



PROGRAM BEGINS

Thursday, April 6th from 6 – 8 p.m.

South Charleston First Church of the Nazarene
4923 Kentucky St. | South Charleston, WV
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:

Bonnie Dunn

Extension Specialist
WVSU Extension Service

(304) 204-4007

parsonsb@wvstateu.edu

Yvonne Lee, MSW

Adjunct Instructor/Lead Social Worker
Healthy Grandfamilies

(304) 766-3098

yvonne.lee@wvstateu.edu

healthygrandfamilies.com



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