

PARENTING SUPPORT



FREE EMERGENCY SUPPLIES ONGOING SUPPORT

Out of diapers with a week left until payday?

On your first visit to your local Care Net of Puget Sound center, you can receive up to:

- 4 dozen diapers (per eligible child)
- 1 bag of wipes
- 4 complete baby outfits
- 2 blankets

After your first visit, you can continue earning more resources by enrolling in our free parenting classes.

All items are dependent on availability in the size range currently needed for your child/children up to age 4.



CUT 3 INCHES

Pregnant or have a child in infancy through 4 years of age?

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
- Balancing work and kids
- Budgeting your money
- Sexual health
- Parenting in the military
- Healing from abuse
- Car seat safety
- and more



Parent with confidence!

Find a location near you on our website.

24/7 Helpline: 877-668-2566 • carenetsps.org

Care Net of Puget Sound is a healthcare facility as defined by WA State RCW 70.02.010. We offer accurate information about all pregnancy options. Our centers are not abortion clinics and do not offer abortion services or abortion referrals.