

IMMIGRANT AND FOREIGNER SINGLE MOTHERS IN HELSINKI

A Product Thesis in Collaboration with the Single Parent Association

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Thesis, Fall 2017
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Degree Programme in Social Services
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Qualification for the office of diaconal
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ABSTRACT

Mäkeläinen, Ilona. Immigrant and Foreigner Single Mothers in Helsinki. Helsinki, Fall 2017. 36 p., 3 appendices. Diaconia University of Applied Sciences, Degree Programme in Social Services and Option in Diaconal Social Work. Bachelor of Social Services (UAP) + Qualification for the office of diaconal work in the Church of Finland.

The product thesis, in the form of two videos, is a compilation of interviews of three members of the target group: English speaking immigrant or foreigner single mothers in Helsinki. The first video is for the advertisement of the Single Parent Association and the peer support group they have for immigrant and foreigner single mothers. The second video serves as an informative video about what the life of an immigrant or foreigner single mother looks like considering different aspects of well-being. In addition to the videos, I created a communication plan for the showing and sharing of the videos, for the further development of services immigrant or foreigner single mothers in Helsinki.

The Single Parent Association wants to develop their multicultural work. Thus, the aim of the product and the project were to develop the multicultural work at the association. The aim was to open doors for a wider range in their target group, which is currently mostly Finnish single mothers, despite the openness to all single parents. The target audience is immigrant and foreigner single mothers, organizations working with families and the Finnish Evangelical Lutheran Church. These videos aim to reach and inform all immigrant and foreigner single mothers, who do not know of the services provided for them. Another aim is to reach and inform service providers about the multicultural work of the Single Parent Association and the single mothers whom are immigrants or foreigners in Helsinki. This is so that there can be greater collaboration with service providers to create and develop the best services for the target group.

The results of this project were successful in reaching the aims, goals and objectives set out for it. The multicultural work of Single Parent Association and networking with other organizations that might be working with the target group have developed throughout the project. The product was evaluated effective and is believed to continue to serve for the benefit of Single Parent Association and the target group.

Keywords: single mother, immigrant, foreigner, well-being, peer support, the Single Parent Association, LapsiArkki, diaconia

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1 INTRODUCTION

This is a product oriented thesis about the immigrant single mothers in Helsinki. It is done in direct collaboration with the Single Parent Association (Pienperheyhditys ry) with Kaisli Syrjänen, the civic engagement coordinator, as the supervisor. The product is a compilation of interviews made into three videos and this report that includes a communication plan. The first video is a shorter advertisement video of the Single Parent Association and for the peer support group for immigrant single mothers held in English. It is compiled from interviews of two single mothers whom have participated in the peer support group and it is 1:08 minutes long. The second video is about the experiences of immigrant and foreigner single mothers in Helsinki. It is more informative about the well-being of immigrant single mothers, compiled from one interview with the target group. It is 7:45 minutes long. All three interviews were recorded and one was also filmed.

This report will cover the following subjects. Firstly, the aim, goals and objectives are explained in chapter two. Secondly, a thorough explanation is given of the background for this project. The topics include single parents, immigration, immigrant and foreigner single mothers, and the Single Parent Association. Thirdly, the threats to well-being and different factors of well-being, discovered from the interviews and through research, will be explained further in chapter 4. As, the Single Parent Association is non-religious, the videos do not have content including matters related to religion or the church. Therefore, only this report will include the topics of religion and the Finnish Evangelical Lutheran Church in the well-being of immigrant or foreigner single mothers in Helsinki. Chapter 5 covers the product development process that includes the start of the project, the peer support group, the interviews and creation of the videos, and the communication plan. Evaluation of the project, divided in to initial, interval and final evaluation, is found in chapter 6. Lastly, ethics, professional development and challenges of the project will be reviewed, followed by the conclusion of the report.

One experience that drove me to start this project is my job experience of babysitting a foreigner single mother's children while she worked. Children and women as target groups are closest to my heart. Therefore, the whole concept of single parenthood, especially single mothers and their children, is an intriguing concept. Another experience, that is a great driving force to develop this project, is that all my life I have lived in a very multicultural environment. I was born in Taiwan and lived there for 11 years. This makes me a "hidden immigrant"; I look alike but I think different than the people in my passport country, Finland (Pollock & Van Reken 2009, 55). Because of these experiences, I have a burning desire to develop the services for immigrant and foreigner single parent families specifically, and I am grateful that the Single Parent Association provided this opportunity for this thesis.

2 THE AIM, GOALS AND OBJECTIVES

The Single Parent Association has been working with single parents for 33 years. During those years, there has never been a group or an activity aimed specifically to those with an immigrant or foreigner background, or who do not speak Finnish. Therefore, the aim of this product thesis is to develop the English-speaking and multicultural services of this association to create a more open and appropriate platform for multicultural clients. This aim is reached through networking and increasing the collaboration with other organizations who might be working with the target group. The three videos, created in English for the Single Parent Association, serve as a tool to reach the aim. For a successful implementation of advertisement and informing through the videos, a communication plan was created. The communication plan for these products can be found in chapter 5.3.

The goals of this project are in two categories: short-term goals and long-term goals. The short-term goals of this product are to create materials (the videos and communication plan) for the Single Parent Association. The products are also for service providers who might be working with the target group, that can be used for the development of their services in English. Long-term goals are that the videos will continue to bring more members of the target group into the Single Parent Association.

The main objective of these videos is to reach as many people as possible. The videos are aimed to reach immigrant and foreigner single mothers, organizations that provide social work services and the church. The hope for the networking and sharing the information about this peer support group and the Single Parent Association is that most, if not all, immigrant and foreigner single mothers would find help and support for the possible struggles in their lives.

The second most important objective is continuing to provide peer support for immigrant and foreigner single mothers. This objective can be reached by at-

tracting more members of the target group to join the peer support group by sharing the videos on social media. The importance of peer support is explained further in Chapter 4.2.

3 LITERATURE REVIEW

This chapter focuses on the details and definition of what a single parent family is. A closer inspection will be carried out at the phenomena of immigration and living in a foreign country as an immigrant or foreigner single mother.

3.1 Single Parents

According to Statistic Finland there are six different categories of families. They are as followed: cohabiting couple without children, cohabiting couple with children, married couple without children, married couple with children, mother and child, and father and child. At the end of 2016 there were 1 476 000 families in Finland (see figure 1). Out of this number of families 177 712 (12%), are single parent families (OSF 2017.) Anita Haataja, a docent of social work from the Turku University, wrote an article, “Kuka on yksinhuoltaja? Yksinhuoltajien määrä ja profiili eri aineistojen varassa” (Who is a single parent? The number and profile of single parents), that explains that a single parent family is when there is at least one child under 18 years who lives with one parent (2009). As it can be noted from the chart (figure 1), out of that 12% of single parent families, 85% consists of mother and children at 151 459.

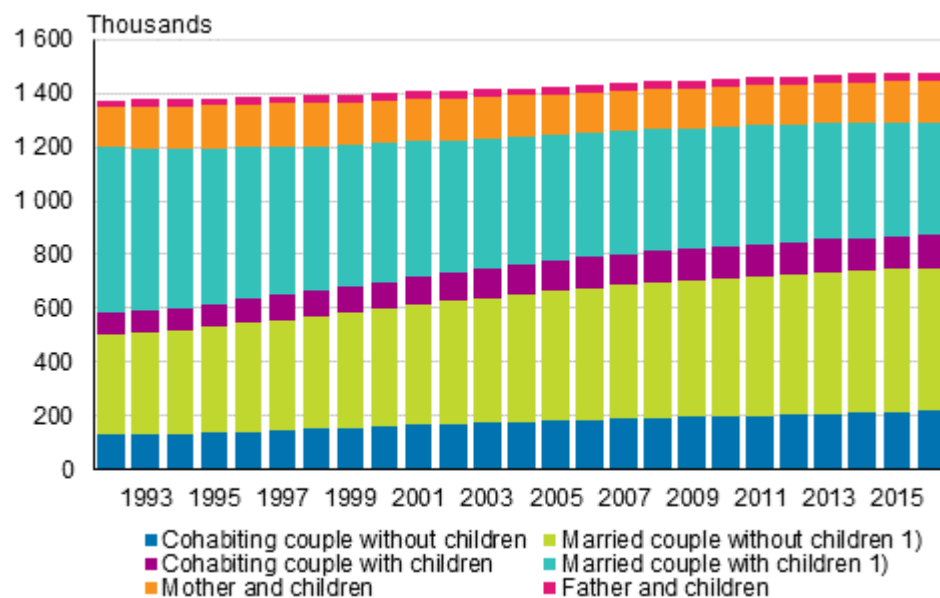


Figure 1. Families by type in 1992–2016. (Cited in Official Statistics of Finland (OSF) 2017)

There are various ways a family is a single parent family. Herz (2006, 141–147) answers the question “*What Does Single Mean?*” in her book “*Single by Chance, Mothers by Choice*”. She introduces a chart (APPENDIX 1) that shows four different types of single mothers. She then thoroughly explains the different types with examples from different mothers’ lives. The first type of the four is “the consummate mother” who has no other parent involved and no romantic relationship. The second is the “splitting lives mother” who has no other parent involved, but does have a romantic partner who is not involved in parenting. The third is the “transacting family” where there is another parent involved who has the child/children for an x amount of time, and the mother has no romantic partner. The fourth kind is the “transacting family with love elsewhere” meaning that there is another parent who has the child/children for an x amount of time, and the mother has a romantic partner who is not involved in parenting. (Herz 2006.)

Through these four types of single mother families, a broader insight about the diversity of these families is gained. It is also important to remember that most single parent families in Finland also have an absent parent (etävanhempi), who is involved in the raising of the child or children and the child or children live with this other parent for a decided amount of time (Salo & Väisänen 2017). Another important note to take is that single parents are no longer registered as single parents when their child or children turn 18 or when a single parent gets married, even though the single parenting aspect might not change (Haataja 2009).

Causes of single parenthood have transformed in the past 100 years in Finland. In the earlier 1900s the most common cause for single parenthood was the death of a spouse. It is what used to be the original cause, since divorce was not as socially acceptable or easy. Most of the deaths in the early 1900’s were due to war. Even until the 1970s, about one fourth of the single parents were still widows or widowers. In the past years, 2015–2017, the percentage of families becoming single parent families due to the loss of a spouse is nominal. In

2005, out of all children living in Finland, under the age of 18, only 14,700 had lost their father and 5,000 had lost their mother. These numbers are small compared to the number of losses during the war. In Finland widows and widowers are privileged to receive a pension called spouse's pension. In 2007, the number of widowed persons whom applied for the spouse's pension, with children under 19 years old, was only 519. Out of this number 64% were women. The percentage of children being born into single parent families is only 7–8 percent. In the mid 1990's, during the recession, the number of single parent families grew drastically, and the percentage of children being born into single parent families was at its highest at 8,6 %. (Haataja 2009).

Due to the law passed in 1988 that made getting a divorce easier, the current and main cause for single parenthood is divorce (Haataja 2009). In 2016, 13,541 marriages ended in divorce. This is 55% of the number of marriages contracted in the same year (OSF 2017).

There is also a small percentage of the single mothers who have independently chosen to have a child or children through artificial insemination and carry the child themselves, or through adoption. An even smaller percentage of single mothers are those who got impregnated, accidentally or on purpose, from a "one night stand", which consists of two consenting adults having usually a singular account of sexual contact with no committed relationship involved. Some of the women who use this method to purposely impregnate themselves, never tell about their intentions to the man and do not ask for the man's name. Therefore, when registering the parents of the child, the mother becomes the parent with sole custody of the child. Whereas some, like one of the single mothers whose story is written in the "Loistava yksinhuolattajuus", she became with child from a "one night stand" and the father refused to take the child as his own. First, the mother needed to get the father's DNA, which he refused at first. After the tests, it was confirmed that he was the father, but never answered phone calls. Eventually, the mother decided that she did not need a confirmation of fatherhood from the father and that he did not have to pay maintenance allowance. (Alasalmi 2011.)

3.2 Immigrant and Foreigner Single Mothers

In their report in 2010, Official Statistics Finland writes about the growth of the number of families with foreign nationalities. In the graph below (Figure 2) the number of families with foreign citizens from years 1995 and 2009 are compared. It is important to note that the definition of family in this case includes both married without children and married with children for the first three categories as they are marked with both man and woman. The first group, from the top, is Finnish man and foreign woman, the second is a foreign man and a Finnish woman and third one is both man and woman are foreigners. The last two are with only one parent; they are single parent families with at least one child who is under 18 years old. First there is the group of foreign mothers and lastly the group of foreign fathers. (OSF 2010.)

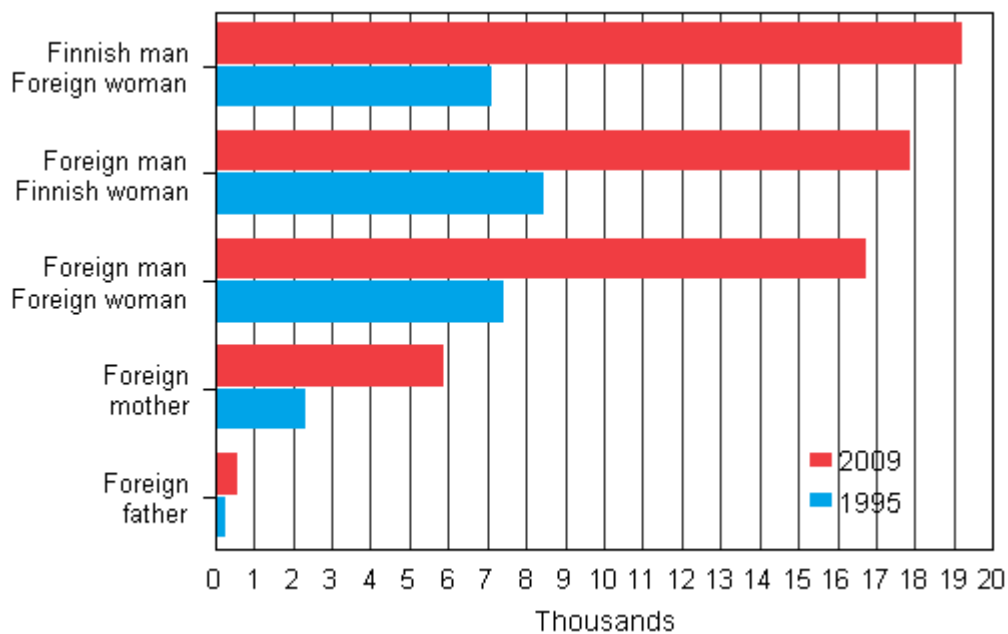


Figure 2. Families of foreign citizens in 1995 and 2009. (Cited in Official Statistics Finland 2010)

The growth in the foreign mothers' group is drastic from 1995 to 2009. The number of foreign single mothers increased drastically in those years. In 1995 the number of foreign single mothers was approximately 2300, whereas in 2009 the number is nearly 6000. (OSF 2010.) What could be a reason for this change

is the massive outpour of immigrants in the past decade and the increase of bicultural and multicultural marriages, especially between a Finnish man and a foreigner woman (Lainiala & Säävälä, 2012).

In a chart from the end of 2015, all parents with underaged children are categorized by the language the parent speaks. The different languages listed are Finnish, Swedish, Russian, Estonian, Thai, Somali, Arabic, Chinese and Other or unknown. The left vertical column is labeled "Language of mother" and the top horizontal column is labeled "Language of father". The bottom horizontal column is labeled "Family without a mother" and the right vertical column is labeled "Family without a father". This is the column that gives us the specific number of families with a single mother. Finland has two national languages, Finnish and Swedish. Therefore, Finnish and Swedish need to be deducted from the total number of families without a father. The total number of families without fathers at the end of 2015 was 103 972. The Finnish and Swedish added together was 91 909. Therefore, the number of single mothers living in Finland at the end of 2015, whom speak a foreign language as their mother tongue, is 12 063. (OSF 2015.)

In a chart from the end of 2016, all parents and spouses were categorized by the language the parent or spouse speaks. The different languages listed are Finnish, Swedish, Russian, Estonian, Thai, Somali, Arabic, Chinese and Other or unknown. The left vertical column is labeled "Language of wife/mother" and the top horizontal column is labeled "Language of man/father". The bottom horizontal column is labeled "Family without a mother" and the right vertical column is labeled "Family without a father". This is the column that gives us the specific number of families with a single mother. The difference in this chart compared to the previous one is that it is not specifically parents with underaged children, but just parents in general. In this calculation, Finnish and Swedish need to be deducted from the total number of families without a father, due to Finland having both Finnish and Swedish as national languages. The total of all families without a father at the end of 2016 was 151 459. The total of Finnish and Swedish speaking single mothers was 136 272. Therefore, the number of single

mothers living in Finland at the end of 2016, whom speak a foreign language as their mother tongue, is 15 187. (OSF 2016.) However, this means there was an increase of 3124 immigrant or foreigner single mother in just one year. This number includes mothers with children who are overaged. Therefore, this is not the accurate number of immigrant or foreigner single mothers in Finland, because in Finnish law a single mother is no longer seen as a single mother after her children are 18-years-old. This growth of the number might not be very significant.

In the case of bicultural marriages in Finland between a Finnish man and an immigrant or foreigner woman, conducted after 2006, about two thirds of the women moved to Finland after getting married. In a chart of results from a study about bicultural marriages conducted by Väestöliitto (Lainiala & Säävälä 2010, 39), it states that most, approximately 58%, of foreigner women married to a Finnish man live in Finland due to their spouse's work or studies. The next reason, at approximately 23%, is Finland's safe and secure society. Among the other reasons that are between 10%–20%, are the desire to live near spouse's relatives in Finland, great education for children and for self, Finland's standard of living, own work or studies, Finland was the only option. More reasons mentioned included Finland's nature, spouse's existing children and sometimes the other has demanded to live in Finland, leaving no choice. (Lainiala & Säävälä 2010.)

In this study, they have also concluded that bicultural marriages are three times more likely to end in divorce. It is important to note that the percentage could be elevated due to sham marriages, where a couple gets married for the sake of the benefits that link to the status, and later divorces. The main causes of divorce for bicultural couples have not been studied, but according to the professionals in the social and health care field, the causes are most likely related to disagreement in parenting, negative responses from others towards the couple, and other conventional issues between a couple that the lack of a common language can further aggravate. The challenges and stress in integration in the

foreigner spouse's life inevitably effects the relationship. (Lainiala & Säävälä 2010.)

Due to the high rate of bicultural marriages ending in divorce, the rise of immigrant and foreigner single mothers has risen in Finland. It is important to note that some single mothers have not become single mothers in Finland, but have moved here with their child or children. There is no statistic stating the difference in the number of single mothers whom became single mothers in Finland and those whom moved to Finland as single mothers.

One group of single parents that has not yet been studied in Finland and has services being developed for, are the Somali single mothers. The information about this phenomena is minimal, as the only source of information are articles from Helsingin Uutiset newspaper. An article from 2016 states that 47% of Somali families are single parent families, and most of these parents are single mothers. The main cause of single parenthood in Somali families is most likely divorce. Other major causes can be that the father lives abroad, has deceased or there could be polygamy. The difficulty of integrating traditional roles in family into the Finnish culture and society can also affect the way a Somali family functions. The lack of knowledge about the support available for families might lead the mother to a worst-case scenario of unemployment and depression.

3.3 The Single Parent Association

The Single Parent Association was created by single mothers in Helsinki in 1968. They were originally called the AU-yhdistys (AU-association). AU comes from the words "avioliiton ulkopuolella" meaning outside of marriage. Later in 1984 they changed the associations name to which it is now, The Single Parent Association (Pienperheyhdistys ry). Their motto is "Strength for parents, Opportunities for Children", and this is what they aim to achieve as an association.

As mentioned in their motto, the goals of the Single Parent Association are to provide strength for parents and opportunities for children. This includes their work in shaping

the public opinion about different types of families to become more accepting and positive. Their work's purpose is to develop the status and well-being of single parent families. Their values are to be tolerant, open minded, trusting and creative and, finally, community is a focus in their values. Their ultimate vision is for parents to better cope and survive and that the children of single parents would have as much of an equal childhood as everyone else. Therefore, they work towards maintaining the services complimentary to the public services for children and families.

Throughout the years, the Single Parent Association has implemented different projects and functions, held peer support groups and family cafes. They post annual reports of their activities, results and finances that can be found from their website. Their most recent activity is called "Minullakin on kerrottavaa – harrastuksesta sisältöä ja iloa lapsen elämään" (I have something to say, too – a hobby can bring meaning and joy to a child's life) project, where their newly recruited "harrastusmestari" (hobby master) helps children find hobbies they can try out for a reduced price. Having a hobby would help with the well-being and balance of the whole family will be attained. This project is under the Finland-100 "Kaikille eväät elämään" (Provision for everyone's life) assistance program.

Previous projects and assistance programs include "PIKKUKAVERIA EI JÄTETÄ" (Don't leave out the little ones), "Emma & Elias - pidetään huolta lapsista" (Emma & Elias – lets take care of the children) and "Vapaaehtoinen lapsen tukena – eroauttamista julkisen ja kolmannen sektorin yhteistyönä" (Volunteer as a supporter for a child – supporting through divorce collaboration with public and third sector). All of these projects and assistance programs have had the same aim of supporting the single parent families by providing opportunities for children and strength for parents.

4 A SINGLE MOTHER'S WELL-BEING

Well-being is constructed of many different aspects. The ten aspects studied in the Organization for Economic Co-operation and Development's (OECD) study "How's Life? Measuring Well-being" are the following: income and wealth, jobs and earnings, housing conditions, health status, work-life balance, education and skills, social connections, civic engagements and governance, environmental quality and personal security (2011). The aspects focused on in this chapter, in addition to the threats of well-being, are conducted from the interviews and research. The topics discussed are peer support, KELA and social services, family functionality and the role of religion and the Finnish Evangelical Lutheran Church.

4.1 Threats to Well-Being

Unfortunately, it is common for single mothers, and some fathers too, to face either physical or psychological assault, sometimes both, in their lives (Samuels-Dennis, Ford-Gilboe & Ray 2011). In her book "Loistava yksinhuoltajuus" (Glorious Single Parenthood), Päivi Alasalmi collected the stories of many single mothers and fathers. Most of these parents became single parents because of divorce. They shared about their traumatic experiences of adultery, physical and psychological abuse. (Alasalmi 2011.) In the Diagnostic and Statistical Manual of Mental Disorders (American Psychiatric Association 2000) it is described that PTSD (post-traumatic stress disorder) is the result of a traumatic experience where 1) the event involved actual or threatened death or serious injury, or a threat to the physical integrity of others and that 2) the individual's response involved great fear, helplessness, or horror. It is important to note that, as mentioned in the previous chapter, some choose to become parents alone or do not have any traumatic experiences that led up to single parenthood.

What affects all members of the target group is integration and adaptation to the society and to the culture. Once a person moves to another country, there is often great anxiety and stress connected with the migrating experience. A few factors that pay into this are unemployment, language barriers, separation from family and loved ones, and ethnic discrimination. For an integration into society to be successful, the process needs to begin as early as possible. This enhances the well-being of immigrants and is crucial from ethical, public health and economic perspectives. (Lehti, Antas, Kärnä & Tuisku 2016, 18–20.) Especially, when a person with no Finnish language skills tries to begin to search for help, it might be difficult to find the services. Not because there are no services provided in English and some organizations in many more languages, but due to becoming accustomed to the culture of remaining silent even in times of need.

It is my own assumption from people I have met and the studies I have found, that most immigrant or foreigner single mothers in Helsinki were married to a Finn while living in Finland. Then, due to the divorce rate being so high, it can be assumed that most immigrant or foreigner single mothers have a Finnish ex-spouse.

One cause, that threatens the well-being of the target group, is the way the justice system treats foreigner mothers. In the interview of one of the women, shared about her experience in the court ruling for custody. Here is what she had to say:

“The system is still very protective towards locals and I felt that everything was against me right from the beginning. It was not a fifty-fifty chance. It was always going to be eighty-twenty. So, the justice system needs to be looked into. The social system is not optimal.”

Lastly, postpartum depression (PPD), the extremely common mental health issue a mother might deal with after having a baby, that can greatly affect the holistic well-being of a mother and the baby. It can begin to develop from 12

weeks to a year postpartum. Lack of social support can be a key factor in the risk of developing PPD. (Leger & Letourneau 2015.) Therefore, the target group of this project might have a higher risk due to the possible lacking social support.

4.2 Peer Support

As humans, we all need trustworthy and sympathetic people around us, especially during difficult times. Support received in the form of peer support helps a person to feel and know that they are not alone with what they are experiencing. In raising children, the saying “it takes a village” is proven correct. The support from relatives, other parents, neighbors, service providers or health care professionals has been crucial throughout human history. In the immigrant and foreigner communities in Helsinki and Finland it is very common that family and relatives live far away. Therefore, the construction of the “village” needs to consist of peers, friends, child care workers and health care professionals.

When a person feels that their feelings are validated and real, they begin to feel more confident and encouraged. In the case of single mothers, this is especially crucial, because of the risk of the lacking constant support in their lives and the risk of PTSD from trauma experienced in a former relationship. Peer support groups are valuable in this sense, because they encourage the members to believe in themselves and their experiences. (Nylund 2005.)

In the past two decades, peer support groups have become more common and wanted by people in Finland. The main reasons behind this growth are most likely due to people wanting and needing to share their own experiences and to meet others in similar situations. In Finland, it can be common to not receive support from your closest network or family, due to taboo “family secrets” such as depression, domestic violence or infertility not being open for discussion. Therefore, Finns have reached further out from their networks and built a network with peers. (Nylund 2005.) As the divorce laws are still relatively new, but growing, in the Finnish culture, along with the growth of being a single parent

due to divorce, single parenthood has only in the past decades become more socially acceptable.

The peer support group in English for immigrant and foreigner single mothers in Helsinki has been a great source of relief for the attendees. The mothers have been able to share their experiences and knowledge. As immigrants and foreigners, the mothers have stated that it can take a long time to make friends in Finland, but through this group, they have gained friends. Attendees have built a network of fellow English speaking single mothers and meet outside of the group. Due to the babysitting available during the meetings, the children of the attendees have met. In the interview, one mother gave this feedback about the peer support group.

“The people I've met here, they are my friends now and I'm very happy I've met them. If the child doesn't speak Finnish, it takes time to make friends and now my child made friends with my friend's children. So, it's cool. It's very nice.”

4.3 KELA and Social Services

Firstly, KELA, the Finnish Social Insurance Institution plays a large role in the well-being of all single parents. This was mentioned in all three interviews and is generally known as a great benefit of living in Finland. A single parent is granted all the same benefits a two-parent family is granted, such as child benefit which is paid according to the number of children under the age of 17 a family includes. The parent, parents or guardian monthly receives 94.88 euros for the first child, 104.84 euros for the second child, 133.79 euros for the third child, 153.24 euros for the fourth child, and 172.69 euros for the fifth child and all the children after that. In addition, a single parent is granted the single-parent supplement of 48.55 euros per child per month.

Secondly, the social and health services provided on the municipal level in Finland serve as great providers of support and help in the lives of single parent

families and all families in general. The well-being of mother and child is important and it can be seen in the multitude of services that are provided for them. The neuvola, a maternity clinic that provides services for families with children under the age of 7 and expectant mothers, and daycare centers were praised as blessings in the interviews. The needs of families, especially mothers and children, are heavily emphasized and prioritized in the Finnish health care system and society. There are many places where to receive support and help for mental health issues. Some examples are the nearest health or maternity clinic (terveysasema or neuvola), Helsingin ensikoti, Äidit irti synnytysmasennuksesta (ÄIMÄ ry), an NGO for mother's suffering from PPD, and Monika Naiset liitto ry, where an immigrant woman can receive help for integration and domestic violence through guidance, peer support groups, psycho-social support and supportive housing. The websites of these services are the following:

<https://www.hel.fi/helsinki/en/social-health/mental/mental/>

<https://www.helsinginensikoti.fi/in-english>

<https://monikanaiset.fi/en/our-activities/>

Organizations that provide services to families and single parent families specifically are a great relief and benefit for their well-being. The Single Parent Association and Yhden Vanhemman Perheiden Liitto (Single Parent Families Union) are organizations that specifically and solely provide services and support for single parent families in Helsinki. The Single Parent Association is more suitable for immigrants and foreigners, since their website is also in English and they are in the process of developing the multicultural services. The Yhden Vanhemman Perheiden Liitto shares information about child custody and support in English on their website. Some other organizations that are great for multicultural families, and the target group specifically, are Familia ry, an NGO working with multicultural families, Nicehearts ry, an NGO working with multicultural women, African Care, an NGO working towards the empowerment of African women and girls in Finland, and Africans and African European Association

(AFAES ry) that helps all Africans in general to have a balanced life, but also provide services for families specifically in Prevention of Crisis Amongst African Families (POCA). The websites of these services are the following:

<https://www.pienperhe.fi/single-parent-association/>

<http://www.yvpl.fi/in-english/child-support-and-custody/>

<http://en.familiary.fi/>

<http://www.nicehearts.com/>

<http://www.africancare.fi/en/>

4.4 Family Functionality

Mari Broberg and Juhani Tähtinen (2009) carried a research about the functionality and parenthood in single parent families (Perheen toimivuus ja vanhemmuus yksinhuoltajaperheissä). They cover a study done with 3 different types of families: families with two parents, single parent families and reconstituted families. The study covers and compares the family dynamics, interaction and functionality, and the overall satisfaction of parenthood in all three different types of families. The families were asked to rate themselves in various categories on the scale of 1 to 4, 1 meaning lots of problems rose in the category and 4 meaning rarely any problems rose. The categories were problem solving, interaction, roles, sensitivity to emotion/empathy, intimacy, behavioral control and overall functioning of the family. Key results for this research were that scores of single parent families were found to be mostly parallel with the other two types of families, and sometimes had even higher scoring. This is to note that, just because a family is a single parent family doesn't mean that they in any way function less or are unsatisfied with their family functionality.

4.5 Role of Religion and the Finnish Evangelical Lutheran Church

The members of the target group, and immigrants and foreigners in Finland, come from various cultures. Therefore, they come from a colorful array of religious backgrounds, too. It is crucial to be aware of different religions such as the major religion right after Christianity, Islam. Only the country of origin affects largely to the differences in the needs of support, despite the connection of the same religion. For example, a Somali Muslim and an Arab Muslim need completely different services or peer support groups, because their different countries of origin depict discrepancies in culture, language and other matters that affect way of life and world views. Therefore, it would be important to provide religious support for immigrant and foreigner single mothers according to their religious and cultural backgrounds, for the target group to receive the most superlative religious and overall support.

The Evangelical Lutheran church's parish union arranges various activities for families and single parent families, too. They also arrange occasional International Family Evenings at the St Michael's Church in Kontula, Helsinki. Some individual parishes in Helsinki provide support groups and family cafes for single parents. Many parishes have a peer group or an open living room type of activity arranged for single mothers specifically.

One great example of work done with single parents in the church is the LapsiArkki project. The way LapsiArkki project works is that they allow single parents to leave their children at the church for a period of three hours. During this time, the parents are free to spend that time however they wish. Some parishes also provide the opportunity to gather for a peer support group.

LapsiArkki is a project by the church council (kirkkohallitus) and it is financed by Me-Säätiö foundation. It is a two-year project and was started in November 2016. During spring of 2017, they began asking from parishes all over Finland, who would be interested in starting this type of activity in their parish. Currently there are 24 parishes that are interested and have started or are going to start.

Some have started in spring of 2017, a few in fall of 2017 and the rest will begin in spring of 2018. The website has up to date information about the active parishes. (Malmivaara 2017.)

The benefits of giving this pause for single parents is crucial for everyone's well-being. Being a mother should never be the only quality that defines a woman. It is especially important as a mother, and even more so as a single mother, to prioritize qualitative time for oneself. This time spent refreshing oneself is essential in reminding the mother of who she is as an individual. For some this might come in the form of exercise, as going to the salon, getting a manicure, going shopping, seeing friends and even going to the grocery store might be a huge relief to some single mothers. (Malmivaara 2017.)

The LapsiArkki project's webpage is all in Finnish still, due to the project still being so fresh. The creating advertisement and content on the website in Swedish and English are part of the developmental plans of LapsiArkki project. The Helsinki parish union's webpages are only available in Finnish and Swedish. The parishes in Helsinki organize events in English, but in order to find events on the website, you need to type "English" in the search bar that is in Finnish ("HAE"). In comparison, the Vantaa parish has their website in English and they provide help for families that are in special need, couple counselling and for parents who have recently divorced in English. This is a developmental point that should be considered in the future of the services provided in the Evangelical Lutheran Church of Finland, to serve according to the needs of the target group and the aims of the church.

The diaconal services provided at all parishes in Helsinki are open for everyone. All financial assistance from the church, pastoral counselling and events organized by the deacons and deaconesses are available for everyone, including those who do not speak Finnish.

5 THE PRODUCT DEVELOPMENT PROCESS

In this chapter, the process of this thesis project is explained, beginning from a project placement to the communication plan.

5.1 The Peer Support Group

The process of this product, the videos compiled from interviews with three target group members, began in the Spring of 2017. During the MCI (Management for Change and Innovation) project placement, I conducted a project that consisted of advertising and arranging a peer support group for immigrant single mothers at the Single Parent Association. The project was planned and executed in a time frame of 11 weeks. Planning phase was the first 4 weeks (30.1–24.2.2017). The placement period was 7 weeks (27.2–13.4.2017). Kaisli Syrjänen, the civic engagement coordinator, was my supervisor during the project placement. The placement consisted of translating the general leaflet from Finnish to English, contacting possible group members and other organizations such as Familia ry, African Care and Monika–Naiset ry, and advertising the peer support group on platforms such as Facebook and DIAK's Fronter. An advertisement of the group was also printed out and distributed with the general leaflet to the mentioned organizations, health clinics and Cultural Center Caisa. The first meeting of this peer support group was held April 3rd at the Single Parent Association's office space.

This project was created from the need of better services for English speaking single parents at the Single Parent Association and the rise of immigrant single mothers contacting the association. The reason English was chosen for the language used in this group, was due to its universality and lack of time and funds to create the group in for example Somali or Russian. The association has had a peer support group in the past that was open to be held in English, but that wasn't specifically for immigrants, and thus, this project was carried out. The

Single Parent Association decided to begin to develop their multiculturalism through this group and further through this thesis.

The group is aimed specifically for immigrant and foreigner single mothers. In the project plan and in the beginning of the placement the target group was specified by one more factor which was that the mothers should have a Finnish ex-spouse. The reason my supervisor from the Single Parent Association and I chose immigrant single mothers with Finnish ex-spouses is their likeliness to be at a higher risk of becoming secluded from the society. They could be more likely to lack in Finnish language skills and a profession or a degree that is qualified in Finland. However, due to the short time frame, the target group was opened to all immigrant and foreigner single mothers to gain more members.

The main and most important objective was to form a peer support group for the target group. There were no other objectives, things that would have been attainable, specific, concrete and measurable. Therefore, there are lot more goals. The short-term goals were that the mothers would meet others from a similar background to share life's struggles and to realize that they are not alone with their doubts and shortcomings. As mentioned earlier in the importance of peer support, peer support groups are valuable, because they play a significant role in helping the members to believe in themselves (Nylund 2005).

The group met every other week in spring and fall of 2017, and will continue to meet if enough people sign up. The group has met on Mondays at the same time as the "soppakuppila", an open café that serves soup for single mothers at the Single Parent Association at Hämeentie 64. Therefore, food has been served at the meetings along with babysitting for all children that were signed up. The future dates of the meetings will be posted on the Single Parent Association's website: <https://www.pienperhe.fi/single-parent-association/peer-support/>

5.2 Interviews and Creating the Videos

The original plan was to create one advertisement video and one informative video, that were 1 and 5 minutes long. To keep the videos constricted to the time frames, but to get enough information and perspective, 3 interviews were conducted. One was filmed and two were recorded. Sceneries, such as trees and bushes moving in the wind, were then filmed to go together with the recordings. With the content of these interviews and footage of sceneries, the videos were edited. The program used for the editing was Adobe Premium Elements on one of the Single Parent Association's computers.

The interviews were kept open ended to get as genuine answers as possible. The questions asked in the making of the video were: 1) What has supported/helped your well-being in Finland as an immigrant single mother? 2) What has threatened your well-being in Finland as an immigrant single mother? In addition, as an optional question to answer was 3) how has the role of faith played in your experiences in Finland as an immigrant single mother? This last question and its answers were not included in videos, but they were taken into consideration in writing of chapter 4.5 Role of Religion, Faith and the Church.

The interviews were completed in two weeks, from September 1st to the 15th. Following the completion of the interviews, I familiarized myself to the editing program. The basics are the same in all editing programs, free ones and the ones you pay for, but the Adobe Premiere Elements had far more than the free editing programs that I had used in the past. The peer work coordinator of the Single Parent Association, Sini Järnström, is a professional videographer, so she advised me in the basics such as smooth transitions and the specifics about volume, and told me about different features to enhance the quality of the video. The editing of the shorter video, the advertisement video, started on October 16th. I created multiple versions of the advertisement and together Sini Järnström, we decided on final details and edits.

The advertisement video was finished on October 30th, 2017. During the final editing stages of the advertisement video, I began editing the informative video on October 25th. The cutting and editing of this longer video was much more time consuming. In the process of editing, the content became too much for one long video. A decision was made for the informative video was to divide it into two parts. The first versions of the videos, that were shown at the launch, were finished on November 19th. After the showing of videos at the launch, it was decided through popular vote to leave the first part out. This was due to the content of the video focusing much more on Finland's benefits instead of the experiences of the target group.

The advertisement was posted on the Single Parent Association's YouTube page on November 24th. The longer video about the experiences of an immigrant single mother was finished and posted on YouTube on November 27th.

5.3 Communication Plan

In his book, "Communicating Strategy", Phil Jones lists a few questions that need to be answered in a communication plan. They are as listed here: "*To which people do you need to communicate strategy? Why are you communicating to them? How do you get the timing of communication right? What routes do you have to those people at the moment? How effective are they? What responses would you like to get, or expect, from them?*" (Jones 2008.)

The first article to emphasize in a communication plan are the stakeholders. Stakeholders are in this case the target of communication, whom are aimed to reach through the distribution of the product. Ultimately, the stakeholders include all organizations working with single mothers. The main stakeholders of this thesis are The Single Parent Association and the church of Helsinki, the LapsiArkki project specifically, and the target group, the immigrant or foreigner single mothers in Helsinki. The Single Parent Association is the one whom this communication plan is created for. The aim is that with it they can easily com-

municate with LapsiArkki together, to reach more clients of the target group and therefore develop and expand their services to provide more support for the single mothers.

The next matter to be explained is the reason for communication with the stakeholders. This can be directly linked to the aim, goals and objectives of this project. The reason why these are the stakeholders whom are wanted to communicate to, is so that the product will be used as effectively as possible, so that the Single Parent Association's services provided in English would develop. The hope for the future is that peer support groups would be formed and held in other languages such as Kurdi, Somali, Farsi, Arabic, Russian and Estonian. Another reason to communicate with these stakeholders is so that in the future more immigrant and foreigner single mothers would find the services that are beneficial to them.

The communication done with the Single Parent Association via email, text messages, phone calls and meetings, has been frequent throughout the project. The coordinator of LapsiArkki, Päivi Malmivaara, was contacted via email on October 17th, as the idea of incorporating the LapsiArkki project to this thesis came later in the process. After a meeting held on November 1st, it was reconfirmed that the LapsiArkki project would continue cooperation with the Single Parent Association and that they will share the videos on Facebook as well as with the parishes in Helsinki. The forms of communication (email, phone calls and meetings) used with the Single Parent Association and LapsiArkki were proven to be effective.

The Cultural Center Caisa (Kulttuurikeskus Caisa) was contacted in October. They arranged an event called Ladies Night, and with my supervisor, Kaisli Syrjänen, we decided that this was an appropriate event to launch the videos. There was no response until they were contacted again on November 6th. During the phone call, I was informed that the content for the Ladies Nights is planned by Afaes ry and Finnish Syrian friendship ry. Therefore, I was informed with the email address of the coordinator of the event content. She was con-

tacted through email on November 6th. In the response, it was suggested that another place for the showcase of the video would be more appropriate. Thus, this option of launching the videos at Cultural Center Caisa's Ladies Night was erased.

The launch was held on November 20th at the soup café (soppakuppila) at the Single Parent Association, Hämeentie 64. There were approximately 15 participants of which two were there from the English peer support group for immigrant and foreigner single mothers. A feedback form (Appendix 3) was distributed after the videos were shown and 9 people in total filled it out. The feedback will be further discussed in chapter 6.3.

The distribution of the videos will happen on the Single Parent Association's YouTube, Facebook, Instagram and Twitter. The LapsiArkki will share the videos on their Facebook page. Organizations, such as Familia ry and Nicehearts ry were asked to share the videos on their social media accounts. Afaes ry and African care, along with collaborative organizations, will be asked to share the videos on their social media.

6 EVALUATION

The evaluation conducted for this product oriented project thesis is taken from the “Opas projektiarviontiin” (Guide Book for Project Evaluation) by Leena Suopajärvi (2013). The two key concepts evaluated are the process and the product. The process is done as a more individual evaluation with methods such as SWOT, whereas the product is evaluated by an outside party, so my supervisor, the civic engagement coordinator Kaisli Syrjänen and the peer work coordinator Sini Järnström from the Single Parent Association and a few members of the target group.

The process evaluation was divided into three different categories for three different stages: initial, interval and final evaluation. The first stage, initial evaluation, is used to analyze the operating environment and what it does for the project. Interval analysis is for the analysis of the work done and how it correlates with the goals and objectives of the project. The final evaluation works as the evaluation of the final products and whether they will serve the goals and objectives set for them. (Suopajärvi 2013.) The diaconal aspects of the study will be evaluated in the final stage.

6.1 Initial Evaluation

The initial evaluation was executed in the planning phase of the thesis. When presenting the original thesis proposal, the whole idea was very different from what it is now. The original idea was to carry out a qualitative research on the way culture affects an immigrant single mother’s life in Helsinki, but during the thesis seminar in April, where I presented the thesis proposal, the teachers and students suggested to change almost everything. Instead of implementing a research, they suggested that a product oriented thesis about well-being would be more suitable for the thesis and would benefit the target group and further help bring out the stories about the target group. After a meeting with my super-

visor from the Single Parent Association, we decided that the best form of product would be to create a video about the well-being of immigrant and foreigner single mothers in Helsinki.

SWOT analysis was conducted once the plan to film and make videos was decided on. The SWOT analysis is a method to discover the Strengths, Weaknesses, Opportunities and Threats of a project (Suopajärvi 2013; Collin 2009). The strengths for this project were the existing peer support group and the platform of the Single Parent Association. Also, the existing tools for creating content such as videos and advertisements, and the existing social media platform were great strengths for this project. Weaknesses were the lack of prior multicultural work at the Single Parent Association. They were lacking a worker who would be solely responsible for multicultural work in the future. Another weakness is the unfortunately small amount of cooperation from other organizations in the Spring when planning the group. Opportunities include the large number of members of the Single Parent Association, the social media platform, and the cooperation with the LapsiArkki project. Threats of the project include the small number of participants in the peer support group, lack of interest or participants not having time for interviews. Other threats were the video editing program might crash or technology in general might cause setbacks, and the short time frame of approximately four months, August– November.

6.2 Interval Evaluation

Interval evaluation was done in September and October 2017. The key factors evaluated were the scheduling and work effectiveness, and how they were correlating with the goals and objectives (Suopajärvi 2013, 26). My personal goals were to get the videos filmed and edited by the end of October, so that both videos could be turned in for preliminary assessment and that they could be shown at the thesis publication seminar on November 14th or 15th. The filming was finished in September, but editing did not start until the end of October. The plans shifted as the due date I had set for myself came closer. The shorter vid-

eo would be finished on time, but the longer video would be finished later. Despite the minor setback, the schedule of the thesis was still on track for graduation in December.

A meeting with my coordinator, Kaisli Syrjänen, and the peer work coordinator, Sini Järnström, was held on October 20th. In this meeting, the communication plan began to form and the evaluation of the work done so far took place. Kaisli stated that the title needed to change from “The Well-Being of Immigrant and Foreigner Single Mothers in Helsinki” to something less specific, as the project and report do not solely focus on that. The title then changed to “Immigrant and Foreigner Single Mothers in Helsinki”.

6.3 Final Evaluation

The final evaluation took form in analyzing whether the product serves and will continue to serve in completing the aims, goals and objectives set out for it. Evaluation of the videos’ quality is in the form of receiving feedback from target group members and the Single Parent Association as the collaborative working life organization.

The process of the project has brought the Single Parent Association’s work and their aims of developing their multicultural work into the sight of other organizations. Through informing Familia ry, African care, Monika Naiset ry, Niceheart ry (Neighborhood mothers project) and the Cultural Center Caisa about this peer support group for immigrant and foreigner single mothers, they have then gained more information about the Single Parent Association’s intentions of becoming more multicultural. Therefore, they now have the information, including flyers, that they can use to their advantage to direct clients of the target group to the Single Parent Association for a more specified form of support.

The main diaconal values are to help a person live the best and most fulfilling life that one can live. It is to help a person receive all the basic needs from food,

water and shelter, to dignity, respect and positive human interaction. The value that comes across in this project the most is the focus on community. The focus was on encouraging the target group, to let them know that they are not alone and that they are very high in worth. A great example of Diaconia and community is written by Fokje Wierdsma in her contribution to the “Community of the Future” book. She worked in a church in the Bloemhof neighborhood in Rotterdam, Netherlands. This neighborhood has the greatest amount of people, compared to all other neighborhoods in Rotterdam, whom are illiterate, have health problems, or are struggling with poverty. There she met a young single mother who had applied for volunteer work despite her major financial issues. A few months after Wierdsma and the young mother began their collaboration, the young mother developed and started a training session for the women of that neighborhood, whom were also having financial struggles. In the training, she taught them two important matters that would help them in poverty: how to file their paperwork and how to plan a budget for their finances. After the training, these women were left feeling self-confident and proud of themselves, which lead the young mother to then feel self-confident and proud of herself. (Wierdsma 2013.)

Similar to the given example, the purpose of this project was to reach the target group with the videos, to inform them about the peer support group and its benefits. The benefits including encouragement and members uplifting one another. The peer support group has so far been a great confidence builder among the women attending the group. They have been able to share their life stories and build one another up from tears to laughter, from despair to confidence and hope for the future.

The feedback given at the showing of the videos on November 20th was mostly positive. Nine participants filled out the feedback form after showing the videos. The feedback form can be found in Appendix 3. The questions were yes or no questions with the opportunity to expand, if wanted. The first question asked whether the quality of the videos pleased the eye. Everyone circled yes. One commented how the subtitles could be clearer and one would have preferred them without the music. The second question was about whether they would

join the peer support group if they were or are an immigrant or foreigner mother, after watching these videos. Seven people said yes, one said maybe and one did not answer. All the answers for the optional why question to expand their answers, were positive, such as this: “the videos made it clear for me that this is one group for single mothers that can help me through my situation” and “I would join to get to know other people in similar situations”. The third question asked if they thought that these videos would reach the target group and serve as tools that would help develop the multicultural work done at the Single Parent Association. The answers were once again positive, with some great suggestions. The best suggestion given was that the videos would be distributed in the neuvolas. The fourth question asked if they had learned something new from these videos. Five answered yes with additional answers like, “[I learned] that I don’t have to feel alone. I can get help and support from this peer [support] group. All I have to do is show up!”. Three said no and one did not answer. The fifth question asked if they would / will share the videos on their own social media accounts. Four said yes, one said maybe and four said no. Lastly, the form asked for other comments. They were all positive with a few suggestions. Here is one to end this chapter: “The videos definitely made me want to get more info on this group, so great job!”

7 DISCUSSION

In this chapter, the topics of ethics, challenges, and my professional development will be discussed.

7.1 Ethics

Due to this product being so open to the public where the face of one and voices of two are easily recognizable, there was no need for the interviewees to remain anonymous. An agreement form was still signed, just so that the interviewees would know exactly what the interviews were entailing and what the recordings would be used for.

A factor that needs to be considered in the ethics of this project is that I have been part of this group, leading it as it started since the Spring. For 6 meetings, I was present and heard all the discussions in the group. When writing this report, I need to remember to keep identities anonymous and not share about matters not mentioned in the video interviews. This is important as it is in the law that even as a socionom-deacon student I am obligated to confidentiality in my interactions with clients.

7.2 Professional Development

First, it is important to note that this project has enabled me to learn multitudes about the lives of the target group and the position of single parents in general in Finland. The collaboration with the Single Parent Association has been a joy and it has been a pleasure to work alongside such inspirational and motivated people. The way the Single Parent Association functions has taught me a great model of how an organization should work together to ensure their aims are reached.

This thesis began brewing in me in the beginning of the year 2017. Since the first meeting with the employees at the Single Parent Association in January till the final submission of the thesis, has been a continuous developmental stage in my professional identity. From the start of the study program till the final submission of the thesis has been a life changing experience in learning, growing and pursuing dreams. The thesis process has been a head straight dive into time management, communication and networking skills, research and responsibility.

The largest development can be seen in time management. First, during the project placement in Spring 2017, the project of independently leading the arranging and advertising of the peer support group taught me to push myself and to manage the given time better. As this project had many stakeholders and included a multitude of networking, time management has not only included the management of my own working hours. This project has enabled me to learn the coordination of event timing and planning the best occasion for all stakeholders. The stakeholders included the Single Parent Association and the target group. It was crucial to coordinate according to the availability of the association's premises and the best time for single mothers. Time management has always been a weakness of mine. I am a procrastinator of nature, but after this thesis project experience, I have become much more confident in my ability to manage time and the skill has developed from amateur to professional. As the working environment in an NGO is much less bureaucratic and more free flowing, as well as self-sufficient and self-reliant, it has been the perfect working ground for planning and managing time. Through this experience, I have gained the confidence to work, and especially network, in a self-sufficient and independent environment such as an NGO like the Single Parent Association.

Another skill that I have been able to practice and develop is listening. Participating in the peer support group meetings, interviewing three women from the target group and listening to the stories of these women has helped me to learn more about the target group and to have a more open mind. I see myself as an empathetic person who can read people quite well, but to compare where I

started from in the spring to now, there is a clear difference in the way that I approach listening. Being empathetic is something you are born with, but techniques of listening and caring for someone, especially a target group you are not adequately educated of, are some things you need to learn. The skill of listening ties directly together conducting. Having an open mindset, setting an open and safe environment with your presence (body language, smile, tone of voice) while interviewing lets the interviewed person relax and trust more. This leads to the interviewee giving the most genuine and honest answers. Matters related to listening and interviewing from lectures combined with the experiences from this project have been a valuable lesson and I see that it will serve as a great asset in my career as a socionom-deacon.

Lastly, the opportunity to use the Adobe Premiere Elements, the video editing program, developed my video editing skills. Editing and making videos has always been an interest of mine. Having used free programs before for less significant projects, this experience taught me multitudes about the different ways sound and video can be edited for greater quality. I cannot say that I can now be considered a professional, but I am confident enough to say that I have taken the next step up from amateur. Working at and NGO is the most intriguing working environment and this skill can be utilized there, especially if the budget does not or cannot afford a videographer.

7.3 Challenges

At the beginning of the project in August 2017, the SWOT analysis was used to determine the strengths, weaknesses, opportunities and threats. With this method in mind, it was easier to prepare for the challenges to come. The early stages of this thesis, the idea paper and thesis proposal, were challenging, because the picture of the whole project was still coming together. Planning and deciding what to do were the most tedious tasks. Once the idea of the videos was decided, the project and everything involved started to formulate together.

The cooperation with the Single Parent Association has been smooth and constant, without any challenges.

The most challenging task in this project has been the organizing of the launch and cooperation with other organizations; in other words, networking has been a challenge. Despite this challenge, the networking has come far. My supervisors from DIAK and the Single Parent Association gave me suggestions of organizations to contact and that was extremely helpful in accelerating the networking. Most of the contacting was done independently. Another trainee from DIAK at the Single Parent Association also helped a little with advertising the peer support group and attending the launch event. Together we emailed multiple elementary and middle schools in Helsinki to advertise the peer support group.

The video editing program glitched a few times during the exporting of the videos. This led to multiple tries of exporting the videos, and each exportation lasted about two hours. There were a couple of times when the program would stop working, but none of the work was lost at any point. Sometimes during the editing process, the cutting of speech and picture to line together, and with the music, felt tedious and frustrating. Overall, the editing went without challenge.

8 CONCLUSION

This project has been a great success. The amount of peer support and members of the target group that have been reached in the months of the project, was far greater than what was expected. The difference seen in the lives of attendees at the peer support group is phenomenal. Many have gained confidence in themselves as mothers and they have shared advice to one another about the different services that have been beneficial to them. They have encouraged one another to take better care of themselves and to trust one's self more, to have more self-confidence. The women have been able create a network of other single mothers going through similar situations in life and together they build one another up.

The hope for the future is for the group to grow and that there will be further specific groups created for single mothers and hopefully fathers, too. These groups would be formed according to the need of the parents such as parents who have recently divorced and become single parents, parents with children who have long-term illnesses, survivors of domestic violence and parents with teenagers. The goal would be to have peer support groups held in different languages such as Russian, Estonian, Somali or Arabic.

The distribution and sharing of the videos will continue. The Single Parent Association will continue to ask even more collaborative organizations to share the videos and spread the message. To respond to a viewer's suggestion, initiative will be taken to show the videos at neuvolas in Helsinki.

The videos are titled "Peer Support Group in English" and "Experiences of an Immigrant Single Mother in Finland" and are available on the YouTube page of the Single Parent Association: Pienperheyhdistys ry

<https://www.youtube.com/channel/UC4mDXhnu4vHSpaGZIJNDI-Q/featured>

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APPENDIX 1 THE SINGLE MOTHERHOOD RUBRIC (HERZ 2006,143)

Romance

		Low	High
Partners in Parenting	Low	<p>The consummate mother <i>No other parent, no romance</i></p> <ul style="list-style-type: none"> • Mother-child dyad is core • No other parent • Mother is technically responsible 24 / 7 • Mother has no romantic partner • Mother relies more heavily on extensive social networks 	<p>Splitting lives <i>No other parent, romantic partner</i></p> <ul style="list-style-type: none"> • Mother-child dyad is core • No other parent • Mother is technically responsible 24 / 7 • Mother loves elsewhere • Romantic partner has no interest in parenting
	High	<p>Transacting family <i>Another parent, no romance</i></p> <ul style="list-style-type: none"> • Two (or more) parents collaboratively parenting (to varying extents) • Other parent is either genetic father, extended kin, or joined by contractual arrangements • Splitting parenting • Mother has no romantic partner 	<p>Transacting family with love elsewhere <i>Another parent, romantic partner</i></p> <ul style="list-style-type: none"> • Two (or more) parents collaboratively parenting (to varying extents) • Other parent is either genetic father, extended kin or joined by contractual arrangements • Splitting parenting • Mother loves elsewhere

APPENDIX 2 AGREEMENT FORM FOR INTERVIEWS

The Holistic Well-Being of Immigrant Single Mothers in Helsinki

Ilona Mäkeläinen

A37DSS-D

Diaconia University of Applied Sciences

The purpose and goal of this thesis project is to bring out the voice of immigrant single mothers and to promote the work of the Single Parent Association. What the project consists of is a video that will cover what helps or supports and what threatens the well-being of immigrant single mothers. The video will also work as an advertisement for the Single Parent Association's peer support group held for immigrant single mothers. The report will cover the same topics as are on the video (what helps or supports and what threatens your well-being), but also about what role faith has played in your life. The additional topic of faith in the report is due to my double degree in Diaconia. The topic of faith will not be added in the video as the Single Parent Association is non-religious.

By signing this document, you agree to the following:

- Your voice and/or face will be shown on the video
- Everything you share during the recording can be used in the video and the report of the thesis
- You can ask to stop recording at any point

Date: _____ Signature: _____

APPENDIX 3 FEEDBACK FORM FOR LAUNCH 20/11/2017

Thank you for watching these videos today! Please, answer these next few questions for feedback.

1. Did the quality of the videos please the eye? (circle answer) Yes / No

Why? _____

2. If you were or are an immigrant or foreigner single mother, after watching these videos, would you join the peer support group that was advertised and talked about in the videos? Yes / No

Why? _____

3. Do you think this video will reach the target group (immigrant and foreigner single mothers) and help develop the multicultural work of the Single Parent Association? Yes / No

Why? _____

4. Did you learn something new from these videos? Yes / No

If yes, what? _____

5. Would you / will you share these videos on your own social media? :) Yes / No

6. Other comments? _____

The videos will be posted on YouTube on the Single Parent Association's channel: Pienperheyhdistys ry and on their website, Facebook, Twitter and Instagram by the end of this week! Thank you, again! :)