

## Puget Sound Adlerian Society

An Affiliate of the North American Society of Adlerian Psychology

# The Parenting Calendar\*

Winter 2019

Late December, January, February, and March (revised Dec. 20, 2019)

For People in the Central Puget Sound Area Who Live or Work with Children and Youth

*Our mission is to nurture dignity for all*

*by encouraging democratic relationships and a sense of belonging.*

206-527-2566 [psasadler@gmail.com](mailto:psasadler@gmail.com) [www.pasadler.org](http://www.pasadler.org)

\* This “Parenting Calendar” now only serves as resources look-up page, for people to look for information related to organizations, trainers, coaches, support groups, and contact person(s) who have listed their parenting classes and resources with the PSAS on a regular basis. *Please refer to our “Event Monthly Calendar” (<http://www.pasadler.org/wp/index.php/calendar/>) for new updates on scheduled events.*

*To sponsors and presenters:* If you have information to add to this issue, please let us know ([psasadler@gmail.com](mailto:psasadler@gmail.com)). We’ll add it right away. Also please let us know about corrections. We try not to make mistakes, and we apologize for any that occur. As Adler’s colleague Dr. Rudolf Dreikurs said, “We must have the courage to be imperfect!”

Click [here](#) for pdf version of the calendar.

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## Part 1

### Overview ~

## The Parenting Calendar, Effective Parenting, and PSAS

### What Is The Parenting Calendar?

Thanks to the Horizons Foundation, this grant-funded calendar lists all the parenting courses, lectures, workshops, conferences, parent coaches and mentors, support groups, and facilitator trainings that we are aware of in the central Puget Sound area, as well as online resources. We also list parenting resources for special topics, such as “Adoption,” or “Spanish-Language Families.”

We publish the calendar quarterly and update it frequently between issues. If you teach parenting, let us know and we’ll list your courses, Adlerian or otherwise.

We are most familiar with Adlerian-based events and services, which appear in **shaded boxes** throughout the calendar. We do not endorse specific events other than those we sponsor, and we encourage you to check the approach and qualifications of specific presenters.

Our goal is to help people improve their family relationships so that family life will be more satisfying and individuals in the family will have an improved sense of well-being. We hope you will find *The Parenting Calendar* useful and will let others know about it!

### What Is Effective Parenting?

We particularly encourage you to select a course or support group that focuses on **improving family relationships**, not a course focusing on “behavior management” (reward and punishment). Adlerian-based courses, and some others, help parents “**work WITH**” their children, rather than “**do TO**” them.

Research is showing that children who are raised respectfully (without reward and punishment) tend to have many fewer mental and physical illnesses in later life and to live longer. See “**Improving parenting: the why and the how,**” downloadable for \$20 at <http://adc.bmj.com/content/93/2/102.full> (it’s well worth it!). The author is Dr. Sarah Stewart-Brown, a physician, researcher, and director of a university school of public health in the UK. **Improving parenting is part of her country’s “respect agenda.”**

The US Centers for Disease Control and Prevention, in collaboration with Kaiser Permanente’s Health Appraisal Clinic in San Diego, has found that childhood traumas “are major risk factors for the leading causes of illness and death in later life as well as poor quality of life in the United States. Progress in preventing and recovering from the nation’s worst health and social problems is likely to benefit from the understanding that many of these problems arise as a conse-

quence of adverse childhood experiences.” (From the **ACE Study**, “one of the largest investigations ever conducted on the links between childhood maltreatment and later-life health and well-being.” ([cdc.gov/needphp/ACE/](http://cdc.gov/needphp/ACE/))

## What Is the Puget Sound Adlerian Society?

The Puget Sound Adlerian Society is a 501(c)(3) nonprofit educational organization. We offer **Positive Discipline** and **Disciplina Positiva** (free, donation- and grant-funded parenting courses) and free monthly **First Friday Forums** for counselors, therapists, and anyone else who is interested in human relationships and well-being. We also co-sponsor trainings for parent educators and for teachers. We welcome membership inquiries and visitors to our free library. See [Parenting with PSAS](#) (p. 5) for more information about Adlerian parenting. For our calendar of PSAS events, please see [psasadler.org/education.pdf](http://psasadler.org/education.pdf).

## How To Search

If you are looking for a particular type of course or support group, **use the “find” or “search” function in your computer and the *Key* below.** (We have plans to make the calendar “searchable.”)

For example, to find events for parents of young children, click “control-F” (in Word), enter **PY** and click your way through the whole document. Or you can use “control-F” and enter “SN” (for Special Needs), or “Spanish,” “Auburn,” an agency’s name, a presenter’s name, or any other category you wish. You can also scroll through courses or groups checking the font color for a particular ethnicity.

### Key

- C** For caregivers
- D** For dads
- FP** For foster parents
- FT** Facilitator training (to lead parenting courses)
- G** For grandparents or guardians
- P** For all parents
- M** For moms
- PE** For parents of elementary-school-age children
  - PI** For parents of infants
  - PR** For parents in recovery
  - PS** For parents of spirited children
  - PT** For parents of teens
  - PY** For parents of young children
- S** For stepparents
- SC** For school counselors
- SN** For parents of special-needs children
  - SP** For single parents
  - T** For teens
  - TP** For teenage parents

**Spanish-language courses, groups, and books are shown in red,**  
**Native American in blue,**  
**African-American in plum,**  
**Iraqi & Muslim in orange,**  
**Russian in brown,**  
**Chinese in violet,**  
**Japanese in pink,**

**Jewish in green**, and  
Self-designated **multicultural or multi-ethnic**

## Part 2

# Parenting with PSAS

A nonprofit educational organization founded in 1975, the Puget Sound Adlerian Society offers information, referrals, workshops, lectures, courses, and other resources and support to parents, parent educators, teachers, counselors, social workers, workplace managers, and other people who are interested in mutually respectful, cooperative relationships—community-building—in families, classrooms, workplaces, and everywhere else.

Parent education has been an important focus for many years. We help parents choose attitudes and actions of respect for their children and themselves—attitudes and actions that strengthen a child’s sense of belonging and improve family relationships. Kids don’t come with instructions: it is all too easy to put children, family relations, and marriages at risk when parents just need some new skills and positive expectations.

### What Is Adlerian Psychology?

Alfred Adler, M.D. (1870-1937), a Viennese physician and psychiatrist, was the first in his field to note the relevance of social relationships to mental and physical health, and to emphasize the crucial importance of nurturing our innate ability to cooperate as equal human beings and to encourage one another and ourselves. Adler came to believe that “**Gemeinschaftsgefühl**”—**caring for the cares of others**—could help transform people and the world. Lecturing and teaching in Europe and America, he worked hard to help parents, teachers, students, and his clients develop a more democratic mindset and a stronger sense of community. He called his approach “Individual Psychology,” “individual” meaning “holistic” in the German sense of the word. He wrote:

Individual Psychology instructs in self-understanding, the understanding of others, independence, and encouragement. . . . Its foremost task is to establish among the broad masses of the people a firm basis for a sound, optimistic view and conduct of life, promoting the welfare of all. Born from good common sense, it returns to the people in purified and practically applicable form what it has received from them. It feels at one with the noblest striving and the most sublime peaceful ideals of humanity freed from hatred. . . . We have the firm conviction that along our way a happier future for humanity can be found.

Choosing mutual respect, cooperation, and contribution is a choice for healthy families and healthy communities and is relevant to all cultures with democratic values. Many of the world’s religions express this same sense of mutual respect in some form of the Golden Rule.

### Improving Family Relationships

In culture after culture around the globe, authoritarian methods in governments are fading and being replaced by more democratic governments. In this country, the democratic evolution has reached women and is reaching children. More and more families want to help children to live responsibly in a democratic, not authoritarian or permissive, setting—for the sake of our families and for the sake of living our lives as caring and effective citizens in the broader community.

**Democratic parents are authoritative and set clear, nonnegotiable limits in matters of safety, health, and morality** (for example, requiring your young child to hold your hand while crossing a street, or requiring your middle-schooler to let you know where he/she is). For other matters, we work out guidelines, choices, and solutions, often together in family meetings.

**We chose to encourage children and help them learn to solve problems** rather than to order, reward, and punish them as in authoritarian models. Barbara Coloroso, author of *Kids Are Worth It!*, calls this “giving your child the gift of inner discipline,” or helping our children learn **how** to think, not **what** to think. Alfie Kohn, author of *Unconditional Parenting*, calls this “**working with,**” rather than “**doing to,**” children. Some parents have revolted against authoritarian methods and have chosen permissiveness, which leaves children unclear about what behavior is acceptable (respectful) and

what is not, thereby jeopardizing the children's sense of belonging and contributing. Adlerian parenting offers effective, family-building choices that also engender peaceful communities.

## Mutual Respect

We believe that the **kind and firm** attitudes and actions of mutual respect are teachable and learnable. Adlerian parenting courses for parents of young children address everyday challenges such as getting the kids off to school in the morning, homework, chores, fighting, bedtime, and finding time together—without ourselves yelling and fighting or being otherwise disrespectful. Children and youth may still make some poor choices (we are all fallible human beings), but if we parent our children with respectful guidance while they are young, they are less likely to be at risk in their youth.

A Stanford University study shows that **youth raised in democratic families do better in school**. University of New Brunswick researchers say that **how you bring up your children affects their future more than how much money you earn**. They recommend providing a warm and caring environment and encouraging independence. **The ACE Study (noted on p. 1) and a great deal of other research suggest there are immense health and mental-health benefits from raising children who feel cared for and respected.**

## Adlerian-Based Parenting Courses

Adler's colleague Rudolf Dreikurs, MD, and several other teachers and counselors have developed parenting courses based on Adlerian Psychology. Millions of parents of various cultural and ethnic backgrounds in this country and elsewhere have taken these courses through schools, churches, family centers, the military, community colleges, and other providers. [This calendar shows current Adlerian-based courses in shaded boxes, like this.](#) Many other parenting programs have been influenced by Adlerian Psychology.

We would be happy to refer you to Adlerian instructors if your organization wishes to sponsor parenting courses. Below are some Adlerian-based books for parenting courses. (Spanish-language courses and books are shown in red throughout the calendar.) We usually have grant funding to co-sponsor Positive Discipline and **Disciplina Positiva** courses with other nonprofit organizations—call us!

- **Active Parenting 4<sup>th</sup> Edition, *Padres Activos de Hoy*, Active Parenting of Teens 3<sup>rd</sup> Edition, *Paternidad Activa de Adolescentes*, *1,2,3,4 Parents*, *1,2,3,4, ¡Padres!*, and *Padres a Bordo*, a video-based program by Michael Popkin, PhD, and others, [ActiveParenting.com](http://ActiveParenting.com).**
- ***Developing Capable Young People*, by H. Stephen Glenn, PhD, [CapabilitiesInc.com](http://CapabilitiesInc.com).**
- ***Positive Discipline for Parenting in Recovery*, by Jane Nelsen, EdD, [store.PositiveDiscipline.com](http://store.PositiveDiscipline.com).**
- ***Positive Discipline, Disciplina Positiva, Positive Discipline for Teenagers*, and other books in the *Positive Discipline* series by Jane Nelsen, EdD, and others, [store.PositiveDiscipline.com](http://store.PositiveDiscipline.com). An online version is also available—**Positive Discipline: Creating Respectful Relationships in Homes & Schools**, [onlineclass.PositiveDiscipline.com/](http://onlineclass.PositiveDiscipline.com/). (P, \$99 for 1-year access, \$69 special)**
- The STEP series: ***Systematic Training for Effective Parenting*** (school-age STEP), ***Guia para los padres, Parenting Teenagers*** (STEP/Teen), and ***Parenting Young Children*** (early childhood STEP), [STEPpublishers.com](http://STEPpublishers.com).

## PSAS Resources

**First Friday Forums.** Members and friends are welcome to our free First Friday Forums (usually the first Friday of the month, 7:30-9:30 p.m.), with presentations and discussions on various topics including parenting and counseling. For dates and topics, please see [psasadler.org/education.pdf](http://psasadler.org/education.pdf), or call 206-527-2566.

**The Parenting Calendar.** Four times a year, PSAS posts its grant-funded *Parenting Calendar* online at [psasadler.org/calendar.pdf](http://psasadler.org/calendar.pdf). The 50-some-page calendar lists all the parenting courses, lectures, workshops, conferences, parent coaches and mentors, support groups, and facilitator trainings that we know of in the central Puget Sound area. We update each quarterly issue as new information becomes available. If you teach parenting, let us know and we'll list your courses.

**Parenting Courses and Facilitator Training.** For 30 years PSAS co-sponsored the award-winning **Sanity Circus** lecture courses with PTAs, schools, family centers, and churches, and now we offer the experiential courses **Positive Discipline** and **Disciplina Positiva**, co-sponsoring them with other nonprofit organizations. We co-sponsor **Teaching Parenting the Positive Discipline Way** with Sound Discipline and the Positive Discipline Association.

**Continuing Education for Mental-Health Professionals.** Our Certificate Program for Professional Studies in the Psychology of Alfred Adler, offered for many years, is no longer being offered because of the passing of Robert Powers, one of the presenters. Our First Friday Forums provide CE hours for mental-health professionals.

**Continuing Education for Educators.** PSAS co-sponsors the course **Positive Discipline in the Classroom** (also with Sound Discipline and the Positive Discipline Association). For Sound Discipline's 2-day workshop in different locations, visit: <https://www.eventbrite.com/o/sound-discipline-355487112>.

**Library.** The PSAS library has a good collection of books on parenting, teaching, counseling, and theory. Library books are available without charge other than mailing. Videos and DVDs may be rented for a small fee. Please call ahead to visit (206-527-2566). See [LibraryThing.com/catalog/PSASlibrary](http://LibraryThing.com/catalog/PSASlibrary).

**Bookstore.** We also offer parenting books, tapes/CDs, and videos/DVDs for sale. Please see [psasadler.org/booklist.pdf](http://psasadler.org/booklist.pdf). A discount on quantity purchases (usually 15%) is available to schools and libraries and also to course instructors for course books.

**Membership.** Please call or email us for a copy of the PSAS brochure and other membership information. See [psasadler.org/membership.pdf](http://psasadler.org/membership.pdf) for the membership application form. Members receive a 20% discount on most book, tape/CD, and video/DVD purchases for personal use. Members are welcome at PSAS Board meetings, our winter holiday dinner, and our annual meeting and dinner in the spring.

**Referrals.** Please call PSAS, 206-527-2566, for referrals to Adlerian counselors, therapists, parenting instructors, and parent coaches.

**Event Notices.** Please email us at [psas@att.net](mailto:psas@att.net) to add you to our "Friends" email list.

**Donations.** Donations are most welcome. They can be earmarked for our Pay-It-Forward Fund for parenting courses if you wish.

*Our mission is to nurture the dignity of all  
by encouraging democratic relationships and a sense of belonging.*



## Part 3

# Courses, Lectures, Webinars, Conferences, & Workshops

April, May, June 2019

- Register with the sponsor (not with PSAS, unless PSAS is the sponsor).
  - Childcare is often limited, so call the sponsor early!
    - To search, see p. 4.
- Support groups with beginning and ending dates are listed here.
  - Ongoing support groups are listed in Part 6.

Adlerian parenting courses, and some others, help parents **improve family relationships** by “working **WITH**” rather than “doing **TO**” kids. Parents learn to teach and model mutual respect, cooperation, and problem-solving. Behavior management programs “do **TO**” kids, with reward and punishment. **Research is showing that children who are raised with respect, without relying on reward and punishment, tend to have many fewer mental and physical illnesses in later life and to live longer** (see *What Is Effective Parenting?*, p. 3).

## Online Events, Resources

Adlerian-based courses, groups, and services are shown in shaded boxes, like this.

### Scheduled

Please refer to our “Event Monthly Calendar” (<http://www.pasadler.org/wp/index.php/calendar/>) for new updates on scheduled events.

### Ongoing

Active Parenting Publishers, **Active Parenting 4<sup>th</sup> Ed.** (6-session course), **Active Parenting of Teens** (6-session course), **Crossroads of Parenting & Divorce**, (4-6-hr. seminar). Also an online video library. See [ActiveParenting.com/APOG](http://ActiveParenting.com/APOG). (P, /PT, \$79.95)

**ADD Resources.** Articles and a directory of resources. See [AddResources.org](http://AddResources.org). (SN)

**Anya Manes, Talking to Kids about Sex**, a free video interview series. Sign up [here](#). (P, free)

**Baby Bounce Back E-Book + Course.** Cara Harvey. 4 weeks online course. Register: <https://cara-harvey.teachable.com/p/babybounceback> <https://cara-harvey.teachable.com/p/babybounceback>. (M, \$29)

**Benaroya, Melissa. Childproof Parenting.** See [ChildproofParenting.com](http://ChildproofParenting.com) for online course. (P, \$)

**Birds + Bees + Kids**, Amy Lang. Workshops, online classes, webcasts, video library. See [BirdsandBeesandKids.com](http://BirdsandBeesandKids.com). (PE, PT, free/\$)

**Break Through Parenting.** Two 12-wk. courses available live or online: **Anger Management for Parents** and **Parenting Dignity: A Breakthrough Parenting Approach**. Break Through Learning Center, Maple Leaf. Information: [BTLc9500.com](http://BTLc9500.com). Registration: call or email 206-992-2831, [BTLc9500@gmail.com](mailto:BTLc9500@gmail.com). (P, \$)

**Bright Horizons.** A childcare company with articles, webinars, blog. See [BrightHorizons.com](http://BrightHorizons.com), [Blogs.BrightHorizons.com/familyroom](http://Blogs.BrightHorizons.com/familyroom). (P, free)

**Consciously Parenting, Rebecca Thompson Hitt.** Various resources, Podcasts, courses, parenting consultations and support through the **Consciously Parenting Learning Center & Community**, including tweens & teens classes. See

[ConsciouslyParenting.com](http://ConsciouslyParenting.com). (P, weekly podcast, videos, PDFs, some free, pay what you can for course, at <https://consciouslyparenting.com/store/Parenting-Support-Consultations-with-Rebecca-c21952502>. No limit on session purchase. Must be used by December 2018. )

**Connect with Kids.** Videos, books, and other resources, [ConnectwithKids.com](http://ConnectwithKids.com). (P)

**Contey, Carrie, PhD.** Monday-Friday emails (free), videos, coaching. See [CarrieContey.com](http://CarrieContey.com). (PY, \$)

**Cooperative Kids, Bill Corbett.** Newsletter, handouts, and other resources, [CooperativeKids.com](http://CooperativeKids.com). (P)

**Crisis & Trauma Resource Institute, Inc.** Webinars. See [CTInstitute.com/](http://CTInstitute.com/). (P, free/\$)

Deanne Barrett. **High Performance Parenting.** Unlimited lifetime access to over 20 teen and parenting experts. See <http://litfromwithinsummit.com/highperformanceparenting/hppsummitupgrademom/>. (PT, \$97, access to online videos)

**Families First Coaching,** Toni Schutta, speaker, author, parenting coach. See [GetParentingHelpNow.com](http://GetParentingHelpNow.com). Free download of book *20 Great Ways to Raise Great Kids*. Great Parenting Book Club. (P)

**Happy Parents and Kids,** Beth Spicer. **The Art of Self-Care as a Parent.** See [HappyParentsandKids.com](http://HappyParentsandKids.com). (P, \$97/mo.)

**Joyful Courage,** Casey O’Roarty. See [JoyfulCourage.com/online-offers](http://JoyfulCourage.com/online-offers). **Chaos to Calm Video Training** (P, 4 videos, free), **Family Meeting Jumpstart Ecourse** (P, on demand, 6-wk., weekly emails, starts at \$19), **Journey to Joy Ecourse** (P, on demand, 3-wk., meditations, videos, eworkbooks, starting at \$29), **Centered Parenting Ecourse** (P, on demand, 5-wk., audio meditations, videos, workbooks, starting at \$69).

**Kastner, Laura, PhD.** **Wise-Minded Parenting Videos.** See <http://laurakastnerphd.com/lkastner/teaching-videos/>. (P, free)

**MamaConMovement.** Newsletter, blog. [Leanne@MamaCon.net](mailto:Leanne@MamaCon.net). (P, free)

**Manes, Anya.** **Talking to Kids about Sex,** a free video interview series. Sign up [here](#). (P, free)

**Neufeld Institute.** Many online courses and lectures. See [NeufeldInstitute.org](http://NeufeldInstitute.org).

**Parenting Network, Toronto.** Teleconferences, social media. See [ParentingNetwork.ca](http://ParentingNetwork.ca). (P)

**Parenting the Young Child,** Bellevue College. Call 425-564-2365 or see [BellevueCollege.edu/parented](http://BellevueCollege.edu/parented). (PI, PY, 2 credits, quarterly, tuition)

**ParentNet Unplugged.** Articles on parent-school engagement, [ParentInvolvementMatters.org](http://ParentInvolvementMatters.org). (P)

**Pirie, Sahara.** Facebook page with class information, links to articles, etc., “like” the page to view it: [Facebook.com/pages/Parenting-with-Heart-Soul/383945804969328](https://Facebook.com/pages/Parenting-with-Heart-Soul/383945804969328). (P)

**Positive Discipline** (6-wk.course). Jane Nelsen, EdD, & Mary Nelsen Tamborski. [PositiveDiscipline.com/products/Positive-Discipline-online-parenting-class](http://PositiveDiscipline.com/products/Positive-Discipline-online-parenting-class). (P, \$69 special, download Positive Discipline Workbook, Positive Discipline E-Book, and Positive Discipline Parenting Tool Cards, available also in Spanish and Chinese)

**Positive Discipline Association.** Webinars, nationwide course schedules, [PositiveDiscipline.org](http://PositiveDiscipline.org). (P)

**Positive Discipline Blogs:** [ThinkItThroughParenting.com](http://ThinkItThroughParenting.com), [JoyfulCourage.com](http://JoyfulCourage.com), [PositiveParentingSolutions.com](http://PositiveParentingSolutions.com), [ParentingFromScratch.wordpress.com](http://ParentingFromScratch.wordpress.com), [GrowParenting.com](http://GrowParenting.com).

**Positive Discipline Compass** (an online magazine). See [PositiveDiscipline.com/articles/Positive-Discipline-ezine](http://PositiveDiscipline.com/articles/Positive-Discipline-ezine).

**Positive Discipline Social Network.** Social networking site, [PositiveDiscipline.ning.com](http://PositiveDiscipline.ning.com). (P)

**Positive Discipline Virtual Study Group.** Facebook group beginning Jan. 8. Register: [Virtual Study Group](https://www.facebook.com/VirtualStudyGroup). (P, teachers)

**Priceless Parenting**, Kathy Slattengren, courses for ages 5 & under, 6-12, & 13-18. See [PricelessParenting.com](http://PricelessParenting.com) (P, \$, CE hours for mental-health professionals)

**Savvy Parenting Support ~ Expert Tools for Gentle Parents**. Moorea Malatt. See [SavvyParentingSupport.com](http://SavvyParentingSupport.com). (PI, PY, \$)

**Schafer, Alyson**. See [AlysonSchafer.com](http://AlysonSchafer.com) for her books, advice. (P)

**Sky Valley Community Schools, Monroe School District, & Ed2Go. Managing Life as a Single Parent, Navigating Divorce, Understanding Adolescents**, and other courses, Call 360-804-2571 or see [ed2go.com/SVCS](http://ed2go.com/SVCS). Six-wk. series starts monthly. (P, SP, \$87)

**Sound Discipline**. Website for parents and educators interested in **Positive Discipline**. See [SoundDiscipline.org](http://SoundDiscipline.org). Blog at [SoundDiscipline.wordpress.com](http://SoundDiscipline.wordpress.com). (P)

**Sproutable & Positive Discipline**, Julietta Skoog, **Introduction to Positive Discipline**, a 6-mo. online course for parents of children birth-5 yrs., two videos every two weeks, checklists, Q&A, live chats, downloads, available by mobile phone or computer. Register: <https://sproutable.teachable.com/p/sproutable>. (PY, \$249 or \$44/mo.)

**STAR Parenting**, Elizabeth Crary. 11-wk. North Seattle College course. Email Elizabeth, [Fam181@STARparent.com](mailto:Fam181@STARparent.com). (P, \$)

**Stop It Now!** Information on sexual abuse. See [StopItNow.org](http://StopItNow.org).

## Seattle North of the Ship Canal, & Bainbridge Island

### Scheduled Events ~ North Seattle & Bainbridge

Please refer to our “Event Monthly Calendar” (<http://www.pasadler.org/wp/index.php/calendar/>)  
for new updates on scheduled events.

Adlerian-based courses, groups, and services are shown in shaded boxes, like this.

**Any Tuesday: Anger Management for Parents**, 12 Tuesdays, 5:30 – 7:30 p.m. Break Through Learning Center, Maple Leaf. Registration: <https://btlconline.com/>. Call 206-992-2831 for interview. (P, Interview \$75, course \$500, online course available, may start any time)

**Any Wednesday: Parenting Dignity**, 12 Wednesdays, 5:30 – 7:30 p.m. Break Through Learning Center, Maple Leaf. Registration: <https://btlconline.com/>. Call 206-992-2831 for interview. (P, course \$500, online course available, may start any time)

### Other Programs ~ North Seattle & Bainbridge Island

**Many of these programs are offered very frequently or may have open enrollment. Call, email, or see the websites.**

**Autism 101**, Seattle Children’s Autism Center, Laurelhurst. Call 206-987-8080 or see [SeattleChildrens.org/classes-community/current-class-offerings/autism-101/](http://SeattleChildrens.org/classes-community/current-class-offerings/autism-101/). (P, C of children recently diagnosed with an autism spectrum disorder, free, follow-up classes available)

**For Boys Only: The Joys & Challenges of Growing Up**, and **For Girls Only: A Heart-to-Heart Talk about Growing Up**, 2 evenings 6:30 – 8:30 p.m., or 1 Sunday 1:00 – 5:30 p.m. Great Conversations & Seattle Children’s Hospital, Laurelhurst. Register: [GreatConversations.com](http://GreatConversations.com). (P & son/daughter age 10-12, \$80, \$60/additional child, scholarships, book Will Puberty Last My Whole Life?)

**Conscious Fathering: Skills for New Dads**, 1 Saturday a.m. Great Starts/Parent Trust, at various locations. Call 206-789-0883, email [GreatStarts@ParentTrust.org](mailto:GreatStarts@ParentTrust.org), or see [GreatStarts.org](http://GreatStarts.org). (D, \$40, scholarships)

**The Incredible Years**, a course for parents of children ages 4-8 with challenging behaviors. Brooks Powers Group, Westlake. Call 206-801-1139 or see [BrooksPowers.com](http://BrooksPowers.com). (PS, \$)

**Life with Baby**, 1 evening. Parent Trust/Great Starts, at Northwest Hospital. Call 206-789-0883, or see [GreatStarts.org](http://GreatStarts.org). (PI, \$40/couple, scholarships)

**Neufeld Institute**. Many courses offered. See [NeufeldInstitute.org](http://NeufeldInstitute.org), [FulfillingParenthood.com](http://FulfillingParenthood.com). (P, \$)

**Nurturing Pathways**, creative dance classes with emphasis on developmentally appropriate motor coordination with music, language, and social skills, Phinney Ridge. See [NurturingPathways.com/location/Phinney-Ridge-Neighborhood-Center](http://NurturingPathways.com/location/Phinney-Ridge-Neighborhood-Center). (PI, PY & child, \$)

**Parenting the Love & Logic Way®**. Lorri Reynolds offers 6-wk. courses and two-day courses. Call 206-200-8488 or see [SweetiePieParenting.com](http://SweetiePieParenting.com). (P, \$)

**Parents As Teachers**, personal visits, health screenings, monthly group, information about and referral to community resources. North Seattle Family Resource Center, Lake City. Call 206-364-7930 or see [CHS-WA.org](http://CHS-WA.org). (PY & child to 3 yr., free for eligible families, may start any time)

**PEPS** (Program for Early Parent Support) offers many groups-- **Newborn Groups**, **Baby Peppers**, **Second Time Around** at various locations for expecting and new parents, and **PEPS for Grandparents**. See [PEPS.org](http://PEPS.org). (PI, PY, \$)

**Anger Management for Parents**, 12 Tuesdays, 5:30 -7:30 p.m. (P, \$500 + \$75 intake interview). **Parenting Dignity: A Breakthrough Parenting Approach**, 12 Wednesdays, 5:30 -7:30 p.m. (P, \$500, + \$75 intake interview). Break Through Learning Center, Maple Leaf. Registration: [BTLc9500.com](http://BTLc9500.com). Call 206-992-2831 for interview. (Classroom and online formats, may start any time.)

## Seattle South of the Ship Canal, & West Seattle

- To search, see p. 4.

Adlerian-based courses, groups, and services are shown in shaded boxes, like this.

### [Scheduled Events ~ Seattle South of the Ship Canal, & West Seattle](#)

Please refer to our “Event Monthly Calendar” (<http://www.pasadler.org/wp/index.php/calendar/>) for new updates on scheduled events.

### [Other Programs ~ Seattle South of Ship Canal & West Seattle](#)

**Many of these programs are offered very frequently or may have open enrollment. Call, email, or see the websites.**

**Atlantic Street Family Resource Center** offers a **Parent Child Home Program**, a school readiness program. Rainier Beach. Call or email Diesha Rodgers, 206-723-9000, [DieshaR@AtlanticStreet.org](mailto:DieshaR@AtlanticStreet.org). (P & children 2-4 yr., free, books, toys)

**Conscious Fathering: Skills for New Dads**, 1 Saturday a.m. Great Starts/Parent Trust, at various locations. Call 206-789-0883, email [GreatStarts@ParentTrust.org](mailto:GreatStarts@ParentTrust.org), or see [GreatStarts.org](http://GreatStarts.org). (D, \$40, scholarships)

**Harborview Hospital** offers the **Positive Parenting Program** (Triple P), **Parent-Child Interactive Therapy**, and **Alternatives for Families: Cognitive-Behavioral Therapy** for parents and caregivers of elementary children and teens. Seattle. Call Naomi Perry, 206-744-1600. (P, sliding scale)

**Kids Club: Helping Children Who Have Witnessed Domestic Abuse**, Seattle, 10-wk. series. Jewish Family Service, with Wellspring Counseling. Call or email Project DVORA, 206-461-3240, [contactus@JFSseattle.org](mailto:contactus@JFSseattle.org), or see [JFSseattle.org](http://JFSseattle.org). (M & children ages 5-12 who have been affected by domestic abuse, free, childcare, all welcome, no religious content)

**New Moms Support Group**, 8 wks., Swedish Hospital, First Hill and Ballard. Call 206-215-3338. (M & baby, \$80)

**New Parent Support Group**, Swedish First Hill. [Register](#) or call 206-215-3338. (PI, \$)

**PEPS** (Program for Early Parent Support) offers many groups--**Newborn Groups**, **Baby Peppers**, at various locations for expecting and new parents, and **PEPS for Grandparents**. See [PEPS.org](http://PEPS.org).

**Seattle Central College** offers **classes for parents and infants, older infants, and toddlers**. Call or email Missy Chow, 206-587-6906, [MChow@SeattleCentral.edu](mailto:MChow@SeattleCentral.edu), or see [SeattleCentral.edu/ParentChildCenter/classes.htm](http://SeattleCentral.edu/ParentChildCenter/classes.htm). (PI, PY & children \$122.50 per quarter, scholarships)

**The Step-Up Program**, 20-wk. ongoing program for teens who have used violence in the home, and their parents. King County Superior Court, at the Atlantic Street Family Resource Center, Rainier Valley. Call 206-206-7841 for intake interview. (PT, T, free)

**Swedish Hospital** offers **The DAD Project**, 5 Sundays, 2 hr. each, Swedish/Ballard, First Hill. Call 206-215-3338 or see [Swedish.org/classes](http://Swedish.org/classes). (D & baby, \$80)

**Visually Speaking** offers **Discover Sign Language** at the Children's Museum, Seattle Center, Fridays, 11:30 a.m.-noon. Register: [info@VisuallySpeaking.info](mailto:info@VisuallySpeaking.info) or [VisuallySpeaking.info](http://VisuallySpeaking.info). (PI, \$7.50)

## Mercer Island & the East Side

(Bothell to Renton, Issaquah, Snoqualmie, Duvall, North Bend, etc.)

- To search, see p. 4.

Adlerian-based courses, groups, and services are shown in shaded boxes, like this.

### Scheduled Events ~ Mercer Island & the East Side

Please refer to our "Event Monthly Calendar" (<http://www.pساسadler.org/wp/index.php/calendar/>) for new updates on scheduled events.

### Other Programs ~ Mercer Island & the East Side

**Many of these programs are offered very frequently or may have open enrollment. Call or email or see the websites.**

**Alcohol & Drug Education Class**, usually on the fourth Saturday of the month, 9:30 a.m. - 1:30 p.m. Separate, concurrent classes for parents and youth. Youth Eastside Services, Crossroads Park, Bellevue. Call 425-747-4937. (P & youth, \$75 together, some sliding fee spots)

**Baby Signing Classes**, Visually Speaking, Bellevue. Register: [info@VisuallySpeaking.info](mailto:info@VisuallySpeaking.info) or [VisuallySpeaking.info](http://VisuallySpeaking.info). (PI, \$)

**Balance after Baby**, 2<sup>nd</sup> & 4<sup>th</sup> Tuesdays, 7:00 - 8:30 p.m. Overlake Hospital, at PACCAR Education Center, Bellevue. Call 425-688-5259. (New M, free, drop-in)

**Bellevue College** offers several special programs each quarter for parents and young children at various Eastside locations: **Parent-Infant** and **Parent –Toddler** (birth through age 3), **Creative Development Lab** (art enrichment for ages 3 - 5, and parent ed, on campus), **Sammamish Art & Science Enrichment Lab** (for ages 3-5, at Pine Lake Community Club), **Discovery Lab** (science enrichment for ages 5-7, parent ed, at Robinswood Park), **Beyond Five – For Parents Only** (1 day/month, and Saturday Family Inventors' Lab (for ages 3-6, on campus). Call 425-564-2365 or see [BellevueCollege.edu/ParentEd](http://BellevueCollege.edu/ParentEd), or [Facebook.com/BCParentEd](https://www.facebook.com/BCParentEd). (PY & child, tuition)

**Bringing Baby Home**, 2 or 3 Saturdays, Swedish Hospital, 10:00 a.m. -5:00 p.m. or 9:00 a.m. – 1:00 p.m. First Hill, Issaquah, or Ballard. (*PI or pregnant, \$160/couple*). **Also:** 2 Saturdays, 9:00 a.m. - 4:00 p.m. Wellspring New Parent Services, Bellevue, 425-453-7890, [education@wellspringfs.org](mailto:education@wellspringfs.org). (*PI, \$225/couple, scholarships*). **Also:** EvergreenHealth Medical Center, Kirkland, 425-899-3000. 2 Saturdays, 9:30 a.m.-4:45 p.m. (*PI or pregnant, \$150/couple, bring sack lunches, babies welcome*)

**Conscious Fathering: Skills for New Dads**, 1 Saturday a.m. Great Starts/Parent Trust, at various locations. Call 206-789-0883, email [GreatStarts@ParentTrust.org](mailto:GreatStarts@ParentTrust.org), or see [GreatStarts.org](http://GreatStarts.org). (*D, \$40, scholarships*)

**The DAD Project**, 8 Saturdays, 2:00 – 4:00 p.m. Various locations. Register: see [Swedish.org/classes](http://Swedish.org/classes). (*D & baby, \$80*)

**EvergreenHealth Parent-Baby Groups**, Kirkland. Call 425-899-3000 or see [EvergreenHealth.org/parent-baby](http://EvergreenHealth.org/parent-baby). (*PI, PY, & baby, class for Snugglers 0-3 mo. free, other classes through 15 mo. \$110*)

**Great Conversations & Overlake Hospital, Bellevue. For Boys Only: The Joys & Challenges of Growing Up, and For Girls Only: A Heart-to-Heart Talk about Growing Up**, 2 evenings 6:30 – 8:30 p.m., or 1 Sunday 1:00 – 5:30 p.m. Register: [GreatConversations.com](http://GreatConversations.com). (*P & son/daughter age 10-12, \$80, \$60/additional child, scholarships, book Will Puberty Last My Whole Life?*)

**Growing Up: All About Puberty**, Saturday, 10:00 a.m. – 12:30 p.m. Swedish Issaquah. See [Swedish.org/classes](http://Swedish.org/classes) or call 206-386-2502. (*P & son/daughter, \$35, \$5/additional child or adult*)

**Guiding Good Choices and Staying Connected with Your Teen**, 5 evenings, 7:00 - 9:00 p.m. Friends of Youth, several eastside locations. Call or email Liana, 425-392-6367, ext. 103, [liana@FriendsofYouth.org](mailto:liana@FriendsofYouth.org). (*PT, \$50, \$70/couple, scholarships*)

**Mindful Interactions with Your Baby and Mindful Interactions with Your Toddler** are year-long courses. Stroum Jewish Community Center, Mercer Island. To join after start date, call or email Shannon Cruzen, 206-526-9958, ext. 228, [ShannonC@SJCC.org](mailto:ShannonC@SJCC.org).

**New Mom Support Group**, 8 Fridays, 1:00 p.m. Swedish/Issaquah. Register: [Swedish.org/classes](http://Swedish.org/classes). (*M & baby, \$80*)

**New Parent Support Group**, Swedish Issaquah. [Register](#) or call 206-215-3338. (*PI, \$*)

**Parent-Child Interaction Training**, 12-14 wk., Encompass, North Bend; Virginia Mason, Issaquah; Youth Eastside Services, Bellevue. Call 425-888-2777, ext. 1204. (*P & child 2-7 yrs., one-on-one parent coaching with child, \$45/session, scholarships*)

**Parent Edge Roundtables**, 7:00 - 8:30 p.m. programs at elementary school libraries, Mercer Island Parent Edge. See [MIParentEdge.org](http://MIParentEdge.org). (*PE*)

**Parent Education Group**. Kirkland. Offers programs for schools and other organizations. See [ParentEducationGroup.com](http://ParentEducationGroup.com) or call 206-300-2550. (*P, \$*). **Parenting Plus in Spanish**, 6 wk., Kinderling, Crossroads, Bellevue. Also **Parenting Plus in Russian**, 7 wk. Call or email Lois Ralph, 425-653-4302, [Lois.Ralph@Kinderling.org](mailto:Lois.Ralph@Kinderling.org). (*P, free*)

**Parenting Your Toddler**, 4 classes: **Development, Potty Training, Feeding, Discipline & Self-Esteem**. Evergreen Hospital, Kirkland. Call 425-899-2652. (*PY, \$40/class, \$40/couple*)

**PEPS (Program for Early Parent Support). Newborn Groups, Baby Peppers, Little Peppers, Second Time Around**. See [PEPS.org](http://PEPS.org). (*PI, PY, \$, scholarships*)

**Promoting First Relationships**, Youth Eastside Services, Bellevue. 10 home visits, 1.5 hr. each. See [pfprogram.org](http://pfprogram.org), call 425-747-4937. (*PI, \$*)

**Reflective Parenting**, 8 wk., Stroum Jewish Community Center, Mercer Island. Call or email Shannon Cruzen, 206-232-7115, ext. 228, [ShannonC@SJCC.org](mailto:ShannonC@SJCC.org). Also 8 wk., Wellspring Counseling, Bellevue. Call 425-453-7890, ext. 268. (*PY, \$*)

**The Step-Up Program**, 20-wk. ongoing program for teens who have used violence in the home, and their parents. King County Superior Court. Bellevue. Call 206-206-7841 for intake interview. (*PT, T, free*)

## North King County & Snohomish County

- To search, see p. 4.

Adlerian-based courses, groups, and services are shown in shaded boxes, like this.

### Scheduled Events ~ North King County & Snohomish County

Please refer to our “Event Monthly Calendar” (<http://www.pasadler.org/wp/index.php/calendar/>) for new updates on scheduled events.

### Other Programs ~ North King County & Snohomish County

Many of these programs are offered very frequently or may have open enrollment. Call, email, or see the websites.

Center for Human Services, **Disciplina Positiva (Positive Discipline Parenting Classes facilitated in Spanish)**, South Snohomish County & North King County. Call or email Velia Lara, 206-631-8824, [VLara@CHS-NW.org](mailto:VLara@CHS-NW.org) (Spanish), for class schedule and to register. (P, free, childcare)

**Cocoon House.** Phone consultation services for parents of teens, parenting classes, support groups, parent-teen seminars. Everett & elsewhere in Snohomish County. Call 425-317-9898. (PT, free)

**Conscious Fathering: Skills for New Dads**, 1 Saturday a.m. Great Starts/Parent Trust, at various locations. Call 206-789-0883, email [GreatStarts@ParentTrust.org](mailto:GreatStarts@ParentTrust.org), or see [GreatStarts.org](http://GreatStarts.org). (D, \$40, scholarships)

**Healthy Start.** In-home support and play groups in north and east King County and south Snohomish County. Call Eowyn, 425-844-9669, ext. 102. (M 16 to 24, pregnant or with babies under 7 mo., free) **New Dads.** Quarterly, 7:00 - 9:00 p.m. Providence Regional Medical Center, Everett. Call 425-304-6047. (D, \$30)

**PEPS** (Program for Early Parent Support), **Newborn Groups**, **Baby Peppers**, **Second Time Around.** See [PEPS.org](http://PEPS.org). (PI, PY, \$, scholarships)

**Sibling Preparation**, Saturday, 9:30 - 10:30 a.m. Providence Regional Medical Center, Everett. Call 425-252-4979. (Children ages 3-9, \$20)

## South King County

### Scheduled Events ~ South King County

Please refer to our “Event Monthly Calendar” (<http://www.pasadler.org/wp/index.php/calendar/>) for new updates on scheduled events.

### Other Programs ~ South King County

Many of these programs are offered very frequently or may have open enrollment. Call, email, or see the websites.

**Big Brother/Sister**, Good Samaritan Hospital, Puyallup. Call 1-800-342-9919. (Expectant family with 3-7-yr.-old, \$15) **Circle of Security ~ Relationship-Building for Parent and Baby**, 8 Thursdays, 6:30 – 7:30 p.m. Valley Medical Center (UW), Renton. Call Sandra, 206-484-4142. (PI, PY to 2 yr., free, may bring child & sitter)

**Conscious Fathering: Skills for New Dads**, 1 Saturday a.m. Great Starts/Parent Trust, at various locations. Call 206-789-0883, email [GreatStarts@ParentTrust.org](mailto:GreatStarts@ParentTrust.org), or see [GreatStarts.org](http://GreatStarts.org). (D, \$40, scholarships)

**PACE**, a weekly parenting program, Tuesdays, 6:30 - 7:30 p.m. South King County Family Resource Center, Kent. Call 253-854-0700. (P, free, sign up by Monday noon for a Tuesday session)

**Parent-Child Education**, several courses for parents of young children, Green River College, Auburn. See [GreenRiver.edu/academics.htm](http://GreenRiver.edu/academics.htm). (PI, PY, \$)

**PEPS** (Program for Early Parent Support), **Newborn Groups**. See [PEPS.org](http://PEPS.org). (PI, \$160, \$210/couple, scholarships)

**The Step-Up Program**, 20-wk. program for teens who have used violence in the home, and their parents. King County Superior Court. Call 206-296-7841 for intake interview. (PT, T, free)

## Pierce County

**Big Brother/Big Sister**, Tacoma General Hospital. Call 1-800-342-9919. (Expectant family with 3-7-yr.-old, \$15/family)

Sue Comfort, **Positive Parenting**, 9-12 Thursdays, 6:00 - 7:30 p.m. Catholic Community Services Southwest, Tacoma. Call 253-502-2728, register at 5:30 before any class, cash only. (P, \$75/9 sessions)

**Conscious Fathering: Skills for New Dads**, 1 Saturday a.m. Great Starts/Parent Trust, at various locations. Call 206-789-0883, email [GreatStarts@ParentTrust.org](mailto:GreatStarts@ParentTrust.org), or see [GreatStarts.org](http://GreatStarts.org). (D, \$40, scholarships)

## Kitsap County

### Scheduled Events ~ Kitsap County

Please refer to our “Event Monthly Calendar” (<http://www.pasadler.org/wp/index.php/calendar/>) for new updates on scheduled events.

### Other Programs ~ Kitsap County

**PEPS: Program for Early Parent Support: Newborn Groups** and other support for new moms, dads, and grandparents. See [PEPS.org](http://PEPS.org). (PI, PY, \$, scholarships)

## Part 4 One-on-One ~ Parent Coaching, Mentoring, Family Advocates, Family Help Lines

Parent coaching is a fairly new professional category with certification available. For information about licensed Adlerian therapists and counselors who work with children and families, please call PSAS, 206-527-2566.

- To search, see p. 4.

Adlerian-based courses, groups, and services are shown in shaded boxes, like this.

**Becker, Katie, MEd.** Katie founded **Thrive**, a parent coaching service, and works with families with young children to create solutions. Seattle. Call 206-909-9207 or see [ChildrenThrive.com](http://ChildrenThrive.com). (P, \$)

**Benaroya, Melissa, MSW.** Melissa is a certified **Gottman** Educator and **Positive Discipline** Parent Educator. Seattle. Call 206-226-6707 or see [MelissaBenaroya.com](http://MelissaBenaroya.com) for coaching and [ChildproofParenting.com](http://ChildproofParenting.com) for her online course. (P, \$)

**Bennett, Barbara, MA.** Barbara is an educational therapist/consultant and has worked with parents and their children, teachers, and physicians for over 25 years, specializing in dyslexia, LD, AD/HD, language disorders, anxiety, and special education/504 consultation. Seattle. Call 206-325-2522 or email [BB\\_EdTherapy1@yahoo.com](mailto:BB_EdTherapy1@yahoo.com). (SN, \$)

**Caffee, Olga, Ed.S.** Olga is a school psychologist and a certified provider in Collaborative & Proactive Solutions (developed by Dr. Ross Greene). She works with families who have children with challenging behaviors and offers a free half-hour initial consultation at her office in Green Lake. Call 206-432-0096 or see [nocarrotnosticks.com](http://nocarrotnosticks.com). (P, \$)



**Cocoon House**, a nonprofit funded by Snohomish County, offers 90-minute phone consultations with parents of teens (as well as courses and seminars), Everett. Call 425-259-5802. For **Spanish**, call 425-39-4179. (PT, free)

**Contey, Carrie, PhD.** Monday-Friday (“bite-size”) emails (free), videos, coaching. See [CarrieContey.com](http://CarrieContey.com). (PY, \$)

**Crane, Margit, MA, MS, MEd.** Margit is the author of ***Gifted with AD/HD: Insider Strategies to Increase Your Child’s Happiness and Success***, publishes a free monthly newsletter, and offers an online ADHD Video Club. Seattle. See [MargitCrane.com](http://MargitCrane.com). (P, \$)

**Duffy, Roslyn Ann.** Roslyn is a parent educator, author, and speaker—locally, nationally, internationally. She is a co-author of ***Positive Discipline: The First Three Years, Positive Discipline for Preschoolers, and Positive Discipline: A Teacher’s Guide***, and author of ***Top Ten Preschool Parenting Problems***, based on her parenting column “From a Parent’s Perspective” in *Exchange Magazine*. Seattle. See [RoslynDuffy.com](http://RoslynDuffy.com). Call 206-527-9728. (P, \$)

**Encompass**, a nonprofit, offers 12-14 wk. of one-on-one parent-child coaching. North Bend. Call 425-888-2777. (P & child /2-7 yr., \$45/session, scholarships)

**Family Advocate, FamilyWorks**, Wallingford. Tues., Thurs., Fridays, 9:30 a.m. – 5:00 p.m. Call 206-694-6727. (P, free)

**Family Helpline, Guided Pathways Support for Youth & Families**, offers phone consultation Tuesdays and Thursdays, 9:00 a.m. – 5:00 p.m. See [GuidedPathways.org/resources/gps-family-helpline/](http://GuidedPathways.org/resources/gps-family-helpline/). Call 253-277-4052. (P, free)

**Family Help Line, Parent Trust**, offers phone consultation Monday-Friday, 10:00 a.m.-6:00 p.m. Recorded information available 24/7. Free parenting “Toolkit.” See [ParentTrust.org](http://ParentTrust.org). Call 1-800-932-4673. (P, free)

**Fussy Baby Network, Cooper House**, offers in-home and clinical support. Seattle. Call 206-906-9622. (PI, sliding scale)

**Fussy Baby Warmline, Cooper House**, offers support and resources by phone. Call 206-906-9622. (PI, free)

**Greene, Lisa, MA.** Lisa is a certified parent coach, a **Love & Logic** specialist, and co-author of ***Parenting Children with Health Issues and Special Needs***. See [ParentingChildrenwithHealthIssues.com](http://ParentingChildrenwithHealthIssues.com), [HappyHeartFamilies.com](http://HappyHeartFamilies.com). Bellevue. Prefers coaching by phone. Call 425-891-2842. (P, SN, \$)

**Grollmus, Ximena.** Ximena is a certified **Positive Discipline** and **Disciplina Positiva** presenter and a school counselor. Seattle. Call 206-579-7066. (P, \$)

**Guided Pathways ~ Support for Youth & Families**, a nonprofit, offers one-on-one support to parents and youth, particularly to those who have behavioral, emotional, or substance abuse challenges. King County. Call 253-236-8264 or email [GuidedPathways.org/resources/gps-family-helpline](mailto:GuidedPathways.org/resources/gps-family-helpline). **GPS Youth & Family Helpline**, 253-277-4052, Tuesdays & Thursdays, 9:00 a.m. – 5:00 p.m. (P, free)

**Harborview Hospital** offers the **Positive Parenting Program** (Triple P), **Parent-Child Interactive Therapy**, and **Alternatives for Families: Cognitive-Behavioral Therapy** for parents and caregivers of elementary children and teens. Seattle. Call Naomi Perry, 206-744-1600. (P, sliding scale)

**Hughes, Mollie, EdD.** Mollie offers online parent coaching through the Break Through Learning Center in northeast Seattle. Call 206-992-2831. (P, \$)

**McVittie, Jody, MD.** Jody is a certified **Positive Discipline** Associate, has taught Adlerian parenting for many years, and also trains parent educators and teachers. She coaches by phone, primarily with parents who have already taken a parenting class. Seattle. See [EncouragingSolutions.net](http://EncouragingSolutions.net), call 206-782-1595, or email [Jody@EncouragingSolutions.net](mailto:Jody@EncouragingSolutions.net). (P, \$)

**Mielenz, Cecile Culp, PhD.** Cecile is a parent coach and child development specialist and is co-author of ***Mentor Manager, Mentor Parent: How to Develop Responsible People and Build Successful Relationships at Work and at Home***. She is a recipient of the **Outstanding National Educator** award, teaches parent education for Shoreline Community College, and is director of the Woodinville Family Preschool. Woodinville, 425-318-0062. (P, \$)

**Miller, Melanie, MA.** Melanie is a school counselor and a **Positive Discipline** Lead Trainer, and also works with families and does home visits. Kirkland, 206-579-2172. (P, \$)

**Mama2Mama Coaching.** Leanne Kabat is on the Mamacon conference team and offers The Transformational Package (4 hrs. on one day) and The Summit Package (4 hrs. over a 4-wk. period). Call or email her at 425-213-0863, [Leanne@mamacon.net](mailto:Leanne@mamacon.net) (M, \$227)

**Morales, Anita Garcia.** Anita is a certified **Positive Discipline** and **Disciplina Positiva** presenter and a retired secondary social studies teacher. Seattle, 206-409-2120. (P, \$)

**Natkin, Sarina Behar, MSW.** Sarina is a certified **Gottman** Educator and **Positive Discipline** Parent Educator and works with families on a variety of parenting challenges. Seattle, 206-795-2589, [SarinaNatkin.com](http://SarinaNatkin.com). (P, \$)

**North Seattle Family Resource Center.** **Parents as Teachers**, personal visits, health screenings, monthly group, information about and referral to community resources. Lake City. Call 206-364-7930. (PY to 3 yr., free for eligible families)

**O'Grady, Pennie.** Pennie is a certified **Positive Discipline** parent educator. Seattle. Email [Pennielink@me.com](mailto:Pennielink@me.com). (P, first coaching session free)

**O'Roarty, Casey, MA.** Casey is a certified **Positive Discipline** trainer and a certified Life Coach. Joyful Courage newsletter, coaching by phone, online courses. Monroe. See [JoyfulCourage.com](http://JoyfulCourage.com). (P, \$)

**Parent Coaching Institute.** Offers parent coaching and Parent Coach Certification. Bellevue. See [thePCI.org](http://thePCI.org) or call 425-449-8877. (P, \$) **Reynolds, Lorri.** Lorri is a Love & Logic presenter and coach. Central Seattle. Call 206-200-8488 or see [SweetiePieParenting.com](http://SweetiePieParenting.com). (P, PT, PY, \$)

**Sarina Natkin Parenting** offers coaching and other parenting services by **Sarina, MSW** ([Sarina@SarinaNatkin.com](mailto:Sarina@SarinaNatkin.com) or [Facebook.com/SarinaNatkinParenting](https://Facebook.com/SarinaNatkinParenting)) and **Erin Bernau, MSW** ([Erin@SarinaNatkin.com](mailto:Erin@SarinaNatkin.com)). (P, \$)

**Reynolds, Lorri.** Lorri teaches Parenting the Love and Logic Way in the Seattle Central Area, coaches parents, and gives free talks at schools, churches, etc. Call 206-200-8488. (P, \$50/hr.)

**Scribner, Mary, RN.** Mary is a certified parent coach with **Sound Parent**, coaches by phone, at her home office, or by home visits. Bainbridge Island. Call 206-855-9364 or see [SoundParent.com](http://SoundParent.com). (P, \$)

**Skoog, Julietta, MA.** Julietta is a school psychologist and a certified Positive Discipline trainer. Seattle. Skype, phone. Call 206-714-3125 or email [bespoutable.com/coaching](http://bespoutable.com/coaching). (P, \$)

**Watanabe, Jennifer.** Jennifer is a certified **Positive Discipline** parenting educator and a certified parent coach. Kirkland. Call 206-399-4355, see [JenniferWatanabe@msn.com](mailto:JenniferWatanabe@msn.com) or [Facebook.com/ResourcesforParenting](https://Facebook.com/ResourcesforParenting). (P, \$)

**Youth Eastside Services** offers **Promoting First Relationships** (10 home visits for parents with children up to 3) and **Parent-Child Interaction Therapy** (weekly sessions, 3-4 months, for parents of children 3-7). Call 425-747-4937. (P, \$)

## Part 5

### Special Topics

The following organizations and presenters offer programs on special parenting topics.

- To search, see p. 4.

Adlerian offerings are shown in shaded boxes, like this.

## ADD/ADHD/Challenging Child *(See Special Needs, below.)*

### Addiction/Recovery *(Alcoholism and/or drugs)*

**CARESNW (Center for Advanced Recovery Solutions Northwest)**, Lara Okoloko, **Loved Ones' Group for Addiction**, group for family members of adult children with addictions, Wallingford, 1<sup>st</sup> Thursdays, 6:30 -8:00 p.m. Call or email Lara, 530-436-5272, [Lara.Okoloco@CaresNW.com](mailto:Lara.Okoloco@CaresNW.com), (P & others, \$50) Also family workshops.

**Changes Parent Support Network**, weekly support meetings, potlucks, monthly speakers at several locations. Call 1-888-468-2620 or see [CPSN.org](http://CPSN.org). (PT, free)

**Guided Pathways ~ Support for Youth & Families**, one-on-one support, classes, social events. Call 253-236-8264 or email [info@GuidedPathways.org](mailto:info@GuidedPathways.org). (P & youth, free)

**Jewish Family Service**, Laura Kramer, **Relationships with Addicted Loved Ones**. Capitol Hill, Seattle. Wednesdays, 6:00 – 7:30 p.m. Call Laura, 206-861-8782.

**The Parenting Place, Kitsap Community Resources. Parenting in Recovery**, Bremerton. Call 360-473-2134. [KCR.org](http://KCR.org) (PR, \$165)

**Parent Trust for Washington Children. North Seattle Families in Recovery**, Northeast Seattle, 1st & 3rd Wednesdays, 6:30-8:00 p.m. Call Sarah M., 206-233-0156, ext. 228. (P & children, free)

**Recovery Café Parent Support Group**, Recovery Café, Seattle downtown. Thursdays, 7:00 -8:30 p.m. Call or email Killian Noe, 206-374-8731, [Killian@RecoveryCafe.org](mailto:Killian@RecoveryCafe.org). (P of children, teens, or adults involved with drugs, free)

**SMART Recovery Family & Friends**, Good Shepherd Building, Suite 347, Wallingford, 1<sup>st</sup> & 3<sup>rd</sup> Thursdays, noon – 1:30 p.m. Email Jessie, [MSW@JessieBrooksJanzen.com](mailto:MSW@JessieBrooksJanzen.com). (P, free, free parking, drop-in)

**SMART Recovery**, weekly meetings. Mercer Island. Wednesdays, 8:00 p.m. Email Melissa, [StrongHeart@icloud.com](mailto:StrongHeart@icloud.com). (P, free, free parking, drop-in)

**Treatment Research Institute**, individual online or phone sessions with a CRAFT coach and access to an online skills training program, for parents of young adults (18-25 years of age) using drugs or alcohol and not in treatment. Call or email Elena Bresani, 267-606-4953, [EBresani@TRresearch.org](mailto:EBresani@TRresearch.org). (PT, recruiting nationally for a study, free)

**Youth Eastside Services**, Crossroads Park, Bellevue:

- **Alcohol & Drug Education Class**, usually on the 4th Saturday of the month, 9:30 a.m.-1:30 p.m. Separate, concurrent classes for parents and youth. Call Intake, 425-747-4937. (P & youth, \$75 together, some sliding fee spots, snack)
- **AWARE Program**, 6 Thursdays, 7:00-8:30 p.m. Call 425-747-4937. (Separate, concurrent groups for P & youth with drug & alcohol issues, sliding fee, insurance, medical coupons.)
- **7 Challenges Treatment Group**, Mondays, 6:00 – 7:30 p.m. Ten or more weekly sessions designed to help youth move into abstinence and recovery. Call 425-747-4937. (T, \$, or medical coupons, insurance, private pay, sliding scale)
- **Alcohol & Drug Recovery Group**, Monday, 6:00 – 7:30 p.m. Designed to help youth maintain abstinence and make healthy life choices. Call 425-747-4937. (T, free)

### Adoption

**Adoption Resource Center. Workshops** on issues related to attachment. Seattle. Call 206-695-3233.

**Alliance for Child Welfare Excellence**. Many resources, including workshops, for foster and adoptive parents and relative caregivers. Call or email Yolonda Marzest, 206-923-4955 [YMarzest@uw.edu](mailto:YMarzest@uw.edu), or see [AllianceforChildWelfare.org](http://AllianceforChildWelfare.org). (P, FP, G, C, free)

**Children Adopted from China Playgroup.** Wallingford, Seattle. 2nd & 4th Fridays, 5:30-7:00 p.m. Call 206-694-6727. (PY & young children, free)

**FamilyWorks. Americans Adopting Orphans.** Seminars and courses on adoption and parenting. Seattle. Call 206-524-5437.

**Foster Cafe.** Third Thursday Of every month, 10:00a.m. – 12p.m. noon. A drop-in format to talk about and answer questions about fostering. . Call 206-524-5437. One Cup, at 16743 Aurora Ave N, Shoreline. (P, children are welcome, free)

**Great Starts Birth & Family Education. Baby Care for the Adoptive Family, and Growth and Development of the Adoptive Family.** Seattle. Call 206-789-0883. (P, \$30/class, \$50/both)

**PEPS Network Groups.** Special focus groups for new parents. See [PEPS.org](http://PEPS.org).

### *African-American Families*

**Atlantic Street Family Resource Center.** Rainier Beach. Call 206-723-1301.

**DADS Support Groups.** Wednesdays, 9:30-11:30 a.m., Thursdays, 6:00-8:00 p.m. DADS, Rainier Valley. Call 206-722-3137. (D who are struggling, faith based)

**Strengthening Multicultural Families and Communities.** Offered by various agencies for various ethnicities. (Use the “search” or “find” function.)

### *Anger Management*

**Break Through Learning Center. Why Hold onto Anger?, or WHOA!** 12 Tuesdays, 5:30 – 7:30 p.m. Northeast Seattle. Call Mollie Hughes, 206-992-2831. (P, \$, can sign up anytime)

### *At-Home Mothers*

**MOMS Club.** For at-home mothers. For information about a local group, email [MomsClub@aol.com](mailto:MomsClub@aol.com). (M)

### *Child Safety*

**Birds + Bees + Kids.** Amy Lang, Birds + Bees + Kids 101 Workshop. Call or email Amy, 206-661-2245, [Amy@BirdsandBeesandKids.com](mailto:Amy@BirdsandBeesandKids.com). (P, \$)

**Great Starts Center for Strong Families. Babysafe.** North Rainier Valley. Call 206-233-0156, or see [GreatStarts.org](http://GreatStarts.org). (PI, \$)

**Harborview Center for Sexual Assault & Traumatic Stress. Parent-Child Interactive Therapy** for parents and caregivers of children ages 3 to 7, **Positive Parenting Program** for parents and caregivers of children and teens of all ages. Provided individually for each family. Call Alison Sands, 206-744-1634.

### *Chinese Families*

**Chinese Information & Service Center. Caregivers Workshops.** Beacon Hill, Seattle. Call 206-624-5633, ext. 4300. (C, P who speak Cantonese, free)

**FamilyWorks. Children Adopted from China Playgroup.** Wallingford, Seattle. 2nd & 4th Fridays, 5:30-7:00 p.m. Call 206-694-6727. (PY & young children, free)

**Hsieh, Jessica. Positive Discipline courses in Mandarin.** Call 206-527-2566.

### *Court-Referred Parents*

Many courses are accepted by the courts in fulfillment of court-ordered participation in a parenting course. The following courses are specifically designed for court-referred parents. Ask if a certificate of participation would be available before you take the course.

**Break Through Parent Center, Parenting Dignity and Why Hold onto Anger!** Maple Leaf, Northeast Seattle. See [BTLc9500.com](http://BTLc9500.com). Call 206-992-2831 for monthly enrollment. (P, \$)

**Divorce Lifeline & Family Center of South Snohomish County. For the Kids' Sake**, numerous times each month, various locations. Call 425-977-4767, see [DivorceLifeline.org](http://DivorceLifeline.org). (P, sliding fee)

**Harborview Center for Sexual Assault & Traumatic Stress. Parent-Child Interaction Therapy** for parents and caregivers of children ages 2 to 7, a 14-18-wk. program. Accepted by the courts as a parenting course. Call Naomi Perry, 206-744-1634. (PY, PE, \$) Also **Alternatives for Families—Cognitive Behavioral Therapy**, a 14-18-wk. program also accepted by the courts as a parenting course, for families with violence or intimidation or threat of violence. Call Naomi Perry, 206-744-1600. (PE, PT, \$)

**The Parenting Place. Helping Children Who Have Witnessed Domestic Violence**, Bremerton. Call 360-473-2134. (P who have been mandated by the courts to take a domestic violence parenting class, \$250. Separate classes for perpetrators, survivors, \$250)

## Custody

**Parents for Parents Dependency 101 Class/201 Class/301 Class.** For parents involved with CPS. Various locations. See [WashingtonStatePAC.org/resources](http://WashingtonStatePAC.org/resources). (P, peer-led, free)

## Dads

**Atlantic Street Family Resource Center. Teens As Parents.** Tuesdays, 5:30 – 7:30 p.m. Rainier Beach. Call 206-723-1301. (Moms group and dads group, free, dinner, childcare, resources)

**DADS. Courses and support groups** for struggling fathers. Call 206-722-3137, or email [Marvin-Pastor@msn.com](mailto:Marvin-Pastor@msn.com), or see [aboutDADS.org](http://aboutDADS.org). South Seattle. (D, faith based, free)

**Fatherhood Engagement Groups** for fathers involved with CPS. Various locations. See [WashingtonStatePAC.org/resources](http://WashingtonStatePAC.org/resources). (D, peer-led, free)

**Parent Trust for Washington Children. Conscious Fathering: Skills for New Dads.** (D, call for schedules & fees):

Auburn Regional Medical Center, 253-333-2522  
 EvergreenHealth Medical Center, 425-899-3000.  
 Gracewinds Perinatal Services, 206-781-9871  
 Great Starts, 206-789-0883  
 Highline Community Hospital, 206-439-5576  
 Northwest Hospital, 206-789-0883 (Great Starts)  
 Overlake Hospital, 425-688-5259  
 Swedish Medical Center, Ballard, 206-215-3338  
 Swedish Medical Center, First Hill, 206-215-3338  
 Tacoma General, 253-697-5300  
 The Parenting Place, Bremerton, 360-473-2134  
 Valley Medical Center, 425-228-3450

**PEPS (Program for Early Parent Support). PEPS for Dads.** Various locations. Call PEPS, 206-547-8570, email [Cari Morales](mailto:CariMorales), or see [PEPS.org/programs/dads](http://PEPS.org/programs/dads). (D & baby 0-12 mo., \$155, scholarships)

**Providence Regional Medical Center. New Dads.** 1 evening (quarterly), 7:00-9:00 p.m. Everett. Call 425-304-6047. (D, \$30) **Stay-at-Home Dads Group.** Weekly get-togethers. See [meetup.com/Seattle-Stay-at-Home-Dads-Group](http://meetup.com/Seattle-Stay-at-Home-Dads-Group). (D)

**Swedish Medical Center. The DAD Project.** 8 wk. course. See [Swedish.org/classes](http://Swedish.org/classes). (D & baby, \$80)

**Washington Dads.** Support groups and retreats for dads of special needs children. See [wadads.org](http://wadads.org), or call or email Tim Schutz, 253-350-0981, [TSchutz@WADads.org](mailto:TSchutz@WADads.org). (SN, D, free)

**Washington State Fathers Network.** Educational and monthly social events. See <https://fathersnetwork.org/calendar/> or contact Louis Mendoza, [Louis.Mendoza@Kindering.org](mailto:Louis.Mendoza@Kindering.org). (SN, D, \$)

**Wellspring New Parent Services. Father's First Steps: Helping New Fathers Nurture Their Babies.** 6 Saturdays, 10:00-11:30 a.m. Bellevue. Call 425-453-7890, ext. 268 or see [Wellspringfs.org](http://Wellspringfs.org). (D & babies to 8 mo., \$96, scholarships)

### Daycare

**Childcare Resources. Training** for childcare providers in King County. STARS hours available. Call 253-852-1908, ext. 0 for application form. Child Care Resources, Kent. Call 206-329-5333 ext. 1. (C, \$, STARS hours)

**Childcare Resource & Referral. Training** for childcare workers in Snohomish and Skagit counties. Call 425-259-2973 (Snohomish Co.) or 360-416-8299 (Skagit Co.) for application form. (C, \$, STARS hours)

### Deafness, Sign Language

**Deaf Connection.** Capitol Hill, Seattle, 2nd Saturdays, 10:00 a.m.-noon. Call 206-547-8339 v/tty. (P with deaf, hard of hearing, or deaf/blind children, free)

Nancy Hanauer, **Hop to Singaroo® Baby Sign Language**, 4 1-hr. sessions. See [HoptoSignaroo.com](http://HoptoSignaroo.com). Various locations. (hearing PI & babies)

**Visually Speaking.** Sign language classes. Various locations. **Discover Sign Language**, the Children's Museum, Seattle Center, Fridays, 11:30 a.m.-noon. Register: [info@VisuallySpeaking.info](mailto:info@VisuallySpeaking.info) or [VisuallySpeaking.info](http://VisuallySpeaking.info). (PI, \$7.50)  
See [VisuallySpeaking.info](http://VisuallySpeaking.info). (P, children, \$)

*Disabilities* (See *Special Needs*, below.)

### Divorce

**Family Support Center of South Snohomish County. For the Kids' Sake**, 4-hr. court-mandated seminar for divorcing parents in Snohomish County. Call 425-977-4767. (P, sliding scale)

**Samaritan Center of Puget Sound. Divorce Lifeline.** Tuesdays, 7:00 – 8:30 p.m. 8-wk. series for adults and/or 8 wk. series for children. Northeast Seattle. Call or email Rob Erickson, 527-2266, ext. 370, [Sam@Samaritanps.org](mailto:Sam@Samaritanps.org). (P and/or kids, \$50 intake interview, sliding scale for series)

**Sky Valley Community Schools, Monroe School District, & Ed2Go. Navigating Divorce** and other courses. Call 360-804-2571 or see [ed2go.com/svcs](http://ed2go.com/svcs). Six-week series starts monthly. (P, SP, \$87, online)

### Domestic Abuse

**Harborview Center for Sexual Assault & Traumatic Stress. Parent-Child Interaction Therapy** for parents and caregivers of children ages 2 to 7, a 14-18-wk. program. Seattle. Call Naomi Perry, 206-744-1600.

**Jewish Family Service**, in collaboration with Wellspring Counseling. **Kids Club: Helping Children Who Have Witnessed Domestic Abuse.** Seattle, 11-wk. series. For ages 5-8, series begins in October; for ages 9-12, January. Call or email Project DVORA, 206-461-3240, [contactus@JFSSeattle.org](mailto:contactus@JFSSeattle.org). (Mothers & children who have been affected by domestic violence, free, childcare, no religious content)

**Lake Stevens Family Center and Granite Falls Family Support Center, Domestic Violence Support Group.** Call Lake Stevens, 425-397-7433; Granite Falls, 360-386-9282. (group & advocate)

**New Beginnings. Domestic Violence Parenting Class.** North Seattle. Call 206-783-2848. (P, childcare)

**The Parenting Place. Helping Children Who Have Witnessed Domestic Violence**, Bremerton. Call 360-473-2134. (P who have been mandated by the courts to take a domestic violence parenting class, \$250. Separate classes for perpetrators, survivors, \$250)

### Foster Parenting, Grandparenting, Parenting Children of Relatives

**Alliance for Child Welfare Excellence.** Many support groups and other resources, including **Caregiver Core Training** throughout the central Puget Sound area for potential foster and adoptive parents and relative caregivers (24 hours, for locations and schedules see [AllianceforChildWelfare.org](http://AllianceforChildWelfare.org)). A three-hour **Orientation** is recommended before attending the Caregiver Core Training (call 206-923-4942 for schedule). (C, FP, G, free)

**Atlantic Street Family Resource Center. Caregivers in Action**, Rainier Beach, 2<sup>nd</sup> & 4<sup>th</sup> Wednesdays, 6:00 – 8:00 p.m. Call or email Shirley Smith, 206-723-1301, [Shirley@AtlanticStreet.org](mailto:Shirley@AtlanticStreet.org). (G & other relatives raising children, free, childcare, light dinner)

**Casey Family Programs.** Call 206-322-6711 or see [Casey.org](http://Casey.org). (FP)

**Center for Human Services. Caregivers Support Group**, Shoreline, 4<sup>th</sup> Thursdays, 10:00 a.m. – noon. Call Tamara Piwen, 206-631-9436. (G & other relatives raising children, free, potluck, one on one support available as well)

**Childbirth Education Association. Grandparents.** Northwest Seattle. Call 206-789-0883. (G, \$20)

**Fostering Together.** Many support groups for foster parents, caregivers, adoptive parents. Call 206-328-5270 or see [FosteringTogether.org](http://FosteringTogether.org). (FP, C, G, free)

**Grandparent/Kinship Caregivers in Action**, Atlantic Street Family Resource Center, Rainier Beach, Wednesdays, 6:00 – 8:00 p.m. Call 206-723-1301. (G, C, FP, childcare, dinner, free)

**Grandparents As Parents.** Everett. **Support and courses** for grandparents raising grandchildren. Call 425-353-6680, or see [home1.gte.net/reso2wo7/index.htm](http://home1.gte.net/reso2wo7/index.htm). (G)

**Greater Maple Valley Community Center. Foster Parent Support Group.** 3<sup>rd</sup> Tuesdays, 7:00-9:00 p.m. Call 425-432-1272. (FP, free)

**Highline Community Hospital. They Don't Come with Instructions: A Class for Grandparents, Families, and Friends.** Burien. Call 206-439-5576. (G, \$15/family)

**King County Kinship Collaboration. King County Kinship Support Groups.** Updated Kinship Support Group List: [click here](#). Groups in Seattle, Shoreline, Bellevue, and Kent. Call or email the King County Kinship Collaboration Coordinator, Barb, at 206-328-5270, or [barbt@ccsw.org](mailto:barbt@ccsw.org). (FP, C, G, & other relatives or friends raising children, free, information on financial assistance.) This year, the Annual partnership with Parent Partner Summer Gathering will be on July 22, 2018, [Flyer here](#). Next monthly meeting will be on Sep 26, 10:00 - 12:00p.m. noon at CCS (100 - 23<sup>rd</sup> Ave S), Seattle, more info contact Barb (KCKC Coordinator).

Kinship Caregiver Program of Snohomish County. Relatives As Parents. Support groups countywide. For times and locations and other information, call or email Amy Dennis, 425-248-5516, [kinship@StillycCenter.com](mailto:kinship@StillycCenter.com). (G & other relatives, free)

**Kinship Navigator for King County Catholic Community Services.** Call or email 206-328-5951, [KinshipProgram@CCSW.org](mailto:KinshipProgram@CCSW.org). (G & other kin, no meetings, information only, free)

**Kinship Resources for South King County.** Call or email Kristie Lund, 206-371-6642, [jazzsma@yahoo.com](mailto:jazzsma@yahoo.com). (G & other kin, no meetings, information only, free) **Lake Stevens Family Center. Grandparents Raising Grandchildren.** 2<sup>nd</sup> Thursdays, 5:00 – 7:00 p.m. Call 425-397-7433. (G & other relatives raising children, free, dinner at 5:00, childcare)

**Overlake Hospital. Just for Grandparents.** Bellevue. Every other month. Call 425-688-5259 or email [Teresa.Botts@OverlakeHospital.org](mailto:Teresa.Botts@OverlakeHospital.org). (G, \$30/grandparent or couple)

**Swedish Medical Center. Grandparents.** First Hill, Seattle. Call 206-215-3338 or see [Swedish.org](http://Swedish.org). (G, \$35/couple)

**Valley Medical Center. Expecting a Grandbaby.** Renton. Call 206-575-2229 or see [ValleyMed.org/services/healthwellness/birthprep.asp](http://ValleyMed.org/services/healthwellness/birthprep.asp). (G, \$20, \$30/couple)

**Washington State Dept. of Social & Health Services. Caregiver Support Meeting.** Monthly. Lynnwood, 10:30 – noon. Call or email Brenda Smith, 425-977-6688, [SmithBL@DSHS.wa.gov](mailto:SmithBL@DSHS.wa.gov). (FP, C, G, free, Q/A, speakers) See [dshs.wa.gov/altsa/home-and-community-services-kinship-care/kinship-care](http://dshs.wa.gov/altsa/home-and-community-services-kinship-care/kinship-care).

## Health & Safety

**Call for information on many health and safety classes for parents, including childbirth and newborn classes:**

Auburn Regional Medical Center, 253-333-2522  
 Columbia Health Center (Southeast Seattle), 206-206-4650, ext. 6052  
 EvergreenHealth (Kirkland), 425-899-3000  
 Good Samaritan Hospital (Puyallup), 253-697-5300  
 Highline Community Hospital (Burien), 206-439-5576  
 Highline Medical Center (Burien), 206-988-5793  
 Mary Bridge Children's Hospital (Tacoma), 253-403-1400  
 Northwest Hospital (Northeast Seattle), 206-368-1784  
 Overlake Hospital (Bellevue), 425-688-5259  
 Parent Trust/Great Starts (Seattle), 206-789-0883  
 Providence Regional Medical Center (Everett), 425-304-6000  
 Seattle Children's (Northeast Seattle), 206-789-2306  
 Swedish Medical Center (Central Seattle, Ballard, and Issaquah), 206-386-2502  
 Tacoma General Hospital, 253-697-5300  
 Valley Medical Center (Renton), 425-656-4006

Also, family centers offer infant CPR classes.

**Healthy Start. In-home support** and play groups in north and east King County and south Snohomish County. Call Eowyn, 425-844-9669, ext. 102. (M 16 to 24, pregnant or with babies under 7 mo., free)

**Parent Trust/Great Starts. Courses for expecting and new parents.** Call 206-789-0883 or see [ParentTrust.org](http://ParentTrust.org).

## Infants, Toddlers, & Preschoolers

See the *Health & Safety* section above for childbirth and newborn classes.

**Attachment Parenting International, Seattle Chapter.** Meetings, 2<sup>nd</sup> Saturdays, 10:00 a.m.-noon. Phinney Ridge Neighborhood Center, North Seattle. Call or email Sara, 206-323-7479, [info@APISeattle.org](mailto:info@APISeattle.org), or see [APISeattle.org](http://APISeattle.org). (PI, PY)

**Atlantic Street Family Resource Center. Ages & Stages,** 4-session presentations on what to expect, with separate series for expecting couples, new parents, parents of children under 3, and parents of children 3 to 5 years old. Rainier Beach. Call Tiara, 206-723-1301, or see [AtlanticStreet.org](http://AtlanticStreet.org). (Expecting P, PI, PY, free)

**Atlantic Street Family Resource Center. Parent Child Home Program.** Rainier Beach. Call 206-329-2050. (PI, PY, free)

**Babies R Us. Baby Basics.** Call 253-472-4441. (PI, free)

**Bates Technical College. Infants & Parents, Toddlers & Parents,** 8 wks., various times at Bates' South Campus, Tacoma. (PI, PY & children, \$88/family, Kiwanis scholarships—call 253-680-7500). Preschools in Tacoma, Burien, Federal Way, Gig Harbor, Purdy, Puyallup, Milton, Bonney Lake, University Place (PI, PY). Call 253-680-7500 or see [Bates.ctc.edu/family](http://Bates.ctc.edu/family).

**Bellevue College. Parent-Infant Class, Parent-Wobbler Class, Parent-Toddler Class, Cooperative Preschool** in Bellevue, Mercer Island, Sammamish, Snoqualmie, Renton, Issaquah, Carnation. **Creative Development Lab** (art enrichment for ages 3-5, and parent ed, on campus), **Sammamish Art & Science Enrichment Lab** (for ages 3-5, at Pine Lake Community Club), **Discovery Lab** (science enrichment for children ages 5-7, parent ed, at Robinswood Park), **Beyond Five – For Par-**



**ents Only** (one day/month), and Saturday Family Inventors' Lab (for ages 3-6, on campus). Call 425-564-2365 or see [BellevueCollege.edu/ParentEd](http://BellevueCollege.edu/ParentEd), or [Facebook.com/BCParentEd](https://www.facebook.com/BCParentEd). (PI, PY & child, tuition)

**Campfire. Play & Learn**, Shoreline, Tuesdays 10:00 a.m.-noon, Wednesdays 4:00-6:00 p.m. Call Maria, 206-826-8932 or 206-461-8550. (*Spanish-speaking PI, PY & children, free*)

**Center for Human Services. Kaleidoscope Play & Learn**, Shoreline Family Support Center, Northshore Family Center, and Third Place Commons. Call 206-362-7282. (PY, *Spanish-speaking PY, free*). Also **WIC, preschool** for income eligible.

**Children's Home Society. PACE**, Auburn, Tuesdays, 6:00-7:30 p.m. Call 253-315-0111. (P, free)

**Community of Mindful Parenting.** Offers **Listening Mothers**. Call or email Jennifer Strophy, 206-829-2660, [info@CommunityofMindfulParenting.com](mailto:info@CommunityofMindfulParenting.com).

**Edmonds Community College.** Center for Families, Lynnwood. **Parent Education – Infant and Toddler FLED Program.** 10 Friday classes, 9:30-11:30 a.m. Call 425-640-1665, email [fled@edcc.edu](mailto:fled@edcc.edu), or see [EdCC.edu/ParEd/default.html](http://EdCC.edu/ParEd/default.html). Register: [Download the Fall enrollment form](#). Fall quarter begins Friday, Sep. 21. (P, guardian, or caregiver & child 3 mo.-3 yr., day according to age group, \$130, scholarships)

**Edmonds Community College.** The following affiliated preschools and co-op preschools offer parent education: Center for Families Cooperative Preschool, Edmonds Cooperative Preschool, Mill Creek Cooperative Preschool, Playful Learning Cooperative Preschool, West Edmonds Cooperative Preschool, Snohomish Cooperative Preschool, Marysville Cooperative Preschool, and Lake Stevens Cooperative Preschool. See [EdCC.edu/ParEd/default.html](http://EdCC.edu/ParEd/default.html). (P & child, \$)

**EvergreenHealth. Parent-Baby Groups.** Kirkland. Call 425-899-3000 or see [evergreenhealth.com/parent-baby](http://evergreenhealth.com/parent-baby). **Snugglers** (0-3 mo.), Tuesdays & Wednesdays, 12:30 - 2:30 p.m. **Giggles** (3-6 mo.) Tuesdays & Wednesdays, 9:30 - 11:30 a.m. **Movers** (6-9 mo.), Thursdays, 12:30 - 2:30 p.m. **Explorers** (9-12 mo.), Thursdays, 9:30-11:30 a.m. **Shakers** (12-15 mo.) Thursdays, 9:30 - 11:30 (PI, PY, Snugglers series free, others \$110 each). **Bringing Baby Home**, 2 Saturdays, 9:00 a.m. - 4:00 p.m. (PI, \$150/couple). **Back to Work Parent-Baby Group**, 6 Saturdays (2 Saturdays/month), 10:00 a.m. – noon. (PI, babies welcome, \$80, babies 3-9 mo. at start of series) **Ewa Health Education. Happiest Baby on the Block**®, 2-hr., \$40/couple, and **Bringing Baby Home**, two 8-hr. sessions, \$150/couple. Federal Way. Call Jennifer Wojciechowski, 253-946-0136, or email [EWAHealth@msn.com](mailto:EWAHealth@msn.com). (PI)

**FamilyWorks. Drop-in Playgroups**, Tuesdays 11:00 a.m.-12:30 p.m. in Spanish, Wednesday and Friday 10:30 a.m.-noon in English. Wallingford, Seattle. Call 206-694-6727 or see [FamilyWorksSeattle.org](http://FamilyWorksSeattle.org). (PI, PY, free)

**Fussy Baby Network, Cooper House.** Seattle/King County. Phone consultation and clinical services. (PI, free by phone, sliding scale otherwise)

**Good Samaritan Hospital. Mom and Baby Support Group.** Puyallup. Call 253-697-5366. (PI, free)

**Great Starts Center for Strong Families. Childbirth preparation, newborn care, breastfeeding, Babysafe, Conscious Fathering, Happiest Baby on the Block, Sibling Adjustment for Kids/Parents.** Several locations in King, Snohomish, & Kitsap counties. Call 206-233-0156, or see [ParentTrust.org/classregistration](http://ParentTrust.org/classregistration). (PI, \$)

**Green River Community College. Cooperative Preschool Program**, quarterly courses, 2 credits. Kent, Covington, Black Diamond, Auburn, Enumclaw. Call Family Studies Dept., 253-833-9111, ext. 2729. (PI, PY, \$)

**Healthy Start. In-home support** and play groups in north and east King County and south Snohomish County. Call Eowyn, 425-844-9669, ext. 102. (M 16 to 24, pregnant or with babies under 7 mo., free)

**Hop to Signaroo** (American sign-language classes for hearing parents and babies), Nancy Hanaeur. Call or email Nancy, 206-789-7446, [Nancy@HoptoSignaroo.com](mailto:Nancy@HoptoSignaroo.com). (PI, in-your-home series for groups, 2-hr. workshops for groups, or one-on-one sessions, fees variable, see [HoptoSignaroo.com](http://HoptoSignaroo.com))

**Highline Community College. Parent-Toddler Group & Cooperative Preschool**, Tukwila. Call Marlus, 206-768-2822. (PY, \$)

**Jewish Family Service. Bringing Baby Home.** Seattle and Eastside. Call or email Marjorie Schnyder, 206-861-3146, [FamilyLife@JFSSeattle.org](mailto:FamilyLife@JFSSeattle.org). (PI, \$, culturally sensitive context, home based)

**Mommy Matters: Program for Mothers of Toddlers/Preschoolers.** Melissa Benaroya & Robin Dowdy. Seattle. Call or email Melissa, 206-226-6707, [Melissa@Beneroya.net](mailto:Melissa@Beneroya.net), or see [MommyMatters.com](http://MommyMatters.com). (M, \$)

**MOPS.** Mothers of Preschoolers. Worldwide! See [MOPS.org](http://MOPS.org). (PI, PY including moms of kindergarteners)

**Mothers & More. Meetings, playgroups, book club, mom's night out.** North Seattle. Call Molly, 425-640-5705 or see [MothersandMore.org](http://MothersandMore.org). (PI, PY)

**Neighborhood House. Early Head Start.** South Seattle, Tukwila, SeaTac, Skyway, Burien, West Seattle, Central Seattle. Call 206-461-8430, ext. 2040, or see [nhwa.org/earlylearning](http://nhwa.org/earlylearning). (Prenatal M, PY, home visiting for low-income families with children 0-3 yr.)

**Neighborhood House. Toddler Preschool.** New Holly. Call 206-461-8430, ext. 2040, or see [NHWA.org/earlylearning](http://NHWA.org/earlylearning). (Low-income P of children ages 2-3 in South Seattle, monthly home visits, preschool classes two days per week)

**North Seattle Family Resource Center. Parents As Teachers.** Lake City. Personal visits, health screenings, monthly group, information about and referral to community resources. Also **Play & Learn**, several sites. Call 206-364-7930 or see [chs-wa.org](http://chs-wa.org). (PY & child to 3 yr., free for eligible families)

**North Seattle College. Parent Education Cooperative Preschool Programs.** Various locations. Call Bob Ford, 206-934-6029, or see [coops.northseattle.edu](http://coops.northseattle.edu). (PY and children 12 mo.-5 yr., 3 credits, lab fee, tuition)

**Northshore Family Center. Head Start Preschool.** Bothell. Call 425-205-2004. (P & children 3-5 yr., low-income families or families in kinship care)

**Nurse-Family Partnership. Home visits** to first-time, low-income mothers and babies to 24 mo. King County. Call 206-296-3313. (M & babies, free)

**Nurturing Pathways.** Creative dance for parent-child bonding & body-brain development. Phinney Ridge. Call 425-280-3805 or register at [NurturingPathways.com](http://NurturingPathways.com). (PI, PY, & 3 mo.-4-yr.-olds, \$208-\$241/10-wk. series, proratable)

**Overlake Hospital.** Bellevue. Call 425-688-5259 or see [OverlakeHospital.org/classes](http://OverlakeHospital.org/classes). **Conscious Fathering Before Baby**, every other month, 1<sup>st</sup> Thursdays, 6:30 - 9:00 p.m. (D-to-be, \$30)

**Olympia Breastfeeding Drop-In Group.** Family Support Center, Olympia. Jun. 21 through Dec. 20, 2018. Thursdays, 10:00a.m. – 12p.m. noon. (P, families with breastfeeding babies, free)

#### **After Baby Comes:**

Moms & babies 0 - 3 mo. Tuesdays 10:30 a.m. – noon or 1:00 – 2:00 p.m. (M, free)

Moms & babies 3 - 6 mo. Wednesdays 11:00 a.m. – 12:30 p.m. (M, \$60 one-time fee)

Moms & babies 6 -12 mo. Wednesdays 2:00-3:00 p.m. (M, \$60 one-time fee)

**Balance after Baby**, 2<sup>nd</sup> & 4<sup>th</sup> Tuesdays, 7:00 - 8:30 p.m.. (New M feeling stress, drop-in, free)

**Parent-Child Home Program.** Various locations in Seattle and King County. A school readiness home visiting program for low-income families with children ages 2 through 4, funded by the City of Seattle in partnership with United Way of King County. Call Seattle Human Services Dept., 206-386-1017, or email [ChildrenandFamilies@Seattle.gov](mailto:ChildrenandFamilies@Seattle.gov). For program at Atlantic Street Family Resource Center (Rainier Beach), call or email DIESHA RODGERS, 206-723-9000, [DieshaR@AtlanticStreet.org](mailto:DieshaR@AtlanticStreet.org). (P & children 2-4 yr., free, books, toys)

**ParentMap, Preschool Previews**, see [Preschool Previews](http://PreschoolPreviews). (PY, free)

**Parent Trust (Great Starts)**, several King and Snohomish County locations. English & **Latino** groups. Call Family Help Line, 206-233-0139 or 800-932-4673, or see [ParentTrust.org/classregistration/](http://ParentTrust.org/classregistration/). (P) Also free developmental screenings for children 1-6 months old. Call Marni, 206-233-0156, ext. 225.

**PEPS** (Program for Early Parent Support). Many support groups (**Newborns, Baby Peppers, Little Peppers, Second Time Around, While You Are Waiting, Adjusting to Parenthood, PEPS for Dads, PEPS for Grandparents, and PEPS Network Groups**). See [PEPS.org](http://PEPS.org). (PI, PY, G, free/\$, scholarships)

**Play & Learn/Jugando y Aprendiendo**. Parent-child support groups at many sites. See [Support Groups](#) section of this calendar. (PY, free)

**Providence Children's Center. Living with Baby, Living with Toddler, Living with Preschooler**. Everett. Call 425-258-7311 or 425-258-7012. (PI, PY & child, \$20/month, scholarships)

**Providence Regional Medical Center. New Dads**. 1 Wednesday, 7:00-9:00 p.m. Everett. Call 425-304-6000. (D, \$30)

**Seattle Central College. The Parent Child Center & SCCC Cooperative Preschools**. Call 206-587-6902 or see [SeattleCentral.org/ParentChildCenter](http://SeattleCentral.org/ParentChildCenter). (PI, PY & children, \$122.50/quarter)

**Seattle-King County Health Dept., Nurse-Family Partnership**. Ongoing coaching for expectant, first-time, low-income parents under 23, until their child is 2. Call 206-205-7220. (PI, free)

**Shoreline Community College. Parent Education/Parent Cooperative Preschool Program**. Infant, toddler, & preschool programs, Shoreline, Bothell, Woodinville, Kirkland. Call 206-546-4593 or see [Shoreline.edu/ParentCoop.html](http://Shoreline.edu/ParentCoop.html). (PI, PY & children, ongoing registration, college credit, \$)

**Seattle Families of Multiples. Support group** for parents of twins, triplets. Call 206-297-2628 or see [orgsites.com/wa/nsfom](http://orgsites.com/wa/nsfom) and related links. (PY)

**Seattle Holistic Center. Adjusting to Parenthood** (Fridays, 11:30 a.m. – 1:00 p.m.), **Mother's Circle** (last Tuesdays of the month, 12:45 – 2:00 p.m.), and yoga, massage, and singing groups for mothers and babies. Green Lake. Call Colette Crawford, 206-525-9035. (M, D, babies, \$)

**Shorenorth Parent Education Center and Cooperative Preschool**. Parent education classes. Lake Forest Park. Call 206-440-1411 or see [Shorenorth.org](http://Shorenorth.org). (PI, PY to age 3½, \$)

**South King County Family Resource Center**. Several groups for parents, single parents, parents & children, and dads. Kent. Call 253-854-0700. (P, D, SP, some free)

**Stroum Jewish Community Center Parenting Center**. Numerous programs. Mercer Island. Call or email Shannon Cruzen, 206-232-7115, ext. 228, [ShannonC@SJCC.org](mailto:ShannonC@SJCC.org), or see [CommunityofMindfulParents.com](http://CommunityofMindfulParents.com). (PI, PY & children, \$)

**Swedish Medical Center. Bringing Baby Home**. Call 206-386-2502. (PI, \$150/couple). **Conscious Fathering**. Call 206-386-2502. (D, \$45). **Listening Mothers**. Call 425-450-033. (M, \$96/8 wk.). **Moms & Babies Support Group**, Edmonds. Call 425-673-3352 (M & babies 0-6 mo.). **Grandparents**. Call 206-215-3338. (G, \$45/couple). **Gathering Moms Support Group**. (M, \$15, Medicaid).

**University Presbyterian Church. Bringing Baby Home**. University District, Seattle. Call Jennifer, 206-524-7301, ext. 192. (PI)

**UW-Northwest Hospital. Life with Baby, Becoming Parents Program, Conscious Fathering, Sibling Preparation, and Happiest Baby on the Block**. Northgate Area, Seattle. Call 206-789-0883 (Great Starts), or see [ParentTrust.org/classregistration](http://ParentTrust.org/classregistration). (PI, \$)

**Valley Medical Center. Various courses, support groups**. Renton. Call or email **Great Starts**, 206-789-0883, [GreatStarts@ParentTrust.org](mailto:GreatStarts@ParentTrust.org). (P, \$)

**Visually Speaking. Sign language classes**. Email [info@VisuallySpeaking.info](mailto:info@VisuallySpeaking.info). (P, children, hearing or not, \$)

**Wellspring New Parent Services, Wellspring Counseling:**

--**Bringing Baby Home**, 2 Saturdays, 9:00 a.m.-4:00 p.m. Bellevue. Call 425-450-0332, ext. 219. (PI, \$150, materials \$30, scholarships)

--**Father's First Steps**, 6 Saturdays, 12:30-2:00 p.m. Bellevue. Call 425-450-0332, ext. 219. (D & babies to 8 mo., \$115, scholarships)

--**Listening Mothers**, 8 wks. Call 425-450-0332, ext. 219. (M & infants under 8 mo., \$150, scholarships)

--**Reflective Parenting**, 8 Wednesdays, 5:30-7:30 p.m. Bellevue. Call 425-450-0332, ext. 219. (P, \$250, \$300/couple, scholarships)

**Wonderland Developmental Center. Play groups.** Shoreline. Call Gita, 206-364-3777. (PI, PY & developmentally challenged children 18 mo.-5 yr., free)

**Woodinville Family Preschool.** Woodinville. Call 425-481-9707 or see [WoodinvilleFamilyPreschool.org](http://WoodinvilleFamilyPreschool.org). (PY & children, \$)

**Youth Eastside Services, Bellevue. Promoting First Relationships**, 10 home visits, 1.5 hr. each. Call 325-747-4937. (PI, \$)

### Interfaith Parenting

**Jewish Family Service. Programs for interfaith parents.** Seattle Central Area. Call or email Marjorie Schnyder, 206-861-3146, [FamilyLife@JFSSeattle.org](mailto:FamilyLife@JFSSeattle.org).

### Japanese Families

**FamilyWorks. Japanese Playgroup.** Wallingford, Seattle, Tuesdays, 3:00-5:00 p.m. Call 206-694-6727. (PY & young children, free)

### Jewish Families

**Jewish Family Service. Jewish Single Parent Family Program and other programs.** Seattle Central Area. Call or email Marjorie Schnyder, 206-861-3146, [FamilyLife@JFSSeattle.org](mailto:FamilyLife@JFSSeattle.org)

**Strom Jewish Community Center Parenting Center. Nurturing New Families.** Mercer Island. Play, singing, field trips. Call Carla Hershman, 206-232-7115 x 304. (PI, PY & children, all faiths, all ethnicities, \$120/year). Other programs also.

### LGBT Families, Youth

**PEPS Network Groups.** See [PEPS.org](http://PEPS.org).

**P-Flag** (Parents, Families, and Friends of Lesbians and Gays). Several groups. Call 206-325-7724.

**Proud Parenting, Open Arms Campaign.** at Southwest Youth & Family Services, alternate Mondays, 6:00-8:00 p.m. Call toll free 1-877-534-1723. (GLBT parents & children, potluck dinner, social activities)

**Youth Eastside Services. LGBTQ Teen Support Group.** Thursdays, 5:00 – 7:00 p.m. Bellevue. Call 425-747-4837. (T, free)

### Military Families

**Navy Family Service Center. Courses and support** open to all military families. Everett area. Call 425-304-3367.

### Muslim, Iraqi Families

**Southwest Youth & Family Services. Iraqi Family Activities.** West Seattle. Call Muhamed Qatrani or Yahya Al-Garib, 206-937-7680. (P, free)

### Nutrition

**Free Summer Meals for Kids and Teens.** kids and teens ages 18 and under eat free at more than 200 sites throughout King County. [Find more information and nearby meal sites.](#) (Free, open to all families without paperwork or registration.)

**Shoreline Family Support Center & Public Health Seattle/King County. Women, Infants, & Children (WIC).** Shoreline. Call 206-363-6864. (Pregnant women & M with children ages birth to 5 yr., income eligible, food vouchers, referrals)

### Parenting Plans

**Break Through Parent Institute.** Supervised visitation, mediation, and parenting plans. NEt Seattle. Call 206-992-2831.

## Preparation for Parenting

See listings under *Health and Safety*, above.

### Russian Families

**Federal Way Youth & Family Services. Strengthening Multi-Ethnic Families & Communities.** Call Vera, 253-335-2480. (Russian-speaking P, free to families who live in Federal Way)

**Kinderling. Parenting Plus in Russian.** Bellevue. Call or email Lois Ralph, 425-653-4302, [Lois.Ralph@Kinderling.org](mailto:Lois.Ralph@Kinderling.org). (P, free)

**Northshore Family Center. Russian First Steps Play & Learn,** Bothell, 10:30 a.m.-noon. Call 425-205-2004. (PI, PY & children 0-5, free)

### School Engagement

**North Seattle College, Seattle Public Schools, & other partners. Family Connectors University.** 10-wk. course. See <http://coops.northseattle.edu>, or call or email Betty Williams, 206-934-4571, [Betty.Williams@Seattlecolleges.edu](mailto:Betty.Williams@Seattlecolleges.edu) or Chris Ray-Merriweather, 206-252-0996, [ChRayMerriwe@Seattleschools.org](mailto:ChRayMerriwe@Seattleschools.org). (P in Seattle schools, 2 credits, \$32, scholarships, childcare, tutoring)

**Washington State Family & Community Engagement Trust.** A nonprofit “working to reinvent the way families, schools and communities partner to support student achievement and well-being.” Family Engagement Cafés. See Sept. 23 conference listing for Snohomish County and [WAFamilyEngagement.org](http://WAFamilyEngagement.org). (P, G, SC)

### Sexuality

**Anya Manes, Talking to Kids about Sex,** a free video interview series. Sign up [here](#). (P, free)

**Birds + Bees + Kids,** Amy Lang. Seattle. Call 206-661-2245, email [Amy@BirdsandBeesandKids.com](mailto:Amy@BirdsandBeesandKids.com), or see [BirdsandBeesandKids.com](http://BirdsandBeesandKids.com). (PE, \$45, \$80/2 for 3-hr. workshop scheduled at homes, or \$45 or \$80/pair for 1½ hr. workshop, webinars, recordings of webinars available, online course \$9/mo. or \$99)

**Great Conversations.** “Helping preteens and their families in conversations about body changes, sex, and other growing up stuff.” **For Girls Only** and **For Boys Only**. Call or email 206-789-2306, [GreatConversations.com](http://GreatConversations.com). (P, son or daughter, \$35) ((ALL US AT

**Planned Parenthood. All About Puberty.** Call 206-328-7715. (P & sons/daughters 10-12 yrs., \$25/family, scholarships, snacks, call to co-sponsor with your group) **Planned Parenthood. Teen Speak.** Call 206-328-7715. (P & sons/daughters 13-15 yrs., \$25/family, scholarships, snacks, call to co-sponsor with your group)

**Seattle Children’s. For Girls Only, & For Boys Only.** Seattle Children’s and Great Conversations, Laurelhurst, and Overlake Hospital, Bellevue. See [SeattleChildrens.org/classes](http://SeattleChildrens.org/classes). (P & daughter age 10-12, \$80/parent & child, \$20/additional child) **Stop It Now!** Information on sexual abuse. See [StopItNow.org](http://StopItNow.org).

**Swedish Medical Center. All About Puberty: Parents & Boys/Girls Together.** Seattle, Ballard, Edmonds, Mill Creek, Issaquah. Call 206-386-2502, email [healtheducation@Swedish.org](mailto:healtheducation@Swedish.org), or see [Swedish.org/classes](http://Swedish.org/classes). (P & daughter/son 10-12, snacks, \$35/2 parents & 1 child, \$5/additional child or adult, scholarships)

### Single Parenting

**Jewish Family Service. Jewish Single Parent Program** for Jewish single parents and children. Call or email Marjorie Schnyder, 206-861-3146, [FamilyLife@JFSSeattle.org](mailto:FamilyLife@JFSSeattle.org). (P & children)

**Sky Valley Community Schools, Monroe School District, & Ed2Go. Managing Life as a Single Parent** and other courses, Call 360-804-2571 or see [ed2go.com/svcs](http://ed2go.com/svcs). Six-week series starts monthly. (P, SP, \$87, online)

### Social Skills, Emotion Management Skills

See <http://ldawa.org/resources-children-adolescents-area-social-skills-trainings/>, a resources directory.

**Atlantic Street Family Resource Center. CORE Gaming Group.** Tuesdays & Thursdays, 3:30 – 5:30 p.m. Call 206-723-1301. (Youth, free)

Laura Doerflinger Schneider & Leslie Fields, **Casey's Clubhouse.** Kirkland. See [Caseys-Clubhouse.com](http://Caseys-Clubhouse.com). (SN children grades 1-8, \$, school-year-long, also 1-wk. summer camps)

**Guided Pathways Support for Youth & Families**, various family activities. Kent and elsewhere. Call or email 253-236-8264, [GuidedPathways.org](http://GuidedPathways.org).

**The Incredible Years**, a course for parents of children ages 4-8 with challenging behaviors. Brooks Powers Group, Westlake. Call 206-801-1139 or see [BrooksPowers.com](http://BrooksPowers.com). (PY, PE, \$)

**Ryther. Aspiring Youth.** Social skills groups for boys and/or girls of various ages, Northeast Seattle, University District (Seattle), West Seattle, Bellevue, Kirkland, Redmond. See [AspiringYouth.net](http://AspiringYouth.net).

**Wally's Club.** Groups for helping children initiate and maintain friendships. For Seattle, call Terri, 206-281-8403. For the Eastside, call Leslie, 425-503-3925. See [WallysClub.com](http://WallysClub.com). (4- to 12-yr.-olds, \$)

**Wally's Playgroups.** Coached play groups for practicing social skills. Call Karrin, 206-898-1433. See [WallysClub.com](http://WallysClub.com). (Preschoolers, kindergartners, homeschoolers, \$)

### Spanish-Language Families

**Campfire USA. Grupo de Juego en Español**, Tuesdays, 10:00 a.m.-noon, & Wednesdays, 4:00-6:00 p.m. At Wonderland Developmental Center, Shoreline. Call 206-364-3777. (PY & children)

**Center for Human Services.** Courses and services for **Spanish-speaking parents**. Shoreline. Call 206-362-7282. (PY, free)

**Cocoon House. Classes and support groups** for English- or **Spanish-speaking parents of teens**, **seminars** for parents & teens. 90-minute **phone consultations**. Snohomish County. Call 425-339-4179. (PT, T, free, dinner, limited transportation)

**FamilyWorks. Grupo de Juego en Español/Spanish-Speaking Playgroup**, Wallingford, North Seattle, Tuesdays, 11:00 a.m.-12:30 p.m. Call 206-694-6730. (PY & children 0-5, free)

**Grollmus, Ximena, Disciplina Positiva**, 7 wk., north Seattle. Call 206-440-5317. (P, materials, \$)

**Healthy Start. In-home support and play groups** in north and east King County and south Snohomish County. Call Eowyn, 425-844-9669, ext. 102. (M 16 to 24, pregnant or with babies under 7 mo., free)

**Tania Hino. Disciplina con valor, amor, y firmeza**, 7 wk., Seattle. Call 206-399-0232. (P, materials, childcare, \$)

**Kindering. Parenting Plus in Spanish**, Bellevue. Call 425-653-4302. (P, childcare, free)

**Latino Resource Center. Familias Unidas.** Everett. Call 425-513-2880 or see [FamiliasUnidas.lcs.org](http://FamiliasUnidas.lcs.org). (PY & children)

**Morales, Anita Garcia Disciplina Positiva**, 7 wk. Greater Seattle. Call 206-409-2120. (P, materials, \$)

**North Seattle Family Resource Center. Para Familias Latinas**, Lake City, Saturdays, noon-3:00 p.m. (PY, childcare, free). **Aprender Jugando**, Mondays, 10:00 a.m.-noon. (PY & children 3 and under, free). **Disciplina Positiva** offered from time to time (P, childcare, free). Call 206-364-7930.

**Northshore Family Center. Strengthening Families**, Bothell. Call 425-205-2004. (P, childcare)

**PEPS (Program for Early Parent Support). Newborn Group**, Auburn. Call 206-547-8570 or see [PEPS.org](http://PEPS.org). (PY, scholarships)

**Puget Sound Adlerian Society. *Disciplina Positiva*** . Also facilitator training. Seattle. Call or email PSAS, 206-527-2566, [PSAS@att.net](mailto:PSAS@att.net). (P, F, handouts, childcare, parenting courses free, facilitator training not free—see [SoundDiscipline.com](http://SoundDiscipline.com))

**Sea Mar Community Health Centers.** Parenting courses in **Spanish** at various sites in Snohomish County. Call Sandy, 360-657-3075. (P)

**Southwest Youth & Family Services.** **Parenting courses and support groups.** Call 206-937-7680. (P, free, childcare)

### *Special Needs*

**Includes ADD, Autism, Disabilities, and other special conditions.**

Also see *Social Skills, Emotion Management Skills*, above.

**ADD Resources. Monthly support groups** in Burlington, Tacoma, Lake Forest Park, Bellevue (for parents), Olympia, Seattle (two groups—one for adult and partner), and Bellingham. Call 206-724-0599, email [meg@ADDResources.org](mailto:meg@ADDResources.org), or see [meetup.com/ADDResources/events/](http://meetup.com/ADDResources/events/) or [ADDResources.org](http://ADDResources.org). (SN, free, potlucks)

**Alliance for Child Welfare Excellence.** Courses for social workers and caregivers. Statewide. See [AllianceforChildWelfare.org](http://AllianceforChildWelfare.org). (SN)

**The ARC of King County. Parent-to-Parent Support.** Call or email 206-364-4645, ext. 121, [p2p@ARCOfKingCounty.org](mailto:p2p@ARCOfKingCounty.org). (SN, also Asian, African-American, & Latino outreach groups)

**Autism Society of Washington.** Call 1-888-279-4968 or see [AutismSocietyofWA.org](http://AutismSocietyofWA.org). (SN)

**Barbara Bennett, M.A.,** Seattle. Specializes in dyslexia, LD, AD/HD, language disorders, anxiety, and special education/504 consultation. Call 206-325-2522 or email [BB\\_EdTherapy1@yahoo.com](mailto:BB_EdTherapy1@yahoo.com). (SN, \$)

**Center for Human Services. Northwest Special Families.** North King County. See [NorthwestSpecialFamilies.org](http://NorthwestSpecialFamilies.org). (SN & children, parent led, free)

**CHADD, Parent to Parent Training.** Bellevue & Renton. Chapter meetings for parents, 2<sup>nd</sup> Tuesdays, Renton. For Bellevue, call or email Jennifer, 425-443-6310. For Renton, call or email Pam, 253-631-8603, [south-King-County@CHADD.net](mailto:south-King-County@CHADD.net). (SN, \$125/CHADD couple)

**Children's Therapy Center. Playgroups.** Kent. Call Sandy, 253-854-5660. (SN & children under 3 with developmental disabilities)

**Eastside CHADD** (Children and Adults with ADD/ADHD). Volunteer organization, **monthly meetings** (3<sup>rd</sup> Tuesdays) at EvergreenHealth, Kirkland. See [Eastside-CHADD.org](http://Eastside-CHADD.org). (SN, free)

**Guided Pathways ~ Support for Youth & Families.** King County. **Community Cafés.** Provide one-to-one parent support to help guide parents through the System of Care while their child is having difficulty and during recovery, as well as parent classes and training for parent support providers. Call 253-236-8264, or [info@GuidedPathways.org](mailto:info@GuidedPathways.org). (SN, information on community resources and services for special needs families and youth, free, refreshments, door prizes, \$50 gift certificate).

**North Seattle Family Resource Center. Strollers in Action.** Lake City, Northeast Seattle. Wednesdays, 1:00 - 3:00 p.m. Call Lourdes Ruiz, 206-364-7930. (SN, PI, PY, differently abled children 0-5, free, field trips, resources, referrals, strollers)

**Northshore Family Center. Northshore Special Families.** Bothell. See [NorthshoreSpecialFamilies.org](http://NorthshoreSpecialFamilies.org). (SN, parent led, dinners, events, workshops for siblings)

**Odessa Brown Children's Clinic.** Marla York, **Children with Sickle-Cell Anemia**, Central Seattle, 2<sup>nd</sup> & 4<sup>th</sup> Mondays, 6:00 - 8:00 p.m. Call 206-329-787, ext. 8. (SN)

**Open Doors for Multicultural Families: Multicultural Community Parent Resource Center,** a nonprofit organization helping families who have family members with developmental disabilities and special health-care needs to gain equal

access to culturally and linguistically appropriate information, resources, and services. Kent. Call Gina Vendetti, 206-433-2125 or email [info@MulticulturalFamilies.org](mailto:info@MulticulturalFamilies.org). For languages list, see [MulticulturalFamilies.org](http://MulticulturalFamilies.org). (SN, free)

**Parenting a Child on the Autism Spectrum. Ongoing support group.** Fremont, Seattle. Saturdays, 12:45 – 2:00 p.m. Call or email Dr. Kathleen King, 206-659-6656. (SN, \$50/session)

**Parenting Children with Health Issues. Love and Logic**-based workshops for parents of children with chronic illness or other special needs. Call Lisa Greene, 425-891-2842, or see [HappyHeartFamilies.com](http://HappyHeartFamilies.com) and [ParentingChildrenwithHealthIssues.com](http://ParentingChildrenwithHealthIssues.com). (SN)

**Parenting the Special Needs Child. Ongoing support group.** Woodinville. Call Jolynn-Marie Wagner, Ph.D., 425-486-9952. Also, **Parent-Child Interactive Group.** (SN)

Joyce Victor, **Parenting the Spirited/Challenging Child.** Seattle. Call Joyce, 206-860-7969, or see [TheParentingClass.com](http://TheParentingClass.com). (SN of children 3½ to 7½ yr., offered occasionally, 5 to 10 wk., 7:00 - 9:00 p.m., \$185, \$295/ couple)

Chellie Sewell, **The Parenting Place. The Challenging/Spirited Child**, Bremerton. Call 360-473-2134. (SN, \$165, book)

**Postpartum Support International of Washington & Program for Early Parent Support. Adjusting to Parenthood.** PEPS, at Seattle Holistic Center, Wallingford. Call or email Mia Edidin, 206-659-7773, [Mia\\_Edidin@ppmdsupport.com](mailto:Mia_Edidin@ppmdsupport.com). (New P, free to PEPS participants, \$10 suggested donation)

**Ryther. Aspiring Youth Social Skills Groups.** Discussion and/or activity groups for ages 9-11, 11-13, 13-16, 16-19, and young adults. Various locations. See [AspiringYouth.net](http://AspiringYouth.net).

**Seattle Children's Autism Center. Autism** classes, Laurelhurst. Call 206-987-8080 or see [SeattleChildrens.org/classes-community/classes-events/autism-101/](http://SeattleChildrens.org/classes-community/classes-events/autism-101/). (SN, free)

**WaDads.** Support and retreats for dads and male caregivers of special-needs children. See [WADads.org](http://WADads.org) or call or email Tim Schutz, 253-350-0981, [TSchutz@WADads.org](mailto:TSchutz@WADads.org). (SN, D, C, free)

**Washington State Fathers Network.** Educational and social events. See <http://fathersnetwork.org/> or contact Louis Mendoza at [Louis.Mendoza@Kindering.org](mailto:Louis.Mendoza@Kindering.org). (SND, \$)

**Wonderland Developmental Center.** Services for developmentally challenged families. **Caterpillar Playgroup.** Shoreline. Mondays & Thursdays, 10:00 - 11:30 a.m. Also **Play & Learn**, Broadview Branch Library, Seattle, Wednesdays, 10:30-11:30 a.m. Call 206-364-3777. (SN, children 18 mo.-5 yr., free)

## Teenagers

(See also [Addiction/Recovery](#), above, and courses keyed "PT" in section 3.)

**Atlantic Street Family Resource Center & King County Superior Court. The Step-Up Program.** 20-wk. ongoing program for teens who have used violence in the home, and their parents. Call 206-296-7841 for intake interview. (PT, T, free, snacks)

**Changes Parent Support Network. Support groups and workshops** for parents of teens, Redmond, Seattle, Shoreline, Everett, Des Moines. Call 1-888-468-2620 or see [CPSN.org](http://CPSN.org). (PT, free, weekly)

**Cocoon House. Classes and support groups** for parents of teens, **seminars** for parents & teens. 90-minute **phone consultations**. Call 425-317-9898. For **Spanish**, call 425-339-4179. (PT, T, free)

**Friends of Youth. Staying Connected with Your Teen**, 5 Thursdays, 6:30 – 8:30 p.m. Issaquah. Call 425-392-6367. (PT, \$50, \$70/couple, scholarships)

**Guided Pathways ~ Support for Youth & Families.** Classes & other support. King County. Call 253-236-8264, email [info@GuidedPathways.org](mailto:info@GuidedPathways.org) or see [GuidedPathways.org](http://GuidedPathways.org). (P, free)



**Harborview Center for Sexual Assault & Traumatic Stress. Positive Parenting Program** (Triple P), 4-5 sessions. Call Naomi Perry, 206-744-1600. (PT, \$). Also **Alternatives for Families—Cognitive Behavioral Therapy**, a 14-18-wk. program also accepted by the courts as a parenting course, for families with violence or intimidation or threat of violence. Call Naomi Perry, 206-744-1600. (PT, \$)

**Ryther. Empowerment Sexuality**, Mondays, 5:00 -6:30 p.m. Ryther East, Bellevue. Call Robin, 206-517-0215. (Girls ages 12-18) **DBT Skills Group & Therapy**, weekly for six months, Seattle or Bellevue. Call Robin, 206-517-0215. (Girls ages 13-17 in *Dialectical Behavior Therapy*)

**Sky Valley Community Schools, Monroe School District, & Ed2Go. Understanding Adolescents** and other courses. Call 360-804-2571 or see [Ed2Go.com/svcs](http://Ed2Go.com/svcs). Six-week series starts monthly. (P, SP, \$87, online)

### Teen Parents

**Atlantic Street Family Resource Center. Teens As Parents.** Tuesdays, 5:30 – 7:30 p.m. Rainier Beach. Call 206-723-1301. (T ages 13 - 24, moms' group and dads' group, free, dinner, childcare, resources)

**El Centro de la Raza. Next Generation.** Home visiting services for pregnant and parenting teens. Beacon Hill. Call 206-325-3192. (TP, Spanish-speaking TP, pregnant T, free, two-year program, English & Spanish)

**FamilyWorks & North Seattle Family Resource Center. Teen Parent Group** at NSFRC. Lake City. Call or email Gladys, 206-694-6729, [GladysM@FamilyWorksSeattle.org](mailto:GladysM@FamilyWorksSeattle.org). (TP, & young children, free, 1-on-1 advocacy available, meets twice a month)

**Healthy Start. In-home support** and play groups in north and east King County and south Snohomish County. Call Eowyn, 425-844-9669, ext. 102. (M 16 to 24, pregnant or with babies under 7 mo., free)

**Seattle-King County Health Dept., Nurse-Family Partnership.** Ongoing coaching for expectant, first-time, low-income parents under 23, until their child is 2. Call 206-205-7220. (PI, free)

**Southwest Youth & Family Services. Young Parent Family Advocate**, West Seattle. Call Curn Domingo, 206-937-7680, ext. 222. (TP 16-24 yrs.)

**YWCA East Cherry Branch. Young Parents.** 12 Wednesdays, 6:00-8:00 p.m., Central Area. Call 206-957-2020, ext. 312. (TP 15-25 yr. or pregnant, free, childcare, dinner, transportation)

### Twins & Multiples

**PEPS** (Program for Early Parent Support). **PEPS Network Groups.** See [PEPS.org](http://PEPS.org). (PI, PY, G, free/\$, scholarships)

**Seattle Families of Multiples. Support group** for parents of twins, triplets. Call 206-297-2628 or see [orgsites.com/wa/nsfom](http://orgsites.com/wa/nsfom) and related links. (PY)

## Part 6

### Ongoing Support Groups

These ongoing support groups are listed by **day of the week**, and then by area—**Seattle, Eastside, North of Seattle, South/West of Seattle**. Most do not require pre-registration, except for childcare, but please call to verify. Many welcome caregivers and guardians as well as parents. Support groups with specific start and end dates are listed in section #3.

#### PLEASE NOTE:

- **PEPS** (the Program for Early Parent Support), has a great many support groups not listed here. See [PEPS.org](http://PEPS.org).

- **Stay-at-Home Dads Groups meet at various times and places. See [meetup.com/Seattle-Stay-at-Home-Dads-Group](https://www.meetup.com/Seattle-Stay-at-Home-Dads-Group).**
- To search, see p. 4.

Adlerian offerings are shown in shaded boxes, like this.

## Mondays

### Seattle

**Understanding the Moods of Motherhood**, Swedish Medical Center, First Hill. 4:00-5:30 p.m. Call 206-386-3321. (New M, free)

**1<sup>st</sup> & 3<sup>rd</sup> Mondays: Parents' Group**, Wellspring Counseling, Pioneer Square, 6:30-8:00 p.m. Call 206-461-8369. (P helping children who have witnessed domestic violence, \$)

**2<sup>nd</sup> Mondays: P-Flag**, Parents, Families, and Friends of Lesbians and Gays, Capitol Hill, 7:00 p.m. Call 206-325-7724. (P)

**2<sup>nd</sup> & 4<sup>th</sup> Mondays: Multi-Family Groups**, Valley Services Counseling & Consultation, Auburn. 6:00-7:30 p.m. Call Amanda, 253-205-0544. (P, potluck)

**Alternate Mondays: Proud Parenting, Open Arms Campaign**, at Southwest Youth & Family Services, 6:00-8:00 p.m. Call toll free 1-877-534-1723. (GLBT parents & children, potluck dinner, social activities)

### Eastside (Bothell to Renton)

**Kaleidoscope Play & Learn**, Center for Human Services, at Northshore Family Center, Bothell, 10:30 a.m.-noon. Call Velia, 425-205-2004. (PY, free, drop in, also Tuesdays, **Spanish** on Thursdays)

**2<sup>nd</sup> Mondays: Caregivers Support Group**, Fostering Together, Fall City, 6:00 – 8:00 p.m. Call or email Leilani McClure, 425-681-2094, [Leilani-McClure@OliveCrest.org](mailto:Leilani-McClure@OliveCrest.org). (FP, C, G, free, RSVP for childcare & meal)

**2<sup>nd</sup> & 4<sup>th</sup> Mondays: St. Madeleine's Networking Moms**, St. Madeleine's Bellevue, 6:30-8:30 p.m. Call 425-747-6770. (For Catholic working M)

**3<sup>rd</sup> Mondays: Caregivers Support Group**, Fostering Together, Redmond, 6:00 – 8:00 p.m. Email Gitit Banai, [GBanai@msn.com](mailto:GBanai@msn.com). (FP, C, G, free, RSVP for childcare & meal)

**4<sup>th</sup> Mondays: Eastside Mothers of Multiples**, Bellevue, 7:30 p.m. Call 425-882-3271. (M)

### North of Seattle

**Caterpillar Play Group**, Lake Forest Park Elementary, 11:00 – noon. Call Michelle, 206-364-3777. (PI, PY & children 18 mo.-5 yr., free)

**Kaleidoscope Play & Learn**, Shoreline Family Support Center, Center for Human Services, Shoreline, 10:30 a.m. - noon. Call Velia, 206-362-7282. (P & children 0-5, free, also Wednesdays & Fridays)

**1<sup>st</sup> Mondays: Stepfamily Strengths**, Family Therapy Services, Everett, 6:30-8:00 p.m. Call Beth, 425-259-5096. (S)

### South or West of Seattle

**Parent Support Group**, Changes Parent Support Network, Des Moines, 7:00-9:30 p.m. Call 1-888-468-2620 or see [CPSN.org](http://CPSN.org). (PT, free, potluck 1<sup>st</sup> Mondays 6:00-7:00 p.m.)

**Parent Support Group**, Children's Home Society, Kent, 6:00-7:30 p.m. Call Tamzyn at 253-854-0700. (P enrolled in a CHS program, limited childcare)

**Toddler Time**, Greater Maple Valley Community Center, at Gracie Hansen Community Center, Ravensdale, 9:30-11:30 a.m. Call 425-432-1272. (PI, PY/caregiver & children 0-5, \$2/family)

**4<sup>th</sup> Mondays: Men's Group**, South King County Family Resource Center, Kent, 6:00-7:00 p.m. Call Rodney or George, 253-854-0700, ext. 2571. (D, dinner, free)

**4<sup>th</sup> Mondays: Parents for Parents Dependency 101 Class**, Kitsap County Juvenal Court, at the DCFS office, Bremerton, 4:00 – 6:00 p.m. Call 360-337-5477. (*P involved with CPS, peer-led, free*)

## Tuesdays

### Seattle

Lourdes Ruiz, **Aprender Jugando: Play & Learn en Español**, North Seattle Family Resource Center, Lake City, 10:00 - 11:45 a.m. Call 206-364-7930. (*PY & children 0-3, free*)

Patty Cogan, **First-Year Home Group**, Queen Anne, 5:00-6:30 p.m. Call 206-378-0477. (*P & their internationally adopted infants & young children, \$*)

**Grupo de Juego en Español**, FamilyWorks, Wallingford, 11:00 a.m.-12:30 p.m. Call or email Virginia, 206-694-6730, [VirginiaG@FamilyWorksSeattle.org](mailto:VirginiaG@FamilyWorksSeattle.org). (*P & children 0-5, songs, snacks, free*)

**Japanese Playgroup**, FamilyWorks, Wallingford, 3:30-5:00 p.m. Call 206-694-6727. (*PY & children, free*)

**Mom & Baby Yoga**, Seattle Holistic Center, Green Lake, 11:30 a.m. – 12:45 p.m. Register: [SeattleHolisticCenter.com](http://SeattleHolisticCenter.com). (*M & baby, \$17*)

**Parents Who Care: Parenting Tools and Information**, Southeast Youth & Family Services, Columbia City (South Seattle), 6:00 -7:30 p.m. Call 206-721-5542. (*P, free*)

Kerianne Gardner, **Play & Learn**, North Seattle Family Resource Center, with Jackson Park House and Village, Northeast Seattle, 10:00 a.m. - noon. Call 206-364-7930. (*PY & children 3-5, free*)

**Play & Learn**, Wonderland Developmental Center, Broadview Public Library, 10:30 - 11:30 a.m. Call Gita, 206-364-3777. (*PY, free*)

**Teens As Parents**, Atlantic Street Family Resource Center, Rainier Beach, 5:30 - 7:30 p.m. Call or email Michelle, 206-454-3909, [MichelleM@AtlanticStreet.org](mailto:MichelleM@AtlanticStreet.org). (*T moms group & T dads group, pregnant couples, free, field trips, speakers, activities, dinner, baby supplies, transportation, childcare*)

**3<sup>rd</sup> Tuesdays: North Seattle Families of Multiples**, 7:00 p.m. Call 206-297-2628. (*P of multiple-birth children*)

**4<sup>th</sup> Tuesdays: Queen Anne Support Group**, Fostering Together, 6:00 – 8:00 p.m. Email Mandy Neil, [mandy@FFMC.org](mailto:mandy@FFMC.org). (*FP, C, G, free, RSVP for dinner & childcare*)

**Last Tuesdays: Mother's Tea**, Seattle Holistic Center, Green Lake, 12:45 – 2:00 p.m. Presentations on baby topics. Call Colette Crawford, 206-525-9035. (*M, D, babies, \$*)

### Eastside (Bothell to Renton)

**Kaleidoscope Play & Learn**, Center for Human Services, at Northshore Family Center, Bothell, 10:30 a.m. - noon. Call Velia, 425-205-2004. (*PY, free, drop in, also Mondays, in Spanish on Thursdays*)

**Parent Support Group**, Changes Parent Support Network, Redmond, 7:00 - 9:30 p.m. Call 1-888-468-2620 or see [CPSG.org](http://CPSG.org). (*PT, free, potluck 1<sup>st</sup> Tuesdays 6:00 - 7:00 p.m.*)

**1<sup>st</sup> or 3<sup>rd</sup> Tuesdays: MOPS Group**, Mothers of Preschoolers, [MOPS.org](http://MOPS.org).

**2<sup>nd</sup> Tuesdays: Caregivers Support Group**, Fostering Together, Redmond, 6:00 – 8:00 p.m. Call Leilani, 425-681-2716. (*FP, C, G, free, RSVP to [refresh@occ.org](mailto:refresh@occ.org) for childcare & meal*)

**2<sup>nd</sup> Tuesdays: Connections**, Encompass, North Bend, 9:30 – 11:00 a.m. Call Sam, 425-888-2777, ext. 1226, or see [Encompass.org](http://Encompass.org). (*SN, child in therapy, free, additional social gatherings*)

**2<sup>nd</sup> & 4<sup>th</sup> Tuesdays: Spanish-speaking Mothers Support Group**, Kindering, Bellevue, 6:00-8:00 p.m. Call Alicia Martinez, 425-747-4004, ext. 5412. (*M, free, childcare*)

**2<sup>nd</sup> & 4<sup>th</sup> Tuesdays: Balance after Baby**, Overlake Hospital, Bellevue, 7:00 - 9:00 p.m. Call 425-688-5259, or see [OverlakeHospital.org/classes](http://OverlakeHospital.org/classes). (P, free, drop in)

**3<sup>rd</sup> Tuesdays: Children & Adults with Attention Deficit Disorder**, CHADD, Kirkland, 7:00 - 9:00 p.m. Call 206-622-2127 or see [Eastside-CHADD.org](http://Eastside-CHADD.org). (P & children with ADD)

### North of Seattle

**Kaleidoscope Play & Learn**, Bothell United Methodist Church, Center for Human Services, 10:30 a.m. - noon. Call Velia, 206-362-7282. (*Spanish-speaking P & children 0-5, free*)

**Kaleidoscope Play & Learn**, Shoreline Family Support Center, Center for Human Services, 10:30 a.m. - noon. Call Velia, 206-362-7282. (*Spanish-speaking P & children 0-5, free*)

**Latino Parent Trust Support Group**, Parent Trust for Washington Children, Everett. Call the Family Help Line, 1-800-932-4673 or see [ParentTrust.org](http://ParentTrust.org). (P, free, children's program)

**Latino Support Group for Parents of Teens**, Cocoon House, at Familias Unidas, Everett, 6:00-8:30 p.m. Call Maria Reyna, 425-339-4179. (PT, free)

**Parents for Parents Dependency 101 Class**, YWCA, Everett, 9:30 a.m. – 12:30 p.m. Call Gina Enochs, 425-583-8377. (P involved with CPS, peer-led, free)

**Parent Talk**, Darrington Family Support Center, 6:00 - 8:00 p.m. Call Paula, 360-436-0308. (P, childcare)

**Parent Trust Support Group**, Children's Home Society, Bellingham. Call the Family Help Line, 1-800-932-4673, or see [ParentTrust.org](http://ParentTrust.org). (P, free, children's program)

**Play & Learn in Spanish**, Campfire, Shoreline, 10:00 a.m. - noon. Call Maria, 206-826-8932 or 206-461-8550. (PI, PY & children, free)

**Project SAFE Support Group**, Cocoon House, Everett, 6:30 - 8:00 p.m. Call 425-317-9898. (PT, free, drop-in)

**Teen Parent & Pregnancy Support Group**, Monroe Valley General Hospital, 3:00 - 4:00 p.m. Call Community Relations, 360-794-1411. (PT)

**1<sup>st</sup> Tuesdays: Support Group for Parents of Children with Special Needs**, Providence General Medical Center, Everett, 10:00 - 11:30 a.m. Call Sister Gail, 425-261-4041. (SN)

**1<sup>st</sup> & 3<sup>rd</sup> Tuesdays: Adjusting to Parenthood**, PEPS (Program for Early Parent Support) and Postpartum Support International of Washington, Lynnwood, 12:30 – 2:00 p.m. See [PEPS.org/programs/postpartum-support](http://PEPS.org/programs/postpartum-support). (PI, \$10 or donation)

**1<sup>st</sup> & 3<sup>rd</sup> Tuesdays: Moms and Moppets**, Bothell, 9:00 - 11:30 a.m. Call 425-488-2500. (M & newborns-5 yr.-olds, \$, childcare)

**1<sup>st</sup> & 3<sup>rd</sup> Tuesdays: Parent Support Group**, Lake Stevens Family Center, 5:15 - 6:30 p.m. Call 425-379-7433. (P, childcare, free)

**1<sup>st</sup> Tuesdays: MOMS Club**, South Snohomish/Mill Creek/Bothell, 10:00 - 11:30 a.m., 425-337-0722. (M)

**1<sup>st</sup> & 3<sup>rd</sup> Tuesdays: Parent Support Network**, South Everett Neighborhood Center, 6:00 - 7:30 p.m. Call Kristen McPherson, 425-355-6005. (P)

**3<sup>rd</sup> Tuesdays: King County WaDads North**, Washington Dads, Lake Forest Park, 6:00 - 7:00 p.m. Email [Eddie Ferrer, ESFjr71@gmail.com](mailto:EddieFerrer@ESFjr71@gmail.com). (SN dads, SN male C, free, also free weekend retreat twice a year)

**4<sup>th</sup> Tuesdays: Caregiver Support Group**, Fostering Together, Woodinville, 6:00 – 8:00 p.m. Call or email Angelina Denver, 206-395-3509, [Angelina@Denveronline.com](mailto:Angelina@Denveronline.com). (FP, D, G, RSVP for childcare & dinner)

### South or West of Seattle

**Mom & Baby Support Group**, Good Samaritan Hospital, Puyallup, Call Janet Dill, 253-697-5366. (*M & babies 0-6 mo., 10:30 - 11:30 a.m.; 6-12 mo., 11:30 a.m. - 12:30 p.m., free, donations accepted*)

**PACE** (Parent and Child Education), Children's Home Society, Auburn Family Resource Center, 6:00 - 7:30 p.m. Call 253-854-0700. (*PY, PE, childcare, Tuesdays with children 1-12, free*)

**Parent Trust Support Group**, Children's Home Society, Auburn. Call the Family Help Line, 1-800-932-4673, or see [ParentTrust.org](http://ParentTrust.org). (*P, free*)

**Play & Learn**, South King County Family Resource Center, Kent, 9:00 - 11:00 a.m. Call 253-854-0700. (*PI, PY & children 0-3, free*)

**Toddler Time**, Greater Maple Valley Community Center, 9:30 - 11:30 a.m. Call 425-432-1272. (*PI, PY/ caregivers & children 0-5, suggested donation \$1, also Thursdays*)

**1<sup>st</sup> Tuesdays: King County WaDads South**, Washington Dads, Rainbow Café, Auburn, 6:00 - 7:00 p.m. Call or email Tim Schutz, 253-350-0981, [TSchutz@wadads.org](mailto:TSchutz@wadads.org). (*SN dads, SN male C, free, also free weekend retreat twice a year*)

**2<sup>nd</sup> Tuesdays: Children and Adults with Attention Deficit Disorders**, CHADD, Kitsap Peninsula, 7:00 - 9:00 p.m. Call 206-622-2127 or see [Eastside-CHADD.org](http://Eastside-CHADD.org). (*P & children with ADD, lending library, books for sale, refreshments*)

**2<sup>nd</sup> Tuesdays: Parent Meeting**, South King County CHADD, Renton, 7:00 - 9:00 p.m. Call Pam, 253-631-8603. (*SN, for members*)

**2<sup>nd</sup> Tuesdays: MOM's Club of Maple Valley**, Greater Maple Valley Community Center, 11:30 a.m. - 1:00 p.m. Call 425-432-1272. (*M*)

**2<sup>nd</sup> Tuesdays & 4<sup>th</sup> Thursdays: Caregiver Support Group**, Renton Area Youth & Family Services, 12:30 - 2:30 p.m. Call Helen, 425-271-5600, [helens@RAYS.org](mailto:helens@RAYS.org). (*C, FP, G, free*)

**3<sup>rd</sup> Tuesdays: Foster Parent Support Group**, Greater Maple Valley Community Center, 7:00 - 9:00 p.m. Call 425-432-1272. (*FP*)

## Wednesdays

### Seattle

**Baby Peppers**, PEPS (Program for Early Parent Support), Phinney, noon - 1:30 p.m. Register: [PEPS.org](http://PEPS.org). (*PI, PY, babies 5-12 mo., \$, scholarships*)

Colleen Maxwell & Gladys Martinez, **Brain Play**, North Seattle Family Resource Center, at Bitterlake Community Center, 10:00 a.m. - noon. Call 206-364-7930. (*PY & children 0-3 yrs., free, donations appreciated*)

**DADS Support Group**, Rainier Valley, 9:30-11:30 a.m. Call 206-722-3137. (*D who are struggling, faith based, free*)

**Fatherhood Engagement Group**, Downtown. Call Jason Bragg, 425-346-4889. (*D involved with CPS, peer-led, free*)

Judy Herrigel, **First Weeks**, Community Birth & Family Center, Montlake, noon - 2:00 p.m. Call 206-720-0511. (*PI to 3 mo., \$5 donation*)

Patty Cogan, **First-Year Home Group**, Queen Anne, 10:00 - 11:30 a.m. Call 206-378-0477. (*P & their internationally adopted infants and young children, \$*)

Abbey Moon Jordan, **Grandparents and Relatives Reparenting**, Casey Family Programs, Central Area, 12:30 - 2:00 p.m. Call or email Abbey, 206-450-9395, [Abbey.Moon@msn.com](mailto:Abbey.Moon@msn.com). (*G & other relatives, free*)

**Parent Support Group**, Central Area Health Clinic at Central Area Youth & Family Services, 6:30 - 8:00 p.m. Call 206-205-6029. (*P, childcare, bus tokens*)

**Parent Support Group**, Changes Parent Support Network, northeast Seattle, 7:00 - 9:30 p.m. Call 1-888-468-2620 or see [cpsg.org](http://cpsg.org). (PT, free, potluck 1<sup>st</sup> Wednesdays 6:00 - 7:00 p.m.)

**Play & Learn**, FamilyWorks, Wallingford, 10:30 - noon. Call 206-694-6727. (P & children 0-5, free, also Fridays)

**Second Time Around**, PEPS (Program for Early Parent Support), Phinney, 7:00 – 8:30 p.m. Register: [PEPS.org](http://PEPS.org). (PI, PY, newborn, scholarships)

Lourdes Ruiz, **Strollers in Action**, North Seattle Family Resource Center, Lake City, 1:00 - 3:00 p.m. Call 206-364-7930. (SN, SN, PI, PY, differently abled children 0-5, free, field trips, resources, referrals, strollers)

**Wise-Minded Parenting: Support Group & DBT Skills**, Wednesdays, 5:30 – 7:00 p.m. Ryther, northeast Seattle. Call 206-517-0234. (P, free to Medicaid recipients, or insurance co-pay, \$20/session, childcare, based on Laura Kastner's book, may join anytime, open to Ryther clients and outpatients.)

**Young Moms' Support Group**, YWCA East Cherry Branch, Central Seattle, 6:00 - 8:00 p.m. Call 206-568-7845. (M 14-23 yr., childcare, snacks, transportation home, free, resources)

**1<sup>st</sup> & 3<sup>rd</sup> Wednesdays: Grandparents As Parents**, Rainier Community Center, 6:00 - 8:00 p.m. Call or email Indiana Allen, 206-595-9047, [IAllen7002@aol.com](mailto:IAllen7002@aol.com). (G, childcare, dinner, free)

**2<sup>nd</sup> & 4<sup>th</sup> Wednesdays: Home Schoolers Group**, North Seattle Family Resource Center, Lake City, 10:00 a.m. - 11:00 a.m. Call Patti Drummond, 206-364-7930, ext. 2724. (P, free)

**2<sup>nd</sup> & 4<sup>th</sup> Wednesdays: Grandparent/Kinship Caregivers in Action**, Atlantic Street Family Resource Center, Rainier Beach, 6:00 - 8:00 p.m. Call or email Shirley, 206-723-1301, [ShirleyS@AtlanticStreet.org](mailto:ShirleyS@AtlanticStreet.org). (G, FP, C, childcare, dinner, free)

**2<sup>nd</sup> & 4<sup>th</sup> Wednesdays, Teen/Young Parent Group**, North Seattle Family Resource Center & FamilyWorks, at NSFC, 5:30 – 7:30 p.m. Call Gladys at NSFC, 206-364-7930, or FamilyWorks, 206-694-6727. (PY, free, home visiting program, resources)

**4<sup>th</sup> Wednesdays: Kinship Support Group**, UJIMA Community Services, Southeast Seattle, 6:00 - 8:00 p.m. Call or email Hazel Danielle Clayton, 1-888-765-7997, ext. 1, [Danielle@ococUJIMA.org](mailto:Danielle@ococUJIMA.org). (G & other kin, free)

**4<sup>th</sup> Wednesdays (most months): Adult & Partner ADHD Information & Support Group**, ADD Resources, Seattle, 7:00 – 8:45 p.m. See [meetup.com/ADDResources/events/](http://meetup.com/ADDResources/events/). (P, free, speakers, discussion topics)

**Last Wednesdays: Infant Massage**, Seattle Holistic Center, Green Lake. Register: [wwwSeattleHolisticCenter.com](http://wwwSeattleHolisticCenter.com). 9P, \$25, handouts, materials)

**Eastside** (Mercer Island, Bothell to Renton)

**Jugar y Aprender**, Center for Human Services, at Northshore Family Center, Bothell, 10:30 a.m. - noon. Call 425-205-2004. (PY & children 0-5 yr., free, drop in, also Thursdays)

Lynne Haudenschild, **Parent Support Group**, 6:30 - 8:00 p.m., Youth Eastside Services, Crossroads Park, Bellevue, for parents of youth possibly using drugs or alcohol. Call 425-747-4937. (PT, drop in, free)

**Universal Mental Health Screening in Local Middle Schools**, Youth Eastside Services. Starting from Fall 2018-19 School Year. Information: [http://www.youtheastideservices.org/mental-health-screening-in-middle-schools/?utm\\_source=June+2018+Enews&utm\\_campaign=June+2018+e-news&utm\\_medium=email](http://www.youtheastideservices.org/mental-health-screening-in-middle-schools/?utm_source=June+2018+Enews&utm_campaign=June+2018+e-news&utm_medium=email). (P, TN, free)

**Smart Recovery**, addiction recovery support group with a trained facilitator. Mercer Island, 8:00 p.m. Information: Email Melissa, [StrongHeart@cloud.com](mailto:StrongHeart@cloud.com). (P, free, registration not necessary)

**Support Group for parents of children with autism**. Beth Jenson, Sunrise Professional Center, Woodinville, 7:00-8:00 p.m. Call 425-830-2493 (SN, free)

**1<sup>st</sup> & 3<sup>rd</sup> Wednesdays: Kinship Support Group**, Encompass, Duvall, 6:30 - 8:00 p.m. Call 425-788-7924. No such # (G & other relatives, childcare, free)

**1<sup>st</sup> & 3<sup>rd</sup> Wednesdays: Pregnancy & Post-Partum Support Group**, New Parents Services/Wellspring Counseling, Bellevue, noon-1:00 p.m. Call 425-453-7890, ext. 268. (*Expecting and new M, free*)

**3<sup>rd</sup> Wednesdays** (most months): **Parents ADHD Information & Support Group**, ADD Resources, Bellevue, 7:00 – 8:45 p.m. See [meetup.com/ADDResources/events/](https://www.meetup.com/ADDResources/events/). (*P, free, speakers, discussion topics*)

### North of Seattle

**Families in Recovery Support Group**, Parent Trust for Washington Children, Bellingham. Call the Family Help Line, 1-800-932-4673 or see [ParentTrust.org](https://www.ParentTrust.org). (*P, free*)

**Fatherhood Engagement Group**, at Visions Church, Everett. Call Chris Mathis, 425-387-7881. (*D involved with CPS, peer-led, free*)

**Parent Support Group**, Providence Everett Medical Center. Call Candy Ashbrook, 425-258-7783. (*Non-offending parents of sexually abused children*)

**People First**, Stanwood Camano Community Resource Center, Stanwood, 2:00 - 3:00 p.m. Potluck 6:00 p.m. 2nd wk. of every month. Call 360-629-5257. (*Individuals with developmental disabilities & their families*)

**Play & Learn in Spanish**, Campfire, Shoreline, 4:00 - 6:00 p.m. Call Maria, 206-826-8932 or 206-461-8550. (*PI, PY & children, free*)

**Playtime**, Lake Stevens Family Center, 10:00 a.m. - noon. Call 425-397-7433. (*P or caregiver & children birth-5 yrs., free*)

**Support Group for Parents of Kids with Autism**, 7:00 - 8:00 p.m. Beth Jensen, Sunridge Professional Center, Woodinville. Call Beth, 425-830-2493. (*SN, free*)

**1<sup>st</sup> & 3<sup>rd</sup> Wednesdays: Community Assessed Resource Center**, Lake Stevens Family Center, 5:00 - 6:30 p.m. Call 425-397-7433. (*Service providers, P of at-risk youth, free*)

**2<sup>nd</sup> Wednesdays: Adult ADHD Information & Support Group**, ADD Resources, Lake Forest Park, 7:00 – 8:45 p.m. See [meetup.com/ADDResources/events/](https://www.meetup.com/ADDResources/events/). (*P, free, speakers, discussion topics*)

**2<sup>nd</sup> & 4<sup>th</sup> Wednesdays: Mothers “n” More**, Bothell/Mill Creek, 7:00 - 9:00 p.m. Call 425-745-8312. (*Formerly employed mothers*)

**Every other Wednesday: Latino Support Group for Parents of Teens**, Cocoon House, Marysville, 6:00 - 8:30 p.m. Call Maria Reyna, 425-339-4179. (*PT, free*)

### South or West of Seattle

**CPC Group**, Auburn Family Resource Center & Children’s Therapy Center, 9:00 - 10:00 a.m. Call 253-354-0700. (*P & children, free*)

**Fatherhood Engagement Group**, at Multicultural Child & Family Hope Center, Tacoma. Call LaRon Burris, 206-902-6413. (*D involved with CPS, peer-led, free*)

**Life During CPS**, Parent Ally, Auburn, 3:30 - 5:00 p.m. Call Teresa Anderson-Harper, 253-335-0121, or Ashley Albert, 206-551-1791. (*P involved with CPS, free, children welcome*)

**Parent-Baby Support Group**, Valley Medical Center, Renton, 1:00 – 2:30 p.m. Information: 425-228-3440. [Register Now](#). (*PI, 3-6 mo., \$5*)

**Parent-Toddler/Crawler Support Group**, Valley Medical Center, Renton, 1:00 – 2:30 p.m. Information: 425-228-3440. [Register Now](#). (*PY, 9 mo.-2 yr., \$5*)

**Parent-Infant Support Group**, Valley Medical Center, Renton, 1:00 – 2:30 p.m. Information: 425.228.3440. [Register Now](#). (*PI to 3 mo., free*)

**Parents of Teens Skills Group**, Kent Youth & Family Services, 6:30 - 8:30 p.m. Call 253-859-0300. (*PT, free*)

**Parents of Teens Support Group**, Parents Anonymous, Auburn, 7:00 - 8:30 p.m. Call 253-233-0139. (PT)

**Plan & Learn**, RAYS, Renton/Skyway, 3:30 - 5:00 p.m. Call 206-772-2050. (PI, PY, caregivers & children birth to 5, snacks, free)

**1<sup>st</sup> & 3<sup>rd</sup> Wednesdays: Play & Learn**, South King County Family Resource Center, Kent, 1:00 - 2:30 p.m. Call 253-854-0700. (PI, PY & children 0-3, free)

**2<sup>nd</sup> Wednesdays: Adult ADHD Information & Support Group**, ADD Resources, Tacoma, 7:00 – 9:00 p.m. See [meetup.com/ADDResources/events/](https://www.meetup.com/ADDResources/events/). (P, free, speakers, discussion topics)

**2<sup>nd</sup> Wednesdays: Parents for Parents Dependency 101 Class**, King County Superior Court, Kent, 11:30 a.m. – 1:30 p.m. Call Dana Dildine, 206-477-2566. (P involved with CPS, peer-led, free)

**2<sup>nd</sup> & 4<sup>th</sup> Wednesdays: Play & Learn**, South King County Family Resource Center, 9:30 - 11:00 a.m. Call 253-854-0700. (PI, PY & children 0-3, free)

**3<sup>rd</sup> Wednesdays: Caregivers Support Group**, Fostering Together, Burien, 6:00 – 8:00 p.m. Call or email JoAnne Moran, 206-856-8533, [Joanne-Moran@OliveCrest.org](mailto:Joanne-Moran@OliveCrest.org). (FP, free, RSVP for dinner & childcare)

**3<sup>rd</sup> Wednesdays: Parent & Infant Group**, Bates Technical College, 8 Wednesdays, 1:00 - 2:30 p.m. Call 253-680-7500. (PI, PY, 0-6 mo., \$13.80)

**3<sup>rd</sup> Wednesdays: Adult ADHD Information & Support Group**, ADD Resources, Olympia, 6:00 – 8:00 p.m. See [meetup.com/ADDResources/events/](https://www.meetup.com/ADDResources/events/). (P, free, speakers, discussion topics)

**4<sup>th</sup> Wednesdays: Caregivers Support Group**, Fostering Together, Kent, 6:00 – 8:00 p.m. Call or email Melody Newburn, 206-355-2716, [MNewburn@SPU.edu](mailto:MNewburn@SPU.edu). (FP, C, G, free, RSVP for childcare & potluck)

## Thursdays

### Seattle

**Baby Gym, Seattle Holistic Center**, Green Lake, 11:30 a.m. – 12:30 p.m. Register: [SeattleHolisticCenter.com](http://SeattleHolisticCenter.com). (PI, \$17)

**Baby Peppers**, PEPS (Program for Early Parent Support), Phinney, noon - 1:30 p.m. Register: [PEPS.org](http://PEPS.org). (PI, PY, babies 5-12 mo., \$, scholarships)

**DADS Support Group**, DADS, Rainier Valley, 6:00 - 8:00 p.m. Call 206-722-3137. (D who are struggling, faith based, free)

**First Weeks**, Community Birth & Family Center, Montlake, noon - 2:00 p.m. Call 206-720-0511. (PI to 3 mo., \$5 donation)

**Latino Parenting**, Southwest Youth & Family Services, at Highline Head Start, 5:30 - 8:00 p.m. Call 206-937-7680. (P, childcare, refreshments)

**Life During CPS**, at Childhaven. Call Manisha Jackson, 206-853-2088, or Richard Curry, 206-602-0905, or Aubrey Washington, 206-380-3517. (P involved with CPS, peer-led, free)

**Mom & Baby Yoga**, Seattle Holistic Center, Green Lake, 3:00 – 4:15 p.m. Register: [SeattleHolisticCenter.com](http://SeattleHolisticCenter.com). (M & baby, \$17)

**Native American Parent Support Group**, sponsored by Ilwasal and Pathfinder School, Southwest Seattle, 6:00 - 8:30 p.m. Call Annie Soustek, 206-343-3111. (PE)

**Play & Learn**, North Seattle Family Resource Center, Lake City, 10:00 – 11:45 a.m. Call 206-364-7930. (PY, free)

**Recovery Café Parent Support Group**, Recovery Café, Seattle downtown, 7:00 - 8:30 p.m. Call or email Killian Noe, 206-374-8731, [Killian@RecoveryCafe](mailto:Killian@RecoveryCafe). (P of children, teens, or adults, free)



**Step-Up Program**, King County Superior Court, at the Atlantic Street Family Resource Center, Rainier Beach, 6:00 – 8:00 p.m. Call 206-723-1301. *(PT & teens who have used violence in the home, free, snacks)*

**Alternate Thursdays:** Kellie Gillespie, **Baby SIGN Along**, Visually Speaking, at Birth & Beyond, Madison Park. Call 206-324-4831. *(PI, \$15)*

**1<sup>st</sup> & 3<sup>rd</sup> Thursdays: Relatives Raising Relative Children**, Southeast Youth & Family Services, 6:00 - 8:00 p.m. Call Ali Phoenix, 721-5542, ext. 16, or Helen Sawyer, 206-721-5542, ext. 45. *(Caregivers, light dinner, childcare, free)*

**1<sup>st</sup> & 3<sup>rd</sup> Thursdays: Second Chance Kinship Caregivers**, Greater Mount Baker Baptist Church, 6:00 - 8:00 p.m. Call or email Helen Sawyer, 425-917-8782, [SecondChanceKinship@gmail.com](mailto:SecondChanceKinship@gmail.com). *(G & other relatives, childcare, dinner, free, bus #48 & #14)*

**1<sup>st</sup> & 3<sup>rd</sup> Thursdays: SMART Recovery Family & Friends**, Good Shepherd Building, Suite 347, Wallingford. Email Jessie, [MSW@JessieBrooksJanzen.com](mailto:MSW@JessieBrooksJanzen.com). *(P, free, free parking, drop-in)*

**2<sup>nd</sup> Thursdays: Connections**, Encompass, Carnation, 10:00 – 11:30 a.m. Call Sam, 425-888-2777, ext. 1226, or see [encompassnw.org](http://encompassnw.org). *(SN, child in therapy, free, additional social gatherings)*

**3<sup>rd</sup> Thursdays (most months): ADHD Information Group on the Basics about ADHD**, Seattle, 7:00 – 8:45 p.m. See [meetup.com/ADDResources/events/](http://meetup.com/ADDResources/events/). *(P, free, speakers, discussion topics)*

**3<sup>rd</sup> Thursdays: Kinship & Grandparent Support Group**, High Point Family Center, 5:30 - 7:00 p.m. Call or email Dena Nelson, 206-923-3266, [DenaN@NHWA.org](mailto:DenaN@NHWA.org). *(G, childcare, dinner, free)*

**3<sup>rd</sup> Thursdays: Parents for Parents Dependency 101 Class**, King County Superior Court, 11:30 a.m. – 1:30 p.m. Call Dana Dildine, 206-477-2566. *(P involved with CPS, peer-led, free)*

**2<sup>nd</sup> & 4<sup>th</sup> Thursdays: Grandparent/Kinship Support Group**, RAYS West Hill Family Enrichment Center. 12:30 - 2:00 p.m. [helens@RAYS.org](mailto:helens@RAYS.org). Call or email Helen Sawyer, 425-271-5600, [Helens@RAYS.org](mailto:Helens@RAYS.org). *(G & other relatives, childcare, lunch, free)*

### Eastside (Bothell to Renton)

**Beyond the Baby Blues**, Wellspring Counseling, Bellevue, 12:30 - 1:30 p.m. Call 425-450-0332, ext. 219. *(P, free, drop-in, call to confirm)*

**Kaleidoscope Play & Learn**, Center for Human Services, at Northshore Family Center, Bothell, 10:30 a.m. - noon. Call 425-205-2004. *(Spanish-speaking PI, PY & children 0-5, free, drop in)*

**Kaleidoscope Play & Learn**, Center for Human Services, at Third Place Commons, Lake Forest Park, 10:30 a.m. - noon. Call Velia, 206-362-7282. *(Spanish-speaking PI, PY & children 0-5, free, drop in)*

**1<sup>st</sup> Thursdays: Eastside Mothers' Club**, Kirkland, 9:30 a.m. Call 425-401-0377.

**1<sup>st</sup> & 3<sup>rd</sup> Thursdays: "This Is Not What I Expected,"** EvergreenHealth, Kirkland. Call 425-899-3000 or see [EvergreenHospital.org](http://EvergreenHospital.org). *(New mothers with post-partum depression/anxiety, free)*

**2<sup>nd</sup> Thursdays: Connections**, Encompass, Carnation, 10:00 – 11:30 a.m. Call Sam, 425-888-2777, ext. 1226, or see [Encompassnw.org](http://Encompassnw.org). *(SN, child in therapy, free, additional social gatherings)*

**3<sup>rd</sup> Thursdays: Parenting Workshops**, Encompass, Snoqualmie, 6:30 – 8:00 p.m. Call Sam, 425-888-2777, ext. 1226, or see [Encompassnw.org](http://Encompassnw.org). *(P, childcare free with YMCA family membership)*

**3<sup>rd</sup> Thursdays: P-Flag**, Parents, Families, and Friends of Lesbians and Gays, Bellevue, 7:30 - 9:30 p.m. Call 425-775-7201.

### North of Seattle

**Caterpillar Play Group**, Wonderland Developmental Center, Shoreline. Call Gita, 206-364-3777. *(PI, PY & children 18 mo.-5 yr., free)*

**In-home support** and play groups in north and east King County and south Snohomish County. Healthy Start. Call Eowyn, 425-844-9669, ext. 102. (M 16 to 24, pregnant or with babies under 7 mo., free)

**Kaleidoscope Play & Learn**, Bothell United Methodist Church, Center for Human Services, 10:30 a.m. - noon. Call Velia, 206-362-7282. (*Spanish-speaking P & children 0-5, free*)

**Latino Parent Trust**, South Everett Neighborhood Center, Everett. Call 425-355-6005. (P)

**Multi-Culture Play Group**, The Family Support Center of South Snohomish County, Lynnwood, at Grace Fellowship Church, 10:00 - 11:30 a.m. Call 425-670-8984. (PI, PY & children 0-5, drop-in, free)

**Parents for Parents Dependency 101 Class**, YWCA, Everett, 1:30 – 3:30 p.m. Call Gina Enochs, 425-583-8377. (P involved with CPS, peer-led, free)

**Parent Support Group**, Changes Parent Support Network, Everett, 6:30 - 9:30 p.m. Call 1-888-468-2620 or see [CPSG.org](http://CPSG.org). (PT, free, potluck 1<sup>st</sup> Thursdays, 5:45-6:30 p.m.)

**Parent Support Group**, Changes Parent Support Network, Shoreline, 7:15 - 9:30 p.m. Call 1-888-468-2620 or see [CPSG.org](http://CPSG.org). (PT, free, potluck 1<sup>st</sup> Thursdays, 6:00-7:00 p.m.)

**Support Group for Parents of Kids with Autism**. Beth Jenson, Sunrise Professional Center, Woodinville, noon-2:00 p.m. Call 425-830-2493. (SN, free)

**1<sup>st</sup> Thursdays (most months): Adult ADHD Information & Support Group**, ADD Resources, Burlington, 6:00 – 8:00 p.m. See [meetup.com/ADDResources/events/](http://meetup.com/ADDResources/events/). (P, free, speakers, discussion topics)

**2<sup>nd</sup> Thursdays: Grandparents Raising Grandchildren**, 6:30 – 7:30 p.m. Lake Stevens Family Center. Call Malysa, 425-397-7433. (G and other relatives raising children, free, dinner at 5:00, childcare)

**3<sup>rd</sup> Thursdays: Kinship Caregiver Support Group**, Center for Human Services, Shoreline, 10:00 a.m. - noon. Call Mary, 206-571-7841. (C, FP, G, free)

### [South or West of Seattle](#)

**Fatherhood Engagement Group**, Kent. Call John Martin, 206-578-1036. (D involved with CPS, peer-led, free)

**Parents of Youth with Disabilities**, Parent Trust for Washington Children, Kent, 7:00 - 9:00 p.m. Call Betty, 253-941-5834. (PT)

**Relatives As Parents**, Kent Youth & Family Services, Kent, 6:30 - 8:30 p.m. Call or email Kristie Lund, 206-371-6642, [jazzsma@yahoo.com](mailto:jazzsma@yahoo.com). (G & other relatives, free) **Toddler Time**, Greater Maple Valley Community Center, 9:30 - 11:30 a.m. Call 425-532-1272. (PI, PY/caregivers & children 0-5, suggested donation \$1)

**1<sup>st</sup> Thursdays: Children and Adults with Attention Deficit Disorders**, CHADD, Olympia. See [Eastside-CHADD.org](http://Eastside-CHADD.org). (P & children with ADD, lending library, books for sale, refreshments)

**1<sup>st</sup> Thursdays: Relatives Are Parenting, Too**, Federal Way Head Start, 12:30 - 2:30 p.m. Call or email Carol Jones, 253-946-0506, [CJishealthyandfree@yahoo.com](mailto:CJishealthyandfree@yahoo.com). (G & other relatives, lunch, free)

**2<sup>nd</sup> Thursdays: Parents for Parents Dependency 101 Class**, Multicultural Child & Family Hope Center, Tacoma, 1:00 – 3:00 p.m. Call 253-539-6641. (P involved with CPS, peer-led, free)

**2<sup>nd</sup> & 4<sup>th</sup> Thursdays: Play & Learn**, Auburn Family Resource Center, 1:00 - 2:30 p.m. Call 253-854-0700. (PI, PY & children 0-3, free)

**Every other Thursday: Grandparent/Kincare Group**, Renton Area Youth Services, Skyway/Renton, 12:30 - 2:00 p.m. Call 206-772-2050. (G, caregiver relatives, free, childcare, lunch)

**3<sup>rd</sup> Thursdays: Caregiver Support Group**, Fostering Together, Maple Valley, 6:00 – 8:00 p.m. Call or email Shala Crow, 360-220-3785, [Shala-Crow@OliveCrest.org](mailto:Shala-Crow@OliveCrest.org). (FP, C, G, free, RSVP for childcare & dinner)) **3<sup>rd</sup> Thursdays: Evening Toddler**

**Time**, Greater Maple Valley Community Center, 6:30 - 8:00 p.m. Call 425-532-1272. (PI, PY, caregivers, children 0-5, older siblings welcome, suggested donation \$1)

**4<sup>th</sup> Thursdays: Parents for Parents Dependency 101 Class**, Multicultural Child & Family Hope Center, Tacoma, 4:00 – 6:00 p.m. Call 253-539-6641. (P involved with CPS, peer-led, free)

## Fridays

### Seattle

**Adjusting to Parenthood**, Seattle Holistic Center, PEPS (Program for Early Parent Support), and Postpartum Support International of Washington, Green Lake, 11:30 a.m. – 1:00 p.m. See [PEPS.org/programs/postpartum-support](http://PEPS.org/programs/postpartum-support). (PI, \$10 or donation)

**Everybody's Playgroup**, FamilyWorks, Wallingford, 10:30 a.m. - noon. Call 206-694-6727. (PY & children under 5, songs, snacks, free, also Wednesdays)

Patty Cogan, **The First-Year Home Group**, Queen Anne, 5:00 - 6:30 p.m. Call 206-378-0477. (P & their internationally adopted infants & young children, \$)

**1<sup>st</sup> & 3<sup>rd</sup> Fridays: Taking Care of Us**, Senior Center, Central Area. Call or email Fai Matthews, 206-334-2325, [charmae28@aol.com](mailto:charmae28@aol.com). (G & other kin, light dinner, childcare)

**2<sup>nd</sup> Fridays: Parents As Teachers**, North Seattle Family Resource Center, Lake City, 10:00 - 11:30 a.m. Call 206-364-7930. (P & children 0-3, snacks, free)

**2<sup>nd</sup> Fridays: Muslim Family Play & Learn**, North Seattle Family Resource Center, Lake City, 10:00 - 11:30 a.m. Call 206-364-7930. (P, caregivers & children 0-3, free)

**2<sup>nd</sup> & 4<sup>th</sup> Fridays: Children Adopted from China Playgroup**, FamilyWorks, Wallingford, 5:30 - 7:00 p.m. Call Cecile, 206-523-3007. (P & adopted children, free)

### Eastside (Bothell to Renton)

**1<sup>st</sup> Fridays: Sibshops**, Encompass, North Bend, 3:00 – 6:00 p.m. Call Sam, 425-888-2777, ext. 1207, or see [Encompass.org](http://Encompass.org). (Siblings of kids with special needs, \$20)

**3<sup>rd</sup> Fridays: Sibshops**, Encompass, Duvall, 3:30 – 6:30 p.m. Call Sam, 425-888-2777, ext. 1207, or see [Encompass.org](http://Encompass.org). (Siblings of kids with special needs, \$20)

**2<sup>nd</sup> Wed: Sibshops**, Encompass, Sammamish, 2:30 – 5:30 p.m. Call Sam, 425-888-2777, ext. 1207, or see [Encompass.org](http://Encompass.org). (Siblings of kids with special needs, \$20)

### North of Seattle

**Back Pack Kids**, Stanwood/Camano Community Resources Center, Stanwood, 10:00 - 11:30 a.m. Call 360-629-5257. (PY & children birth to 5 yr., free, preschool cooperative play group)

**Kaleidoscope Play & Learn**, Center for Human Services, 10:30 a.m. - noon. Call 206-362-7282. (PI, PY & children 0-5, free, drop in, also Mondays & Wednesdays)

**Life During CPS**, Everett, 6:00 – 7:30 p.m. Call Vickie Wilson, 425-350-8837. (P involved with CPS, peer-led, free)

**1<sup>st</sup> Fridays: Latina Mothers' Group**, Family Center of South Snohomish County, Lynnwood, 10:00 a.m. - noon. Call 425-670-8984, ext. 17. (M & young children, free)

**3<sup>rd</sup> Fridays: Caregivers Support Group**, Fostering Together, Seattle, 6:00 – 8:00 p.m. Email Mark & Katherine Mayor, [MK@MayorFamily.net](mailto:MK@MayorFamily.net). (FP, C, G, free, RSVP for dinner & childcare)

### South or West of Seattle

**Toddler Time**, Greater Maple Valley Community Center, at Gracie Hanson Community Center, Ravensdale, 9:30 - 11:30 a.m. Call 425-432-1272. (PI, P, caregivers & children 0-5, \$2)

**1<sup>st</sup> Fridays: Caregivers Support Group**, Fostering Together, Auburn, 6:30 - 8:30 p.m. Call or email Katie Egbert, 425-919-7583, [Katie.Egbert1@gmail.com](mailto:Katie.Egbert1@gmail.com). (FP, free, snacks, childcare)

**2<sup>nd</sup> Fridays: Parents for Parents Dependency 101 Class**, Kitsap County Juvenal Court, Bremerton, 9:00 – 11:00 a.m. Call 360-337-5477. (P involved with CPS, peer-led, free)

**2<sup>nd</sup> & 4<sup>th</sup> Fridays: Highline Mothers of Preschoolers (MOPS)**, at Highline Christian Church, Burien. 9:30 - 11:30 a.m. Call 206-243-4333. (PI, PY, 1st meeting free, small fee, speakers, crafts, childcare)

## Saturdays

### Seattle

Lourdes Ruiz, **Familias Adelante—Grupo Para Familias Latinas**, North Seattle Family Resource Center, Lake City, noon - 3:00 p.m. Call 206-364-7930. (PY & children, childcare, free)

Colleen Maxwell & Kerianne Gardner, **Play & Learn**, North Seattle Family Resource Center, Lake City, 9:30 - 11:30 a.m. Call 206-364-7930. (PY & children to 5 yr., free)

Dr. Kathleen King, **Parenting a Child on the Autism Spectrum**, Fremont, 12:45 - 2:00 p.m. Call or email Dr. King, 206-659-6656, [DrKathleenAKing@gmail.com](mailto:DrKathleenAKing@gmail.com). (SN, \$50/session)

**2<sup>nd</sup> Saturdays: Attachment Parenting International**, Seattle Chapter, Phinney Ridge Neighborhood Center, 10:00 a.m.-noon. Call Sara, 206-323-7479, email [info@AIPSeattle.org](mailto:info@AIPSeattle.org), or see [AIPSeattle.org](http://AIPSeattle.org). (P)

**3<sup>rd</sup> Saturdays: Caregivers Support Group**, Fostering Together, generally 10:30 a.m. – 12:30 p.m. To confirm meeting time and location, call or email Angela Lalonai Pitts-Long, 425-614-6176, [angikin@aol.com](mailto:angikin@aol.com). (FP, C, free)

**4<sup>th</sup> Saturdays: Seattle Single Parents Support Group**, Fostering Together, Sand Point, 10:00 a.m. – noon. Email Frances Skeete, [support-FT@earthlink.net](mailto:support-FT@earthlink.net), or Mela Erickson, [mela\\_23@comcast.net](mailto:mela_23@comcast.net). (SP, free, does not meet every month)

**4<sup>th</sup> Saturdays: Muslim Sisters Group**, North Seattle Family Resource Center, Lake City, 7:00-9:00 p.m. Call 206-364-7930. (Muslim M, free, childcare)

### North of Seattle

**Latino Parent Support Group**, Parent Trust for Washington Children, Monroe. Call the Family Help Line, 1-800-932-4673 or see [ParentTrust.org](http://ParentTrust.org). (P, free, childcare)

**1<sup>st</sup> Saturdays: MOMS Parent to Parent Support**, Family Support Center of South Snohomish County, Lynnwood, 10:00 a.m.-noon. Call 425-670-8984. (M, SN, with special-needs children, childcare, free)

### South of Seattle

**Fatherhood Engagement Group**, Kent, 10:00 -11:30 a.m. Call LaRon Burriss, 206-902-6413. (D involved with CPS, peer-led, free)

## Monthly

**Family Resource & Support Groups**, Sound Mental Health. Various locations. Groups may not meet in July nor in August. Call Cathy Callahan-Clem, 206-459-6467. (P, free)

## Part 7

## Training for Parent Educators

**Adlerian parenting courses help parents improve family relationships by showing how to “work WITH” rather than “do TO” kids, teaching and modeling mutual respect, cooperation, and problem-solving. Behavior management programs “do TO” kids, with reward and punishment or punitive “consequences.” Research is showing that children raised respectfully (without reward and punishment) tend to have many fewer mental and physical illnesses in later life and to have longer lives (see p. 3).**

*Adlerian-based trainings are shown in shaded boxes. See p. 4 for the abbreviations/colors key.*

### Scheduled

Please refer to our “Event Monthly Calendar” (<http://www.psasadler.org/wp/index.php/calendar/>) for new updates on scheduled training events. Search keywords include but not limit to: “Positive Discipline”, “training”, “educators”, and “teaching”.

### Ongoing

**Academy for Coaching Parents International.** Parent/family coach certification distance-training program. Call Dr. Caron Goode, 520-979-4470, or see [AcademyforCoachingParents.com](http://AcademyforCoachingParents.com) (free coaching webinar). (FT, \$, scholarships)

**Active Parenting. Leader Training Workshops.** Call Active Parenting Publishers, 1-800-825-0060, ext. 120, or see [ActiveParenting.com](http://ActiveParenting.com) and [ActiveParenting.com/OLTW](http://ActiveParenting.com/OLTW). (FT, one-day live \$159 or \$139 early bird special; one-day Webinar \$159, five-hour Webinar \$129).

**Alliance for Child Welfare Excellence.** A cooperative program of the University of Washington, the University of Washington Tacoma, Eastern Washington University, the state’s Children’s Administration, and Partners for Our Children together providing training for social workers, community providers, foster and adoptive parents, and relative caregivers. See [AllianceforChildWelfare.org/about/partners](http://AllianceforChildWelfare.org/about/partners), call 206-923-4914, or email [region2s@UW.edu](mailto:region2s@UW.edu).

**Edmonds Community College: Family Support Studies.** Parent Mentor Certificate. Lynnwood. Call 425-640-1665 or see <http://www.edcc.edu/programs/fss/default.html>. (P, FT, \$)

**Mentor Group for Parent Educators.** Sound Discipline. Sahara Pirie. Meets monthly in Seattle. Information: call or email Sahara, 206-782-1595, [info@SoundDiscipline.org](mailto:info@SoundDiscipline.org), [facebook.com/SoundDiscipline/](https://facebook.com/SoundDiscipline/). (FT, free, *Spanish group also available*)

**National ParentNet Association: ParentNet Leadership Training.** Redmond. Call Susan Grijalva, 425-868-6191, ext. 722. (P, \$)

**Neufeld Institute.** Vancouver, BC, online courses. See [NeufeldInstitute.com](http://NeufeldInstitute.com). (FT, \$) Live courses offered in the Seattle area. See [FulfillingParenthood.com](http://FulfillingParenthood.com). (FT, \$)

**Nurturing Parent Program: Facilitator Training.** Call or email 262-652-6501, [FNC@NurturingParenting.com](mailto:FNC@NurturingParenting.com). (FT, \$)

**Parent Coaching Institute: Parent Coach Certification Training Program,** a one-year distance learning program offered in cooperation with Seattle Pacific University. Call 425-449-8877 or see [ThePCI.org](http://ThePCI.org). (FT, \$)

**Parenting Children with Health Issues:** A five-session online course offered by Lisa Greene and based on **Love & Logic**, for parent coaches, parent educators, and medical and mental-health professionals. See [ParentingChildrenwithHealthIssues.com](http://ParentingChildrenwithHealthIssues.com). Call Lisa, 425-891-2842, or see [HappyHeartFamilies.com](http://HappyHeartFamilies.com). (FT, \$)

**Positive Discipline: Teaching Parenting DVD Facilitator Training.** See [store.PositiveDiscipline.com/teaching-parenting-dvd.html](http://store.PositiveDiscipline.com/teaching-parenting-dvd.html). For online version, see **Online Teaching Parenting DVD Facilitator Training - Video Streaming Version** (FT, \$195 or less)

**Sound Discipline Positive Discipline Practitioners' Group.** See [facebook.com/groups/125005268210704/](https://facebook.com/groups/125005268210704/) .

**The Virtues Project Facilitator Program:** Call or email Betsy Lydle Smith, 425-753-6498, [Betsy@Virtues.training.com](mailto:Betsy@Virtues.training.com), or see [VirtuesProject.com](http://VirtuesProject.com). (FT, \$)