



### Supporting Parents and Families

- **3,505 parents** served through **304 peer support groups** (287 virtual, 17 in-person)
- **137 group facilitators** recruited, trained, and supported who logged **6,165 volunteer hours**
- **18 partnerships** cultivated with community-based organizations and network partners
- **4 new partner organizations** trained and onboarded
- **15 affinity groups piloted** for parents who share identities that intersect with their identity as parents, caregivers, and as a child



*“I most valued the emotional support from other parents going through a shared experience with a strong leader who created a safe space and guided our conversations.” —2022 PEPS Group Participant*

### Growing Our Impact

- **Program for Parents of Adolescents and Teens.** We launched this new program and hosted 17 groups, including 5 groups in Spanish in partnership with Sistema Escolar.
- **In-person groups at community sites.** We re-launched our in-person services and transformed our main office space into a Gathering Space.
- **Advocacy.** We engaged in the 2022 Legislative Session, joined 3 statewide advocacy coalitions, and deployed an advocacy survey to our community.
- **Advisors and Ambassadors Network.** We started building this network to complement the work of our re-structured Governance Board.

### Expanding Our Reach

**THROUGH PEPS-RUN GROUPS WE SUPPORTED:** Expectant parents, first- and second-time parents of newborns, parents of babies 5-12 months, parents of adolescents and teens, single parents, working moms, LGBTQIA+ parents and parents caring for kids with developmental challenges or disabilities.

#### THROUGH OUR PARTNERSHIPS WE SUPPORTED:

- Spanish, Dari/Farsi-speaking and multilingual parents, parents in recovery from substance use disorders, residents in low-income housing in Kent and Seattle Mercy Housing NW housing complexes, Black moms, and teenage/young adult parents.
- Families in King and Snohomish Counties, Bainbridge Island, Anchorage/AK, Hawaii, Washington DC, Austin/TX, Triangle Area/NC.



*“Being a working parent is hard. It was valuable to hear from other moms about their experiences and to know that I’m not the only one struggling with balance.” —Working Moms PEPS Group Pilot Participant*

### Celebrating Our Giving Community

Working towards our vision of resilient families, connected communities, and equitable outcomes takes support and collaboration from our Group Leaders, financial supporters, partners, staff, and board. Thank you to each and every one of you for making sure PEPS could be a partner in parenting for families in our area and beyond.

We look forward to continuing our partnership with you as a PEPS Group Leader, Donor, Ambassador, Advisor, Sponsor, Funder, Board Member, and we’d love to hear from you.

**Connect with us – mail [peps@peps.org](mailto:peps@peps.org) or (206) 547-8570.**

*“An investment in PEPS is a belief in prevention. Science shows that social support is essential to mental health and that caring relationships equal resilience. That matters today and for generations to come. More people need PEPS. Together we make it happen.”*

*—Tracy Cutchlow, PEPS Board Member, and Author of Zero to Five*