

OUR VISION
RESILIENT FAMILIES CONNECTED COMMUNITIES
EQUITABLE OUTCOMES



PEPS
PROGRAM FOR EARLY PARENT SUPPORT

OUR MISSION
CONNECT **PARENTS** TO STRENGTHEN
FAMILIES AND BUILD **COMMUNITY**.



OUR VALUES
EQUITY
INNOVATION
INCLUSION
COMMUNITY
AUTHENTICITY

PEPS
PROGRAM FOR EARLY PARENT SUPPORT

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What is one way you can build community? Join a PEPS Group!

Group start dates are based on your neighborhood and baby's expected arrival date. We recommend registering as soon as possible – groups fill up fast!

- ✓ Trained group leaders facilitate discussions, handle communications and logistics, and introduce parenting topics weekly
- ✓ Inclusive of all parents and parenting styles
- ✓ Peer support model, not a parenting class
- ✓ Both daytime and evening groups available
- ✓ More than 300 groups a year in King, South King and Snohomish Counties
- ✓ Flexible Pricing program fee options and financial assistance available

REGISTER FOR A GROUP TODAY!

www.peps.org



Program for Early Parent Support (PEPS) is a 501(c)3 nonprofit organization. PEPS has been creating groups and communities of parents and babies for more than 35 years. Founded in Seattle, we now offer more than 300 groups per year in King and Snohomish Counties.

Who is PEPS?

At PEPS, we make it easy to connect, face-to-face, with other new parents who live nearby and have babies close in age to yours. PEPS has more than 35 years of experience facilitating community, connections and parent confidence in the early weeks and months of becoming a new parent. PEPS Groups are fun and social, with a focus on the relationship of parents and their babies so that everyone gets off to a great start.



"My PEPS group was a place I could be honest about everything from difficulty adjusting to parenthood to issues about going back to work. I found great support from people who were going through similar things at the same time."

—PEPS Group Participant

Why Join PEPS?

New parents need connections to people they trust, who support them in their new role.

The connections and learning provided by PEPS Groups help shape the healthy development of babies, build resilience in families and foster healthier communities.

THE 5 FORMS OF SUPPORT CRITICAL TO FAMILY WELLBEING

SOCIAL CONNECTIONS PARENTAL RESILIENCE
CHILD DEVELOPMENT CONCRETE SUPPORT
SOCIAL AND EMOTIONAL COMPETENCE

87%
of parents felt
less isolated

89%
of parents spent enjoyable time
with their baby and found fun
ways to interact

79%
of parents
learned about
activities and
ways to support
development

80%
of parents
learned how
to respond to
their baby's
needs

90%
of parents met
others who
shared their
challenges

Which PEPS Group?

DAYTIME NEWBORN

One parent attends with their newborn (2-16 weeks old), meeting with other families during the daytime for 12 weeks. The same parent attends each week.

EVENING NEWBORN

Parents can attend together or solo, with their newborn (2-16 weeks old), meeting with other families in the evenings for 12 weeks.

SECOND TIME AROUND

This group focuses on the newborn in a family with one or more older children. One parent attends with their newborn (2-16 weeks old), meeting with other families during the daytime for 12 weeks. The same parent attends each week.

BABY PEPPERS

One parent attends with their baby (5-12 months old), meeting with other families during the daytime for 11 weeks. The same parent attends each week.

LITTLE PEPPERS

This group is for families with a new baby (0-6 months old) and a toddler (age 3 and under). One parent attends with both children, meeting with other families during the daytime for 11 weeks. The same parent attends each week.

All groups are facilitated by trained Group Leaders. PEPS Groups meet in homes and at sites within the community. For a full listing of neighborhoods, locations, and times, visit: www.pepsportal.peps.org



Expanding Access to PEPS

PEPS launched Flexible Pricing in 2018! Parents signing up for a PEPS Groups can now choose from four program fee options, based on what works best for their family. In addition, we continue to offer financial assistance, so that all families can access our groups.



* 1 parent in attendance

37% of survey respondents said Flexible Pricing influenced their decision to join a PEPS group.

"Flexible pricing made it possible for us to join PEPS. We are very grateful for the opportunity and are so thankful that others will be able to tap into this great resource as well. Thank you!"

—PEPS Group Participant



OTHER WAYS TO GET INVOLVED WITH PEPS

- **VOLUNTEER** with PEPS
www.peps.org/volunteer
- **GIVE** a gift and invest in new families
www.peps.org/give
- **ATTEND** a PEPS Community Event
www.peps.org/ParentResources

"I feel thankful every day for the community we built through PEPS. I also really like highs and lows. It made me think critically about my week and then help put our struggles into perspective/find common ground with other families going through similar things."

—Newborn PEPS Group participant