

Parenting an Adolescent or Teen?

Find information and support to navigate the challenges and build your confidence!



PEPS now offers a program for Parents of Adolescents and Teens (PAT), with curriculum developed specifically for this program and community!

Parents and caregivers with children 10 - 19 years old gather online each week to find support and resources, learn in community, and connect with other families. Each meeting includes topic discussions led by a Group Leader trained in adolescent development and group facilitation, with up to 10 families in each group.

A sample of discussion topics offered:

- Effectively communicating with adolescents
- Adolescent brain development
- Adolescent mental health
- Identity development
- Sex and sexuality
- The online world of adolescents

And many more!

Participants can select from a 4-week and 9-week series.

- **4-week PAT Groups** focus on a specific theme, exploring a different topic within that theme each week.
- **9-week PAT Groups** cover a wider range of topics and themes. There are 4 pre-determined topic discussions, an opportunity to meet in-person, followed by 4 additional topic discussions selected by the group participants.

Flexible Pricing program fee options and financial assistance are available for all groups.

Join a PAT Group today
and find the support and resources you need.

Fill out our PAT Program interest form
to share your interest in future program offerings.



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



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