



# Kinship Navigation Education Series



*Upcoming Series  
Now Enrolling!*

As a kinship caregiver taking care of a young relative, it can be difficult to put your own needs first. NCHS's Kinship Navigation Education Series aims to help kinship caregivers balance the demands of caring for children with their own well-being.

## *Statewide-Virtual*

### **6-week series (meet once weekly)**

#### **6-Week Daytime Series (Offered via Zoom)**

Tuesdays, Sep 12-Oct 17  
10:00 a.m. to 11:30 a.m.

#### **6-Week Evening Series (Offered via Zoom)**

Thursdays, Sep 14-Oct 19  
6:30 p.m. to 8:00 p.m.

### **3-week series (meet twice weekly)**

#### **3-Week Evening Series (Offered via Zoom)**

Tues & Thurs, Oct 31-Nov 16  
6:30 p.m. to 8:00 p.m.

#### **3-Week Daytime Series (Offered via Zoom)**

Tues & Thurs, Dec 5-Dec 21  
10:00 a.m. to 11:30 a.m.

This free, six-part series is for kinship caregivers who are raising young relatives. Topics included cover:

- Nurturing self and children
- Keeping children secure and safe
- Understanding child behaviors
- Blessings and losses
- Fostering healthy relationships

Kinship caregivers often feel alone as they embark on raising relative's children, regardless of past parenting experiences. If you are caring for young relatives and feel like no one understands your challenges, we are here for you with education, resources, and support.



**Scan to  
sign up  
now!**

Questions? Need help registering?  
Contact 888.315.7347 or [kinship@nchs.org](mailto:kinship@nchs.org)

**Register online at [nchs.org/calendar](https://nchs.org/calendar)**