



About Single & Parenting Groups

Other people don't truly understand how tough it is to be a single parent—day after day after day. Sometimes you want to give up. And that's a normal reaction—you're doing the job of two people. You should be tired.

The thing is, you deeply desire to do what's best for your kids, but you worry that you can't. Sometimes it's all you can do to survive from one day to the next.

So what can you do?

Single & Parenting groups address these concerns. You'll discover how to deal with your deep-down worries and your day-to-day struggles.

At a weekly Single & Parenting group, you'll meet with other single parents to learn and discuss some amazing parenting strategies and hope-filled insights.

How Single & Parenting works

Each Single & Parenting session has three distinct elements:

1. Video seminar

The videos are interesting and dynamic to watch, and filled with practical advice you can easily apply.

- Life-changing teaching from counselors and professionals who have been, or who work with, single parents
- Single parents who've faced parenting dilemmas and share the solutions they found
- Demos on how to handle tough situations with your kids

2. Small group discussion

After viewing the video, you'll spend time in a small group and discuss the video concepts and how to apply them. Each group member will also have the opportunity to talk about what is going on in his or her life. It's encouraging to realize the things you're facing as a single parent are normal and survivable!

3. Workbook-based personal application

Between sessions, you get the chance to apply the strategies to your daily life. Short, daily workbook exercises help you adjust the tips to work for you. Whatever your struggles—kids, discipline, exhaustion, money, ex-partner, depression, anger—the workbook helps you address the situation at its source.

What to expect:

Having never been to a group like this before, you may not know what to expect. Here's what you'll find:

Your nervous feelings won't last long. Those feelings tend to go away quickly for most people, usually during the first session they attend. The people in the group want to become better single parents. They are looking for solutions and help, just like you.

These people get it. Your fellow group members will understand the tears of frustration when you drop into bed at night, the constant battle to get your kids to do homework and the fear for your teenager whose choices are leading him down a no-good road.

Practical and proven strategies that you can apply to your own specific situations. The videos shown during each session demonstrate what these strategies look like—everything from how to discipline your child who's defiant to how to keep your cool when an ex-spouse or boyfriend/girlfriend is criticizing you.

You get the chance to talk about your experiences. When you tell others about your son who's gone from A's to F's on his report card, your daughter who's hurting so much and your ex who is telling lies about you, you'll likely discover you're not the only one facing these types of situations. You don't have to talk or share, but most people find that doing so is very helpful!

Your group will start to feel like "family." Your Single & Parenting group may begin to feel like a "family" as you make new friends with people you can relate to. Single & Parenting is designed to be a safe, encouraging environment. They become part of your support system as they are in the same situation.

Hope for the future. Do you worry about your kids' futures? Do you deeply desire that they turn out okay? What about your own future? Single & Parenting teaches you how to parent successfully and with hope-filled assurance for the future.

"It Starts with Me"

Why you have to help yourself before you can help your kids.

What It's Like

Find out how it feels to be part of a Single & Parenting group.

Your children will have the opportunity to heal. We also offers a [DivorceCare for Kids \(DC4K\)](#) group. DC4K is a fun environment for kids to learn how to work through the hurt of divorce. The DC4K program features videos, music, games, crafts and activities for children ages 6–13. We also have childcare for kids from 3-5 years.

Do your children need DC4K?

Your kids probably feel scared, sad, and confused after your divorce. They know you have been hurt deeply. As a result, they may hide their feelings because they are worried about your happiness or because they do not know how to express their feelings appropriately. DC4K helps them process those feelings and gives them tools to communicate better with you.

Group Leadership

Single & Parenting group leaders are people who understand how you feel and have a real care for single-parent families. Many Single & Parenting leaders have been single parents themselves. They know the struggles, hopes and fears that you may have as a single parent.

Seminar topics

Each of the Single & Parenting sessions is filled with information. Here are examples of things you'll learn from each session:

Tired & Overwhelmed – Session 1

- Why single parenting is never a solo endeavor
- Reasons you can have hope when all seems lost
- How deeply interested God is in your situation

Your Children & Your Fears – Session 2

- How children typically respond to losses
- How to help a grieving, hurting child
- How to release your worry

Rest & Comfort – Session 3

- Why taking a break can make you a more effective parent
- How to rest your body and soul
- The most important thing you can do for your children

Money & Career – Session 4

- Easy-to-follow budgeting tips
- How to get out of debt
- Secrets of reentering the workforce

Parenting Goals & Expectations – Session 5

- Which parenting goals are important to set
- How critical it is to understand your child's unique needs
- How to get your kids to obey

Suffering & Adversity – Session 6

- How to allow suffering to work for your good
- How adversity can prepare your kids for success
- Often-overlooked reasons why we experience pain and suffering

Emotions & Stability, Pt. 1 – Session 7

- What your emotions are trying to tell you
- How to work through depression
- How to eliminate fear

Emotions & Stability, Pt. 2 – Session 8

- What's causing your anger and what you can do with it
- How to forgive someone who won't admit he's done anything wrong
- How others can help you deal with your emotions

Parenting Tools & Projects – Session 9

- How to teach your children to be grateful
- The unique challenges children of divorce face
- The vital link between your child's heart and his behavior

Parenting Approaches & God's Love – Session 10

- Whom you should model your parenting after
- How your child's bad behavior can be used to point him to God
- The ultimate reason you should be patient with your kids

Talking & Listening – Session 11

- How your words and heart are connected, and why that's important
- How even your good desires can lead to conflict
- When to ignore the hurtful words of others

Conflict & Resolution – Session 12

- The best way to interact with someone you're in conflict with
- Why to focus on changing yourself, instead of waiting for someone else to change
- When to seek help from others in managing conflict

Dating & Single Sexuality – Session 13

- Eye-opening reasons to stay sexually pure (and no, it's not too late)
- When it's the right time for you to date
- Essential qualities for a potential mate