



Parent & Family Support Options

Parent Support Groups:

It may feel overwhelming to know how to support your child or teen through various life experiences. Several local support group options are available to help guide you through their challenges.

Pathlight

- **Audiences:** Parents/Caregivers, People of Color, College Students
- **Specialties:** Depression, Anxiety

PEPS

- **Audiences:** Parents/Caregivers
- **Specialties:** Newborns, Second Children, Adoption, Twins, Adolescents/Teens, LGBTQ

Community of Mindful Parenting

- **Audiences:** Parents/Caregivers, Multigenerational, Multicultural, Fully Inclusive Community
- **Specialties:** Individual support and small group classes with many areas of focus (*Finding Calm, Listening Mothers, ParentCARE*)

Eating Recovery Center

- **Audiences:** Parents/Caregivers
- **Specialties:** Eating Disorder Support, Binge Eating Support

Seattle Children's Hospital

- **Audiences:** Parents/Caregivers
- **Specialties:** Diabetes, Grief, Congenital Heart Disease, Celiac, CP, Deaf, Craniofacial, Scleroderma, Parenting a Medically Complex Child (Groups or [Peer-to-Peer](#))

Sibling Support Groups:

Children and teens may need additional support if they have a sibling with special needs or complex medical condition. Local resources are available to provide support to siblings.

Sibling with Special Developmental Needs:

- [Encompass](#)
- [Kindering](#)

Sibling Who Is Medically Complex:

- [Siblings of Children With Special Needs: Booklist and Resources](#) | *Seattle Children's Hospital*

Sibling with Cancer:

- [SuperSibs SibSpot](#) | *Alex's Lemonade Stand*