

# Grandparents Raising Grandchildren Support Group



**What:** This support group is for grandparents raising grandchildren (or other caregivers parenting for the second time) who may have custody, guardianship, adoption, or an informal arrangement to care for their grandchildren. Grandparents often feel blissed, but also feel lonely and overwhelmed while raising their grandchildren. This support group provides education and information to improve access to resources, provide peer-to-peer support, and provide a safe place to talk. Come talk with others that “get it”.

**Where:** Family Service Lincoln  
501 S. 7<sup>th</sup> Street  
Lincoln, NE 68506

**When:** The group will meet every Wednesday, starting February 5<sup>th</sup>, 2020 from 12:30-2 p.m. for 12 weeks (no group on March 11, 2020 due to LPS Spring Break).

**Facilitated by:** Kim Teegerstrom, MSW (Therapist) and Sherri Beldin (Community Response Partner)

**Register by:** A grandparent can come to the group at any point for help and hope. Walk-ins are welcome.

If you'd like to pre-register for the group, please contact Kim (402-441-7949) or email [kteegerstrom@familyservicelincoln.org](mailto:kteegerstrom@familyservicelincoln.org). Contact a facilitator for assistance with taxi fares or bus vouchers. No childcare is provided, so please pre-arrange your own. Refreshments will be provided.

**Phone:** 402-441-7949 – Family Service Lincoln

