

Relatives As Parents Program Bulletin

Relatives As Parents, or, Kinship Caregivers - Relatives raising another relative's child.

Coming this Fall: Workshop Designed for Caregivers of Children With Special Health & Behavioral Needs

Powerful Tools FOR Caregivers

Caregiving can be a challenge, but it's easier when you're prepared. This 6-week evidence-based workshop is for parents of children, of any age, who have special health or behavior needs.

Powerful Tools for Caregivers is a six-week workshop that teaches strategies for taking better care of yourself while you are caring for a child with special health or behavior needs.

By taking care of your own physical, emotional, and financial needs, you are better equipped to care for your child.

Family Dinner and Childcare provided! Limited space, children must be potty trained to age 12. Kinship Caregivers receive priority.

The workshop helps you:

- Reduce stress, guilt, anger, depression and improve emotional well-being
- Manage your time, set goals, and solve problems

- Master caregiving transitions and make tough decisions
- Communicate effectively with the child needing care, family members, doctors, and paid helpers
- Develop greater self-efficacy (confidence in one's ability to accomplish something)
- Develop awareness of and use community resources

What participants are saying:

- *I learned that you don't have to go it alone. It's OK to ask for help.*
- *I wasn't taking care of myself — but I am now. I finally see how important that is.*
- *We never stop being parents. Like parenting, caregiving is easier when you're better prepared to face the challenges that arise.*

When: Mondays, October 9th through November 13th. Family Dinner provided 5:30-6pm; Workshop 6-8pm (**NOTE:** Workshop time has been updated from 6-7:30 to 6-8pm)

Where: Homage Senior Services, 11627 Airport Rd. Suite B Everett, WA 98204

For more information about Powerful Tool for Caregivers, or to register, please call: 425-355-1116 or email mbarnes@homage.org



FREE Family Passes for Kinship Families

Kinship Caregivers may be eligible to enjoy free admission to the Seattle Aquarium! Homage issues ID cards to qualified caregivers living in Snohomish County only.

A Kinship Caregiver ID card serves as your entry pass; good for two years and up to two adults and five children who live in the same household.

To get your Kinship ID card, please contact: Homage, Kinship Caregiver Program at: 425-290-1240

Kinship Caregiver Support Program



Often Relative Caregivers face immediate financial challenges they have difficulty meeting. The Kinship Caregiver Support Program may be able to provide financial help for Kinship Caregivers who are income eligible, to meet short term needs such as: Rent/Utilities; Clothing for the kin-child; Groceries; Car Repairs; Furniture for the kin-child; Recreational/After School Activities; Legal Fees for Uncontested Non-Parental Custody. *To see if you qualify, call 425-290-1240*

Information & Resources

If you find that you have unanswered questions, we may be able to help. Trained staff can help you navigate systems such as: CPS; DSHS; Education; Court; State Benefits; Legal Options; Special Needs Services

The Relatives as Parents Program may also provide services such as: Advocacy; One-on-One Consultation; Family Meeting Support

Kinship Caregiver Program Represented at Resource Fairs Around Snohomish County

As summer gives way to fall, the Kinship Program reflects on numerous resource fairs attended over the past three months. It's time to transition to school site visits and the warmth of indoor venues!



School staff: For more information, please contact Amy at 425-265-2287 or adennis@homage.org Please feel free to offer direct referrals or contact us with any questions you may have. If you are interested in a One-on-One meeting, small group meeting, or staff presentation with Q&A, don't hesitate to reach out—We would love to tell you more about how the Kinship Program can support the families you work with!

Silence is Golden...
unless you have
Kids, then silence
is just Suspicious.

THERE IS NO SUCH
THING AS A PERFECT
PARENT. SO JUST
BE A REAL ONE.

~ Sue Atkins



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