

**Are you raising your grandchildren or other relative children?
Are you struggling financially with new or unexpected expenses?
Are you feeling stressed, depressed or just overwhelmed?**

The Montana GRG Project is here to help you find the support and resources you need to “parent the second time around.”

(406) 994-3395

grg@montana.edu

www.montanagrandparents.org

Montana Grandparents Raising Grandchildren Project



The Montana GRG Project is designed to provide support and information to Montana grandparents and other kin who are primary caregivers for their relative children.

Contact us today!

**(406) 994-3395
grg@montana.edu**

**316 Herrick Hall
PO Box 173540
Bozeman, MT 59717**

**The GRG Project has local contacts and support groups throughout the state.
We can help you find someone in your area.**

We can offer you information on:

- Handling stress, depression, grief, anger and uncertainty.
- Improved couple and family communication.
- Parenting issues like discipline, working with schools, navigating social media and many others.

We can also help you find information on:

- Food, nutrition and financial assistance.
- Medical and insurance assistance.
- Education and childcare assistance.
- Low-cost or no-cost legal assistance.



The Montana State University Extension is an ADA/EO/AA/Veteran's Preference Employer and Provider of Educational Outreach.