



PROGRAM FOR EARLY PARENT SUPPORT



ADJUSTING TO PARENTHOOD

Drop-in support group for new moms

Becoming a new parent is overwhelming! PEPS is partnering with Postpartum Support International of Washington to give PEPS parents a little extra support. This group is co-facilitated by two professional therapists.

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.

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

Every other Friday, from 12:30 - 2 p.m.

Good Shepherd Center in Wallingford - 4649 Sunnyside Ave

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



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.ppm-support.com.