

# 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 parents to talk about the emotional changes of parenthood. All are free unless otherwise noted.

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

## PIERCE COUNTY

### MELANIN & MILK PEER & LACTATION SUPPORT FOR WOMEN OF COLOR

TACOMA - TUESDAYS 1:00 - 2:30 PM  
Fern Lactation: 4141 6th Ave Suite C,  
Tacoma, WA 98406  
Facilitator: Whitney Scott, IBCLC  
Text "melanin" to 253-448-3635 to  
receive more info

### CAMINEMOS JUNTOS APOYO PARA LAS FAMILIAS DE HABLA HISPANA.

On-line via Zoom  
Lunes, Jueves de 6:15PM (PT) - 7:30PM (PT) y  
Sábado de 10:00AM (PT)-11:30AM (PT)  
Text Marisol or Heather at 971-258-2426  
Facebook: @caminemosjuntoswashington

### BEING THE VILLAGE MOM & BABY SUPPORT GROUP FOR WOMEN OF COLOR

EVERY THURSDAY. 11 AM VIA ZOOM  
3RD THURSDAYS AT 5:30 PM  
Contact: Chelsea (253) 798-4569  
<https://www.beingthevillage.com/>

### WALK WITH ME SUPPORT CIRCLE FOR MOMS

WEDNESDAYS 1:00 - 2:30 PM  
ON-LINE via Zoom  
Text Christine 619-988-1131 for more info



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 groups 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 through 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.