From the Director’s Desk

By Patricia Dominguez MSW, Director of Kinship Care Services

This worked with my kids, why isn’t it working with my grandchildren?

Many grandparents who are raising their grandchildren probably have uttered these same words many times. Whether it happens when you are assigning a chore, teaching a life lesson, or simply trying to communicate with your grandchild, it often feels as though the old ways just don’t work anymore. You are right more than you realize.

L.R. Knost is credited with saying, “When little people are overwhelmed by big emotions, it’s our job to share our calm, not join their chaos.” Grandchildren being raised by their grandparents have often experienced trauma. Trauma may have included in-utero exposure to substances, an original home life that was unstable, or a fear of abandonment. Such types of trauma can rewire the brain, affecting how sensory input is processed and understood.

Join Duet for an amazing workshop on April 6 entitled Prenatal Trauma: Raising Children Who Have Been Exposed to Substances In-Utero. By learning how in-utero exposure impacts neurodevelopment, sensory needs, and attachment in children, you will gain a better understanding of how to care for their whole needs and learn ways to effectively discipline them.

Likewise, Duet wants to help grandparents rediscover their calm. Join other grandparents for an adult-only overnight retreat in beautiful Tucson. Learn to own your story and take care of yourself before enjoying a hilarious mystery dinner show. Also, take a moment to register for The Undiscovered Gifts, a four-session workshop. Participants will learn the power of self-awareness and radical self-monitoring as essential grandparenting skills.

Having a better understanding of your grandchild can lead to a calmer home and a stronger relationship with your grandchild as you all learn to respond rather than react to each other.

Gaining Guardianship of Your Grandchild

Grandparents and other relatives who care for children often face legal issues whether they are dealing with custody or guardianship, or getting medical care for a child. Do you know whether you need to be the legal guardian of your grandchildren? Duet can help answer that question and let you know of options available to you. If you are raising a grandchild or a minor relative in Arizona, you will need formal custody to obtain benefits such as healthcare, or to enroll the child in school. While the legal process to gain custody can be complex and overwhelming, Duet is here to help connect you to the appropriate legal support. We have partnered with the Children’s Law Center through Community Legal Services to provide a free clinic to help you complete the proper paperwork. Space is limited and reservations are required.

When: Friday, May 10, 2019
Time: 3 – 5 p.m.
Where: Duet
10000 North 31st Avenue
Suite D200,
Phoenix 85051
Cost: Free
RSVP: Reservations required. Contact Patricia (602) 274-5022, ext 120.
Group Activities for Families

Grandfamily outings are offered to grandparents and the children they are raising. Other family members are welcome to attend outings at the full rate and when availability allows. An RSVP is needed for all grandfamily outings and special events.

Phoenix Zoo Outing

Join us for a walk on the wild side at the Phoenix Zoo. You can pet goats in the Red Barn, take a stroll through Monkey Village, and explore various trails. A limited number of passes are available on a first come, first served basis for you, your spouse (if applicable), and the grandchildren you are raising. Other family members and friends are welcome to join, but must buy their tickets (tickets are less expensive online at http://www.phoenixzoo.org/plan-your-visit/hours-rates/).

When: Sunday, April 14, 2019
Time: 11 a.m. – 1 p.m. (The Zoo is open until 5 p.m.; you can stay as long as you like.)
Where: Phoenix Zoo
455 North Galvin Parkway, Phoenix 85008
Cost: Free (Bring your lunch or pay for a meal at the zoo. You may bring coolers, ice chests, and your own food. No glass containers or alcoholic beverages.)
RSVP: Reservations required by Thursday, April 11. Contact Becky at (602) 274-5022, ext. 115, or cacace@duetaz.org.

Movie Night: Instant Family

It’s that time again. Join us at our quarterly movie night featuring the family-friendly film *Instant Family* (PG-13). Idealistic couple Ellie (Rose Byrne) and Pete (Mark Wahlberg) find themselves overwhelmed when they open up their home to foster teenager Lizzy (Isabela Moner) and her two younger siblings, Juan and Lita. With the help of fellow foster parents and agency workers (Octavia Spencer and Tig Notaro), they learn to navigate the joys and pitfalls of parenting to become a modern family. Directed by Sean Anders. Margo Martindale and Joan Cusack co-star. Leave the popcorn popping to us. Come for a fun-packed, free evening. Bring your family, friends, lawn chairs, and blankets. We’ll provide the pizza, popcorn, snacks, and drinks.

When: Friday, April 26, 2019
Time: 6 – 8:30 p.m.
Where: Duet, 10000 North 31st Avenue Suite D200
Phoenix 85051
Cost: Free (includes a light dinner)
RSVP: Reservations and volunteer sign-ups required by Friday, May 24. Contact Patricia at (602) 274-5022, ext. 120, or dominguez@duetaz.org.

Science on Wheels - Hockey Night

In partnership with the Arizona Science Center, come explore the role science plays in the sport of hockey. Families will complete various activities that are based on the science concepts behind hockey. These activities include insulating gear, friction, shot speed, vectors, designing a custom hockey mask, and senses and reflexes tests. Activities are for all school ages. We need helpers for this event – it’s a perfect opportunity for older grandchildren and grandparents to volunteer.

When: Friday, May 31, 2019
Time: 6 – 8 p.m.
Where: Duet, 10000 North 31st Avenue Suite D200
Phoenix 85051
Cost: Free
RSVP: Reservations required by Friday, April 19. Contact Becky at cacace@duetaz.org or (602) 274-5022, ext. 115.
Great Skate Outing

lace up your skates – it’s time to roll out the summer fun. Join us at the roller skating rink and let the summer adventures begin. **Space is limited**, and skate rental is not included. Hope you can join us.

**When:** Sunday, June 23, 2019  
**Time:** 12 – 2:30 p.m.  
**Where:** Great Skate  
10054 North 43rd Avenue  
Glendale 85302  
**Cost:** $4 skate rental (Payment for skate rentals is at time of event)  
**RSVP:** Reservations required by Tuesday, June 18. Contact Patricia at (602) 274-5022, ext. 120, or dominguez@duetaz.org.

An Overnight Mystery Adventure

Enjoy some “me time” before the hectic months of summer arrive. Join Duet for an overnight grandparents-only get-away on Friday, May 17, to the beautiful southern Arizona city of Tucson. Guests will meet at 1 p.m. at the Hotel Tucson City Center to enjoy an afternoon workshop on the topics of owning our stories and self-care. After the workshop, we will check into our rooms to rest and get ready for dinner. Promptly at 6 p.m., guests will enjoy an experience unlike any other. Get ready for fun, food, fantastic ambiance and much earned relaxation. The Dinner Detective offers an amazing murder mystery show paired with a fantastic dinner. Actors not dressed in costume will be hidden in the audience, so anyone could be part of the show, including you. Saturday is yours to explore the city.

The cost is only $25 per person (limited scholarships available) which includes the workshop, dinner with entertainment, and an overnight stay at Hotel Tucson City Center (shared room accommodations; we will match you with another grandparent if you are solo). If you need transportation or childcare, please let us know so that we may address your concerns. No refund will be offered once your reservation has been made and paid in full. Payment is required to confirm your spot. **Space is limited.** We hope you will join us!

**When:** Friday, May 17 – Saturday, May 18, 2019  
**Time:** Retreat begins at 1:00 pm  
**Where:** Hotel Tucson City Center  
475 North Granada Avenue  
Tucson 85701  
**Cost:** $25 per person  
**RSVP:** Reservations with payment required by Tuesday, April 30. Contact Becky at (602) 274-5022, ext. 115, or cacace@duetaz.org.

Eat, Paint, and Repeat

Presented by: Sharon Meinders

Join us for an adult-only evening. Sharon will guide us through *Eat, Paint and Repeat* – an interactive class where we make fun art – not fine art. Previous participants are encouraged to come, as we will paint a different piece this time. Come have fun with us – painting skills are not necessary. May many of us find our undiscovered artistic talent!

**When:** Friday, June 7, 2019  
**Time:** 5 - 8 p.m.  
**Where:** Duet, 10000 North 31st Avenue  
Suite D200  
Phoenix 85051  
**Cost:** $5 per person (includes supplies). Refreshments and snacks will be served.  
**RSVP:** Reservations and volunteer sign ups required by Friday, May 31. Contact Patricia at (602) 274-5022, ext. 120, or dominguez@duetaz.org.
You’ll gain a new understanding of how to:
• Respond rather than react to emotional upsets
• Accept your feelings as valid – even anger, guilt, and regret
• Realize that you have choices in how you parent your grandchild
• Learn a different way to manage challenging and unpleasant feelings
• Feel great about who you are as a grandparent
• Embody a new level of confidence and joy in parenting your grandchild

When: Saturdays: June 22 & 29 and July 13 & 20
Time: 10:30 a.m. - 12 p.m.
Where: Duet, 10000 North 31st Avenue
        Suite D200
        Phoenix 85051
Cost: Free (materials and refreshments included)
RSVP: Reservations and volunteer sign ups required by Thursday, May 30. Contact Patricia at (602) 274-5022, ext. 120, or dominguez@duetaz.org.

Arizona Diamondbacks Tickets

We have a limited number of tickets available for upcoming Diamondbacks games this summer for grandparents and the grandchildren they are actively raising (no guests). Call or email ASAP to register. Tickets are available on a first come, first served basis. Tickets for the Diamondbacks games are to be picked up at the will call window on game day by presenting your Pogo Pass. If you do not have a Pogo Pass, you will need to come into the Duet office to check one out. All participants must have completed an intake.

Game dates:
• Friday, May 17 vs. Giants, 6:40 p.m.
• Wednesday, June 19 vs. Rockies, 6:40 p.m.
• Saturday, July 6 vs. Rockies, 7:10 p.m.
• Friday, August 2 vs. Nationals, 6:40 p.m.

Contact Jenny to register: (602) 274-5022, ext. 114, or franzmeier@duetaz.org through April 18. Contact Patricia dominguez@duetaz.org after April 18.

REMINDER: Respite Care

Please remember that many sports activities, school field trips, after-school and break-time camps, and educational programs for the spring and summer open their registration in February and March. Duet may be able to help your grandchildren attend these wonderful programs while offering you some time for yourself through our respite care service, which may pay for part or all of the registration fees. Contact Patricia at (602) 274-5022, ext. 120, for an appointment to see if you qualify for assistance.
Sharing Groups for Kinship Caregivers

You are not alone. One way to make the task easier is to connect with other grandparents in the same situation. Support groups give you a place to share experiences, network with others, and find workable solutions to the challenges ahead. If you need emotional support or just an hour to yourself, join one of Duet’s support groups to re-set and restore.

Duet offers ongoing support groups throughout the Valley including East Valley, Central Phoenix, and Far West Valley. If you’re new to Duet’s support groups, please call ahead of time at (602) 274-5022 before attending.

**April**

**April 3, Wednesday, 10:30 a.m. - noon**
U of A/Roosevelt Early Childhood Family Resource Center
4615 S. 22nd Street
Phoenix 85040

**April 4, Thursday, 6 – 8 p.m.**
Bethlehem Lutheran Church
2745 N. 32nd Street
Mesa 85213

**April 10, Wednesday, 9 – 11 a.m.**
**April 24, Wednesday, 9 – 11 a.m.**
Mountain View Lutheran Church
11002 S. 48th Street
Phoenix 85044

**April 11, Thursday, 9 – 11 a.m.**
**April 25, Thursday, 9 – 11 a.m.**
Duet
10000 N. 31st Avenue, Suite D200
Phoenix 85051

**April 12, Friday, 9:30 – 11:30 a.m.**
Golden Gate Community Center
1625 N. 39th Avenue
Phoenix 85009

**April 27, Saturday, 9 – 11 a.m.**
Christ Evangelical Lutheran Church
918 S. Litchfield Road
Goodyear 85338

**May**

**May 1, Wednesday, 10:30 a.m. - noon**
U of A/Roosevelt Early Childhood Family Resource Center
4615 S. 22nd Street
Phoenix 85040

**May 2, Thursday, 6 – 8 p.m.**
Bethlehem Lutheran Church
2745 N. 32nd Street
Mesa 85213

**May 8, Wednesday, 9 – 11 a.m.**
**May 22, Wednesday, 9 – 11 a.m.**
Mountain View Lutheran Church
11002 S. 48th Street
Phoenix 85044

**May 9, Thursday, 9 – 11 a.m.**
**May 23, Thursday, 9 – 11 a.m.**
Duet
10000 N. 31st Avenue, Suite D200
Phoenix 85051

**May 10, Friday, 9:30 – 11:30 a.m.**
Golden Gate Community Center
1625 N. 39th Avenue
Phoenix 85009

**May 25, Saturday, 9 – 11 a.m.**
Christ Evangelical Lutheran Church
918 S. Litchfield Road
Goodyear 85338

**June**

**June 5, Wednesday, 10:30 a.m. - noon**
U of A/Roosevelt Early Childhood Family Resource Center
4615 S. 22nd Street
Phoenix 85040

**June 6, Thursday, 6 – 8 p.m.**
Bethlehem Lutheran Church
2745 N. 32nd Street
Mesa 85213

**June 12, Wednesday, 9 – 11 a.m.**
**June 26, Wednesday, 9 – 11 a.m.**
Mountain View Lutheran Church
11002 S. 48th Street
Phoenix 85044

**June 13, Thursday, 9 – 11 a.m.**
**June 27, Thursday, 9 – 11 a.m.**
Duet
10000 N. 31st Avenue, Suite D200
Phoenix 85051

**June 14, Friday, 9:30 – 11:30 a.m.**
Golden Gate Community Center
1625 N. 39th Avenue
Phoenix 85009

**June 22, Saturday, 9 – 11 a.m.**
Christ Evangelical Lutheran Church
918 S. Litchfield Road
Goodyear 85338
Thank You To Our Funders!

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