In FY 2023, SPRC served over 2,000 single parents and their families through the following program service accomplishments:

PROGRAMS FOR PARENTS

STRENGTHENING FAMILIES PROGRAM:
SFP is an evidence-based family skills training program found to significantly improve parenting skills and family relationships, while reducing problem behaviors, delinquency and substance abuse. Workshops include topics such as identifying developmentally appropriate behavior; setting realistic goals and objectives; rewarding positive behavior; ignoring negative behavior; fostering healthy communication; and setting limits.

For further information, please contact:
Spencer Seabrook, Prevention Manager, at 212.951.7030, Extension 231. Email: sseabrook@sprcnyc.org.

ACTIVE PARENTING
Active Parent is a parenting and prevention program for custodial and non-custodial parents. There is a strong emphasis on the development of effective communication skills, and on establishing healthy relationships with children.

For further information, please contact:
Spencer Seabrook, Prevention Manager, at 212.951.7030, Extension 231. Email: sseabrook@sprcnyc.org.

PROGRAMS FOR YOUTH

GIRLS CIRCLE:
Girls Circle, a structured support group for girls and youth, from 9-18 years, who identify with female development, integrates relational theory, resiliency practices, and skills training in a specific format designed to increase positive connection, personal and collective strengths, and competence in girls.

For further information, please contact:
Erica Fraser, Prevention Specialist, at 212.951.7030, Extension 242. Email: efraser@sprcnyc.org.

TRIPLE P - POSITIVE PARENTING PROGRAM:
Triple P gives parents simple and practical strategies to help them build strong, healthy relationships, confidently manage their children’s behavior and prevent problems from developing.

For further information, please contact:
Erica Fraser, Prevention Specialist, at 212.951.7030, Extension 242. Email: efraser@sprcnyc.org.

Our services are available to all single parents, including those who are living in transitional housing; struggling with substance abuse; or have been released from incarceration. To further our mission, SPRC does the following:

1. Develops responsive programs for single parents and their families to fulfill unmet needs.
2. Advocates for improvements in social practices, policies and regulations that affect single parent families.
3. Promotes a positive image of single parents and their families within the community.
COMMUNITY EDUCATION WORKSHOPS

The SPRC staff is available to conduct workshops on single parenting in a wide variety of settings including schools, not for profit organizations, community groups, government entities and corporations.

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Eric Hall, B.A., Prevention Manager
Spencer Seabrook, M.S.W., Assistant Director of Programs; Prevention Manager-Fathers and Families

The Single Parent Resource Center
228 East 45th Street, 5th Floor
New York, New York 10017-3303
Telephone: (212) 951-7030
Fax: (212) 951-7037
Email: rdackerman@sprcnyc.org
www.singleparentusa.com

PROGRAMS FOR PARENTS (cont.)

SINGLE FATHERS’ PROGRAM:
The Single Fathers’ Program is a family support group for custodial fathers, non-custodial fathers and grandfathers who have children under the age of 18 years. Weekly group sessions focus on family management issues and the improvement of relationships with children, grandchildren, co-parents and other family members.

For further information, please contact:
Spencer Seabrook, Prevention Manager, at 212.951.7030, Extension 231.
Email: sseabrook@sprcnyc.org.

MOTHERS’ SUPPORT GROUP:
The group strives to increase interaction between mothers and their children; reduce family conflict; and improve healthy behavior through effective family management. It also provides mothers with a supportive network.

For further information, please contact:
Erica Fraser, Prevention Specialist, at 212.951.7030, Extension 242.
Email: efrser@sprcnyc.org.

COMMUNITY OUTREACH

PARENTLINE:
Parentline is a telephone resource service for single parents and providers who are seeking information about parenting and referrals to community resources.

For further information, please contact:
Erica Fraser, Prevention Specialist, at 212.951.7030, Extension 242.
Email: efrser@sprcnyc.org.
Single Parent Resource Center, Inc.

**Total Support & Revenue - FY 2023**

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<tr>
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<th>Unrestricted</th>
<th>Temporarily Restricted</th>
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<tr>
<td>Government Grants</td>
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<td>Contributions</td>
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<td>Special Events</td>
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<td>Interest and Dividends</td>
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<td>Miscellaneous</td>
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**Expenses - FY 2023**

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<tr>
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<td>Program &amp; Services</td>
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<td>Supporting Services:</td>
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<td>Management &amp; General</td>
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<td>Non-Operating Activities</td>
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<td>Unrealized (Losses)</td>
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<td>Net Assets-End of Year</td>
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www.singleparentusa.com

The Single Parent Resource Center is a tax-exempt organization under section 501(c)(3) of the IRS code. Donations are tax-deductible to the extent allowed by the law.