



Grand Connection

January 2019

Welcome to the Grand Connection! The Parent Support Services Society of BC (PSS) on Vancouver Island has created this publication to bring you the news about our programs for Grandparents Raising Grandchildren (GRG'S) and other kinship care providers on the island!

Grandparents Raising Grandchildren (GRG) Support Circles

Raising children the second time around can feel overwhelming at times. Sometimes it helps to know that you are not alone. Grandparents Raising Grandchildren (GRG) Support Circles are free, confidential groups that provide an opportunity to meet other grandparents raising grandchildren or other relatives who are raising relatives' children to share information, stories and find out about resources.

Grandparents Raising Grandchildren Support Circle groups (Vancouver Island)



Meeting schedule for January & February 2019

Victoria – View Royal - day time group!

- Fri., Jan 11th, 2019 10 a.m. to 11:30 a.m. Eagle Creek Village, Quality Foods Store, 27 Helmcken Rd., Victoria community meeting rm, upstairs
- Fri., Feb 8th 10 a.m. to 11:30 a.m. Eagle Creek Village, Quality Foods Store, 27 Helmcken Rd., Victoria community meeting rm, upstairs

Victoria, (Esquimalt – evening group)

- Mon., Jan 7th, 2019 6:30-8:30 pm, at Esquimalt Rec Centre, 527 Fraser St., Victoria - Viewfield Room.
- Mon., Jan 21st, 6:30-8:30 pm, at Esquimalt Rec Centre, 527 Fraser St., Victoria - Viewfield Room.
- Mon., Feb 4th 6:30-8:30 pm, at Esquimalt Rec Centre, 527 Fraser St., Victoria - Viewfield Room.
- Mon., Feb 18th 6:30-8:30 pm, at Esquimalt Rec Centre, 527 Fraser St., Victoria - Viewfield Room.

Duncan – Evening group

- Thu., Jan 10th, 2019 6:30 p.m. to 8:30 p.m – Duncan United Church, 246 Ingram St.
- Thu., Feb 14th 6:30 p.m. to 8:30 p.m – Duncan United Church, 246 Ingram St.

Nanaimo - Evening group

Child care space is available with registration call or email for further details!

- Wed., Jan 9th, 2019 6:30 p.m. to 8:00 p.m. – Child Development Centre, 1135 Nelson St., Nanaimo
- Wed., Feb 13th 6:30 p.m. to 8:00 p.m. – Child Development Centre, 1135 Nelson St., Nanaimo

Nanaimo - Daytime group

- Tues., Jan 15th 2019 10:00 a.m. to 12:00 – Nanaimo Aquatic Centre, 741 Third St. Nanaimo - Jack Little A room
- Tues., Feb 5th 10:00 a.m. to 12:00 – Nanaimo Aquatic Centre, 741 Third St. Nanaimo - Jack Little A room

Parksville/Qualicum Beach Daytime group

- Fri., Jan 18th 2019 11:30 a.m. to 1:30 p.m. Family Place, 494 Bay Ave., Parksville - Rm 121
- Fri., Feb 15th 11:30 a.m. to 1:30 p.m. Family Place, 494 Bay Ave., Parksville - Rm 121

Courtenay

Evening group (Comox Valley Aboriginal GRG Grandparent Support Circle)

- Thu., Jan 24th 2019 7 p.m. to 8:30 p.m. Aboriginal Headstart Preschool 956 Grieve Ave., Courtenay - (park in the back alley of AHS preschool)
- Thu., Feb 28th 7 p.m. to 8:30 p.m. Aboriginal Headstart Preschool 956 Grieve Ave., Courtenay - (park in the back alley of AHS preschool)

Grandparents Raising Grandchildren BC on Facebook



The GRG BC Facebook group provides a larger opportunity for connection and the sharing of resources and information. Grandparents raising grandchildren and other kinship care providers in BC can join through the following link:

<https://www.facebook.com/groups/145017612556075/>

JANUARY 26, 2019 **HOW TO GROW A CHILD'S BRAIN** *plus: Brain Wellness the Secrets for Longevity*: Gary Anaka, Brain Health & Wellness Educator

Discover how movement grows a child's brain and how to consciously grow dendrites every day! You will learn why play is the natural way a brain learns best and why imagination and creativity are critical to promote intelligence. You will leave with research based strategies to build a healthy brain for a lifetime of optimal performance. Good for everyone who has a brain! Location and registration details:

COWICHAN VALLEY CCRR Heritage Hall 2687 James St. Duncan, B.C. 250-746-4135 Ext 231 www.clementscentre.org
Saturday, January 26, 2019 Time: 9:00 AM - 3:00 PM Fee: \$20 Bring a bag lunch



Consider a new tradition! Here's how to make and use a gratitude jar with your child: 1. Start with an empty plastic jar. A peanut butter or mayonnaise jar works well, but you can also go with something larger if you have it. 2. Anything goes for decoration. 3. Don't forget the lid. 4. Make the slips. Kick it off together. Add a slip to the jar each day or each week, and decide how often or when you will open the jar and reflect on the "gifts".

Grandparents Raising Grandchildren Support Line (Province wide)

Problem solving, legal and resource information for grandparents and other relatives raising a family member's child

Monday, Tuesday, Thursday and Friday 10:00 a.m. to 2 p.m.

Toll free in BC 1-855-474-9777 Or email grgline@parentsupportbc.ca

If you are receiving this newsletter & wish to be removed from our email list, please let us know at 1- 877-345-9777, or by email at parent@telus.net

For information and other resources please visit www.parentsupportbc.ca



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