

# WONDERING IF IT'S SUPPOSED TO BE THIS HARD?

COME TO A NEW PARENT GROUP TODAY

The first weeks and months with a new baby can be a time of great change. Even when all is going well many families can use additional support. These drop in groups provide a welcoming, non-judgmental space for new parents to talk about the emotional changes of parenthood.

Please confirm location and time at [www.perinatalsupport.org](http://www.perinatalsupport.org).

## SEATTLE

### ADJUSTING TO PARENTHOOD

GREENLAKE FRIDAYS 11:30-1

Seattle Holistic Center

7700 N Aurora Ave. Seattle

Suggested fee \$15

Mothers and kiddos up to 18+ mo

[Mia.Edidin@perinatalsupport.org](mailto:Mia.Edidin@perinatalsupport.org)

(206)659-7773

### THE EARLY DAYS

WEST SEATTLE TUESDAYS 1-3pm

Nurturing Expressions

4727 44th Ave SW #101

Parents and babies welcome.

[earlydaysws@gmail.com](mailto:earlydaysws@gmail.com) or

(425)-243-2355

## SNOHOMISH

### MOTHERING THE MOTHER

MOUNTLAKE TERRACE THURS 7-8:30

5720 220th St SW Mountlake Terrace

Suggested drop in fee \$10

Contact Darla Greico 425-341-3552.

Mothers and kiddos up to age 4 yrs.

## EASTSIDE

### THIS IS NOT WHAT I EXPECTED

KIRKLAND 1ST + 3RD TUESDAY 7PM

EvergreenHealth- 12333 NE 130th Ln,

Room TAN 134, Kirkland

FREE, Partners welcome.

[parentbaby@evergreenhealth.com](mailto:parentbaby@evergreenhealth.com)

(425)899-3602

### CONVERSATIONS ABOUT MOTHERHOOD

REDMOND 4TH THURSDAYS 7-9

14950 NE 95th St Building 3 Redmond

[ConversationsAboutMotherhood@](mailto:ConversationsAboutMotherhood@outlook.com)

[outlook.com](mailto:outlook.com)

Suggested drop in fee \$10

For moms of children older than 2

All mothers welcome. No childcare.



PERINATAL SUPPORT  
WASHINGTON

# FREQUENTLY ASKED QUESTIONS ABOUT NEW PARENT GROUPS

## What do groups talk about?

Each group is facilitated by professionals who have experienced the ups & downs of parenting a baby. The groups do not use set curriculums but address the concerns and topics brought by participants. Facilitators have had a minimum of 24 hours of training in facilitation, perinatal emotional health and wellness, and group dynamics.

## Frequent themes include:

- \*\*feelings of exhaustion, loneliness, worry, and anxiety
- \*\*guilt or feelings of self-doubt
- \*\*changes to and challenges with our relationships (partner, friends, work, and more)
- \*\*the paradox of loving our baby AND struggling with the loss of freedom and identity
- \*\*desires to better understand and care for our babies
- \*\*the invisibility of our daily accomplishments
- \*\*financial concerns and going back to work, and so much more
- \*\*the unexpected difficulty of this period, and the loss of our hoped for experience (childbirth, maternity leave, etc)

## Do I need to register?

No, all groups are drop-in. You do not need to pre-register.

## What if I can't afford the drop in fee?

Money is never a barrier to our groups; everyone is welcome regardless of ability to pay.

## Are these group for me?

Our groups use a unique model that strives to create community and find the shared experiences of early parenthood. At the same time we honor the differences between our familial, race, and ethnic cultures that are a big part of who we are as parents. Most groups include women along the spectrum of common postpartum experiences, from normal adjustment challenges to postpartum mood and anxiety disorders.

## Can I bring someone with me?

Yes! Unless otherwise noted, babies, partners, support people and other caregivers are welcome.

## I'm still pregnant, can I come to a group?

Yes, pregnant women are always welcome.

## Where can I find more support groups?

Visit [www.perinatalsupport.org](http://www.perinatalsupport.org) for additional support groups around Washington State.

## I can't make it to a support group, but really want to talk to someone. Whom can I call?

Call or text the Perinatal Support Washington Warm Line at (888)-404-7763 to talk to a parent volunteer or trained staff. The parent support Warm Line offers warm, understanding and private support and is answered live 9-4:30 Monday - Friday. All other times please leave a message and we will return your call within 12 hours. Se habla español.

## About Perinatal Support Washington

PS-WA is a state wide non-profit dedicated to supporting families' emotional health during the early parenting years. We provide phone based support and in person new parent groups throught the state. We also train providers so that they can provide the best care in perinatal mental health.

PMADs affect 10 to 20% of mothers and 10% of fathers during pregnancy and their postpartum year. A mood disorder is the #1 complication of a pregnancy. Postpartum complications can occur within days of the delivery or appear gradually, sometimes up to a year later. The GOOD NEWS is that with appropriate professional intervention, PMADs are treatable with a combination of support, therapy, and/or medications. The prognosis for recovery is excellent.

Visit [www.perinatalsupport.org](http://www.perinatalsupport.org) or call or text Perinatal Support Washington's warm line: (888)-404-7763.