



PARENT TALK LECTURE SERIES 2014

SURVIVAL SKILLS FOR NEW PARENTS

Join us for a discussion on how to survive and thrive during the early days of being a new parent! We'll be addressing important topics that all new parents need to know - *When is baby's crying a cause for concern? How do you soothe a crying baby? How do you take care of yourself as a new parent? What are some of the emotional changes new parents go through?* Bring your new or expectant parent questions and concerns, there will be time for Q & A!

Presented by Leslie Butterfield, PhD, of Postpartum International of Washington, Lisa Mennet, PhD of Cooper House and Cal Ledbetter, MA, LMHCA.

REGISTER AT WWW.PEPS.ORG/PARENT_RESOURCES

Tuesday, April 22 at 7 p.m.

Verity Credit Union Training Center

11027 Meridian Ave N #102

Seattle, WA 98133

Cost: \$15 (or pay what you can)



PRESENTED BY



PEPS (Program for Early Parent Support) developed the Parent Talk Lecture Series for parents and expecting parents to learn from experts on various parenting topics in a comfortable environment. **Lectures typically fill, so pre-registration is required.** Please note PEPS hopes to deliver informative content free of disruptions at our lectures. Babes in arms (under 6 mos.) are welcome, but we ask that crawlers and crooners stay home with a caregiver.