

Being a Healthy Single Mom, 3 months*

- Free initial consultation (approx. 30 minutes)
- Six (6) one-hour sessions, meeting every other week (may be combined if desired)
- This package focus on you as a Mom
- Putting on your own oxygen mask – getting your own needs met
- Super T's of single parenting
- How not to get lost in the shuffle of life
- Parenting with passion, purpose, and prayer
- Stress to strength strategies
- Single mom as the spiritual leader in the home
- Tips for balancing life's demands/time and self-management
- Managing your money
- How not to get overwhelmed
- Worksheets
- Email support for duration of the coaching

Being a Healthy Single Mom Package is \$249 upfront or three monthly installments of \$90