



Mission

Empowering Single Parents to Lead Successful Families and Build Strong Communities.

Vision

Our vision is that all children living in a single parent home will become productive contributing members of society.

Objectives/Goals

- To encourage, educate and empower single parents to rise up and successfully lead their families to become contributing and productive citizens in their communities.
- To provide the framework for a mentoring and support program for single parents and their children.
- To coach the families in setting goals and writing a vision for their family and equipping them with the skills to execute their vision, mission and family guiding principles.
- To provide a life coach accountability partner for single parents and their children.
- To provide businesses with support for their single parent employees.

Strategies

The Single Parent Support Network principle strategies include:

- Support Groups, Conferences, bringing nationally and locally-renowned single parent speakers as keynote presenters at events.
- Support Groups, Seminars and training programs, such as ReSTART™ (Re-Supporting, Teaching And Reaching Together).
- One on One consultations.
- Resource services.
- An annual scholarship award program for parent and/or children.

The Single Parent Support Network is tax exempt under section 501(c)(3) of the Internal Revenue Service Code.





2002 —	Organization's framework was memorialized in writing by founder, Rhonda Thomas
2005 —	Held 1st Annual Queen for the Day event.
2007 —	Support groups began.
2009 —	Organized monthly outings began.
2010 —	Received IRS 501(c) (3) exemption status. Created first strategic plan, Over 300 single mothers and grandmothers served and honored at Queen for a Day event with Debbie Phelps. 60 single parent families attained membership. Held 1st Annual Enchanted Evening event.
2011 —	Life Coaching sessions via teleconferencing began. Presented 1st Annual Legacy Awards to Governor Mary Fallin, Sheriff John Whetsel, Councilman Ed Shadid, M.D., and Jill Dunham of Children's Miracle Network. Launched after school tutoring for children of single parent families.
	Ground work laid for the launch of Adopt a Single Parent family mentoring program. Established the Parenting Restored Program (PRP) and parenting classes.
2012 —	Completed the Standards of Excellence program through Oklahoma Center for Non Profits. Held 1 st Annual Mothers and Sons Conference. Began legwork for ReSTART™ program and Wingspan book publication. First SPSN chapter established.
2013 —	Wingspan book published featuring the stories of single parents, nationwide. Queen for a Day event expanded into Tulsa region. Laying groundwork for membership rewards program.

Please make all checks payable to Single Parent Support Network, PO Box 12593, Oklahoma City, OK 73157 or visit us at www.supportforsingleparents.com.







A single parent (or solo parent) is a parent, not living with a spouse or partner, who has most of the day-to-day responsibilities in raising the child or children.

- A widow or widower raising their children
- · A divorced parent raising their children
- A biological dad or mom who are raising their children
- A foster or adoptive single parent that is raising children
- A single grandparent or other family member raising children
- A parent whose spouse is gone away for an extended period of time (i.e.: military)
- A parent whose spouse is ill for an extended period of time
- · A parent whose spouse is incarcerated
- A parent who was never married
- A woman who was the victim of rape
- · A single parent who has chosen artificial insemination as a way to conceive
- Surrogacy

I was so moved by the heart of SPSN for those in my position as a single parent. SPSN is doing so much to improve confidence, train and support single parents. Thoughts sparker in me that I don't just have to settle for what life has brought to me.

Jennifer M., SPSN Member and Single Mom

In the heart of every single parent and in the heart of every child lies a treasure of dreams, gifts and talents waiting to be discovered...

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The Changing Face of Oklahoma Families

It can sometimes be un-imaginable how one demographic can impact a community. Below are some single parent family statistics that may help give you a better understanding of the impact that this demographic has on our communities:

13.6 million 21.2 million

Single Parents in the United States.

Children in the United States are raised by Single Parents - 28% of all children under the age of 18 live with one parent.

Employment Statistics of Single Parents

79% Of custodial single mothers are gainfully employed.

50% Work full time, year round.

29% Work part-time or part-year.

92% Of custodial single fathers are gainfully employed.

74% Work full time, year round.

18% Work part-time or part-year.

1 in 4 Children live in a single parent household in the United States.

Oklahoma

33%

Households in Oklahoma are single parents households, 72% are single mothers.

79,580

Oklahoma children are raised by grandparent(s) totaling to 1 in 25 children.

1 in 3

Children in Oklahoma live in a single parent household.

Statistical information is collected from the US Census Bureau; American Community Survey

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Single parents are around every corner. We have seen an increase in single parent households over the past 30 years. Below is a small sampling of Famous Single Parents.

- St. Helena Augusta, the earliest recorded single mother in history
- Virginia Dell Cassidy, mother to President Bill Clinton
- · Sheryl Crow, Musician
- Debbie Davisson Phelps, mother of Olympic Swimmer, Michael Phelps
- Minnie Driver, Actor
- Ann Dunham, mother to President Barack Obama
- Colin Farrell, Actor
- Jamie Foxx, Actor/Musician
- Elizabeth Hutchinson Jackson, mother of the 7th President Andrew Jackson
- Jane Randolph Jefferson, mother of the 3rd President Thomas Jefferson
- Diane Keaton, Actor
- Coretta Scott King, widow of Martin Luther King
- Lenny Kravitz, Musician
- Vernita Lee, mother of Oprah Winfrey
- Ricky Martin, Musician
- Toni Morrison, Nobel Prize and Pulitzer Prize-winning American novelist, editor and professor
- Liam Neeson, Actor
- Mary Lousie Parker, Actor
- Cristiano Ronaldo, Soccer Player, Real Madrid
- Dwayne Wade, Basketball Player, Miami Heat
- Mary Fallin, First female Governor of the State of Oklahoma
- USAF Major General Rita Aragon, retired
- Yvonne Pennington, Mother to TV Personality Ty Pennington

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Being the child of a single parent household, doesn't mean that your options are limited. Take a gander at some very successful children of single parents...

- George Washington, 1st President of the United States
- Thomas Jefferson, 3rd President of the United States
- Andrew Jackson, 7th President of the United States
- Bill Clinton, 42nd President of the United States
- Barack Obama, 44th President of the United States and first African American elected to seat
- · Maya Angelou, Actor, Musician,
- · Oprah Winfrey, Producer, Actor, Philanthropist,
- Sean Combs, Musician, Producer, Fashion Designer
- Usher, Musician/Producer
- Kevin Durant, Basketball Player, OKC Thunder
- Michael Phelps, Swimmer, most decorated Olympic medalist of all time
- Warrick Dunn, Football Player, Atlanta Falcons
- Donald Miller, New York Times Best Selling Author
- Ty Pennington, TV Personality Extreme Home Makeover
- · Scott Brooks, Coach of the Oklahoma City Thunder

What single parents really need, beyond formulas, are stories of hope, challenge and triumph. Single parents will find a thousand tips in this book, but more importantly, they'll find friends who have walked the road before them and made it through with a story to share. Single parents don't have to fell alone, and this book is proof.

In reference to SPSN's first published book, Wingspan - Donald Miller, NYT bestselling author of Blue Like Jazz and other titles, creator of Storyline conferences and founder of The Mentoring Project.

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Over the past nine years, SPSN has launched several new programs and projects in response to the needs of our state's single parent families. These programs and projects include:

Life Coaching

Life coaching is a weekly support and accountability program for single parents and their families. This program is conducted via Teleconference or live in a small group setting with a qualified or professional serving as the facilitator and life coach allowing the single parent an opportunity to learn the life skills necessary for successful parenting and living. Here are some of the topics covered in this program:

- Finding your Family Identity
- Anger Management
- Be Transformed
- Health and Nutrition
- Dealing with guilt and shame
- Boundaries
- Relating to your teenager
- Discover and Develop gifts in your children

- Parenting for Success
- Self Esteem/Emotional Healing
- Financial Management
- Intentional Sexuality
- How to talk to your kids
- · Career Guidance
- Dating/Relational pitfalls
- Consumer to Creator series

Support groups

Our monthly support groups are facilitated by professionals and interns in the field of behavioral sciences. Group sessions are held for parent children and teens by age category. The parent and child are covering the same topic on the same day and the discussions are led by the professional to get the participant to express their life issues. Children are encouraged to express their emotions by discussion, art therapy, rhythmic and movement therapy, poetry and or animal therapy. Chapter support groups are being established across the state.

Parents Night Out

This is night set aside to give the parent and the children some respite care. Most single parents rarely get a break for the day to day routine of caring for their children and this day designed to give the family members a "reset". This evening is set up once a month at the chapter locations across the city.

Adopt a Single Parent Family Mentoring Program

The purpose of the "adopt a single parent family" mentoring program is to provide a foundational model for mentorship, accountability, and education for the single parent family. These families in partnership with two parent families will learn how to write out a vision for their lives and walk it out over time with accountability.

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Wingspan

Published in 2013, Wingspan, a collection of inspirational stories from single parents like Governor Mary Fallin, Anne Lemott, the parents of Ty Pennington, Donald Miller and more.

Signature Events

Queen For A Day (Founding event)

The Queen For a Day event is our largest yearly event that focuses on Single moms and their need for a day of encouragement, education, royal treatment and pampering, a break from their kids and new insight as to how to keep going in this endeavor to successfully raise their children.

Single moms carry the burden of mom and dad, breadwinner, disciplinarian, chief cook, yard and handyman, cheer leader, cheer giver, visionary, employee, homework supervisor, financial analyst, chief decision maker, protector, and the list goes on and on There was an immediate concern that single moms were either neglecting themselves or that they were neglecting their children.

Queen for a Day was launched almost a decade ago and at the first event we had about 30+ women in attendance. Our last event hosted approximately 300 women and about 300 kids.

Mother and Son Conference

The mom and sons event was designed to address the issues that single moms face in understanding males and in raising boys and also to help the boys and young men deal with issues that they are facing without the leadership of a dad in the home.

The moms learn about how to identify and understand their sons personalities and needs and how to best fill those needs and voids. They learn how the different personalities think, what their love language would be and how to lead them to success.

The boys and youth learn about leadership, responsibility and about making their siblings their best friend.

We work with the families to establish a family mission and vision, values and principles that they will live by.

Life Changing DAY!

Christine H., Queen for a Day attendee

I now have a greater appreciation for my situation and I know it will be okay. Akellia W., Mother & Son attendee

I left realizing I was not alone. Cameo A., Queen for a Day attendee

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Every year, single parents make up an ever larger portion of the workforce. Perhaps out of necessity, many single parents offer their employers a greater level of commitment and effort.

Businesses can, in turn, support their single parent employees through SPSN's ReSTART™ resource. Within ReSTART™, SPSN provides the tools and training in life management, organization and other critical skills. By sponsoring SPSN, you are making a solid investment in your business and your employees.

Single Parents face unique challenges as they balance parenting, work and their own personal development and well being. They are also unlikely to be able to leave these at the door when coming to work causing their work productivity to be affected.

ReSTART™ (Re-Supporting, Teaching And Reaching Together), a chapter program that is designed to provide support for the millions of single parents in the United States who are looking for answers and success strategies to single parenting and raising their children.

The ReSTART™ program is the answer to many employer/employee issues and works much like an EAP or employee wellness program. To ease the integration into your wellness regimen, SPSN facilitators will guide your employees through the entire curriculum.

ReSTART™ will consist of an opening welcome orientation, core curriculum and an optional 7 expansion modules.

The Core Curriculum is a 12 session module that covers the following:

- Broken Pieces
- What Hurts? Identifying Personal Hurts and the Hurts of Your Children
- · Getting Organized
- Anger & Communication
- Resources for Children
- Launching a New Journey

- Family Road Map
- How to Use the Road Map
- Launching Out on the New Journey
- · Parenting through Change
- Family Finances
- Resources & Support

There are an additional 7 modules available to continue the success building strategy of engaging your employees that will expand on the key points associated to the core curriculum:

- 7 Habits of Soul Healthy Singles
- Getting' Ahead in a Just Getting' By World
- Parenting with Confidence
- Overcoming Health and Stress Challenges
- Financial Strategies for Single Parents
- Family by Intentional Design (FamilyID)
- · Communication and Co-Parenting

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- Invitation to participate for a one year term seat
 on CEO Advisory Board, includes plaque
- 2 Minute presentation option at all SPSN events/programs, includes company banner, group sponsor banner and booth where applicable
- 2 VIP tables for 8 at Enchanted Evening includes pre-event reception with award nominees along with special recognition at event
- Table for 8 nominees at Queen for a Day (Oklahoma City or Tulsa) – refer to event information
- Founder's Circle level company logo or information on all media - printed, TV, radio, newsletters
- Welcome orientation session, Core Curriculum module encompassing 12 sessions and One Expansion module of your choice for up to 30 employees of the ReSTART™ Program
- 30 issues of SPSN's Wingspan inspirational stories from single parents
- 30 SPSN Individual memberships for nominated employees
- Highlighted Business Directory Listing, up to 5 categories
- Career Opportunities listings on SPSN job board accessible by SPSN members only
- Website slide show graphic on SPSN homepage header box promotion, quarterly for 30 days, limited to 2 Founder's Circle partners per month
- Founder's Circle level advertisement on all printed SPSN event programs, presentations and releases
- Availability to provide promotional materials for
 SPSN members
- Dedication on Founder's Circle webpage linked on homepage of SPSN website
- Commemorative plaque to acknowledge your company's support of SPSN
- SPSN Logo for company's philanthropic needs

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Annual Dues \$10.000

- Company Representative or nominated single parent employee to serve one year term on Advisory Council Roundtables, includes plaque
- 1 VIP table for 8 at Enchanted Evening includes pre-event reception with award nominees along with special recognition at event
- Explorer level logo or company information on all media - printed, TV, radio, newsletters
- 15 issues of SPSN's Wingspan inspirational stories from single parents
- Highlighted Business Directory Listing, up to 3 categories
- Website slide show graphic on SPSN homepage header box promotion, bi-annually for 30 days
- Availability to provide promotional materials for
 SPSN members
- Explorer's plaque display at SPSN Headquarters

- Company banner, group sponsor banner and booth where applicable at all SPSN events/programs
- 4 nominees for Queen for a Day (Oklahoma City or Tulsa) – refer to event information
- Intro and 1 modules for up to 15 employees of the ReSTART™ Program
- 15 SPSN Individual memberships for nominated employees
- Career Opportunities listings on SPSN job board accessible by SPSN members only
- Special commemorative plaque to acknowledge your company's support of SPSN
- SPSN Logo for company's philanthropic needs

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- Company logo on group sponsor banner at all SPSN events and booth, where applicable
- 1 table for 8 at Enchanted Evening
- 2 nominees for Queen for a Day (Oklahoma City or Tulsa)
 refer to event information
- Logo on all printed SPSN event programs
- Intro and 1 module for up to 7 employees of the ReSTART™ Program
- 7 issues of SPSN's Wingspan inspirational stories from single parents
- 7 SPSN Individual memberships for nominated employees
- Business Directory Listing, up to 2 categories
- Career Opportunities listings on job board
- Availability to provide promotional materials for SPSN members
- Commemorative plaque to acknowledge your company's support of SPSN
- SPSN logo for company's philanthropic needs



- Company logo on group sponsor banner at all SPSN events and booth, where applicable
- · 4 tickets for Enchanted Evening
- 1 nominee for Queen for a Day (Oklahoma City or Tulsa) refer to event information
- Company Listing on all printed SPSN event programs
- Intro session for up to 5 employees of the ReSTART™ Program
- 5 issues of SPSN's Wingspan inspirational stories from single parents
- 5 SPSN Individual memberships for nominated employees
- Business Directory Listing, up to 2 categories
- Career Opportunities listings on job board
- Availability to provide promotional materials for SPSN members
- Commemorative plaque to acknowledge your company's support of SPSN
- SPSN logo for company's philanthropic needs



Yoyager Annual Dues \$1,000

- Company Listing on group banner at all SPSN events
- 2 tickets at Enchanted Evening
- 1 nominee for Queen for a Day (Oklahoma City or Tulsa) • refer to event information
- Company listing on all printed SPSN event programs
- 50% Discount access to the ReSTART™ Program
- 4 issues of SPSN's Wingspan inspirational stories from single parents
- 4 SPSN Individual memberships for nominated employees •
- Business Directory Listing, 1 category
- Career Opportunities listings on job board
- Availability to provide promotional materials for SPSN members
- Commemorative plaque to acknowledge your company's support of SPSN
- SPSN logo for company's philanthropic needs



Pilot Annual Dues \$500

- Company Listing on group banner at all SPSN events
- 2 tickets for Enchanted Evening
- 1 nominee for Queen for a Day (Oklahoma City or Tulsa) refer to event information
- Company Listing on all printed SPSN event programs
- 25% Discount access to the ReSTART™ Program
- 2 issues of SPSN's Wingspan inspirational stories from single parents
- 2 SPSN Individual memberships for nominated employees
- Business Directory Listing, 1 category
- Career Opportunities listings on job board
- Availability to provide promotional materials for SPSN members
- Commemorative plaque to acknowledge your company's support of SPSN
- SPSN logo for company's philanthropic needs

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- Company listing on group sponsor banner at all SPSN, where applicable
- 1 ticket for Enchanted Evening
- 1 nominee for Queen for a Day (Oklahoma City or Tulsa) • refer to event information
- Company listing on all printed SPSN event programs
- Intro session for up to 15 employees of the ReSTART™ Program
- 1 issue of SPSN's Wingspan inspirational stories from single parents
- 1 SPSN Individual membership for nominated employees
- Business Directory Listing, 1 category
- Career Opportunities listings on job board
- Availability to provide promotional materials for SPSN members
- Plaque to acknowledge your company's support of SPSN
- SPSN logo for company's philanthropic needs



Steward Annual Dues \$50

- Home Based Single Parent Owned or Managed Business
- Business Directory Listing, 1 category
- Discounts on all SPSN events, where applicable
- SPSN logo for company's philanthropic needs
 - Includes Individual Membership



Jndividual Membership Opportunity Annual Dues \$ 30

Join our community of single parents who are dedicated to advancing their families to be an impactful part of their communities. Benefits of membership are as follows and continues to expand:

- Mentoring programs to be the mentor or to request a mentor
- Coupons and Discounts on good or services such as: adventure oriented events, legal benefits, BOGO's, etc.
- · All SPSN events and programs
- Access to computer training and continuing education
- Business Directory listing, 1 category Professional Single Parents supporting Professional Single Parents
- Parenting seminars and support networks
- Scholarship opportunities available only to members, inquire with SPSN for details

- Life Coaching available at discounted rate
- Referral program housing, clothing, food, counseling, resource library
- Clothing Exchange events
- Access to ThEdge (WhizKids) after school program
- Career Opportunities form SPSN supporters
- Access to Chapters throughout the state

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Thank you for your support of the Single Parent Support Network. With continued support from organizations such as yours, we can continue to make an impact with single parent families by continuing to encourage, inspire and empower to grow into successful families and build strong communities.

Company	/ Name					Publish? Yes or No
Physical /	Address					Publish? Yes or No
Mailing A	ddress					Publish? Yes or No
City/State	e/Zip					Publish? Yes or No
Company	website					Publish? Yes or No
Represer	ntative				Title	
Email Add	dress				- ,	
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