



Parenting Support Groups Washington State

Encompass Mom's Moment: Support group for parents of children with special needs. Being a parent of a child with special needs is just as rewarding, but sometimes more overwhelming than everyday parenting. Mom's Moment is a support group for parents and caregivers of children with special needs. Participants gather to share information regarding resources and, most important, camaraderie with others in a similar situation.

Website: <http://www.encompassnw.org/subcontent.aspx?SecID=13>

Contact: Marsha Quinn, marsha.quinn@encompassnw.org or 1.888.410.5905

Address: 1407 Boalch Avenue NW, North Bend, WA 98045

PEPS- Program for Early Parent Support: PEPS has a variety of programs for different stages of early parenting. Parents meet each week and discuss “the joys and challenges of parenthood and develop confidence in their own parenting abilities.” Refer for breastfeeding help to La Leche League, topic of discussion each week, speakers as parents choose, meet every week for 4 months, groups chosen by geography, day and evening groups. Cost: \$100. Scholarships if qualify.

Contact: Sandra Wallace, MEd, Psychologist, Manager of Neighborhood Program

Website: www.pepsgroup.org

Address: 4649 Sunnyside Avenue North, # 324, Seattle, WA 98103-6900

Telephone: (206) 547-8570

Email: PEPS@peps.org

Parent Trust for Washington Children: Offers a number of early childhood education classes as well as support groups.

Circle of Parents: support groups that discuss the challenges and successes of parenting. The groups are parent-led with the assistance of a trained facilitator and are offered free of charge throughout the state of Washington.

Website: <http://www.parenttrust.org/index.php?page=circle-of-parents>

Postpartum Support International of Washington: PPMD's website offers an extensive list of support groups available throughout the state of Washington.

Website: <http://www.ppm-support.com/supportgroups.html>

Toll-free support line: 1-800-404-7763

MOPS- Mothers of Preschoolers: More than 85 groups available in Seattle/greater Seattle area. Communities that strive to be the best mom's they can be with children ranging from birth through kindergarten. Groups involve discussion, teaching, and creative activities. Children are cared for during most meetings in a program called MOPPETS.

Website: www.mops.org

Northwest Hospital: Variety of classes offered including Newborn Care Class, Breastfeeding Basics, Babysafe, Sibling Preparation, & Happiest Baby on the Block.

Website: http://www.nwhospital.org/classes/classes_childbirth.asp

Seattle Children's: Offers a variety of support groups for families of children who have special health or developmental needs. The groups are led by hospital staff, parent leaders and/or community organizations.

Website: <http://www.seattlechildrens.org/clinics-programs/support-groups/>
Telephone: 206-987-2500 (Children's Resource Line)

Swedish Hospital: Childbirth and parenting classes and support groups to help you through your pregnancy and caring for your newborn.

Website: <http://www.swedish.org/Classes-and-Resources/Health-Classes>

Valley Medical Center: Offers a resource to meet and discuss parenting challenges with other parents. Support groups are coordinated by Valley Medical Center's lactation consultants.

Website: http://www.valleymed.org/Our_Services/Childbirth/Parent_Support_Groups.htm

Seattle Families of Multiples: SFOM offers programs and support groups to parents expecting or having twins, triplets, or higher multiples.

Website: <http://www.orgsites.com/wa/nsfom/>

EMOMS: Eastside Mothers of Multiples: Non-profit organization serving Seattle's Eastside dedicated to the support for families raising multiples.

Website: www.emoms.org

Birth and Beyond: The popular First Weeks class is held twice a week for new parents and their babies. It provides opportunities to discuss breastfeeding, sleeping patterns, and other issues with Ann Keppler, RN, MN and co-author of *Pregnancy, Childbirth, & the Newborn*. For parents and their babies under 12 weeks of age. Informal Q&A / discussion, led by a nurse. Suggested donation: \$10 per meeting.

Address: 2719 East Madison, Seattle, WA

Website: <http://www.birthandbeyond.com/firstweeks.html>

Listening Mothers (Overlake Hospital): Support groups led by professional therapists. Explore the emotional experience of the early parent-child relationship. Groups include up to seven moms, and their babies age 0 – 6 months. Meets for 90 minute sessions, weekly for 8 weeks, \$120.

Website: <http://www.mindfulparentscommunity.com/calendar/listening-mothers/>

Full list of support groups at Overlake:

<http://www.overlakehospital.org/programs.aspx?id=258>

Kaleidoscope of Families: free childcare for ages 3-12. Support for gay, lesbian, bisexual, and transgender families. Free childcare offered.

Contact the Eastside Recovery Center: 425-461-4546.

Address: 430 Broadway E., Seattle, WA 98102

Contact: Michael Butler 206-461-4546

South Puget Sound Lesbian & Gay Parents Support Group: c/o Tacoma Lesbian Concern (TLC), PO Box 947, Tacoma, WA 98401

Phone: 253-752-6724

First Weeks Community Birth Center: A drop-in support group for new moms and their partners with babies up to 12 weeks of age. Focuses on issues such as infant feeding, sleep, crying, and adjustment to parenthood. Meets every Thursday 12:00:00. Cost: \$5 suggested donation. No pre-registration necessary.

Contact: Judy Herrigel, RN, IBCLC

Address: 2200 24th Avenue E, Seattle, WA 98112

Phone: 206-324-2869

E-mail: judyherrigel@aol.com

Northwest Attachment Parenting: Support groups (weekly and monthly), parenting workshops, open play groups. Publish Kangaroo Kids, a quarterly parenting journal with articles by professionals, stories by parents, practical tips, book reviews. Breastfeeding is encouraged (this group offers support but does not give advice).

Contact: Holly Eckert, NAP Director

Phone: 206-624-0677, 206-522-6714

Website: www.nw-ap.org

Healthy Mothers, Healthy Babies: Breastfeeding Coalition of Washington "Working & Breastfeeding" free information packet for both mothers & employers.

Phone: 1-800-322-2588

Website: www.hmhbwa.org

The Fathers' Group: Dads meet the second Monday of each month for support and friendship.

Phone: 206-781-7045

Mothers & More (formerly "F.E.M.A.L.E."): National organization for women choosing to alter their careers to focus on their family. Also for those moms who are making the decision to go back to work. Activities include meetings with speakers, moms-only activities, playgroups, and book clubs.

Sno-King phone: 206-729-7431

Seattle phone: 206-366-9256

West Seattle phone: 206-937-6166

Bellevue phone: 425-646-8607

Redmond/Sammamish Plateau phone: 425-895-9180

Auburn/Federal Way phone: 253-804-5627

Vashon phone: 206-463-6866

Eastside Mothers Club: A supportive group for mothers and children from birth to school age. Activities include speakers, coffee socials, field trips, playgroups, babysitting co-op, book club, and more. Excellent network for new moms and moms new to the Eastside. The general monthly meeting is on the first Thursday of every month at 9:30 a.m. at the

Kirkland Congregational Church, 106 5th Avenue, Kirkland (not church affiliated). Guests welcome. Call ahead for babysitting.

Contact: Vicky

Phone: 425-486-5621

E-mail: heather@choenet.com

Parents of Prematures: Supports parents of children born prematurely. Meets at hospitals in the Seattle and Eastside areas monthly on the third Thursday, 7:30:00 p.m.

Phone: 206-283-7466

Halls Lake Mothers of Twins Club

Phone: 425-423-8055

Website: www.hlmotc.org

Mama Works Support Group, Community Birth and Family Center: Support group for all moms, meets on Tuesdays from 1:00:00; drop-ins welcome; no up front cost; any age baby welcome.

Contact: Kristin Kali

Address: 2200 24th Ave E, Seattle, WA, 98112

Phone: 206-325-8794

E-mail: Kristin_kali@hotmail.com

This Is Not What I Expected at Evergreen Hospital: This is a Postpartum Support Group meets the 1st and 3rd Thursdays of each month at 7 pm; Check the main desk for room location.

Contact: Wendy Davies-Dean or Laura Zeman.

Phone: 425-899-1000

Address: 12040 NE 128th Street, Kirkland

Link to Events Calendar and more information about Evergreen Parent-Baby

groups: http://www.evergreenhospital.org/documents/FMC%20-%20Education/Baby_Parent_Calendar.pdf

First Step Family Support Center: Located in Port Angeles, this organization provides a range of services. From Maternity Support Services, to Parent Education Classes, the First Step Family Support Center strives to promote healthy development of for both parents and their children.

Phone: 360-457-8355

Website: <http://www.firststepfamily.org/index.htm>

Address: 325 East 6th Street Port Angeles, WA 98362

Baby Blues Connection: A Portland Oregon and Vancouver Washington based mom-to-mom Postpartum support service. Services include: a support group, 24-hr message line (call to leave a message and your call will be returned within 24hrs), and assistance in finding additional help.

24-hr message line: 866-616-3752

Email: info@babybluesconnection.org

Website: <http://www.babybluesconnection.org>

P.S. Support at Overlake Hospital Medical Center: For those experiencing stillbirth, newborn death or miscarriage. Group meets on the third Thursday of the month, 7 to 9 p.m. in the PACCAR Education Center Vision Room at Overlake.

Contact: Abbie (group facilitator)
Phone: 206-367-3991

Postpartum Support International: This website provides a list of postpartum support groups. They are all of little to no cost.

Website: <http://ppmdsupport.com/supportgroups.html>

La Leche League: Support and information for women who want to breastfeed their babies.

Bellevue location: Meets third Monday of the month, 7-9pm at the Women's Clinic.
Address: 1051 116th Ave NE ste 200
Contact: Kate 425-226-8117.

Issaquah Classroom: Meets first Tuesday of the month, 10am-12pm.
Address: 5708 East Lake Sammamish Pkwy SE, #103
Contact: Tiffany 425-605-0837 or Laura 425-868-6945.

General Email: lll.issaquah@gmail.com
Website: <http://www.overlakehospital.org/health.aspx?id=388>

Breast Friends Resource Guide: Here, you will find a number of support groups. The groups listed on this webpage offer support for breastfeeding, birth, parenting, working mothers, mothers of multiples and preemies, single parents, postpartum depression, grief, and more.

Website: <http://www.breast-friends.org/pages/supportgroups.html>

API Seattle: Attachment Parenting encourages your children's trust, empathy, and affection to help them learn to develop secure, peaceful, and enduring relationships with you and others. This community offers support to families through monthly meetings, playgroups, potlucks, handcraft gatherings, book club meetings, seminars, a lending library, and an online discussion group.

Phone: 206-285-0330
Email: info@apiseattle.org
Contact: Jenni Pertuset
Website: <http://www.apiseattle.org>

International Caesarean Awareness Network: ICAN's mission is to prevent unnecessary cesareans through education, to provide support for cesarean recovery, and to promote VBAC. Locations in Seattle, South Puget Sound-Tacoma, and Spokane.

Phone: 206-406-4204
Contact: Marcia Fischer; m-fischer@earthlink.net or

Sharon Muza; sharon@newmoonbirth.com
Seattle Website: <http://icanseattle.wordpress.com>

South Puget Sound-Tacoma email: icanofthesouthsound@gmail.com
Contact: Maureen Finerty-Lyon
South Puget Sound-Tacoma website: www.facebook.com/group.php?gid=142084125824038

Spokane email: icanofspokane@yahoo.com
Phone: 509-534-1363
Contact: Jennifer Trunkey

Gay Fathers Association of Seattle: Every Thursday evening the Association hosts a safe and anonymous support group meeting from 7:30 to 9:00pm at the [Group Health Cooperative, Capitol Hill campus in Seattle](#). GFAS Membership is open to all single, married, or divorced gay or bisexual men. Annual dues are \$20.00 for individuals and \$30 for couples. Membership benefits include announcements, voting and office holding privileges, and Members Address Directory. No person desiring to join will be denied membership due to lack of funds.

Email: info@gfas.org
Website: <http://www.gfas.org>

Lila Guide: This website allows Seattle parents to connect with one another through message board style conversations. Topics range from ideas on the fun activities for you and your child, information on car seats, product reviews, support groups, and much more. A frequently updated listing of locally held events is also available.

Website: <http://www.lilaguide.com/groups/city-seattle-wa.aspx>

The Fathers Network: This organization provides resources and support for families raising children with developmental disabilities and special health care needs through support groups, newsletters, mentoring programs, and more.

Email: greg.schell@kinding.org
Mailing address: Washington State Fathers Network, Kindering Center, 16120 N.E. Eighth Street, Bellevue, WA 98008-3937
Phone: 425-653-4286
Website: <http://www.fathersnetwork.org>

Red Tricycle: A website with a list of local parenting organizations and support groups, specifically for mothers. A great way to connect with other families in the Seattle area. Groups vary in location and topic. Locations include all areas throughout King County.

Website: <http://www.redtri.com/moms-club>

Seattle's Child: An article discussing how support groups help new parents. Located on the right side of the webpage is a lengthy list of various Seattle area support groups specifically for new parents. Many of which, do not require a fee.

Website: <http://www.seattleschild.com/article/20080904/SCM0701/808229997>



Parenting Support Groups National

MOPS- Mothers of Preschoolers: Communities that strive to be the best moms they can be with children ranging from birth through kindergarten. Groups involve discussion, teaching, and creative activities. Children are cared for during most meetings in a program called MOPPETS.

Website: www.mops.org

National Organization of Mothers of Twins Clubs, Inc: NOMTC is a network of local parents of multiples who meet monthly to discuss challenges of raising multiples. Find a local support group through website below.

Website: <http://www.nomotc.org>

Mom's Club: Support group for stay-at-home moms.

Website: <http://www.momsclub.org/welcome.html>

Online PPD Support Group: Online forums to discuss postpartum depression.

Website: <http://www.ppdsupportpage.com>

MedlinePlus:

Website: <http://www.nlm.nih.gov/medlineplus/parenting.html>

P.S “Parrent Support” Parent Support for Miscarriage, Stillbirth, and Newborn Death: Support group for parents who have lost a child through stillbirth, miscarriage, or newborn death. There are several locations and meeting times in the greater Seattle area. Monthly meetings give each participant the ability to share and discuss their experiences and concerns. A trained volunteer leads the group.

Website: <http://www.psofpugetsound.org>

Phone: 206-782-0054

The Compassionate Friends: Supporting Family After a Child Dies: The mission of The Compassionate Friends is to assist families toward the positive resolution of grief following the death of a child of any age and to provide information to help others be supportive. This is a national group with chapters throughout the country.

Website: <http://www.compassionatefriends.org/home.aspx>

Phone: 877-969-0010 (toll-free)

Share: Pregnancy & Infant Loss Support, Inc.: The mission of Share is to serve those whose lives are touched by the tragic death of a baby through early pregnancy loss, stillbirth or the first few months of life. There are locations throughout the country.

Phone: 800-821-6819

Website: <http://www.nationalshare.org>

(NPS) Army Community Service: New Parent Support Program: The NPS is a professional team of social workers who provide supportive and caring services to military families with young children. Through a variety of programs including home visits, support groups and parenting classes, the NPS helps cope with stress, isolation, post-deployment reunions and the everyday demands of parenthood.

Website: <http://www.ftmeademwr.com/acs/nps.php>

Phone: 301-677-5590

Fathers and Families: Fathers & Families improves the lives of children and strengthens society by protecting the child's right to the love and care of both parents after separation or divorce. We seek better lives for children through family court reform that establishes equal rights and responsibilities for fathers and mothers.

Phone: 617-542-9300

Email: glennsacks@fathersandfamilies.org

Mailing Address: 20 Park Plaza, Suite 628, Boston, MA. 02116



Books for Parents

Touchpoints, T. Berry Brazelton

Positive Discipline A-Z, Jane Nelson Ed.D.

Raising An Emotionally Intelligent Child The Heart of Parenting, Ph.D. John Gottman and Joan Declaire,

Our Babies, Ourselves: How Biology and Culture Shape the Way We Parent, Meredith F. Small

Einstein Never Used Flashcards, Roberta Michnick Golinkoff, Kathy Hirsh-Pasek Ph.D., and Diane Eyer

Mind in the Making: The Seven Essential Life Skills Every Child Needs, Ellen Galinsky

The Sleep Book for Tired Parents, Rebecca Huntley



Other Miscellaneous Parenting Resources

Doula Services

Birth Doulas

www.palsdoulas.org 206-329-7257

www.dona.org 1-888-788-DONA

www.doulamatch.net 206-297-0451

Postpartum Doulas

www.napsdoulas.com 206-956-1955

Childcare

Childcare Resources

www.childcare.org 1-800-322-2588

Parent Trust Family Help Line

1-800-932-4673

www.parenttrust.org