

POSTPARTUM MOM'S GROUPS

OLYMPIA

Mothers Of Preschoolers (www.mops.org)

Meetings twice monthly at Westwood Baptist Church (360-866-6888)

Contact Dottie Hirz 360-493-6098

MOMS (Moms Offering Moms Support) Club—A non-profit club for stay-at-home moms. They hold monthly meetings, have playgroups, special outings, family holiday parties, mom's night out, activity groups, recipe exchange, walking, and much more!

www.momsclubofolympia.com

Parent Education classes—at South Puget Sound Community College. Financial Aid is available.

Classes change every quarter; see www.spscc.ctc.edu/index and go to class listings, then Parent Education.

LACEY

Mothers Of Preschoolers (www.mops.org)

South Sound Community Church Parent Support Group

4710 Park Center Ave NE, Ste B Lacey WA 98509 (360-491-0899)

Contact Jessie Kelmonsky 360-455-4050

Meets 1st and 3rd Thursdays 9:30-11:30 am

Mom's group

College Street Christian Church

Last Tuesday monthly 9:30-11:30 am

Contact Jill Morse 456-1245 or Cherise Peters 456-4693

TUMWATER

Moms Offering Moms Support Club of Tumwater (also serving Tenino, Littlerock, Bucoda & Rochester)—

A non-profit club for stay-at-home moms. They hold monthly meetings, have playgroups, special outings, family holiday parties, mom's night out, activity groups, recipe exchange, walking, and much more!

www.momscluboftumwater.com

Contact: Karen 360-754-4857

Postpartum Depression Support Group

Thursdays 10:00-11:00am at the Heart of Wellness. Contact Tammy Putvin 360-349-2346 or go to

www.heartofwellness.org

Tumwater Library on Israel Road

“Book Babies” library program for walkers (1-2 yrs) every Wednesday at 10:30 am.

“Infant lapsit” program for infants, every Monday at 10:30 am.

SHELTON

Mothers of Preschoolers (www.mops.org)

Meets at Shelton Presbyterian Church (432-8696) twice monthly.

Contact Bonita Allen 432-8382

TACOMA

Baby & Me Yoga—Source Yoga in Tacoma, Monday 10:00-11:15 am. www.sourceyogaonline.com

www.groups.yahoo.com/group/nwfamilies -- Are you looking for support or friends as a parent in the Northwest? Are you expecting a baby and looking for resources? This group is designed to share information and encourage the formation of friendships. This list is open to all moms and dads (not just the radical ones) who take care of their children and would like a place to get to know each other. We realize that many of us have very different parenting styles and we ask that you value and encourage one another regardless of our differences. Only positive comments are welcome.

LA LECHE LEAGUE MEETINGS

LLL is an international, non-profit, nonsectarian organization dedicated to providing education, information, support, and encouragement to women who want to breastfeed.

To confirm meeting times contact LLL Leaders:

Molly 360-236-8167

Amber 360-491-5222

Sharon 360-459-1178

OLYMPIA

St. Michael's Church

1055 Boundary St SE

2nd Friday monthly at 10:00 am

LACEY

Thurston County Public Health & Social Services Dept.

412 Lilly Rd NE

Olympia WA 98506

Meets 2nd Monday monthly at 6:30 pm

Fathers Welcome.

LLL Toddler Meetings

Sleater-Kinney Baptist Church

2036 Sleater-Kinney Rd NE

Lacey WA

Meets 3rd Thursday monthly at 1:00 pm

YELM

Clubhouse—corner of Coates and Cullen

Yelm WA

4th Tuesday monthly at 10:00 am