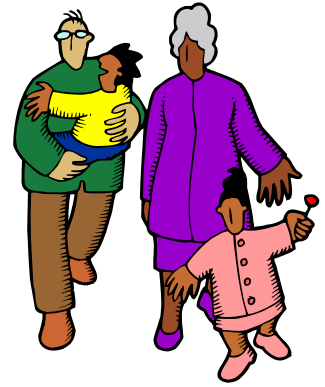


Grandparents Raising Grandchildren



In a growing number of homes, older singles and couples are parenting their grandchildren when the parents are unable to fulfill that role. While the reasons to step in to this role are varied, the challenges for grandparents are universal. Financial and emotional turmoil can result, with both generations feeling needs that are difficult to meet. Join others who have accepted this awesome responsibility, and learn ways to cope and even flourish under extreme circumstances.

Wednesdays - 10:00 - 11:30 a.m.

Family Education and Guidance Services, Plano ISD
Bird Education Center, NE ramp entrance
1300 19th St, Plano, 75074

- | | |
|--------------|--|
| January 10: | The JOYS of Establishing a Routine Again |
| January 17: | Family Chores—Whose responsibility is this anyway? |
| January 24: | When Nagging Doesn't Work |
| January 31: | Open Discussion |
| February 7: | Understanding & Responding to a Child's Anger |
| February 14: | Dealing with Changing Adult Friendships |
| February 21: | Things to do when you are Stressed |
| February 28: | Open Discussion |
| March 7: | Why are routines Important? |
| March 21: | Living Your Legacy Everyday |
| March 28: | Keeping Yourself Healthy—Mentally & Physically |

For more information contact Rina Nittolo at (469) 752-2272 or rina.nittolo@pisd.edu.

Visit www.pisd.edu/parentworkshops
for a complete list of parent education classes.