

# Raising Our Children's Kids Classes for Grandparents

**Who:** Any grandparents or other family members who are now the primary caregiver for children

**When:** Wednesdays from 5:30 p.m.– 7 p.m. starting April 7<sup>th</sup> – May 12th

**Where:** S. Ellen Jones Elementary in a socially-distanced environment

**Why?** This six-week program is for Grandparents who are raising their grandchildren. The number of “Grand-families” is increasing each year and you super-heroes deserve some time to find ways to improve the quality of your health, your mental and emotional well-being as well as your lives. By interacting, sharing challenges and encouraging one another, grandparents can address:

- Recognizing burnout and what we can do for self-care
- How stress affects us and ways to reduce our stress
- Healthy family roles
- Positive behavior management
- Questions relating to laws and other resources
- Ideas for time management and budgeting
- Discuss the latest trends with adolescents
- Finding the best ways to increase our bonds with our grandchildren and how that helps their decision-making in the future

The program will be offered in person at S Ellen Jones. For more information and to sign up, contact Susan Hudson at 812-945-3400, ext. 110 or [susanhudson@ourplaceinc.org](mailto:susanhudson@ourplaceinc.org)

Child care is available for school-aged children.

