# SHE IS HOPE LA 12-Week Curriculum

We offer a 12-week support group to single moms and their children to help them create and navigate a new and successful future for themselves and their children.

Each group will have a facilitator, and will benefit from guest speakers who are experts in family health, job training, and financial management.

Families will learn and create new healthy habits, gain access to services and support and create a nurturing environment for themselves, and their children.

Children will meet and have their own groups where they can connect with peers and have a safe, fun place to play, talk and receive support from children in similar situations.

*Our educational program will primarily consist of four areas of focus:*

**1. Finance**

Insurance, health, home, car

Filing taxes

The services and financial assistance available to each situation

Assertiveness and self-advocacy

Budgeting & Credit Counseling

Creative ways to make and save money

Spousal support, monthly income

Affordable housing options for each situation

How to ask for help, how to find community

**2. Parenting**

Supporting co-parenting, custody and tools to communicate

Teaching consistency in advocating for children, and self-advocacy

Help managing different household rules

Help creating tools and behavioral plans for each mother’s specific needs and concerns

Help creating boundaries, aid addressing challenges, and support for parental needs

**3. Job Preparation**

How to build a resume

Job seeking strategies

Learning computer basics like Word, Outlook and Power point

Interview preparation

**4. Physical & Emotional Health**

Planning affordable and nutritional meals

Cooking within a budget

The benefits of Yoga, Pilates and walking

Healing and healthy self-care strategies

Peer support and safe spaces for children

Socializing opportunities

Managing emotions (emotional intelligence)

Dating

Self-care

Creating and maintaining healthy habits