



**GRANDPARENTS RAISING AND NURTURING
DEPENDENTS WITH DISABILITIES
VOLUME 14/ISSUE 8 March 2020**

March Project GRANDD Support Groups

March Daytime Support Groups

**Topic: Gang Education
& Police Athletic League Information**
Presented by Detective Ricketts
with DeKalb County Police Department

Come learn about how to know if your relative child is involved in a gang and how you can intervene to prevent this from happening.



DeKalb County Daytime Session

Second Thursday of Every Month from 10:30am to 12:30pm
Covington Branch of DeKalb Public Library
3500 Covington Hwy, Decatur, GA 30032

This month: Thursday March 12, 2020 - 10:30 AM

Fulton County Daytime Session

Third Tuesday of Every Month from 10am to 12:00 pm
Martin Luther King Jr. Recreation Center
110 Hilliard St SE, Atlanta, GA 30312

This month: Tuesday March 17, 2020 – 10:00 AM

GRANDDS and KIDS Evening Support

**Join us for an Evening Support Group for Relatives Raising Relative
Children with Special Needs & Children's Support Groups**

**Monday, March 30th, 2020 (please note date change)
6:00pm to 8:00pm (Dinner Served 6:00 to 6:30)**

**Metropolitan Library
1332 Metropolitan Pkwy SW Atlanta, GA 30312**



**This month:
Come learn about advocating for your child or children in
the school system to get the learning supports they need.**

**IEP (Individual Educational Plan) without Emotion
Presented by Dr. Sandra Wright**

NEW DEKALB **EVENING SUPPORT GROUP**

We had a great turnout for our first DeKalb Evening Support Group in February. Interested in being there next time? Join us for fun, educational speakers, sharing & food. All ages invited. Grandparents and relatives raising kin will meet to share support with each other. Children and teens will have separate support groups. Childcare provided for children 7 & under. **RSVP required!** Please RSVP to Ashlyn at 470-310-3458 or rsvp@isdd-home.org **by March 16th**

Location:

New Life Community Center, Building 1
3592 Flat Shoals Road
Decatur, Georgia 30034

3rd Wednesday each month from 6-8pm
Next Group is March 18th, 2020

Topic: Gang Education
& Police Athletic League Information
Presented by Detective Ricketts
with DeKalb County Police Department

Come learn about how to know if your relative child is involved in a gang and how you can intervene to prevent this from happening.

Have a Question? Need Help? Contact Us

ISDD OFFICE
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From a DPH News Release 02/26/20:

The Georgia Department of Public Health (DPH) is working closely with the CDC, and state partners to prepare for a potential outbreak of COVID-19 (Coronavirus) in the U.S., including Georgia. The goal is to quickly identify cases of COVID-19 and take appropriate public health action to reduce its spread and protect the general public. **It is important to note that at this time, the overall risk of COVID-19 to the public remains low.**

The same measures that are urged to prevent the spread of any respiratory virus are increasingly important for all Georgians:

- Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand sanitizer.
- Avoid touching your eyes, nose and mouth with unwashed hands.
- Avoid close contact with people who are sick.
- Stay home when you are sick.
- Cough or sneeze into your elbow or use a tissue to cover it, and then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces.

HEALTH CORNER

Talking With Youth About Tough Topics from <https://raisingchildren.net.au>

It's normal to feel uncomfortable talking to your teenage child about topics like sex or drugs. But difficult conversations can give you the chance to guide your child towards sensible and responsible decisions and to talk about your family values. Difficult conversations cover any topic that might be embarrassing, upsetting or controversial for either you or your child. It could also be something that might cause an argument or a conflict between the two of you. Sex, sexual orientation, masturbation, alcohol or other drugs, academic difficulties, self-harm, secrets, work and money are all topics that families can find difficult to talk about.

Here are some tips to help you manage difficult conversations.

First reactions

- **Try to stay calm.** Be honest if you are shocked by the topic, but reassure your child that you do want to discuss the issue. This can help your child feel he can talk to you about anything.
- Make sure the first thing you say to your child is something that lets her know you're happy that she wants to talk to you. For example, 'I'm so happy that you trust me to help you with this'.
- [Listen to your child](#). This means giving your child a chance to talk through what's going on, without you trying to fix the situation. Often, teenagers aren't expecting you to fix things – they just want you to listen.
- Avoid being critical or judgmental, or getting emotional. If you need to let off steam, choose another adult to talk to when your child isn't around.
- Thank your child for coming to you.

Next steps

- If you need a bit of time to calm down or gather your thoughts before you talk, set a time to talk later. Make sure it's soon – don't wait until the next day. The longer you wait, the harder it will be. Your child might go ahead without your input in the meantime.
- If your child has some specific issues he wants your help with and you're not sure how to advise him, say so. Offer to work with your child to find out what he needs to know – for example, about contraception, sexuality, alcohol and so on.
- If your child wants your opinion, let your child know how you see the situation rather than telling her what to do. For example, 'I would prefer it if you don't have sex until you're older. But if you're going to, let's talk about making sure it's safe'.

Benefits of difficult conversations

Tackling difficult conversations together with your child is a sign that you have a healthy relationship.

It helps to keep your relationship with your child close and trusting. If you're **warm, accepting, non-judgmental and uncritical**, and also open to negotiating and setting limits, your child is likely to feel more connected to you. Your child is also more likely to discuss issues with you in the future.

Try not to avoid difficult conversations with your child. If you do, your child might end up making choices that have negative consequences. For example, a sexually active teenager who doesn't ask for advice about contraception might end up with an unwanted pregnancy or a sexually transmitted infection.

RESOURCE CORNER

Youth programs for ages 8-18 in DeKalb County and Atlanta:

Both programs serve youth 8-18 years of age by implementing constructive, carefully planned athletic and academic activities aimed at teaching moral, civic, academic, and social principles to at-risk youths in a safe and nurturing environment.

Atlanta locations have programs such as youth summer camp, youth athletic leagues and an afterschool program with tutoring at our two separate facilities in the inner city of Atlanta.

DeKalb locations offer youth summer camp, athletic leagues, gang education and prevention, mentoring programs, and a program to assist juvenile offenders reintegrate back into society.

Atlanta Police Athletic League

www.atlantapal.com to enroll or call (404) 799-2359

DeKalb County PAL (Police Athletic League) Plus

DEKALBPALPLUS@dekalbcountyga.gov

Tel: 770-724-7479

www.dekalbcountypalplus.org

PROJECT GRANDD
A Program of Innovative Solutions for
Disadvantage & Disability
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