



Strong Families Begin at Home

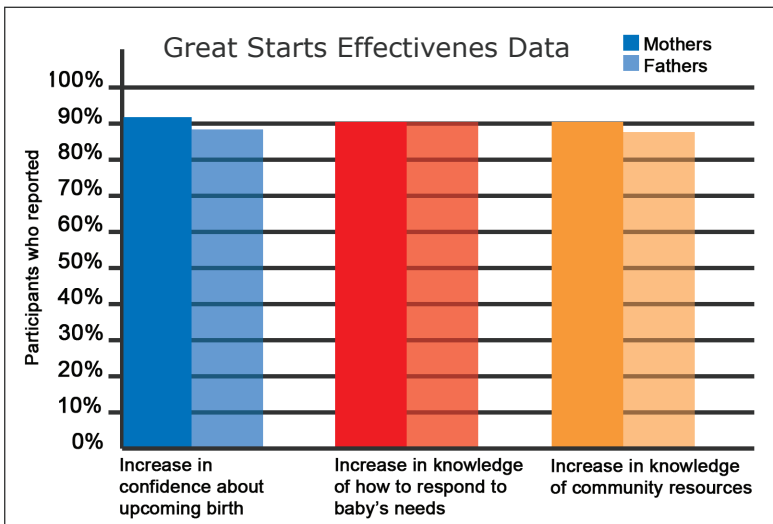
Learning about birth empowers expectant parents, builds confidence about the upcoming birth, and helps parents have a safe and satisfying birth experience.



The Great Starts™ program offers childbirth classes at locations throughout King, Snohomish, and Kitsap Counties. Classes provide parents with the unbiased information they need to make the choices that are right for their pregnancy, birth, and family. Learning about newborn care and early parenting helps families get off to a great start!

PROGRAM COMPONENTS

- Pregnancy, childbirth and parenting classes & education
- Childbirth educator training
- Pregnancy & childbirth books



CLASSES COVER

- Pregnancy
- Childbirth preparation
- Newborn care
- Infant health and safety
- Post-partum depression

REGISTRATION

(206) 789-0883 or
www.greatstarts.org
www.parenttrust.org

Established in 1978, Parent Trust for Washington Children's parent education and family support programs bring help, hope, and joy to parents, caregivers, children and teens in every county in Washington State.