



A support group for parents involved with CPS and the child welfare system

The Parent Co-Lab:

Mini Trainings & Conversations with Care and Understanding for Parents Involved in CPS and Child Welfare

This group creates space for:

- Meet with other parents with shared experiences
- Learn about personal self-care and managing different types of stress
- Find their **voice** and show up with confidence in a variety of settings
- Talk about what it's like to be a parent in the **child welfare system**
- Share strategies for dealing with the real-life **challenges** of parenting
- Hear about **community programs and resources** that support families

The Parent Co-Lab support group serves King County parents involved in CPS and the child welfare system.

Join The Parent Co-Lab virtually on Zoom:

The last Friday of the month from 9:30-11 am

2025 Dates:

September 26th

October 31st

November 28th

December 26th

Register for your Zoom invite

Here:

<https://forms.office.com/r/2bk5YZACCG>

Scan the QR code with your phone camera and click the yellow pop up to access the link

For more information or to register email:

Coordinated Care: Nathaniel.LaChine@coordinatedcarehealth.com

Kinderling CHERISH program: terreca.defehr@kinderling.org

King County Parents Supporting Parents program: spowell@kingcounty.gov

