

# WONDERING IF IT'S SUPPOSED TO BE THIS HARD?



## Join an **ONLINE** new parent group

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 new parents to talk about the emotional changes of parenthood.

For the latest information on support during COVID-19, including the most up-to-date information on groups meeting virtually, please visit: <https://perinatalsupport.org/covid-19-perinatal-support>

### VILLAGE CIRCLE

Moms and small children welcome.  
1st Thursdays 10:00-11:30 am  
Zoom Link:  
<https://us04web.zoom.us/j/756780417>

### THIS IS NOT WHAT I EXPECTED

Partners welcome.  
1st and 3rd Tuesdays 7:00-9:00pm  
For the meeting access code contact:  
[parentbaby@evergreenhealth.com](mailto:parentbaby@evergreenhealth.com)

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

Every Thursday, 11am-12:30pm  
Contact: Chelsea (253) 798-4569  
<https://www.beingthevillage.com/>

### PS-WA SUPPORT GROUP FOR DADS

Join other self-identifying Dads and Fathers-to-be in this online support group, hosted by a fellow Dad  
Tuesdays 8:00-9:30 pm  
Register here:  
<https://bit.ly/pswadadsgroup>

#### *What to Expect in an Online Support Group*

You can use a phone, tablet, laptop, or desktop computer to join a meeting.

Plan to join on time and stay for the whole meeting. It's hard on other group members if people join or leave in the middle of the meeting. We also understand that life happens.

You'll be asked to have your video on for the majority of the meeting. Please feel free to come as you are- messy rooms, pajamas, and unwashed hair are all welcome!

Babies are also welcome! Know that you can feed, diaper, and comfort your baby during the meeting- no need to leave.

All meetings are confidential; recordings are not allowed. Please use earbuds or find a private area where meeting participants will not be overheard by others.



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, going back to work, and so much more
- \*\*the unexpected difficulty of this period and the loss of our hopes 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 group 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: 1-888-404-7763.