



1130 East McDowell Road • Phoenix, Arizona 85006 • (602) 261-7120 • Fax (602) 257-9692

## **Fresh Start Women's Foundation**

### **Who We Are**

Help Women help themselves. That is our mission. Through Fresh Start's unique approach and our first-of-its-kind self directed center, we help women who are seeking information, resources and assistance to achieve self sufficiency both emotionally and financially.

We don't duplicate services that other agencies provide. Because Fresh Start's programs and services are flexible in design, any woman – 18 and over and at any stage of transition – can be a Fresh Start Woman.

### **Our Services**

Dealing with transition can mean many things to today's woman: going through a divorce, leaving an abusive relationship, losing a job, changing careers, having a child, or dealing with a death in the family. A transition can also mean moving to a new place, making a major purchase or taking steps to lead a healthier life.

No matter the transition, Fresh Start has the resources to help women effectively deal with what life hands them. We provide women with the tools they need to succeed and empower them to become the women they want to be.

### **Jewell McFarland Lewis – Fresh Start Women's Resource Center**

The Jewell McFarland Lewis Fresh Start Women's Resource Center is the first comprehensive center that offers a variety of life-changing resource services. These services include:

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

As well, Fresh Start offer Child Watch, a day-care service to the women using the different services at the Women's Resource Center and also a library for use of computers and self-help literature.

To access comprehensive services, please visit the center at 1130 E. McDowell Rd. in Phoenix, call (602) 252-8494, or go to [www.WeHelpWomen.com](http://www.WeHelpWomen.com).

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