



## PROGRAM BEGINS

Thursday, April 6<sup>th</sup> from 10 a.m. – Noon

1 Tinney Lane | Charleston, WV  
Sissonville Drive/Rt. 21 – next to Wendy's

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:

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