



ReStart Program Training Manual for Facilitators: Re-Supporting, Teaching and Reaching Together

Rhonda Thomas

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This program is designed for single parent families, fragmented families and any one raising children solo. It is designed as a curriculum series and is perfect for support groups in businesses, churches, organizations, schools and wherever there is a gathering of single parents. This book covers the A-Z of single parenting and encompasses a holistic approach to healing for the parent and the children. “There are approximately 13.6 million single parents in the United States today, and those parents are responsible for raising 21.2 million children (approximately 26% of children under the age of 21 in the U.S. today).” - U.S. Census Bureau

Recent studies have shown that there is a trend between children raised in single parent homes and high incarceration rates (Bush, et al. 2000). There are multiple explanations for this including the instability of a divorce process, missing father figures in the home, custody battles, abandonment feelings, and inconsistency experienced by the hectic schedule maintained by a working parent trying to balance everything on their own. Although the desire of many parents is to make the best life possible for their children, they simply do not have the information or resources to accomplish this to the fullest. Both parent and child suffer due to feelings of dissatisfaction and frustration from both sides because of a breakdown in communication. Without education, mediation, or the work-shops and accountability on how to improve their own lives while coping with the stress of single parenting, children of these parents will see an unstructured life. Likewise, single parents often feel overwhelmed by the large amount of balancing required in their lives and have difficulty finding a way to relieve them through talk therapy or relaxing with others in like situations. With a solid education on how to stabilize their lives financially, personally, and work wise, parents can bring much needed stability into their homes to assure their children’s healthy development and transition into adulthood. They can likewise, impart this knowledge to their children, thus continuing the healthy habits into the next generation.

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