



PERINATAL SUPPORT
WASHINGTON

SUPPORT GROUP FOR DADS!



REGISTER TODAY AT [BIT.LY/PSWADADSGROUP](https://bit.ly/pswadadsgroup)

**Starting Nov. 14th, every 2nd and 4th Tuesday
8:00-9:30 pm. Virtual**

Join other self-identifying Dads and Fathers-to-be in this online support group, hosted by a fellow Dad of three young kids.

Wherever you are in the parenting journey, from trying to get pregnant, to caring for a newborn, up through parenting a 2-year-old, this group is for you. Share what's challenging and find community and support from other dads who get it. This group is for you if you identify as a Dad and:

- The transition to parenthood has been more difficult than expected
- You feel angry, sad, confused, trapped or wish you could do more or make things better for your family
- You are struggling in your relationship with your spouse or partner
- You are concerned about your or your partner's mental or physical health
- Your partner is unexpectedly pregnant or you are struggling to get pregnant
- You had a traumatic birth, have a baby in the NICU or your child or partner has other medical complications
- You have lost a baby before or after birth
- You are seeking community with other dads
- More! There is no wrong reason to join

You can expect a compassionate group of dads, with lots of opportunities to listen and talk in a confidential and understanding space.



**Parent Support Warm Line:
1-888-404-7763**