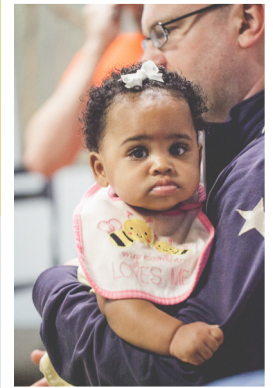


# Support. Connection. Resources.

PEPS offers parent peer-support groups focused on supporting families during challenging transitional phases. Good support strengthens resilience for the next milestone, challenge or change, helps build the bond between parents and children, and shapes a child's healthy development.



## Newborn

- **WHO:** New parents with babies ages 2-16 weeks old. Groups are available for either one or two parents to attend with their newborn.
- **WHERE:** Virtual and in-person groups available
- **LENGTH:** 2 hours each week for 12 weeks

## Parents of Adolescents & Teens (PAT)

- **WHO:** Parents and caregivers with children ages 10-19 years. Adult participants attend without their children.
- **WHERE:** Virtual (Zoom)
- **LENGTH:** 2 hours each week; 4 and 9-week sessions available

## Connecting the Expecting

- **WHO:** Expectant parents (birthing people, their partners, and adoptive parents) in their third trimester.
- **WHERE:** Virtual (Zoom)
- **LENGTH:** 1.5 hours each week for 6 weeks

## Second Time Around

- **WHO:** Parents with a newborn ages 2-16 weeks and one or more older children.
- **WHERE:** Virtual or in-person groups available
- **LENGTH:** 2 hours each week for 12 weeks

## Affinity Programs

- **WHO:** Parents or caregivers with children ages 0-3 who identify with one of the following affinities:
  - LGBTQIA+
  - Single parents
  - Working moms
- **WHERE:** Virtual (Zoom)
- **LENGTH:** Meeting duration varies: 8-9 weeks

## Baby Peppers

- **WHO:** Parents with babies ages 5-12 months. Groups are available for one parent to attend with their baby.
- **WHERE:** Virtual or in-person groups available
- **LENGTH:** 1.5 hours each week for 11 weeks

**REGISTER FOR A GROUP TODAY – [WWW.PEPS.ORG](http://WWW.PEPS.ORG)**



Since 1983, PEPS has been connecting families in parent peer-support groups and now offers programs for expectant parents and parents of newborns, infants, and adolescents and teens, plus affinity groups for families sharing identities that intersect with their identity as a parent. With PEPS, parents create strong, healthy families with concrete support, social connections and parenting resources. PEPS is a 501(C)(3) nonprofit organization.

[www.peps.org](http://www.peps.org)



(206) 547-8570