



Fresh Start Women's Foundation Women's Resource Center East Valley Services

Workshops every Wednesday, May-August 6-8 p.m.

Topics include:

Career Coaching & Budgeting Basics

Affordable Housing & Accessing Benefits

Healthy Families & Self-Esteem Enhancement

East Valley Boys & Girls Club • 44 N. Oak, Gilbert 85233

Detailed descriptions of classes and dates on back side.

Individual Support with an Empowerment Specialist

Wednesdays (bilingual)

Certified Legal Document Preparer

Tuesdays (bilingual)

Gilbert Elementary School • 175 W. Elliot Road, Gilbert 85233

Call (602) 261-7142 for an appointment with an Empowerment Specialist or Legal Document Preparer.

602-252-8494 • www.WeHelpWomen.com



Job Search 101

Finding employment can be a full-time job! Make your job search process a little easier and much more productive by attending this informative workshop. Learn quick resume tips, helpful job searching techniques and powerful interviewing advice that you can begin to use right now. Get on the path to a more successful and rewarding job search today!

Wednesday, May 27, 6-8pm

Wednesday, June 17, 6-8pm

Wednesday, July 15, 6-8pm

Wednesday, August 19, 6-8pm

Accessing Community Resources

Have you ever wondered what resources are available in your community? Have you heard about different programs but still have questions? This workshop is an opportunity for you to learn more about available programs and benefits in your community and how to apply. This includes child and family resources, healthcare, financial benefits, food and nutrition, housing and utilities, and senior/disabled services.

Wednesday, June 3, 6-8pm

Wednesday, July 29, 6-8pm

Developing Boundaries

This workshop will teach you the emotional hooks that prevent us from setting boundaries in relationships. Learn boundary setting you can apply directly to your relationships with partners, co-workers, family, friends, and children. Don't miss this opportunity to strengthen and enhance your life!

Wednesday, July 22, 6-8pm

Budgeting Basics

Being financially savvy means knowing how to spend your money. Learn to track your spending and identify ways to save money on everything from canned goods to car expenses.

Wednesday, June 24, 6-8pm

Wednesday, July 8, 6-8pm (In Spanish)

Wednesday, August 12, 6-8pm

Empowerment Roadmap Group

The empowerment road map group is a supportive educational group to help you assess your current strengths and develop a road map for achieving your long-term goals. Have you struggled with setting goals in the past? Do you feel like you have goals but don't know how to achieve them? Do you need support in following through on the goals you have set for yourself? Led by Fresh Start Empowerment Staff, this group will help you identify your personal strengths and resources as well as new opportunities for growth to start you on your road to personal empowerment.

Wednesday, July 1, 6-8pm

Wednesday, August 26, 6-8pm

Understanding Affordable Housing Options

Navigating the public housing system can be a confusing process, especially when safety, immediate housing needs, or money is a concern. Learn more about shelter, low-income, affordable, and multi-family housing. This workshop will help you understand your options, legal issues involved, differences in types of housing, and how to qualify.

Wednesday, June 10, 6-8pm

Difficult Co-Parenting

Creating a stable family structure can be difficult when you are in the midst of a highly volatile and emotionally abusive co-parenting relationship. Nurturing your children through this strained relationship can prove challenging for even the most skilled parent. Experience a new way to frame and cope with your existing co-parenting situation while focusing on both self-care and care for your children.

Wednesday, August 5, 6-8pm

All workshops will be held at:
Gilbert Boys and Girls Club • 44 N. Oak St Gilbert, AZ 85233

Workshops are \$5 per session.

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

To register, please contact 602-252-8494.