

2018/2019 ACTIVITIES



Spa Day

All meetings are held in the Garden Room at Elmhurst CRC from 12:15 to 2:30 p.m. unless otherwise noted.

Reservations are not needed. We welcome walk-ins. There is no charge. It is our love gift to the community. A meal is served at each meeting for moms and children. Child care is provided for infants through age 12 from 1:15 - 2:30 pm and activities are available for children on the lower level during our activity/speaker time.



SHE Steering Committee

September 16, 2018

Mini Spa Day: After you enjoy a luncheon with your child/children, they are dismissed either to the nursery or to their activity rooms. Mothers will have the opportunity to choose from the following mini-spa events: shoulder massage (Advanced Health of Oak Brook Chiropractors), facials (Merle Norman), hair styling, manicures, and foot massages. A gift will be given to each woman who attends.

October 14, 2018

Lori Little: Lori became a single mom when her son, Eric, was 18 months old. Her background is in corporate business development and sales. She is the author of the book, **The 21 Principles of a Healthy Single Mom.** hope4singlemoms.com. She is flying in from Montana to speak to us.

November 11, 2018

Three Small Discussion Groups will be formed to meet your needs:

Raising Boys of All Ages: Celia DeJong (mother of four boys)

Raising Girls of All Ages: Carrington Cunnington carringtoncunnington.com

Purposeful Living: Fran Molanari

It will be a meaningful time of fellowship for everyone including distribution of free winter clothing for children.

December 9, 2018

Christmas Party! Christmas Sing Along, Reflections of the Christmas Season, **Author Liz Lampkin**, Fun Gift Exchange, and a toy for each child.

January 13, 2019

Rev. Jeff Klein: Director of Outreach at Elmhurst CRC will speak on community, hope and encouragement.

Lina AbuJamra, MD: Lina was born in Lebanon, but is now a Pediatric ER doctor and founder of **Living with Power Ministries**. Her deepest desire is to help people live with the power of connecting biblical answers to everyday life.

February 10, 2019

Eve Senti: Valentine's Day Message and a unique Valentine's Day Craft. Everyone's favorite week.

March 10, 2019

Rachel Shannon, PhD (Marriage & Family Therapy): Rachel is an Associate Professor at Judson University, is Director of the Schaumburg Chicago Care Pregnancy Center, and runs a private counseling practice. She will be speaking on the topic: **Taking Steps Toward Healing from Abuse**

April 14, 2019

Diary of Sons: Scott Helton: Superintendent of Schools, District 88, Willowbrook High School
Tim Hageland: Song writer, worship leader, influenced by Hillsong Church in Australia, timhageland.com

May 5, 2019

Sharing Is Caring

Volunteers from SHE will share their testimonies and free children's clothing will be distributed.

Mark these dates on your calendar and plan ahead!

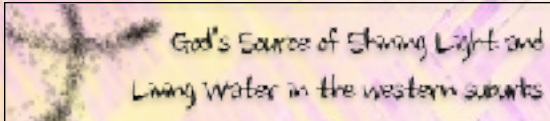
MISSION

The Single Mothers Support Group promotes an atmosphere of acceptance, and is a place where friendships are developed. We use the acronym SHE to represent "Sisters Helping Each Other." Our mission is to help women by bringing them hope. We serve the mothers by providing social activities, meetings with informative speakers, numerous resources for counseling, networking, and spiritual guidance. The mothers also have the opportunity to give back by helping each other.

We are also about our future — the children. We are about the family and the courage it takes to face the day-to-day challenges of raising healthy and happy children as a single parent.

We are about faith — belief in our Creator and in His ability to move the mountains in our lives in order to live a more Godly life and be an example to our children.

There is a library for single mothers to check out books pertaining to their needs. An updated resource packet is also distributed at our meetings that gives information concerning food pantries, housing, counselors, legal aid and more.



SINGLE MOM'S PRAYER

Lord, grant me...

Time Enough
to do all the chores,
join in the games,
help with the lessons,
and say the night prayers,
and still have a few moments
left over for me;

Energy Enough
to be bread-baker and breadwinner,
knee-patcher and peacemaker,
ballplayer and bill juggler;

Hands Enough
to wipe away the tears,
to reach out when I'm needed,
to hug and to hold,
to tickle and touch;

Heart Enough
to share and to care,
to listen and understand,
and to make a loving home
for my family.



Note: You are always welcome to call Jane for a lunch or coffee date!



**A SUPPORT GROUP
FOR SINGLE MOTHERS**



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