

Get started by following these 4 steps:

- 1** Fill out a volunteer interest form. supportcnps.org/get-involved
- 2** Attend a Care Net 101 to learn more. supportcnps.org/events
- 3** Complete the application screening process.
- 4** Begin your volunteer training.

Volunteer Training

We provide specialized training based on where you choose to serve. Volunteers working directly with clients participate in training which includes practicums and role playing relevant to pregnancy center work. For roles not involving direct client care, training is brief and project-specific.

FRONTLINE POSITIONS

- Center Receptionists
- Client Advocates
- Men's Mentors
- Parenting Mentors*
- Helpline (At-Home Position)
- Mobile Unit Drivers
- Medical Professionals
(RN, RDMS-certified individual, MD, PA-C, ARNP, NP)

SUPPORT & EVENTS POSITIONS

- Administrative Help
- Facility Maintenance
- Financial Development
- Baby Bottle Campaigns
- Special Events
- Church Liaisons
- Prayer Partners
- Hospitality
- Videography/Photography
- IT or Accounting
- Medical or Legal Advisory Council
- Mobile Unit Drivers
- Boutique Managers

PROGRAM POSITIONS

- Smart Programs Speakers*
- Healing Tide Pregnancy Loss Facilitators
- Healing Tide Abortion Recovery Facilitators*

*Opportunities for both women & men

GROUP PROJECTS

- Host a baby shower for your local Care Net center.
- Collect items & assemble gift baskets for new parents.
- Host a table at the annual Light & Life event.
- Host a baby bottle campaign at your church, MOPS, women's or youth group.
- Join a special events set-up and tear-down crew.

Center Locations

Bellevue | Federal Way | Gig Harbor | Kenmore
Lakewood | Puyallup | Tacoma
King County Mobile Clinic: Find locations at carenetsps.org

For More Information

Text or call **253-383-6033** or email getinvolved@carenetsps.org

Download volunteer opportunities catalog here.



Scan to fill out a volunteer inquiry form.



EVENT SUPPORT



HOPE *events*

An opportunity to support pro-life ministry your way.

You choose the date, the venue and the style of event. We bring the presentation for your fundraiser.

**Host a barbecue.
Hold a cake auction.
Throw a baby shower.**

3 Steps to Get Started

1. Contact our Development team about a date and time for the event.
2. Get a location and invite participants. Care Net provides the speaker, presentation and promotional materials.
3. Host the event!



The donations raised at your HOPE Event go directly toward serving clients

Special Events Volunteering

Baby Bottle Campaigns

3-4 volunteers are needed to:

- Prepare bottles & boxes
- Sort orders
- Make deliveries & pick-ups
- Count change

When: Various times

Swing for Life Golf Tournament

20+ volunteers are needed for day of event to:

- Set up and tear down
- Check in
- Welcome golfers
- Help with contests
- Host information tables at golf tee boxes

When: Annually in June

Sanctity of Human Life Sunday

40+ volunteers are needed to:

- Make phone calls to invite churches to participate
- Prepare church & speaker packets (2-3)
- Prepare baby bottle materials (2-3)
- Host information tables at area churches (20+)*
- Speak about Care Net to area churches (20+)*

When: November through February

* Training for speakers/table hosts is mandatory.

Light & Life Fundraising Dinner

30+ volunteers are needed to:

- Set up and tear down
- Coordinate centerpieces and decor
- Contribute to the overall event plan

When: Annually in March

Become a Prayer Partner

Care Net of Puget Sound is a ministry dedicated to prayer.

Would you join our prayer team?

Scan the code or visit our website.

supportcnps.org/get-involved/#prayer



Interested? Contact us at development@carenetps.org or **253-383-6033**.

SCHOOL PROGRAMS



Smart Programs
Smart about Healthy Relationships

Providing research-based education that places students on a path toward optimal health

Smart Programs offers no-cost, research-based relationship education for youth and schools in the Puget Sound area.

Since 1999, we have educated over 229,000 students on sexual health, how to build healthy relationships, sex trafficking and much more!

All our curriculum is both scientifically and medically accurate and consistent with current Washington state health and physical education K-12 learning standards.

Our presenters are passionate about investing in and encouraging teens to make healthy life choices. Each presenter goes through extensive training to equip them to engage young people. Feel free to reach out to one of our team members any time by emailing smartprograms@carenetps.org.

Smart is a program of Care Net of Puget Sound, a non-profit providing compassionate practical care to women since 1982.

Lesson 1: Sex | Everyone's Talking About It

Lesson 2: Sexually Transmitted Diseases

Lesson 3: Teen Pregnancy

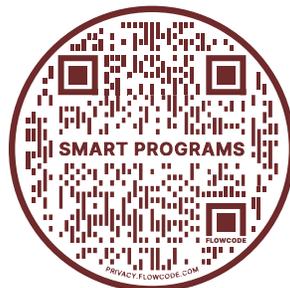
Lesson 4: Reducing the Risk of Pregnancy: Birth Control and Contraception

Lesson 5: Avoiding Unhealthy Relationships, Legal Consequences

Lesson 6: Boundaries and Healthy Relationships

Lesson 7: Smart Trafficking Awareness

Visit our website: realsmarts.org or email us at smartprograms@carenetps.org.



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Smart Programs
has educated over
229,000 students
in the Puget Sound area.**

GRIEF SUPPORT



SUPPORT AFTER ABORTION

For women, men, and couples who have lost a child to abortion

You deserve to process your pain in a safe environment, be restored to wholeness, experience hope, and live in peace.

We help women, men, and couples on their journeys toward healing and restoration.

Healing is available through:

- 1-on-1 mentoring with an experienced leader
- Weekly support groups with other individuals who have experienced an abortion
- Weekend retreats

Send us a private message or text/call us directly at 253-267-8938.

PREGNANCY & INFANT LOSS

For women who have experienced miscarriage, stillbirth or infant loss

We're here to walk with you through your grief and honor your lost child.

We are a safe and confidential place. We offer compassion and support.

Healing is available through:

- 1-on-1 mentoring with an experienced leader.
- Weekly support groups with other women who understand your grief.
- Weekend retreats.

Send us a private message or text/call us directly at 253-272-1818.

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



MEN'S PROGRAMS



Gain experience and confidence in your role!

We'll come alongside you to help you become a better man so that you can become the kind of father your child deserves.

Meet with a trained male mentor in a non-judgmental setting to process your questions and find answers together.

Or join one of our local small groups of other men in similar stages of life and learn more about this fatherhood role together.



1-on-1 Mentoring

Meet with a trained mentor who will help you navigate parenting.

Small Group Sessions

Enjoy the company of other fathers improving parenting and life skills.

Earn Care Net cash

Earn resources for your child with every session and event you attend. Receive items such as:

- Diapers
- Formula
- Car seats
- Cribs
- and more!

Connect on our website: carenetsps.org/men.

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

PRENATAL RESOURCES



Early Bird 1st Trimester Classes

Call your local center to register.

WHO: Women up to 13 weeks into their pregnancies + one guest

WHEN: Contact a center for next class.

WHAT: A free two-hour small group session that uses a physician-approved curriculum to teach you:

- What to expect at prenatal appointments
- Nutrition suggestions for pregnancy
- Recommended lifestyle changes for your health and your baby's well-being
- When to call for help

Earning While Learning

Each time you complete a class, you'll earn Care Net Cash to buy maternity supplies, baby clothes, diapers, car seats, and more in the center's boutique.



Childbirth Education Classes

Classes available at select centers. Pre-registration required. Call to find a class at a center near you.

WHO: Pregnant women + one guest

WHEN: Five 2-hour classes

WHAT: Prepare for labor and the birth of your child. The course is taught by a registered nurse with CBE certification.

- Overview of labor
- Recognizing the signs of labor
- Labor coping skills and comfort
- Stages and phases of labor
- Birth interventions and hospital procedures
- Possible variations of labor and childbirth
- Choices in pain management
- Birth plans and preparations for the hospital
- Breastfeeding
- Registrants should come to class with two pillows and a mat, and should wear comfortable clothing.

Certification Information: Care Net of Puget Sound offers Childbirth Education Courses (CBE) under the direction of a certified CBE instructor and in accordance with Washington State guidelines. The class curriculum has been approved by our Medical Director, a board-certified OB/GYN. Patients should be under the care of a physician/midwife (pregnancy healthcare provider) prior to and during CBE session dates. All medical questions related to a patient's individual pregnancy and health concerns should be directed to your healthcare provider.

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.

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.



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.

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MEDICAL SERVICES



24/7 Nurse Chat & Help Line
Limited Prenatal Ultrasound
Pregnancy Options Education
Pregnancy Testing
Childbirth Education
Abortion Pill Reversal

The reversal is an effective,* safe, and completely natural process. Call the APR helpline now at 877-558-0333.

*APR has been shown to increase the chances of allowing the pregnancy to continue. However, the outcome of your particular reversal attempt cannot be guaranteed.

STD Screenings (Offered at select locations.)

STD screenings for women are performed by medical professionals and screen for the most common STDs in our geographical area.

All confidential medical services are performed by medical professionals at no cost and no insurance needed. 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.

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

FEDERAL WAY

253-941-2664
1414 S 324th St # B-105
Federal Way, WA
98003

GIG HARBOR

253-858-5585
2727 Hollycroft St #130
Gig Harbor, WA 98335

BOTHELL/KENMORE

425-398-5820
6524 NE 181st St, #9
Kenmore, WA 98028

LAKESWOOD

253-984-6222
10828 Gravelly Lake Dr
SW, #101
Lakewood, WA 98499

PUYALLUP

253-770-8697
10215 125th ST CT E
Puyallup, WA 98374

TACOMA

253-383-2988
1924 S Cedar St, #B
Tacoma, WA 98405

BELLEVUE

425-837-3643
Parked at Jubilee
REACH
14200 SE 13th Pl,
Bellevue, WA 98007

KING COUNTY MOBILE

206-926-7860
Check our website for
locations, dates & times.

