

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



****Kick-Off Wednesday, February 6, 2019****

Date: Wednesdays February 13th – March 20th

Time: 10am to 12pm

Location: Lutheran Center, 7375 Samuel Dr., Denver CO 80221

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.

Please contact Jana Carson at 720-407-1985 or by email at Gloria.Sanchez@colostate.edu for more information or to pre-register for this Spring class.

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Extension
Larimer County



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Colorado State University
GRANDPARENTS RAISING GRANDCHILDREN