



jewell mcfarland lewis ✦ fresh start
women's resource center



program catalog for
SEP ✦ OCT ✦ NOV ✦ DEC 2010

Talleres en Español





Jewell McFarland Lewis – Fresh Start Women's Resource Center

welcome

The Jewell McFarland Lewis – Fresh Start Women's Resource Center is open to all women. Our mission is to help women help themselves. We are the first comprehensive center offering quality services to women seeking self-improvement.

Whether you are adjusting to a career change, concerned about financial security, coping with difficult family relationships, or simply seeking opportunities for personal growth, Fresh Start is here to support you on your journey.

We invite you to explore new beginnings and embrace life's transitions through our unique programs and services:

- Personal Development Services
- Self-Esteem Enhancement Services
- Education Services
- Family Law Support Services
- Career Services
- Mentoring Program
- Library Services

Recognizing the growing need for bilingual services in our community, Fresh Start provides most of its programs and services in both English and Spanish. We are also pleased to offer free Child Watch services for up to four hours while you visit our Center.

Fresh Start relies on the financial contributions of women just like you to provide high-quality services. During these difficult economic times, we ask that when you choose to attend a workshop or utilize a service, you contribute whatever you are able to support the Women's Resource Center.

Drop by during our hours of operation or attend a Fresh Start 101 Orientation to learn more about what we can do for you. We welcome you to your Center.



Fresh Start
Women's Foundation
1130 E. McDowell Road
Phoenix, AZ 85006
602-252-8494

WeHelpWomen.com

OPEN TO ALL ADULT WOMEN

Our Hours – NEW!

Fresh Start Women's Resource Center is open Monday-Thursday from 11 am to 7 pm and Saturday from 9am to 2 pm. We are closed Fridays and Sundays. For general information, please call (602) 252-8494 or visit www.WeHelpWomen.com.

Confidentiality

It is the policy of Fresh Start to respect and protect the confidentiality of all clients. We do not release client information to agencies without written or verbal consent, unless required by law to do so.

Service-Fee Policy

Fresh Start strives to ensure that its services are affordable and available to all women, regardless of the ability to pay.

Fresh Start 101

Any woman new to Fresh Start is required to attend Fresh Start 101. Our staff will provide an overview of all Fresh Start programs and services and explain how to access them. *Free of charge. No registration required. Please arrive 15 minutes early to complete paper work. **No late arrivals will be admitted.** This service is reserved for individual clients. To schedule a tour of Fresh Start for groups of four or more, please call 602-252-8494.*

Tuesday, Wednesday, Thursday: 12 to 1 pm and Saturday: 9:30 to 10:30 am

Fresh Start 101 will not be offered on September 4th, November 24th and 27th, December 23rd, 28th, 29th and 30th or January 1st.

Important Information

- Child Watch services are available free of charge on a first-come, first-served basis to mothers and legal guardians of children infant to 12 years of age. Court documentation is required for legal guardians to use this service. *See page 2 for detailed information.*
- Workshops close 15 minutes after their scheduled start time. Please allow yourself enough time to get to Fresh Start for a workshop. **Late arrivals will not be admitted.** *See page 2 for details.*
- Unlike workshops, support groups remain open. You can be admitted to a support group at any point after its scheduled start time. *Closed support groups require pre-registration, which is noted below its listing in the catalog. See page 11 for details.*
- You may purchase five workshops for the price of four if paid in advance! *Please ask Fresh Start staff for details. This discount applies to \$5 workshops only.*

East Valley Fresh Start

Many women in the East Valley have difficulty accessing the Women's Resource Center in Phoenix. Therefore, a group of community leaders in the East Valley has been working to bring Fresh Start programs and services to East Valley communities. With the generous support of a Humana Communities Benefit Program grant, and donations from hundreds of community members, select services are now available in the East Valley. Over the course of the coming year, we will expand the options available.

- For Personal Development and Family Law Support Services, please call (602) 653-0090. *Spanish services are available.*
- For general questions about East Valley Fresh Start, please call (602) 261-7159.

INSIDE THE WOMEN'S RESOURCE CENTER

Empowerment Services

Fresh Start's Empowerment Specialists are social workers who can provide individual support as you face various life transitions, seek opportunities for new growth, and set personal and professional development goals. Empowerment Specialists work with you one-on-one to help prioritize your needs and create an action plan for accessing resources and connecting you to Fresh Start's life-enhancing services.

Attendance at Fresh Start 101 Orientation is required prior to meeting with an Empowerment Specialist. Please see page 1 for the Fresh Start 101 schedule.

Education Services

Fresh Start offers a variety of educational workshops, support groups, and featured events to inspire and empower all women. Our programs provide practical skills and personal growth opportunities in both English and Spanish. Registration for all workshops can be completed online at www.WeHelpWomen.com or via phone at (602) 261-7143. We strongly recommend that you register for workshops at least 48 hours in advance. Walk-ins are always welcome if classes are still open. Workshops cost \$5 each. Fee Waiver forms are available if you are unable to pay and can be completed at Fresh Start at the time of your workshop. *Check-in for workshops closes 15 minutes after the scheduled start time. Please arrive on time.*

Family Law Support Services

Navigating the Family Court system in Arizona can often be a confusing and intimidating experience. At Fresh Start, we strive to help women effectively advocate for themselves and their children in Family Court. Our Family Law Support staff is here to educate you about Arizona's domestic relations laws and help you prepare for court. We offer group legal information sessions, seminars, and divorce document preparation workshops. Our Certified Legal Document Preparers can prepare family court documents at a significantly reduced fee. Legal Information Sessions and seminars cost \$5 each. *Fresh Start staff cannot provide legal advice on individual cases.*

Career Services

Fresh Start's Career Services assists women in various stages of professional development. Whether you are returning to work after an extended absence, seeking advancement, changing careers, or newly embarking on your professional journey, we provide tools to build your confidence moving forward. Search for jobs in our computer center or job-posting book, create resumes and cover letters, gain interviewing tips, or research educational opportunities. Our Career Coaches can meet with you one-on-one to provide job searching advice, administer career assessments, help you craft a resume or cover letter, or simply offer guidance. *Career Coaches are available on a first-come, first-served basis Monday through Thursday and Saturday. Call in advance or visit our website at www.WeHelpWomen.com for a schedule of available dates and times.*

Mentoring Program

The Fresh Start Mentoring Program is goal-based and supports focus on one of four tracks: education, career advancement, financial independence, or entrepreneurship. The program unites women in transition with female volunteer mentors who can provide accountability and follow-through on goal completion. *The Mentoring Program is referral-based. If you feel it would be a good fit for you, please speak with an Empowerment Specialist.*

Self-Esteem Services

Fresh Start's Self-Esteem Room is dedicated to helping you create a positive self-image through workshops and services in the areas of personal appearance, self-care, and well-being. This program includes daytime educational services in professional wardrobing, hair-styling, makeup, manicures, and skin care, and evening seminars focused on cultivating self-worth and enhancing inner strengths.

Library Services

The Fresh Start Library offers a specialized collection of books and media dedicated to women's self-sufficiency and empowerment. Our space is designed for you to locate information of interest or necessity, either on your own or with staff assistance. Five computers offer free internet access for job searching, resume writing, and research. Additionally, we offer resume building, typing, and computer skills software, as well as the Rosetta Stone program for learning English or Spanish. Library staff can assist with reference questions, computer use, photocopies, and local fax services. The Library is also a comfortable and safe space to study or relax with a magazine. *Open Monday-Thursday from 11 am to 5 pm and Saturday from 9 am to 2 pm.*

Child Watch

Child Watch services are provided free of charge to Fresh Start mothers and their children. Child Watch is a safe space for children to participate in nurturing, educational, and age-appropriate activities while their mothers or legal guardians access Fresh Start's services. Because we are not a day care center, if you are the child's guardian, you must provide court documentation verifying that relationship. Mothers and guardians must remain on Fresh Start's premises while their children are in Child Watch, and they are the only people allowed to drop off or pick up their children. Child Watch is available for children from infancy to 12 years of age on Mondays-Thursdays from 11 am to 8 pm and Saturdays from 9 am to 2 pm. Participants may use Child Watch for up to 4 hours per day as long as a full meal is provided for each child; otherwise, services are limited to 2 hours. For more information, please call Fresh Start at (602) 252-8494. *Space is available on a first-come, first-served basis. Because we do not take reservations, we suggest you arrive 30 minutes prior to your workshop or appointment time to ensure a space for your child(ren).*

For more information about any of these programs or services, please call (602) 252-8494.

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Fresh Start Empowerment Levels

The Fresh Start Empowerment Levels shown below are designed to help you identify which workshops best meet your needs. You will find these symbols at the end of each workshop description, excluding Support Groups and Legal Information seminars. If you are just starting fresh in a particular area, classes at our New Beginning level may be appropriate. If you have a secure understanding of a topic, look for classes at the Emerging level. If you feel confident or experienced with a subject, choose workshops at the Thriving level. If you would like guidance in selecting workshops to enhance your personal development, consider meeting with an Empowerment Specialist. Regardless of Empowerment Level, all workshops are open to all women at any time.



New Beginning



Emerging



Thriving

**You can download a copy of
the Fresh Start program catalog at
www.WeHelpWomen.com**

WORKSHOPS BY DATE

DAY/DATE TOPIC PAGE

September

W 1	Divorce Forms, Packets 1&2	10
Th 2	Setting Goals and Creating Wealth.....5	
	Entrenamiento Sobre Búsqueda de Trabajo ..14	
S 4	Free HIV Testing	8
M 6	Labor Day – WRC CLOSED	
T 7	Foreclosure and Loan Modification.....5	
	Resume Writing	6
W 8	Professional Communication & Etiquette6	
	Divorce Forms, Packet 3	10
	Preparing for Family Court	10
Th 9	Email Basics.....7	
	Financiera y Bancario P.1	14
	Aprendiendo a Perdonar	15
M 13	Interviewing Techniques	6
T 14	Interviewing Lab	6
	The Business Launch.....7	
	Divorce Forms, Packets 1&2	10
W 15	Dealing with Difficult People	8
	Divorce Forms, Packets 3&4	10
Th 16	El Poder de las Palabras en las Relaciones ..15	
S 18	Divorce Forms, Packets 1&2	10
M 20	Job Searching for the Future.....6	
	Email Basics.....7	
T 21	Affordable Housing Options	5
	Resume Writing	6
	Inner Beauty Bootcamp	8
	Child Support.....10	
W 22	Professional Communication & Etiquette6	
	Networking Your Way to Career Success.....7	
	Building Peaceful Families (8 weeks)	8
	Free HIV Testing	8
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Th 23	Financiera y Bancario P.2	14
	Inmigración Bajo el Acta VAWA	14
M 27	Interviewing Techniques	6
T 28	Bankruptcy Education.....5	
	Interviewing Lab	6
	Divorce Forms, Packets 3&4	10
W 29	Body Language	9
Th 30	Divorce: Gaining Control.....5	
	Three Secrets to Public Speaking	8
	Makeup 101	9

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	Entrenamiento Sobre Búsqueda de Trabajo ..14	
M 4	Job Searching for the Future.....6	
T 5	Accessing Government Benefits	5
	Resume Writing	6
	Inner Beauty Bootcamp	8
	Financiera y Bancario P.1	14
W 6	Divorce Forms, Packets 1&2	10
Th 7	Managing Money & Savings.....5	
	Email Basics.....7	
	Developing Boundaries, Part 1	8
	Three Secrets to Public Speaking	8
S 9	Back to School for You!	7
M 11	Interviewing Techniques	6

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	Empezando un Negocio	14
W 13	Professional Communication & Etiquette6	
	Dealing with Difficult People	8
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Th 14	Developing Boundaries, Part 2	8
	Living on Purpose	9
	Relaciones Exitosas.....15	
S 16	Divorce Forms, Packets 1&2	10
	Chakras.....16	
M 18	Job Searching for the Future.....6	
	Transforming Your Life, Part 1	6
T 19	Foreclosure and Loan Modification.....5	
	Resume Writing	6
	Financiera y Bancario P.2	14
W 20	Divorce Forms, Packets 3&4	10
Th 21	Divorce: Gaining Control.....5	
	Web Searching Basics	7
	Manutención de Menores.....14	
S 23	Essential Time Management.....7	
M 25	Interviewing Techniques	6
	Transforming Your Life, Part 2	6
T 26	Interviewing Lab	6
	Networking Your Way to Career Success.....7	
	Divorce Forms, Packets 3&4	10
W 27	Professional Communication & Etiquette6	
	Free HIV Testing	8
	Divorce Forms, Packet 3	10
Th 28	Living on Purpose	8
S 30	¿Que es el Reiki?	16

November

M 1	Job Searching for the Future.....6	
	Email Basics.....7	
T 2	Connecting Money to Life, P. 1.....5	
	Resume Writing	6
	Makeup 101	9
W 3	Body Language.....9	
	Divorce Forms, Packets 1&2	10
	Financiera y Bancario P.1	14
Th 4	Using Credit Wisely.....5	
S 6	Free HIV Testing	8
M 8	Interviewing Techniques	6
T 9	Connecting Money to Life, P. 2.....5	
	Interviewing Lab	6
	Divorce Forms, Packets 1&2	10
	Madre-Hija un Vinculo de Amor.....15	
W 10	Professional Communication & Etiquette6	
	Networking Your Way to Career Success.....7	
	Reinventing Yourself	9
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Th 11	Emotional Intelligence, Part 1	9
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M 15	Job Searching for the Future.....6	
	Web Searching Basics	7
T 16	Connecting Money to Life, P. 3.....5	
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	Resume Writing	6
	Child Support	10
W 17	Divorce Forms, Packets 3&4	10
	Financiera y Bancario P.2	14
Th 18	Divorce: Gaining Control.....5	
	Emotional Intelligence, Part 2	9
S 20	Divorce Forms, Packets 1&2	10
M 22	Interviewing Techniques	6
T 23	Affordable Housing Options	5
	Interviewing Lab	6
	Divorce Forms, Packets 3&4	10
W 24	Professional Communication & Etiquette6	
	Divorce Forms, Packet 3	10
	Free HIV Testing	8
Th 25	Thanksgiving Day – WRC CLOSED	
T 30	Accessing Government Benefits	5
	Developing Boundaries, Part 1	8
	Makeup 101	9

December

W 1	Divorce Forms, Packets 1&2	
	Presupuestos y Ahorro	14
Th 2	Keeping Debt Under Control	5
	Divorce: Gaining Control.....5	
	Email Basics.....7	
	Manutención de Menores	14
S 4	Free HIV Testing	8
M 6	Job Searching for the Future.....6	
	La Depresión	15
T 7	Accessing Government Benefits	5
	Resume Writing	6
	Developing Boundaries, Part 2.....8	
W 8	Professional Communication & Etiquette6	
	Divorce Forms, Packet 3	10
	Preparing for Family Court	10
Th 9	Living on Purpose	9
M 13	Interviewing Techniques	6
T 14	Interviewing Lab	6
	Divorce Forms, Packets 1&2	10
Th 16	Web Searching Basics	7
	El Desafío de Cambiar tu Vida	15
S 18	Divorce Forms, Packets 1&2	10
M 20	Job Searching for the Future.....6	
T 21	Resume Writing	6
W 22	Professional Communication & Etiquette6	
	Free HIV Testing	8
	Divorce Forms, Packet 3	10
	Divorce Forms, Packets 3&4	10
S 25	Christmas Day – WRC CLOSED	
M 27	Holiday Observance – WRC CLOSED	
T 28	Holiday Observance – WRC CLOSED	
W 29	Holiday Observance – WRC CLOSED	
Th 30	Holiday Observance – WRC CLOSED	
S 1	New Year's Day – WRC CLOSED	

Weekly sessions, orientations, and support groups are not listed.

JOURNEY TO FINANCIAL SECURITY

Consumer Credit Counseling Services presents a four-part series to help you take control of your finances. Attend one workshop or all four. ○ (\$5 per session)

All sessions are from 2 to 4 pm

Setting Goals and Priorities and Creating Wealth
Thursday, September 2

Managing Money and Building Savings
Thursday, October 7

Using Credit Wisely and Understanding Credit Reports & Scores
Thursday, November 4

Keeping Debt Under Control and Your Important Papers Reference Guide
Thursday, December 2

Bankruptcy Education

with The Bankruptcy Education Committee,
U.S. Bankruptcy Court, District of Arizona

This workshop will teach you the ins and outs of filing for bankruptcy in plain language so you can make an informed decision about filing and feel prepared for what lies ahead. Session topics include: bankruptcy vs. debt negotiation, descriptions of choices, credit counseling and financial education requirements, and changes and new provisions in the law. The committee will answer questions related to eligibility, property, discharge of debt, payments to the Trustee, effects of filing on your credit, length and cost of the process, bankruptcy and divorce, and what you can expect throughout. Pamphlets, forms, and contact information will be provided. ○ (\$5)

Tuesday, September 28, 6 to 7:45 pm

Tuesday, November 30, 6 to 7:45 pm

Accessing Government Benefits

with Kerri McKinney, MSW, Fresh Start Social Worker

This workshop is an opportunity for you to learn more about available government programs and benefits and how to apply, including child and family resources, healthcare, financial benefits, food and nutrition, housing and utilities, and senior/disabled services. ○ (\$5)

Tuesday, October 5, 6 to 7:45 pm

Tuesday, December 7, 6 to 7:45 pm

Sign Up To Attend Any One Of These Programs Or Events

Call (602) 261-7143 or visit www.WeHelpWomen.com

Understanding Affordable Housing Options

with UMOM New Day Centers Staff

Navigating the public housing system can be confusing, especially when safety or money is a concern. Learn about shelter, low-income, affordable, and multi-family housing, and better understand options, legal issues, types of housing and how to qualify. ○ (\$5)

Tuesday, September 21, 6 to 7:45 pm

Tuesday, November 23, 6 to 7:45 pm

Connecting Your Money to Your Life™

with Thomas Lofy, Attorney, CFP, CPA, Yoga Instructor

This powerful workshop is not about investment choices, numbers, or charts. It is about understanding your relationship with money and finding alternatives for more effective living. Discover inspiring and practical tools you can use immediately to change your life. You may attend one session or all three.

● (\$5 per session)

Part 1: Tuesday, November 2, 5:45 to 7:45 pm

Part 2: Tuesday, November 9, 5:45 to 7:45 pm

Part 3: Tuesday, November 16, 5:45 to 7:45 pm

Foreclosure and Loan Modification

with Joseph Velez, Attorney at Law

This workshop is for anyone facing the difficult question of whether to keep their home or allow the lender to take it back. The instructor will discuss important options and considerations and dispel myths of the foreclosure process, including whether it is best to surrender your home; steps to take to keep your home; loan modification; whether the bank can sue you after it takes back property; tax and credit; and short sale vs. voluntary surrender. (\$5)

Tuesday, September 7, 6:30 to 7:45 pm

Tuesday, October 19, 6:30 to 7:45 pm

Tuesday, November 16, 6:30 to 7:45 pm

Divorce: Gaining Control

with Renee Hanson, CFP™, CED, CDFA, and Bob Burger, CFP™, CDFA

Divorce is hard enough without worrying about your financial future. This workshop will ensure that you are better prepared for what lies ahead. Learn the importance of protecting your assets, mistakes to avoid, and become aware of what you're entitled to during the divorce process. (\$5)

Thursday, September 30, 6 to 7:45 pm

Thursday, October 21, 6 to 7:45 pm

Thursday, November 18, 6 to 7:45 pm

Thursday, December 2, 6 to 7:45 pm

CAREER DEVELOPMENT

CAREER BOOT CAMP

Our two-week boot camp will arm you with the tools necessary to be more prepared and successful in your job search or career. Workshops are listed in the recommended order of completion. All are presented by Fresh Start Career Services Staff and Career Coaches. ○ ● ●

Job Searching for the Future

Technology and the internet can be wonderful job searching resources if you know how to use them effectively! Gain the tips you need to make the most of your job search. (\$5)

1st Monday of the month from 1 to 3 pm

3rd Monday of the month from 5:45 to 7:45 pm

(No class on Monday, September 6th)

Resume Writing

Learn how to craft a resume that will grab the attention of any employer. Acquire the tools you need to effectively showcase your skills and experience. (\$5)

1st Tuesday of the month from 1 to 3 pm

3rd Tuesday of the month from 5:45 to 7:45 pm

Resume Assistance

Still feel like you need some more help with your resume? Take advantage of our team of professional Career Coaches available on a daily basis to review your resume and provide helpful feedback, or visit one of Fresh Start's computer labs to utilize our professional resume writing software. (no charge)

Interviewing Techniques

This workshop will help you effectively prepare for any interview, including all the dos and don'ts you need to know to ace the interview. (\$5)

2nd Monday of the month from 1 to 3 pm

4th Monday of the month from 5:45 to 7:45 pm

(No Class on December 27th)

Interviewing Lab

Practice answering questions and receiving feedback on your interview style in a safe environment. *Completion of Interviewing Techniques is required before this class.* (\$5)

2nd Tuesday of the month from 1 to 3 pm

4th Tuesday of the month from 5:45 to 7:45 pm

(No Lab on December 28th)

Professional Communication & Etiquette

Acquire the tools to become an indispensable employee! Learn what every employee needs to know to get ahead. (\$5)

2nd Wednesday of every month 1 to 3 pm

4th Wednesday of every month 5:45 to 7:45 pm

Overcoming the Barriers: Job Searching with a Record

with Amy Michalenko,
Fresh Start Career Services Manager

Job searching can be an overwhelming process, especially with a record. This class will assist women who have previously been incarcerated with effectively handling a conviction when job searching, completing applications, conducting interviews or writing a resume. Get back on the path to career success! ○ (\$5)

Tuesday, October 12, 6 to 7:45 pm

CAREER COACHING

Career Coaches are professionals who can provide resources and guidance to help you reach your goals! Our team of coaches possesses expertise in the areas of career guidance, resume writing, interviewing, and job searching. Stop in for a free, personalized, one-on-one session with a Fresh Start Career Coach. *Bilingual coaches are also available. Biographies of all Fresh Start Career Coaches can be reviewed at the Fresh Start Library. Times and dates vary. For an up-to-date career coaching schedule, call 602-252-8494, visit www.wehelpwomen.com, or stop by Fresh Start.* (no charge)

First come, first served, Monday-Thursday and Saturday

Transforming Your Life by Discovering Your Core Strengths

with Dennece McKelvy & Paula Shoup,
Business and/Career Coaches & Consultants

Have you ever thought about who you really are? Many of us answer this question with an "I am" statement – "I am a secretary," "I am a CEO," or "I am a mother." We may think that "we are what we do," but if we delve deeper, we will discover much more. Awareness and implementation of your core strengths significantly enhances happiness and performance at work and home. Join this 2-part series to identify your strengths and teach you how to use them. Get ready to live a happier, more productive life! ● ● (\$5)

Part 1 – Discovering Your Core Strengths
Monday, October 18, 6 to 7:45 pm

Part 2 – Integrating Core Strengths
for Happiness & Productivity

You must attend Part 1 before attending Part 2

Monday, October 25, 6 to 7:45 pm

Sign Up To Attend Any One Of These Programs Or Events

Call (602) 261-7143 or visit www.WeHelpWomen.com

FRESH START STAFFING SOLUTIONS

Fresh Start Staffing Solutions is designed to match talented women with companies that will best develop their potential. We place women in a variety of industries and companies in the areas of administrative/clerical and customer service positions. Each woman who enrolls in this service will receive a personalized employment plan and training to prepare her for successful job placement in temporary, temp-to-hire, and permanent/full-time positions. Once candidates complete initial training, they will be eligible for placement with companies. If you are interested in enrolling with Fresh Start Staffing Solutions, please visit our website at www.wehelpwomen.com and click on "Fresh Start Staffing Solutions" to begin the application process.

Essential Time Management

with Leslie Kepler, M.A.

Get a handle on managing your time, starting with the basics! Learn short-term planning and prioritizing skills so you can do what you want to do each and every day, experiencing a healthier work-life balance. When your life gets complicated, your time management system shouldn't be! ○● (\$5)

Saturday, October 23, 10 am to noon

Back to School For You!

with Bonnie Wentzel, M.A., Founder of StudentMom.com

Perhaps you've never had an opportunity to attend college. Maybe you took time off to raise your family. Whatever the case, this workshop is for you! We will discuss finding the right program, balancing homework with housework, overcoming educational obstacles, and making the most of your experience in the classroom. You *can* return to school – make this the first step in your journey! ○●● (\$5)

Saturday, October 9, 10 am to noon

EDUCATION INFORMATION DAYS

Each Tuesday, a different school from around the Valley will be on hand to meet with women interested in continuing their education. Representatives will be available on a walk-in basis from 11 am to 2 pm to discuss schooling options, financial aid availability, majors and degrees, and much more. Check our monthly Career Services calendar for a schedule of participating schools, or log on to our website at www.wehelpwomen.com to visit the Career Services page. (no charge)

Every Tuesday, 11 am to 2 pm

Sign Up To Attend Any One Of These Programs Or Events

Call (602) 261-7143 or visit www.WeHelpWomen.com

Email Basics

with Jill Anderson, B.S.

This class will walk you through setting up an email account, sending and receiving mail, attaching documents such as a resume for job applications, and standard email etiquette. *Class is limited to 10 students. Basic knowledge of how to use a computer is required.* ○ (\$5)

Thursday, September 9, 6 to 7:45 pm

Thursday, October 7, 2 to 4 pm

Monday, November 1, 2 to 4 pm

Thursday, December 2, 2 to 4 pm

Web Searching Basics

with members of Females in Technology (FIT)

Learn how to find information online, whether searching for a job, a place to live, community resources, or researching a topic of interest. We will cover search engines, effective search strategies, popular web resources, and job searching websites. *Class is limited to 10 students. Basic knowledge of how to use a computer is required.* ○ (\$5)

Monday, September 20, 2 to 4 pm

Thursday, October 21, 2 to 4 pm

Monday, November 15, 2 to 4 pm

Thursday, December 16, 2 to 4 pm

Networking Your Way to Career Success

with Wanda Hough, Manager of Local Accounts & Adjunct Professor, DeVry University

Getting a job has a lot to do with your connections and who you know. Don't miss this exciting workshop that will teach you to use the newest technology and social media sites to build your professional community, network effectively, and market yourself to potential employers. From Linked-In to Facebook, and Twitter to Brightfuse, learn the latest tips and tricks for conducting a successful job search. ○●● (\$5)

Wednesday, September 22, 6 to 7:45 pm

Tuesday, October 26, 6 to 7:45 pm

Wednesday, November 10, 6 to 7:45 pm

The Business Launch

with Lisha Garcia, Small Business Development Center

This workshop will help you strategically evaluate your business idea. We will discuss basic information needed to start a business and how to assess your idea for success. Topics include licensing requirements; feasibility studies; locating market information; financial resources; and marketing tips. ●● (\$5)

Tuesday, September 14, 11:30 am to 1:30 pm

HEALTHY LIVING

Developing Boundaries

with Merle Salus-Herbig, LCSW,
Fresh Start Social Worker

This in-depth, two-part workshop will teach you the emotional hooks that prevent us from setting boundaries in a relationship. Learn boundary-setting skills you can apply directly to your relationships with partners, co-workers, family, friends, and children. ○ (\$5)

Part I:

Thursday, October 7, 6 to 7:45 pm

Tuesday, November 30, 12 to 2 pm

Part II:

Thursday, October 14, 6 to 7:45 pm

Tuesday, December 7, 12 to 2 pm

*Attendance at Part I is required prior to attending Part II.

Building Peaceful Families

with JCFS Shelter Without Walls Staff

This 8-week series will cover the dynamics of domestic violence, its effects on the family, and the skills needed to help you become emotionally and financially stable to live independently. You will learn about your rights as a victim of domestic violence; the legal processes involved in divorce, child custody, and Orders of Protection; how to prepare a safety plan; and steps necessary to exit safely. Free Child Watch is available on a first-come, first-served basis. Women may attend any of these individual classes, but certificates will be awarded to those who complete all 8 sessions. To register, call 602-261-7143 or visit www.wehelpwomen.com. ○ (no charge)

Week 1: Domestic Violence Defined

Week 2: Planning for a Safe Exit

Week 3: The Effects of Domestic Violence on Children

Week 4: Legal Rights

Week 5: Community Resources

Week 6: Planning for Financial Independence

Week 7: Defining Healthy Relationships

Week 8: Overview and Graduation

Wednesdays, September 22-November 10, 11:30 am to 1 pm

Dealing with Difficult People

with Dr. Jean Paisley, Ph.D., Life Coach

You're constantly negotiating – to make decisions, solve problems, and relate to families, communities, and work situations. Whether dealing with an unruly teenager or office bully, strategize to use your power constructively and retain control in difficult situations. You don't need to get mad or get even to get results! ○● (\$5)

Wednesday, September 15, 6 to 7:45 pm

Wednesday, October 13, 6 to 7:45 pm

Three Secrets to Public Speaking!

with Pamela White, M.A.,

author of *The Incredibly Confident Woman*

Polished presentation skills are a must in today's world. This workshop will teach you how to clearly express your ideas in a group, speak up at a staff meeting, or give an impromptu speech. Learn how to identify your fears and transform them into effective strategies for powerful presentations. Pamela will provide you with the basic tools and techniques for preparation, delivery, and confidence-building to help you overcome your fear of public speaking. ○● (\$5)

Thursday, September 30, 6 to 7:30 pm

Tuesday, October 7, 6 to 7:30 pm

Yoga: All Levels

with Amanda Drake, Thomas Lofy, and Carrie Sweeney

Yoga is a living tradition, an ancient East Indian physical and mental method for self-exploration and growth. Improve your stress management, mood, concentration, focus, balance, flexibility, and memory. The restorative yoga relaxation technique taught on Wednesday evenings uses a series of supported, isolated poses to help alleviate stress. For beginning to advanced levels. Saturdays taught by a male instructor. ○●● (\$5)

Every Wednesday, 6:30 to 7:45 pm

Every Saturday, 9:30 to 11 am

(No class December 25 and 29 or January 1)

Free, Quick, and Confidential HIV Testing

Walk-in basis, with Ebony House and SW Center for HIV/AIDS

1st Saturday of every month, 10:30 am to 1:30 pm

4th Wednesday of every month, 11:30 am to 1:30 pm

Inner Beauty Bootcamp

with Pamela White, M.A.,

author of *The Incredibly Confident Woman*

This bootcamp will introduce self-coaching strategies designed to improve confidence and personal effectiveness. Learn to be confident regardless of your I.Q., education level, or professional experience. Discover new tips and techniques for instant confidence in any situation. Tap into your personal power when you need it most! ○ (\$5)

Tuesday, September 21, 6 to 7:30 pm

Tuesday, October 5, 6 to 7:30 pm

Sign Up To Attend Any One Of These Programs Or Events

Call (602) 261-7143 or visit www.WeHelpWomen.com

Body Language: You are the Message*with Dr. Jean Paisley, Ph.D., Life Coach*

Whether you are talking or stone silent, your body is speaking volumes. The most important information conveyed through conflict or a sensitive situation is often non-verbal. This workshop will help if you use non-verbal communication more mindfully and assess it more accurately, including eye-contact, facial expression, tone of voice, bearing, touch, and space. Learn to present yourself in a positive and confident manner, and to recognize signs that indicate what others are thinking and feeling. ○●● (\$5)

Wednesday, September 29, 6 to 7:45 pm**Wednesday, November 3, 6 to 7:45 pm****Reinventing Yourself***with Dr. Jean Paisley, Ph.D., Life Coach*

Dr. Paisley's coaching strategies have helped countless women transition personally. Come explore your pursuit of the next big change in your life and be smart in managing the journey. Reinvention provides an opportunity for new ideas and processes for personal growth. This workshop will address the unpredictable highs and lows of life as you establish a foundation and road map for your personal and family transitions. ○● (\$5)

Wednesday, November 10, 6 to 7:45 pm**Emotional Intelligence***with Bobbi Seredich, co-founder of Southwest Institute for Emotional Intelligence***Emotional Intelligence I**

This workshop will teach you how to effectively recognize and manage your own emotions and those of others. Emotions have the potential to disrupt our most important business and personal relationships. Understand and identify key trigger points that cause us to "feel" before we "think." Learn to reduce stress and maintain better relationships while living a more fulfilling life. ●● (\$5)

Thursday, November 11, 6 to 7:45 pm**Emotional Intelligence II**

In this second workshop, learn to understand the influences of emotions on behavior. Become aware of what drives personal behavior and who is in charge: "small Self" or "Big Self." Increase the ability to self-soothe more effectively and live with more appreciation for life. Develop an action plan for managing emotions and "playing Big." ●● (\$5)

Thursday, November 18, 6 to 7:45 pm**Makeup 101***with Thom Kasch*

Thom has been featured by many cosmetic companies, including Lancome and Estee Lauder, and top Phoenix salons such as Rolf's and Gerard Alexandre. He was named "Really the Best" makeup artist in Arizona by Trends Magazine and currently sits on the Arizona State Board of Cosmetology.

In *Makeup 101*, bring your own products from home and learn the best way to use what you already have in your makeup bag! ○● (\$5)

Thursday, September 30, 6 to 7:45 pm**Tuesday, November 2, 6 to 7:45 pm****Tuesday, November 30, 6 to 7:45 pm****Living on Purpose:
How to Create a Life of Intention***with Karen Turner, Life Coach, Empowered Life Solutions, LLC*

This workshop will help you move through times of change and transition by clarifying who you are and what you want in life. Learn how to connect to your own truth, passions, and desires. Acquire simple tools for assessing when you are out of alignment with your sense of purpose and may be living in fear or limiting your thinking. Finally, learn how to stay focused on moving forward with hope, courage, and confidence. ○● (\$5)

Thursday, October 14, 6 to 7:45 pm**Thursday, December 9, 6 to 7:45 pm****Personality in Dress***with Dawn McCallum*

Have you ever wanted to re-create a first impression? Body language, dress, and image are all key elements of a positive first impression. In this workshop, learn how to put your best traits forward and feel proud of the impression you make!

○● (\$5)

Thursday, October 28, 6 to 7:45 pm**Your Personal Style Inside and Out***with Alexandra Nasibulina, Image and Wardrobe Consultant, AICI, and owner of Image by Alex, LLC*

What does your current style say about you? This workshop will help you look beyond fashion and trends toward a personal style that's uniquely yours, focused on the colors and looks you find inspiring, comfortable, and beautiful on you.

○● (\$5)

Thursday, November 11, 6 to 7:45 pm**Sign Up To Attend Any One Of These Programs Or Events**Call (602) 261-7143 or visit www.WeHelpWomen.com

LEGAL INFORMATION

LEGAL INFORMATION SESSIONS

All Legal Information Sessions cost \$5 each and do not require pre-registration. You must attend a Legal Information Session before making an appointment with a Certified Legal Document Preparer. Please note **Important Reminders** listed below if bringing children. **No late arrivals will be admitted.**

Divorce

At the Divorce Legal Information Session, an instructor will educate you about Arizona's laws governing divorce and legal separation. Topics covered will include community property, spousal maintenance, child custody and support. *The instructor cannot provide legal advice on individual cases.* (\$5)

Tuesday, September 7, 1 to 3:30 pm

Tuesday, September 21, 1 to 3:30pm

Tuesday, October 5, 1 to 3:30 pm

Tuesday, October 19, 1 to 3:30pm

Tuesday, November 2, 1 to 3:30 pm

Tuesday, November 16, 1 to 3:30pm

Tuesday, November 30, 1 to 3:30pm

Tuesday, December 14, 1 to 3:30 pm

Custody, Parenting Time, and Child Support

At the Custody and Child Support Legal Information Session, an instructor will educate you about Arizona's laws governing the establishment, modification, and enforcement of custody, parenting time, and child support orders. *The instructor cannot provide legal advice on individual cases.* (\$5)

Thursday, September 9, 1 to 3:30 pm

Thursday, September 23, 1 to 3:30pm

Thursday, October 7, 1 to 3:30 pm

Thursday, October 21, 1 to 3:30pm

Thursday, November 4, 1 to 3:30 pm

Thursday, November 18, 1 to 3:30pm

Thursday, December 2, 1 to 3:30 pm

Thursday, December 16, 1 to 3:30pm

Preparing for Family Court

with Thomas P. Alongi, Community Legal Services

Learn about family law topics, including custody, parenting time, domestic violence, relocation, spousal maintenance and property/debt division. Learn how to draft a pretrial statement, and prepare and present your case at trial. *The instructor cannot provide legal advice on individual cases.* (\$5)

2nd Wednesday of every month, 11:30 am to 1:30 pm

DIVORCE FORMS WORKSHOPS

Legal professionals are available to instruct you in how to complete Maricopa County divorce forms. You must register in advance to attend Divorce Forms Workshops by phone at (602) 252-8494 or online at www.WeHelpWomen.com.

You must bring your own set of forms. Forms can be downloaded from our website at <http://wehelpwomen.com/ourservices/family-law-support-services.aspx>. Please note **Important Reminders** listed below. **No late arrivals will be admitted.** (\$5 per workshop)

Divorce Forms, Packets 1 and 2: Petition and Service

Wednesday, September 1, 1 to 3 pm

Tuesday, September 14, 6 to 7:45 pm

Saturday, September 18, 10 am to 1 pm

Wednesday, October 6, 1 to 3 pm

Tuesday, October 12, 6 to 7:45 pm

Saturday, October 16, 10 am to 1 pm

Wednesday, November 3, 1 to 3 pm

Tuesday, November 9, 6 to 7:45 pm

Saturday, November 20, 10 am to 1 pm

Wednesday, December 1, 1 to 3 pm

Tuesday, December 14, 6 to 7:45 pm

Saturday, December 18, 10 am to 1 pm

Divorce Forms, Packet 3: Response

2nd and 4th Wednesday of every month, 1 to 3 pm

Divorce Forms, Packets 3 & 4: Default and Decree

Wednesday, September 15, 1 to 3 pm

Tuesday, September 28, 6 to 7:45 pm

Wednesday, October 20, 1 to 3 pm

Tuesday, October 26, 6 to 7:45 pm

Wednesday, November 17, 1 to 3 pm

Tuesday, November 23, 6 to 7:45 pm

Wednesday, December 22, 1 to 3 pm

Child Support

with Janet W. Sell, Office of the Attorney General

You will be instructed on your legal rights and responsibilities under Arizona Child Support Law and Guidelines. You will also be introduced to the services provided by the DES/Division of Child Support Enforcement. The instructor cannot provide legal advice on individual cases. (\$5)

Tuesday, September 21, 6 to 7:45 pm

Tuesday, November 16, 6 to 7:45 pm

IMPORTANT REMINDERS

- If planning to utilize Child Watch services during your Legal Information Session or Divorce Forms Workshop, you are required to provide a meal for your child(ren). Child Watch services are provided on a first-come, first-served basis. See page 2 for details.
- You must arrive 20-30 minutes early for all Legal Information Sessions or Divorce Forms Workshops.
- **No late arrivals will be admitted. This policy is strictly enforced.**

The Women's Group

Facilitated by Merle Salus-Herbig, LCSW,
Fresh Start Social Worker

This group is for anyone looking to be part of a community of women to share in the joys and sorrows of life. Gather to de-stress, strengthen coping skills, and share support, stories, dreams, and goals.

Tuesdays, September 7-October 26, 6 to 7:45 pm
(no group September 28)

Empowerment Roadmap Group

Facilitated by Kerri McKinney, MSW,
Fresh Start Social Worker

The Empowerment Roadmap group is a supportive, educational group that will help you assess your current strengths and develop a plan for achieving long-term goals. Learn how to use the S.M.A.R.T. approach, avoid common mistakes, and develop a realistic plan to meet your target. Led by Fresh Start staff, this group will jump start your path to success! *This 5-week group requires pre-registration. You may register for either Session 1 or Session 2. Call (602) 261-7135 before attending.*

Session 1:

Wednesdays, September 22- October 20, 6 to 7:45 pm

Session 2:

Wednesdays, November 3-December 8, 6 to 7:45 pm
(no group November 24)

S.W.I.N.G.: Supporting Women in New Growth

Facilitated by Merle Salus-Herbig, LCSW,
Fresh Start Social Worker

Self-esteem can be defined as "having a realistic respect and favorable impression of yourself." Past experiences coupled with social messages can hurt our ability to cultivate self-worth, follow through with our goals, and create long-lasting, healthy relationships. In S.W.I.N.G., join a community of women and combine group discussion with journaling to challenge past experiences, let go of negative thoughts, and build self confidence. Recover your gifts and the ability to believe in yourself! *This 8-week, closed group is limited in size and requires pre-registration. Call (602) 261-7172 before attending.*

Wednesdays, October 13-December 8, 6 to 7:45 pm

Entrepreneur Group

Facilitated by Jan Doughty,
Entrepreneur and Certified Financial Planner™

Thinking about starting your own business? Already own a business? Looking for support, ideas, and information about the ins and outs of self-employment? Join us once a month for education and encouragement around entrepreneurship and women's business ownership.

1st Thursday of every month, 6 to 7:45 pm

The Healing Journey

Facilitated by JCFS Shelter Without Walls Staff

Join this safe, confidential, and casual group to share your experiences, learn from others, and receive emotional support as you work through the effects of abuse and begin your journey to a healthier, happier life. This group will also assist in teaching the effects of abuse on children, how to create trusting and caring relationships and cultivate personal growth, and resources to heal, rebuild, and move forward.

Thursdays, 11:30 am to 12:30 pm

(no group November 25th or December 30th)

Bereavement Support Group

Facilitated by Karen Samson

The death of a loved one is one of the most powerful emotional experiences we can know, turning our lives upside down and inside out. Come process and heal with others who have also experienced painful loss. *This group does not deal with the loss of a pet.*

Wednesdays, 6 to 7:45 pm

(no group December 29th)

Surviving Abuse

Facilitated by Doreen Nicholas and Aliza Ben-Moshe

Women who are experiencing or have experienced domestic violence come together in support of each other. Join this group to share your experiences and learn from others about their journey toward leading safer, healthier lives.

Tuesdays, 6 to 7:30 pm

(no group December 28th)

Al-Anon

Al-Anon is a fellowship of relatives and friends of alcoholics who share experiences, strength, and hope in order to solve common problems. We come together to learn a better way of life and find happiness whether the alcoholic is still drinking or not. Find out if Al-Anon is right for you. Take a moment to ask yourself these questions: "Are you troubled by someone's drinking?" or "Did you grow up with a problem drinker?" If you identify with either of these statements, you may find Al-Anon helpful. *Women only.*

2nd and 4th Wednesdays of every month, 6:30 to 7:30 pm

Alcoholics Anonymous

The purpose of this group is to encourage women to share experiences, strength, and hope with each other so they might recover from alcoholism and help others do the same. *Women only.*

Mondays, 6:30 to 7:30 pm

(no group September 6th or December 27th)

ABIERTO A MUJERES MAYORES DE 18 AÑOS

Nuestro Horario- ¡Nuevo!

El Centro de Recursos para la Mujer, Fresh Start está abierto de lunes a jueves de las 11am a 7pm, sábados de 9am a 2pm. Viernes y Domingo estaremos cerrados. Para información general llámenos al (602) 252-8494 o visite nuestra página del Internet www.WeHelpWomen.com.

Confidencialidad

La política de Fresh Start consiste en respetar y proteger la confidencialidad de todas sus clientas. No divulgamos información sobre nuestras clientas a otras agencias. Sin consentimiento escrito o verbal, a menos que sea requerido por la ley.

Fresh Start 101

Cada mujer nueva para Fresh Start se le requiere que asiste a Fresh Start 101. Nuestro personal proporcionara una descripción general de nuestros programas y servicios, le explicara como tener acceso a ellos, y como utilizar cada uno de ellos. Sesiones individuales con una especialista en desarrollo personal estará disponible según el orden de llegada, para verlas después de la orientación. *La Orientación es gratuita y no se requiere registración anticipada, por favor de llegar 15 minutos antes para completar el formulario necesario. **Personas que lleguen tarde no serán admitidas.** Este servicio está reservado para clientes individuales. Para obtener una cita de un recorrido de Fresh Start para grupos de cuatro personas o más, favor de llamar a 602-252-8494.*

Lunes y Jueves: 2 a 3 pm

Fresh Start 101 no será ofrecido el 6 de Septiembre, 25 de Noviembre y 23, 27 y 30 de Diciembre

INFORMACIÓN IMPORTANTE

- Los servicios de Child Watch "La Guardería" están disponibles sin costo, según el orden de llegada, para madres y tutores legales de niños desde infantes hasta los 12 años de edad. Documentación de la corte es requerida para que los tutores legales puedan usar este servicio. *Vea la página 13 para información más detallada.*
- Los talleres se cierran 15 minutos después de su hora de comienzo, personas que lleguen tarde no serán admitidas.
- Contrario a los talleres, los grupos de apoyo, se puede asistir en cualquier momento. Aun después de su hora de comienzo. Con la *excepción del Grupo de Apoyo La Mujer Hispana.*
- ¡Ahora puede comprar 5 boletos para talleres por el precio de 4 si los compra por adelantado! *Por favor pregúntele a un empleada de Fresh Start para más detalles, Esto aplica solo para talleres que cuestan \$5.*

Anexo de Fresh Start en el Este del Valle

Muchas mujeres en el Este del Valle tienen dificultad al acceso al Centro de Recursos para la Mujer en Phoenix. Como resultado un grupo de líderes en el Este del Valle han trabajado juntos para traer programas y servicios de Fresh Start a las comunidades del Este del Valle. Con una generosa beca del Programa para Beneficio para la Comunidad de Humana, y donaciones de cienes de miembros en la comunidad, servicios selectos ahora son disponibles en el Este del Valle. Este próximo año, extenderemos las opciones disponibles.

- Para Desarrollo Personal y Servicios de Apoyo en Leyes intrafamiliares, por favor llame al siguiente número (602) 653-0090. *Servicios bilingües en español están disponibles.*
- Para preguntas en general sobre el Este del Valle, por favor llame (602) 653-0090.

DENTRO DEL CENTRO DE RECURSOS PARA LA MUJER

Servicio de Trabajadoras Sociales

Trabajadoras sociales que pueden proporcionar ayuda individual a mujeres mientras enfrentan cambios en sus vidas, buscan oportunidades para crecer, establecer metas personales o profesionales. Trabajadoras sociales trabajaran con Usted individualmente para ayudarle a poner prioridad a sus necesidades, crear un plan de acción para poder adquirir los recursos disponibles en la comunidad y conectarla con los servicios de capacitación y otras trabajadoras sociales en Fresh Start. *La asistencia a la Orientación Fresh Start 101 es requerida para reunirse con una de nuestras trabajadoras sociales. Por favor vea la página 12 para el horario de las orientaciones.*

Servicios Educativos

Fresh Start ofrece una gran variedad de seminarios y grupos de apoyo para inspirarla y darle poder a todas las mujeres. Nuestros programas proporcionan conocimientos prácticos y oportunidades de crecimiento personal a través de doce categorías diferentes tanto en inglés como en español. Las registraciones para los talleres pueden llevarse a cabo por teléfono llamando al (602) 261-7143, o por Internet en www.WeHelpWomen.com. Le recomendamos que se registre con más de 48 horas de anticipación. Nuestros talleres cuestan \$5, al menos que se indique lo contrario. *El registro para los talleres se termina 15 minutos después de la hora del comienzo. Favor de llegar a tiempo.*

Servicios de Leyes Intrafamiliares

Navegar por las cortes Intrafamiliares en Arizona puede ser una experiencia confusa e intimidante, en Fresh Start educamos a mujeres con eficacia para abogar por ellas y por sus hijos en la corte intrafamiliar. El personal de nuestro departamento legal está disponible para educarla acerca de las leyes de Familia del estado de Arizona, y a prepararle para presentarse a corte. Ofrecemos información en sesiones de grupos, seminarios, y talleres de preparación de documentos. También tenemos preparadoras de documentos legales certificadas que pueden prepararle sus documentos para la corte por un precio altamente reducido. Nuestras sesiones de información legal y seminarios tienen un costo de \$5 cada uno. *El personal de Fresh Start no puede proveer representación, asesoramiento ó opiniones legales.*

Centro de Empleo y Carrera

Nuestro Centro de Empleo está comprometido a asistir a mujeres en varias etapas de su crecimiento profesional. Ofrece variedad de servicios para asistirle a desarrollar un plan de empleo y educación. Puede buscar empleo en nuestras computadoras, hacer un currículum y cartas de presentación. También tenemos "Career Coaches" asesoras, voluntarias que le pueden ayudar a revisar su currículum, proveerle consejos en la búsqueda de empleo, técnicas para tener una mejor entrevista de trabajo, al igual que darle orientación educacional y profesional. *Llámenos para obtener los horarios de nuestras voluntarias o por Internet en www.WeHelpWomen.com.*

Programa de Mentores

El programa de Mentores en Fresh Start, está basado en dar apoyo y establecer metas en una de estas cuatro áreas: educación, promoción profesional, autosuficiencia económica o empresarial. El programa está diseñado para unir a las mujeres con mentoras voluntarias que pueden ofrecer seguimiento para lograr la realización de sus metas. *El Programa de Mentores es por referencia. Si usted siente que este programa es para usted, por favor hable con una Trabajadora Social. Actualmente el programa de Mentores está disponible solamente en Inglés.*

Servicios para su Autoestima

Nuestro salón de Autoestima está dedicado para ayudarle a crear una imagen positiva de usted misma, a través de una combinación de talleres y servicios en las áreas de apariencia personal, auto-cuidado, y bienestar. Nuestros servicios incluyen guardarropa profesional, aplicación de maquillaje, manicuras y cuidado de la piel.

Biblioteca

La biblioteca de Fresh Start ofrece especializadas colecciones de libros y medios de comunicación dedicados a la autosuficiencia de la mujer. Nuestro espacio está diseñado para que usted pueda localizar la información de interés o necesidad, ya sea por su propia cuenta o con asistencia personal. Cinco de nuestras computadoras ofrecen acceso gratuito al Internet para búsqueda de empleo, preparación de currículum y el estudio personal. Además, ofrecemos la construcción de currículum, mecanografía y programas de computación y Rosetta Stone para el aprendizaje de Inglés y/o Español. Personas le pueden ayudar con las preguntas de referencia, el uso de las computadoras, fotocopias y servicio local de FAX. La biblioteca es también un espacio cómodo y seguro, solo para estudiar o relajarse con una de nuestras revistas. Abierto de Lunes a Jueves de 11 am a 5 pm y Sábados de 9 am a 2 pm.

Child Watch "La Guardería"

Es un servicio que se le ofrece libre de costo a las madres y tutores legales que asisten a Fresh Start. Child Watch es un lugar seguro para los niños donde participaran en actividades apropiadas para su edad, mientras sus madres o tutores legales usan los servicios de Fresh Start. Child Watch está disponible para niños desde infantes hasta los 12 años de edad, de Lunes a Jueves de 11 am a 8 pm y Sábados de 9 am a 2 pm. Child Watch está abierto a todas las madres y tutores legales. Porque no somos un centro de cuidado de niños, los tutores deben proporcionar documentación de la corte que compruebe la relación. Madres y tutores deberán permanecer dentro del edificio de Fresh Start mientras sus hijos están en Child Watch. Las participantes pueden usar Child Watch hasta por 4 horas por día, siempre y cuando una comida completa se le provea a cada niño. De lo contrario este servicio se limitara a 2 horas. Una comida completa consiste de una bebida, una proteína o carne, granos/pan, fruta y vegetal. Para obtener más información llame al personal de Child Watch al (602) 261-7152, recomendamos que llegue 30 minutos antes de su cita/clase en Fresh Start ya que *Child Watch no hace reservaciones, el espacio es limitado y está disponible según el orden de llegada.*

Para más información sobre alguno de estos programas o servicios, llámenos al (602) 252-8494

Entrenamiento Sobre Búsqueda de Trabajo

¿Está buscando empleo? Ven y aprende como llenar una aplicación, como contestar las preguntas en entrevistas y lo que se debe y no debe ser durante una entrevista. Sobre todo hacer las preguntas necesarias para obtener ese empleo. No espere más el futuro de su empleo está muy cerca. (\$5)

Jueves 2 de Septiembre 6 a 7:45 pm

Sábado 2 de Octubre 9:30 a 11 am

Empezando un Negocio

Con *Lisha García, de Small Business Development Center*

Este taller está diseñado para ayudarle a evaluar estratégicamente su idea de negocio. Vamos a discutir la información básica necesaria para iniciar un negocio, como llevar a cabo un estudio de viabilidad para determinar si su idea puede volar, y más consejos para el éxito empresarial. Los temas cubiertos incluyen los requisitos de concesión de licencias; estudios de viabilidad la localización de la información de mercado, recursos financieros, y consejos de publicidad. (\$5)

Martes 12 de Octubre de 11:30 a 1:30 pm

Finanzas y Bancario

con *Wendy Carlos, FDIC Money Smart*

Estos talleres se realizara en una serie de dos partes. Ven y aprende sobre finanzas, servicios bancarios y crédito. (\$5 cada clase)

Parte 1

Más información sobre los servicios bancarios y de los productos bancarios que ofrecen. Cómo equilibrar una chequera. Creer un presupuesto y plan de ahorro para su hogar.

Jueves 9 de Septiembre de 11:30 a 1 pm

Martes 5 de Octubre de 11:30 a 1 pm

Miércoles 3 de Noviembre 6 a 7:45 pm

Parte 2

Comprensión de crédito y cómo usarlo sabiamente. Más información sobre los diferentes productos de préstamo y cual es mejor para su objetivo. Aprenda cómo administrar su deuda de tarjeta de crédito.

Jueves 23 de Septiembre 11:30 a 1 pm

Martes 19 de Octubre 11:30 a 1 pm

Miércoles 17 de Noviembre 6 a 7:45 pm

Este taller es solamente para Presupuestos y Ahorro.

Miércoles 1 de Diciembre de 4:30 a 6 pm

Sesiones de Información Legal

Divorcio

En la sesión de información legal sobre el divorcio, una instructora le educara acerca de las leyes en Arizona acerca del divorcio, la separación legal y la anulación. Los temas cubiertos incluirán la propiedad comunitaria, la manutención del cónyuge, la custodia y manutención de menores. (\$5)

Todos los lunes de 1:30 a 3:30 pm

El segundo sábado de cada mes, de 9:30 a 11:30 am

La Custodia y las Órdenes de Manutención de Menores

En la sesión de información legal sobre La Custodia y las órdenes de Manutención de Menores, la instructora le educara acerca de las leyes de Arizona acerca de establecimiento, modificación, el cumplimiento de custodia y las ordenes de manutención de menores. (\$5)

El 1er y el 3er miércoles de cada mes de 11:30 a 1:30 pm

Las sesiones legales no requieren ningún registro, por favor de llegar 20 minutos antes para completar el papeleo necesario. Personas que lleguen tarde no serán admitidas.

Inmigración Bajo el Acta VAWA

Con *el Abogado Rene Siqueiros, Esq.*

Este seminario informativo será presentado por un abogado de leyes de inmigración dedicado a contestar sus preguntas básicas de visas, incluyendo residencia y naturalizaciones. También cubrirá el Acta de Violencia Contra Mujeres (VAWA) y el estado de inmigración de mujeres indocumentadas. (\$5)

Jueves 9 de Septiembre de 6 a 7:45 pm

Jueves 11 de Noviembre de 6 a 7:45 pm

Manutención de Menores

Con *Marisela Moreno Gerente de la Oficina del Programa de Cumplimiento de Manutención de Menores.*

Aprenderá sobre las leyes de Manutención de Menores en Arizona Las reglas, responsabilidades y conocerá sus derechos para hacer al padre cumplir una orden. También serás introducida a los servicios proveídos por DES/Sección de Cumplimiento de Manutención de Menores. (\$5)

Jueves 21 de Octubre de 1 a 3 pm

Jueves 2 de Diciembre de 1 a 3 pm

Yoga Intermediante

Con *Nancy Mexas*

Todo el mes de Septiembre

Lunes a Jueves de 11:30 a 12:30 pm

No habrá clase el 6 de Septiembre

TALLERES EN ESPAÑOL

Serie presentada por Fanny Doran, Licenciada en Sicología y fundadora de Mariposa Monarca.

Aprendiendo A Perdonar

¿El resentimiento te mantiene alejada de tus seres queridos? y ¿Sientes que tus rencores no te dejan avanzar? ¿Sabías que el perdonar transforma tu vida? Ven y descubre que perdonar es uno de los dones más maravillosos que puede poseer el ser humano. (\$5)

Jueves 9 de Septiembre 6 a 7:45 pm

La Manera de Fluir Correctamente

Aprenda a vivir día a día en una forma más ligera. ¿Has escuchado hablar sobre las constelaciones familiares? A través de este taller recibirás información de cómo las constelaciones le pueden ayudar a resolver conflictos a los que se enfrenta en su vida diaria. (\$5)

Martes 12 de Octubre 6 a 7:45 pm

Madre-Hija un Vinculo de Amor

¿Le gustaría mejorar la relación entre usted y su hija? ¿Le gustaría reencontrarse con su niña y apoyarla a ser una mujer con autoestima, segura de sí misma y con las herramientas adecuadas para enfrentar la vida? ¡No se detenga y acompañenos! Este Taller es para todas las madres de familia que deseen o necesiten fortalecer ese vínculo con sus hijas. (\$5)

Martes 9 de Noviembre 6 a 7:45 pm

La Depresión

¿Los problemas del pasado están afectando su presente? ¿Tuvo una infancia dolorosa? Tal vez durante esta época festiva del año se siente más melancólico y no sabe porque esta tan 'sentimental'. Durante el taller aprenderá sobre los diferentes tipos de depresión y como afectan su salud emocional y física. (\$5)

Martes 14 de Diciembre 6 a 7:45 pm

Club Conversacional-Clases de Ingles

con Raúl Solano

¿Le gustaría mejorar su pronunciación del idioma Ingles? ¿Sí? Acompañenos en este club único. ¡Aprenderá gramática básica, vocabulario y roles conversacionales para aprender a comunicarse en Ingles! Esta clase es abierta y puede incorporarse en cualquier momento. (Gratis)

Básico: Sábados 9:30 a 10:30 am

Intermedio: Sábados 10:30 a 12 pm

Avanzado: Sábados 12 a 1 pm

No habrá clase el 4 de Septiembre, 27 de Noviembre y 25 de Diciembre

Clara Arenas y Mirna Pineda dirigen la empresa Avante Seminar donde ofrecen cursos y talleres de desarrollo personal y se complacen en colaborar con la organización Fresh Start para apoyar a las mujeres hispanas.

El Poder de las Palabras en las Relaciones

A través de este taller podrás modificar como se comunica con sus hijos y pareja haciendo a un lado los programas que recibió por parte de sus propios padres. El objetivo es romper con esos malos hábitos y cadenas. (\$5)

Jueves 16 de Septiembre de 11:30 a 1:30 pm

Relaciones Exitosas

A través de ejercicios prácticos podrás lograr identificar la forma en que puedes tener un control total sobre sus propias emociones para hacer de lado la depresión, tristeza y ansiedad. Estas dinámicas le ayudaran también a la relación con su pareja y sus hijos. (\$5)

Jueves 14 de Octubre de 11:30 a 1:30 pm

Hablar en Público a Pesar del Miedo

Durante este taller aprenderá a dejar a un lado su miedo a la hora de pararse frente a un grupo de personas. Hablar en público es una herramienta poderosa de desarrollo personal y el éxito se logra con práctica. Ya es hora de decirle NO al miedo. (\$5)

Jueves 11 de Noviembre de 11:30 a 1:30 pm

El Desafío de Cambiar tu vida

A través de dinámicas y ejercicios prácticos entenderás que el cambio Si es posible. El proceso inicia cuando decidimos hacer un verdadero cambio en nuestra vida para mejorar nuestra autoestima y como consecuencia, la relación que tenemos con nuestra familia y comunidad. Los cambios son posibles cuando existe la voluntad y decisión de realizarlos. (\$5)

Jueves 16 de Diciembre de 11:30 a 1:30 pm

Tocando tu Grandeza

con Macarena Adrian

Y tú... ¿Quién eres? ¿Dónde estás? ¿Vives tu vida de acuerdo a tus más grandes sueños? ¿Crees que es posible? En este taller, encontraras la llave para liberarte de ideales limitados. Encontraras respuestas y ejercicios mentales para vivir conforme a tus más grandes anhelos y romper patrones de creencias que te lo impiden. Descubre la grandeza que hay en ti. (\$5)

Jueves 14 de Octubre de 6 a 7:45 pm

Sabado 6 de Noviembre de 11 9:30 a 11:30 am

Jueves 16 de Diciembre de 6 a 7:45 pm

Padres Hablen Ya!

María Choi, Creciendo Unidos

¡Padres Hablen Ya!

Como todo padre de familia, usted quiere lo mejor para sus hijos. Quiere que ellos sean jóvenes sanos y felices ahora y en el futuro. ¿Sabía que las decisiones que tomen sus hijos ahora van a afectar la salud y felicidad de ellos en los años futuros? Usted es la persona indicada para ayudar a sus hijos a tomar buenas decisiones. Venga a aprender a crear técnicas de comunicación, para que apoye a sus hijos a ser lo mejor de sí mismos.

Martes 2 de Noviembre 6 a 7:45 pm

Padres como Modelos y Líderes

Guías prácticas para enriquecer la relación con sus hijos. Herramientas para saber como dialogar con ellos. ¿Qué comportamientos estas modelando para sus hijos? Dirigir con ejemplos, darles apoyo y motivación.

Jueves 9 de Diciembre de 6 a 7:45 pm

Chakras

con Nancy Mexas

Ven a descubrir como las emociones diarias de miedo, ira, frustración, tristeza, entre otras se almacenan a un nivel energético dentro de nuestro cuerpo. Aprenda a liberarte de esa pesadez. (\$5)

Sábado 16 de Octubre de 9:30 a 11:30 am

¿Qué es el Reiki?

con Nancy Mexas

Aprende sobre esta técnica milenaria de auto sanación a nivel físico, emocional y mental. Ya es tiempo de dejar ir a esas emociones negativas y destructivas y de ayudar a tus seres queridos a sanar de una manera simple y natural. (\$5)

Sábado 30 de Octubre de 9:30 a 11:30 am

Grupo de Apoyo "La Mujer Hispana"

con Cristina Lagunas, Trabajadora Social de Fresh Start

¿Le gustaría mejorar la relación con si misma? ¿Tener más confianza o simplemente conocer mujeres como usted? Acompañanos en este curso de 10 semanas en donde usted aprenderá sobre varios temas que afectan a la mujer Hispana. Favor de comprometerse en asistir las 10 semanas. Favor de llamar 602-261-7137 para registrarse.

Lunes 20 de Septiembre al 22 de Noviembre de 6 a 7:45 pm

Martes 21 de Septiembre al 23 de Noviembre de 11:30 a 1:30 pm

Comederos Compulsivos

Ofrecido por C.E.A.-H.O.W.

La Comida es necesaria para mantenerse con vida pero para la persona que come compulsivamente el exceso de alimento es necesario para enfrentar la vida. Si quieres bajar de peso y mantenerse, tiene dos opciones, disciplina y recuperación o libertad y enfermedad, una solución; pérdida de peso todos somos comederos compulsivos. (Gratis)

Todo los Lunes de 6 a 7:45 pm o

Todos los Sábados de 12:30 a 1:30 pm

No habrá clase el 25 de Diciembre

Mujeres Unidas para la Salud

Departamento de Salud Pública del Condado de Maricopa

Si quiere bajar de peso, tener más energía o simplemente aprender cómo alimentar mejor a su familia únase a este programa donde aprenderá técnicas para manejar el estrés y tomar decisiones más saludables. *Diseñado para mujeres de 18 a 45 años. Se requiere que asista a las primeras dos clases para participar en las 8 sesiones.*

Miercoles, 29 de Septiembre al 17 de Noviembre de 11:30 a 1 pm

Yoga

con José García miembro de la RedGFU

se ha encontrado últimamente con energía inagotable de salud y bienestar. En el yoga se maneja la energía a través de la conciencia corporal, la respiración y movimiento. Logre la relajación y revitalización mental, emocional y energética. (\$5 por clase)

Todo los Jueves de 5 a 6:30 pm

No habrá clase el 25 de Noviembre y 30 de Diciembre

Cynthia Wagener Hampton *Gerente de Entrenamiento y Venta Mundial, Anfitriona Global de Seminarios por Internet para Forever Living Products International, Localizado en Scottsdale, AZ*

Estos Talleres le enseñaría como incorpora la belleza en su vida profesional y personal.

Ven y aprenda nuevas técnicas! Le esperamos. (\$5)

Aprende a Maquillarse para una Entrevista de Trabajo

Miércoles 22 de Septiembre 6:30 a 7:30 pm

Como Combinar Maquillaje y Vestuario Exitosamente

Miércoles 14 de Noviembre 6:30 a 7:30 pm

Cómo Hacer que su Primera Impresión Sea Exitosa!

Incorporando vestuario y técnicas de gestos corporales

Miércoles 20 de Octubre 6:30 a 7:30 pm

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