



## The Perepesa team consists of:

**manager, psychologist-counselor and playroom instructor-coordinator.**

In addition, several parenting specialists conduct various training sessions and activities.

**Perepesa centers operate in cooperation between the Child Wellbeing Development Center Foundation, local governments, and the state.** Perepesa is funded from the municipal budget.

In the **Wellbeing Development Plan 2023–2030**, the establishment of community-based prevention and family support centers is a **national priority**.

**The Ministry of Social Affairs will support the creation of 13 new Perepesa centers** from 2024 to 2027 with funding from the European Social Fund, as well as providing Mobile Perepesa services in five centers to extend existing services beyond municipal centers.

The **Perepesa model** as a community-based prevention and family support center was created by the **Child Wellbeing Development Center Foundation** to support parents and offer timely, relevant and professional assistance in raising children

The core principles of the **Perepesa model** are **universal prevention, a “one-door” approach, science- and evidence-based interventions and cross-sector collaboration.**

Supporting parents’ skills, prevention work, and early detection of problems helps **reduce children’s mental health issues, prevent risky behaviors in children and youth, and alleviate parental stress.**

As of today, six **Perepesa centers** are open across Estonia: in **Türi, Põltsamaa, Viljandi, Tartu, Elva and Tallinn.**

The first **Perepesa centers** were established as a pilot project in the fall of 2019 in **Viljandi, Põltsamaa** and **Türi**. In the fall of 2022, **Tartu** and **Elva** Perepesa centers also opened their doors. In April 2024, **Tallinn** joined the **Perepesa network.**

**In 2023 alone, the five Perepesa centers were visited over 12,000 times**

*"As someone unfamiliar with baby-related topics, I found a lot of valuable information in the baby-parent discussion group. I feel very confident thanks to Jana's advice."*

*"It adds so much to get out of the routine, meet other moms with babies, and share worries and experiences."*

**Over the past five years (2019–2024), Perepesa centers have been visited over 35,000 times**

**Feedback on the services has consistently been high, with an average rating of at least 9/10**

*"Thank you for doing an amazing thing and supporting parents."*

**For parents, Perepesa is a warm and welcoming place to attend services, meet other parents, share their worries and experiences, and simply be there for each other, while also receiving evidence-based support.**

*"A necessary training for all parents."*

**The number of visitors continues to grow each year**

*"I'm sincerely grateful – the events are useful and fun, with a caring and supportive attitude toward both parents and children."*

*"I gained a lot of information and confidence on how to continue supporting my child."*



**Kiira Gornischeff**  
Executive Director  
kiira@lapseheaolu.ee  
+372 53771086

[www.lapseheaolu.ee](http://www.lapseheaolu.ee)  
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