

Support for Kinship Families

In San Diego County, an estimated 21,000 grandparents are living with and responsible in some way for grandchildren under age 18. In many cases, grandparents have primary responsibility for their grandchildren with limited or no involvement from the children's parents. The County of San Diego has made it a priority to provide support to these and other families in which caregivers are raising relative children.

Schools are a critical partner and can play a key role. Here is how you can help!

- 1. Encourage kinship families to visit www.211sandiego.org/grandparents or call 2-1-1** to learn about supportive services and resources offered by the County of San Diego, in partnership with multiple community partners. These include:

- **Educational Forums**
Opportunities for kinship families to learn valuable information to assist them in their journey, including half-day symposiums and workshops featuring topics such as resilience in the face of trauma, mind/body health, and positive discipline.
- **Free Family Enrichment Events**
Opportunities for families to strengthen family bonds and have fun together, including campouts, pampering afternoons, zoo days, nature hikes, and intergenerational games.
- **Kinship Navigation**
Assistance from trained professionals to help caregivers navigate their unique situation. These vital services are offered through the **YMCA Kinship Support Program (619-719-9179)** and other community partners, including case management, support groups, emergency funds, and respite care.
- **A *Handbook for Grandparents Raising Grandchildren and Other Relatives Raising Children*** found at www.211sandiego.org/grandparents.



- 2. Consider partnering with the County of San Diego Health and Human Services Agency (HHS) to host events at your school tailored especially for kinship families in your district.** These special events incorporate hands-on activities that allow families to meet each other and build relationships with school administrators and other staff.
 - Examples include cooking classes, targeted health topic sessions (such as *Heart Health Talk, Coping with Holiday Stress*), and family enrichment nights.
 - For more information about hosting events at your school, please contact the **HHS team of Intergenerational Coordinators** at **(858) 495-5769**.

Thank you for supporting kinship families!