

Transforming You Inc.

Single Mother's **SUCCESS INSTITUTE**



Our mission is to enhance and equip economically disadvantaged individuals, by providing shelter, and avenues to other resources. Transforming lives one day at a time.

Within all single-parent families in the U.S., single mothers make up the majority.

A majority (59%) of SNAP households with children were single-mother households. Only 12% received cash benefits from TANF. Though a small percentage, they represent more than 90% of all TANF families. Among children with single mothers, 38% get food stamps, and 62% don't. Roughly two-thirds received free or reduced-price meals. Only 8.5% of children in single-mother families received TANF. Even for those who did receive assistance, the amount was far less than the minimum they'd need to stave off hardship — like hunger, homelessness, and utility cut-offs.



EMPLOYMENT

At any one time, about two-thirds of single mothers are working outside the home, a slightly greater share than the share of married mothers who are also working outside the home. However, only half were employed full-time all year long, a quarter (25.9%) were jobless the entire year. Among those who were laid off or looking for work, less than a quarter (22.4%) she had received unemployment benefits.

If a single mother can work, her earning power still lags significantly compared with men's, about 79¢ to a \$1 for the same job — leaving a wage gap of 21¢ on the dollar. The wage disparities are even more significant for women of color — African-American women earn only 64¢, while Hispanic and Latinas fare worse, being paid just 56¢ on the dollar.

25.9%

JOBLESS THE ENTIRE YEAR

22.4%

RECEIVED UNEMPLOYMENT BENEFITS





INCOME

Single mothers earn income that places them well below married mothers in the income ladder. The gap between the two groups is significantly large. The median income for families led by a single mother in 2018 was about \$45,128, well below the \$93,654 median for married couples.

Out of more than 10 million low-income working families with children, 39% were headed by single working mothers or about 4.1 million. The proportion is much higher among African Americans (65%) compared with whites (36%). Only one-third of single mothers received any child support, and the average amount these mothers received was only about \$430 a month.

\$45,128

MEDIAN INCOME FOR
A SINGLE MOTHER

\$93,654

MEDIAN INCOME FOR
MARRIED COUPLES



POVERTY

Single mothers are much more likely to be poor than married couples. The poverty rate for single-mother families in 2018 was 34%, nearly five times more than the rate (6%) for married-couple families. Among children living with their mother only, 40% lived in poverty. In contrast, only 12% of children in two-parent families were counted as poor.

Families headed by women of color fared even worse. Nearly two in five (38%) of Black female-headed families lived in poverty, Hispanic (38%), White (28%), and Asian (29%).

Among all other ethnic groups, Native American female-headed families with children had the highest poverty rate. More than two in five (43%) lived in poverty.

38%

BLACK FAMILIES
WERE POOR

43%

NATIVE FAMILIES
WERE POOR

28%

WHITE FAMILIES
WERE POOR





HARDSHIP

Almost one third (27.8%) of single-mother families were “food insecure,” about one-ninth (11.7%) used food pantries, one third spent more than half their income on housing, which is generally considered the threshold for “severe housing cost burden.”

Families headed by single mothers are among the poorest households, more than a third lived in poverty, and as such, are extremely vulnerable to homelessness. Among all homeless families nationwide, about two thirds (60%) were headed by single women with children — representing 21% of the total homeless population; nearly half were African Americans (49%).

27.8%

WERE FOOD INSECURE

27.8%

USED FOOD PANTRIES



Program Overview:

Transforming You Inc. has responded to the needs of single mothers and their children through our Single Mother’s Success Institute, which is an initiative designed to meet the diverse needs of single mothers.

A large part of the Success Institute focuses on Social and Emotional Learning.

“Social and Emotional Learning is the process that leads to the development of emotional intelligence – that is, the process by which we become better at understanding and managing our emotions AND learning how they impact the choices we make, the relationships we have, and our outlook in life.” Building and maintaining positive relationships with others are central to the success of single mothers and require the ability to recognize and effectively process their thoughts, feelings, and perspectives in a very healthy manner.

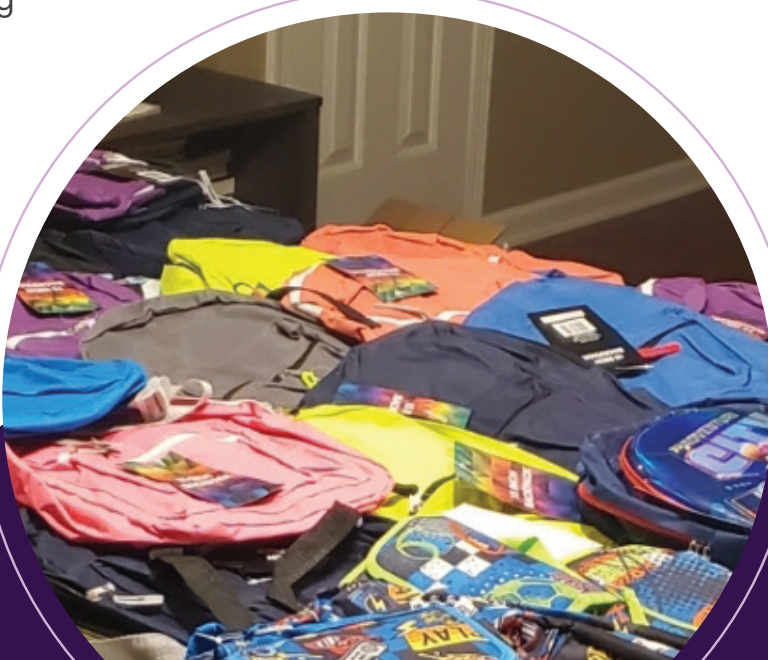
In addition to providing for the Social-Emotional needs of single mothers, Transforming You Inc. also supports the immediate tangible needs of single mothers that include:

- Food | Clothes | Shoes
- Financial planning and credit restoration
- Resume writing
- Support with utility Bills
- Computer classes
- Job Preparedness Assistance
- Emergency relief assistance for homeless families
- Meals for single mothers living in Extended Stay accommodations

We believe that several key sets of skills and attitudes provide a strong foundation for achieving success among single mothers. One involves knowing your emotions, how to manage them, and ways to express them constructively, this enables one to handle stress, control impulses, and motivate oneself to persevere in overcoming obstacles to goal achievement. A related set of skills involves accurately assessing a women's abilities and interests, building strengths, and making effective use of educational and community-based resources.

Transforming You Inc. also provides a comprehensive virtual resources center that allows single mothers to access community-based resources, and additional support when they need it the most. Phase II of our resource center will expand into a full living facility, complete with case managers, licensed counselors, and support staff to assist women and children with a fresh start.

Our agency also provides two annual events that support the needs of Single Mothers and their children, which are our Thanksgiving luncheon and Christmas Toy Giveaway. We recognize that these two holidays are significant to families; as a result, our goal is to impact those who need us the most during these occasions.



Our programming for Children of Single Mothers

The prevailing majority of Americans believe that single mothers have disruptive impacts on children's development and growth (Elwood & Jencks, 2006). Brown et al. (2008) explored the relationship between single-parent status and the way children with chronic illnesses dealt with the problem.

The researchers found that single mothers carried an excessive burden of care for their children, leaving fewer opportunities for community activities (Brown et al., 2008). Not surprisingly, the burden of care, coupled with the level of stress facing single moms, had extremely negative psychological impacts on children (Brown et al., 2008).

Children and adolescents growing in single-parent families were reported to undergo severe mental and emotional changes, mainly due to the loneliness and family separation experiences early in life. MacCallum and Golombok (2004) showed that children, whose parents had been separated or divorced, displayed more deficient patterns of psychological adjustment than the children, whose fathers were deceased.

Transforming You Inc. has responded to the disparities that children of single mother's face, our activities for children include but are not limited to:

- **Etiquette** – Manners and societal expectations
- **Relational Aggression components**
 - Violence continuum
- **Bullying prevention**
- **Developing a healthy self** – esteem,
- **Stress management** – Coping and resiliency skills
- **Positive Communication** – Verbal and non-verbal communication asserting yourself
- **Emotion Management** – Managing interpersonal conflicts, empathy development, anger management,
- **Character development** – Character qualities
- **Conflict Resolution**



Expected Outcomes of Transforming You Inc. Single Mother's Success Institute:

Through self-awareness, relationship building, positive participants will be able to;

- 1 Develop self-awareness and self- management skills to achieve life success.
- 2 Realize and identify the feelings and perspectives of others.
- 3 Use social awareness and interpersonal skills to establish and maintain positive relationships.
- 4 Demonstrate an ability to prevent, manage, and constructively resolve interpersonal conflicts.
- 5 Develop a prosperous skillset to become gainfully employed.
- 6 Consider ethical, safety, and societal factors in making decisions.
- 7 Demonstrate skills related to achieving personal and professional goals



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