

PREPARES

Pregnancy & Parenting Support

A nurturing response from the Catholic Community



- PREPARES is a statewide initiative of the Catholic Bishops of Washington State.
- PREPARES provides pregnancy and parenting support services
- All are welcome. Services are free.

PREPARES provides statewide:

- Pregnancy and parenting support services from conception through the child's fifth birthday
- Outreach through social media
- Training of pastors and parishioners
- Area coordinators knowledgeable in the needs and culture of the local community
- A network of support through parishes and Catholic organizations

Services:

- Volunteer mentors for moms and dads
- Parent support services
- Support groups and classes for parents and families
- Rapid response and referrals for urgent needs, e.g., food, formula, diapers, and clothing
- Adoption support and referrals to Catholic Adoption Services of Washington State

How to help:

- Sponsor a parish "needs drive," collect diapers, wipes, and formula
- Donate clothing, coats, shoes, and baby items
- Be a mentor! Volunteer 2 hours a week to provide support and friendship to a mom or dad in the PREPARES program

For more information, please visit www.preparesforlife.org

Support from conception through the child's fifth birthday



PREPARES will be visiting all parishes in the state of Washington to create a network of support from the Catholic Community. PREPARES will offer orientations to volunteers wanting to support families.

Please consider joining us in walking the journey with families in your own parish community.

To learn more you can contact your Area Coordinators and  like us on Facebook at www.facebook.com/PreparesWW

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