



Central & South Regions

GRANDPARENTS

Raising Grandchildren

And other relative caregivers

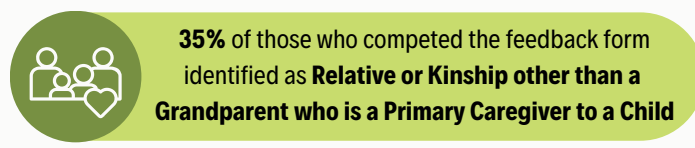
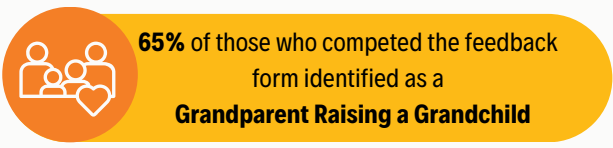
Resource Symposium Recap

Saturday, June 10, 2023

This free community event provided information and access to resources and services particularly relevant to grandparents, relative, and non-relative extended family members/caregivers raising young family members. Attendees also had the opportunity to connect with other kinship families and individuals with similar experiences.

A total of 25 groups attended the event, this included:

- o 48 adults, 28 children → **76 participants!**



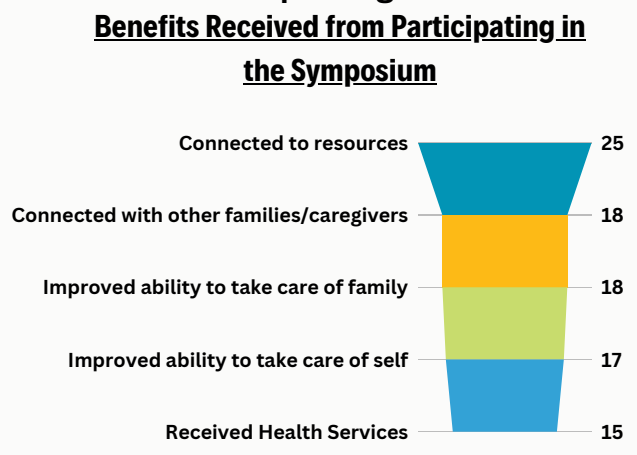
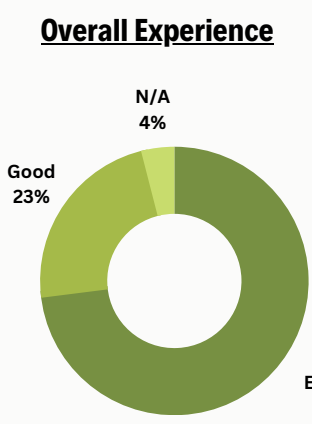
Participants had the opportunity to receive the following:

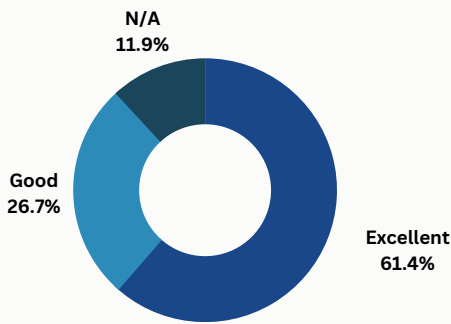
- o 7 car seats were distributed
- o 103 Narcan Nasal Spray Kits were distributed
- o 42 back-to-school backpacks were distributed
- o 50 Balboa Park sign ups for free museum admission were received

Feedback forms captured participant experiences from the event, the following was shared:

- o "All the info was awesome."
- o "I feel more secure about parenting."
- o "Gracias..fue de Mucha ayuda Toda la informacion y la convivencia..gracias."
 - (Thank you. This was a lot of help. All the information and the event. Thank you.)

100% of those who completed the feedback form (26 responses) reported feeling better connected to services and resources in the community that help their role as a kinship caregiver!

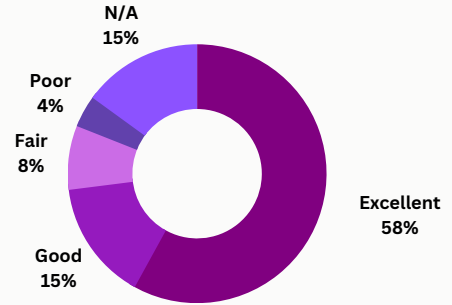




Workshop #1

Alex Swanson, ACSW, Minding Your Mind

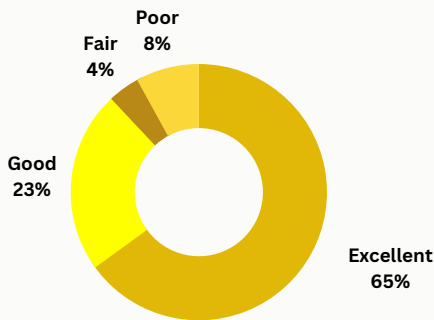
The *Empowering Social Emotional Learning Through Parenting* presentation aimed to provide health education to parents to reduce the stigma and destructive behaviors that may be associated with mental health.



Workshop #2

William Perno, SAY San Diego

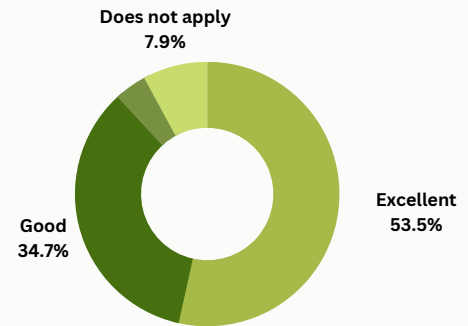
The *What You Learn Can Save A Life!* presentation included how to recognize opioid overdose symptoms, and how to use Naloxone, a medicine that rapidly reverses an opioid overdose.



Keynote Presentation

Susan D. Writer, PhD, Aurora Behavioral Health Care

The *Resilience & Self-Care for Kinship Caregivers* presentation addressed how kinship caregivers can be more resilient through the use of self-care techniques and how to implement a positive character self-care plan which builds on strengths and allows kinship caregivers to flourish.



Wellness Activity

Shlyn Guarian, Child & Family Well-Being, Health & Human Services Agency, County of San Diego

The *Wellness Activity: Guided Meditation* provided an audible narration of the meditation experience to help achieve relaxation and spark self-reflection and imagination.

Exhibitors

County of San Diego HHSA Aging & Independence Services, Child & Family Well-Being, Eligibility Services, Office of Equitable Communities, County of San Diego Library.

Alzheimer's San Diego, Brain Balance San Diego, Chula Vista Community Collaborative, San Diego County Credit Union, San Diego PACE/San Ysidro Health, St. Paul's PACE, SAY San Diego Project KEEP, Telecare (MCRT), UCSD Pre Dental Society, University of San Diego Legal Clinics, YMCA San Diego.

Thank you to the combined effort of 31 volunteers, 6 speakers, and 16 exhibitors for helping make this symposium a success!

