



**For Immediate Release**  
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**January 23, 2020**

**Jonnycake Center of Westerly Announces Ashley Thomas as “Fresh Start” Program Manager**  
*Program provides counsel, guidance for individuals seeking positive life change*

**Westerly, RI – The Jonnycake Center of Westerly** is pleased to announce that it has selected Ashley Thomas as the new Resource Manager for its “Fresh Start” program, which provides support, guidance, and advice for individuals seeking to make significant positive changes in their lives. More information, including appointment availability, is available by contacting Ashley Thomas at (401) 377-8069 x117 or [freshstart@jonnycake.org](mailto:freshstart@jonnycake.org).

The Fresh Start program is offered by the Jonnycake Center of Westerly’s Social Services department for southern Rhode Island residents interested in establishing a path for personal betterment, and who could use a support system or friendly advice along the way.

Clients in the Fresh Start program will meet regularly with Ashley Thomas, who will help find specific goals to meet the client’s individual needs, as well as provide insight and guidance. The goal of the program is to give clients personal attention, problem-solving tools, and emotional support necessary to achieve significant life change.

“The Jonnycake Center of Westerly’s Social Services team is invested in the success of every one of our clients,” said Thomas. “With the Fresh Start program, we’ll be able to meet one-on-one with any person who is seeking a path to betterment, and together, we’ll figure out what that person’s overall journey may look like. We’ll also make ourselves available to trouble-shoot and offer support as needed. Any client interested in making a fresh start in life is invited to participate in this free program.”

The Fresh Start program is open to any registered Jonnycake client, or to individuals residing in Westerly, Charlestown, Richmond, or Hopkinton, Rhode Island. There is no cost to participate. To learn more about eligibility and register, contact the Jonnycake Center of Westerly’s Social Services office at (401) 377-8079 x101 or email [freshstart@jonnycake.org](mailto:freshstart@jonnycake.org)

More information about the Jonnycake Center of Westerly’s Social Services, Food Pantry, Educational Outreach, and public-facing Thrift Store can be found at [jonnycake.org](http://jonnycake.org) or (401) 377-8069.

**About The Jonnycake Center of Westerly**

The Jonnycake Center of Westerly’s mission is to provide a continuum of services in cooperation with other agencies in our service area to assist people through crisis situations and work with each individual to find a path out of dependency toward self-sufficiency. For more information, visit [Jonnycake.org](http://Jonnycake.org), become a fan on [Facebook](https://www.facebook.com/jonnycake), follow us on [Twitter](https://twitter.com/jonnycake) and [Instagram](https://www.instagram.com/jonnycake), or call (401) 377-8069.

