

Single Parents...

*It's not easy to live the single-parent life. The key is knowing you are not in this alone!
Learn the essentials of self-care and the value of helpful relationships.*

Saratoga Federated Church

invites You to a

Single Parent Seminar **Featuring Elsa Kok Colopy** **Saturday, October 15, 2011**

9:00 am to 3:00 pm

Tickets \$25 - includes lunch

*Child Care is available**

The Real Thing

- Living the Single Parent Life: Learn to manage your time, take care of your health and find joy along the way.
- Companions for the Journey: Learn to lean on good friends as you raise your children and deal with the frustrations or pain in single life.
- Navigating New Relationships: Learn what it looks like to date with wisdom and clarity.

Who Should Attend?

This seminar is for single parents with children of all ages. Single parents are free to invite friends or relatives who actively support them.

Enroll Today!

Space is limited – reservation deadline is October 1, 2011

Enroll at <http://bit.ly/SingleParentWorkshop2011>

For more information call Susan at (408) 867-1000, ext 239

**Child care will be available for children from age 3 months thru 5th grade with online advanced registration only.*



Elsa Kok Colopy is an author of six books, including *The Single Mom's Guide to Keeping it All Together*, the former editor of "Thriving Family" magazine and a guest expert on the DivorceCare DVD series.

SARATOGA FEDERATED CHURCH

20390 Park Place • Saratoga, CA 95070 • www.saratogafederated.org