

## Saturday – sábado, February

February 4th	
Kelley 9:30-10:30 am	"Drug Addicts on Drugs"
Rick & Bink 11-12 pm	Automotive 101: Tips for extending the life of your vehicle
Rick & Bink 12:30-1:30 pm	Got Questions about the Bible? Let's talk about them!

## Center Hours

Tuesday & Wednesday, 9am-8pm  
Thursday & Friday, 9am-4pm  
1<sup>st</sup> Saturday of each month, 9am-2pm  
(480) 983-4673

"I would not have been able to provide for myself or my son without Hope Women's Center."

*C.- client*

## Hope Women's Center

### Who We Are

Hope Women's Center serves women and teen girls facing any difficult life situation. Whether faced with drug/alcohol addiction, domestic abuse, sexual abuse, unplanned pregnancy, unemployment, prostitution, homelessness or family conflict, trained mentors and teachers are available to provide assistance, encouragement and support.

We offer a biblical approach to the hurts of life by addressing each facet of a woman's life and providing her with tools and resources to discover how truly extraordinary she was made to be.

### Free Services

- One-on-One Mentoring\*\*
- Education Classes
- Pregnancy Testing\*\*
- Material/Utility Assistance
- Substance Abuse Recovery Support
- Women's Resource Room

\*\*staff availability permitting

Location:  
252 N. Ironwood Drive Apache Junction,  
AZ

(480) 983-4673

[hopewomenscenter.org](http://hopewomenscenter.org)



## Hope Women's Center

Help for Today  
Hope for Tomorrow

A Resource and Referral Center for  
Women and Teen Girls

February 2012  
Education Schedule

All Classes Are Free

Location: 252 N. Ironwood Dr.  
Apache Junction, AZ  
(480) 983-4673

## Tuesday – martes, February

	7 <sup>th</sup>	14 <sup>th</sup>	21 <sup>st</sup>	28 <sup>th</sup>
Josie 12-1:30 pm	<b>Embroidery Craft Class/Clases de bordado</b> <b>Limit of 12 students/Hay limite de 12 estudiantes</b> Must bring own supplies/Debe traer sus propio materiales Material list provided at registration			
Bobbie 2-3 pm  <b>Shame-Free Parenting Please, no children</b>	Shame-Bound Parenting: Roots & Fruits	Choosing Life: Recovering	Choosing Truth: Re-viewing	Choosing Grace: Releasing
Julieta 5:30-6:30 pm	Clases para la familia <b>Hay limite de 12 estudiantes</b> <b>Por favor no niños</b>			
Deb 6:30-7:30 pm	Clases para aprender Inglés <b>English as a Second Language</b> <b>Limit of 7 students/ Hay limite de 7 estudiantes</b>			
Kelly & Brenda 6:30-7:30 pm	How People Grow: Keys to personal growth that are found in the Bible <b>Limit of 12 students; must make 3-month commitment; Please, no children</b>			



Clients who participate in Hope Women's Center's Education Program receive "client cash" that may be redeemed in our Women's Resource Room, at local participating vendors, and towards utility costs as long as funds are available.

**Please, no children**

**Sign up for classes at  
(480) 983-4673**

## Wednesday – miércoles, February

	1 <sup>st</sup>	8 <sup>th</sup>	15 <sup>th</sup>	22 <sup>nd</sup>	29 <sup>th</sup>
LaVonne 9:30-10:30 am	Purpose Driven Life Bible Study				
Tana 11-12 pm	Changes That Heal: How to Understand Your Past to Ensure a Healthier Future <b>Limit of 10 students; must make 3-month commitment</b> <b>Please, no children</b>				
Tana 12:30-1:30 pm	"Breaking Free" Bible Study Making Liberty in Christ a Reality in Life				
Suzanne W 2-3:30 pm	Covered by Grace Support Group <b>Closed to new members;</b> <b>Call to register for a new group</b>				
Deb 6-7 pm	Clases para aprender Inglés <b>English as a Second Language Advanced Class</b> <b>Limit of 7 students/ Hay limite de 7 estudiantes</b> (with permission of instructor)				
Early Pregnancy Instruction 6-7:30 pm	Early Pregnancy Part 1  Banner Nurses	<b>Baby-To-Be:</b> Your Growing Baby  Nidia	Early Pregnancy Part 2  Banner Nurses	<b>Baby-to-Be:</b> Eating for Two  Nidia	<b>Baby-to-Be:</b> What's Safe; What Isn't  Nidia

Las clientas que participan en el programa educacional de Hope Women's Center recibirán "cupones para clientas" que podrán ser usados en nuestro Cuarto de Recursos para las Mujeres, con patrocinadores locales o en sus pagos mensuales, mientras que haya dinero disponible.

**Por favor no niños**

**Para apuntarse para clases habla a  
(480) 983-4673**

## Thursday – jueves, February

	2 <sup>nd</sup>	9 <sup>th</sup>	16 <sup>th</sup>	23 <sup>rd</sup>
Edie 9:30-11 am <b>Bilingüe</b>	Crochet <b>Signup Required</b> Bring your own yarn and large needles			
Heidi 11:30 – 12:30 pm <b>Bilingüe</b>	The Food Guide Pyramid	Key Nutrients Our Bodies Need	Budget Meal Planning; Food Safety	What is a Calorie? And Osteoporosis
Diane/Bertha 1:00-2:30 pm	"Women Set Free" Support Group <b>Limit of 8 members</b> Call to register			
Patty/Pam 2:30-3:30 pm  <b>Simple Pledges: Building Blocks for Healthy Living</b>	A Balanced Life	Hormones	Beauty & Healthy Skin	Trust Your Gut

## Friday – viernes, February

	3 <sup>rd</sup>	10 <sup>th</sup>	17 <sup>th</sup>	24 <sup>th</sup>
Terry 10:30-11:30 am	Internet Marketing & Research Specialist Job Training <b>Class Limited to 6 students;</b> <b>Must make a 2-month commitment</b>			
Abby 12-1:30 pm  <b>Bilingüe</b>	General Craft Class/ Clase de manualidades Come have some crafting fun!			
Kelley 12-1:30 pm	Substance Abuse Support Group <b>Limit of 8 members</b> Call to register			