



We're here for you, the whole you.

Image by: @LexaLunaStudio

" I just wanted to thank you for everything you've done for me. If ever I feel like I need help, I will make sure to reach out to you. You have been a great person to me and I appreciate all the time and help you have given me."

- Past PERC participant

" I hope all your future participants feel the support you have given me."

- Past PERC participant



PERINATAL SUPPORT
WASHINGTON



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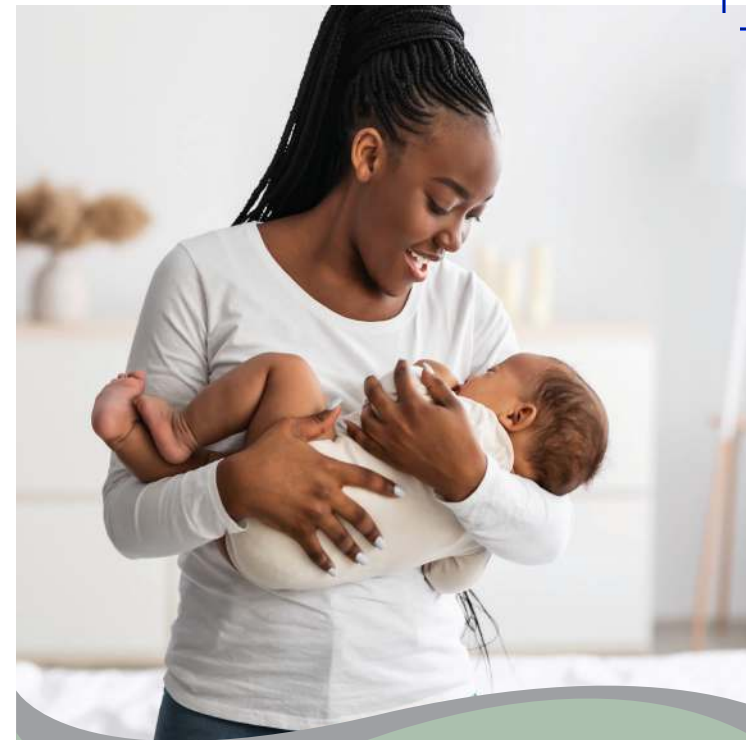
Perinatal Support Washington

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PARENT RESILIENCE PROGRAM

A PROGRAM OF PERC,
PERINATAL EDUCATION
& RESILIENCE COLLABORATIVE

1-888-404-7763
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We are not here to empower you, we are here to see the power in you

Parent Resilience Specialists are “experientially credentialed”—they are rooted in their own lived experience as a foundation to support others

Who we are

- ◆ Peers providing non-clinical, strength-based support
- ◆ A team of diverse backgrounds, providing culturally-matched services to Black/African American, Indigenous and Latinx/Spanish-speaking families
- ◆ Advocates for, and partners in, perinatal emotional support

Who we support

- ◆ Families or individuals at-risk of or currently experiencing perinatal emotional wellness concerns related to childbearing, including loss, infertility, pregnancy, and a variety of parenting experiences up to two years postpartum
 - ◆ Some examples could include: anxiety, sleeplessness, scary or intrusive thoughts, birth trauma, unexpected birth or pregnancy outcomes

Perinatal mood and anxiety disorders such as depression, anxiety, obsessive-compulsive disorder, post-traumatic stress disorder (PTSD), and psychosis can affect anyone, regardless of age, culture, or income level.

How we support YOU

- ◆ Parent Resilience Specialists (PRS) provide one-on-one support unique and tailored to individual needs
 - ◆ By offering opportunities to connect in peer-led support groups
 - ◆ By using one’s lived-experience to support others in defining their emotional wellness journey
 - ◆ By providing support around defining parenthood identity/ bereaved parent or journey in this moment

What you can do now:

- ◆ To learn more about the Parent Resilience Program or to self-refer go to perinatalsupport.org/peer-support-program or call **1-888-404-7763**
- ◆ You can also review a myriad of emotional wellness tools on our website including the Parent Resilience Program’s “Wellness Wheels” template. Wellness Wheels, to capture the different intersecting areas of perinatal emotional wellness. Wellness Wheels can be used to help identify areas of internal strength and resilience and areas to devote time, emphasis and attention to support you

Find a free download on our website at: perinatalsupport.org

Some areas of wellness to consider are:

Movement: Tending to your body, which needs healing

Feeding yourself: Healing, nourishing and caring for your body



Sacred Space: This can include home space, the need for privacy, or emotional space

Community: Identifying support systems and creative ways of being cared for. Social support is critical to reducing stress and feeling valued. Small and large ways people can provide support are essential

Earth/Place: Creating and sustaining relationships with special places is one way to support wellness

Peacefulness: Peacefulness can also be referred to simply as “the quiet to think.” It is the ability to be regulated and not survive in flight/fight/free mode

Sleep: 4-5 hours of uninterrupted sleep provides the body’s necessary restoration

Therapy/Medication: Counseling with a therapist for Perinatal Mood and Anxiety Disorders or medication management could be strategies to complement or support your journey



Support and treatment are available.

1-888-404-7763

Se habla español.
perinatalsupport.org