



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!

TUESDAYS
October 2, 9, 16,
23 & 30

9:30-11:00 am

Bad River Health &
Wellness Center

Childcare available at the Food Sov.
Building, 9:15-11:15am



THURSDAYS

October 4, 11, 18, 25 &
November 1

1-2:30 pm

Chequamegon Clinic
2201 Lake Shore Drive E
Ashland, WI

Registration required by Sept 28th, call Ashland County
UWEX at: 715-682-7017

Sponsored by: UW-Extension, Ashland County Human Services &
Bad River ARC, CST, TANF and Child Care Programs

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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 Ashland County UW-Extension office at 715-682-7017.

