

# GRC Support

Ways to raise your grandchildren in today's world with values important to you.

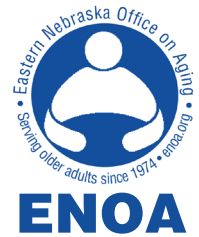
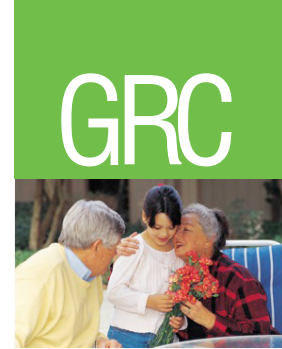
# GRC Understanding

Effective ways to communicate with educational institutions and community services.

# GRC Answers

Explore and develop strategies regarding building and sustaining relationships among parents, grandparents, grandchildren & other family members.

**Grandparent Resource Center**  
**Eastern Nebraska Office on Aging**  
4223 Center Street  
Omaha, Nebraska 68105



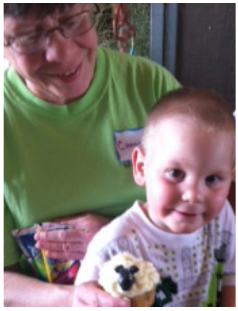
# Grandparent Resource Center

Serving Cass, Dodge, Douglas,  
Sarpy and Washington counties

## Eastern Nebraska Office on Aging

4223 Center Street • Omaha, NE 68105  
402-444-6536 Ext. 210 • Fax: 402-546-1840

[enoa.org](http://enoa.org)



The Grandparent Resource Center (GRC), a program of the Eastern Nebraska

Office on Aging. GRC provides a wide range of services for grandparent caregivers who are 55 years and older.

*services include:*

- Monthly support group meetings for grandparents.
- Phone support when a caregiver is in crisis or just needs to explore options with someone.
- Assistance with transportation to support group meetings.
- Referral to legal services.
- Access to the many programs available through ENOA, and other community resources.

Many grandparents and other relatives feel overwhelmed in their new role, raising their children's children. Join others in similar situations to create a plan for success.

# You are not alone!

*Join the group to...*

- Relearn parenting techniques
- Discuss difficulties
- Share coping skills
- Find out about services
- Learn how to take care of your own needs

GRC

Support

Understanding  
Answers



Confidentiality and privacy ensured