



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

The Parent Co-Lab Registration Form



For more information or to register email:

Coordinated Care: Nathaniel.LaChine@coordinatedcarehealth.com

Kindering CHERISH program: terreca.defehr@kindering.org

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