



## JOIN PERINATAL SUPPORT WASHINGTON'S BOARD!

Perinatal Support Washington (PS-WA) is a statewide non-profit committed to shining a light on perinatal mental health to support all families and communities. We support people in the emotional transition to parenthood, including those experiencing depression, anxiety, loss, infertility, trauma, and more.

Our toll-free telephone support line, the "Warm Line", has been operating since 1991, providing peer support to parents in need. We also offer mental health therapy, free and low-cost new parent support groups, culturally-matched peer support in King and Pierce County, training and consultation for health care providers, and education and advocacy. We do all of this with the help of our dedicated staff, board members, and volunteers.

Learn more about our work by viewing our [Theory of Change](#) and [2025 Strategic Plan](#)

### **We envision a world that fully supports the emotional health of parents - making our families, communities, and care systems stronger.**

#### **We're seeking individuals who:**

*Bring one or more of the following perspectives:* Dads & LGBTQIA+ partners  
Diverse racial or ethnic backgrounds  
Diverse socio-economic backgrounds  
Residency in Central or Eastern WA  
Varied paths to parenthood (ex. adoption)  
Work in the perinatal field (ex. doula, peer support specialist)

*and/or*

*Have one or more of the following skills:* Fundraising, Communications, Human Resources, Diversity, Equity, Inclusion, & Anti-racism (DEIA)

#### **Responsibilities of Board Members**

*Each board member is expected to\*:*

- know and evaluate our mission, goals, policies, programs, strengths, and needs
- leverage connections and networks to secure the resources and partnerships necessary to advance our mission
- serve as active advocates and ambassadors to increase our fundraising and awareness efforts
- participate in strategic and organizational planning
- give a personally meaningful financial donation
- read and understand our financial statements and annual budget
- prepare for, attend, and participate in bimonthly board meetings
- participate fully in bimonthly meetings of one committee (Finance & Fundraising, Governance, or DEIA)

\*Average Time Commitment: 3 hours per month

*Interested in learning more? Contact [info@perinatalsupport.org](mailto:info@perinatalsupport.org)*