

JOIN US FOR THIS **FREE** COMMUNITY EVENT



Soar into the Central & South Regions

GRANDPARENTS

Raising Grandchildren

Resource Symposium



Saturday, June 10, 2023 | 8:30 AM - 1:30 PM

Rancho De La Nación School | 1830 Division St, National City, CA 91950

Resource Fair • Workshops • Opportunity Drawings •
Connect with other Caregivers • Spanish Interpretation Available
Childcare may be provided*

WHO SHOULD ATTEND

Grandparents, other family members, and other adults who have a family-like relationship to a child who provide the full-time care, nurturing, and protection of a child.

For registration and programming information, visit

<http://bit.ly/3iyWIFM> or call **858-636-3535**

Limited seats available. Registration will close on June 2, 2023, or when event capacity is reached.

**Confirmation will be made by phone closer to the event date.*



GRANDPARENTS *Raising* Grandchildren and Other Relative Caregivers

County of San Diego Health and Human Services Agency
Department of Homeless Solutions and Equitable Communities
Office of Equitable Communities

Para español, haga clic aquí

UPCOMING EVENT!



GRANDPARENTS
Raising Grandchildren
and Other Relative Caregivers

SOAR INTO THE
CENTRAL &
SOUTH REGIONS
GRG RESOURCE
SYMPOSIUM

JUNE 10, 2023



GRANDPARENTS *Raising* **Grandchildren** and Other Relative Caregivers

County of San Diego Health and Human Services Agency
Department of Homeless Solutions and Equitable Communities
Office of Equitable Communities

INVITATION TO HOST A RESOURCE TABLE!



GRANDPARENTS
Raising **Grandchildren**
and Other Relative Caregivers



YOU'RE INVITED TO

**HOST A
RESOURCE
TABLE**

**AT THE CENTRAL & SOUTH REGIONS
GRG RESOURCE SYMPOSIUM**



GRANDPARENTS

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GRANDPARENTS

Raising Grandchildren
and Other Relative Caregivers

THANK YOU FOR COMING TO THE

CENTRAL & SOUTH REGIONS GRG RESOURCE SYMPOSIUM





Central & South Regions

Grandparents Raising Grandchildren

Resource Symposium Agenda

Saturday, June 10th | 8:30AM - 1:30PM

Rancho De La Nación, 1830 E Division St., National City, CA 91950

TIME

ACTIVITY/SPEAKER

8:30AM - 9:00AM

**Registration, Family Photos, Resource Fair, Childcare
Registration, & Light Breakfast/Refreshments**

9:00AM - 9:30AM

Opening & Welcome

Ryan Trabuco, Community Representative of County Board
of Supervisors District 1

Barbara Jiménez, MPH, Community Operations Officer
Department of Homeless Solutions and Equitable
Communities, Health & Human Services Agency, County of
San Diego

Janet Barragán, MSW, Regional Community Coordinator –
South Region

Crystal Skerven, MSW, Regional Community Coordinator –
Central Region

9:30AM - 10:30AM

Child Passenger Safety 101 Workshop

Shirley Varela and Noemi Duenas, Pacific Safety Center

OR

Social Emotional Learning Workshop

Alex Swanson, ACSW, Associate Clinical Social Worker,
Minding Your Mind



TIME

ACTIVITY/SPEAKER

10:30AM - 10:45AM

Wellness Activity

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

10:45AM - 11:30AM

Resource Fair

11:30AM - 11:45AM

Opportunity Drawing

11:45AM - 12:00PM

Lunch

12:00PM - 12:45PM

Keynote Speaker

Susan D. Writer, Psychoeducation & Public Affairs, Aurora Behavioral Health Care

12:45PM - 1:30PM

**Fentanyl, Opioids, and Naloxone (Narcan) Training:
What You Learn Can Save A Life! Workshop**

William Perno, Senior Prevention Specialist, ATOD Prevention Program, SAY San Diego

1:30PM

Closing





Teen Room Agenda

8:30AM - 9:15AM

Family Photos, Check-In, Arts & Crafts

9:15AM - 10:15AM

Mingo Bingo Activity

10:15AM - 11:15AM

Rethink Your Drink & Yoga Activity

11:15AM - 12:15PM

Vision Board Activity

12:15PM - 1:00PM

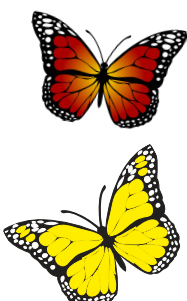
Lunch

1:00PM - 1:30PM

Social Media Presentation by Minding Your Mind

1:30PM

Sign out

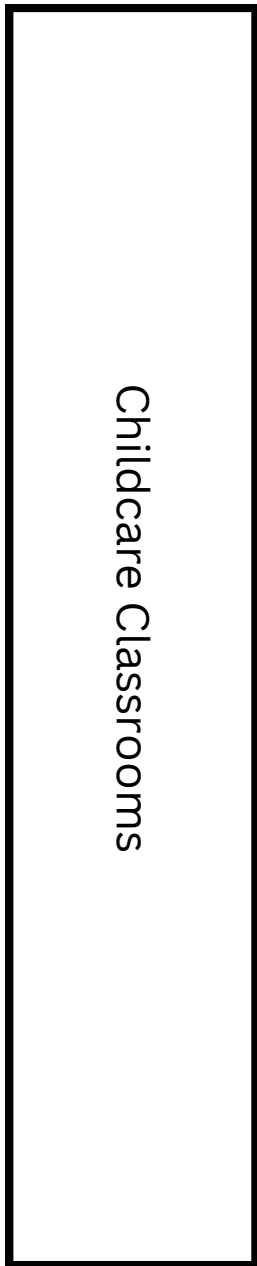
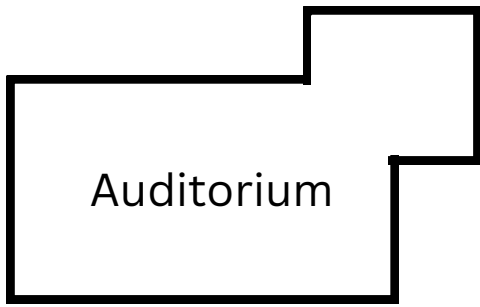


Resource Fair Map

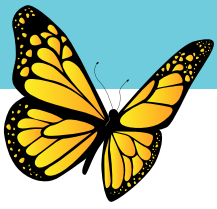


EARN A TICKET!

Collect a signature from each booth in the boxes below for the chance to earn an extra opportunity drawing ticket



Submit this map at the Registration Booth



Resource Fair Map Key

Health

1. San Diego PACE/San Ysidro Health
2. Telecare Mobile Crisis Response Team (MCRT)
3. Alzheimer's San Diego
4. UCSD Pre-Dental Society
5. Brain Balance of Greater San Diego

Family & Education

6. SAY San Diego, Project KEEP
7. St. Paul's PACE
8. YMCA of San Diego, Kinship Support Program
9. The Grandparents Connection

10. University of San Diego Legal Clinics

11. San Diego County Credit Union (SDCCU)

12. Chula Vista Community Collaborative (CVCC)

County of San Diego

13. San Diego County Library

14. Eligibility Services

15. Aging & Independence Services

16. Child & Family Well-Being

17. Office of Equitable Communities

18. MCS - Public Health Nurses



Scan to fill out our feedback form!



1



Scan to fill out our feedback form!



2



Scan to fill out our feedback form!



3



Scan to fill out our feedback form!



4





Blood Pressure Monitors

County of San Diego,
Health & Human Services Agency



Legoland Tickets

San Diego County Credit Union





GRANDPARENTS
Raising **Grandchildren**
and Other Relative Caregivers

Welcome!

Check-In

¡Bienvenidos!

Registro





Central & South Regions

GRANDPARENTS *Raising* Grandchildren

Resource Symposium





Sign up for the
newsletter at
the GRG table!







RESOURCE LIST

GRANDPARENTS
Raising Grandchildren
and Other Relative Caregivers

RESOURCE LIST

KINSHIP SUPPORT

the Y
YMCA Kinship Support Program provides case management, support groups, respite care, emergency funding, family events, and more. Call (619) 719-9179 or email kinshipyfs@ymcasd.org.

the Y
YMCA Childcare Resource Service provides free and confidential consultations, call (619) 521-3055 or email crsbehaviorsupport@ymcasd.org.

SAY San Diego
Project KEEP program helps caregivers improve their children's behavior and decrease stress, while building supportive networks and support systems. Contact (858) 565-4148 x278.

Foster Adoptive & Kinship Care Education Program
Foster, Adoptive and Kinship Care Education Program (FAKCE) provides quality workshops, classes, and support opportunities to assist foster, adoptive, and kinship parents. Visit fakce.org/pink-book for more.

@fs
Assertive Family Solutions offers trainings, support groups, and classes to assist parents, tutors, and grandparents in raising children in non-traditional settings. Call (619) 787-0807 for more information.

pfcs
Palomar Family Counseling Service, Inc. offers case management, resources and referrals, emotional support, parenting advice and educational workshops. Call Graciela Moreno (760) 466-8884 or email gmoreno@pfcs.agency

Grandparents Connection, Inc.
The Grandparents Connection offers support for grandparents or relatives raising children under 18. For more information, contact Sh Lambert (619) 931-9548 or shearl0688@yahoo.com.

NO KID HUNGRY
To find free meals in your neighborhood text "FOOD" or "COMIDA" to 304-304.

FEEDING SAN DIEGO
To find a food distribution near you visit feedingsandiego.org/find-food

San Diego Food Bank
To find your nearest food distribution and/or food pantry visit sandiegofoodbank.org.

cal fresh
CalFresh, or the Supplemental Nutritious Assistance Program (SNAP) issues monthly benefits that can be used to buy most foods at many markets and stores. To apply, call 2-1-1 or visit getcalfresh.org.

San Diego County Credit Union
SDCCU Wellness Wednesdays offer webinars to help the community improve their financial health. Visit sdccu.com.

FINANCE

SDGE
Bill and payment assistance programs are available to help with current and past due energy bills. Visit sdge.com, click Pay Bill, then Assistance Programs.

SANDAG
SANDAG is working to connect the San Diego region with internet access. Call 2-1-1 or visit GetConnected.SANDAG.org.

CRISIS LINE
Access and Crisis Line (ACL) offers San Diego County residents FREE, confidential counseling, and community resources 24/7. Call (888) 724-7240 or visit qptumsandiego.com.

988
9-8-8 is the National Suicide Prevention Lifeline number and will connect residents to their local crisis center, including the ACL.

Family Urgent Response System (FURS)
Family Urgent Response System (FURS) is a free 24/7/365 hotline for current or former foster youth and caregivers to get immediate help with any issues. Call (833) 939-3877 or visit cal-furs.org.

HICAP
Health Insurance Counseling & Advocacy Program (HICAP) provides information and counseling about Medicare. Call (858) 565-1392 to make an appointment.

TURN
Mental Health Systems/TURN provides specialized services in mental health, substance use disorder, supportive housing, and justice involvement. Visit <https://turnbhs.org/programs/>.

2-1-1 SAN DIEGO
2-1-1 San Diego is a free, 24 hour confidential phone service and searchable database for the community. They provide referrals and information. Call 2-1-1 or visit 211sandiego.org.

MTS
Metropolitan Transit Services (MTS) and North County Transit District (NCTD) have several pass programs for youth, students, and families. MTS at <https://bit.ly/3Ati50A> and NCTD at <https://bit.ly/3AQjuvE>.

HEADSTART
Neighborhood House Association's Early Head Start and Head Start program provides free childcare and preschool. Call (888) 873-5145.

Elder Law Advocacy
Elder Law & Advocacy provides free civil legal services and Medicare counseling to seniors & people with disabilities. Visit elaca.org for more.

University of San Diego
USD Legal Clinics provide free legal assistance and can help address legal questions. Call (619) 260-7470 or visit <https://bit.ly/3Yjq2zt>.

Information on this flyer is subject to change. For questions, please email HHSA.Communities@sdcounty.ca.gov

For more information, please call 2-1-1 or visit: 211sandiego.org/grandparents

Stay connected with events and resources, sign up for our Monthly Newsletter by scanning the QR code with your phone or email us!

HHSA.Communities@sdcounty.ca.gov

LIVE SAN

Visit the GRG table for a copy!



CONNECT WITH US



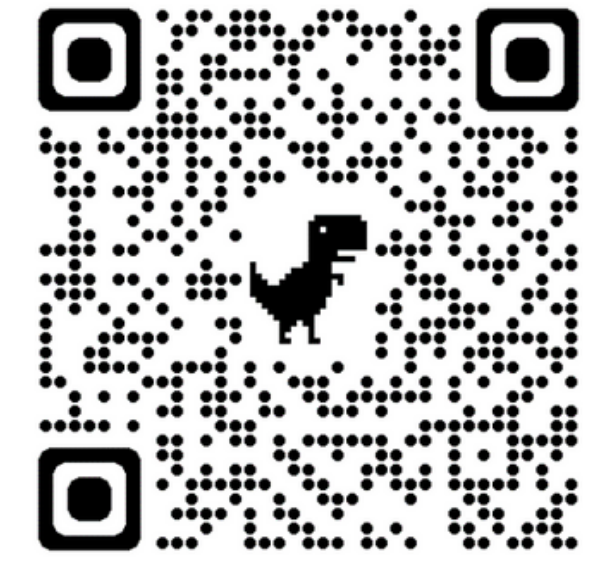
INSTAGRAM



FACEBOOK



MONTHLY NEWSLETTER





THANK YOU!



San Diego PACE

Program of All-Inclusive Care for the Elderly



Alzheimer's | SAN DIEGO

 UCSD Pre-Dental Society
student-run free dental clinics

Brain Balance®

SDCCU®



Telecare Corporation



episcopal community services



SAN DIEGO
County Library
Create Your Own Story



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

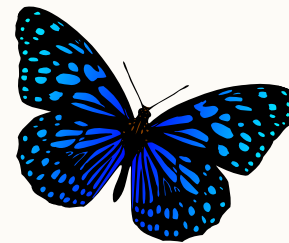




CENTRAL & SOUTH REGIONS GRG RESOURCE SYMPOSIUM

June 10, 2023

Participating Organizations



Stay connected with events and resources! Sign up for our Monthly Newsletter by scanning the QR code with your phone or email us!

HHSA.Communities@sdcounty.ca.gov



EPISCOPAL COMMUNITY SERVICES (ECS)

ECS Head Start, Early Head Start, and State Preschool are federally funded programs that offer high-quality early childhood and family education at no cost to qualifying families. Kinship care families may be eligible for these no cost services. Many wraparound services are offered, such as family and community engagement programs, parenting education opportunities, child developmental screenings, services for children with disabilities, services for pregnant women, behavioral health services, referrals, and other comprehensive development needs.

CONTACT: Angel Ibarra **TEL:** 619-904-0857
EMAIL: aibarra@ecscalifornia.org **WEBSITE:** ecscalifornia.org/head-start-and-early-head-start

MINDING YOUR MIND

Minding Your Mind is dedicated to ending stigma and destructive behaviors associated with mental health issues, moving away from a crisis-based response to prevention through education. Minding Your Mind has a dedicated team looking to inspire hope and change through conversations around mental health.

CONTACT: Morgan Hannaleck, ASW **WEBSITE:** mindingyourmind.org/about/locations/california/
EMAIL: morgan@mindingyourmind.org

PACIFIC SAFETY CENTER

Pacific Safety Center includes experienced Nationally Certified Child Passenger Safety Technicians who teach parents and caregivers how to keep their children safe by helping them choose the right seat for their child, how to install it correctly, and how to use the car seat appropriately.

EMAIL: cps@psc411.com **TEL:** 619-455-8194
WEBSITE: psc411.com

SAN DIEGO COUNTY CREDIT UNION

San Diego County Credit Union (SDCCU), one of Southern California's largest locally-owned financial institutions, is committed to helping educate the community by providing free educational resources in addition to the best banking products and services available.

CONTACT: Michael Colon **TEL:** 858-283-6406
EMAIL: mcolon@sdccu.com **WEBSITE:** sdccu.com

SAN DIEGO COUNTY LIBRARY

With 33 branches, two bookmobiles, five kiosks, countless special events, and a team of enthusiastic and creative staff, San Diego County Library (SDCL) offers San Diego residents a physical and virtual hub of education, entertainment, and culture. Every year, five million customers take advantage of SDCL's 30,000 programs and services, checking out more than 11 million items, including books, CDs, DVDs, and more. SDCL is part of San Diego County's Land Use & Environment Group and is committed to helping the community thrive and grow.

CONTACT: Melissa Solis **TEL:** 858-285-0798
EMAIL: melissa.solis@sdcounty.ca.gov **WEBSITE:** sdcl.org

SAN DIEGO PACE / SAN YSIDRO HEALTH CENTER

San Diego PACE provides and coordinates a full range of services to help medically and physically challenged older adults to continue living safely in the community and delay nursing home placement.

CONTACT: Marcos Sigala **TEL:** 619-227-8059
EMAIL: msigala@syhealth.org **WEBSITE:** syhealth.org/san-diego-pace

SAY SAN DIEGO

SAY San Diego's Project KEEP is a 16-week, group-based parent education and support program for San Diego County residents designated to improve child behavior and decrease caregiver stress.

CONTACT: Moniesha Cole-Mendoza

TEL: 858-565-4148

EMAIL: mcole@saysandiego.org

WEBSITE: saysandiego.org/view-by-program/family-support/project-keep/

SBCS NATIONAL CITY

The SBCS Kinship Program refers grandparents to all the resources the family needs. Students from 13 schools were referred to the Kinship Program for support with food from the Neighbor to Neighbor Program, N400 Naturalization and I-912 Fee Waiver, and Job Enrichment Classes. Assessments and referrals to behavior therapy are also provided.

CONTACT: Eva Watts

TEL: 619-577-7646

EMAIL: ewatts@csbcs.org

WEBSITE: sbcssandiego.org

TELECARE MOBILE CRISIS RESPONSE TEAM

Mobile Crisis Response Team (MCRT) is a crisis response provided by clinicians in the community. These behavioral health services are provided without law enforcement. Mobile teams are made up of a licensed clinician, a case manager, and a peer specialist. A call comes into their call center from the San Diego County Access and Crisis Line or law enforcement. Their triage clinician screen the call and dispatch a vehicle with the team to the client's location to address a behavioral health emergency.

CONTACT: Roxanne Hernandez

TEL: 619-408-0064

EMAIL: roxhernandez@telecarecorp.com

WEBSITE: telecarecorp.com/telecare-mcrt

COUNTY OF SAN DIEGO, AGING & INDEPENDENCE SERVICES

Aging & Independence Services (AIS) is part of the County of San Diego Health and Human Services Agency. AIS provides a Grandparents Raising Grandchildren (GRG) resourceful Handbook, Cookbook, and conducts quarterly GRG Workgroup meetings, which brings kinship caregivers and community providers to discuss supportive services for kinship families.

EMAIL: HealthierLiving.HHSA@sdcounty.ca.gov

TEL: 800-339-4661

WEBSITE: sandiegocounty.gov/hhsa/programs/ais/

COUNTY OF SAN DIEGO, CHILD & FAMILY WELL-BEING

The new Child and Family Well-Being Department has integrated the First 5 Commission of San Diego and Child Welfare Services, along with the childcare system and other essential resources for families, to reimagine prevention and protection services to create a partnership that will shift our traditional approach to child protection.

WEBSITE:

sandiegocounty.gov/content/sdc/hhsa/programs/cs/child_welfare_services/ChildandFamilyWell-Being.html

COUNTY OF SAN DIEGO, DEPARTMENT OF HOMELESS SOLUTIONS AND EQUITABLE COMMUNITIES, OFFICE OF EQUITABLE COMMUNITIES

The Office of Equitable Communities strives to collaborate with each community to create positive change through equity, health, safety, economic inclusion, and access for all. The Grandparents Raising Grandchildren initiative provides the opportunity for kinship families to connect with other kinship families, access public benefits and programs, and find support to raise their family.

EMAIL: HHSA.communities@sdcounty.ca.gov

WEBSITE: sandiegocounty.gov/content/sdc/hhsa/programs/hsec/

TEL: 858-636-3535



Central & South Regions

GRANDPARENTS

Raising Grandchildren

And other relative caregivers

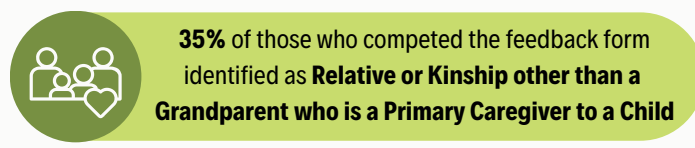
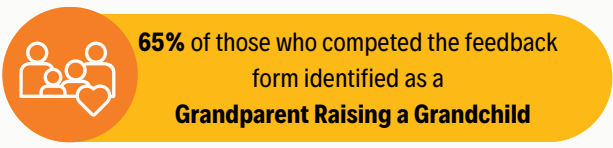
Resource Symposium Recap

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

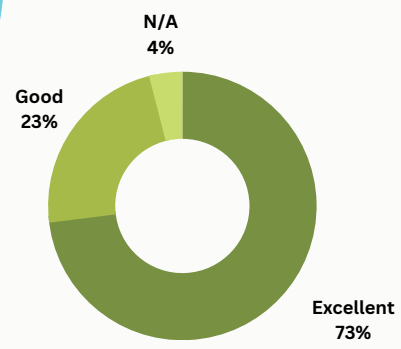
Feedback forms captured participant experiences from the event, the following was shared:

- 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.)

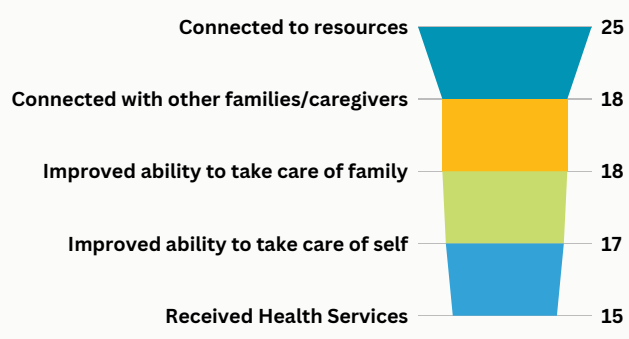


100% of those who completed the feedback form (26 responses) reported feeling better connected to services and resources in the community that help their role as a kinship caregiver!

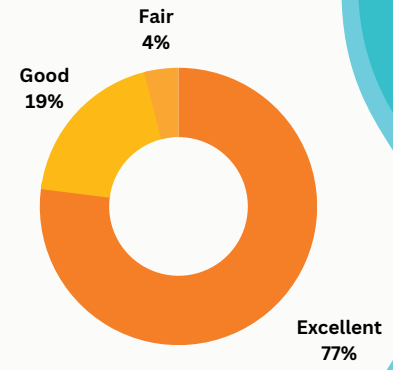
Overall Experience

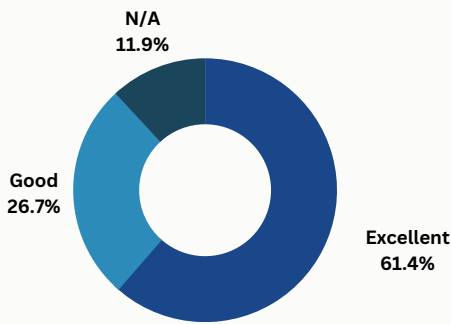


Benefits Received from Participating in the Symposium



Resource Fair

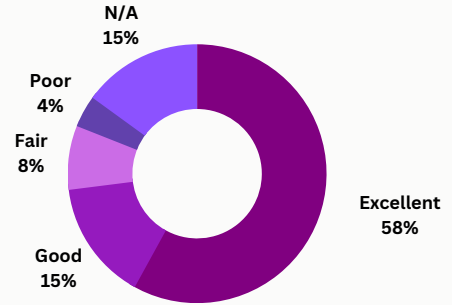




Workshop #1

Alex Swanson, ACSW, Minding Your Mind

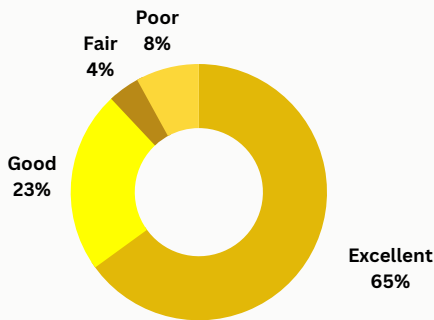
The *Empowering Social Emotional Learning Through Parenting* presentation aimed to provide health education to parents to reduce the stigma and destructive behaviors that may be associated with mental health.



Workshop #2

William Perno, SAY San Diego

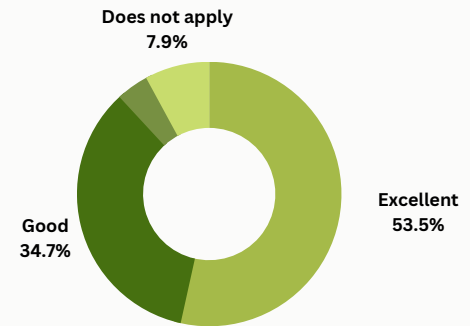
The *What You Learn Can Save A Life!* presentation included how to recognize opioid overdose symptoms, and how to use Naloxone, a medicine that rapidly reverses an opioid overdose.



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!

