

Neighbors



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Scottsdale 100+ Women help foundation

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Valley nonprofit Fresh Start Women's Foundation empowers women seeking to overcome challenges and transform their lives.

Providing women with a comprehensive range of programs and services, it takes a holistic approach to empowerment, helping women with education, career development and personal growth.

The organization provides workshops, training sessions, and counseling services aimed at enhancing participants' skills, knowledge, and confidence.

Whether someone is looking to complete their education, enter the workforce, or transition to a new career, the foundation tailors its support to help them achieve their goals.

It offers free training programs in a variety of fields, including cable harness wir-



Celebrating 100+ Women Who Care's donation to the Fresh Start Women's Foundation are, from left, Kim Tarnopolski, Danielle Webster, Amy Coblenz, Heidi Coupland, Melissa Rhodes, Susan Brow, Angie Ramirez, Shannon Kinsman and Libby Murphy. *(Special to the Progress)*

ing, electrical applications, semiconductor chip manufacturing, welding, the bank industry, and much more.

It also helps their clients learn and practice skills such as resume writing and interviewing, and many training programs

have corporate partnerships which lead to job placement upon completion of their free training.

The foundation also emphasizes personal development and well-being through counseling, support groups, and wellness programs to help women address emotional and mental health challenges and build their resilience and self-awareness.

Several programs address specific populations, including LGBTQ+ women, those involved in the justice system, veterans, and domestic violence survivors.

Financial independence is a key aspect of empowerment, and the organization provides financial education and resources to help women manage their finances, build savings, and make informed decisions about their economic future.

By equipping participants with the tools to achieve financial stability, FSWF con-

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tributes to breaking the cycle of poverty and dependence. In addition to group workshops and education in managing finances, FSWF also offers one-on-one sessions to discuss financial goals, build a financial plan, ask any questions clients may have regarding finances, and connect them with resources on everything from budgeting to retirement.

The foundation recognizes the power of community support and networking in fostering growth and empowerment, facilitating participants' connections with mentors, and industry professionals.

This network not only enhances professional opportunities but also provides a sense of belonging and solidarity.

Participants who have overcome adversity, secured stable employment, pursued higher education and achieved personal growth stand as testimonials to the organization's effectiveness.

These success stories highlight the transformative potential of FSWF's comprehensive approach to empowerment. Upon entering the foundation's lobby, visitors see photos of some of the women and their family members who have benefited from all that its services.

When a woman enters FSWF for the first time, often in a precarious and stressful life situation, unsure how to move forward, she can look up at these photos and see what is possible for her own future.

In January, Fresh Start Women's Foundation was chosen to receive a \$16,800

donation from the Scottsdale members of 100+ Women Who Care Valley of the Sun that will be used mainly to enhance the nonprofit's computer training program.

"Our computer training program is the most critical to the women that we serve," said foundation Chief of Staff Heidi Coupland. "Every single component of what you do in a career these days has a computer component to it. These dollars will support every single woman that comes through our doors.

We offer basic to advanced computer skills along with outside classes like coding that women don't even know exist," she added. These classes open women's eyes to the different opportunities available in the workplace. We want to make sure the resources continue to be available for all

the women that we serve."

100+ Women Who Care Valley of the Sun is a group of women that meets quarterly to learn about local nonprofits, then votes on which organization will receive their quarterly donation.

Each member of the group donates \$100 to the chosen charity. In one hour, over \$10,000 is donated to the selected recipient. The chapter has donated over \$1.2M to local charities since its inception.

The Scottsdale members will meet at 6:30 p.m. April 17 at the HomeSmart Corporate Office at 8388 E. Hartford Drive, Suite 100, Scottsdale.

To learn more about 100+ Women: 100wwcvalleyofthesun.org. To learn more about the Fresh Start Women's Foundation: freshstartwomen.org. 