

# WHAT CHALLENGES DO SINGLE MOMS FACE?

Single mothers are women raising children without a co-parent. Single mothers often navigate a complex web of challenges, including financial strain, time management pressures, limited access to education and career opportunities, emotional isolation, mental health struggles, safety concerns, and the demanding balance of parenting, household duties, and self-care—all while lacking consistent support systems.



0312 844 18 55

<https://singlemomoproject.eu>

5starsinglemoms

5starsinglemoms@gmail.com

Yıldırım Mah. Dr.Neslihan Özenli Cad. No:7  
Akyurt/ANKARA



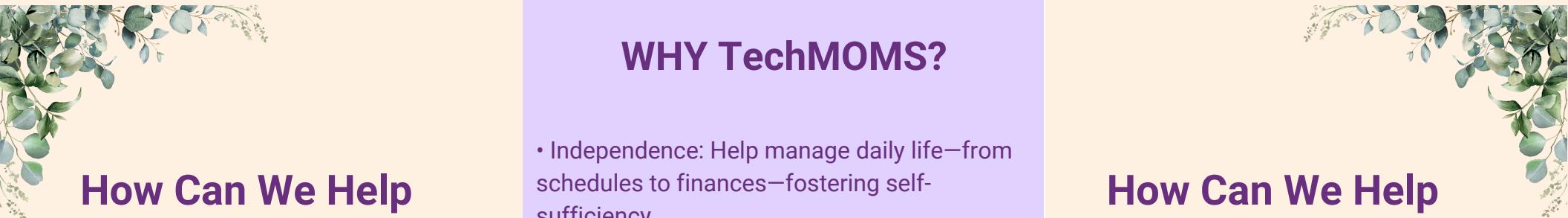
Co-funded by the European Union



2023-1-TR01-KA210-ADU-000156425

**SOCIO-CULTURAL (TECHNOLOGICAL) AND PSYCHOLOGICAL (COGNITIVE) BASED APPROACHES FOR SINGLE MOMS**

THE EUROPEAN COMMISSION'S SUPPORT FOR THE PRODUCTION OF THIS PUBLICATION DOES NOT CONSTITUTE AN ENDORSEMENT OF THE CONTENTS, WHICH REFLECT THE VIEWS ONLY OF THE AUTHORS, AND THE COMMISSION CANNOT BE HELD RESPONSIBLE FOR ANY USE WHICH MAY BE MADE OF THE INFORMATION CONTAINED THEREIN.



# WHY TechMOMS?

## How Can We Help

### 1. Daily Organization & Life Management

Todoist – Stay on top of daily tasks.

Notion – All-in-one workspace for planning.

### 2. Health & Personal Care

WebMD – Symptom checker and health info.

Calm – Guided meditation and sleep help.

### 3. Food & Cooking Skills

Tasty – Fun and easy recipe videos.

Budget Bytes – Affordable meal ideas.

### 4. Parenting & Child Development

ABCmouse – Learning for ages 2-8.

Storyberries – Free bedtime stories.

### 5. Education & Personal Growth

Coursera – University-level online courses.

Duolingo – Learn languages playfully.

### 6. Creative Skills & Hobbies

Skillshare – Creative learning classes.

Pinterest – DIY inspiration hub.

### 7. Gardening & Eco Living

Gardeners' World – Expert gardening advice.

Smart Gardener – Plan your garden smartly.

- Independence: Help manage daily life—from schedules to finances—fostering self-sufficiency.

- Efficiency: Boost productivity by organizing and prioritizing personal and work tasks.

- Self-Confidence: Support personal growth through education, training, and self-improvement.

- Accessibility: Enable flexible access to learning and support anytime, anywhere.

- Customization: Offer personalized tools tailored to individual needs and lifestyles.

- Career Opportunities: Improve digital skills to enhance job readiness and income potential.
- Mental Wellness: Provide emotional support and stress relief through digital therapy platforms.

- Community: Break isolation by connecting with like-minded mothers and support groups.

- Financial Empowerment: Strengthen financial stability through budgeting and saving tools.

- Lifelong Learning: Encourage continuous development through online learning platforms.

- Parenting Support: Assist in child development, learning, and emotional nurturing.

- Safety: Ensure security at home and outside with smart emergency tools.

- Creativity: Offer expressive and income-generating outlets through creative platforms.

## How Can We Help

### 8. Financial Management & Savings

YNAB – Budgeting simplified.

Mint – Track spending and saving.

### 9. Career Development & Freelancing

Upwork – Freelance project platform.

Etsy – Sell handmade goods online.

### 10. Social Support & Community

Peanut – Connect with moms nearby.

Meetup – Join interest-based local groups.

### 11. Mental Health & Therapy

BetterHelp – Online therapy access.

7 Cups – Free emotional support.

### 12. Safety & Emergency Tools

Life360 – Family location sharing.

Noonlight – Emergency alerts on demand.

### 13. Shopping, Discounts & Cashback

Rakuten – Earn cashback while you shop.

RetailMeNot – Coupons and deals.

### 14. Travel & Transportation

Skyscanner – Best flight deals.

Rome2Rio – Compare transport routes.