

West Virginia State University Healthy Grandfamilies Staff

Brenda R. Wamsley, Ph.D., MSW

Project Director
Professor & Chair
Department of Social Work
wamsleyb@wvstateu.edu

Bonnie Dunn, MS

Co-Project Director
Extension Specialist
Family & Consumer Sciences
Office: (304) 204-4007
Cell: (304) 541-1654
parsonsb@wvstateu.edu

*For additional information including
upcoming workshops, contact:*

Yvonne Lee, MSW

Project Social Worker
(304) 766-3098
yvonne.lee@wvstateu.edu



Healthy *Grandfamilies*
West Virginia State University



WEST VIRGINIA
STATE
UNIVERSITY

healthygrandfamilies.com

 [WVSU Healthy Grandfamilies](#)

A new *free* resource for
grandparents raising grandchildren.

West Virginia ranks **2nd**
in the nation for percent of
grandparents raising grandchildren.

Healthy Grandfamilies is a free initiative led by West Virginia State University to provide information and resources to grandparents who are raising one or more grandchildren. Designed as a series of 10 discussion groups and follow-up services, Healthy Grandfamilies is taught by an education professional with more than 40 years of experience who also happens to be the product of a grandfamily.

Each discussion group provides valuable resources along with childcare for attendees and refreshments. Participants will receive a certificate of completion, a gift card and three months of follow-up services for family support.



Discussion Topics

- Parenting in the 21st Century
- Family Relationships: A new dynamic
- Communication: When no one talks and everyone texts
- Technology & Social Media: The dangers, pitfalls & plusses
- Nutrition: Balancing diets when everyone is “on the go”
- Legal Issues & Documents: Getting past all the legal issues
- Health Literacy & Self-Care: How to take care of your own health
- Healthy Lifestyles & Stress Management: Managing your stress — and the stress of your grandchildren
- Negotiating the Public School System
- Family Response to Addiction: Coping with a child struggling with substance misuse

Follow-Up Services

Upon completing the series of discussion groups, participants are provided three months of free follow-up services from project staff with more than six years of experience working with children and families, including grandfamilies. Services include:

- Help locating community resources
- Confidential assistance in meeting the unique needs of your family situation
- Advocacy services as needed