SINGLE PARENTS UNITE!!

Send questions and suggestions to singleparentsunite@yahoo.com

August 15, 2019

Inside this Issue

Blended Family Corner

Back to School Events

Education Corner

Christian Comedy

Gospel Stage Plays

Healthy Living

Single Parent Events

Singles Events

Special Needs Corner

Single Dad's Corner

Single Mom's Corner

Happy 3rd Anniversary Single Parents Unite!

By Jackie Williams

Dear Readers,

Three years ago I sent out the first Single Parents Unite newsletter, full of Back to School events. I initially planned to send out one newsletter to a few people in my single parent group and it has evolved into the newsletter it is today. Single Parents Unite provides information to DMV single parents about Back to School events, free tutoring and mentoring programs, college fairs and financial aid seminars, and single parent support groups for single moms and single dads. I strive to cover the gamut of information for single parents and their children.

The purpose of Single Parents Unite is threefold:

1. To provide pertinent information and resources to the single parent community in the DMV
2. To help bring important issues that single parents face to the surface
3. To help provide biblically-based solutions and support to improve the lives of single parents and their children

My newsletter initially concentrated solely on single parents. Now I have expanded the newsletter to include information and resources for blended families. In addition to the Back to School edition, I have added the Trunk or Treat Edition and the Merry Christmas edition. The possibilities are endless of what can be done with Single Parents Unite and I thank God for my dream that has become a reality.

I am happy to provide this newsletter to each and every one of you. I hope these newsletters connect you to the resources you need that will bring transformation to you and your children. My prayer is that Single Parents Unite has become a part of your life journey that increases your knowledge, fills you with joy and gives you peace. God bless you all!

Disclaimer: Single Parents Unite does not endorse any organization listed and is not liable for dissatisfaction with services or an event. These resources have been gathered and distributed for your convenience. Carefully scrutinize all organizations you choose, especially a vendor you choose for your children.

Blended Family Corner

Maryland

Blended Family Focused Living Class

When: Wednesdays, September 4-October 23
Time: 7:00 pm-9:00 pm
Where: First Baptist Church of Glenarden Worship Center, Room 1210
600 Watkins Park Drive, Upper Marlboro, MD 20774
Time: 7:00 pm-9:00 pm
Cost: $15

Purpose/Overview: Some common blindsides occur when blended married couples believe that stepfamilies are just like first families and discover their stepfamily is very different from anything they've ever experienced. They realize they don't have the tools to successfully manage their home. Smart blended family couples however don't get blindsided; they see it coming. They study the qualities of successful blended families and work at their marriages. They overcome well intended but misguided assumptions with "street smarts" and they are doing fine. Join us on this eight-week journey in a focus study where we can come together and see what God has planned for our blended families.

Textbook: God Breathes on Blended Families (2nd Edition) by Moe and Paige Becnel

You can register by going on FBCG's website (**fbcglenarden.org)** under The Institutes Classes. Select Course Selections (Register Now). On the left select Women's Focus Studies. Look up Focused Living - Blended and Blessed Families.

Text book is optional but a good resource. This focus study is great for blended families that are doing well and those that can use help in navigating the blended family dynamics.

This class is for married blended family couples, engaged couples, or singles.

FYI - If you want Kidsworld for your children for the Focused Living class, you must register your children at least 7 days in advance. The link is: **http://fbcglenardenkidsworld.eventbrite.com/**.

Contacts: Richard and Rochelle Brown
301-792-2586/301-792-2585
blessedandblendedcouples@gmail.com

Blended Family Corner

Virginia

Are you a bio-mom or bio-dad who has challenges with your ex, co-parenting, or are you having issues with the significant other of your ex? Are you a step-mom, step dad, or in-law who is trying to manage being in a step/blended family? Are you a friend of someone who is in a step/blended family? Did you just recently divorce or end a relationship with the parent of your child? Are you a teen parent? Come out to this workshop!! It will change your life! Your family and friends are worth it!!! Step Family/Blended Family FREE workshops coming to an area near you!!! September 7th—Alexandria Virginia from 11:30 am-1:30 pm.

Must register to attend at:
http://powermaxcompany.org/blended-family-conference-registration-form/

We will be adding locations in Manassas, Fredericksburg, Stafford, Springfield, Arlington, Fairfax and Tysons Corner. Spaces are limited, must register to attend!!! See you there!!

Back to School Events

Washington, DC

Back to School Events

Washington, DC

What is the DC Rhinos Mentoring Program?
The Name – The Black Rhino is an endangered species. In many aspects of educational and statistical research, it could be said that educated, upwardly mobile, tax-paying African-American males are also an endangered species. It is our goal to help ensure that the participants in our program have the guidance to be successful.

The Format – 25 participants (grades 6 - 12) will be accepted into the program. We will meet once a month as a group. Each monthly session is designed to expose our young men to the values and traits that will help them to be upstanding men in society, as well as share some of the outcomes/consequences of choosing the wrong path. The program will run from August 2019 to May 2020.

Our Rationale – Many of us were fortunate to have a wonderful childhood because of the many caring adults who were concerned about the safety, security, and development of the children in the community at-large. The DC Rhinos Mentoring Program intends to serve as a resource for students to learn and master the tools of mainstream society so that they can be economically viable and can contribute to the creative development of their community and society.

Back to School Events

Washington, DC

Back to School Events

Maryland

Back to School Events

Maryland

It Takes a Village to Raise a Successful Student

Sisters4Sisters,Inc. hosts the 18th Annual Back Pack Drive

Help us to send our Children in need back to school with Dignity, Confidence and the prospect of Academic Success and Achievement. Since 2001 Sisters4Sisters,Inc. has donated more than 67,000 school supplies and essential learning tools to children in underserved communities and families in need.

Sisters4Sisters,Inc. and our community partnerZeta Phi Beta Sorority,Inc. Tau Delta Zeta Chapter will be collaborating with Kentland Community Center for the 2nd Annual Jamboree. We are delighted to partner with them to make a REAL impact in the lives of our Scholars in need.

If you are in need of a backpack Call 301-386-2278

Back to School Celebration

Saturday August 17
11am - 4pm
In Partnership with
Kentland Community Center

- Empowering Speakers
- Enlightening Mini-Workshops
- Light Luncheon
- Face Painting

How You Can Give Hope to a Student

Your donation of Pencils, Ink Pens, Notebooks, Glue Sticks, Crayons, Paper, Composition Books, Markers, Scissors and more are Appreciated!

Questions ?? 301-552-7470
Sisters4sisters@aol.com
www.sisters4sisters.org

Our Proud Sponsors:

Sisters 4 Sisters · ZOB · Parks & Recreation M-NCPPC · LOVE · STM SOUTHERN MANAGEMENT CORPORATION

Back to School Events

Maryland

Back to School Events

Maryland

The Shops at Iverson
3737 Branch Avenue ● Hillcrest Heights, MD 20748 ● 301-423-7400

It's almost time to send our youth Back to School, so why not end the summer out with a huge event at The Shops At Iverson!!! A Back to School Supply Drive, Changing the Narrative Seminar, and a live concert series just to name a few!! .

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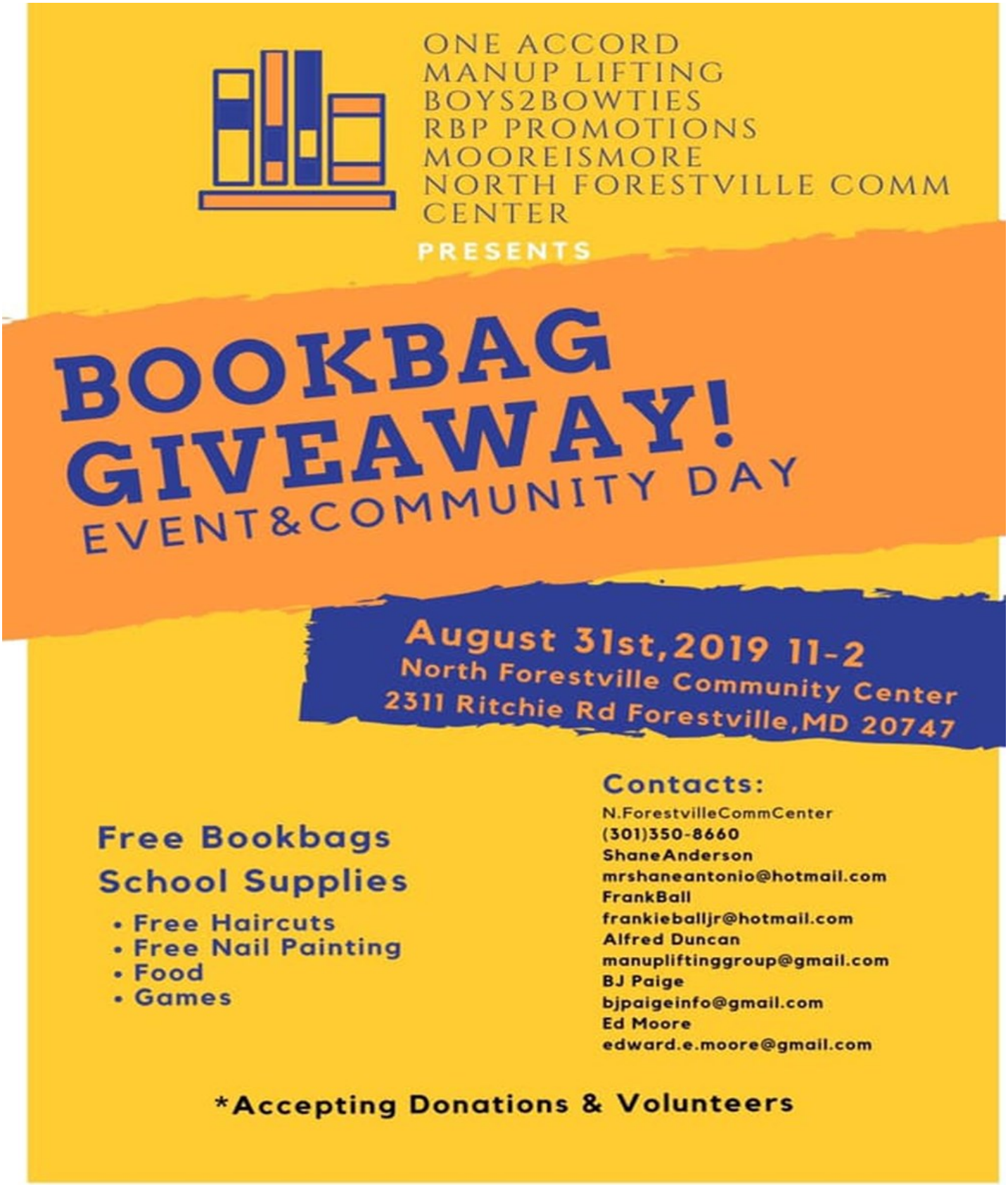
So make sure you come on out on August 24th from 12 pm - 6 pm. You don't want to miss this!!! .

Back to School Events

Maryland

Back to School Events

Maryland



Education Corner

Washington, DC

Please join the Society for American Archaeology in Metropolitan AME Church's Douglass Hall this Saturday, August 17th for a day of Archaeology Storytime!

Learn about the science of archaeology through the art of storytelling. This is a free and public festival from 10 AM to 2 PM, with stories and activities for all ages. DC-area archaeological organizations will bring together objects that help us tell local and interesting histories.

A children's librarian will perform stories and songs at 10:30 and 11:00 AM. Throughout the day, meet archaeologists and see real artifacts discovered in DC and beyond.

Education Corner

Maryland

Has your child been WAITLISTED for their aftercare program at school?
Well, wait no longer.
$115 per week with transportation from school.

Education Corner

Maryland

Sunday, August 25 ● 12:30 pm-5:15 pm
City of Praise Church
8501 Jericho City Drive ● Landover, MD 20785 ● 301-333-0500

Parents/Guardians and Scholars:

Please attend our work session during which scholars will take the ACT or PSAT practice exams and/or apply for college while we pay for their college applications. Middle school students should take the PSAT practice exam to prepare for high school entrance exams. Ninth and 10th graders should also take the PSAT. 11th and 12th graders should practice and apply to take the upcoming ACT exam.

Any student of any grade is invited to take the ACT Practice Exam to practice for future test taking. This work session should be helpful to anyone who is taking an upcoming ACT or any student who wishes to prepare for the PSAT.

All scholars who need assistance with college application fees are also invited to College Application Day. We will pay the application fees on COPFM computers for any student who has completed a college application. As this is primarily a test taking practice session, please be sure to obtain a ticket for college applications if you are prepared to apply.

We strive to begin our sessions at 12:30; however, all R2C Workshops are held 15 minutes after our 10 AM service. As no workshops can take place during our services, it is possible that the R2C Workshop could start after the stated time.

This is a Dual Work Session. This is not a formal workshop. All students in the community are welcome. Hope to see you there.

Education Corner

Maryland

Alpha Kappa Alpha Sorority,Inc. Iota Gamma Omega Chapter
in collaboration with
The Ivy Community Charities of Prince George's County, Inc.,
The Common Application,
and EDU, Inc. Common Black College Application present

CLASS OF 2020

COLLEGE APPLICATION DAY

We want to help
YOU APPLY TO YOUR SCHOOL OF CHOICE!
This event is for all High School Seniors of Prince George's County.
The first 75 students will have their application fee waived!
For more information visit
www.iccpgc.org

SEPTEMBER 8, 2019
1PM-4PM

IVY YOUTH AND FAMILY CENTER
6118 WALTON AVE
SUITLAND, MD
20746

For more information about the application process, please visit www.commonblackcollegeapp.com

RSVP at https://collegeapplicationday2019.eventbrite.com

Follow us @igoakas/@iccpgc

Deidre N. Jackson,President
Carlita Head,First Vice President

LaTisha Booth
HBCU4Life Chairman

Ylawnda Peebles and Debra Palmer Henry
CAP Chairmen

Education Corner

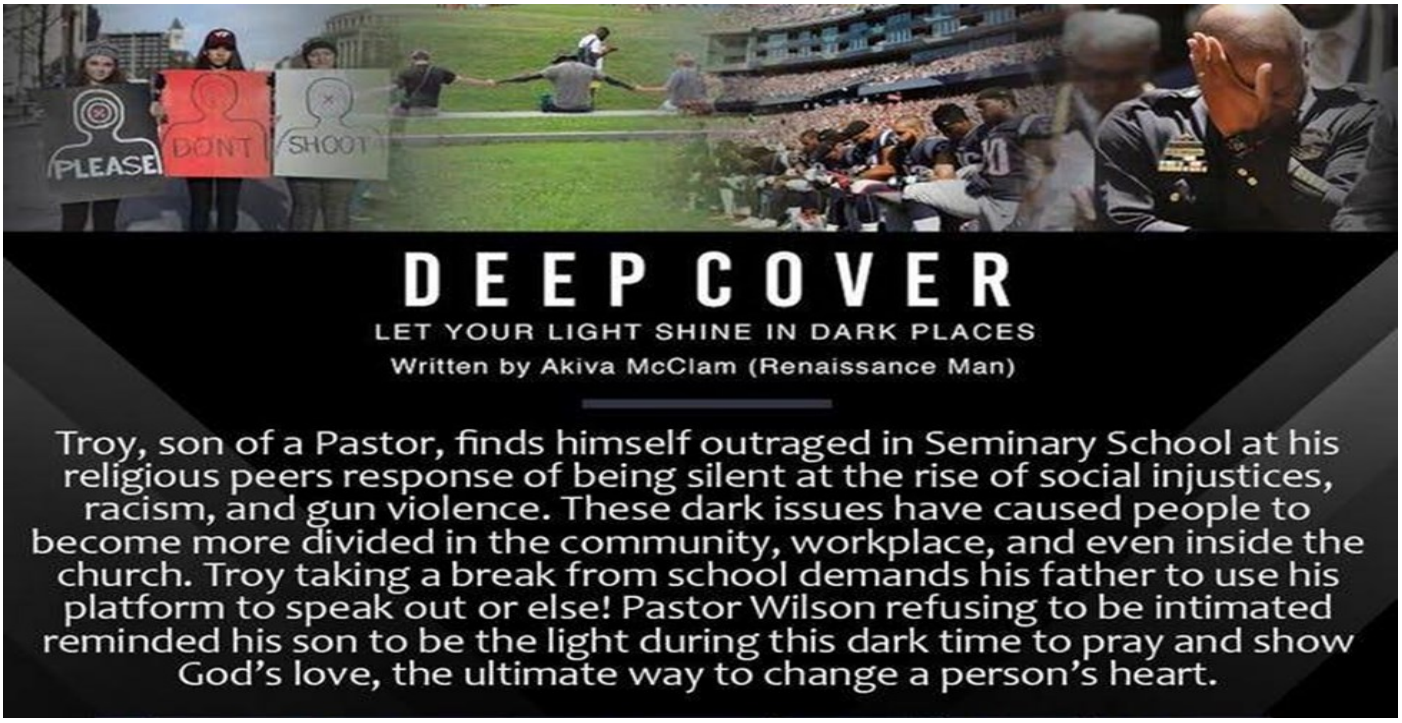
Virginia

Christian Comedy

Gospel Stage Plays

Maryland

Saturday September 7 ● 4:00 pm – 6:30 pm
New Hope Church
4200 Old Washington Road ● Waldorf, MD 20602 ● 301-843-3887
Price: $20 ● Purchase Tickets at Eventbrite.com



Daddy's Boys Stage Play

by Prostate Health Education Network

Friday, September 13
7:00 pm-9:00 pm
First Baptist Church of Highland Park
6801 Sheriff Road
Landover, MD 20785
301-773-6655

With music, drama and comedy it tells the story of a widowed father and his sons coming together through fractured relationships when faced with prostate cancer.

Daddy's Boys imparts real-life messages which raises prostate cancer awareness and knowledge. The play is produced by award winning playwright Garrett Davis who specializes in producing entertainment that educates about minority health issues.

PHEN is pleased to provide free tickets for the play, however, seating is on a first come first served basis until seating capacity is filled.

Register for this FREE event on Eventbrite.com.

Healthy Living

This year's **Get 'n Check** will be held on **Saturday, August 18th from 10am to 2pm**. This is a church-wide evangelistic outreach where every member can participate. In addition to spiritual and health checks, health seminars, and food trucks, we will have a car show! That's right, everything from imports to hot rods to exotic cars will be on showcase. Please invite your family and friends!

Sherwood Recreation Center ● 640 10th Street, NE ● Washington, DC 20002

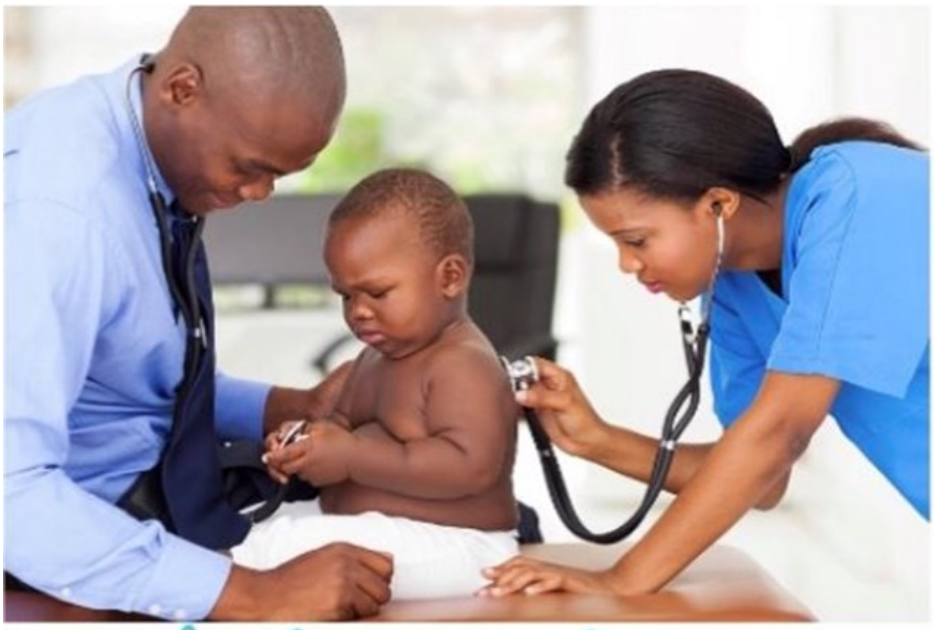
Healthy Living

Maryland

This year's Health Expo will be held in August! Grab your friends and family and join us at the 26th Annual Health Expo as we're armed with tools for living a healthier life together. Enjoy fitness and health workshops, exhibits, medical screenings and cooking demonstrations - for free!

Healthy Living

Maryland



9th Annual FAMILY HEALTH EXPO

Family Health Expo offers something for every age and interest. Attendees will be entertained and engaged with a variety of health and wellness exhibits and activities. Best of all, Family Health Expo will connect attendees with community resources to help them reach their health and wellness goals!

EXPOSE YOUR HEALTHCARE AND FITNESS BUSINESS

Family Health Expo is the perfect platform to engage, educate and elevate your brand and services to reach local families and individuals.

Awareness & Education

- Self-care information
- Humor & its health benefits
- Back Care
- Child Safety
- Recycling
- Organic Produce
- Healthy Cooking Demonstrations
- Stress Information
- Ergonomics
- Recreational Safety
- Women's/Men's Health Issues
- Nutritional Information
- Dental & Oral Health
- First aid and emergency
- Preparedness
- Childcare resources
- Cancer & preventive exam schedules
- Substance abuse information

Activities

- Vision Care
- Blood Drive
- Diabetes Seminar
- Nutrition
- Hearing
- Dental

Medical & Legal Expert Panel Discussions:

- Presentations on Arthritis
- Weight Loss Consultations
- Teen Depression/Suicide

FREE FLU SHOTS • FREE HEALTH SCREENINGS • FREE ADMISSION

SATURDAY, SEPTEMBER 14, 2019
11AM - 5PM
Byzantium Event Center
2747 Riva Road, Annapolis, MD 21401

CALL US TODAY AT 410-877-6730 TO EXHIBIT YOUR HEALTHCARE BUSINESS

Healthy Living

Maryland

Single Parent Events

Maryland

All relationships contain a spiritual component to them. These relationships or soul ties can be formed biologically, physically, emotionally, spiritually, and mentally. Some of these connections are destructive and ungodly, and commonly referred to as soul ties.

Ungodly soul ties not only affect you, but your children. Come ready to discuss this topic. The goal is to learn from and support one another on this parenting journey. This will be a judgement-free zone.

Childcare registration ends on Saturday, August 31. To register please go to: https://fbcglenarden.org/kidsworld

Single Parent Events

Maryland

SINGLE & PARENTING
HARD WORK. REAL HOPE

AS A SINGLE PARENT you know there aren't many people who truly understand the unique challenges you face. You deeply desire to do what's best for your kids, and you worry that you aren't. Sometimes, it's all you can do to survive from one day to the next. Single & Parenting is a special group that will bring hope to your life.

VIDEO SEMINARS
Single & Parenting video sessions offer effective parenting strategies, encouragement and insights on how to find rest and hope as you parent alone.

1. **Tired and Overwhelmed**
2. **Your Children and Your Fears**
3. **Rest and Comfort**
4. **Money and Career**
5. **Parenting Goals and Expectations**
6. **Suffering and Adversity**
7. **Emotions and Stability, Part 1**
8. **Emotions and Stability, Part 2**
9. **Parenting Tools and Projects**
10. **Parenting Approaches and God's Love**
11. **Talking and Listening**
12. **Conflict and Resolution**
13. **Dating and Single Sexuality**

Single & Parenting Weekly Group
Grace Baptist Church
7210 Racetrack Road
Bowie, MD 20715

Orientation held on Wednesday, September 11, 2019
13-Week Session begins on Wednesday, September 18, 2019
7:00 pm-8:30 pm
Wednesdays in Room 114 Church Library

$15 for workbook and sessions (scholarships available)

Children's Programs and Childcare Available

For more information call 301-262-1767
gbcsingleandparenting@gmail.com

Singles Events

Maryland

Singles Events

Maryland

Have you heard? The First Baptist Church of Glenarden Singles Ministry is having a debt free party on Saturday, September 7 at 6:30 pm. The location is 3600 Brightseat Road, Landover, MD 20785. This event is for singles looking to get out of debt and for those who have already gotten out of debt.

In preparation of the celebration we are calling a 21-day financial fast starting on Sunday, August 17. We will be using Michelle Singletary's book, The 21-Day Financial Fast as a guide, available on Amazon or the church bookstore. Get your copy today and get ready to join us on August 17!

Special Needs Corner

Maryland

MCF
maryland coalition of families

"All About Me"

Introducing Your Child to New Teachers
Tuesday, August 27 ● 6:00 pm-7:30 pm
Waldorf West Library
10405 O'Donnell Place ● Waldorf, MD 20603

The Maryland Coalition of Families invites you to join other parents and caregivers of children with mental and behavioral health challenges for a workshop to develop a one page introduction of your child for teachers this new school year.

Please bring a small photo of your child as well as a 504 Plan or IEP if available.

Contact: Angie McRae at amcrae@mdcoalition.org or 443-546-0617

Parents Supporting Parents

Monthly support groups for parents and caregivers of children and teens with mental, behavioral and emotional health needs.

1st Sunday | 4:00 pm-5:30 pm
Corkran United Methodist Church
5200 Temple Hills Road, Temple Hills, MD 20748

3rd Tuesday | 7:00 pm-8:30 pm
Largo-Kettering Branch Library
9601 Capital Lane, Upper Marlboro, 20774

3rd Saturday | 9:30 am-11:00 am
Bowie Senior Center
14900 Health Center Drive, Bowie, MD 20716

For more information:
Angie McRae at 443-546-0617 or amcrae@mdcoalition.org
Beth Ann Hancock at 443-878-3112 or bhancock@mdcoalition.org

Single Dad's Corner

Washington, DC

Family Restoration:
Celebrating Fathers, Empowering Parents

Saturday, September 14 ● 1:00 pm – 3:00 pm
Francis A. Gregory Neighborhood Library
3660 Alabama Avenue Southeast ● Washington, DC 20020 ● 202-698-6373

A distinguished group of professional experts and seasoned activists lead an important conversation about strengthening and restoring families in DC and the Metropolitan region. Representatives from Unified Parenting, a program at George Washington University, will make a special presentation. The event features an exciting group of leaders including:

Brittany N. Adams ATR, LPC is a licensed Art Therapist and clinician in private practice. She received her master's degree from Eastern Virginia Medical School. She has worked as a primary/clinical therapist providing therapeutic services through integrative counseling approaches to adolescents and families.

Stuart Anderson, founder and director of Family & Friends of Incarcerated People (FFOIP), is a native Washingtonian. He began community activism in 1993 while incarcerated at The Central Facility at Lorton. On January 28, 2004, he spoke from inside in prison on DC Inmates, Their Children & Hope. The next year, The Washington Post Magazine featured him on its cover – *A Father's Conviction*.

David Miller is founder of the Dare to Be King Project, a unique initiative challenging contemporary narratives about Black manhood and masculinity. He received acclaim for *Dare to Be King: What If the Prince Lives. A Survival Workbook for African American Males*, a thought provoking, 52-week curriculum teaching adolescent males how to survive and thrive in toxic environments.

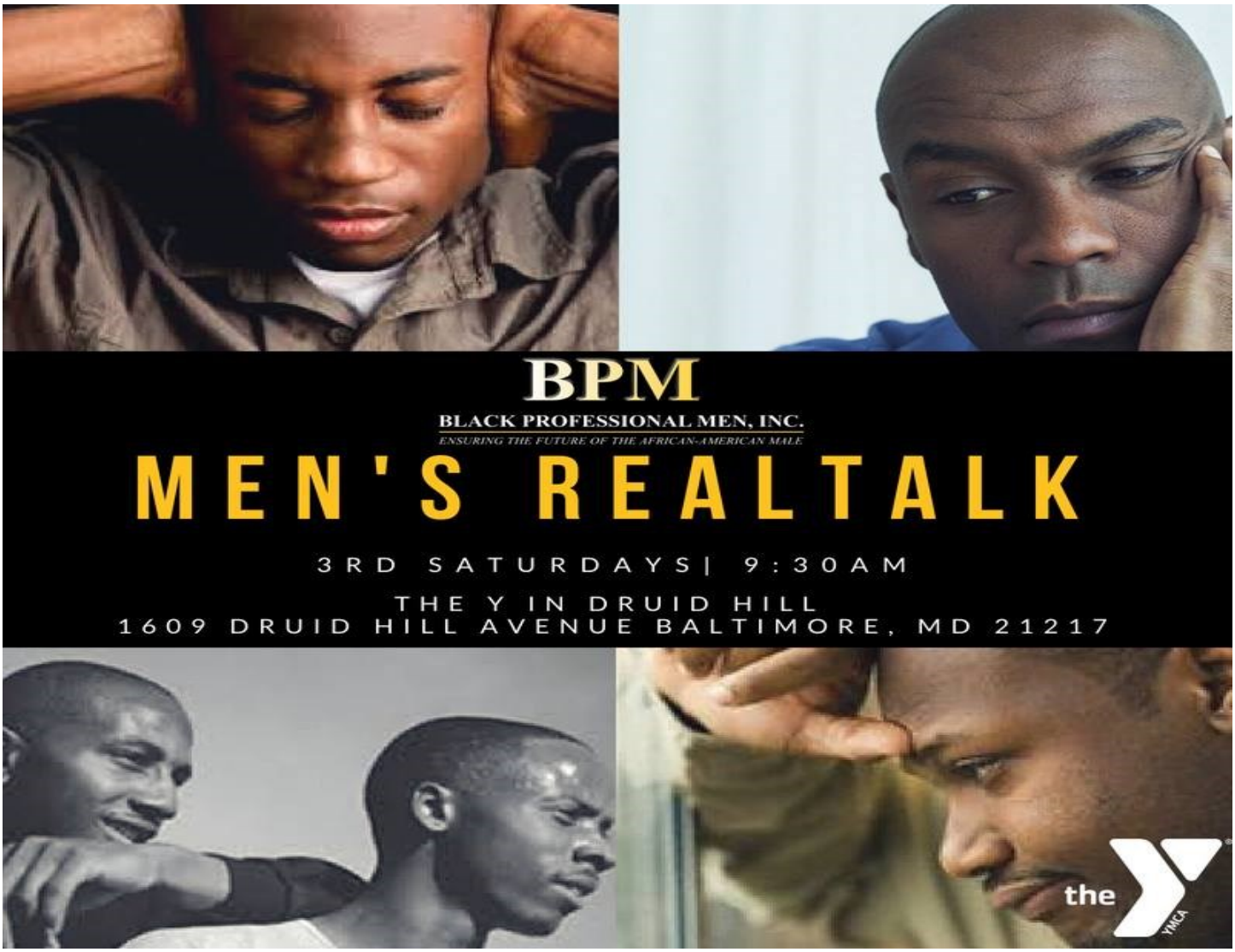
Lowell Vincent Muse envisioned himself a father even when he was himself a child. Nothing could block his dream. He enjoyed a 44-year career in broadcasting; for 20 of those years he was an engineer. In 2015, he retired from NPR as an audio recording technician.

Jonetta Rose Barras, award-winning journalist and author of *Whatever Happened to Daddy's Little Girl? The Impact of Fatherlessness on Black Women,* will moderate the conversation.

This is a FREE event. Light refreshments will be served. Books will be given away.
REGISTRATION IS REQUIRED. REGISTER FOR THIS FREE EVENT ON Eventbrite.com.

Single Dad's Corner

Maryland



Many of our black men are dealing with mental and other challenges that impact their ability to function. BPM is providing a platform that allow men to discuss and learn how to deal with these challenges. You do not have to deal with these challenges alone. We provide a safe environment. You are not alone and together, we can get through it. Hope to see your there!

Next meeting will be held on Saturday, August 17. Meeting subject for August is Healthy Living.

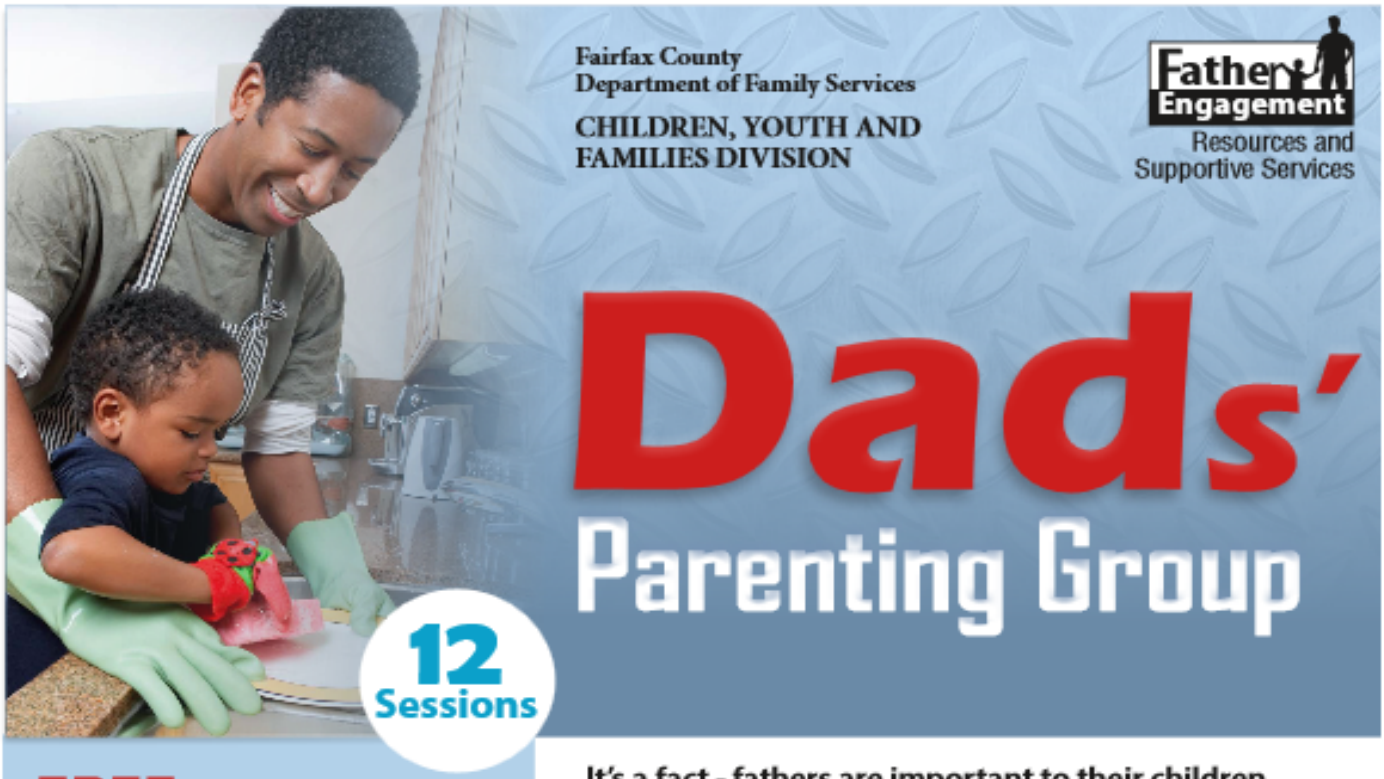
blackprofessionalmen.org ● 443-550-1276

Single Dad's Corner

Washington, DC

Single Dad's Corner

Virginia



FREE for all participants

Program Includes

- 24/7 Dad™ Parenting Class
- Meals
- Access to Fairfax county resources
- Father-child friendly community activities

Characteristics of a 24/7 Dad™

- Self awareness
- Caring for self
- Fathering skills
- Parenting skills
- Relationship skills

It's a fact - fathers are important to their children. Their postive involvement contributes to child safety, permanency and well being.

September 11-December 11

Wednesdays 6:00 pm-8:30 pm

WestLawn Elementary School

3200 Westley Rd
Falls Church, VA 22042

Pre-Registration Required

Call early as classes will 703-324-7730

Calvin Robertson	571-722-6162	TTY 711
Bennie Herron	703-324-7308	TTY 711
Kimberly Torres	703-324-3064	Spanish

Fairfax County Department of Family Services

www.fairfaxcounty.gov/dfs

Fairfax County is committed to nondiscrimination on the basis of disability in all county programs, services and activities. Reasonable accommodations will be provided upon request. To request this information in an alternate format, call 703-324-7800; TTY 703-222-9452.

A Fairfax County Virginia publication. Printed January 2016.

Single Mom's Corner

Washington, DC

The 6th Annual Ubiquitous Women's Expo is returning to Washington, DC! This two-day event features quality beauty, wellness and health exhibitors; star-studded entertainment; dynamic workshops; product demonstrations and panel discussions on topics that will help improve and revitalize your mind, body and soul.

Maryland

Single Ladies Chat - Empowerment & Encouragement
Living Single Are You?
Q&A and Open Discussion w/ Refreshments
- Can I Be Sexual and Not Have Sex
- Trusting God's Plan vs. Devising My Own
- Is the Bible Relevant for Today's Single
- How Long Should I Really Wait

Single Mom's Corner

Maryland

Help and Hope

For the Single Mom

Friday, September 6 ● 7:00 pm
First Baptist Church of Highland Park
6801 Sheriff Road ● Landover, MD 20785 ● 301-773-6655

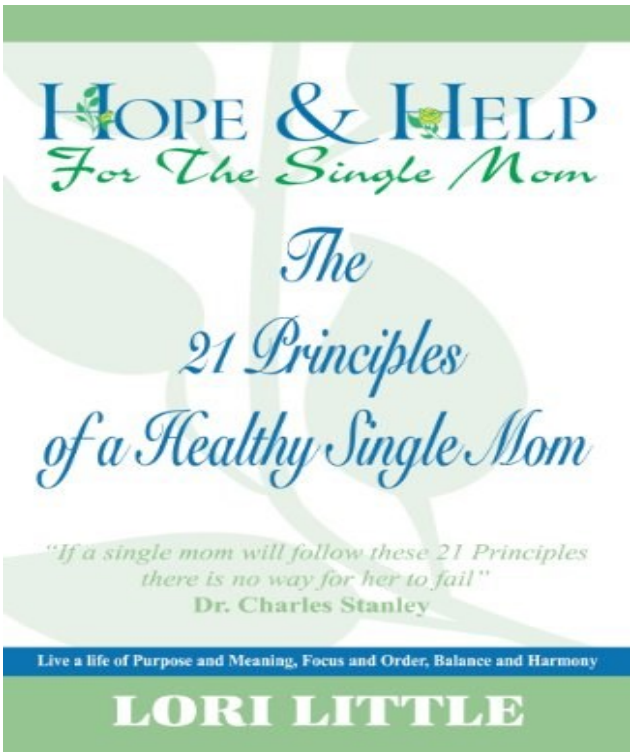
Everyone knows that being a single mother is not easy. In the Single Mother's Ministry, we will study the Bible together to encourage single mothers. God has a plan for single mothers, too! In this focused bible study, women will study God's word, network, and be strengthened.

The cost is **$15** to cover books and supplies. Class will meet one **Friday** a month. Come out – regardless of being a mother out of wedlock, divorced, or widowed. Come where there is no judgment, we can study God's word, and be encouraged in our future!

In your season of being a single mother, make it a priority to increase your relationship with God, love your children, take care of yourself, create a loving home, help others and be positive.

The **September 6** session will cover **The Principle of WISE COUNSEL**. Avoid the disaster of making decisions in an improper state of mind. Have a mentor or coach/accountability partner that you report to for guidance and wisdom.

Questions? Send an email to Reverend Yolanda Craig at **sm_ministry@fbhp.org**, or call the Administrative Office at 301-773-6655.



Recommended Reading for Help and Hope for the Single Mom

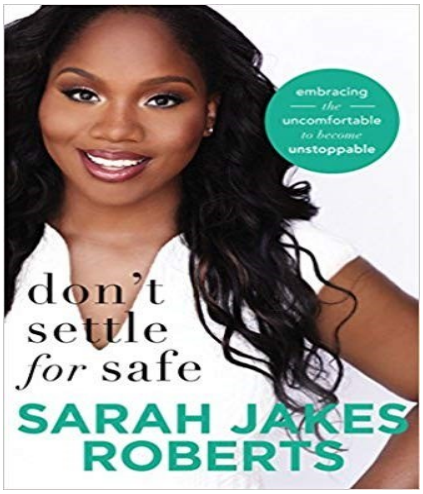
Whether you are a teen, never married, divorced or widowed single mom, the 21 Principles in this book will encourage you to flourish in the midst of your overwhelming circumstances; leading you to live a life of purpose and meaning, focus and order, balance and harmony. These 21 Principles are designed by a single mom and for a single mom. They will take every single mother to a new level by equipping you with positive instruction and practical tools that will inspire you to live well as a single mom and raise healthy, whole children. Every book comes with free downloadable interviews with great's that were a single mom, or raised by a single mom such as: Kay Arthur and Dr. Charles Stanley just to name a few.

Single Mom's Corner

Maryland

First Baptist Church of Glenarden Worship Center
600 Watkins Park Drive ● Upper Marlboro, MD 20774 ● 301-773-3600

The Institute Classes for Women at First Baptist Church of Glenarden



Don't Settle for Safe: Embracing the Uncomfortable to Become Unstoppable

Everyone has experiences in their lives that stop them in their tracks and become burdens they carry with them everywhere they go. This 8-week study is designed to show women they are not disqualified by their pain and failure. It also offers participants encouragement to find the right perspective and confidence to walk toward the best God has for them.

Textbook: Don't Settle for Safe: Embracing the Uncomfortable to Become Unstoppable by Sarah Jakes Roberts

Classes are held on Wednesdays from 9-18 to 11-13/7 pm-9 pm

Cost: $15

Register at fbcglenarden.org/institutes

Passport to Purity for Mothers and Daughters

Our daughters begin the journey into adolescence in a world of sexting, bullying, online stalking and moral defiance. Innocence is under attack, and you cannot win the battle with a single awkward talk or a strict set of rules. The primary defense for your daughter is a strong relationship with you and with God. This 8-week study will assist in building heart-to-heart communication with your daughter while laying a foundation of purity that will prepare her for the turbulent years ahead. **DO NOT REGISTER YOUR DAUGHTER.**

NOTE: Participants are encouraged to bring their daughters (ages 12-18) with them on certain specified dates.

Classes are held on Saturdays from 9-14 to 11-9/10 am-12 noon
November 2 class will be held from 12:30 pm-2:30 pm

Cost: $15

Register at fbcglenarden.org/institutes