

Dear Shrine families,

The Single Parent Support Group has been life changing for a few of our Shrine families. Requests have come to our attention to let ALL families at the grade school, Academy and the high school be aware of this Support Group led by Leo Niffeler. Those who have attended in the past have continued to come because it has been so beneficial.

All families, single or two parent, would find it insightful. One of the parents who attended in previous years shared:

“Shrine’s Single Parent Support Group has been a great source of strength for me. It is open to parents who are single for a variety of reasons. Through this group I have been able to discuss life’s challenges in a small group setting with the help of our facilitator, Leo. His wealth of knowledge and experience working for the Archdiocese has helped us find ways to help each other through the highs and lows of life. Although our lives can be very busy, it’s important to take the time to reflect on our circumstances, make adjustments and even make friends along the way!”

Invite someone to attend if you know it might be helpful to their family. All are welcome!

Blessings, Paula Dixon

Leo Niffeler, L.M.S.W. has worked extensively with adults, children, teens and families for forty years. He is a recognized expert in the Courts in Southeastern Michigan. Leo has conducted numerous lectures and seminars on behavioral problems of adults and children and how to resolve them.

Formation of this group is intended to provide a faith-based response to the needs of single parents where parenting can be difficult and overwhelming.

The format will be educational covering various topics related to single parenting, including:

- Problematic behavior in a single parent family
- Limit setting
- Dealing with absent parent issues
- Guilt
- Abuse and Prevention
- Building Parental Self-Esteem and Confidence
- Importance of support system for the single parent
- Faith

The group will meet for six weeks on Monday evenings at 7:00-8:30 p.m. through November 24 in Heritage Hall Boardroom at the Basilica.