

COBYS Kinship Online Support and Educational Services *For Families*



Are you raising a relative's child?

Kinship arrangements are often unanticipated and can result in a range of unique household needs and challenges. Support is available!

Kinship Support/Educational 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 on Zoom to 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: Tuesday evenings from 8:00-9:00 PM

February 2: Resilience: Capacity, Reflection, Strengths and Factors

February 9: The Impact of Trauma on Children and Youth (Part I)

February 16: The Impact of Trauma on Children and Youth (Part II)

February 23: Strategies To Address Trauma (Part I)

March 2: Strategies to Address Trauma (Part II)

March 9: Coping with Challenging Behaviors (Part I)

March 16: Coping with Challenging Behaviors (Part II)

March 23: Managing Emotions (Part I)

March 30: Managing Emotions (Part II)

For more information, please go to: <https://cobys.org/family-support/kinship/> or email kinship@cobys.org.



Kinship Seminars: Speakers present information specific to kinship caregivers. Training certificate offered.

Sessions: virtually, Saturdays, 9:00-10:30 a.m.

February 20: Helping your Child with Social Skills

March 27: Teaching Mindfulness to those in your Care (Part I); Guest Speaker: Barbara Orr

April 24: Teaching Mindfulness to those in your Care (Part II); Guest Speaker: Barbara Orr

May 15: Coached Play: Let's Increase our Relationship with our Children Through Play

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Online Behavior Consultations with a Parenting Educator: COBYS is 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.**

*Services provided by funding through Lancaster County Children and Youth Agency
and Lancaster County Drug and Alcohol Agency.
Certificates will be given for hours attended.*

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