



Breastfeeding Support/Other Support Groups

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BREASTFEEDING SUPPORT

African-American Breastfeeding Alliance, Washington Chapter

Contact: Delores Baccus, President, WA Chapter

Phone: 253-548-8278

E-mail: afox4ever2luv@yahoo.com

Web site: African-American Breastfeeding Alliance www.abaonline.com

Services: Breastfeeding support for the African-American community in Washington State. Meetings held regularly. Contact Delores Baccus above for more info.

Healthy Mothers, Healthy Babies

Phone: 1-800-322-2588

Web site: www.hmhbwa.org

Breastfeeding Coalition of Washington "Working & Breastfeeding" free information packet for both mothers & employers.

New Mother support groups are available at many hospitals. Contact your local hospital or the hospital where you had your baby to

learn if they have a support group. See the hospital section under resources for information on the hospitals in King County.

The National Women's Health Information Center (NWHIC) Helpline

Phone: 1-800-994-WOMAN (9662)

Web site: <http://www.4woman.gov/Breastfeeding/bf.cfm?page=ask>

Services: Get your breastfeeding questions answered.. Call the Helpline Monday through Friday, from 9 a.m. to 6 p.m., EST. If you call after hours, you will be given the option to leave a message, and a Breastfeeding Information Specialist will return your call on the next business day.

NWHIC has partnered with La Leche League International to train our Information Specialists so they can help you with common breastfeeding issues such as nursing positions, questions about pumping and storage, and provide you with the support moms and dads need to make breastfeeding a success. The Helpline, which operates in both English and Spanish, can provide tips for working moms who would like to continue breastfeeding and offer suggestions for financial support. The Helpline is open to nursing mothers as well as their partners, families, prospective parents, health professionals, and institutions seeking to better educate new mothers about the benefits of breastfeeding. **Please note:** the Helpline is an information and referral service only and we cannot provide a medical diagnosis, or answer medical questions. All medical questions should be directed to a healthcare provider.

BIRTH SUPPORT

Cesarean-Section Support Group

Contact: Barbara Ross-Ellis

Phone: 206-789-0883

Cesarean/VBAC Support Groups

Phone: Seattle, 206-361-5926
Eastside, 425-885-6860

Kent, 253-859-0611

International Cesarean Awareness Network, Seattle Chapter

Contact: Michelle Smilowitz

E-mail: mmsmilo2@aol.com

Web site: ICAN-Online.org Services

Services: Free support group for women who have had Cesarean births and those who support them; info for women who want VBACs. The network works to lower the Cesarean rate, provides telephone support and referrals for help; monthly meeting on second Tuesday of the month; join the e-mail list at <http://groups.yahoo.com/group/ICAN-Seattle/>

Parents of Prematures

Phone: 206-283-7466

Services: Supports parents of children born prematurely. Meets at hospitals in the Seattle and Eastside areas monthly on the third Thursday, 7:30–9:00 p.m.

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Sidelines of the Northwest

Phone: 425-489-1027

Web site: www.sidelines.org

Services: Offers resources, peer counselors and referrals to support women who have complications in their pregnancy.

PARENTING SUPPORT Attachment Parenting International, Seattle Chapter

Contacts: Mike and Beth Ritzman

Phone: 425-355-6273

E-mail: m_b_ritzman@yahoo.com

Web site: SeattleAPI.org

Services: Membership support group for parents who want to breastfeed and use other attachment parenting techniques for raising children; referrals for help; monthly meeting in Seattle.

Attachment Parenting International, South King County Chapter

Contact: Wendy Werner

Phone: 253-520-3266

E-mail:

wendywerner1@comcast.net

Web site: South King County API, seattleapi.org

Services: Membership support group for parents who want to breastfeed and use other attachment parenting techniques for raising children; referrals for help; monthly meeting on third Saturday of the month in Kent.

First Weeks Community Birth Center

Contact: Judy Herrigel, RN, IBCLC
2200 24th Avenue E, Seattle, WA 98112

Phone: 206-324-2869

E-mail: judyherrigel@aol.com

Services: A drop-in support group for new moms and their partners with babies up to 12 weeks of age. Focuses on issues such as infant feeding, sleep, crying, and adjustment to parenthood. Meets every Thursday 12:00–2:00. Cost: \$5 suggested donation. No pre-registration necessary.

Listening Mothers: A Program of Family Services

11911 NE 1st St, Suite 306,
Bellevue, WA 98005

Phone: 425-450-0332,

E-mail: listeningmothers@family-services.org

Web site: <http://www.family-services.org/>

Services: Listening Mothers is a small group program for new mothers and their babies (up to one year old) that identifies and explores the emotional needs, concerns, frustrations, and joys of motherhood in a safe and intimate environment. The goal of Listening Mothers is to enhance a healthy and secure relationship between mother and baby by focusing on emotional interaction. \$80 for 8 weeks or scholarship available, classes meet at different locations around King County.

Northwest Attachment Parenting

Contact: Holly Eckert, NAP
Director

Phone: 206-624-0677, 206-522-6714

Web site: www.nw-ap.org

Services: Support groups (weekly and monthly), parenting workshops, open play groups. Publish Kangaroo Kids, a quarterly parenting journal with articles by professionals, stories by parents, practical tips, book reviews. Breastfeeding is encouraged (this group offers support but does not give advice).

Parents Anonymous Family Help Line

Toll-free Phone: 1-800-932-HOPE;

Seattle Phone: 206-233-0139

Services: The place to call when you are feeling overwhelmed by parenting, or afraid you might hurt your child.

PEPS (Program for Early Parent Support)

Contact: Sandra Wallace, MEd,
Psychologist, Manager of
Neighborhood Program

Phone: 206-547-8570

E-mail: sandra@pepsgroup.org

Web site: pepsgroup.org

Services: Refer for breastfeeding help to La Leche League, topic of discussion each week, speakers as parents choose, meet every week for 4 months, groups chosen by geography, day and evening groups. Cost: \$100. Scholarships if qualify.



Breastfeeding Support/Other Support Groups

Snoqualmie Valley Postpartum Support Group

Contact: Lisa

Phone: 425-831-5123

Contact: Natalie

Phone: 425-888-4785

2nd and 4th Thursdays of the month, 7:00–9:00 p.m. Free. Mt. Si Senior Center, North Bend

WORKING MOTHER

SUPPORT

Healthy Mothers, Healthy Babies

Phone: 1-800-322-2588

Web site: www.hmhbwa.org

Services: Breastfeeding Coalition of Washington “Working & Breastfeeding” free information packet for both mothers & employers.

Mama Works Support Group, Community Birth and Family Center

Contact: Kristin Kali

2200 24th Ave E, Seattle, WA, 98112

Phone: 206-325-8794

E-mail: Kristin_kali@hotmail.com

Services: Support group for all moms, meets on Tuesdays from 1:00–3:00; drop-ins welcome; no up front cost; any age baby welcome.

MULTIPLES AND PREEMIES Eastside Mothers of Multiples

Phone: 206-297-2628

Web site: http://www.emoms.org/

Halls Lake Mothers of Twins Club

Phone: 425-423-8055

E-mail: fishtwinmom@yahoo.com

North Seattle Families of Multiples

Phone: 206-297-2628

Web site: http://www.orgsites.com/wa/nsfom/

Northwest Association of Mothers of Twins Clubs

Web site: www.nwamotc.org

Parents of Prematures

Phone: 206-283-7466

Services: Supports parents of children born prematurely. Meets at hospitals in the Seattle and Eastside areas monthly on the third Thursday, 7:30–9:00 p.m.

Valley Mothers of Multiples

Phone: 206-878-3719

E-mail:

valleymothersofmultiples@yahoo.com

SINGLE PARENT SUPPORT Divorce Lifeline

Phone: 206-624-2959

Support for divorced parents.

Parents Without Partners

Seattle phone: 206-440-7596

Bellevue phone: 425-454-9997

South King County phone: 425-270-7666

Solo Parenting Alliance

Phone: 425-720-1655

Services: Support for single parents, including a family home share program.

DEPRESSION

Beyond the Baby Blues

*Contact: Jane Soderberg, ARNP,
Program Coordinator*

*Family Services 11911 NE 1st St.,
Suite 306 Bellevue, WA 98005*

Phone: 425-450-0332

Web site: www.Family-Services.org

Services: A comprehensive program helping families overcome Postpartum Depression. We offer: 1) In-office individual and couple psychotherapy, or in-home visits if needed to include diagnostic evaluation and medication evaluation. (Sliding fee scale, insurance, and medical coupons accepted). 2) Free professionally led drop-in groups offering an opportunity to receive information and support from others who have experienced or understand postpartum depression. 3) Ongoing psychotherapy groups, and 4) Community Resource Information.

Depression After Delivery of Washington (DAD)

Contact: Abby Myers

*4735 University Village Pl. NE,
#253 Seattle, WA 98105-5021*

*Toll free phone: 1-888-404-PPMD
(1-888-404-7763)*

Web site:

DepressionAfterDelivery.com

Services: free support groups, telephone support, referrals for help.

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GRIEF SUPPORT

Compassionate Friends (for bereaved parents)

Phone: 206-241-1139

***P.S. My Baby Died**

Overlake Hospital, Bellevue

Phone: 425-827-0301

Services: Group meets 3rd Tuesday of the month. Support for those experiencing miscarriage, stillbirth, or newborn death.

***P.S. My Baby Died**

Contact: Wendy

Phone: 253-863-1791

Auburn General Hospital

Services: Group meets 1st Wednesday of the month at 7:00 p.m. Support for those experiencing miscarriage, stillbirth, or newborn death. Free.

***P.S. My Baby Died**

Contact: Libby

St. Joseph Hospital Pastoral Care Conference Room, South Pavilion, Federal Way.

Phone: 253-941-4035

Services: Group meets 3rd Wednesday of the month at 7:00 p.m. Support for those experiencing miscarriage, stillbirth, newborn death.

P.S. My Baby Died

Central Kitsap Presbyterian Church

Phone: 360-377-4150

Services: Group meets 2nd Thursday of the month at 7:00 p.m. Support for those experiencing miscarriage, stillbirth, newborn death. Free.

Parents of Stillborns

Phone: 206-782-0054

Pregnancy After Loss

Phone: 206-386-6133

Services: Support for parents dealing with pregnancy after the loss of an infant.

Sudden Infant Death

Phone: 206-526-2110

Toll-free phone: 1-800-533-0376

Services: For SIDS families and other parents whose children died suddenly.

Support After Miscarriage

Contact: Verla Hirsch

Phone: 206-386-2796

Widowed Information & Consultation Services

Phone: 206-246-6142

Services: Grief support for widows and for children who have lost a parent or sibling.

OTHER SUPPORT GROUPS Eastside Mothers Club

Contact: Vicky

Phone: 425-486-5621

*E-mail: Heather
heather@choenet.com*

Services: A supportive group for mothers and children from birth to school age. Activities include speakers, coffee socials, field trips, playgroups, babysitting co-op, book club, and more. Excellent network for new moms and moms new to the Eastside. The general monthly meeting is on the first Thursday of every month at 9:30 a.m. at the

Kirkland Congregational Church, 106 5th Avenue, Kirkland (not church affiliated). Guests welcome. Call ahead for babysitting.

The Fathers' Group

Phone: 206-781-7045

Services: Dads meet the second Monday of each month for support and friendship.

Kaleidoscope

Phone: 206-461-4546

Services: Support for gay, lesbian, and bisexual parents. Free group meets in Seattle and on the Eastside. Free childcare is provided during meetings.

Mothers & More (formerly "F.E.M.A.L.E.")

Sno-King phone: 206-729-7431

Seattle phone:: 206-366-9256

West Seattle phone: 206-937-6166

Bellevue phone: 425-646-8607

Redmond/Sammamish Plateau phone:: 425-895-9180

Auburn/Federal Way phone: 253-804-5627

Vashon: phone: 206-463-6866

Services: National organization for women choosing to alter their careers to focus on their family. Also for those moms who are making the decision to go back to work. Activities include meetings with speakers, moms-only activities, playgroups, book clubs.