

# A LOOK BACK AT 2023

*How we tackled isolation, together.*



## **Responding to input from parents of adolescents and teens**

In addition to our 9-week Parents of Adolescents and Teens (PAT) program, we created several 4-week series around specific themes and individual, topic-based workshops.

We heard from our community that the 9-week commitment was a barrier, and since we began offering more options for families, we have seen an increase in registrations. The challenge of reaching parents during this busy and tough parenting phase will continue and we will keep exploring solutions.

*In 2024, we will hire a bilingual Outreach Manager to bring this impactful program to scale.*

## **Growing accessible in-person groups to meet increased demand**

We introduced a new hybrid group format (3 in-person meetings and 9 virtual) and re-launched in-person groups in homes.

While parents were ready to meet in person, PEPS faced a significant challenge in recruiting enough Group Leaders.

*In 2024, we will hire a Group Leader Recruiter, offer more in-person groups (in homes and at community sites), and continue to offer virtual groups.*

## **Collaborating to reach more parents**

We worked with 17 Network & Community Partners co-creating and supporting groups for the parenting communities they each serve. Our newest partner is the Hearing, Speech & Deaf Center.

Potential partners have frequently requested research validating the PEPS model. In response, we commissioned a literature and research review on the benefits of peer support.

*In 2024, we are laying the groundwork for future research.*



**Supporting Parents  
Connecting Families  
Building Community**

# 2023 BY THE NUMBERS

**3,500+**  
parents served

**320**  
peer support  
groups

**157**  
in-person groups  
(community sites,  
hybrid, and in homes)

**214**  
Group Leaders  
across all programs



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*I think it's really important to offer this to single parents. It allows single parents to feel safer to share their experiences, joys, and challenges. Thank you for offering this and allowing me to participate!*

– PARTICIPANT, SINGLE PARENT AFFINITY GROUP

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*It was helpful to have a consistent group of adults with a shared experience to talk to, especially given that as our kids get older their friendships are sometimes developed outside of family friendships and shared parenting styles.*

– PARTICIPANT, PARENTS OF ADOLESCENTS AND TEENS PROGRAM



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*I don't know how I would have weathered the first weeks of being a mom without our PEPS group. Hearing other people's challenges and knowing they were similar to mine made all the difference in an overwhelming time.*

– PARTICIPANT, NEWBORN GROUP

## ADDITIONAL HIGHLIGHTS

**Affinity Groups.** We offered 4 LGBTQIA+ groups and an in-person picnic, and continued pilot groups for Single Parents & Working Moms.

**Advocacy.** We activated our community around advocacy priorities of paid family leave, affordable housing, and access to childcare.

**Engagement:** 50 Table Captains invited 500+ of their friends, filled our 40<sup>th</sup> Birthday Bash event space, and fueled our work with their donations! Additionally, we engaged Advisors & Ambassadors in new ways, bringing in new strengths, perspectives, and experience.

peps



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