



# Mother of Many (MOM)



Single moms account for precisely one-quarter of U.S. households. Single parents work less and learn less because they are the sole caretakers for their children.<sup>1</sup>

Although single mothers face the same obligations as mothers who are married, a single parent has to face these responsibilities alone, without the helping hand of a husband. For that reason, many single parents feel chronically fatigued. They often feel physically and emotionally exhausted and find themselves yelling more at their children. Unless single parents set aside some down time to rest and recuperate, they can experience burnout and depression, feeling hopeless and helpless about trying to transform their lives into something more manageable.<sup>2</sup> Changes in the child's behavior may manifest due to the stress in the home and the absence of the non-custodial parent.

Mother of Many (MOM) equips single mothers with the necessary tools and supports to effectively cope with daily challenges. If you are a single mother or someone you know is a single mother who is need of some encouragement and support, contact MOM today!

<sup>1</sup>The Atlantic (2013). *The Mysterious and Alarming Rise of Single Parenthood in America*: Aparna Mathur, Hao Fu, and Peter Hansen September 3, 2013.

<sup>2</sup>Healthychildren.org (2013). *The Challenges of Single Parenthood*. May 11, 2013.

## Contact Us

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**Call Us: 804-867-5089**

Building solutions and support for single mothers to create healthy balanced households



**Mother of Many**

## Who We Are

Mother of Many, Inc. (MOM) is a nonprofit 501c3 organization that is committed to providing building solutions and support to single parent households to help families cope and achieve balance in their lives. MOM helps families fulfill their destiny of advancement and success in life.

Our mission is to promote emotional resilience and creative problem solving to effectively address daily challenges single parents and their dependents face.

## What We Do

MOM works to equip single mothers with emotional resilience and problem solving, increase natural support, break generational cycles of teen mothers, and to help young mothers develop skills to be self-sufficient. Participants receive:

**Mentoring:** One on one peer mentoring to assist young single parents with problem solving of daily challenges. Participants (ages 17-25) gain guidance, knowledge and share lessons learned from their experiences support and wisdom from peers who have overcome similar circumstances. Graduates from the mentoring program are eligible to attend a six month Peer Mentoring Training and become a peer mentor to new program participants.

**Resource Connections:** MOM provides comprehensive access through referrals to educational, financial, governmental and spiritual assistance by part-

## What We Do (continued)

nering with various civic, religious and other community organizations. Open to moms of all ages.

**Resource Giveaways:** MOM hosts events periodically throughout the year to provide single parents with basic needs such as school supplies, children's and adult clothing, food, toys, and beds. Open to moms of all ages. Please visit our website for information about upcoming dates, times and locations.

**Workshops, Conferences, Retreats\*:** MOM's workshops, conferences and retreats (open to moms of all ages) focuses on understanding healing and changing one's life through spirituality, religion, and God. These dynamic biblically based forums provide participant with opportunities for pro-social engagement, knowledge, leadership and hope.

MOM provides a limited number of scholarships for participants to attend MOM's annual international retreat. Contact Patricia Pritchett, to obtain scholarship and retreat information.

**Individual Counseling:** (Coming Soon)

**Parenting Classes:** (Coming Soon)

\*Workshops, conferences and retreats are open and available to everyone, however, many topics are biblically based on the teachings of Jesus Christ.

## How You Can Help



### Donate

MOM is funded through the generous donations of individuals. Our fundraising events are held in Maryland, Virginia, and North Carolina. To receive information about our events or to make a donation, please visit our website at [www.motherofmany.org](http://www.motherofmany.org).

### Volunteer

You can make a difference! Volunteer at MOM's. We rely on the time and support of devoted individuals such as yourself to enrich our mission by spreading support to single parent households.

### Become a Partner

We want to ensure single parent households have access to resources in the community. If you are interested in partnering with Mother of Many, please contact Patricia Pritchett at 804-867-5089.



*We simply cannot thank you enough!*

