



Parent Trust is a statewide nonprofit dedicated to preventing child abuse, neglect, and other Adverse Childhood Experiences (ACEs). ACEs are associated with adult homelessness, drug/alcohol addiction, mental and physical illness, and early death. Our work ends generational trauma and prevents the transmission of ACEs from parent to child.

We equip parents and caregivers to raise safe, healthy, strong children.

Through our programs, we increase the research-based Protective Factors within families. Our approach not only reduces ACEs, it builds family resiliency and promotes intergenerational healing.

- **Statewide Family Help Line:** (1,200 contacts/yearly average) *Parenting help is just a phone call away.* We provide immediate, ongoing parent support, and child abuse prevention. Caller says, *"I was at the end of my rope and you were the only person who really listened to me."*
- **Families Communications Initiative:** (40,000 contacts/yearly average) Our website helps parents and professionals find the resources and support they need TODAY. Our downloadable Parenting Information Sheets focus on critical family topics, and our Resource Database links families to parenting services for all 39 counties in Washington State. Provider says, *"Thank you for giving parents real-world resources and solutions."*
- **Circle of Parents/Families in Recovery Support Group Network:** (300 families/yearly average) Professionally-facilitated peer support groups for distressed parents and parents overcoming substance addiction and homelessness. Our groups help parents maintain custody of their children and create ongoing positive support networks. Parent says: *"Had I not attended these sessions, I don't know where I would have gotten the skills I use every day as a parent."*
- **Conscious Fathering:** (800 fathers/yearly average) Expectant fathers learn how to care for their infants in all-male classes. Dads are trained on infant care, infant safe sleep, stress management and shaken baby syndrome prevention. Dad says, *"I was afraid of doing the wrong thing...I feel 200% more confident now!"*
- **Developmental Screenings:** (150 screenings/yearly average) Families receive screenings to catch developmental problems early. Parent says, *"We knew our child had delays. We were given the tools to help our child."*
- **Stress Management and Relaxation Training (SMART):** (500 teens/yearly average) Teens gain vital skills needed to reduce toxic stress and make positive choices at critical point in their lives. Teen says: *"I learned how to relax. I feel 10 times lighter."*
- **Great Starts:** (3,000 parents/yearly average) Expectant parents receive intensive training on healthy pregnancy, childbirth, and the protective factors that change family trajectories including family bonding, breastfeeding, infant development, newborn care, infant safe sleep, postpartum depression/anxiety, stress management Parent says, *"Now I feel ready to have a baby and be the kind of parent I want to be."*

80,000 babies are born in Washington every year. 1.5 million children live in our state.

ALL children need safe homes and healthy parents.