



Thursday Classes/Workshops

January 17, 2019—February 28, 2019

Classes are from 5:45 PM - 8:15 PM

St. Paul's United Methodist Church

437 Providence Road

Chesapeake, VA 23325

Dinner will be Provided

Children/Youth Program

(children 4 and older)

Pre-Registration Required

Healthy *Grandfamilies* Program

Are you a grandparent raising a grandchild or a relative raising a relative's child?

Join us for a *free* program in your community.

What the program can do for you:

- Gain knowledge from experts, through six group discussion sessions on such topics as legal and school issues, social media and technology, community resources, family relationships, grandparent self-care, stress management, parenting, and much more.
- Receive individual follow-up services linking you with supportive programs and benefits to help you deal with specific challenges you might be facing as a grandparent raising a grandchild or a relative's child.
- Participate in support groups with other grandparents

“This program has really been beneficial to me and my grandson does not have to feel alone, for I am learning valuable information to help me in this situation.”

..... Participant Quote



To learn more or to register contact Kin and Kids Consulting at

kinandkidsconsulting@cox.net or call (757) 434-5162

