



A new *free* resource for grandparents raising grandchildren.

Healthy *Grandfamilies*  
West Virginia State University

## FREE TRAINING TO SUPPORT HEALTHY GRANDFAMILIES!

Healthy GrandFamilies is a free initiative led by West Virginia State University to provide information and resources to grandparents who find themselves raising one or more of their grandchildren.

Learn how to develop a Healthy GrandFamilies Coalition in your community. Training includes the 8 discussion sessions and follow-up services that supports families in your community. Information Includes:

- Parenting in the 21st Century
- Family Relationships: A new dynamic
- Communication: When no one talks and everyone texts
- Technology & Social Media: The dangers, pitfalls & plusses
- Nutrition: Balancing diets when everyone is “on the go”
- Legal Issues & Documents: Getting past all the legal issues to learn “who is really in charge”
- Health Literacy & Self-Care: How to take care of your own health issues in this new family dynamic
- Healthy Lifestyles & Stress Management: Learn how to manage your stress — and the stress of your grandchildren
- Negotiating the Public-School System: Learn about Parent Teacher Organizations (PTO) and how to help your grandchildren with homework

In addition, the program also provides three months of follow-up services with a licensed social worker, who can help with locating other community resources.

For additional information about the program, please check out the website: [www.healthygrandfamilies.com](http://www.healthygrandfamilies.com)

Oct. 29, 2019

10 am to 2:00 pm

Cabell County Schools  
Transportation Center

6370 Cox Lane  
Lesage, WV 25537  
Lunch will be provided

Open to Teams in Cabell  
and Mason Counties

**TO REGISTER PLEASE USE  
THE LINK OR QR CODE**

<https://tinyurl.com/healthygrandfamilies>



**FOR MORE INFORMATION  
CONTACT KELLY WATTS  
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