

# Are you a new parent?

Wondering if it's supposed to be this hard?  
Looking to be a part of a community of other parents who get it?



Those first weeks & months are so hard...

- Sleep deprivation
- Feeling overwhelmed
- Feeling more emotional
- Having so much self doubt
- Feeling worried

*Anxiety, depression, birth trauma  
make it even harder...*

## Come to our parent group!

We get it! And we offer new hope that it will get easier. We are a group of parents and caregivers who support each other.



Affiliated w/Perinatal Support WA  
[www.perinatalsupport.org](http://www.perinatalsupport.org)

### New drop-in groups for pregnancy and the first year

	Parent Circle	Circulo de Mamas y Futuras Mamas (Spanish language group)		"This isn't what I expected" GPS Peer Support for parents
Facilitators	Loretta D. Bezold RN BSN IBCLC & Jen Lindbeck, M.Ed.	Diana Peregrina, CHW & Crystal Tovar, Parent Educator	Rene' Knoles LMHC, CDPT	T. Addelle Diedesch MA, LMHC, CMHS & Sarah Trajano, LICSW
Schedule	1st & 3rd Tuesday evenings 6:30-8pm	Every other Friday, 1-2pm	Wednesdays 2-3:30pm	1st & 3rd Wednesdays 11am-12:30pm
Start date	August 6	July 26	October 9	July 17
Location	Family Birth Center waiting room at Skagit Valley Hospital	Casita Azul, Mount Vernon	didg <sup>w</sup> alič Wellness Center	325 Pine Street downstairs Conference room (enter from the Union Square plaza)
Target group	Pregnant women and mothers of infants. Partners are welcome and encouraged to attend, but not required	Spanish-speaking group for pregnant women and new moms. Those who are planning to have a baby or have had a pregnancy loss are also welcomed.	Parenting moms	Parents coping with the unexpected in parenthood including emotional, relational, trauma and other difficulties in parenting journey.
For more info	Loretta: 360-814-5487 Jen: 360-922-2644 (call or text)	Crystal 360-393-1461 or Diana diana@answerscounseling.org	Rene' 360-588-2800	Addelle 360-399-0771

Child care not available, but non-mobile babies are welcome. Schedules are through the end of 2019 and are subject to change. Please contact the group facilitator or go to [www.skagitbrightbeginnings.com](http://www.skagitbrightbeginnings.com) for the most current list.