



## Changes at PEPS in Recent Years

For 40 years, Program for Early Parent Support (PEPS) has been bringing parents together through peer-support groups (PEPS Groups) to provide resources, help families form connections, and build community. We focus on supporting parents during challenging transitional phases because we know that 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. In recent years, PEPS has updated several aspects of our programming, which are outlined below. **To learn more about PEPS, visit [www.peps.org](http://www.peps.org).**

*\*PEPS Groups are currently offered online, in person at selected community sites, and in hybrid groups that meet in homes and virtually.*



### Expanding Parent Support Group Offerings

- **Expectant Parents:** A 6-week program open to local expectant parents (biological and adoptive) to prepare to welcome their child and meet other expectant parents.
- **Parents of Adolescents & Teens:** A 12-week program for parents of adolescents and teens focused on increasing positive communication and parental knowledge of tools to support their teens on the road to adulthood.
- **Affinity Programs:** 8 or 9-week programs designed to bring together parents who share identities that intersect with parenting, including single parents, LGBTQIA+ parents, working moms, and parents caring for a child with a developmental delay or disability.

### Investing in Inclusive Facilitation

PEPS invests in inclusive facilitation by working with consultants and local organizations like Families of Color Seattle (FOCS) to offer virtual facilitation workshops for Group Leaders, staff, and board members on topics including:

- Social Identity Development
- Racial Identity Development
- Emotional Changes and Challenges
- Interrupting Microaggressions



### Investing in Partnerships

PEPS has cultivated a variety of collaborative partnerships to support and connect parents within and outside of Washington State. Our community partnerships aim to offer peer support for parents in communities we have historically not served or not served well. Through partnerships, we've offered groups for:

- Spanish-speaking parents
- Teen moms
- Parents who have children with developmental delays and disabilities
- And more!

### Advocating for Equitable Policies

We are embracing our responsibility to leverage the large community of parents in our network by engaging in advocacy work in support of policies that will improve equity in our state for parents and babies.