

# Single Parents Matter

## Supporting single parents

Raising children in today's world is a full time gig. Single parents carry the weight of that responsibility alone. Some have to maintain a relationship with their ex for the benefit of their children. Some are lone parents that have no support from their child's other parent. Others still have to deal with the grief of losing a partner whilst still maintaining a sense of normality for their grieving children. Whatever the situation, single parents have unique challenges and deserve to be supported and respected! This session will address common hurdles to overcome as a single parent giving realistic tools to help.

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## Session Outline

- Dropping Single Parent Guilt
- Decision Pressure
- Being Primary Caregiver
- Lone Parenting
- When Your Partner has Physical Custody
- What about the ex

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## Session Includes

Personal attention and feedback in an informal atmosphere

An invaluable booklet complete with information covered on the session

Open forum to ask questions



### Speaker: Gwen Jones

Gwen has an MSc in Occupational Psychology focusing on Workplace Wellbeing. She is a trained psychotherapist, relationship therapist and coach working with people all over the world to reduce anxiety and have happier, healthier lives. Gwen has worked with Educating Matters for 8 years speaking about DEI and Wellbeing. She studied Psychology at the University of Utah and then trained to become a teacher in Special Education, working with children with severe behavioural disorders, autism and the at risk population. She has trained many educators on behaviour management and cultural awareness. Gwen has taught in the USA and the UK. A mother of 4, she is very active in her children's schools. Political activism has always played a strong role in her life in causes such as: LGBT marriage rights, Animal Conservation, and Rock the Vote.