



## Kinship Caregiver Virtual Support Group

*Taking care of yourself is a  
gift to children in your care!*

**THIRD THURSDAY OF EACH MONTH FROM 12 - 1 P.M.**

*Kinship Caregivers from any of the following counties are invited to join:*

**Rensselaer, Saratoga, Warren, Washington, Otsego,  
Montgomery, Fulton, Orange, Sullivan**

## Have some PASTA!

The Virtual Support Group is a place to connect, share your experiences, get advice from other caregivers and develop strategies for dealing with challenging situations. It's a safe place to share your struggles - and to be reminded of the difference you're making to the children in your care and to the community.

Parenting a Second Time Around - **PASTA** - is a tool kit we use to help Kinship Caregivers build skills, relieve stress, and repair, rebuild, or reinvent family relationships. We'll discuss issues like child development, discipline and guidance, caring for yourself as a caregiver, rebuilding a family, living with teens, legal options, advocacy, and educational information.

### New to the Kinship Navigator?

You will be asked to complete an intake prior to the group. If you have questions or wish to start your intake, contact Kari Correia at [kcorreia@cfcrochester.org](mailto:kcorreia@cfcrochester.org)

**Advance registration  
required for  
each meeting**