



A free resource for  
grandparents raising grandchildren.

# Marion County Healthy Grandfamilies

A collaboration between Family Services of Marion and Harrison Counties, Inc, United Way of Marion and Taylor Counties and Marion County Board of Education

Healthy Grandfamilies is a series of free discussion groups to provide information and resources to grandparents who are raising one or more grandchildren. Designed as a series of ten discussion groups and follow-up services. Healthy Grandfamilies is taught by experts in the topic areas from the community.

Each discussion group provides valuable resources along with childcare for attendees and refreshments. Participants will receive a certificate of completion, a gift card, and three months of follow-up services for family support.

## Discussion Topics

- Parenting in the 21st Century
- Communication: When no one talks and everyone texts
- Technology & Social Media: the dangers, pitfalls, & pluses
- Nutrition: Balancing diets when everyone is "on the go"
- Legal Issues & Documents: Getting past all the legal issues and 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
- Navigating the Public School System: Learn about IEPs, 504 Plans, and other resources for your grandchild.
- Family Response to Addiction/Trauma
- Family Relationship: A New Dynamic

## Follow-Up Services

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

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

## For additional information

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Healthy Grandfamilies Coordinator  
Family Services of Marion and Harrison Counties  
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# Healthy Grandfamilies Application

Grandparent Name: \_\_\_\_\_ Date: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code \_\_\_\_\_  
 Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Family members in the home	Age:	Relationship:
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

School of attendance: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

Please circle one

Best time to contact:  
 AM PM

Best way to contact:  
 phone email in-person mail

Will you need childcare during sessions: Yes \_\_\_ No \_\_\_ # of Children: \_\_\_\_\_



How did you hear about Healthy Grandfamilies? \_\_\_\_\_

I would like more assistance with (circle all that apply):

Rent/Utilities	Medical or Mental Health	Legal
Food/Clothing	Transportation	Other



Return to:

Your child's school counselor

Or

Family Services  
 1313 Locust Ave  
 Fairmont, WV 26374

Please note:

The Marion County Healthy Grandfamilies Program is a collaborative project between Marion County Board of Education, United Way of Marion and Taylor Counties, and the Family Service of Marion and Harrison Counties, Inc. All registration forms for participation will be shared between Marion County Board of Education and Family Services.

