



Grandparent Cafés

FOR GRANDPARENTS RAISING THEIR
GRANDCHILDREN

Join us to learn strategies for
keeping your family strong. Share
the joys and challenges of parenting
the second time around.

Coffee, tea and light refreshments
provided.

Free! Registration Required!

THURSDAYS
April 4, 11, 18, 25 &
May 2

9:30-11:00 am

Vaughn Public Library
502 Main Street West
Ashland, WI



REGISTRATION REQUIRED
BY APRIL 1ST

CALL EXTENSION
ASHLAND COUNTY
715-682-7017
TO SIGN-UP

Sponsored by: Extension Ashland County & Ashland County Health
& Human Services Coordinated Services Team (CST)

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Grandparent Cafés

What happens at a Grandparent Café?

During the Grandparent Café series, we discuss themes common to all families, as well as topics specific to raising grandchildren. These include:

- ⇒ Taking Care of Yourself
- ⇒ Reducing Household Stress
- ⇒ Being a Strong Caregiver
- ⇒ Building Strong Relationships with Your Grandchildren
- ⇒ Providing Trauma-Informed Care
- ⇒ Communicating with Adult Children

Grandparent Cafés:

- ⇒ Provide education and resources for grandparents raising grandchildren.
- ⇒ Are a fulfilling way for grandparents to talk, to listen, and to support others with stressors, worries and challenges that many have struggled with alone.
- ⇒ Support grandparents building friendships and a strong network of families who help each other stay strong!

Café themes focus on **five “protective factors”**:

- ⇒ Be strong and flexible
- ⇒ Grandparents need friends
- ⇒ Being a great caregiver is part natural and part learned
- ⇒ We all need help sometimes
- ⇒ Grandparents need to help their grandchildren communicate

Research from the Center for the Study of Social Policy (CSSP) shows that when Protective Factors are present, families are stronger and children have a better chance for positive outcomes.

Questions and/or to register please call the Extension Ashland County office at 715-682-7017.



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