

The "Not-So" Empty Nest

9th Annual Conference for Grandparents Raising Grandchildren

Tuesday, May 9, 2017, 9:00—2:00

Plainville Senior Center

200 East Street, Plainville



Keynote Presentation: "Mental Health 101" with Chanel Hildebrand & Kim Pepice, Wheeler Clinic

Learn how to recognize the signs & symptoms of depression, anxiety, stress, body image struggles and more. Information on finding help for your child and accessing appropriate resources will be discussed.

"Resource Boulevard" *Explore a variety of avenues of information and support*

- ◆ Working with your child's school
- ◆ Mental Health Resources
- ◆ Probate Court, Guardianship, Legal Custody
- ◆ Financial Assistance
- ◆ Internet Safety
- ◆ Family Resource Network
- ◆ Teen Dating Violence/Domestic Violence
- ◆ Children's Library Services
- ◆ Dental Programs
- ◆ HUSKY/SNAP
- ◆ Medicare Education
- ◆ Substance Abuse
- ◆ Special Needs Trust Fund
- ◆ 2-1-1 InfoLine
- ◆ Chair & Hand Massages

Free Buffet Luncheon & Raffles

Amazing Magical Paul. Paul shares his message of hope and how his life was shaped by being raised by family caregivers.

To register call or email Ronda Guberman, 860-747-5728, Guberman@plainville-ct.gov, by May 2nd

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