

Are you raising grandchildren, nieces, nephews, siblings or other relatives?

**Do you have
questions?**

Need support?

Want to connect?

**The Relatives as
Parents Support Group
is here for you!**

When?

**3rd Wednesday of each
month from 5:00 to 7:00 pm**

- June 16, 2010
- July 21, 2010
- August 18, 2010
- September 15, 2010
- October 20, 2010
- November 17, 2010
- December 15, 2010

Where?

**Shepherd of the Hills
Presbyterian Church**
11500 West 20th Street
(20th & Robb) in Lakewood,
Multi-purpose Room

*****Free Childcare & Light
Dinner at Each Group
Meeting**

**Please RSVP to
Heather Trish at
303-432-5265 or
heathert@jcmh.org**

The **Relatives as Parents Support Group** is an educational support group for grandparents, aunts, uncles, family friends raising non-biological children, and other relatives serving as the primary caregiver. It is an opportunity to create a network of support, learn about subjects related to parenting, and to receive assistance around legal and mental health topics and getting benefits.

Group Discussion Topics Include:

- **It Wasn't Supposed to be Like This:**
Identifying & reflecting ambivalent feelings & changing roles for caregivers & children
- **Rebuilding a Family:**
Adult / child interactions, trauma, grief & loss
- **Standing up for Kinship Rights:**
Advocacy, negotiating systems, & connecting to community resources
- **Legal Concerns:**
Custody, visitation, guardianship, & child support
- **Getting to Know You:**
Child development, individual differences & temperament
- **Too Cool for School:**
Navigate the school system & advocate for your rights. Learn more about IEP, SIED, individual literacy, 504 plan, manifestation hearing, & support systems.
- **Discipline is Not a Dirty Word:**
It may look different than when you were growing up; characteristics of effective discipline, establishing a discipline style, & addressing high-risk behaviors
- **Self-Care:**
You spend enough time helping others, take the time to help yourself!
- **Living with Teens Can be Challenging:**
Indicators of high-risk behaviors, resources & strategies to help
- **The Technology Generation:**
MySpace, You Tube, Twitter, Facebook, cyber-bullying, sexting



Jefferson Center
for mental health
www.jcmh.org

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