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Rutgers Cooperative Extension

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Family & Community Health Sciences

Grandparents Raising Grandchildren
Support Group

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Since 1999, the Family & Community Health Sciences Department has been providing educational and social support to grandparents residing in Cape May County who are the primary caregivers for their grandchildren.

Support Group Goals:

- Strengthen family relationships
- Provide educational programs
- Identify community resources
- Improve the quality of life for families

Cooperating Agencies: Rutgers, The State University of New Jersey, U.S. Department of Agriculture, and Boards of County Commissioners. Rutgers Cooperative Extension, a unit of the Rutgers New Jersey Agricultural Experiment Station, is an equal opportunity program provider and employer.

Why we began and why we continue

In 1998, Marilou Rochford, former FCHS Educator for RCE of Cape May County was teaching a parenting education seminar. Three members of the group approached her after the class. They were grateful for the information shared since parenting was different for them “the second time around”. They explained that they were each raising their grandchildren and needed information, guidance, and support. They shared their stories and the unique challenges they faced. The need for a support group took shape as a vibrant and successful program for Grandparents Raising their grandchildren.

Since its creation in the late 1990s the Grandparents Raising Grandchildren program at Rutgers Cooperative Extension of Cape May County has continued to provide support services for caregivers and their families by offering monthly programming.

As the need for kinship care continues so does the need for services to keep caregivers healthy and well. Moving into 2020 and beyond the program continues to welcome new families and expand outreach to encourage a healthy family dynamic for grandparents throughout Cape May County.

If you are a grandparent raising your grandchild please feel free to attend a meeting or reach out to our staff to get more information.

Did you know...

2.7 million grandparents in the U.S. are raising their grandchildren. 49,177 Grandparents in New Jersey are raising their grandchildren without the parent present in the home and have sole responsibility for the child.

Program Topics

- Health, Nutrition and Wellness
- Coping with Stress
- How to navigate school systems in 2021
- Caring for yourself as a caregiver
- Wellness practices for overall health
- Preparing for Beyond High School
- Strengthening Family Communications

Monthly programs are available to Cape May County residents at no cost. Every season, different topics are offered based on the current needs and interests expressed by our grandparent community. A light supper is served and childcare is available.

Your kindness, empathy and selflessness are making our journey a little lighter and has such an impact on our family” - anonymous grandparent

Receive our newsletter...

“GRANDparents Connection” is published twice a year & addresses current issues facing you and your grandchildren. To request the newsletter, please email: zellers@njaes.rutgers.edu

Call: 609-465-5115 Ext. 3609



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Partial funding for our Grandparent Raising Grandchildren Support Group is provided through a grant from the Cape May County Division of Aging & Disability Services