



**Al-Balsam Bookstore**

## **Single Moms Support Group: You are not alone**

**Lonely? Angry? Just can't go on being nice when you are feeling so bad, sad or mad?**

Where is it written that you had to carry it all on your own? Because you are not alone. There are a lot of single moms out there, all asking and giving support.

For the first time, LEI will be organizing a support group for all the single mothers out there, to take place in the very stylish and cozy library, Dar El-Balsam.

You might be thinking, why should I go? Well, there is more to it than you might think.

When you bump into moms with the same concerns that you have, it can provide mutually needed information and emotional support. There is a sense of community, understanding, a place to laugh about the same things, talk about problems, and help each other. Being able to talk openly with others in the same situation can help you brainstorm for realistic, pragmatic solutions and is often exactly the support you need.

LEI's single moms support group will provide you with the following:

- Provide on-going support
- Help in time of crisis
- Reinforce positive coping behaviors
- Help focus anger and use its energy in positive ways



- Share information, ideas and resources
- Give an opportunity to relieve loneliness and form new friendships

## Details

**Date:** Saturday, 24<sup>th</sup> July, 2010.

**Time:** **Please RSVP with your choice of 11AM or 5PM.**

**Location:** Al-Balsam Bookstore. 128 Nile St., Corner of Nawal St. (Mobinil Building), Dokki. <http://www.al-balsam.com>



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**Opening hours**  
**Daily from 10 a.m. to 10 p.m.**

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accessible from Nawal Street.