

## THE GRAND PARENT SHIFT ~ GPS

### A support group for grandparents raising grandchildren

Are you a grandparent with full legal custody and / or guardianship of your grandchildren? Do you provide "anytime care" for your grandchildren while your children are at work? Would you be interested in attending a support group for **grandparents only** to discuss many of the unique challenges of parenting the "second time around" in today's world?

If so, we would like to hear from you! The Eastern Shore Family Resource Association have recognized this growing trend within ESFRA programs & services and the communities we serve. Colleagues and other agency partners have been openly wondering if there is a "gap" in support services for our grandparent population who are primary caregivers for their grandchildren. ESFRA in partnership with Nova Scotia Health Authority is offering such a group.

Meetings are usually held once per month basis at the Eastern Shore Memorial Hospital (22637 HWY 7, Sheet Harbour) 10am-12pm. Please see under 'Communitiy Events for our next meeting dates.

Through our meeting discussions, the group decides what guest speakers they would like to have attend and when. So far we have had a lawyer speak to NS Law & grandparent rights, child custody and access; HRM rec. re youth programs; Lea Place Women's centre re: women's support; and the Dept. of Justice Cyberscan unit re: social media & bullying. We continue to book in new guests for every other month.

Facilitators:

Tracy Cowan B.A., E.C.E Parenting Journey Family Support Home Visitor  
Eastern Shore Family Resource Association

&

Laury McGaughey, M.S.W., S.W.C Community School Social Worker