

Catholic Charities
CHILDBIRTH AND PARENTING ALONE (CAPA) PROGRAM
Phone (509) 455-4986

- **COUNSELING:** CAPA offers free therapy with a master's level therapist to single pregnant women and single parents with young children **ages three and under**. Parents can be counseled throughout pregnancy and post-partum periods. Call for more information.
- **DOULA MENTOR PROJECT:** Community volunteers are “matched” as mentors with first-time expectant single women, or single mothers with a child **age newborn to one year**. The young mother and mentor are encouraged to meet face to face for 2 hours per week for a one-year commitment. They enjoy mutually satisfying activities such as games, crafts, parties, exercise, cooking, shopping, etc.
- **CHILDBIRTH EDUCATION/PREPARATION CLASSES:** Moms-to-be are welcome to come alone or with the birth father and/or designated coach. Classes are free and begin every month. Call for specific start dates and times.
- **“BRINGING UP BABY” PARENTING EDUCATION:** These free classes are for single pregnant women and their partners and/or single parents (including single dads) with babies **ages newborn through 3 years**. Call for specific dates and times.
- **INFANT MASSAGE:** Single parents of (non-mobile) infants are invited to learn the benefits of infant massage. Practice dolls are provided for pregnant parents. Classes are held once a month and taught by a certified instructor. Call CAPA for dates and times.
- **PLAYGROUPS:** Held on the first and third Tuesday of each month from 5:30pm – 7:30 p.m., this is a fun time for single parents and their children **ages newborn through age three**. Free dinner and crafts are provided. Call CAPA to register.
- **CLOTHING BANK:** Maternity and children's clothing, size newborn through 6T are available. Please call to schedule an appt. Not limited to single parents, may access every 3 months.
- **EMERGENCY DIAPERS :** CAPA offers 12 diapers every 30 days. Not limited to single parents. No appt. necessary. Bring I.D..
- **SUPER MOMS' GROUP:** Held every Tuesday. SUPER Moms' group supports pregnant women and women with new babies to learn effective coping skills, parenting skills and meet other moms in a fun format. Please call for more information.
- **NEW PARENT CAFE:** New Parent Social Group open to moms and dads of children ages 0 – 6 months, and those expecting newborns. Every Wednesday from 12:00pm – 1:30pm. Pizza provided, please RSVP to 455-4986.

Hours of Operation: 8:00 a.m. – 5:00 p.m. Monday thru Thursday. Closed Fridays.

CAPA has moved to 12 East Fifth, (Fifth and Division)!!!

For online calendar of CAPA
events/classes, please go to
www.my.calendars.net/capa_01



www.catholiccharitiesspokane.org