



## What is PEPS?

Since 1983, PEPS has been a source of support, connection, and community for parents in the Puget Sound region. PEPS offers parent peer-support programs serving thousands of families annually at pivotal phases of development and transition, such as the expectant, newborn, and adolescent and teen parenting phases.

Our trained facilitators use a research-backed curriculum, reviewed through an anti-bias lens, to lead discussions that help parents gain confidence and learn from — and with — one another.

**PEPS makes it easy for parents to find support, connect with other families, and build community.**



Supporting Parents  
Connecting Families  
Building Community



### Our Vision

- Resilient Families
- Connected Communities
- Equitable Outcomes

### Our Values

- Equity
- Innovation
- Inclusion
- Community
- Authenticity



## Why Join a PEPS Group?

- Connect with other parents in an inclusive and social environment
- Meet other families going through similar highs and lows
- Trained group facilitators make it easy to connect through weekly discussions
- Learn in community using a research-backed curriculum reviewed through an anti-bias lens
- Build confidence as a parent
- Daytime and evening groups with in-person and virtual options
- 300+ groups a year across the Puget Sound region
- Flexible Pricing program fee options are available for all groups



## The Impact of PEPS

Our survey results consistently show that PEPS supports parents in feeling less isolated, more connected to other parents, and more confident about their parenting skills.

**After participating in PEPS...**

**94%** would recommend PEPS to other parents.

**81%** felt more confident in their parenting abilities.

**75%** plan to continue meeting with their PEPS Group.



**PEPS GROUP PARTICIPANT**

*Thank you so much for providing this valuable resource to new parents. It's an extremely vulnerable time and I felt supported and comforted by my PEPS Group.*



# Which PEPS Group is Right for You?

## CONNECTING THE EXPECTING

One or more expectant parent(s) in their third trimester (or adopting a baby within the next 3 months) attends, meeting virtually with other expectant families for 6 weeks.

## NEWBORN

For new parents with babies ages 2-20 weeks old. Groups are available for one or two parents to attend with their newborn. Groups meet in the daytime or evening for 12 weeks.

## SECOND TIME AROUND

Groups focus on the newborn in a family with one or more older children. One parent attends with their newborn (2-20 weeks old), meeting during the daytime for 12 weeks.

## BABY PEPPERS

One parent attends with their baby (5-12 months old), meeting during the daytime for 11 weeks.

## AFFINITY PROGRAMS

PEPS offers programs for parents to meet and connect with families who share identities that intersect with their role as a parent, such as groups for LGBTQIA+ parents, single parents, and working moms.

## PARENTS OF ADOLESCENTS & TEENS (PAT)

This virtual program is open to parents and caregivers with children aged 10-19 years. One or more parent(s) attends without their child.

Through the PAT Program, parents can learn in community and access tangible tools and resources to support them during this parenting phase. Meetings are led by a Group Leader trained in adolescent development and group facilitation.



### PARENTS OF ADOLESCENTS & TEENS (PAT) GROUP PARTICIPANT

*Thank you for being a consistent presence in my parenting journey. PEPS was there for me as I became a parent, and again as I became a parent of a teen for the first time. Both feel equally important and vulnerable, and I cannot thank you enough for the support during these times of transition.*



The PAT Program is offered in 2 formats:

- **4-week PAT Groups** focus on a specific theme such as parenting a middle or high schooler, communicating with your adolescent, and more.
- **9-week PAT Groups** cover a wider range of topics relevant to adolescent development.

Learn more and register for a PEPS Group at [www.peps.org/programs](http://www.peps.org/programs)

## Expanding Access to PEPS

PEPS is continuously working to expand access to our programs and center equity throughout our work.

### FLEXIBLE PRICING

Parents can choose the program fee option that works best for their family. To increase access to our programs, financial assistance is also available.

### EQUITY-CENTERED CURRICULUM AND FACILITATION

We regularly review our curriculum to ensure materials are accessible and culturally relevant. Our curriculum has been through anti-bias reviews for racial bias, ableism, and gendered language.

PEPS Group Leaders are trained in inclusive facilitation and regularly receive Advanced Facilitation Training on topics such as active and culturally responsive listening, social identity, and more.

### COMMUNITY PARTNERSHIPS

PEPS invests resources and staff to train team members at local community-based organizations on the PEPS model. Our Community Partners offer peer-support groups for Spanish, Dari, and Farsi-speaking parents, parents in low-income housing, Black moms, teenage/young adult parents, and more.

 **Learn more at [www.peps.org](http://www.peps.org)**



## Other Ways to Get Involved

We offer multiple ways for community members to engage with PEPS. Interested in helping families find support, resources, and connection? Get involved today – it takes the whole community to build community!

- Volunteer as a Group Leader or Guest Speaker
- Give a gift and invest in families
- Join our Board or Advisors & Ambassadors Network
- Tell a neighbor, friend, or colleague about PEPS



Learn More

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