

Sharing HOPE

HOPE NETWORK FOR SINGLE MOTHERS | MARCH 2024



Scholarship Application Opens April 1

HOPE Network is proud of our role in families' futures. With help from HOPE Network, women are inspiring their children, completing degrees, and building family-supporting careers.

HOPE Network is offering its annual educational grant for tuition of technical school or college education. Funds may also be used for additional school supplies, books and/or childcare costs. Minimum award will be \$1000.

ELIGIBILITY

- Must be a solo mom or female caregiver solely raising a child(ren)
- Must be a HOPE Network member, or can send membership fee of \$5 with scholarship application
- Must be currently enrolled in college or a technical school program

APPLICATION PROCESS

- Find details and complete the application at www.hopenetworkinc.org
- Applications are being accepted from April 1 until noon April 30. Any applications received after the due date will not be considered.

For more information call 262-251-7333 or email info@hopenetworkinc.org. All ages, cultures, and education tracks are encouraged to apply.

You Can Make a Meaningful Difference

At HOPE Network, we are committed to supporting single mothers who are independently raising children while striving to further their education. Through our educational grant program, we aim to uplift and empower these caregivers, providing them with the resources and opportunities they need to build brighter futures for themselves and their families.

NEVER 
FORGET *the*
difference
YOU
MAKE 

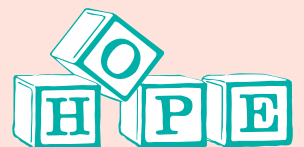
Your donation to our education grant fund will have a profound impact, not only on the lives of individual recipients but also on entire communities. By investing in the education of these dedicated caregivers, you are helping to create positive change that will resonate far into the future. Your support has the potential to transform the landscape of Milwaukee and its surrounding areas, fostering a culture of empowerment and opportunity for generations to come.

Please join us in our mission to uplift and empower the caregivers of our community. Together, through your generosity and support, we can make a difference that will be felt for years to come.



"Don't judge each day by the harvest you reap, but by the seeds that you plant."

—Robert Louis Stevenson



HOPE Network for Single Mothers

Springtime Means New Life at HOPE

Welcome Our New Executive Director Angela



As a solo mother of three children, **Angela Kingsawan** has always been driven by a passion for community well-being and empowerment. With a background in community health work, doula services, lactation consulting, and various holistic modalities, she has dedicated her career to supporting individuals and families in their journey toward wellness.

Recently, Angela was welcomed as the newest member of HOPE Network as the Executive Director. In this role, she brings her expertise in community health and holistic care to help uplift individuals facing various challenges. Her commitment to fostering resilience and promoting holistic wellness aligns perfectly with the mission of HOPE Network. She looks forward to leading the organization to new heights in service and impact. You can contact Angela at akingsawan@hopenetworkinc.org or by calling the office at (262) 251-7333.

HOPE Network's mission is to provide women parenting alone in Milwaukee and the surrounding area with resources to build self-reliance and strong families.

HOPE PARTNER SPOTLIGHT:

Essentially Empowered Inc.



Welcome to Essentially Empowered, Inc. (EEI). Our organization provides support and advocacy to women and youth that have experienced trauma. EEI provides doula services, perinatal & post-partum

support as well as advocacy for teens. We also offer a variety of educational opportunities, with a trauma-informed approach, for doulas and birth workers.

Recently, EEI has opened Masika 45 Community Home at 7801 W. Mill Road, Milwaukee, 53218. Our Mission at Masika 45 is to provide a nurturing, supportive, and safe environment for new mothers and their babies. We are dedicated to promoting the physical, emotional, and mental well-being of mothers during the critical postpartum period. Our goal is to empower

women with knowledge, confidence, and resources to care for themselves and their families.

Our Vision is to elevate the power of community, compassion, and personalized care to transform the postpartum experience into a period of growth, bonding, and healing. Our Holistic Postpartum Care Home for families offers:

- Post-operative C-Section Support
- Meals
- Infant Care Support
- Laundry
- Education
- Peer Lactation Support
- Companionship & Support Groups
- Resources

Visit essentiallyempoweredinc.com or email essentiallyempowered@outlook.com for more information.



Upcoming FREE Community Events

- **Second Saturday Program** | April 13 & May 11 - All Saints Church, 4060 N. 26th St. Milwaukee <https://christchildmilwaukee.org/service-programs>
- **Chair Yoga** | 1st and 3rd Friday, 5:00-5:45 - C. H. Mason Health Clinic, 4858 N. Mother Daniels Way
Please call (414) 249-4613 to RSVP, space is limited.

Sharing HOPE is a publication of
HOPE NETWORK FOR SINGLE MOTHERS

BOARD OF DIRECTORS

President: Rita Saavedra
Vice President: Jessica Janz-McKnight
Treasurer: Melissa Nollie
Crystal Hearvey
Jacob Carlson
Gail Grenier Sweet

Office (262) 251-7333 | info@hopenetworkinc.org
PO Box 531, Menomonee Falls, WI 53052-0531 | hopenetworkinc.org



OFFICE HOURS

Please call the office at (262) 251-7333 to schedule an appointment or for more information.

OFFICE STAFF

Executive Director: Angela Kingsawan
Outreach Coordinator: Sabrina Lombardo



Thank You to our Donors!

The following donations were received October 1, 2023–March 5, 2024. If we have inadvertently omitted your name, please forgive us and give us a call so we can correct our records.

Donna Baumgartner
Kathy Bitante
Don & Lynn Broesch
Mary Jo & John Coffee
William Dosemagen
Margot Dunn
Marian Etzel
Deborah Ford-Lewis
Julie Gonzo
Karen Hebert
Amy Kirsch
Sandra Klein
Tom & Sue Kress
James Maslowski
John McCormick
Lynn Morrison
Timothy & Terri Newman
Don Patnode
Mary Ellen Thoss
Robyn Turtenwald
Simon & Joelle Vollmer
Patricia Wong
Terre Woodward
Marianne Wrocklage
Don Schauf
St. James Congregation
St. Mary Congregation
Frances Cook

Anthem Blue Cross and Blue Shield
Brewers Community Foundation
Charities Aid Foundation America
Lynn & Peter Engel
Greater Milwaukee Foundation
American Family Insurance
Candace Anderson
Kay Antoine
John & Debra Block
Dr. Nancy Budish
Timothy & Lynn Buszkiewicz
Tim & Sharlene Byrne
Liam Callanan
Patricia & George Frommell
Robert & Nancy Gorzek
Mary Grenier
Donna & Steven Hoelz
Joseph & Kellyann Jones
Kurt & Lynn Kaestner
Matthew Kirsch
Stephen & Linda Mary Kupcho
Jane & Ed Kyle
Meg & Bill Latus
Patricia Maier

Ellen Malloy
Joseph McGinty
Darcel McIntyre
Tina Morgan
Elyce & Vincent Moschella
Suzanne Moscicke
Robert Nelesen
Gold Omereonye
Susan & Douglas Oswald
Noel Lynn Petzold
Greg Renz
Matt & Pam Riesen
Bob & Cathy Salzer
Janice & James Spredemann
Stephen Springman
Karen & Michael Stiles
Mike & Gail Sweet
Gabriel Tawil
Von Briesen
Kathleen Wambold
Lindsey Whitnell
Essentially Empowered, Inc.
Knights of Columbus
Rustic Rehabs
The Blackbaud Giving Fund
Tracy Devine
Sue Yenter
Rich & Mary Kay Allaire

Lisa Cholip
Maureen Fitzsimmons
Mary & William Freisleben
Laurie Hendricks
Babette Honore
Michael Krause
Jean Lemorande
Judith Lohmann
Jim & Maiké O'Rourke
Julie Prochnow
Kay Redmond
Kathleen Sexton
Mary Stoiber
Brian & Rachl Sweet
Katy Schlidt
Walt & Irene Skipper
John & Karen Achim
Meghan Donovan
Mary Dziewiontkoski
Terry Fitzsimmons
Donna Glass
Barbara Haig
Katie Hall
Karen Hammersmith
Sandi Hanson
Crystal Hearvey
Joe & Michelle Held
Ginny Jacob

Wendy Kershek
Gregory M Sahs
Douglas McRoberts
Lori Schultz
Anthony Sciortino
Irene Skipper
Sarah Stepanski
Nicki Stocker
Anna Sweet
Michelle Wille
Pat & Bob Wille
Bartolotta Restaurant Group
Jacob Carlson
Sherry Fulton
Jessica Janz McKnight
Milwaukee Food & City Tours
Melissa Nollie
Rita Saavedra
Froedtert Health
Richard Wiederhold
John Weber
Maria Holley
Devine Women Foundation Inc.



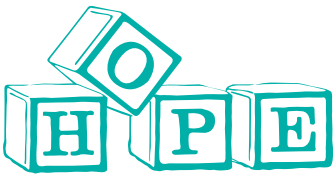
Celebrating 42 years of 



Fall FUNdraiser Master of Ceremonies
PACKER HALL OF FAME
LeRoy Butler
At Twelve 29 | Lannon Wisconsin



Wednesday, October 2, 2024



HOPE Network for Single Mothers

HOPE Network Inc.
N88W17658 Christman Road, Ste 201
P.O. Box 531
Menomonee Falls, WI 53051-2630

Non-Profit Org.
U.S. Postage

PAID

Milwaukee, WI
Permit #178

The Power of Mindful Breathing

Motherhood is a journey filled with boundless love, but it's also laden with challenges, stress, and constant demands. Amidst the whirlwind of responsibilities, moms often find themselves neglecting their own well-being. The practice of mindful breathing can offer mothers a sanctuary of calm amidst the chaos.

At its core, mindful breathing involves paying deliberate attention to each breath, focusing on the sensation of the inhale and exhale without judgment. Integrating mindful breathing into daily life can be profoundly impactful in several ways:

- 1. Stress Reduction:** Mindful breathing serves as an anchor, allowing mothers to step back from the overwhelming tide of responsibilities and find solace in the present moment; enabling them to navigate challenges with greater resilience.
- 2. Emotional Regulation:** Parenthood is an emotional rollercoaster. By tuning into the rhythm of their breath, mothers can cultivate emotional awareness and respond to situations with clarity and composure, rather than reacting impulsively in the heat of the moment.
- 3. Enhanced Well-being:** Mindful breathing offers a simple yet profound way to nurture well-being and regular practice has been linked to lowered blood pressure, improved immune function, and reduced symptoms of anxiety and depression.

4. Improved Parent-Child Connection: Mindful breathing empowers moms to cultivate presence and attentiveness in their interactions. By grounding themselves in the present moment, mothers can foster deeper connections with their little ones, fostering mutual understanding and a nurturing environment for growth and development.

5. Modeling Mindfulness: By embracing mindful breathing as part of their own self-care routine, moms not only reap the benefits personally but also set a powerful example for their children.

In essence, mindful breathing serves as a lifeline for moms, offering a sanctuary of tranquility amidst the hustle and bustle of daily life. By incorporating this simple yet profound practice into their routine, mothers can nurture their own well-being, deepen their connections with their children, and embark on the journey of motherhood with grace and resilience.

Adapted from an article found at
<https://positivepsychology.com/mindful-breathing/>

