

Title	Link	Description
Navigating Changing Roles: Relative Caregivers	https://lp.constantcontactpages.com/su/4oCPP1f/eseriesrelativecaregiving	Join us on a four-week journey of learning common questions and answers about the changing role of grandparents in kinship care. Please note that while this e-series was intended for grandparents, some tips and strategies can be useful for any family member involved with kinship care.
Healing and Hope	https://lp.constantcontactpages.com/su/CCDrWzj/eserieshealingandhope	Join us on a four-week journey of finding and holding on to hope amid the ups and downs of parenting. Beyond providing hope and understanding, you'll build your toolkit to walk a path of healing for yourself and the children in your care.
Self Care, Mindfulness, and Meditation	https://lp.constantcontactpages.com/su/jJdqGjV/eseriesselfcare	Each week for four weeks, you will receive an email created specifically to help supplement and support you as you focus of self-care. We have long promoted self-care for parents and caregivers, and even more today. We hope you find this offering a helpful reminder that, in order to give the best care to another, you first need to take care of yourself.