

Parenting Courses

TOTAL PARENTING CLASSES: 40

Helping Your Children Thrive

- Children & Trauma
- Helping Your Child Through Divorce or Loss
- Having Tough Conversations with Your Children

Navigating Parenting Seasons

- Parenting for First Time Moms
- Parenting for Pre-Teens & Teens
- Parenting Young Adult Children
- Techniques for Dealing with Toddler Tantrums
- I Have a Baby, Now What?

Single Moms Raising Boys

- Raising Boys as the Next Generation for Christ
- Being a Step Ahead of the Battle
- Mentoring Support for Your Son

The Daddy Gap

- Unprotected - Raising Girls Alone
- Tell Me There's a Plan for Us
- Raising Girls Alone

Adult Children 101

- Navigating Through Empty Nest
- Establishing Boundaries with Adult Children
- Learning to Let Go

The Perfection Infection

- The Perfection Infection
- No More Perfect Kids Pt. 1
- No More Perfect Kids Pt. 2

Co-Parenting

- Forging Your Ex
- Co-Parenting

A Single Mom in the Life of Special Needs

- Support
- Education and Training
- Referrals

Single Parenting 101

- Five Parenting Tips
- The 4 C's of Parenting
- Lose the Mom Guilt
- Evaluating the "I" in Parenting
- Parenting Difficult Children

Instant Stress Relief for Moms on the Move

- Lower Your Expectations of Others & Yourself
- Change Your Self Talk
- Expect the Unexpected

Positive Parenting

- The Power of a Mom's Attitude
- The Power of a Mom's Example
- The Power of a Mom's Words
- Things Single Moms Can Do to Positively Impact Their Children

Raising Respectful Kids

- Self Respect vs. Self Esteem
- Coach vs. Cheerleader
- Repetition as a Discipline

Health & Wellness Courses

TOTAL HEALTH & WELLNESS CLASSES: 65

Preparing for Marriage

- Navigating Blended Family Living
- Dating Best Practices
- Helping Your Child Adjust to New Marriage
- Preparing to Blend

Self-Care

- Self-Care pt. 1
- Self-Care pt. 2
- Cleaning Out the Junk Drawer
- Refueling Your Spirit When You're Running On Empty

Navigating the New

- Goodbye and Hello
- Excess Baggage
- Fear Not

Freedom from the Past

- Soul Ties
- Navigating the Shame Vault
- Breaking Cycles
- How to Walk in Freedom

Get Moving!

- Top Benefits of Exercise
- Top Ways to Integrate Exercise
- Ways to Get Moving

Single Mom & Trauma

- Identifying Types of Trauma & Its Effects
- The 4 F's of Trauma
- Developing a Trauma Care Plan

Strong Mental Health

- Battling Anxiety
- Developing a Strong Support Team
- Mental Health & Walking with God
- Counseling 101
- Battling the Blues

Dating: How & When

- Dating: How & When
- Signs You're Dating Mr. Wrong
- 6 Tips for Dating as a Single Mom

Healthy Sexuality

- Every Single Woman's Battle
- Becoming Completely His
- The Fantasy Fallacy
- Practical Tips to Put Down Porn

Overcoming Abuse

- Surviving & Overcoming Abuse
- Effective Coping Skills
- Moving Past Your Past

Help for Busy Moms

- Time, Balance, and Priority
- Schedule Like a Pro
- Evaluate & Adjust

Sex & Dating

- Why Purity?
- Identifying Toads, the Counterfeits
- Establishing Dating Boundaries
- Sex & Lies

The Battle

- Strength in the Battle
- Battling Well
- Secrets to Success with Difficult People pt.1
- Secrets to Success with Difficult People pt.2
- Conflict Resolution

Eating Healthy

- Eating Healthy on a Budget
- How to Eat Right When You are Busy
- How to Choose the Best Foods

No More Excuses

- No Room for Doubt
- Nothing is Impossible

Growing with God

- Where is God in Crisis?
- Top Ways to Grow Your Faith
- Devotional Time: How, Why, When?
- An Effective Prayer Life

Freedom from Fear

- Freedom from Fear
- The Power of Love
- Soul Wounds

Christianity 101

- How to Hear the Voice of God
- How to Be a Christian
- How to Pray
- How to Grow Your Faith
- The Power of the Holy Spirit

Financial Courses

TOTAL FINANCIAL COURSES: 35

Planning for Your Financial Future

- Planning for Your Child's College
- Retirement Planning & Strategies
- Moving From Lack to Abundance

Responsible Finances

- Making a Budget: 10-10-80 Rule
- Budgeting: Spreadsheets & Tracking
- 25 Ways to Save
- Tithing as a Single Mom

Credit & Finances

- Credit Score Basics
- Credit & Debt
- Saving & Investing

Money Matters

- Why Money Management Matters
- Surviving Financial Crisis

Entrepreneurship 101

- Building Your Brand
- Starting a Business from the Ground Up
- Developing a Strong Work-From-Home Business
- Biblical Principles in Entrepreneurship

Career Development

- Best Practices When Looking for a Job
- Top Things Every Woman in the Workplace Should Know
- Shattering Glass Vases

Poor Mind, Poor Life

- Identifying & Overcoming the Poverty Mindset
- Moving from Broke to Breakthrough
- Common Sense Financial Strategies

Career Readiness 101

- Writing a Resume & Cover Letter
- Job Interviewing 101
- Career Attire
- Becoming the Best Employee
- Public Speaking 101
- Developing Effective Writing Skills
- Top Tips to Effective Sales

Estate Planning

- Five Steps to Homeownership
- Estate Planning & Life Insurance
- Refinancing & Consolidation Loans

Keys to Growing Your Business

- Give Value First
- Protect Your Cash
- Hard Work Pays Off