

Women's Organizations in the Valley

Written by Written by Jessica Rush

Friday, 14 January 2011 01:00 - Last Updated Thursday, 13 January 2011 12:15

Take it from the ladies of Destiny's Child, who sang the song "Independent Women": female empowerment is motivating. These four female-focused organizations around the Valley will make you proud to be a woman.

NOW



Are you looking for a female power group that pushes and demands social changes for the everyday woman? The National Organization for Women (NOW) is the largest female-driven group in the United States. Since 1966, NOW has pushed for female equality, fight harassment in the workplace, and end all abuse towards women. Change is what NOW is about, and the hopes of women on equal ground with men keeps this group alive. With four chapters around the Valley, it's easy to get a head start on rallying for the women. Let that inner female voice be heard, loud and proud! www.now.org.

Fresh Start



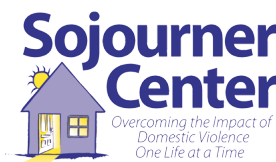
Founded in 1992, Fresh Start Women's Organization is an organization that seeks to help women overcome obstacles that have hindered their lives. Whether it is from the loss of a family member, difficulties at work, or self-improvement changes, Fresh Start is there to help women help themselves, which is the mission of the group. With more than 2,500 visits monthly to their Jewell McFarland Lewis-Fresh Start Women's Resource Center, the employees are dedicated to help women make a change in their lives. With many success stories on their Web site ranging from overcoming abusive relationships to financial hardships, this group is dedicated to helping women change their lives, and get a fresh start and different outlook on life. www.wehelpwomen.com.

MOMS Club



Are you a stay-at-home mom looking to find the perfect play date for your children, or wanting to catch up on all the latest dirt from last week's "Desperate Housewives"? Thousands of moms look to join this group, which have events popping up all around the Valley. Offering play dates, social outings and house dinners, the MOMS Club offers all that and a sense of new family. At just \$15-\$30 per year, it's worth every penny. After all, you can't put a price on happiness or friendships for your children. www.momsclub.org.

Sojourner Center



The Sojourner Center is the largest domestic violence shelter for women in the United States. Volunteer Anna Nichols has been helping out at the center for years and loves the positive feedback she gets from aiding during the holidays, and the excitement seen on each kid's face. She says this center takes pride in helping women and children get back on their feet after the violence they have suffered. "It's a great center. The workers really make the women feel safe," Nichols says. Helping 280 women and children at a time and about 2,900 women and children annually, the Sojourner Center helps to protect them, one day at a time. www.sojournercenter.org.

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