



Parenting Support Groups

Contact Us:

Office

127 Juniper N. St.
Omak, WA 98841

Phone

(509) 826-2466

Website

ocdda.net

Email

PMHFacilitators@ocdda.net

FREE PARENT SUPPORT LINE:

Call or text 1-888-404-7763 (PPMD)

Perinatal Support Washington's

Warm Line offers warm, understanding, and private support through our parent volunteers and trained staff.

Answered Live 9:00 am-4:30 pm, Monday-Friday.

All other times please leave a message and we will return your call within 12 hours.

CRISIS SERVICES:

If you experience any of these symptoms, call 911, go to the emergency room, or contact one of the resources below:

- being afraid to be by yourself or alone with your baby
- hearing sounds or voices that nobody else hears
- having thoughts of harming yourself or your baby

Call 988 or Text HOME to 741741

National Suicide Prevention Lifeline
(800) 273-8255 (TALK)

National Maternal Mental Health Hotline
1-833-9-HELP4MOMS

Okanogan Behavioral Healthcare Crisis Line
(800) 852-2923



Group Peer Support (GPS) opportunities provide a welcoming, non-judgmental space to talk about the emotional changes of parenthood.

We Are Where You Are

Virtual Parent Support Group

4:30 pm on the 2nd and 4th Monday of each month via Zoom.

Use our QR Code to register or look for the link on ocdda.net/perinatal-mental-health-pmh



*For more information, please call Shannon Nakkour
(509) 322-7053*

Mamás Unidas

Grupo en Español

**Cada segundo y último Miércoles del mes 5 a 6 de la tarde en la clase de Temprano Head Start:
601 W. Cif Ave. en Brewster**

Para más información hable al (509) 429-2328

Coffee & Cradleboards

5:00 pm on 1st and 3rd Thursday of every month.

**Held at OCCDA Fiscal/HR Office:
670 Riverside Drive, Omak, WA**

For more information, please contact:

Shannon Nakkour at 509-322-7053

Jill Moomaw jnanpuya@gmail.com