



KinCare Groups

for Adults and Children

In the U.S., 2.4 million grandparents or other relatives are raising other family member's children as parents struggle with substance abuse, mental illness, incarceration, economic hardship, divorce, domestic violence and other serious problems. If you are one of them, the KinCare Support Groups can help you.

KinCare Support Group for Adults

Grandparents and other relatives raising children

**2nd Thursday of each month
6-8 P.M. with supper
Child Care Choices Inc.
2901 Clearwater Rd., St. Cloud**

What is the KinCare Support Group?

The support group brings together relatives who are raising relative's children so they can discuss their feelings and concerns in a safe and non-threatening manner.

What will we talk about?

The issues talked about each week are completely based on what the participants need. Some things relatives have shared and discussed in the past include:

- Feeling cheated out of their special role as grandparent, aunt, uncle, etc.
- Anger at having to postpone their retirement and/or dreams.
- Dealing with the emotional baggage that many of the children bring with them; anger, shame, confusion, and feelings of loss.
- Dealing with difficult behaviors.
- Addressing special issues that arise when Mom or Dad visit.

The adult group is free, with child care provided by volunteers; please call two days in advance to assure space for your child.

NEW

KinCare Children's Therapy Group

For children and teenagers who are being raised by relatives other than their parents. (One group for children ages 8-12, and another for teenagers ages 13-16.) These are 12-week groups and kids can join at any time.

**2nd and 4th Thursdays of each month
6-8 P.M. with supper
Child Care Choices Inc.
2901 Clearwater Rd., St. Cloud**

Payment Method: Most insurances accepted or \$20/session. To find out if your insurance will cover the group, call The Village Family Service Center at 320-253-5930

The KinCare Children's Therapy Group will focus on the following topics:

- Grief and loss
- Regulating emotions (such as anger)
- Coping skills
- Stress management
- Depression
- Anxiety
- Problem solving
- Self-esteem
- Communication skills
- Developing a safety plan
- Developing appropriate boundaries

Before attending the Children's Therapy Group, children will be required to have a diagnostic assessment at The Village Family Service Center in St. Cloud. For more



St. Stephens State Bank Building, 3950 3rd Street North, St. Cloud; 1-320-253-5930; www.TheVillageFamily.org



1-320-251-5081, Ext. 18
www.childcarechoices.net