



RUTGERS UNIVERSITY
Cooperative Extension
of Ocean County
 New Jersey Agricultural Experiment Station



Relatives Raising Children Support Group

Strengthening Families Through Support and Education

Family & Community Health Sciences through Rutgers Cooperation Extension of Ocean County is offering a 12-Part Kinship Caregiver Support Group for Ocean County residents. This will take place monthly throughout the year in the evenings from 5:00pm - 7:30pm. A family style dinner will be served from 5:00pm - 5:30pm.

Facilitator: Kathleen Cullinen, Ph.D.,
 RDN, FCHS Educator

Location: Rutgers Cooperative Extension
 of Ocean County
 1623 Whitesville Road
 Toms River, NJ 08755
<https://ocean.njaes.rutgers.edu/>



Space is limited - Registration is required.
 To register please contact Dina at 732-349-1247 or
 e-mail: dbaudo@co.ocean.nj.us



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Rutgers Cooperative Extension of Ocean County

Caring for Our Kin: Relatives Raising Children

Support Group



Caring for Our Kin is a program co-developed by Penn State Extension and West Virginia University Extension for relatives and close family friends raising children and teenagers. This support group has 12 classes, each covering an important aspect of caregiving. Participants will build a solid foundation of knowledge and skills to handle various situations and provide the best care for the children they're looking after.

January 29: "The Grand Plan" Getting to know one another, thinking about personal goals and finding resources in their community.

***July 23: "It's a Matter of Law"** Caregivers will learn about the legal structures and the process that govern kinship care.

February 26: "Act Your Age" Caregivers will learn how their children grow and develop.

***August 27: "Back to School"** Caregivers will learn how to work with their school system for the best education for their child.

March 26: "Your Unique Child" Caregivers will learn about their child's unique temperament and personality.

***September 24: "Fostering Resilience"** Caregivers will learn about substance use disorder and its impacts on children and families.

April 23: "Listen to This" Caregivers will learn how effective communication can make their relationship with their children stronger.

October 22: "Healing Hearts" Caregivers will learn skills to help themselves and their children deal with feelings of grief, sadness, and loss.

May 28: "Dial Down the Drama" Caregivers will learn about the challenging behaviors and how to introduce positive discipline strategies.

November 24: "Care for the Caregiver" Caregivers will learn about wellness and the importance of stress management.

June 25: "Digital Media Literacy" Caregivers will gain digital media literacy skills and confidence to navigate the changing landscape of technology and media.

December 22: "Just for the Health of It" Caregivers will learn about the importance of finding a healthy balance in life for themselves and their children.

*Order of topics may change based on guest speaker availability.
This program is funded in part by the Grunin Foundation.