

# GRANDfamilies Program

## of Utah County

No cost to participants!



### 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
  - Parenting tools for children from stressed environments
  - Bonding & attachment
- Children's group focused on..
  - Age appropriate addiction education
  - Life skills
  - Communication
  - Friendships
  - FUN!

Light dinner is provided on group nights & a childcare option is available for those with children under 4 yrs.



Currently enrolling for the upcoming session.

ADDRESS: 1161 E. 300 N. Provo, UT 84606.

EMAIL: [GrandfamiliesUC@wasatch.org](mailto:GrandfamiliesUC@wasatch.org) PHONE: (801) 852-4491



Children's Service Society of Utah

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

Grandfamilies is a 10 week support, education, and resource program!

# GRANDfamilies

## Weekly Topic Schedule



The GRANDfamilies curriculum is designed to help caregivers and children navigate the unique challenges that come with being in a kinship family.

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

TEEN: Getting to Know You  
CHILDREN: Introduction to Interpersonal Skills

*Other Supports*

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



**Children's Service Society of Utah**

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