



CHILD CARE RESOURCES

Parent, Family and Caregiver Education Opportunities and Links

- Child Care Resources: (206) 329-5544
www.childcare.org
We help families access and choose high quality child care, school age care and access a Play & Learn groups.
- Parent Help 123: (866) 585-1123
www.parenthelp123.org
ParentHelp123.org, **program of WithinReach**, helps Washington State families apply for health and food programs online, and locate resources in their local communities. The website has health information for pregnant women, parents of new babies, and families with children.
- Thrive by Five Washington: (206) 621-5555
www.thrivebyfivewa.org
Thrive by Five Washington supports parents and caregivers by providing information and resources to help you build strong relationships and make the most of the time you spend with your children.
- Talaris Institute: (206) 859-5600
www.talaris.org
Talaris Institute works to improve the social, emotional and cognitive development of children from the prenatal period through age five by providing parents with tools to raise their children effectively.
- Parent Trust for Washington Children: (206) 233-0156
www.parenttrust.org
Parent Trust for Washington Children creates lasting change and hope for the future by promoting safe, healthy families and communities. We believe that strong families begin at home and building strong families creates thriving, healthy communities.
- PEPS Program for Early Parent Support: (206) 547-8570
www.pepsgroup.org
PEPS' mission is to provide community-based programs that enable parents of infants and young children to meet the challenges of parenting through mutual support and shared information.
PEPS believes that all parents stand to benefit from getting and giving support. We are committed to promoting the art of parenthood through our programs and through partnerships with other organizations that also want families to thrive.

- American Academy of Pediatrics
www.aap.org/parents.html
The official Web site of the American Academy of Pediatrics — an organization of 60,000 pediatricians committed to the attainment of optimal physical, mental, and social health and well-being for all infants, children, adolescents, and young adults.
- Zero to Three
www.zerotothree.org
Zero to Three’s approach to parent education is based on the belief that parents are the true experts on their children, and that there is no “one-size-fits-all” approach to raising children.
- Birth and Beyond (206) 324-8431
www.birthandbeyond.com
Classes on breastfeeding, cloth diapering, sleep, childcare and more! Plus First Weeks mom’s groups.
- Children’s Home Society of Washington: (800) 456-3339
www.chs-wa.org
At Children’s Home Society of Washington (CHSW), we are dedicated to fulfilling and safeguarding the promise and potential in every child.
- Refugee Women’s Alliance: (206) 721-0243
www.rewa.org
Refugee Women’s Alliance is a nonprofit, multi-ethnic organization that promotes inclusion, independence, personal leadership and strong communities by providing refugee and immigrant women and families with culturally and linguistically appropriate services.
- Youth Eastside Services: (425) 747-4937
www.youtheastideservices.org
Youth Eastside Services is a lifeline for kids and families coping with challenges such as emotional distress, substance abuse and violence.
- Friends of Youth: (425) 392-6367
www.friendsofyouth.org
Friends of Youth offers several parenting education classes throughout our community that provide the tools parents need to encourage the development of strong healthy families.
Healthy Start: (425) 869-6490
Healthy Start is a parenting education and support program for young families designed for parents, age 22 or younger, parenting their first child. Program benefits include home visits, group activities, developmental and health screenings, and referrals to community resources.
- Becoming Parents Program: (206) 686-1880
www.becomingparents.com
Learn skills to strengthen your marriage and get support as you parent.

- P.E.A.C.E. of Mind
www.POMWA.org
PEACE of Mind offers workshops for parents, teachers and caregivers. Learn all the tips and tools you need to confidently talk to kids about being safe. Learn the most effective strategies in preventing childhood sexual abuse.
- Priceless Parenting: (425) 770-1629
www.PricelessParenting.com
Learn to effectively, positively handle misbehavior while building great relationships with your kids.
- Parent Map
www.parentmap.com
Pathways: a lecture series for parents
Birthways: lectures for new and future parents
- A Place of Our Own: (323) 953-5542
www.aplaceofourown.org
KCET's *A Place of Our Own* (and *Los Niños en Su Casa* in Spanish) is a daily television series, a website, and an extensive outreach program devoted to the unique needs of people who care for children
- King County Developmental Disabilities Division: (206) 263-9061
www.kingcounty.gov
The Developmental Disabilities Division provides a full range of services and supports that enhance the lives of King County citizens with developmental disabilities and their families.
- Colleges serving your community:
Bellevue College: (425) 564-2365
www.bellevuecollege.edu/parented
Green River Community College: (253) 833-9111
www.greenriver.edu
Highline Community College: (206) 878-3710
www.highline.edu
Lake Washington Technical College: (425) 739-8100
www.lwtc.edu
North Seattle Community College: (206) 527-3600
www.northseattle.edu
Seattle Central Community College: (206) 587-3830
www.seattlecentral.edu
Shoreline Community College: (206) 546-4101
www.shoreline.edu
South Seattle Community College: (206) 764-5300
www.southseattle.edu
University of Washington: (206) 616-3936
www.washington.edu
- Seattle Libraries: (206)386-4626
www.spl.org

- King County Libraries: (800) 462-9600
www.kcls.org
- Family Law CASA (206) 748-9700
www.familylawcasa.org
Family Law CASA offers a link to various Parenting Classes through-out King County.
- Puget Sound Adlerian Society
www.psadler.org
A nonprofit educational organization founded in 1975, the Puget Sound Adlerian Society offers information, referrals, workshops, courses, and other resources and support to parents, parent educators, teachers, counselors, school counselors, therapists, psychologists, workplace managers, and other people who are interested in mutually respectful, cooperative relationships--**community-building**--in families, classrooms, workplaces, and every-where else.