



The Mom2Mom Project



The *Mom2Mom* Project:  
Supporting Moms in the Greater Seattle Area

### FACT SHEET

*Mom2Mom* supports mothers during the critical first months after the baby arrives, through personal contact with a peer volunteer “Mentor mom.” Mentors offer a supportive and warm presence, share information about mother-child bonding and infant development, and help moms connect to resources in both the Jewish and general community. Second time moms can benefit by talking with an experienced mom about raising two kids at once- tips and tricks, realistic expectations for everyone, giving both kids time and TLC, and even taking time for yourself!

**How it works:** Moms contact the project coordinator and complete an interview and application. Mentors complete an interview and application, background check and participate in an 8 hour training. Then, mentors and moms are matched and meet about 4-6 times over a 4-month period. Mentors receive ongoing training and support during this time.

**Who can participate:** All mothers living in the Greater Seattle area are welcome to call us for information. While the project takes place within the Jewish community, women of any faith may participate as moms or as mentors. The project is especially appropriate for moms who have recently moved to Seattle and/or those without family connections nearby. Other moms who could use a little extra support are welcome, too!

**Who we are:** *Mom2Mom* is a project of the Stroum Jewish Community Center and is coordinated by Jewish Family Service. Training and consultation are given by community professionals in mental health, family support and infant development. Past trainers have included Yaffa Maritz, *Listening Mothers*; Kathryn Barnard, *Founder and Professor Emerita of the UW Center on Infant Mental Health and Development*; Renee M. Bibault; Jane Soderberg; Judy Erbe, *Bellevue Community College*; and Rabbi Yohanna Kinberg of *Temple B'nai Torah*.

**If you would like more information about this project, please contact Marjorie Schnyder, *Mom2Mom* Project Coordinator, at (206) 461-3240 ext. 3146 or [mschnyder@jfsseattle.org](mailto:mschnyder@jfsseattle.org).**



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