

benton county

FREE!

PARENT PEER SUPPORT GROUP



#THURSDAYgroup

#IMAXTIVITY

Parent Peer Support Group

Thursdays, 12:00-2:00pm

Feb 7th & Feb 21st

Mar 7th & Mar 21st

Apr 11th & Apr 25th

Arts and crafts?! Pff! Who has the time? You can! Come with knitting/sewing/coloring or enjoy creative space supplies to engage in some art for your heart and soul. Learn new things or just share parenting struggles with peers. Come just hang out!!

Want to use craft supplies?
Suggested \$3-\$7

Free, no one will be turned away

all parents welcome/babies
6mo&under

#SATURDAYgroup

#PEGA

Parent Peer Support Group

Saturdays, 9:30-11:30am

Jan 19th

Feb 2nd & Feb 16th

Mar 2nd & Mar 16th

Apr 6th & Apr 20th

May 4th & May 18th

June 8th & June 22nd

July 13th & July 27th

Aug 10th & Aug 24th

Sep 7th & Sep 21st

Oct 5th & Oct 19th

Nov 16th & Dec 7th

Learn skills, practice compassion, share stories, hear you are not alone. all parents welcome/littles 3&under



parents discuss mood issues surrounding: conception, infertility, pregnancy, birth, adoption/foster, postpartum up to 5 yrs

safe space
share confidentially
free, small, community-led
not therapy, yet therapeutic
reach out, connect, get help

if you are struggling as a parent,
peer support is a proven tool in
recovery
you aren't alone
with help you will be well



GROW DOULA SERVICES

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