

## New Parents Services

### 2010 Calendar of Groups

#### Bringing Baby Home

##### Bellevue

Saturdays: Nov 13 & 20  
9 am – 4 pm for two weeks

##### Seattle

Saturdays: Sept 11 & 25  
9 am – 4 pm for two weeks

#### Listening Mothers

##### Bellevue

Wednesdays starting: Sept 15  
10:30 am - noon for 8 weeks

##### Seattle

Tuesdays starting: *dates to come for 2011*  
10:30 am - noon for 8 weeks

#### Father's First Steps

##### Bellevue

Saturdays: Sept 11  
12:30 pm – 2:00 pm for 6 weeks

#### Reflective Parenting Program

*Discipline from the Heart*

##### Bellevue only

Wednesdays starting: Sept 15 *(date change)*  
5:30 pm – 7:30 pm for 8 weeks



##### Bellevue Location

11911 NE 1st Street, Suite 300  
Bellevue, WA 98005

##### Seattle Location

1900 Rainier Avenue South  
Seattle, WA 98144

425.450.0332

[nps@wellspringfs.org](mailto:nps@wellspringfs.org)

[www.wellspringfs.org/parenting](http://www.wellspringfs.org/parenting)

Fees for workshops vary. Services may be covered by insurance or employee assistance benefits.  
Reduced fees are also available.