



Your loss is real. We are here to help.

Do you or someone you know need support? We have a variety of ways to help: one-on-one mentoring, small groups, or intimate retreats. All services are free of charge and confidential.

Pregnancy Loss Support

Pregnancy loss cause a wide range of emotions unique to each person. We want you to know that your grief is real and your healing matters. Whether you're seeking help after a loss from miscarriage, still birth, or SIDS, we are here to help you grieve, remember, and honor your child. **Text or call Kelly at 253-272-1818.**

Post Abortion Support

Need help after an abortion? You are not alone. Abortion may cause a high stress reaction. Some may feel relief initially, but it's often common to suffer symptoms of post-abortion grief and trauma, days, months or even years after the abortion. We provide an environment for healing and restoration for women and men. **Text or call Tracey at 253-267-8938.**

We've been there too. We understand.

CareNet
OF PUGET SOUND
Pregnancy & Family Services

Bellevue • Federal Way • Gig Harbor
Kenmore • Lakewood • Puyallup
Renton • Seattle • Tacoma

Pregnancy Testing
Pregnancy Options Education
Limited Prenatal Ultrasounds
Limited STD Screenings
Abortion Pill Reversal
Medical Consultations
Pregnancy Loss & Post-Abortion Support

CareNetPS.org

FREE & CONFIDENTIAL SERVICES | 24/7 HELPLINE: 1-877-668-256