

ALL CLASSES AT NO COST TO YOU!

1st Trimester Classes

Pre-registration required by calling your local center.

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

WHEN: Offered monthly at all Care Net centers

WHAT: A free 2-hour small group session that utilizes 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

Every time you complete a class, you'll earn Care Net Cash, which you can use to buy maternity supplies, baby clothes, diapers, car seats, and more.

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. In addition to the certified CBE instructor, one of Care Net's RNs will be on site for each CBE session.

Serving King & Pierce Counties

Visit us at www.carenetsps.org

Fall City* 425-440-3364
36017 SE Fish Hatchery Rd
Fall City, WA 98024

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

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

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

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

Puyallup 253-770-8697
11102 Sunrise Blvd. E, Suite 107
Puyallup, WA 98374

Seattle 206-926-7860
Mobile Medical Unit
Serves Multiple Locations

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

*Limited services: open 2nd & 4th Thursdays

**All services are at
NO COST TO CLIENTS**

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KING & SNOHOMISH PRENATAL RESOURCES

Providing compassionate, practical care, and life-affirming resources



**Visit www.carenetsps.org
or call 1-877-NOT-ALONE**

LOCAL WOMEN'S HEALTH PREGNANCY PROFESSIONALS

Robert Snyder, MD

Franciscan Women's Health
34709 9th Avenue S, Suite B-500
Federal Way, WA 98003
253-835-8800 | fhshealth.com

Valley Women's Healthcare

1 East Main Street, Suite 100
Auburn, WA 98002
253-939-9654

Cornerstone Primary Care

17900 Talbot Road S, Suite 102
Renton, WA 98055
425-255-9310 | valleymed.org

Valley Medical Center Midwives Clinic

4033 Talbot Road S, Suite 440
Renton, WA 98055
425-656-5321 | valleymed.org

Midwife Seattle

8927 Roosevelt Way NE
Seattle, WA 98115
206-784-2422 | midwifeseattle.com

Overlake OB/GYN

1231 116th Avenue NE, Suite 950
Bellevue, WA 98004
425-454-3366 | overlakeobgyn.com

Eastside OB/GYN

12303 NE 130th Lane, Suite 230
Kirkland, WA 98034
425-899-5000 | eastsideob.com

EvergreenHealth OB/GYN Care

12303 NE 130th Lane, Suite Coral 420
Kirkland, WA 98034
425-899-6400
evergreenwomenscare.com

Swedish Edmonds OB/GYN Specialists

21616 76th Avenue W, Suite 205
Edmonds, WA 98026
425-640-4810 | swedish.org

Edmonds Family Medicine

7315 212th Street SW, Suite 101/207
Edmonds, WA 98026
425-775-9474 | edmondsfamilymed.com

Swedish Edmonds Birth & Family Clinic

21911 76th Avenue W, Suite 110
Edmonds, WA 98026
425-640-4950 | swedish.org

Providence Snohomish Clinic

1830 Bickford Avenue, Suite 211
Snohomish, WA 98290
360-563-5900
washington.providence.org

Providence Midwifery Care Everett

900 Pacific Avenue, Suite 501
Everett, WA 98201
425-303-6500
washington.providence.org

Providence OB/GYN Everett

900 Pacific Avenue, Suite 501
Everett, WA 98201
425-258-7550
washington.providence.org

The Everett Clinic

900 Pacific Avenue, Suite 500
Everett, WA 98201
425-339-5430 | everettclinic.com



Care Net of Puget Sound is happy to recommend any of these local medical professionals specializing in women's health who will monitor you and your baby during your pregnancy.

Prenatal care is an important part of ensuring both you and your baby are healthy throughout the course of your pregnancy. The earlier you start visiting your medical provider, the greater your chances of having a safe delivery and a healthy baby.

You and your baby will benefit greatly from the counsel and care of a qualified medical professional.

Most experts suggest you see your doctor:

- Every 4 weeks until week 28
- Every 2 weeks until week 36
- After 36 weeks, once a week until delivery¹

If you are older than 35 or your pregnancy is high risk, you'll probably see your doctor more often.

[1] The U.S. Department of Health and Human Services Office on Women's Health. (May 6, 2009). Prenatal Care. Womenshealth.gov: The Federal Government Source for Women's Health Information. January 22, 2013. Retrieved from <http://www.womenshealth.gov/publications/our-publications/fact-sheet/prenatal-care.html>