

# R.O.C.K

Raising Our Children's kids.

## For Grandparents As Parents

COME AND JOIN US!

WHEN: MONDAYS  
STARTING AUGUST 14, 2023

WHERE: VFW POST 1693

1919 GRANT LINE RD  
NEW ALBANY, IN 47150

TIME: 9:30-11:30 AM

Grandparents, foster parents, or other family members who are now the primary caregiver for children; please join us for support, fellowship and information that is vital for the journey you are on.

For more information please contact :

Kathy Sampson

[k.sampson.ourplace@gmail.com](mailto:k.sampson.ourplace@gmail.com)

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*Our Place*

Drug & Alcohol  
Education Services, Inc.

 **Align**  
Southern  
Indiana



# Sessions

Session 1: Preventing Burnout

Session 2: Coping Strategies Promoting Well-being

Session 3: Understanding behaviors  
and Possible Solutions

Session 4: Fitting Everything In-  
Time for Everything and you Too!

Session 5: Contemporary Issues and Resources-  
Feeling Better Equipped

Session 6: Healthy Youth Development-  
What helps?