

SOWN'S GRANDFAMILY RESOURCE CENTER PRESENTS

# PHILLY FAMILIES CONNECT

**Are you a grandparent raising a grandchild?  
Join our weekly telephone groups.**

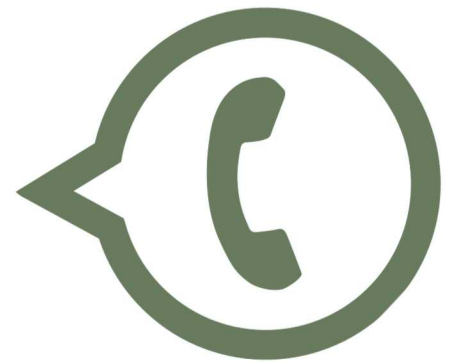
Connect with other grandparents

Share knowledge and resources

Learn creative parenting ideas

Access to individual counseling

**All services are free!**



## Contact

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**[www.sown.org](http://www.sown.org)**



FINDING NEW WAYS TO GROW OLDER TOGETHER

SOWN is a 501(c)3 nonprofit organization that provides innovative solutions so adults 50+ lead independent, healthy lives and age in place in their homes and communities. SOWN's services prevent and reduce isolation, protecting older adults from depression and related serious health consequences.

Our core intervention is a group treatment model, facilitated by experienced staff who create a venue for isolated seniors to build social connections. Our network of on-going groups is a lifeline for older adults who feel alone and depressed, helping them solve problems, cope with loss/trauma, gain resilience, access resources, and build community connection.

In 2021, SOWN staff engaged over **500** participants.

- The **GrandFamily Resource Center** provides a network of services to grandparents raising grandchildren, including weekly support groups, parenting education programs, nutrition education and wellness programs, crisis intervention and individual counseling. In Philadelphia, there are more than 15,000 grandparents who are raising their grandchildren full time.
- **Philly Families Read Together** is a multi-generational family literacy program for grandparent-headed families designed to give grandparents the skills to help their grandchildren build a strong early learning foundation.
- **Healthy Lives** provides on-going weekly peer support groups for older women, previously held at over 20 community sites such as senior centers, libraries, senior housing, or community centers. Due to COVID-19, our community groups have transitioned to telephone support groups.
- **Counseling for Homebound Adults** provides on-going weekly telephone counseling groups for frail, homebound older adults.
- Individual counseling and support services are provided to all clients as needed.

At the same time, SOWN seeks to raise awareness of and interest in nonprofit elder services, especially the emerging domain where health care, wellness, behavioral health, dependent care, and information technology converge.

SOWN's program locations and achievements from 1997 to 2022 are available on our website at <https://www.sown.org>.

**Supportive Older Women's Network**

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