



Children's Service  
Society of Utah  
**GRANDfamilies**

# GRANDfamilies Psychoeducational Support Group For Kinship Caregivers

- Week 1 - Introduction to kinship care**  
*Teen Group – Getting to Know You and What is Kinship Care?*  
*Children's Group – Getting to Know You*
- Week 2 - Dynamics of kinship families**  
*Teen Group – Kinship Family Dynamics*  
*Children's Group – Drugs and Alcohol*
- Week 3 - The need for permanency**  
*Teen Group – Developing a Healthy Self-Esteem*  
*Children's Group – Change, Grief and Loss*
- Week 4 - Healthy boundaries with your family**  
*Teen Group – Identifying and Expressing Feelings*  
*Children's Group – Feelings*
- Week 5 - Risk and protective factors for children in kinship care**  
*Teen Group – Interpersonal Skills: Understanding Feelings in Ourselves and Others*  
*Children's Group – Family Dynamics*
- Week 6 - Trauma**  
*Teen Group – Learning Healthy Coping Skills*  
*Children's Group – Problem Solving and Coping Skills*
- Week 7 - Neuroplasticity and parenting as a kinship caregiver**  
*Teen Group – Anger Management*  
*Children's Group – Self – Esteem*
- Week 8 - Attachment and bonding**  
*Teen Group – Substance Use and Addiction*  
*Children's Group – Drugs and Alcohol, Your Anti-Drug and Peer Pressure*
- Week 9- Substance use and misuse**  
*Teen Group – Dealing with Peer Pressure*  
*Children's Group – Feelings and Anger Management*
- Week 10 - Caregiver support**  
*Teen Group – Stress and Self-Kindness*  
*Children's Group – Friendship and Wrap-Up*

For Additional Questions or to enroll, contact us at [grandfamilies@cssutah.org](mailto:grandfamilies@cssutah.org)  
[www.cssutah.org](http://www.cssutah.org) – 801.326.4409