

RESOURCE GUIDE FOR BUILDING SOCIAL CONNECTION

IN-PERSON OPPORTUNITIES	LOCATION/TIME
<p>Mother-Baby Support Group</p>	<p>Pybus Public Market Board Room Monday afternoons 1:00-2:30 Join the Mother-Baby Support Group Facebook Page for the most up-to-date information or call the Confluence Lactation Line: (509) 433-3331</p>
<p>Lakeside Baby Pregnancy & Mother/Baby Support Group</p>	<p>Chelan Public Library-Meeting Room Every Monday 10:30-11:30 AM Babies 0-12 months www.lakesidebaby.com (509) 630-1160</p>
<p>“Moms Need Friends Too” Wenatchee Area Meetup</p>	<p>Search for group on Facebook and follow posts for meeting opportunities</p>
<p>MomCo at Sage Hills Church</p> <p>*may have waitlist- call to sign up</p>	<p>At Sage Hills Church Gym September-May Daycare on-site is available 2nd and 4th Tuesday of each month 9-11AM</p>
<p>Mom’s Club: Cornerstone Church</p>	<p>At Cornerstone Church Every Wednesday at 10:15 AM</p>
<p>Wenatchee Nazarene Church Wenatchee Talk & Play</p>	<p>Mondays 9AM-12PM At Wenatchee Nazarene Church Caregivers connect while kids play (ages 0-5) Toys, snacks & coffee provided</p>
<p>Indoor Playground Cost: \$2.00 City of Wenatchee</p>	<p>Drop-in program for parents and toddlers. A variety of fun indoor play equipment and toys provided. November 4th-March 20th Monday – Thursday 9 AM -12 PM Wenatchee City Hall</p>
<p>Catholic Charities Play and Learn Group</p>	<p>Tuesdays & Fridays 9AM-1PM 135 S Worthen Street, Wenatchee</p>
<p>Wenatchee Public Library: Storytime</p>	<p>Baby/Toddler Storytime Fridays at 10:30 Short stories and songs followed by free play with toys and music</p>

RESOURCE GUIDE FOR BUILDING SOCIAL CONNECTION

IN-PERSON OPPORTUNITIES

Catholic Charities PREPARES Program

CVCH Postpartum Support Group*

*not meeting currently, but if interested, please call to be notified when group resumes

LOCATION/TIME

Call Sofia at 509-504-4477 to sign-up to connected a volunteer parent home visitor who can provide one-on-one support. Limited capacity- may have waitlist.

Mental health focus
Meet every Wednesday morning
Call CVCH Behavioral Health (509) 884-9040 and ask about joining the group

Peanut App

Remote Opportunities

Download app and create profile to find mom friends near you

Facebook group: Wenatchee Moms Questions and Advice

Search and follow page on Facebook for a variety of mom-related discussions and opportunities

Postpartum Support International Online Support Groups

Website: postpartum.net

Perinatal Support Washington Online Support Groups

Website: perinatalsupport.org

Funding for Nurse Family Partnership is provided in part by the Department of Children Youth and Families

