

# VIDEO SESSION DESCRIPTIONS

WEEK & TITLE	TIME	SINGLE PARENTS WILL DISCOVER...
<b>1 TIRED &amp; OVERWHELMED</b>	31 min	<ul style="list-style-type: none"> <li>Why single parenting is never a solo endeavor</li> <li>Reasons they can have hope when all seems lost</li> <li>How deeply interested God is in their situation</li> </ul>
<b>2 YOUR CHILDREN &amp; YOUR FEARS</b>	41 min	<ul style="list-style-type: none"> <li>How children typically respond to losses</li> <li>How to help a grieving, hurting child</li> <li>How to release their worry</li> </ul>
<b>3 REST &amp; COMFORT</b>	36 min	<ul style="list-style-type: none"> <li>Why taking a break can make them more effective parents</li> <li>How to rest their body and soul</li> <li>The most important thing they can do for their children</li> </ul>
<b>4 MONEY &amp; CAREER</b>	37 min	<ul style="list-style-type: none"> <li>Easy-to-follow budgeting tips</li> <li>How to get out of debt</li> <li>Secrets of reentering the workforce</li> </ul>
<b>5 PARENTING GOALS &amp; EXPECTATIONS</b>	39 min	<ul style="list-style-type: none"> <li>Which parenting goals are important to set</li> <li>How critical it is to understand their child's unique needs</li> <li>How to get their kids to obey</li> </ul>
<b>6 SUFFERING &amp; ADVERSITY</b>	41 min	<ul style="list-style-type: none"> <li>How to allow suffering to work for their good</li> <li>How adversity can prepare their kids for success</li> <li>Often-overlooked reasons why we experience pain and suffering</li> </ul>
<b>7 EMOTIONS &amp; STABILITY, PT. 1</b>	35 min	<ul style="list-style-type: none"> <li>What their emotions are trying to tell them</li> <li>How to work through depression</li> <li>How to eliminate fear</li> </ul>
<b>8 EMOTIONS &amp; STABILITY, PT. 2</b>	36 min	<ul style="list-style-type: none"> <li>What's causing their anger and what they can do with it</li> <li>How to forgive someone who won't admit he's done anything wrong</li> <li>How others can help them deal with their emotions</li> </ul>
<b>9 PARENTING TOOLS &amp; PROJECTS</b>	35 min	<ul style="list-style-type: none"> <li>How to teach their children to be grateful</li> <li>The unique challenges children of divorce face</li> <li>The vital link between their child's heart and his behavior</li> </ul>
<b>10 PARENTING APPROACHES &amp; GOD'S LOVE</b>	43 min	<ul style="list-style-type: none"> <li>Whom they should model their parenting after</li> <li>How their child's bad behavior can be used to point him to God</li> <li>The ultimate reason they should be patient with their kids</li> </ul>
<b>11 TALKING &amp; LISTENING</b>	39 min	<ul style="list-style-type: none"> <li>How their words and heart are connected, and why that's important</li> <li>How even their good desires can lead to conflict</li> <li>When to ignore the hurtful words of others</li> </ul>
<b>12 CONFLICT &amp; RESOLUTION</b>	36 min	<ul style="list-style-type: none"> <li>The best way to interact with someone they're in conflict with</li> <li>Why to focus on changing themselves, instead of waiting for someone else to change</li> <li>When to seek help from others in managing conflict</li> </ul>
<b>13 DATING &amp; SINGLE SEXUALITY</b>	38 min	<ul style="list-style-type: none"> <li>Eye-opening reasons to stay sexually pure (and no, it's not too late)</li> <li>When it's the right time for them to date</li> <li>Essential qualities for a potential mate</li> </ul>