

Raising a healthy, loving child is one of society's most important jobs.

Although it is not guaranteed, children who grow up in a loving environment have a better chance of growing up to be healthy, loving and valued adults in our society. It is in society's and our best interests that we prioritize the raising of children.

### Mothers/fathers play very important roles

A mother/father must fulfill the roles of provider, nurturer, counsellor, healer, teacher, guide, mentor, role model, caregiver and friend. To wear all these hats, requires strength, commitment, patience, compassion, love, and sacrifice.

### Without support,

especially for those with young children, the constant demands on single parents can result in overwhelm, isolation, fatigue, economic hardships, prolonged lack of sleep and chronic stress.

### They need time for themselves

to rejuvenate, recharge, and be regain balance. But often, this is difficult because of limited finances, lack of childcare, a sense of overwhelm and lack of support in society.

## Single Mothers/Fathers

### Support Network

provides support on an individual and community level to single mothers, single fathers, and their children.

Volunteers provide preventative self-care services such as acupuncture, aromatherapy, counselling, massage, Reflexology, Shiatsu.

We offer workshops in wellness and stress reduction/prevention such as art therapy and yoga.



A group environment allows single mothers to learn new ways to take care of themselves and their children and to share with other mothers with similar challenges.

Raising a child is not a one or even a two person job.

**It takes a community to raise a child.**

Everyone's help and participation is needed because everyone is affected by how our children are raised. We are all interconnected, not separate.

**Interested in helping build community?**

Join us in organizing a baby-sitting co-op, donating spare clothes or your old computer, or by offering your time and care to look after a child or cook a meal for a family.



The nurturing and care that a parent receives is naturally passed on to their children. Children benefit when the parents take time to take care of themselves.



*"The Network has been truly instrumental in grounding me when I lost my way. It has opened my eyes to the beauty and love that exists around us. It has shown me women with compassion, conviction and courage to live their dreams. The workshops are always very nurturing and inspiring. Also well, the practitioners who donate their time have been truly wonderful to me. The Network has inspired me to embrace my dreams. The support that I have received has given me the courage to make my dreams reality."*

**Manon, mother of 2**

## Services

### Preventative individual appointments:

Certified practitioners may offer:

- acupuncture
- counselling
- massage
- Reiki

### Preventative group work:

From time to time, we have been able to offer group activities such as Art Therapy, Introduction to Feng Shui, yoga.

Please check our website or call our events line for the most current offerings.

## Community Building

### Clothes and Furniture

Please call Jaya at (604) 224-6043 for clothes. For furniture, please call Sandra (604) 732-3300 mailbox 2, to put in a request for your needs.

### Community Tickets

In the past, we have been fortunate to have the generous support of Ballet BC, Cirque de Soleil, the Vancouver Festival, the Vancouver Folk Music Festival, movie tickets, etc.

Please check our events line for any current offerings.

### Events and other messages line

Access our events line by dialing:  
604 732 3300  
9  
3300

### Telephone Tree

Need help, got a place to rent, something to give away/for sale, or something to announce? Our telephone tree messaging system can put the word out to many other families. Please call us with your request.

### Tool Sharing

Need a hammer, saw, sewing machine, computer, transportation, etc? Please check our website for the most current offerings.

## Single Mothers/Fathers

SUPPORT NETWORK

Since 1996, the Vancouver Single Mothers/Fathers Support Network Society has been offering counselling, referral services, information and community education, community building, and outreach to low-income single mothers, single fathers and their children. Preventative stress reduction, self-care education and community building are some of our main priorities and services..

Raising a healthy, loving child is one of society's most important jobs. The well-being of a mother or father is crucial to the well-being of their children. The needs of the mother/father must be met in order for her/him to fulfill the needs of her/his children in a healthy way. Naturally, a mother/father who feels loved will automatically nurture her/his children in a loving way.

Our mandate is to help increase the well-being of single mothers and single fathers, which automatically increases the well-being of the children and our community. Our long-term goal is to help our members find the balance between asking for support and being able to care for oneself. Both are essential.

**Services are available with an annual \$20 membership and a simple gift** for the practitioner in the form of a flower, card, craftwork, donation, fruit, etc. Single mothers on low income have priority.

Services are intended to be used on an on-going basis. At any one time, there is an allotment of one individual appointment for a family. Subsequent appointments can be made once a booked appointment has been completed. Group activities can be concurrent with the individual appointment. **Please phone** to determine eligibility and to arrange appointments. Childcare is the parent's responsibility.

**Missed appointment policy:** if a member misses or cancels an appointment without 24 hours notice, a warning is given. If a member misses or cancels without 24 hours notice a second time, then their privileges will be suspended for 6 months.

## Single Mothers/Fathers

SUPPORT NETWORK



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c/o 405 - 1288 West Cordova  
Vancouver, BC, V6C 3R3  
smsn@vcn.bc.ca

www.singlemotherssupportnetwork.org  
(604) 732-3300, mailbox 2

Events/info line:  
(604) 732-3300, press 9, press 3300

**Healthy moms/dads, healthy kids,  
healthy community**