

# ***SMADS (SINGLE MOMS & DADS) UNITE: COPING WITH COVID-19***

A 12-week virtual skills and support group where SMADS (single moms and dads) can learn new, unique and effective parenting techniques while gaining support and connections with other single parents in their community! This group is ideal for parents who are struggling to manage home schooling, self-care, working from home, and providing childcare while sheltering in place during COVID-19.

### **In this group, you will:**

- Explore coping with COVID-19: how to parent during the quarantine
- Understanding developmental stages: helping your child at the right time
- Setting limits for your child and reinforcing good behaviors
- Redirecting the chaos to work for you
- How to parent when you're angry
- Self-care for SMAD's: How to help yourself when you need help

### **Meeting Time:**

Thursdays, 6:30 pm to 7:30 pm

### **Start Date:**

July 16<sup>th</sup>, 2020

### **Cost:**

\$65 per session/ \$70 Initial intake  
Healthcare plans accepted

### **Requirements:**

- 12-week group (11-week minimum commitment)
  - Intake screening required

### **Location:**

Virtual via telehealth platform

**Spaces are filling fast, Book yours today!**



For more information email [help@globecoreinc.com](mailto:help@globecoreinc.com)  
or call 770.284.1044



# About the facilitator

## Ashley Martinez, LPC

Ashley Martinez is a Licensed Professional Counselor who specializes in family systems therapy, play therapy, art therapy and group therapy.

She has provided individual and family therapy for children (birth -20yrs) as well as families in need of extensive services and stabilization through the Children's Behavioral Health Initiative.

Ms. Martinez has worked with children and their families in community settings, in-home, and in schools while collaborating with teachers and other caregivers.

