



Parent Education and Support:

Services for families recovering from substance addiction, homelessness, and/or adverse childhood experiences.

- Circle of Parents™ Support Groups
- Families in Recovery Network
- Intensive Custom Parenting Classes

Family Help Line Services:

Parent coaching, resources, and supported referrals to community resources.

- Family Help Line: 1-800-932-4673
- Individualized Parent Coaching
- Online Statewide Searchable Database

New & Expectant Parent Services:

Classes online and in-person covering labor, birth, infant safety, and parent-child bonding.

- Conscious Fathering™
- Great Starts™

Child & Teen Services:

Family Wellness Screenings, comprehensive parent coaching, and stress management/mental health support workshops.

- Screenings for Postpartum Depression/Anxiety and Developmental Milestones
- SMART™ Workshops in schools and communities



“I felt like I was getting parenting knowledge from not only a teacher, but someone who felt like my own parent!”

~ Parent Trust Parent

“I am a better parent today because of Parent Trust.”

~Parent Trust Parent

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





PARENT TRUST
FOR WASHINGTON CHILDREN

“We don’t have a handbook to see how to be a good parent. Sometimes we just need support and Parent Trust has that.”

How Does Parent Trust Help?

Our Parent Education and Support Services meet the needs of families TODAY - while helping to build better futures for every child.

- We provide education and support for parents recovering from trauma, substance addiction, and/or homelessness.
- Our new parent classes offer expert advice and education to moms and dads, covering pregnancy, childbirth, infant care, and parent-child bonding.
- We offer material supports and flexible services - including laptop computers, online connectivity, language translation, and custom classes.
- We provide parent coaching and advocacy support for anyone with questions or concerns about a child.
- We offer personalized developmental screenings for children and postpartum depression/anxiety screenings for parents.
- We provide stress management workshops and supported referrals for mental health services.



Family Help Line
1-800-932-4673
www.parenttrust.org

Because kids don’t come with instructions.

Babies Can’t Wait.

Kids Can’t Wait.

Families Can’t Wait.



Our families, community partners, funders, and individual donors make our work possible!



WWW.PARENTTRUST.ORG