



PROGRAM BEGINS

Monday, April 3rd from 6–8 p.m.

St. Peters United Methodist Church

2601 Forrestal Ave. | St. Albans, W.Va.

Near the St. Albans Flea Market (former Parkway Market on MacCorkle Ave.)

*Free childcare and light refreshments will be provided.
Please call to reserve your place for this program.*

Healthy Grandfamilies

West Virginia State University

in partnership with Kanawha County Schools

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 nine group discussion sessions, on such topics as legal and school issues, stress management, family relationships, grandparent self-care, preparing healthy meals, parenting, social media, communicating with health care providers, 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.

“Loved getting to know you with all your personal touches, not to mention all the practical information and resources. Learned a lot, and you made it fun.”

— Program Participant

To learn more or pre-register, contact:

Brenda Wamsley

Professor, Social Work
West Virginia State University

Bonnie Dunn

Extension Specialist
WVSU Extension Service

Yvonne Lee, MSW

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

Nicole Wilson

(304) 204-4006
nicole.wilson@wvstateu.edu

healthygrandfamilies.com



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United States
Department of
Agriculture

National Institute
of Food and
Agriculture