



# Resources for Grandparents and Older Adults



## Support for Grandparents

*Share experiences, expertise and emotional support with other grandparent caregivers.*

**Lehigh County: Aging & Adult Services (610-782-3034)**

- **The Second Time Around: Pinebrook Family Answers (Virtual):** 11-week virtual program held on Wednesdays at 11AM providing health and wellness, trauma and grief, communication and more. Email [grandparentsgroup@pbfalv.org](mailto:grandparentsgroup@pbfalv.org) or call 484-387-1619.
- **Grandparents Raising Grandchildren (GRG):** non-profit organization in northeast PA dedicated to offering both information and support to grandparents and other kinship caregivers and their families. Visit [grgnepa.org](http://grgnepa.org) or call 570-262-3443.

**Northampton County: Area Agency on Aging (610-829-4540)**

- **Grandparent Support Group (Bethlehem):** meets every 3rd Thursday from 9:15-10:30AM.
- **Grandparents Village (Bangor Library):** meets every 2nd Tuesday from 6-7:30PM
- **Second Time Around (Virtual):** A 12-week virtual program (spring/fall) providing legal, educational, and emotional support for grandparents raising grandchildren. Email [stnerapdnarg@vlafbp.org](mailto:stnerapdnarg@vlafbp.org) or call 484-232-8514.

The Federal [Grandparent/Older Adult Relative Caregiver Support Program \(CSP\)](#) may provide services for older (age 55 and above) related primary caregivers of children age 18 or younger, living in the same household. Call 610-782-3200 for details.

## Support for Older Adults

*One in four older adults experience behavioral & mental health problems. There is help!*

**PA Department of Aging (717-783-1550):** [www.pa.gov/agencies/aging](http://www.pa.gov/agencies/aging)

The [PA Department of Aging](#) provides many programs to help older adults stay happy and healthy at home and in their communities. Call to find support with health, wellness, nutrition, protection from abuse, Medicare, prescription medication, and more.

**Older Adult Meal at St. Luke's Sacred Heart Campus (1-866-STLUKES):** St. Luke's offers a healthy meal for older adults, Monday-Friday from 4-6PM. \$3.99 dinner includes entree, dessert and drink.

*Visit [www.thechc.org](http://www.thechc.org) for information on programs and services offered by the Center for Humanistic Change.*

