GRANDcares offers a 6-week class for grandparents and grandchildren simultaneously, but it is not necessary for families to take it in conjunction. Take advantage of the class(es) that make the most sense for your family.

**For grandparents raising grandchildren**

**Powerful Tools for Caregivers-Grandfamilies**

A six week class designed to help manage the stress of raising grandchildren.

Learn how to:
- Take better care of yourself
- Reduce stress
- Communicate effectively
- Make tough decisions
- Reduce guilt, anger and depression
- Set goals and problem solve

**For kids being raised by grandparents**

**GRANDcares Youth Club**

This six week club is for children ages 9-12 who are being raised by a grandparent.

Youth will:
- Learn leadership skills
- Practice self-care techniques
- Build friendships
- Set goals and problem solve
- Have fun!

**There is no cost** to attend the classes, but space is limited.

**Kick off:** Wednesday, January 22, 2020, 4:30 - 7:00pm, dinner provided

**Classes:** Wednesdays, January 29 - March 11, 4:30 - 7:00pm, dinner provided

**Location:** Good Samaritan Church, 508 W Trilby Rd, Fort Collins, Colorado 80525

For more information about upcoming classes, please contact Raquel Daniels at 970.491.8204 or Raquel.Daniels@colostate.edu.