



ADJUSTING TO PARENTHOOD

Drop-in support group for new moms

Becoming a new parent can be overwhelming. PEPS and Postpartum Support International of Washington offer Adjusting to Parenthood to provide additional support for the emotional changes and challenges of adapting to parenthood.

This is a place for women to feel heard and be honest about the highs and lows of motherhood. Expectant mothers, babies and partners are welcome. This group is led by a professional therapist.

For more info and upcoming meeting dates, visit WWW.PEPS.ORG

Edmonds Group

1st & 3rd (& 5th) Tuesdays, 1-2:30 pm

Upcoming Dates: Apr 1, 15 & 29, May 13 & 27, Jun 10 & 24, Jul 1, 15 & 29

Edmonds Family Medicine - 7315 212 Street SW

No cost for PEPS Participants, those on the PEPS wait list, or past PEPS Participants

\$10 suggested donation for those with no affiliation to PEPS

Questions? Contact Terri Buysee, PhD at 425-773-7251 or motheringvoice@yahoo.com



Since 1983, PEPS (Program for Early Parent Support) has helped parents connect, grow and share the joys and challenges of parenthood with parent support programs that educate, inform and create community. PEPS has become a vital resource for new mothers and new fathers in the Puget Sound region, with parent groups serving thousands of families annually. PEPS is a 501(C)(3) Nonprofit Organization. PSI of Washington is dedicated to providing support, referrals, and education to prevent and reduce the impact of postpartum mood disorders. Find out more at www.ppmddsupport.com.