



GRANDPARENT EMPOWERMENT SERIES

WITH DR. CAROLE B. COX
GRADUATE SCHOOL OF SOCIAL SERVICE, FORDHAM UNIVERSITY

CLASSES HELD 1X PER WEEK VIA ZOOM

SAVE THE DATE

CLASSES BEGIN IN SEPTEMBER

*ALL COURSE MATERIALS FREE



RSVP NOW!

EMAIL OR CALL

**GRC@aging.nyc.gov
(212) 442-1094**

FIRST COME FIRST SERVE



Sponsored by the
NYC Department for
the Aging Grandparent
Resource Center (GRC)

GRANDPARENT EMPOWERMENT SERIES

ELIGIBLE PARTICIPANTS MUST BE...

- **CURRENT GRANDPARENT CAREGIVERS OR KINSHIP CAREGIVERS**
- **ABLE TO ACCESS AN ACTIVE EMAIL ADDRESS AND USE ZOOM VIDEO CALL**



**PROGRAM GRADUATES TAKE PART IN A
VIRTUAL GRADUATION CEREMONY AND
RECEIVE A \$50 STIPEND
& CERTIFICATE OF ACHIEVEMENT**

ABOUT DR. CAROLE B. COX GRADUATE SCHOOL OF SOCIAL SERVICE, FORDHAM UNIVERSITY



DR. COX WILL LEAD PARTICIPANTS THROUGH A DYNAMIC PROGRAM DESIGNED TO PROVIDE CAREGIVERS WITH SKILLS AND SUPPORT TO HELP THEM NAVIGATE THESE CHALLENGING TIMES. DR. COX HAS SPENT MORE THAN 20 YEARS RUNNING EMPOWERMENT CLASSES FOR GRANDPARENTS WHO ARE THE PRIMARY CAREGIVERS FOR THEIR GRANDCHILDREN. SHE BEGAN OFFERING THE CLASSES IN NEW YORK IN 1998, AND SINCE THEN THE INITIATIVE HAS TAKEN OFF, HELPING TO STRENGTHEN THE PARENTING SKILLS OF GRANDPARENTS ALL OVER THE COUNTRY.