



PERINATAL SUPPORT
WASHINGTON

PARENT RESILIENCE PROGRAM

Enrolling now for Loss Support



WHAT IS PEER SUPPORT?

The Parent Resilience Program provides perinatal mental health peer support for families experiencing loss

In partnership with Imani's Light, PS-WA has two dedicated team members who are bilingual in English and Spanish, able to provide peer support to families in King County experiencing a perinatal or pediatric loss.

Perinatal loss is a profound grief that can happen to anyone, and no one should suffer in isolation. Our Peer Support Specialist can help families begin their healing journey.

The role of our peers is to provide compassionate support as families navigate their healing journey. This can include helping re-establish routines and self-care practices, connecting families with helpful resources, and simply being a listening ear during difficult moments.

HOW WE SERVE

We're not here to “empower you” we're here to see the “power in you”

- One-on-one peer support
- Our services are free and the timeline of care is determined by the participant and provider
- Providing wellness education
- Drawing on our personal experience to support families



MAKE A REFERRAL TODAY:
perinatalsupport.org/client-referrals
1-888-404-7763

