



A new *free* resource for
grandparents raising grandchildren.

Healthy *Grandfamilies*
West Virginia State University

HEALTHY GRANDFAMILIES COALITION TRAINING

Healthy GrandFamilies is a free initiative led by West Virginia State University to provide information and resources to grandparents who find themselves raising one or more of their grandchildren.

Learn how to develop a Healthy GrandFamilies Coalition here in Kanawha County. Training includes the 8 discussion sessions and follow-up services that supports families in your community.

INFORMATION INCLUDES:

- 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 to learn "who is really in charge"*
- Health Literacy & Self-Care: *How to take care of your own health issues in this new family dynamic*
- Healthy Lifestyles & Stress Management: *Learn how to manage your stress — and the stress of your grandchildren*
- Negotiating the Public School System: *Learn about Parent Teacher Organizations (PTO) and how to help your grandchildren with homework*

In addition, the program also provides three months of follow-up services with a licensed social worker, who can help with locating other community resources.

October 30, 2019

10 AM to 3:00 PM

WV State University

(IREB)

Multi-Purpose Room

100 Avenue A

Dunbar, WV 25064

Lunch will be
provided

**TO REGISTER
PLEASE CONTACT:**

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