoles

01/13

12 p.m. - 1 p.m.

LÍMITES SANOS

Este webinar le ayudará a identificar límites sanos, las señales de que tus límites no son sanos y los ganchos 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. **Este es un curso parte del Foundation Series.**

Miercoles

01/06

2 p.m. - 3 p.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.

Spanish Services

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 01/04 9:30 a.m. - 11:30 a.m.

HABILIDADES BASICOS

COMPUTACIONALES Y HERRAMIENTAS

DE GOOGLE

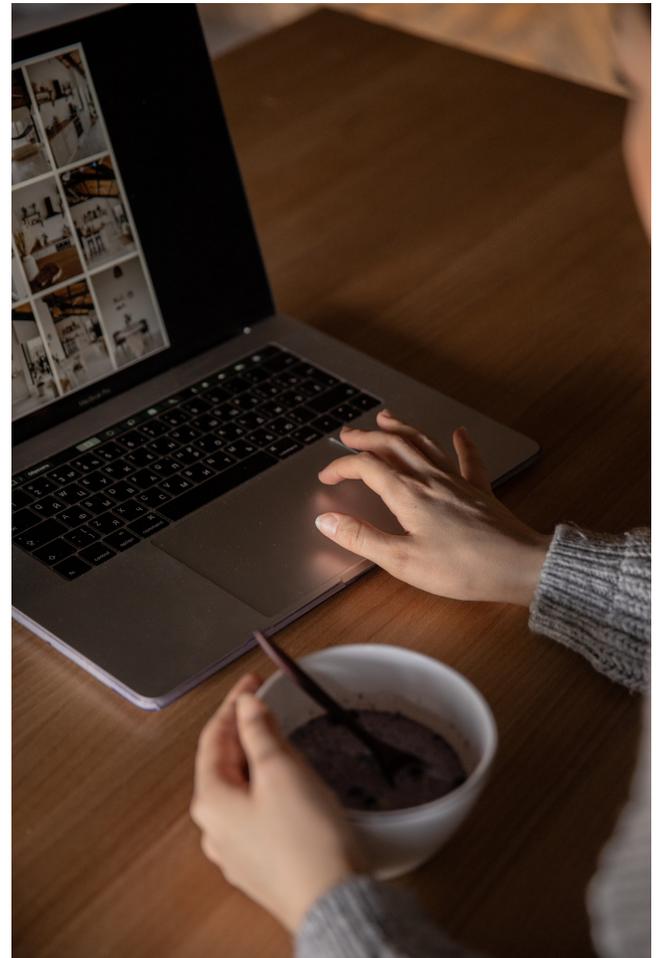
¿Sabía usted que Google es más que sólo una de herramienta de búsqueda del Internet? Obtenga más información acerca de la potente herramienta de búsqueda de Internet de Google, así como de todas las aplicaciones de Google, como el correo electrónico, los mapas, la creación de documentos, las hojas de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

Viernes 01/15 9:30 a.m. - 11:30 a.m.

TRABAJANDO EN UN MUNDO VIRTUAL

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

Martes 01/19 2 p.m. - 4 p.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.

Jump Start & Kick Start Programs



Jump Start

Jump Start is a week-long series that concentrates on self-reflection, personal and professional development skills and emotional intelligence, while moving forward with newly defined goals.

The program offers women the opportunity to build a new social support network and gives them a feeling of renewed energy along with tools to keep advancing in life. Upon completion, clients reach the Thrive Level of Connection at Fresh Start.

Workshops provided in the week-long series:

- Fresh Start Foundation Series; Assertive Communication, Developing Boundaries, Goal Setting, and Stress Relief
- Resiliency 101
- Passion & Purpose
- You Do You Journaling
- Emotional Intelligence
- Resume Writing and Instruction

Pre-Requisites: Register as a client. Attend First Steps Orientation. Register for the next Jump Start week.

Kick Start

Kick Start is a self-paced version of the Jump Start program in which women design their own path to the Thrive Level of Connection at Fresh Start.

The program provides women with flexibility to reach their goals within their own time frame. Fresh Start provides a Program of Study which outlines the workshops required to reach Thrive Level.

Workshops required in Kick Start:

First Steps Orientation

- Fresh Start Foundation Series; Assertive Communication, Developing Boundaries, Goal Setting, and Stress Relief
- Elective Workshops from the Catalog in the following categories; Career & Education, Financial Literacy, Computer Literacy, Support Services, or Life Skills

Lakiesha Townsel is Fresh Start's Personal Development Program Manager who oversees both the Jump Start & Kick Start programs. Lakiesha has a true passion for helping women reach their highest potential! Contact Lakiesha at ltownsel@fswf.org for more information or to get started with either program.



Community Partner



Take Charge America is a non-profit that has provided financial education and services to improve the lives of individuals and families since 1987. They are one of the largest nonprofit credit counseling and debt management agencies in the nation.

Their vision is to become an essential lifelong resource for those seeking education, guidance, options, and solutions for improving their financial health.

Take Charge America and Fresh Start have been partnered in offering women financial education for 3 years.

Each quarter Take Charge America teaches multiple workshops to help empower Fresh Start women with the financial education they need to be successful.

List of Topics:

- Mind Over Money, Master Your Debt
- Retirement Preparation: Get Ready for the Second Act
- Stash It!
- Preparing for Taxes
- Assessing Your Finances
- Give Yourself Some Credit
- Paying for College
- Healthy or Wealthy
- Teaching Children About Money

For the last 3 years, Fresh Start has been lucky to have Matt Long delivering Take Charge America workshops.

Here are some quotes from Fresh Start clients who have worked directly with Matt.

- "Matt is an awesome and knowledgeable presenter. He really breaks things down and explains them laymen terms."
- "I loved this presentation. So many great ideas and Matt made it fun."
- "Matt has a great sense of humor and also, I'm excited for next class!"
- "Matt was a phenomenal presenter. I really enjoy his presentations and it meant so much to me that the people were there to still teach us valuable skills despite the challenges that come with the pandemic. Please bring Matt back as much as you can, very knowledgeable, thorough and personable. He made us feel comfortable to ask questions and had great ideas. Would love to take another class with him."

If you are looking for support with credit counseling, student loan counseling, housing counseling, or debt help you can reach out to Take Charge America directly through their website at takechargeamerica.org. Their website also includes a Financial Education library full of excellent resources.

January 2021

MONDAY

4

Stress Relief
12pm (Pg.14)

First Steps
5:45pm (Pg.4)

Preparing & Presenting Your Family Court Case
5:45pm (Pg.16)

Topic Group: Building a Brighter Future Part 1
5:45pm (Pg. 16)

Español Comenzando Con Microsoft Windows
9:30am (Pg.18)

TUESDAY

5

Brighton College Info Session
9:30am (Pg.5)

Windows Lvl 1
9:30am (Pg.12)

Intro to Family Court
9:30am (Pg.15)

Resource Coaching
11am (Pg.16)

Employment Coaching
12pm (Pg.6)

Miles of Smiles
12pm (Pg. 15)

Windows Lvl 1
5:45pm (Pg.12)

WEDNESDAY

6

Topic Group: Building a Brighter Future Part 1
12pm (Pg.16)

Google Docs Level 1
2pm (Pg.10)

Resource Coaching
3pm (Pg.16)

Conveying Professionalism
5:45pm (Pg.5)

Word Level 1
5:45pm (Pg.12)

Español Introducción al Tribunal de Familia
9:30am (Pg.17)

Limites Sanos
2pm (Pg.17)

THURSDAY

7

Basic Computers & Google Tools
9:30am (Pg.10)

Assertive Communication
9:30am (Pg.13)

Developing Boundaries
12pm (Pg.13)

Conquer with Confidence
12pm (Pg.15)

Google Docs Level 2
2pm (Pg.10)

Employment Coaching
5pm (Pg.6)

Preparing for Taxes
5:45pm (Pg.8)

Word Lvl 2
5:45pm (Pg.12)

Mindfulness Practice Session
5:45pm (Pg.14)

FRIDAY

8

Emotional Intelligence Part 1
9:30am (Pg.13)

First Steps
5:45pm (Pg.4)

SATURDAY

9

Yoga: Stretching & Breathing
9:30am (Pg.14)

Employment Coaching
10am (Pg.6)

January 2021

MONDAY

11

Word Level 1
9:30am (Pg.12)

First Steps
5:45pm (Pg.4)

ACRC Info Session
5:45pm (Pg.5)

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

Healthy Relationships with Money
AllState Moving Ahead
5:45pm (Pg.9)

Topic Group: Building a Brighter Future Part 2
5:45pm (Pg.16)

TUESDAY

12

Communicating Effectively
9:30am (Pg.5)

Word Level 2
9:30am (Pg.12)

Preparing & Presenting Your Family Court Case
9:30am (Pg.16)

Applying for Scholarships
10am (Pg.5)

Resiliency 101
10am (Pg.14)

Resource Coaching
11am (Pg.16)

DreamBuilder Info Session
12pm (Pg.5)

Miles of Smiles
2pm (Pg.15)

Mentee Info Session
5:45pm (Pg.4)

Interviewing to Get the Job
5:45pm (Pg.6)

Insurance 101
5:45pm (Pg.7)

Your Spending & Saving Plan
5:45pm (Pg.8)

WEDNESDAY

13

ACRC Info Session
9:30am (Pg.5)

Stash It!
9:30am (Pg.8)

Google Slides Level 1
2pm (Pg.10)

Build Your Empire
2pm (Pg.15)

Resource Coaching
3pm (Pg.16)

Kick Start Info Session
5:45pm (Pg.4)

Windows Lvl 1
5:45pm (Pg.12)

Español Estableciendo Objetivos
12pm (Pg.17)

THURSDAY

14

Assessing Your Finances
9:30am (Pg.7)

Word Level 3
9:30am (Pg.12)

Goal Setting
9:30am (Pg.14)

Google Slides Level 2
2pm (Pg.10)

Conquer with Confidence
2pm (Pg.15)

Employment Coaching
5pm (Pg.6)

Salary Negotiation
5:45pm (Pg.6)

Español Alivio del Estrés
5:45pm (Pg.17)

FRIDAY

15

Employment Event
9:30am (Pg.6)

Emotional Intelligence Part 2
9:30am (Pg.6)

Topic Group: Coffee Talk with Claudia
10am (Pg.16)

First Steps
12pm (Pg.4)

Español Habilidades Basicos Computaciona Les y Herramientas de Google
9:30am (Pg.18)

SATURDAY

16

Employment Boot Camp
10am (Pg.6)

Resource Coaching
10am (Pg.16)

January 2021

MONDAY

18

PowerPoint Lvl 1
9:30am (Pg.11)

Jump Start
Mon. - Thurs.
10am (Pg.4)

Stress Relief
12pm (Pg.14)

Build Your Empire
12pm (Pg.15)

Writing a Winning Resume
2pm (Pg.6)

First Steps
5:45pm (Pg.4)

Upward Mobility Info Session
5:45pm (Pg.4)

Working in a Virtual World
5:45pm (Pg.12)

TUESDAY

19

PowerPoint Lvl 2
9:30am (Pg.11)

Resource Coaching
11am (Pg.16)

Employment Coaching
12pm (Pg.6)

Miles of Smiles
5:45pm (Pg.15)

Español Trabajando en un Mundo Virtual
2pm (Pg.18)

WEDNESDAY

20

Mindfulness Practice Session
9:30am (Pg.14)

Topic Group: Building a Brighter Future Part 2
12pm (Pg.16)

Google Sheets Level 1
2pm (Pg.10)

Resource Coaching
3pm (Pg.16)

Communicating Effectively
5:45pm (Pg.5)

Investments Part 1
5:45pm (Pg.7)

PowerPoint Lvl 1
5:45pm (Pg.11)

Mentoring Support Workshop Series
5:45pm (Pg.14)

Español Comunicación Asertiva
5:45pm (Pg.17)

THURSDAY

21

Upward Mobility Info Session
9:30am (Pg.4)

Business Accounting
9:30am (Pg.7)

Accessing Protective Orders
9:30am (Pg.15)

Google Sheets Level 2
2pm (Pg.10)

Financial Coaching
2:30pm (Pg.7)

Employment Coaching
5pm (Pg.6)

Investments Part 2
5:45pm (Pg.7)

PowerPoint Lvl 2
5:45pm (Pg.11)

Basics on Health & Nutrition
5:45pm (Pg.13)

FRIDAY

22

PowerPoint Level 3
9:30am (Pg.11)

First Steps
12pm (Pg.4)

SATURDAY

23

First Steps
10am (Pg.4)

Employment Coaching
10am (Pg.6)

January 2021

MONDAY

25

Excel Lvl 1

9:30am (Pg.11)

Paying for College

9:30am (Pg.8)

Conveying Professionalism
2pm (Pg.5)

Resiliency 101
2pm (Pg.14)

First Steps
5:45pm (Pg.4)

When Is Debt Okay? AllState Moving Ahead
5:45pm (Pg.9)

Topic Group: Building a Brighter Future Part 3
5:45pm (Pg.16)

TUESDAY

26

Excel Lvl 2

9:30am (Pg.11)

Employment Boot Camp
10am (Pg.6)

SpeakHer Series
Tues.-Thurs.
10am (Pg.14)

Resource Coaching
11am (Pg.16)

Employment Coaching
12pm (Pg.6)

LinkedIn
5:45pm (Pg.6)

Know Your Worth Wage Negotiation
5:45pm (Pg.8)

Assertive Communication
5:45pm (Pg.13)

Build Your Empire
5:45pm (Pg.15)

Family Court Prep Q&A
5:45pm (Pg.15)

WEDNESDAY

27

Salary Negotiation
9:30am (Pg.6)

Topic Group: Building a Brighter Future Part 3
12pm (Pg.16)

Resource Coaching
3pm (Pg.16)

Technology Career Coaching
5:45pm (Pg.12)

Excel Level 1
5:45pm (Pg.11)

Basics of Exercise & Fitness
5:45pm (Pg.13)

Developing Boundaries
5:45pm (Pg.13)

THURSDAY

28

Interviewing to Get the Job
9:30am (Pg.6)

Goal Setting
2pm (Pg.14)

Employment Coaching
5pm (Pg.6)

Excel Level 2
5:45pm (Pg.11)

Conquer with Confidence
5:45pm (Pg.15)

FRIDAY

29

Kick Start Info Session
9:30am (Pg.4)

Mentee Info Session
9:30am (Pg.4)

Excel Level 3
9:30am (Pg.11)

First Steps
12pm (Pg.4)

SATURDAY

30



HELPING WOMEN HELP THEMSELVES



Fresh Start
Women's Foundation