

Programs

The Fresh Start Retreat

Have you been out of violent situations for a long time but still need help moving forward past the pain?

The Fresh Start Retreat is divided into 4 segments in order to encourage honest appraisal and attention to your individual needs and helps you in looking differently at your circumstances. The retreat is conducted over three days & two nights. Access to outside influences is limited.

1. It's All About You!

Designed to appeal to the physical side of rebuilding a woman's self-esteem. Our focus introduces women to the idea that touch does not hurt.

2. Renew Thyself

Women are given the opportunity to share their experiences and lessons learned. During this session, we introduce the roadmap to forgiveness via multiple artistic mediums of expression.

3. Envisioning You

Addresses the gap between self-esteem and self-concept spiritually, physically and emotionally. In this session tools and resources are shared to replace the negative influences with positive ones for a "brighter fulfilling" future.

4. Celebrating a Fresh Start

In the final wrap-up session the participants present their own personally designed roadmaps to a Fresh Start. The program culminates with a unique "Release" ceremony in which the women are encouraged to let go and let God.



FRESHSTART
FOR women



FRESHSTART
FOR women



Our Services



Seminars
Workshops
Retreats
Career Assessment
Counseling Services

Signature Programs

5 Keys to Empowerment & Renewal
Fresh Start Retreat
Personal Enrichment
You Are a Precious Jewel (Girls 13—17)



**Begin Your Fresh
Start Journey Today!**

We Will Come to You!

404.543.1017

Established in 2004 our vision is to see women live successfully in communities free from domestic violence, abuse and sexual assault. It is the mission of Fresh Start for Women to empower and renew the lives of women through workshops, seminars, career assessment training and counseling in order to facilitate the healing process, break the cycle of violence and develop healthy relationships.

**Begin Your Fresh Start Journey Today!
We Will Come to You!**

Please contact us at:

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Website: www.freshstartforwomen.org

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Signature Programs

5 keys to Empowerment & Renewal

Are you living in the shelter or other transitional housing environment?

Fresh Start's 5 key processes to empowerment and renewal will help you through the following:

Discovering Thyself

Honest self-appraisal is key to the success of this session. Old beliefs and ideas are examined in order to begin the journey to restoration. This can only be achieved through true forgiveness.

Where Are You Going

Examine past goals and aspirations in order to set new realistic ones. At the end of the session you will be confident enough to set at least 3 goals and outline steps needed to accomplish them.

Designing Your Roadmap

Create a realistic and workable visual of your NEW dreams and aspirations. This visual depiction will serve as a constant reminder of the new self that has emerged from the trials and tribulations of life.

Get a Budget Girl...Track Your \$\$\$

An important key to self-sufficiency is the ability to understand money management principles and how to budget regardless of income level. Additional resources are provided as needed.

Developing Healthy Relationships

Define and understand personal space/ boundaries. This session utilizes the Cycle of Violence Wheel in order to debunk myths regarding healthy male/female relationships. Successful completion of this session will minimize the likelihood of repeating unhealthy habits.



Personal Enrichment

Are you in need of personal enrichment?

These sessions minister to you using biblical references to help in the understanding of the circumstances you have or are experiencing and provide encouragement to move forward. It is three half-day seminars intended to jumpstart self discovery and growth.

Celebrating a Healthier You, Mind...Body...Spirit

Focus on healthy living (food and exercise), renewing of the mind by making adjustments in thinking and perceptions, a healthy spirit by feeding the soul and spirit. This session taps into each of these elements in order to obtain maximum result.

Divine Divas

During this session FSFW takes the characteristics of the virtuous women of the Bible and show participants how to incorporate them into your busy lives for spiritual, emotional and physical fulfillment.

Murphy's Law Revealed & Your Role in It

FSFW equips participants with biblical truths to maturely deal with any obstacles or problems they may encounter. This session is designed to focus on 3 key areas: self-righteousness, circle of influence and lessons of the journey.



You Are a Precious Jewel

If you have a teenager, this program is especially for them...

Learn how to use the arts (drama, poetry, dance and music) as a means of expressing teenagers concerns in a positive manner about abuse, sexual assault and teen violence. "You Are a Precious Jewel" is a two part program for girls age 13-17. It can be conducted as a 12-week one day a week program or a 2-week summer camp.

Part I Self Respect - Envisioning You...

Defining You Before Others Do

The girls learn how their perception of themselves plays an important role in how others view them.

Life in Your World

This session follows up on session one and begins discussing peer pressure, abstinence, teen violence, education and goal setting.

Stop... Do Not Cross

The girls begin to understand and set boundaries. In this session the girls learn about domestic violence and how it affects all involved.

Future Me

The focus is on what is and isn't a healthy relationship in 3 key areas: 1. Self, 2. parents, Relatives and Friends 3. God.

I Am

The girls are taught how to address the gap between self-esteem and self-concept spiritually, physically and emotionally.

Part II Teen Speak - Creative You...

Words Are Powerful

Artistic release of written and spoken word

A Picture is Worth a Thousand Words

Vision release on canvas

The Soul Speaks

Expression through music and dance