



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 the Child Welfare

This group creates space for:

- Meeting with other **parents** with shared experiences
- Learn about **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 and Pierce County parents involved in CPS and the child welfare system.

Join The Parent Co-Lab virtually on Zoom:

2026 Monthly from 12-1:30 pm

January 5th	July 6th
February 2nd	August 3rd
March 2nd	September 1st
April 6th	October 5th
May 4th	November 2nd
June 1st	December 7th

Registration:

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