PERINATAL SUPPORT WASHINGTON

PARENT RESILIENCE PROGRAM (PERC)

Enrolling now in Skagit County!



WHO WE ARE:

We're "experientially-credentialed" using our lived experience to mentor others

- We are PERC, providing culturally-specific, peer mental health support that is strength-based, non-clinical and parent-driven.
- We have diverse-cultural backgrounds and are providing FREE culturally-specific services!

WHO WE SERVE:

The whole parent

- Expecting and parenting families at-risk of, or currently experiencing mental health concerns related to childbearing.
- Parents not currently parenting who are at-risk of, or currently experiencing, mental health concerns related to childbearing.
  - **Some examples could include:** anxiety, sleeplessness, scary or intrusive thoughts, stress and/or feeling overwhelmed.

HOW WE SERVE:

We're not here to “empower you” we're here to see the “power in you"

- One-on-one peer support.
- Our services are free, the timeline of care is determined by you.
- Providing wellness education.
- Drawing on our personal experience to support.
- Provide support around defining parenthood identity/journey in this moment.

CONNECT WITH PERC TODAY:

www.perinatalsupport.org/peer-support-program

To reach our Parent Support Warm Line dial **1-888-404-7763**