



Healthy Grandfamilies
West Virginia State University

A new *free* resource for
grandparents raising grandchildren.

Healthy Grandfamilies

A partnership with the Harrison County Board of Education, Family Services of Harrison County and the United Way.

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 sessions are conducted by professionals, experts and service providers from our communities.

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
- Family Relationships: A new dynamic
- 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 to learn “who is really in charge”
- Healthy 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 the Parent Teacher Organizations (PTO) and how to help your grandchildren with homework
- Family Response to Addiction

Follow-Up Services

Upon completing the series of discussion groups, participants are provided three months of free follow-up services from project staff with more than six years of experience working with children and families, including grandfamilies. Services include:

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



For Additional Information (including upcoming workshops):

Pamela Hotsinpiller

Grandfamilies Coordinator
304.326.7692

Harrison County Parent/Educator Resource Center
445 W. Main Street
Clarksburg, WV 26301

Julie Salmon

Grandfamilies Social Worker
Family Services of Harrison County
304.326.7785
juliesalmon@wvfamilyservices.org

