

Grandparents Raising Grandchildren

PLANO ISD

FAMILY EDUCATION AND GUIDANCE SERVICES



In a growing number of homes, older singles and couples are parenting 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.

Bird Center
1300 19th Street
Plano, 75074
NE Ramp Entrance



- August 15: Back to School**
- August 22: When Nagging doesn't Work**
- August 28: (Tuesday) The JOYS of Establishing a Routine**
- September 5: Open Discussion**
- September 19: Creating Harmonious Families**
- September 26: Bring out the Winner in your Child—Self Esteem**
- October 3: Family Fun: What brings you to the Present Moment**
- October 10: How to Talk, So They Will Listen—Effective Communication**
- October 17: Keeping Cool in the Heat of the Moment—Tools for Managing Anger**
- October 24: Do You Walk the Walk? - Role Modeling**
- October 31: Conversation Starters for building a strong relationship**
- November 7: Keeping Yourself Healthy—Mentally and Physically**
- November 14: Decisions—The Importance of Letting your Grandchild make Decisions**
- November 28: Is your Grandchild a Strong Willed Kid?**
- December 5: Team Building Exercises at Home**
- December 12: What are your Triggers? - Managing your Anger**

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

Visit www.pisd.edu/parentworkshops for a complete list of Parent Workshops