



# Grandparents RAISING Grandchildren

## Are you a parent again? This time raising your grandchildren?

Otsego County Commission on Aging is sponsoring a "Gathering" that offers  
**Information | Education | Support**

to "help and care" for Grandparents who are in a parenting role.

**Mondays • 8:30 to 10:30am • University Center**

80 Livingston Boulevard | Gaylord

### GATHERING FOR BREAKFAST

2017

**OCTOBER 23 • NOVEMBER 27**

*There will be no December meeting.*

2018

**FEBRUARY 26 • MARCH 26**

**MAY 21 • JUNE 25**

*May date adjustment due to holiday.*

### GATHERING FOR BREAKFAST WITH GUEST SPEAKER

**JANUARY 22, 2018**

**"MENTAL HEALTH IN ADOLESCENTS"**

**Guest Presenter: Dr. Michael P. Hayes, Ph. D.**  
Michigan Licensed Psychologist  
Old Town Psychological Services

**APRIL 23, 2018**

**"MINDFULNESS AND SELF-CARE"**

**Guest Presenter: Robin Petruska, Master Trainer,**  
Creating Confident Caregivers  
Otsego County Commission on Aging

**JULY 23, 2018**

**"PREPARING FOR THE FUTURE"**

**Guest Presenter:**  
Kristi Torski, LC

**AUGUST 27, 2018**

**SUMMER PICNIC**

Otsego Lake County Park  
10:30am • *For active 2018 participants!*

**SEPTEMBER 24, 2018**

**"EXPLORING TECHNOLOGY"**

**Guest Presenter:**  
Cutting Edge Computers

*Supported through a special grant.*

*A Continental Breakfast will be provided to Grandparents who are participating in the GRG series.*

**Grant Funded Facilitator: Julie Powers, Retired Educator for Gaylord Community Schools**

For more information, call Julie at 989.732.9880 or check our website [www.OtsegoCountyCOA.org](http://www.OtsegoCountyCOA.org)



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