



YMCA Kinship Support Program

If you're a grandparent or other relative raising a child in your family, you're not alone. The Y is here to help!

Who We Serve:

We serve Kinship caregivers that are raising a family member's child (also those that are not related, but like family). We serve Kinship caregivers that have a child placed by Child Welfare Services (CWS) and those that have no CWS involvement.

Services Include:

- **Kinship Navigation**— Assistance navigating systems and accessing resources to support you in raising a relative's child. Kinship Navigators can help access resources for needs such as:
 - Guardianship & Adoption
 - Public Benefits
 - Childcare & Basic Needs Items
 - Education & Mental Health Services
 - Enrichment activities
- **Support Groups**—weekly groups providing peer support, training by Grossmont College, childcare, and a light meal
- **Family Events**—quarterly regional events for networking and fun
- **Respite Care**—a break or rest for caregivers age 55 and over



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What families can expect to receive:

- Convenient services including home visits and flexible meeting times
- An assessment of your needs & resources to support you in raising your Kin child
- Information about parenting children that have experienced trauma
- Supportive services that walk you through complicated systems and application processes