



ONLINE GROUP

Christine Kritzas, M.A. (S.A.) PSYCHOLOGIST & EDUCATION DIRECTOR

Christine Kritzas is a counselling psychologist, committed to exploring and developing every person's individuality and unique potential in a collaborative therapeutic relationship. With over 13 years of experience as a practicing psychologist, she has worked extensively with children and adults. She has also worked within the corporate sector, providing seminars, trainings, and Transformational Counseling to executives. Christine has been a frequent guest on radio and contributed to publications such as Gulf News, Khaleej Times and The National.

SINGLE-PARENTS SUPPORT GROUP

Date: Monday, September 27th, 2021

Time: 6pm - 7pm

Being a single-parent can be challenging to say the least. Single-parents may often feel thinly spread, overwhelmed and underappreciated. Most single-parents juggle their household responsibilities with work, which leaves very little time for themselves. Their parenting responsibilities are no different to that of those married – but the difference is that they have a stronger sense of feeling like they are doing it on their own. Single-parenting exacerbates the pressures of raising kids, especially in the 21st century.

Some parents report:

- *Experiencing feelings of loneliness & shame*
- *Dealing with the stigma and sometimes ongoing criticism from family and friends*
- *Challenging relationships with their children*
- *Animosity with their ex-partner*
- *Difficulties with managing their finances*

Research suggests that single-parent families are more vulnerable to social isolation and mental health difficulties.

BENEFITS OF ATTENDING THIS SUPPORT GROUP:

- Have a **safe space to share** the **daily challenges they face** in single-parenting
- Be **equipped with evidence-based strategies** in dealing with their stressors
- Have personal **experiences normalized** through the power of sharing
- Feel a **sense of containment and support** with what they are experiencing at present
- Meet other single-parents and have the opportunity to **broaden their social circle**

REGISTRATION: lighthousearabia.com/events

LOCATION: This is an online group. A link to the Zoom meeting will be sent following event registration.



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