



Golden Connection Pal Program

We all need time to escape our everyday life and focus on ourselves. This program connects single moms with other women in order to promote friendship, share experiences and become a support system to each other.

“Strangers are just friends waiting to happen”

Rod McKuen





Why Participate in the GCP Program?

Mentor: Will give back

Being a pal to a local single mom will give you the chance to share some of your life experiences and make a difference in someone's life. As part of the Golden Connection Pal Program, you can be your partner's mentor and most importantly her friend.

The aim of the Golden Connection Pal Program is to give back that helping hand. As an established woman in the community, we hope that you will be willing to give your time to be that person for someone else.

Mentee: Will receive

This program will allow you to connect with an experienced and established woman. Your pal will be someone who has experienced the ups and downs of life and will be able to lend you advice and a sympathetic ear. Since single moms cannot always find the time to relax, have fun and laugh, this program provides you with an opportunity to do that. We hope that you can use the Golden Connection Pal Program to set aside that time for yourself and enjoy the company of a friend.

Overview

Over the course of 6 months to one year the Pals will meet regularly, usually once every 2 weeks. During these meetings Pals are free to do whatever activities they like; from chatting over coffee, to seeing a movie, to attending a local show or event.

To register for S.W.I.M's Golden Connection Pal Program, please call or e-mail with your contact information, or drop by our office.



This project is funded in part by
the Government of Canada's
New Horizons for Seniors program.



Single Women in Motherhood Training Program Inc.
210-296 Horton St. E.
London, ON N6B 1L4
(519) 432-5454

www.singlewomeninmotherhood.com
info@singlewomeninmotherhood.com