From the Desk of Patricia Dominguez
Director of Kinship Care Services

Let’s begin the new year with a spirit of gratitude. We have so much to be grateful for in 2022, and at Duet we are especially grateful for our grandfamilies. We look forward to a new year of possibilities and activities with all of you. We will bring some fresh new workshops, social outings, and ways to connect to our group. The Duet office is open to the public, so feel free to stop in and see us. Masks are required, and we follow social distancing and sanitizing guidelines for everyone’s safety. We returned to in-person support groups and outings in 2021; it was wonderful meeting again in-person after the pause from the pandemic. We will continue to host virtual groups, as the technology that kept us connected when we needed it most continues to provide the ability to support more of our grandfamilies. Thank you for all the feedback and ideas you provided to us via the surveys; we will use these results to help us plan future outings, events, and workshops for our community.

**Exciting new opportunities are beginning in 2022**
We have exciting news to share. Every month we will do a prize drawing for those who participate in our events. Every time you take part in a support group, workshop, and/or social outing, you will earn a chance to win awesome prizes. The more events you participate in, the more chances you have to win!

**VIRTUAL and IN-PERSON SUPPORT GROUPS**

**Spanish Sharing Group for Grandparents Raising Grandchildren**

Being a parent is not easy, especially the second time around. If you’re feeling overwhelmed, confused, and alone, Duet can help. We provide services to ensure that you have the tools and resources to be successful in your new role.
We began offering Spanish-speaking virtual support groups in November 2021. Please let us know if you are interested in joining us and other grandparents as we share, learn, and grow together. For more information on these new groups contact Maria (602) 274-5022, ext. 142.

**Support Groups**

**Join Us for Grandparents Support Groups**

We were so happy to restart our in-person support groups last August, and we continue to provide a few groups virtually. We are grateful to all our families who participated virtually and/or in-person; your presence is wanted and we love seeing your faces. Feelings of exhaustion, irritability, fatigue, and hopelessness are not uncommon when parenting the second time around. We are here to provide a space for you to express your feelings and find connections. If you are experiencing these feelings, you are NOT ALONE. Connecting with other grandparents and kinship caregivers is always a good outlet. Join us, we hope to see you this year.

**January**

**In-person**

Ahwatukee - Wednesday, Jan. 12 and Jan. 26, 9:30-11 a.m.
Mountain View Lutheran Church, 11002 South 48th Street, Phoenix, 85044

Phoenix (Duet) - Thursday, Jan. 13 and Jan. 27, 9-10:30 a.m.
Duet, 10000 North 31st Avenue, Suite D200 (Mariposa Room), Phoenix, 85051

Goodyear - Saturday, Jan. 22, 9-10:30 a.m.
Christ Evangelical Lutheran Church, 918 South Litchfield Road, Goodyear, 85338

**Virtual**

Participating is easy, as the link sent via email takes you directly to the meeting.

**Wednesday, Jan. 19, 9-10:30 a.m.**
(English and Spanish in separate Zoom rooms)

**Thursday, Jan. 20, 6-7:30 p.m.**
(English only)

**Saturday, Jan. 22, 9-10:30 a.m.**
(English only)

**February**

**In-person**

Mesa - Thursday, Feb. 3, 6-8 p.m.
(childcare available with reservations)
Bethlehem Lutheran Church, 2745 North 32nd Street, Mesa, 85213

Ahwatukee - Wednesday, Feb. 9 and Feb. 23, 9:30-11 a.m.
Mountain View Lutheran Church, 11002 South 48th Street, Phoenix, 85044

Phoenix (Duet) - Thursday, Feb 10 and Feb 24, 9-10:30 a.m.
Duet, 10000 North 31st Avenue, Suite D200 (Mariposa Room), Phoenix, 85051

Goodyear - Saturday, Feb. 26, 9-10:30 a.m.
Christ Evangelical Lutheran Church, 918 South Litchfield Road, Goodyear, 85338

**Virtual**

Participating is easy, as the link sent via email takes you directly to the meeting.

**Wednesday, Feb. 16, 9-10:30 a.m.**
(English and Spanish in separate Zoom rooms)

**Thursday, Feb. 17, 6-7:30 p.m.**
(English only)

**Saturday, Feb. 26, 9-10:30 a.m.**
(English only)

**RSVP:** Contact Lisa McCormick at (602) 274-5022, ext. 114 or mccormick@duetaz.org.
FREE-OF-CHARGE IN-PERSON WORKSHOP

Love as Language
Presented by: Lisa McCormick

Saturday, Feb. 12, 10-11:30 a.m., at Duet
10000 North 31st Avenue, Suite D200 (Mariposa Room),
Phoenix 85051

Join us for the Join us for a workshop on Love as Language. Discover how love languages impact our relationships with our loved ones. What is your love language? How about those around you? Learn how to use love languages to support connection in your relationships and get your own love language fulfilled too. RSVP by Friday, February 4, to Lisa McCormick at (602) 274-5022, ext. 114, or mccormick@duetaz.org. Refreshments provided.

IN-PERSON FAMILY OUTINGS

Grandfamilies Day at the Zoo

Saturday, Jan. 29, 11 a.m. check-in (can stay until close)
455 North Galvin Parkway, Phoenix 85008
Cost: $5.00 per person

By popular demand – since the weather is gorgeous and the zoo is so much fun, we’re going back. Join us again or for the first time to walk on the wild side at the Phoenix Zoo. Spend some time at Harmony Farm where you can brush and pet goats and take a stroll through Monkey Village. Explore the Arizona Trail, the Africa Trail, the Tropics Trail, and the Children’s Trail. 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. RSVP by Friday, January 7, to Lisa McCormick at (602) 274-5022, ext. 114, or mccormick@duetaz.org.
Saturday, Feb. 19, 5-8 p.m.

We want to help you get some self-love time in this month, so we’re offering a child-friendly event at the Duet office. This means you get three hours of time to yourself while we hang out with the kids. Go to dinner, catch a movie, take a nap, see a friend – spend the time doing something you love. We’ll entertain the kids with movies, crafts, games, and pizza. The kinship team has all been background checked and has fingerprint clearance cards on file, in addition to being CPR and first aid certified. Space is limited, reservations are required, and child(ren) must be toilet trained to participate. RSVP by February 4.

Where: Duet, 10000 North 31st Avenue, Suite D200 (Mariposa Room), Phoenix, 85051

Cost: $5.00 per child (pizza, crafts, and prizes). $1 late charge per every five minutes after 8 p.m.

RSVP: Registration is required for all grandfamily outings. Contact Lisa McCormick at (602) 274-5022, ext. 114 or mccormick@duetaz.org. You must complete an intake to participate.

Saturday, Feb 26, 11 a.m. (you can stay until closing time)

Join us for a fun-packed, educational exploration of the Wildlife World Zoo and Aquarium. The zoo is located on 95 acres; beautiful landscaping, magnificent views of exotic wildlife, and endangered species are housed on this campus. It’s definitely a sight to see. We encourage families to pack a picnic lunch in an ice chest and make the day out of this adventure. RSVP by February 11.

Where: Wildlife World Zoo, 16501 West Northern Avenue, Litchfield Park, 85340

Cost: $5.00 per person.

FREE-OF-CHARGE VIRTUAL FAMILY OUTINGS

Family Jeopardy - Virtual Game Night
Friday, Jan. 21, 6-8 p.m. via Zoom

It’s Trivia Time! Join us for a virtual family-fun event. Come test your trivia knowledge around all things winter: at what temperature does water freeze? What is ___? If you want to guess or if you know the answer, come show off your smarts. To play, you will need a device such as a smartphone, laptop, or tablet with video and microphone capability so that we can see and hear you. Prizes will be mailed to winners. Space is limited and reservations required by January 14. Contact Lisa at (602) 274-5022, ext. 114, or mccormick@duetaz.org. Zoom link and instructions will be sent the day before
Join Duet at Home
Free online socialization activities

We continue to partner with Televeda through our Duet at Home program, the virtual platform that offers FREE events and classes like Bingo, Tai chi, yoga, painting, and much more. It’s never been so easy to have fun at home. You only have to register once; once you do, you can join all classes directly at live.televeda.com. You should bookmark this page.

Follow these steps to get started:
• First-time users can create an account using this link.
• If you have questions, please contact Duet at (602) 274-5022, ext. 114, or you can contact the Televeda support hotline at (833) 299-1449, or email support@televeda.com

LEGAL GUIDANCE AND ASSISTANCE

In Maricopa County, we help grandparents determine appropriate legal options for their unique situations. We offer funding to pay for the preparation of legal documents (restrictions apply). Informal caregiving begins when grandparents assume temporary parenting responsibilities while their adult child(ren) are unable to parent. However, grandparents may face difficulties in raising their grandchildren without formal custody. Securing formal custody helps grandparents to access support services and provides greater stability for their grandchildren. For more information, please call Patricia at (602) 274-5022, ext. 120.

RESPITE FUNDS

Need a Little Break? We have Respite Funds Available

As the New Year begins, so do your respite assistance funds. Start looking for spring sports, spring break camps, after-school activities, or any other community activities your kids may want to get involved with this year. Duet understands that finances may not always allow you to provide the type of activities that benefit both grandparents and grandchildren. We may be able to help your grandchildren attend these wonderful programs while offering you some time for yourself. Through our respite care services, we may be able to help pay for part or all of the activity.
Contact the Kinship Team at (602) 274-5022 for an appointment to see if you qualify. If you would prefer assistance in Spanish, contact Maria Davila at (602) 274-5022, ext. 142.

If you are interested in respite assistance, be prepared to:
• Show legal custody of grandchildren such as guardianship, non-parent custody, etc.
• Answer questions about your unique situation (takes 30-minutes)
• Give the name of the agency that will provide services; include the provider’s full address, phone number, and the name of a contact person
• Give the start-and-end dates of the program and class frequency. (i.e. every Monday and Wednesday)
• If approved, it takes 10 business days to process the request. (please give us ample time for processing)