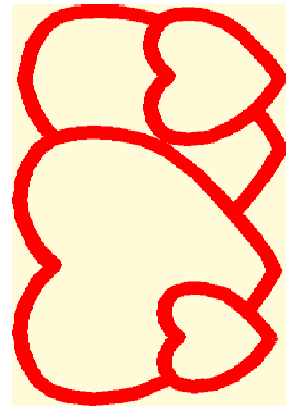


SUPPORT GROUP JUST FOR SINGLE PARENTS

It doesn't matter how you became a single parent, there are common issues we all face. Just knowing that you are not alone is a big help. Talking to other folks who share your same concerns can help you discover strengths you did not know you had, and find the inspiration to continue with the challenges that are part of your every day life. The Family Life Center Group will provide a place where you can meet those helpers.



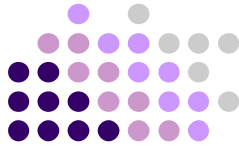
**A Caring Place To Learn,
To Heal, To Share Feelings**

SINGLE PARENTS SUPPORT GROUP

The Family Life Center
703 Compton Road
Second Wednesday
monthly
4-5:30 pm

The Family Life Center

703 Compton Road
Cincinnati, Ohio 45231



**A Faith-Based Outreach of
Northminster Presbyterian
Church**

Tel: 513-931-5777 to register and for
other groups that provide help for
Single Parents

The Family Life Center
703 Compton Road
Second Wednesday monthly
4-5:30 pm



GROUP SUPPORT AND INFORMATION



When it comes to single parenthood, there's no question that both parents and children can have strong emotions about what is happening. This group will help with information about:

Getting over the loss of the other parent and grief over being "single again."

Giving up unrealistic expectations that lead to unneeded guilt and frustration.

Developing a strong support system.

Sources of self-esteem and how to develop better self-esteem.

Success stories of other single parents.

Balancing parenting and working.

Creative childcare strategies.

Assurance that your family can be "normal."

No fee for class or childcare, books loaned free for your use from the FLC Library.

Free childcare provided only with prior registration.

Sources of Information:

The group facilitators utilize resources including books, hand-outs and group discussion. We work with the book Parenting on your Own by Dr. Lynda Hunter. Books can be borrowed from the Family Life Center Library. Session design is flexible in order to address the specific needs of those who are participating.

Class Facilitators:

Diane Siegel and Jennifer Zeller are our group facilitators. They are both experienced single parents with training in leading small groups.

FORMAT: Meets on the 2nd Wednesday night of each month.

Each week our leaders will cover a topic related to single parenting. We will cover the material through book review, hand-outs and in small group discussion. The experience of group members contributes to the learning process. This group is designed around your concerns!

Group size limited, sign up now!!



Rejoice with those who rejoice, weep with those who weep.
 ~Romans 12:15

703 Compton Road
 Cincinnati, Ohio 45231

Bring or mail completed form to address above or fax to: 931-0260
 E-mail: flc@nmpchurch.org

Registration for Single Parent Support Group:

Sign up for:	Time	Price
<input type="checkbox"/> 2nd Wednesday monthly	7-8:30	FREE !!
<input type="checkbox"/> I will need child care during class		FREE !!
<input type="checkbox"/> Number of children:		
<input type="checkbox"/> Ages and names:		
<input type="checkbox"/>		
<input type="checkbox"/>		

Total: FREE !!

Name _____

Address including zip code _____

Phone and e-mail _____

How did you hear about us?