



CALL US TODAY!
206-686-1880

Because your family's future starts now

Who is the Becoming Parents Program for?

- Couples married, pregnant, over 18 and earning up to \$60K combined who want to be part of an exciting new program to make their relationship great for each other and their new baby

What is this program all about?

- BPP offers a FREE workshop series and family support program for eligible pregnant couples.

You will gain:

- Skills to communicate even better with your spouse
 - How to work as a team to manage stress and resolve conflict
 - How to have a lasting, loving, fun marriage (even if your parents didn't!)
 - How to understand your baby, deal with crying, and teach good sleeping habits
 - How to be the mom/dad you want to be
- At just about every workshop, you get a FREE gift from us, too.
(Gift cards, raffles, camera and photo album, etc.)
 - Team up with your own nurse (we call them family resource partners) who supports you until your baby is 1 year old

Transportation and childcare assistance are provided!

Great meals at every workshop!

What do couples need to do to participate?

- Come get registered. This takes about 1 hour and 15 minutes. Eligible couples receive \$50 in gift cards for completing the registration process!
- If you sign up, you are agreeing to participate in the program – come to workshops, meet with your nurse and keep us posted about your growing family! Attending is really important so you can learn and practice new skills – and so other couples can benefit from knowing you!
- Give us feedback about the program. We value your input!

Don't forget – Space is limited! Call us today!! Because your family's future starts now!