



Healthy *Grandfamilies* Program

Are you a grandparent raising a grandchild?

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

What the program can do for you:

- Gain knowledge from experts, through 6 group discussion sessions, on such topics as legal and school issues, social media and technology, community resources, family relationships, grandparent self-care and stress management, parenting issues and child development, and much, 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.
- Participate in support groups with other grandparents raising their grandchildren



For additional information or to register:

757.434.5162 or 757.382.2268

Sponsored by Chesapeake Department of Human Services
Division of Community Programs

Provided by Kin and Kids Consulting LLC



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