



Are you caring for a child in your home?

Kinship Connections Support Group

Kinship families are relationships between individuals who are thought of as having family ties. Examples include grandparents raising grandchildren, aunts and uncles caring for nieces or nephews or foster families.

This support group is hosted virtually by Jennifer Pratt, a grandmother raising her grandchild. Please join us for discussions that help us to take care of ourselves while caring for others. Meetings will include a check-in, discussion topics, resources and addressing current barriers.

When: Monthly group meeting times will be determined by YOU. Please share your availability by calling or texting Jennifer at (928) 273-3388 or email her at aliveinnature@gmail.com

July | Self Care: These sessions will include introductions to tools for self-care, meditation, healthy eating, tapping, and self-forgiveness. Taking care of yourself helps you support the people you love.

August | Meeting Your Child Where They Are: A nine-year-old from hard places may not be developmentally where a typical child is at. This month will center on useful tools to use at home. Discussions will incorporate the life book, begin understanding their behavior, and getting to know your child.

September | Setting Limits and Boundaries: Children feel safer with boundaries. Learn how to design limits for a peaceful household as well as guardianship boundaries that will support the new family structure.

October | Resources for Life Management: How to manage time for yourself. A review of what's working and where to find more tips, techniques and fun ideas.

Join today! Call or text Jennifer at (928) 273-3388 or email her at aliveinnature@gmail.com.