

## **Are you a grandparent raising a grandchild?**

Join us for a six-week class called Powerful Tools for Caregivers - Grandfamilies designed to help manage the stress of raising grandchildren. You will learn how to take better care of yourself, reduce your stress, and communicate more effectively. Classes will take place on **Wednesdays 5:30pm- 7:30pm** from **August 28th** (kick-off and welcome session) to **October 9th**. Classes will be held at Mt. View Presbyterian Church in Loveland, CO. Childcare vouchers are available and dinner will be provided.

## **Are you raising a grandchild aged 9 – 12 years old?**

Sign up your grandchild for The GRANDcares Youth Club! This six-week program will run at the same time as the Powerful Tools for Caregivers – Grandfamilies program. It is filled with fun activities to help your grandchild develop leadership skills, learn how to manage stress, and connect with others! You and your grandchild can both learn valuable skills and join other grandfamilies that may be undergoing similar experiences.

**There is no cost to attend, but spaces are limited!**

Contact Raquel Daniels for more information at [970-491-8204](tel:970-491-8204) or [Raquel.Daniels@colostate.edu](mailto:Raquel.Daniels@colostate.edu)

Powerful Tools for Caregivers – Grandfamilies and the Youth Club are offered through the GRANDcare Program, a grant-funded partnership between USDA NIFA, Colorado State University, and CSU Extension.