

Parenting classes for women, men, and couples

For each class you will earn "Care Net Cash" to spend on items for your child — from diapers and clothes to car seats and cribs.

Topics covered include:

- Prenatal care
- Getting ready for baby
- Newborn sickness
- Infant hygiene, care and nutrition
- Co-parenting
- Single parenting
- Budgeting your money
- and much more!

Contact a center near you.

carenetps.org/parenting



Ways to Get Involved

Together, we can bring hope and life-affirming care to women and families in the Puget Sound area.

Join our team

Both women and men can find a place at Care Net where their investments change lives. Learn more about how God could be calling you to use your gifts to serve behind the scenes or with clients.

Donate

Your gift ensures that we can continue to provide no-cost, life-affirming services through the love of Christ. Help women find the resources and support they need to choose life.

Pray

We are a ministry dedicated to prayer. We know that Care Net is God's work, and He is ultimately the one who changes lives! When you commit to praying with us for the work of Care Net, you are making an eternal difference for women and families.

Scan for more

information.

Visit our donor website. supportcnps.org

Or scan the code.

OF PUGET SOUND Pregnancy & Family Services

ADMINISTRATIVE OFFICE 1924 S Cedar St, Suite B • Tacoma, WA 98405 253-383-6033 | supportcnps.org



Care Net OF PUGET SOUND Pregnancy & Family Services

All services are confidential and offered at no cost to clients.

Pregnancy Tests

Limited Scope Ultrasounds Limited STD Screenings for Women Options Education Parenting Support Services Abortion Pill Reversal

Scan to see all our programs.



Gain experience and confidence in your new role!

We are here to help you navigate unfamiliar territory.

Meet with a trained male mentor to process through your questions and challenges.

Join one of our local small groups to learn more about fatherhood.

Become the father you want to be. **Get started!**

carenetps.org/men





Post-abortion healing

We provide an environment that promotes healing and restoration for **women**, **men**, **and couples** who have suffered the loss of a child through abortion.

Don't wait. Start healing.

carenetps.org/abortion-recovery

Misscarriage, stillbirth and infant loss support for women

We are a safe place for women to grieve, remember, and honor their child(ren).

Your loss matters.

carenetps.org/pregnancy-loss

Hay apoyo disponsible para mujeres en español.



Holistic relationship education for schools and groups



Empowers: Resources and education to make positive decisions.



Promotes: Emotional, physical, spiritual, relational, and mental well-being.



Equips: Healthy relationships start with healthy individuals.

Learn more and schedule a presentation for your group.

Learn more.

realsmarts.org

