



Healthy Grandfamilies

West Virginia State University

A free resource for grandparents raising grandchildren.

Healthy Grandfamilies is a free initiative providing information and resources to grandparents who are raising their grandchildren. Designed as a series of discussion groups and follow-up services.

Discussion Topics

- Parenting in the 21st Century
- Family Relationships:
A new dynamic
- Communication: When no one talks
and everyone texts
- Technology & Social Media:
The dangers & pitfalls
- Nutrition: Balancing diets when
everyone is “on the go”
- Navigating the Legal System:
Getting past all the legal issues
- Self-Care & Health Literacy: How to
take care of your own health
- Stress Management: Managing
your stress—and the stress of your
grandchildren
- Navigating the School System
- Family Response to Addiction:
Coping with a child struggling with
substance abuse

Other topics of interest include:

- Trauma-Informed Care
- Professional Counseling

Follow-Up Services

Upon completing the series of discussion groups, participants are provided three months of free follow-up services. Services include:

- Help locating community resources
- Confidential assistance in meeting
the unique needs of your family
situation
- Advocacy services as needed

For information on attending a Healthy Grandfamilies Program, please contact:

Contact: Kim Legg at RHS 348-1996
(Eddie Ivy or Jon Duffy at KCS BOE 348-1343)

Program Date and Time:
Tuesdays 6:00 pm – 8:00 pm
Beginning Tuesday, March 17 – May 5

Program Location:
Riverside High School
Commons/Conference Rm.

Dinner and childcare provided.

Return completed referral to RHS office!



WVSU Healthy Grandfamilies Program

Referral Form

Name: _____ Date: _____

Address: _____

City: _____ State: _____ Zip Code: _____

Phone: _____ email: _____

Family Members Name: _____ Age: _____ Relationship: _____

School of attendance: **EAST BANK MIDDLE SCHOOL**

Best time to contact: AM or PM (please circle one).

Best way to contact: phone, email, in-person or mail (please circle one).

Will you need childcare: yes _____ no _____ How many children: _____

**PLEASE RETURN COMPLETED REFERRAL FORM TO
EAST BANK MIDDLE SCHOOL OFFICE**