GRANDfamilies Program





What are GRANDfamilies?

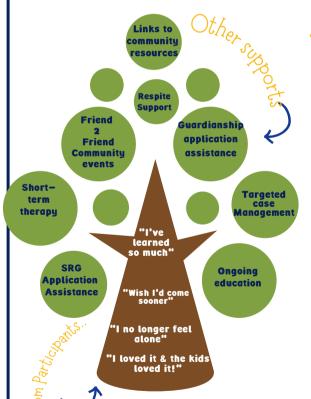
Grandfamilies, or kinship families, are those where grandparents, other relatives, or a fictive kin relation are raising a child experiencing temporary or permanent parent absence due to a variety of life circumstances including substance misuse, incarceration, death, or illness of the biological parent.

The GRANDfamilies Program of Utah County

We are a 10 week support, education, and resource program designed to help caregivers and children navigate the unique challenges that come with being in a kinship family.

GRANDfamilies 10 Week Support & Education Group

Held four times a year beginning in January, April, July, or October.



for Kinship Caregivers & Kids

- Geared toward kinship children ages 4-17 and their caregivers (biological parents do not attend).
- Weekly adult group focused on kinship issues including...
 - Guardianship
 - Loss & grief
 - Addiction education
- Light dinner is provided on group nights & a childcare option is available for those with children under 4 yrs.
- Parenting tools for children from stressed environments
- Bonding & attachment
- · Children's group focused on..
 - Age appropriate addiction education
 - Life skills
 - Communication
 - Friendships
 - FUN!



Children's Service Society of Utah

Kinship Care · Adoption · Childcare Support
Grandfamilies curriculum
is the property of



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GRANDfamilies

Weekly Topic Schedule





Week 1 CAREGIVER: Grandfamilies Program Overview and What is Kinship Care

TEEN: Getting to Know You

CHILDREN: Introduction to Interpersonal Skills

Week 2 **CAREGIVER: Dynamics of Kinship Families**

TEEN: Dynamics of Kinship Families

CHILDREN: Developing Healthy Self-Esteem

Week 3 CAREGIVER: Legal Issues and Permanency

TEEN: Developing a Healthy Self Esteem **CHILDREN:** Identifying and Expressing Feelings

Week 4 CAREGIVER: Healthy Boundaries With Your Family

TEEN: Identifying and Expressing Feelings **CHILDREN:** Identifying and Managing Feelings

Week 5 **CAREGIVER: Risk Factors and Protective Factors**

TEENS: Understanding Interpersonal Skills **CHILDREN:** Kinship Family Dynamics

Week 6 **CAREGIVER: Understanding Childhood Trauma**

TEEN: Learning Healthy Coping Skills **CHILDREN:** Learning Healthy Coping Skills

Week 7 **CAREGIVER: Neuroplasticity and Parenting**

TEEN: Anger Management

CHILDREN: Age Appropriate Addiction Education

Week 8 **CAREGIVER: Attachment and Bonding**

TEEN: Substance Use and Addiction **CHILDREN:** Handling Peer Pressure

Week 9 **CAREGIVER: Substance Use and Addiction**

TEEN: Peer Pressure

CHILDREN: Anger Management

Week 10 **CAREGIVER: Caregiver Support**

TEEN: Stress and Self Care
CHILDREN: Social Skills







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