



**TABITHA REACH**



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**Annual  
Newsletter**

2024

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Dear Tabitha Reach Community,

We're thrilled to bring you our second newsletter, filled with updates and inspiring stories from our expanding global family. This month, we're honored to share a message from our founder, celebrating the journey that led to Tabitha Reach and the vision that continues to guide us. We're also excited to announce the opening of our new country office in Honduras, strengthening our mission across borders.

Happy New Year  
Tabitha Reach



Foreword

## Founder's Message: The Heart of Tabitha Reach

My name is Rita Khayat, and I am the founder of Tabitha Reach, an organization dedicated to empowering single mothers in developing countries such as Ethiopia and Honduras. As a widow for 15 years, I raised three children on my own, understanding firsthand the struggles single mothers face, especially in developing countries with little support. This experience drove me to start Tabitha Reach in 2017, with the goal of helping women build a better future for themselves and their families.

The inspiration for establishing Tabitha Reach came from an experience with a young Ethiopian woman named Adanech, who worked as our housekeeper in Lebanon. She asked me to help her find a job abroad so she could provide for her family in Ethiopia. However, as I researched why women like Adanech often had to leave their families to find work, God placed it on my heart that if I could help Adanech, I could help many more women in similar situations. I realized the need to create opportunities for mothers to support their families without being separated from them. This realization led to the founding of Tabitha Reach, a mission to empower women to build better futures while staying close to their children.

The biggest challenge in the early days of Tabitha Reach was developing effective programs to empower struggling single mothers. For over a year, I had daily conversations with a wonderful Ethiopian-American woman stationed in Addis Ababa, brainstorming ideas to create a program that would truly work. We began with a group of 25 single mothers, and it took us another year to refine the program. This process led to the development of our now well-established 6-month, 5-track program, which focuses on foundation, business, parenting, wellness, and civic engagement. The success of this program and the positive impact on the women's lives encouraged me to continue moving forward, knowing that our efforts were making a difference.

My vision for Tabitha Reach is to continue empowering single mothers in Ethiopia and beyond, helping them build sustainable futures for themselves and their families. After seeing the success of our program in Ethiopia, we've expanded to Honduras, where we've secured a beautiful building provided by the mayor. Our first group of mothers will begin their 6-month program in January. We're also praying for the next country to join our mission, with El Salvador being a possibility. But for now, we are focused on this exciting new chapter in Honduras, trusting that with unity and dedication, we can make a meaningful impact on many more families.

I am deeply grateful to our dedicated staff, supporters, and the entire Tabitha Reach community for their unwavering commitment to our mission. Your belief in our work has been instrumental in making a difference in the lives of so many. As we continue to grow, my hope is that Tabitha Reach will inspire lasting change for mothers and families. I invite you all to stay engaged and join us in this transformative journey.

With deep appreciation,



Rita Khayat

Founder and Board Chair Tabitha Reach



## Our Vision

At Tabitha Reach, we envision a world where single mothers and their families are empowered to live with dignity, achieve their full potential, and contribute meaningfully to their communities. We aspire to create sustainable pathways for economic independence, education, and holistic well-being, ensuring that no single mother feels left behind or overlooked.

## Our Mission

Our mission is to transform the lives of single mothers by providing them with the tools, resources, and opportunities they need to thrive. Through targeted training programs, community support initiatives, and advocacy efforts, we aim to break the cycle of poverty and disadvantage, fostering environments where single mothers can lead fulfilled lives and inspire positive change.

## Our Commitment

- **Empowerment through Education and Skills:** We are committed to equipping single mothers with vocational skills, financial literacy, and entrepreneurial opportunities to enhance their economic independence.
- **Community Support:** We believe in the power of a strong support network. By fostering connections within communities, we enable single mothers to find encouragement, guidance, and shared experiences.
- **Sustainability and Growth:** We work to ensure that our programs are scalable and adaptable, meeting the evolving needs of single mothers in diverse regions.
- **Advocacy for Change:** We raise awareness about the challenges single mothers face and advocate for policies and practices that support their rights and opportunities.

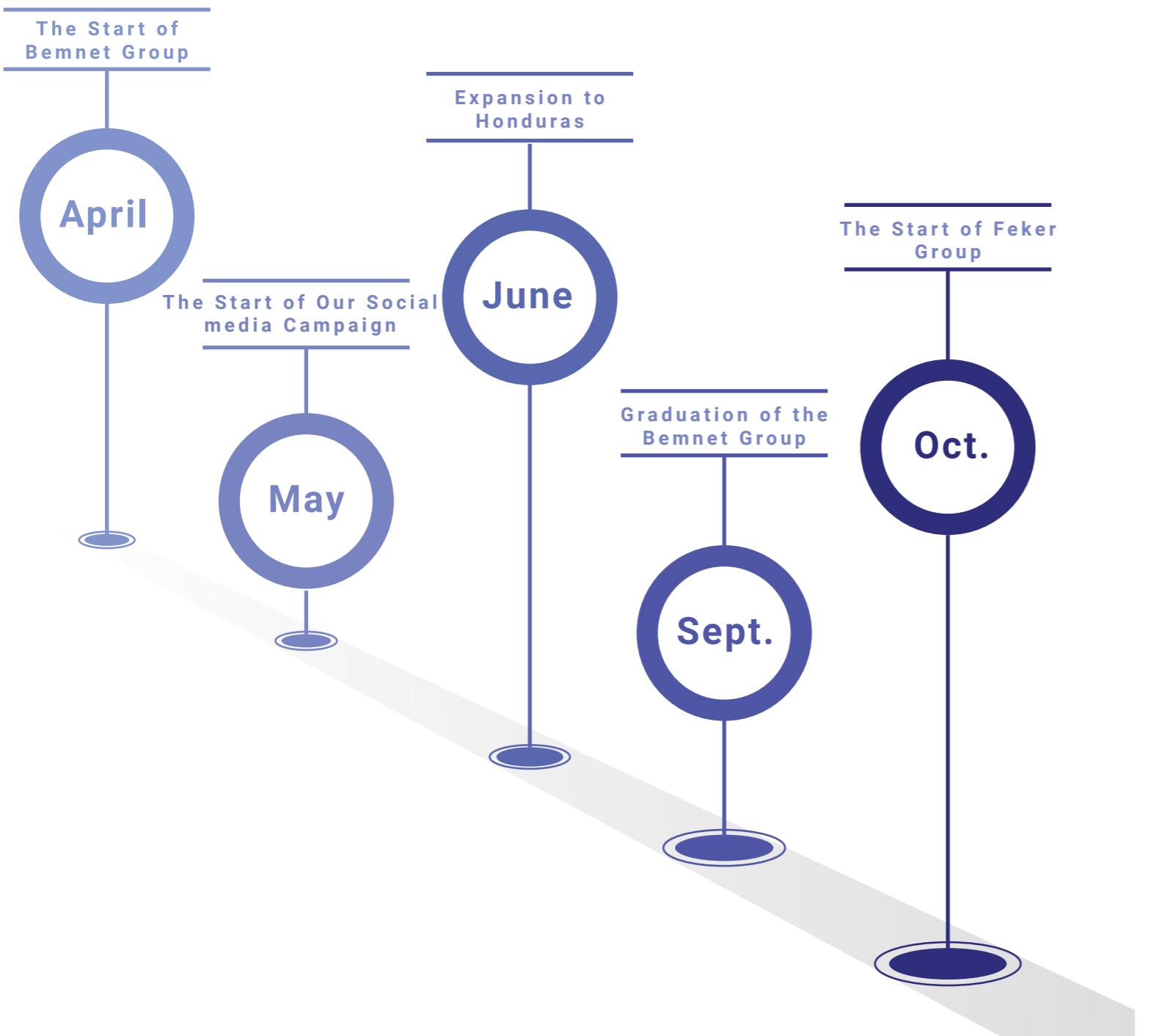
At Tabitha Reach, we are driven by the belief that when single mothers thrive, their families and communities flourish. Together, we are shaping a future of empowerment, resilience, and hope.



# Year in Review

**Every step toward empowering a single mother transforms her family, uplifts her community, and creates ripples of change that shape a brighter future for generations.**

## Milestones Timeline (Infographic)



## Key Achievements of 2024

- **Expansion to Honduras:** This year, we proudly launched our program in Honduras, making it the second country to embrace the vision of Tabitha Reach. Located in La Entrada, Copan, the program began with a six-month training initiative in acrylic painting and sewing, enrolling 75-100 single mothers in its first cohort. The enthusiasm and support from the local community set a strong foundation for future growth.
- **Empowering Single Mothers in Ethiopia:** In Ethiopia, we expanded our outreach to train over 57 single mothers in skill-building programs, including tailoring and spice making, financial literacy, and entrepreneurship. We also built partnership where women got trainings out side of Tabitha. These initiatives have not only provided economic independence but also fostered a renewed sense of dignity and self-confidence among participants.
- **Strengthened Partnerships and Volunteer Support:** We saw an incredible increase in community engagement, with local leaders, organizations, and individuals stepping forward to support our mission. In Honduras, we gained a network of dedicated volunteers who are actively contributing to program activities, ensuring their success and sustainability mission. In Honduras, we gained a network of dedicated volunteers who are actively contributing to program activities, ensuring their success and sustainability.
- **Board Engagement and International Collaboration:** The visit of Tabitha Reach's Board of Directors to Honduras in August was a pivotal moment. It allowed for strategic discussions with local stakeholders, deepened the board's understanding of the region's challenges, and strengthened our presence and credibility as a global organization.
- **Training Programs for Future Growth:** Building on the success of our initial training programs, we developed plans to introduce new skills training, including Hair styling, nail work and paper crafting , starting in 2025. These additions will enable us to empower even more single mothers with diverse opportunities for economic

independence.

- **Advocacy and Awareness Efforts:** Through a series of campaigns and community events, we raised awareness about the challenges faced by single mothers and the transformative work of Tabitha Reach. Our efforts inspired increased donor support and international recognition of the importance of investing in single mothers.
- **Stories of Transformation:** From Ethiopia to Honduras, we witnessed incredible stories of resilience and success. Single mothers who were once struggling to make ends meet have now become entrepreneurs, role models, and community leaders. These stories highlight the power of hope and opportunity to create lasting change.
- **Progress Toward Long-Term Goals:** We laid the groundwork for future initiatives, including expanding to additional regions, enhancing our training programs, and developing a robust support network for single mothers worldwide. These efforts position Tabitha Reach for sustainable growth and greater impact in the years to come.

To invest in the life of a single mother is to transform the future of her children, her community, and ultimately, the world.

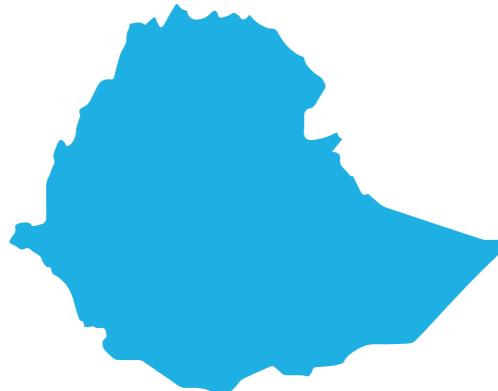
**Rita Khayat**

*Founder of Tabitha Reach*



**Understanding  
Single Mothers'  
Realities**

# Statistical Overview of Single Mothers in Ethiopia



Ethiopia is a country where single mothers face severe economic challenges, with limited access to formal employment opportunities and social safety nets.



in Ethiopia live in single-mother households, a significant demographic that underscores the need for support systems.<sup>2</sup>

An estimated  
**60%**

single mothers face severe economic challenges, with limited access to formal employment opportunities and social safety nets.<sup>1</sup>

Single mothers across the globe face profound economic challenges, driven by limited access to formal employment opportunities and inadequate social safety nets. Many are forced to rely on low-paying, informal jobs that lack stability, benefits, and protections, leaving them vulnerable to economic shocks. This lack of access to stable income sources perpetuates a cycle of poverty that affects not only the mothers but also their children, who often face barriers to education and healthcare. For single mothers in developing countries, these challenges are even more pronounced, as systemic issues like gender discrimination and insufficient childcare services compound their struggles to secure meaningful employment.

The absence of robust social safety nets further exacerbates these challenges. Without access to financial assistance, affordable housing, or comprehensive healthcare, single mothers are often forced to make impossible choices between meeting basic needs, such as food and shelter, or investing in long-term opportunities like education and skill development. This creates a precarious existence where even small setbacks, such as an illness or job loss, can have devastating consequences. Addressing these economic challenges requires targeted interventions, such as programs that provide vocational training, access to affordable childcare, and advocacy for policy changes that ensure single mothers have the support they need to achieve economic independence and stability.

Among single mothers

**60%** are under the age of 35

indicating that many are young and lack the resources or experience to navigate parenting and financial independence effectively.<sup>4</sup>

In urban areas

**30%** of single mothers

work as informal domestic workers, often earning below minimum wage with no benefits or job security.<sup>7</sup>

Only

**18%** of single mothers

have completed secondary education, limiting their access to higher-paying jobs or entrepreneurship opportunities.<sup>7</sup>

**80%** of single mothers

cite a lack of affordable childcare as a primary barrier to improving their economic situation.<sup>10</sup>

An estimated

**20%** of households

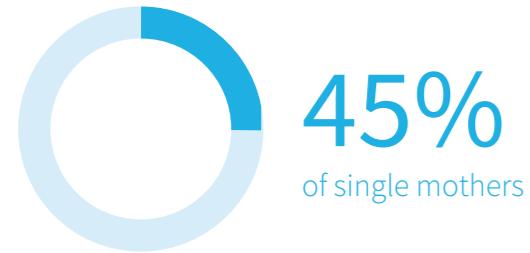
in Ethiopia are headed by single mothers, reflecting a significant portion of families reliant on single-income earners.<sup>11</sup>



# Statistical Overview of Single Mothers in Honduras



Honduras is a country where single mothers face significant economic challenges, primarily due to limited access to formal employment opportunities and social safety nets.



live below the poverty line, struggling to secure adequate resources for their children.<sup>5</sup>

An estimated  
**23%**

are headed by single mothers, making them one of the most vulnerable demographics in the country.<sup>7</sup>

Single mothers often face an uphill battle to provide for their families, contending with widespread poverty, limited employment opportunities, and systemic gender inequality. Many of these women are forced to rely on informal labor, which pays poorly and lacks benefits such as healthcare or job security, leaving them economically fragile. For families headed by single mothers, access to education, healthcare, and nutritious food is often inconsistent, making it difficult to break free from the cycle of poverty.

This demographic's vulnerability is compounded by a lack of robust social support systems in Honduras. Affordable childcare options are scarce, forcing many single mothers to leave their children unattended while they work. Additionally, access to financial assistance or subsidized housing is limited, leaving families in precarious living conditions. The challenges are further exacerbated by the high rates of gender-based violence and societal stigma associated with single motherhood. Addressing the needs of this vital yet vulnerable demographic requires targeted programs that provide skill training, economic support, and access to essential services. Initiatives like Tabitha Reach are crucial in empowering single mothers to rise above these challenges, equipping them with the tools to build stable, dignified lives for themselves and their children.

Single mothers head

**25%** of rural households

in Honduras, where access to education, healthcare, and employment opportunities is even more limited than in urban areas.<sup>7</sup>

**35%** of single mothers

in Honduras have experienced gender-based violence, which exacerbates their financial and emotional struggles.<sup>6</sup>

**40%** of single mothers

in Honduras rely on remittances from relatives abroad, highlighting economic instability and dependency.<sup>2</sup>

More than

**50%** of single mothers

report struggling to access healthcare for their children due to high costs or lack of local facilities.<sup>5</sup>

The unemployment rate for single mothers is

**2X** as the national average

reflecting systemic barriers to workforce participation.



# Statistical Overview of Single Mothers in Globally



Of the 320 million single-mother households worldwide, **60% are located in developing countries**, where poverty and inequality are more pronounced.<sup>6</sup>

**50% of single mothers** globally report experiencing housing insecurity, including difficulties affording rent or owning a home.<sup>8</sup>

In many countries, single mothers face a **25% gender pay gap**, earning less than their male counterparts or married women for similar work.<sup>6</sup>

An estimated  
**70%**  


in low-income countries rely on informal work, which lacks job security, benefits, or protections.<sup>3</sup>

Access to education for children in single-mother households is often compromised, with 30% fewer children in these families completing secondary education compared to two-parent households.<sup>13</sup>

## Challenges Faced: Stigma, Employment, and Childcare Access

Single mothers in both Honduras and Ethiopia face a range of challenges that hinder their ability to thrive and support their families. One of the most pervasive obstacles is social stigma. In many societies, single motherhood is still viewed negatively, with mothers often facing judgment and discrimination for raising children on their own. This stigma can lead to feelings of isolation and low self-esteem, making it even harder for single mothers to seek support or access opportunities. In some cases, societal pressure forces them to accept low-paying jobs or stay in unhealthy living situations simply to avoid further social exclusion. Overcoming this stigma requires cultural shifts, greater awareness, and community support that celebrate the resilience of single mothers and recognize the critical role they play in society.

In addition to stigma, employment opportunities for single mothers are often severely limited. In both countries, a significant number of single mothers rely on informal work such as domestic labor, small-scale farming, or street vending. These jobs typically offer low wages, long hours, and no job security, making it nearly impossible for mothers to achieve economic independence or improve their living conditions. The lack of access to formal employment is further compounded by barriers such as lack of education and vocational skills, which many single mothers face due to financial constraints or limited educational opportunities. This makes it difficult for them to break free from the cycle of poverty and build a better future for their children.

Furthermore, childcare access is a critical challenge that many single mothers struggle to overcome. With limited or no affordable childcare options available, single mothers often face a difficult decision between staying home to care for their children or working to support their families. In many cases, mothers are forced to leave their children in unsafe or unsupervised environments, which can have long-term consequences for the children's well-being and development. The absence of affordable, quality childcare services not only restricts employment opportunities for single mothers but also exacerbates the financial strain they already face. To address this, policies and programs that provide affordable childcare, as well as support systems for working parents, are essential to empowering single mothers to fully participate in the workforce while ensuring the safety and care of their children.



# Programs and Impact

## Ongoing Programs

At Tabitha Reach, we are committed to creating lasting change for single mothers and their children through programs that address both immediate needs and long-term growth. Here's a detailed look at our initiatives and the impact they've had:

### Skills Training for Mothers

Empowering mothers with the tools to build sustainable livelihoods is at the heart of our mission.

- **Vocational Workshops:**
  - » Sewing and Tailoring: This year, 14 mothers participated in an intensive workshop where they learned to design and produce clothing. Many of them have since launched tailoring businesses, providing for their families and gaining newfound confidence.
  - » Spice making Training: We held sessions that taught traditional modern spice making skills, including spice preparation, presentation, and marketing.



## Emotional and Mental Well-Being Program

At Tabitha Reach, we understand that addressing the emotional and mental well-being of single mothers and their children is as important as providing them with financial and educational support. Many single mothers face overwhelming emotional challenges, including stigma, isolation, and the daily stress of providing for their families. To ensure holistic growth and resilience, we've developed a comprehensive Emotional and Mental Well-Being Program aimed at empowering participants to navigate these challenges with confidence and strength.

### Individual Counseling Services

Individual counseling is a cornerstone of our Emotional and Mental Well-Being Program, providing single mothers with the personalized support they need to navigate emotional challenges, trauma, and stress. Recognizing that each person's journey is unique, these one-on-one sessions are designed to create a safe and confidential environment where mothers can explore their feelings, overcome obstacles, and regain control over their lives.

#### Structure and Process

##### 1. Initial Assessment:

- Each participant begins with an in-depth consultation to understand their specific needs, challenges, and goals.
- The assessment helps identify key areas for intervention, such as past trauma, anxiety, depression, or other emotional struggles.

##### 2. Customized Support Plan:

- Based on the initial assessment, counselors create a tailored plan to address the participant's challenges.
- Plans may include strategies for coping with stress, developing emotional resilience, and setting achievable personal or professional goals.

##### 3. Session Format:

- Sessions are held four times during their training, and depending on the participant's needs.
- Each session focuses on addressing immediate concerns while building long-term emotional strength.



#### Focus Areas

##### 1. Trauma Recovery

- Many participants come to the program with unresolved trauma from experiences such as domestic violence, abandonment, or financial insecurity.
- Counselors use evidence-based techniques, to help participants process these experiences and move forward.

##### 2. Stress and Anxiety Management:

- Mothers often juggle numerous responsibilities, leading to chronic stress and anxiety.
- Counseling sessions teach practical stress management techniques, including relaxation exercises, time management

skills, and mindfulness practices.

##### 3. Building Self-Esteem:

- Facing societal stigma can erode a mother's confidence and sense of self-worth
- Through counseling, participants learn to reframe negative self-perceptions, embrace their strengths, and rebuild their self-esteem.

##### 4. Setting Personal Goals:

- Counselors help participants set realistic and meaningful goals, whether related to personal growth, parenting, or career development.
- Ongoing sessions provide accountability and encouragement as they work toward achieving these goals.

## Looking Ahead

As we move into the new year, Tabitha Reach is committed to expanding our programs and impact, driving forward the empowerment of single mothers and their families. Below are the key areas of focus and our plans for the future:

### Scaling Women's Empowerment Programs

In the coming years, we plan to scale up our Women's Empowerment Programs to reach more mothers in need of support. We aim to increase the number of women supported from 100 to 200 by the end of 2025.

#### **Key Actions:**

- Partner with Local Organizations: Collaborate with local NGOs and community groups to identify and support more mothers in need of counseling, skill-building, and financial assistance.
- Expand Skill-Building Offerings: In addition to our current programs, we will introduce new training in business management and digital literacy, equipping mothers with the skills needed to thrive in today's economy.
- Micro-Loans for Entrepreneurial Ventures: Provide access to small business loans to help mothers kick-start their own businesses, from hair styling and nail work to other income-generating ventures.

### Enhanced Organizational Capacity

To better serve our growing network of beneficiaries, we will focus on strengthening Tabitha Reach's internal capacity. Our goal is to improve operational efficiency and staff development, ensuring that we can scale our programs effectively.

#### **Key Actions:**

- Staff Training: Provide specialized training for our staff in key areas such as NGO compliance, reporting, and financial management. This will ensure that we maintain high standards of accountability and transparency.

### Global Outreach and Advocacy

To increase Tabitha Reach's global visibility and donor engagement, we plan to enhance our outreach efforts and advocate for the needs of single mothers worldwide.

### **Key Actions:**

- Launch Quarterly Newsletter: Begin publishing a quarterly newsletter to share success stories, updates on our programs, and how donations are being used. This will help keep our supporters informed and engaged.
- Strengthen Social Media Presence: We will expand our social media presence across the US, Honduras, and Ethiopia offices to raise awareness and create a broader network of supporters.
- Fundraiser: Organize an international and local fundraiser aiming to raise 100,000 dollar to support our programs and expansion efforts.

By focusing on these key areas—scaling our programs, strengthening our organizational capacity, and increasing our global reach—we are poised for greater impact, empowering even more single mothers to create better futures for themselves and their families.



*Our newest group of mothers of our Ethiopian office*



## Meet Tizita: A Beacon of Hope for Her Family

Tizita is a mother of two young daughters. As a child, she dreamed big and loved taking care of herself. She was confident and proud of her femininity. But life became difficult when her stepfather began to hurt her, both verbally and physically. To escape the pain, she left her family and went to work in an Arab country.

After six years abroad, Tizita returned home, but she felt lost and broken. The abuse she endured from her husband had completely shattered her dreams and confidence. "I completely forgot about myself and my dreams and felt I was going to lose my mind," she shared.

When Tizita joined our program, she was no longer living with her husband, but he continued to come in and out of her life, causing her emotional distress. On many days, she stayed with her mother to feel safe. She often came to class in tears because of the continued abuse.

Tizita's challenges extended to caring for her youngest daughter, who had never left her side.

At first, Tizita had to carry her daughter to every class. It was a difficult adjustment, especially in the first month, as her daughter cried frequently when left at the daycare. But with time and patience, her daughter grew comfortable in the daycare environment, allowing Tizita to attend her classes without worry.

At Tabitha Reach, Tizita found the support she desperately needed. She met people who listened, cared, and encouraged her to believe in herself again. With the time and relief the daycare provided, Tizita began to focus on rebuilding her life.

Through our program, Tizita has started to grow stronger. She learned to make liquid soap, which she now sells to earn income. Her fellow women in the Tabitha community have been her biggest supporters, buying her products and cheering her on every step of the way.

Today, Tizita is making remarkable progress. She has started to take care of herself again and is working hard to achieve her dreams.

"When I see her now, I see a woman who is stronger, more confident, and full of hope," says Semeret, the Country Director in Ethiopia.

One of the main reasons women stay in abusive relationships is economic dependency. At Tabitha Reach, we work to change this by helping women become confident, skilled, and financially independent. Our mission is to empower women like Tizita to live in peace and become productive citizens in their households and communities.



## Meet Nesima: A Single Mother's Journey from Market Vendor to Entrepreneur

Nesima, a single mother, is a recent graduate of Tabitha Reach's Bemnet group's training cohort, where she is building a brighter future for herself and her family. Before joining the program, Nesima sold plastic bags in the busy vegetable market area of Addis, known as Garment Atikilt Tera. Though she was hardworking, the income was insufficient to sustain her family and lacked the stability she dreamed of.

After completing the foundational and business training tracks at Tabitha Reach, Nesima underwent a remarkable transformation. The knowledge and skills she gained shifted her mindset and approach to business, allowing her to think bigger. She now runs a small neighborhood grocery store, a dual-purpose space that serves both as her business and her home. This shift not only provides a steady income for her family but has also empowered her to invest in her children's education and future.

Nesima's success story has become an inspiration for other group members, encouraging them to pursue their dreams and start their own ventures. Her journey is a testament to the power of education, determination, and the impact of support systems that help single mothers overcome obstacles and create lasting change in their lives.



# Launch of the New Office

## Message From Country Director

As I reflect on 2024, I am filled with pride and gratitude.

It is with immense joy that I introduce the progress and vision of Tabitha Reach in Honduras. This year marks a significant milestone for our organization as we extend our efforts to empower single mothers in La Entrada, Copan.

The challenges faced by single mothers in Honduras are profound, encompassing economic difficulties, limited opportunities, and societal stigma. Yet, we remain steadfast in our mission to transform these realities. We are determined to provide hope, skills, and dignity to mothers, ensuring a brighter future for their children and communities.

In our inaugural year, we aim to train 75–100 single mothers through a comprehensive 6-month program focusing on acrylic painting and sewing. This training is more than skill-building—it is about empowering mothers to reclaim their agency and achieve economic independence. As we look toward 2026, we envision expanding our offerings to reach 150 more mothers with new courses in jewelry-making, baking, and cooking.

The strength of our team in Honduras, coupled with the enthusiasm of our local volunteers, is pivotal to our success. Their dedication ensures that the proposed goals are not only met but exceeded. Moreover, the visit by the Tabitha Reach Board of Directors in August 2024 served as a beacon of hope. By engaging with community leaders and stakeholders, we laid a strong foundation for collaboration that will undoubtedly strengthen our efforts.

The impact of Tabitha Reach is already evident, inspiring individuals and organizations to recognize the transformative power of our programs. As we expand, we are committed to reaching the most vulnerable mothers and families, creating communities where single mothers live with dignity, dreams, and the means to achieve them.

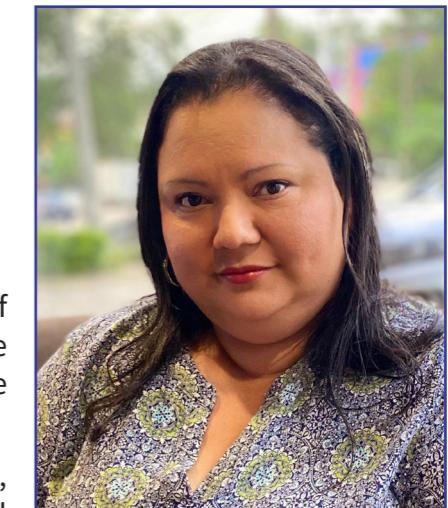
I extend my heartfelt thanks to everyone involved in Tabitha Reach—the founders, board members, volunteers, supporters, and most importantly, our donors. Your contributions have made it possible to change the lives of single mothers and their children.

As we forge ahead, I encourage you to share our mission and achievements. Together, we can reach more countries in need and empower countless lives. Let us make this dream a global reality.

With gratitude,

**Sarai Morales**

*Representative of Tabitha Reach Honduras*



## Purpose of the Office

The purpose of the Tabitha Reach office is to serve as the central hub for coordinating and expanding the organization's programs, outreach efforts, and advocacy work to support single mothers from underprivileged communities. Our office aims to foster a supportive, empowering environment for both the mothers we serve and the staff who support them. Through this office, we strive to:

### 1. Facilitate Program Delivery:

The office will act as the main location for managing and coordinating all of Tabitha Reach's empowerment programs at Honduras, including individual counseling services, skills training, and financial support programs. It ensures these services reach our beneficiaries efficiently and effectively

### 2. Expand Outreach and Advocacy:

Our office will help strengthen Tabitha Reach's advocacy efforts on behalf of single mothers, creating a platform for raising awareness about their challenges. The office will also serve as a key resource for community outreach, connecting with local and international partners, donors, and supporters.

### 3. Enhance Operational Efficiency:

By centralizing operations, the office will streamline our processes, improve internal communication, and ensure that we can scale our impact. This includes organizing training, improving staff capacity, and ensuring that all programs are aligned with Tabitha Reach's mission.

### 4. Provide a Safe Space for Empowerment:

The office will be a place where mothers can access counseling, attend training programs, and connect with resources that help them

achieve financial independence and emotional well-being. It will provide a physical and emotional sanctuary for those who seek to change their lives.

### 5. Enable Sustainable Growth:

The office will play a pivotal role in our long-term growth plans, including the launch of new skill training programs, the implementation of micro-loan systems, and the development of partnerships with other organizations. It will serve as the foundation for future expansion, both locally and internationally.

Ultimately, the purpose of the Tabitha Reach office is to create a space where we can empower single mothers, transform their lives, and create lasting positive change in the communities we serve.

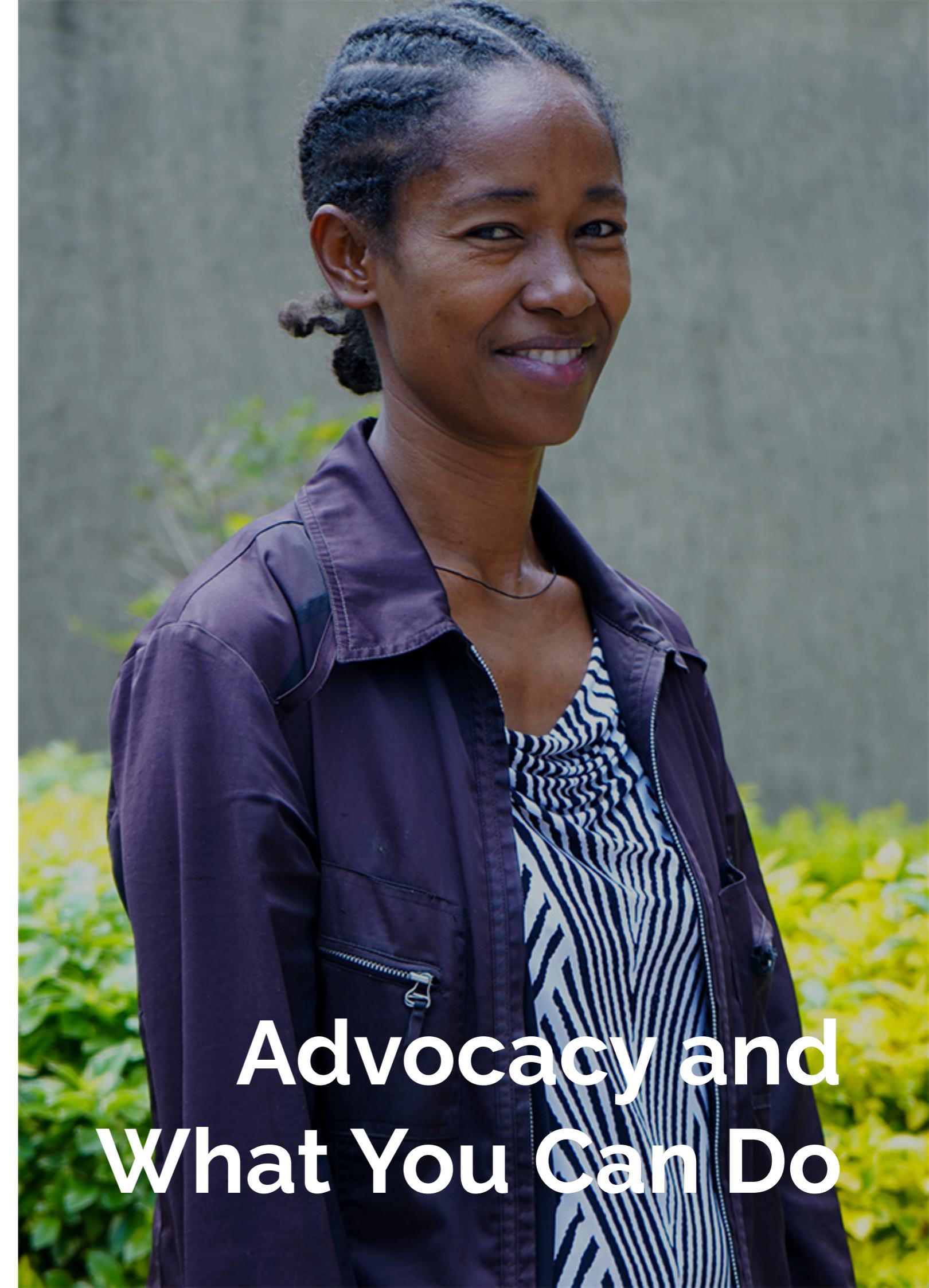


### Special Message from Our psychologist

Tabitha Reach gives Honduran mothers the opportunity to learn and develop a skill that will allow them to see themselves as competent and capable of achieving the path to financial independence; and to have the necessary tools to start their own entrepreneurship or business.

From the field of psychology, what I hope with all my heart is to help mother's close cycles and achieve emotional stability that allows them to clearly see their opportunities and abilities to change their personal and family lifestyles, creating healthy and secure families.

Skarlett  
Psychologist at Tabitha  
Reach Honduras



# Advocacy and What You Can Do

# Advocacy and What You Can Do

At Tabitha Reach, advocacy is at the heart of our mission. We strive to raise awareness about the challenges single mothers face and inspire collective action to support them in building better lives for themselves and their children. Here's how we advocate for change and how you can contribute:

## Our Advocacy Goals

At Tabitha Reach, our advocacy efforts are guided by a deep commitment to creating lasting change for single mothers and their children. Advocacy allows us to shed light on their challenges, inspire action, and push for systemic changes that lead to long-term empowerment. Here are our detailed advocacy goals:

### 1. Raise Awareness

One of our primary goals is to ensure the challenges faced by single mothers are recognized and understood by society. Many single mothers grapple with economic hardship, emotional distress, and societal stigma, yet their struggles often go unnoticed.

#### What We Do:

- **Storytelling:** We share real-life stories of single mothers through blogs, social media, and newsletters to humanize their experiences and inspire empathy.
- **Community Events:** We host events like panel discussions, workshops, and public forums to engage communities and discuss the realities of single motherhood.
- **Collaborations with Media:** We partner with journalists, filmmakers, and influencers to amplify the voices of single mothers and bring their stories to a broader audience.

#### Why It Matters:

Raising awareness is the first step toward fostering a supportive and inclusive society. By bringing these stories to light, we can challenge stereotypes, reduce stigma, and build networks of understanding and compassion.

### 2. Promote Policy Change

Systemic barriers often prevent single mothers from accessing education, healthcare, and financial support. We advocate for policies that address these inequities and create opportunities for single mothers to thrive.

#### What We Do:

- **Policy Research and Recommendations:** We work with experts to identify gaps in existing policies and propose actionable solutions to policymakers.
- **Engagement with Authorities:** We actively engage with local and national governments to promote policies that provide resources like affordable childcare, accessible healthcare, and educational opportunities for single mothers.
- **Community-Led Advocacy:** We empower single mothers to share their stories directly with policymakers, giving them a platform to advocate for the changes they need.

#### Why It Matters:

Policy change is essential to creating a fair and equitable society. Through advocacy, we aim to establish long-term support systems that empower single mothers and ensure their children have access to better opportunities.

### 3. Inspire Collective Action

Advocacy is not just about informing people but also about inspiring them to take action. We believe in mobilizing individuals, communities, and organizations to create sustainable solutions for single mothers.

#### What We Do:

- **Building Partnerships:** We collaborate with NGOs, businesses, and community groups to create a unified network of support for single mothers.
- **Volunteer Mobilization:** We encourage individuals to contribute their time, skills, or resources to help single mothers through mentorship, training, or fundraising efforts.
- **Awareness Campaigns:** We organize campaigns that rally public support and drive donations, volunteerism, and participation in our programs.

#### Why It Matters:

Real change requires collective effort. By inspiring people to take action, we can build a community of allies who are committed to empowering single mothers and creating a ripple effect of positive change.

At Tabitha Reach, our advocacy goals are not just aspirations but actionable commitments. Through these efforts, we aim to create a world where single mothers are no longer marginalized but accepted as any community member and become agents of change in their communities.

## What You Can Do

### Amplify Our Voice:

Follow us on social media and share our posts to spread the word about the realities faced by single mothers and the work Tabitha Reach is doing.

Use your platform to talk about the importance of supporting single mothers and how small actions can lead to big changes.

### Support Our Programs:

Donate: Your contributions go directly to empowering single mothers through counseling, skills training, and micro-loans.

Support the program financially: Help us financially to expand our programs and reach.

### Volunteer Your Skills:

Offer your time and expertise by mentoring mothers, helping with skill training programs, or supporting organizational activities.

Join advocacy campaigns to reach more people and engage in meaningful dialogue about change.

### Attend or Organize Fundraising Events:

Participate in events hosted by Tabitha Reach or organize your own to raise funds and awareness for our cause.

### Advocate Locally:

Engage with your community to create local networks of support for single mothers. This could include establishing partnerships, hosting awareness campaigns, or encouraging businesses to offer employment opportunities to single mothers.

**By supporting Tabitha Reach, you become an advocate for empowerment, equality, and resilience. Together, we can create a world where single mothers and their children are not just surviving but thriving. Every action, big or small, makes a difference in transforming lives.**

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Help A Mom  
Save A  
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