

COBYS Online Support Services For Families



Kinship Support Sessions: If you are a Kinship Caregiver raising a relative's child, you are not alone. There are many kinship caregivers in Lancaster County. Meeting with other grandparents, aunts and uncles that are raising a relative's child offers valuable support from people that understand the unique challenges that your family is experiencing.

Join us each week in June on Zoom to check in and talk about topics specific to kinship care and connect with people in similar situations. Unfamiliar to Zoom? We will talk you through the setup, and even have a front porch lesson if needed! Or, you may also join by using your phone.

Sessions: Wednesdays (in June) — 7:00-8:00 p.m.



Ask a Parenting Educator: All of the changes brought on by COVID have been challenging for adults and children both. Routines and structure have changed dramatically, stress has increased, and playgrounds and playdates are unavailable. Although during this time we are unable to meet in person to provide our evidence-based parenting education programs, we will be using Zoom to continue to work with families in our community.

Each week in June we will be discussing parenting topics and answering questions. Please join us and let us know how we can support you and your child.

Sessions: Tuesdays (in June) — 7:00-8:00 p.m.



Video Sessions for Children: Scratchy masks, no playdates... This is a confusing time for children. Join Miss Barb, Wally, and Molly to talk about some of the changes that are happening and to learn tools to manage stress, anger, loneliness and boredom. Best suited for children aged 3-8.

Videos can be found on our COBYS Family Services website, www.cobys.org, under the Family Life Education tab.



Online Behavior Consultations with a Parenting Educator: During the month of June we are offering free, individualized online behavior consultations with an experienced parenting educator. To receive a free 30 minute video consultation, please contact us at education@cobys.org, and you will be matched with an educator that will best meet your specialized needs.

**To register for any of these Online Support Programs, please:
email education@cobys.org or leave a message at (717) 435-8139.**

COBYS Family Life Education Department
444 Murry Hill Circle
Lancaster, PA 17601



Email: education@cobys.org
Call: 717- 435-8139
www.cobys.org/Family Life Education