

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 to:

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



## RUTGERS COOPERATIVE EXTENSION OF CAPE MAY COUNTY

*Family & Community Health Sciences*

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# GRANDPARENTS RAISING GRANDCHILDREN

Rutgers Cooperative Extension  
of Cape May County  
Family and Community Health  
Sciences Department







# DID YOU KNOW...

## 2.7 million grandparents

in the U.S. are raising their grandchildren. 54,000 Grandparents in New Jersey are raising their grandchildren without the parent present in the home and have sole responsibility for the child.

## GRANDparents Connection

is published once a year & addresses current issues facing kinship providers and their families. If you'd like to request a copy please reach out via:

Email: [zellars@njaes.rutgers.edu](mailto:zellars@njaes.rutgers.edu)

Call: 609-465-5115 Ext. 3609.

Visit: <https://capemay.njaes.rutgers.edu/fchs/>

## Monthly Programs

are available to Cape May County residents at no cost. Every month a different topic is offered to help grandparents stay well as they raise their grandchildren. A light supper is served, and childcare is available. Please call our office for more information and to register to attend.

**"As I look back to when I first started the journey of raising my grandchildren, I realize how difficult it was, and I can honestly say that if it wasn't for the support of the Grandparents Raising Grandchildren Program, I would not have made it through."**

**- Participant of the Grandparents Raising Grandchildren Program**



Partial funding for the Grandparents Raising Grandchildren Program is provided by the Cape May County Division of Aging & Disability Services.

Finding time to care for yourself is difficult no matter the situation. For grandparents who are raising their grandchildren, the task may be even more challenging. Rutgers Cooperative Extension of Cape May County's Grandparents Raising Grandchildren Program recognizes these challenges and supports kinship providers with evidence-based research on wellness, resources from the county to assist with kinship care and a system of peer support from fellow grandparents. Meeting topics vary from tips to getting more sleep, to wellness nights, and how to navigate relevant topics like internet safety, school with the next generation, and stress relief ideas. We welcome new members and ask that you contact us before attending a meeting.



**"I can't believe I waited so long to come to the Grandparents Raising Grandchildren meetings, they have helped me and my grandson so much."**

**— Participant of the Grandparents Raising Grandchildren Program.**

Since its creation in the late 1990s, by former FCHS Educator Marilou Rochford, the Grandparents Raising Grandchildren program at Rutgers Cooperative Extension of Cape May County has continued to provide caregivers and their families with valuable information on caring for the caregiver by offering monthly programming.

As the need for kinship care continues, so does the need for services to keep caregivers healthy and well. The program welcomes new families and is expanding 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 for more information.***

**Cooperating Agencies: Rutgers, The State University of New Jersey, U.S. Department of Agriculture, and Cape May County Board of Commissioners.**

**Rutgers Cooperative Extension, a unit of the Rutgers New Jersey Agricultural Experiment Station, is an equal opportunity program provider and employer.**