

Wilmington Senior Center Hours

Monday — Thursday

8:00 a.m. 2:00 p.m.

1901 N. Market Street, Wilmington, DE

Call 302-651-3400 for information and support

- 9,248 Grandparents responsible for their grandchildren in Delaware as of February 2021. (*US Census*)
- The amount of children being raised by their grandparents has been rising steadily for the past 40 years, doubling the amount households in 2010 when compared to 1970. (*Source: Father matters.org*)



Grandparent Resource Center



The **Grandparent Resource Center** is dedicated to the empowerment of grandparent caregivers and the children they are raising. The **Grandparents Support Group** meets each month on the 1st and 3rd Tuesday, from 11:0 a.m. — 12:00 p.m.





Parenting the Second Time Around

Meet each month on the 1st and 3rd Tuesday from 11:00 a.m. —12:00 p.m. Please call **302-651-3400 extension 3424** to register for each session. Sessions are free. If your organization identifies 3 or more grandparents interested in meeting, we will gladly schedule a meeting at your location.

Grandparent Resource Center

The Grandparent Resource Center is dedicated to the empowerment of grandparent caregivers and the children they're raising. The center provides information, guidance, and help in finding resources and services to strengthen families. Grandparents and other relative caregivers meet weekly in a support group facilitated by the Grandparent Resource Center Director.

Grandparents Raising Grandchildren Support Group

Program Eligibility:

Are you caring for a grandchild or child who is 18 years or under?

Do you have primary responsibility for the care of the child/children?

Do you need information and support on how to best care for the child/children?

Do you want to connect and learn from the experiences of other grandparent caregivers?

Do you need to learn strategies for self-care?

If your organization can identify 3 or more senior grandparents in need of support, we will be happy to schedule a support group meeting at your facility.



Resource Information and Guidance

The Grandparent Resource Center offers information and guidance on:

1. Feeling more confident, comfortable, and informed about resources available to you as you parent again.
2. How to discuss sensitive issues, including the practice of effective communication skills with your grandchild.
3. Child development to help you set realistic, age appropriate expectations for behavior, and the changing relationships in the family.
4. A healthy discipline style and identifying high-risk behaviors.
5. How to advocate for the children in your care to get legal, medical, social, mental health, and education services as you need them.
6. Finances—making a budget and how to get the benefits and assistance available to grandparents caring for a grandchild.

The Center also provides support and guidance on:

- ◆ Acknowledging your feelings and managing the stress of parenting.
- ◆ Coping with the transition period for your grandchild and you.
- ◆ Communicating openly and honestly with your grandchild.
- ◆ Handling your grandchild's communications and visits with their parents.



You are not alone—call the Grandparent Resource Center today!

Grandparent Resource Center 302-651-3400 Ext. 3424