

# SPIN

for Single  
Moms &  
their Kids!

Single Parent Information Network

## Prepare Yourself to Be Empowered: Physically, Mentally and Spiritually!

- Get to know other moms!
- Talk about issues facing families like yours!
- Grow as we support and encourage one another in a warm, small group atmosphere!

No need to cook on SPIN nights. Families are welcome to eat a delicious meal prepared by local restaurants and churches. Afterwards, while moms attend the SPIN meeting, we will provide a supervised study area for children K-8th grade to do homework or play games.

**Registration Now Open!**

**Two Wednesdays a Month, October 4 to May 23:**

1st & 3rd Wednesday at Heritage Church (*Franklin Park*)

2nd & 4th Wednesday at Ridgewood Church (*Westview*)

6:00 - 6:30 pm: Dinner

6:30 - 8:00 pm: Mom's Group Meeting

Children's Homework/Game Time



"There are so many reasons why I appreciate the single moms group, it's very difficult to choose. I think that the support of all individuals involved is uplifting, mainly because it allows you to support others and help them through a difficult period in their life as well as your own. Thank you for allowing this to happen."

- SPIN Mom

"This SPIN Group is really fun and cool. It also helps my mom to calm down. The group gives me the ability to meet kids with single parents."

- SPIN Child

There is no cost for attending this group but pre-registration is required. To reserve your spot or to donate a meal for our SPIN families, contact Many Jabbour at 412-366-1300 ex. 121 or [mjabbour@anchorpointcounselingministry.org](mailto:mjabbour@anchorpointcounselingministry.org).



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