



On behalf of everyone at The Commission on Grandparents Raising Grandchildren, we wish you all a safe, healthy, and happy New Year!

The Commission has many things planned for 2021 and we are crossing our fingers that we will be able to see you all in person at some point within the next year.

Until we can meet in person again, we have many events and workshops planned that you can join from the safety of your own home. Below is a list of workshops and dates of upcoming events. More information will be sent out for each event and will include registration information at that time.





Steps to De-Stress

2/4/21 10:00 am
Virtual Event

Learn how to successfully relax throughout a stressful day. At some point, we've all dealt with stress, but having a constant feeling of being "stressed-out" can affect our health and wellness.

Join Joya Pezzuto, RN of MelroseWakefield Hospital for this informative online class.

Learn about:

Stress Physiology

Learn how stress affects your body

Techniques for relaxation

Easy tips to manage everyday stress

To register for this workshop, click on the button below. You will then receive a confirmation e-mail back. The day before the event, you will receive an e-mail with the link for the event.

Register Here

Upcoming Workshops and Events



Positive Discipline and Communication Techniques

with
Charlie Appelstein

2/8/21 8:00 pm
Virtual Event

Information Coming Soon