

Dear Grandparent(s);

There are thousands of grandparents across Montana who have the sole responsibility of raising their grandchildren. You are not alone! Although this may be a chaotic and stressful time as your grandchildren transition to living with you, we want to assure you that over time you will adapt to your new family form.

The Montana Grandparents Raising Grandchildren Project (GRG) began in 2002 to assist the growing number of grandparents across the state who are caring for their grandchildren. Over the years, we have learned what resources and support may be helpful for grandfamilies. The enclosed information and resources are to give you a start as you make this transition. We hope they will be of assistance to you and we encourage you to contact us should you have questions or concerns.

**One of the most useful connections is to talk to other grandparents who are raising their grandchildren.** The Montana GRG Project coordinates a network of local groups where grandparents can go for support and education. Members of the group can share their experiences, offer a listening ear, and let you know where you might find local resources. A listing of the network locations is included in this packet. If you live in a location where there is no support group, let us know; we will see if we can connect you with a group nearby.

**During this time, be sure to take care of yourself.** Grandparents are often so concerned about their grandchildren that they forget to take care of their own health. Take time for yourself by getting exercise or reading a book, and pay attention to your physical health needs by seeing your doctor and taking any prescribed medication. Taking care of yourself first helps you to take better care of your grandchild.

We are here to assist you. Our office is open Monday through Friday, 8:00 am to 5:00 pm and you can:

**Call us:** (406) 994-3395

**Email us:** [grg@montana.edu](mailto:grg@montana.edu)

**Web:** [montanagrandparents.org](http://montanagrandparents.org)

**Facebook:** [facebook.com/Montana-Grandparents-Raising-Grandchildren-Project](https://facebook.com/Montana-Grandparents-Raising-Grandchildren-Project)

*Montana State University,  
U.S. Department of  
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Warm Regards,

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