

## ***POSTPARTUM MOM'S GROUPS***

### OLYMPIA

#### **South Sound Pregnancy & Postpartum Support Group**

[Stacy Dell](#), [Lisa Trowbridge Iverson](#), [Chandra Lindeman](#), [Mary Ann Russell](#) & [Robyn Morisette Sowers](#) will facilitate the group for folks needing support during pregnancy and postpartum. Babes & children are welcomed and there will be 2 facilitators, most weeks. Group meets Tuesdays at 12:30 at United Churches of Olympia, 110 11th Ave SE, Olympia, WA 98501 in the Yellow Room. It is in the back and downstairs. There is a parking lot right by the room. There will be no fee to attend the support group. Donations are always appreciated.

For more information, call Lisa Iverson @ 360-790-2273.

Contact info for these great counselors:

Stacy Dell: (360) 786-9499

Lisa Iverson 360-790-2273 <http://lisaiverson.net/>

Chandra Lindeman 360-970-8722

Mary Ann Russell (360) 970-1259 <http://www.maryannrussell.net/nbd/>

Robyn Sowers 360-556-6374 <http://robynsowerscounseling.com/home.html>

#### **Mothers Of Preschoolers ( [www.mops.org](http://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](http://www.momsclubofolympia.com)

**Parent Education classes**—at South Puget Sound Community College. Financial Aid is available. Classes change every quarter; see *Parenting [Program - South Puget Sound Community College](#)* for more information.

### LACEY

#### **Mothers Of Preschoolers ( [www.mops.org](http://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 1<sup>st</sup> and 3<sup>rd</sup> 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](http://www.momscluboftumwater.com)

TACOMA

**Baby & Me Yoga**—Source Yoga in Tacoma, Monday 10:00-11:15 am. [www.sourceyogaonline.com](http://www.sourceyogaonline.com)

VBAC:

**Olympia Cesarean & VBAC Support Group** - Have you had or will have a cesarean birth? Are you trying to avoid a cesarean birth? Are you planning to have a VBAC (Vaginal Birth After Cesarean)? Are you in need of support, friendship, information or resources? **Find us on Facebook!**  
Contact Diksha Berebitsky: 360-455-4566 [ananddiksha@hotmail.com](mailto:ananddiksha@hotmail.com) OR  
Andrea Shaw: 360-301-9344 [andrea@tumwaterchirocenter.com](mailto:andrea@tumwaterchirocenter.com)

## 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: Amber 360-491-5222  
Sharon 360-459-1178

OLYMPIA

St. Michael's Church  
1055 Boundary St SE  
2<sup>nd</sup> Friday monthly at 10:00 am

LACEY

Thurston County Public Health & Social Services Dept.  
412 Lilly Rd NE  
Olympia WA 98506  
Meets 2<sup>nd</sup> Monday monthly at 6:30 pm  
Fathers Welcome.

LLL Toddler Meetings

Sleater-Kinney Baptist Church  
2036 Sleater-Kinney Rd NE  
Lacey WA  
Meets 3<sup>rd</sup> Thursday monthly at 1:00 pm

YELM

Clubhouse—corner of Coates and Cullen  
Yelm WA  
4<sup>th</sup> Tuesday monthly at 10:00 am