



PERINATAL SUPPORT
WASHINGTON



Peer Support Specialist Supporting Perinatal Loss Families

About the Organizations

[Imani's Light](#) is a community-based organization offering grief, bereavement, and end-of-life support to individuals and families navigating loss. Through our Intrinsic Pathways Program, we provide culturally responsive, trauma-informed care to families experiencing perinatal loss, including miscarriage, stillbirth, neonatal death, and life-limiting diagnoses.

[Perinatal Support Washington](#) (PS-WA) supports the emotional well-being of people preconception through postpartum (up to 2 years) who are at risk or currently experiencing mental health needs. As a statewide nonprofit dedicated to perinatal mental health, we believe all parents should receive appropriate, timely, and culturally relevant care.

About the Position

The Peer Support Specialist Supporting Perinatal Loss Families provides non-clinical, relationship-based support to families navigating perinatal loss and who are at risk for or currently experiencing a PMAD (Perinatal Mood and Anxiety Disorder). This role centers lived experience, cultural humility, and compassionate presence. Peer Support Specialists are not mental health providers and do not provide therapy. Instead, they walk alongside families as they process grief, explore support options, and navigate systems of care. They are trained in grief and bereavement, culturally respectful screening, evidence-based behavioral health support, wellness planning, and resource and referral navigation.

This position supports Imani's Light and Perinatal Support Washington's shared mission to ensure that families impacted by perinatal loss have timely, culturally responsive, and compassionate access to peer support, mental health education, and pathways to care during the perinatal period.

The part-time Peer Support Specialist (PSS) is a .25-.5 FTE at 10-20 hours a week at \$31.80 an hour and supports the organization's mission by supporting loss parents in their community. This is a part-time position with occasional evening and weekend work required with advanced notice. PSS spend 75% of their time providing direct service to their caseload of families and about 25% of their time supporting the development of the Intrinsic Pathways Program, documenting, resourcing, consultation, professional development, and outreach.

The Peer Support Specialists will support families to create and implement culturally-specific emotional wellness plans, introduce and discuss mental health care, listen and support families with barriers/reservations about mental health therapy, and walk with families as they navigate formal mental health care or other services as needed.

PS-WA and Imani's Light do not currently have an administrative office. Work is done remotely, and the schedule is flexible. This position is intended to provide support in the community (library, coffee shops, parks, clinics) and in the parents' homes.

The PSS is required to attend weekly staff meetings via video conference. This position serves families in King County. Candidates outside of King County should carefully assess whether this position will be within their capacity.

Core Functions

Direct Service (75%)

- Manage a caseload of approximately 5–10 people who have experienced perinatal loss
- Provide strengths-based, culturally responsive peer support related to grief, bereavement, and perinatal mental health
- Normalize grief responses and reduce isolation following loss
- Support families in identifying coping strategies and sources of support
- Create bereavement and wellness plans that align with families' values, beliefs, and needs
- Identify higher-risk families and engage in appropriate prevention and support strategies
- Introduce and complete culturally respectful perinatal mental health screenings in ways that feel supportive and empowering

- Provide education about perinatal mental health, grief, bereavement, and available community resources

Administrative Tasks (25%)

- Maintain administrative tasks related to a caseload of 5–10 families
- Manage scheduling to meet families' needs
- Track screenings and ensure they are completed and up to date
- Document case notes and progress in the client database
- Assist families in creating short- and long-term bereavement and wellness plans
- Participate in weekly staff meetings via video conference
- Accurately track engagement and service delivery for grant reporting purposes
- Assist the program team in developing and improving program components to better support families experiencing perinatal loss

An ideal candidate for this role is a parent and a member of the community they serve, with lived experience related to perinatal loss and perinatal mental health concerns such as depression, anxiety, birth trauma, or PMADs.

They are warm, enthusiastic, collaborative, and professional, enjoy managing multiple tasks, and are able to adapt to change. They are detail-oriented and able to work independently with guidance and support.

This role may be a good fit if you:

- Have lived experience with perinatal loss
- Have supported someone through loss
- Are grounded, compassionate, and able to sit with grief without trying to fix it
- Are comfortable working independently while staying connected to a team
- Communicate clearly, gently, and respectfully
- Value peer support, cultural humility, and community-based care

Professional credentials are not required. Lived experience and relational skills are essential.

Requirements

- Lived experience with perinatal loss and perinatal mental health challenges and be in recovery for at least 1 year
- Experience supporting bereaved families in a peer, community, or support role
- Ability to work remotely
- Comfort engaging in emotionally sensitive conversations
- Willingness to participate in required trainings related to perinatal mental health, grief, and peer support
- Ability to maintain confidentiality and professional boundaries
- Access to reliable transportation for in-person support

Preferred Qualifications

- Two or more years of direct service in a peer support, mentorship, volunteer, or similar role
- Familiarity with perinatal mental health or grief support frameworks
- Experience working with families from diverse cultural or socioeconomic backgrounds
- Comfort providing support via phone, text, and video

Important Note: This role involves emotional labor and requires strong boundaries and self-awareness

Compensation and Benefits

Perinatal Support Washington provides ample opportunity for professional growth and training in perinatal mental health. This position is an hourly, non-exempt position paid \$31.80 per hour. This is a flexible position at 10-20 hours per week.

PS-WA offers employees a combined paid time off package based on prorated hours; a person working 20 hours per week receives 100 hours (5 weeks) annually and 28 sick hours. PS-WA offers up to 16 paid holidays per year, including 2 floating holidays; employees receive holiday pay on any holidays they are regularly scheduled to work. PS-WA closes for the week between December 24th and January 1st. Employees are paid for this closure based on their regular schedule.

This position is grant-dependent, and continued employment is contingent on renewed grants.

Application Instructions

To apply, please send a resume to Hiring@perinatalsupport.org with “PSS-Loss” in the subject line, and **in place of a cover letter please share 1.) how you relate to the identity of the population** we serve: Parents experiencing perinatal loss, **and 2.) address one of the following questions.**

- Tell us why supporting parents and families after perinatal loss is important to you.
- Tell us why you feel you are a good fit to support families navigating perinatal loss and grief.
- Tell us about your understanding of barriers families face when accessing grief and mental health support after perinatal loss.
- How do you talk about grief, perinatal loss, or mental health in your community?

Interviews with PSS staff and the program manager will follow the application. **The priority deadline for applications is March 1st, 2026**

Position start date: April 2026

Perinatal Support Washington is an Equal Opportunity Employer. People of color, of any sexual orientation or gender identity, from underrepresented communities, and people with diverse life experiences are encouraged to apply. Some heavy lifting and physical labor is required during special events. Reasonable accommodations may be made to enable individuals with disabilities to perform the essential functions of this job.