

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 Lisa Auer at
970-498-6013 or by email at **Lauer@Larimer.org**.

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Extension
Larimer County



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Colorado State University
GRANDPARENTS RAISING GRANDCHILDREN