

The GRANDcares Project

Introduces...

Powerful Tools for Caregivers - Grandfamilies

A six-week class designed to help manage the stress of raising grandchildren.

You will learn how to:

- ✓ **Take Better Care of Yourself**
- ✓ **Reduce Stress**
- ✓ **Communicate Effectively**
- ✓ **Make Tough Decisions**
- ✓ **Reduce Guilt, Anger, and Depression**
- ✓ **Set Goals and Problem Solve**



Date: Tuesdays, October 2nd – November 6th

*******Kick-off & Welcome Session on Tuesday, September 25th*******

Time: Dinner 4:30pm – 5:00pm and Class 5:00pm – 7:00pm

Location: Realities For Children, E. County Road 30, Fort Collins, CO 80525

No cost to attend, but space is limited.

Childcare for your grandchild(ren) may be available during your participation in the program. Please ask about childcare when you register for the class.

For more information or to register, please call Raquel Daniels at
970-491-8204 or by email at **Raquel.Daniels@colostate.edu**

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Extension
Larimer County



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Colorado State University
GRANDPARENTS RAISING GRANDCHILDREN