



Center for  
Community  
Counseling

# *Grandparents Raising Grandkids*

**Brought to you by Lane's Successful Aging Institute  
and  
the Center for Community Counseling**

**Tuesday, Jan 24-Feb 28 from 9:30-11 am**

**Center for Community Counseling  
1465 Coburg Rd, Eugene**

*Cost is based on a sliding scale of \$1 - \$5 per week.*

**Do you have a grandchild living  
in your home?**

**Are You Feeling Overwhelmed?**

Learn how to reduce stress while updating your parenting skills. Explore and practice tools to enhance communication, identify feelings, set personal goals, deal with grief and loss, and deepen your relationship.

\*This class is offered in collaboration with The Center for Community Counseling.



*Successful Aging  
Institute*



Lane is an equal opportunity/affirmative action institution.

*For additional information or to register please call 541.344.0620*