

Program for Early Parent Support

Annual Report

2006



Executive Director's Message

I am most pleased to be able to share this annual report highlighting PEPS' many successes from 2006. Our Newborn Program achieved record numbers of parent-support groups formed and families served. In 2006 PEPS served 5 percent of the King County families with new infants. In some parts of Seattle more than 15 percent of the new families joined PEPS Groups! This amounted to more than 1,500 families meeting in either day or evening groups.

PEPS Groups met from Duvall to Des Moines and from Magnolia to Sammamish. The members had the common desire to meet other parents in similar circumstances, to share the highs and lows of their new responsibility and to learn more about those little bundles of joy that mysteriously come without instruction manuals.

PEPS staff was extremely busy just keeping up with the tremendous demand – all of it generated by word-of-mouth or by referral. We did no formal marketing for new participants in 2006, yet created the most PEPS Groups ever! Volunteer recruitment, registration, group formation and evaluation gathering were non-stop throughout the year and the staff met every challenge.

I would also like to salute our outstanding volunteers. In 2006, some 175 group leaders gave generously of their time, talent and energy to facilitate 159 PEPS Groups in this increasingly popular core program. The PEPS Board of Directors worked extremely hard in 2006, providing support in areas where staff resources were absent, ensuring special events such as the Annual Luncheon were successful and guiding PEPS toward fulfilling its mission.

PEPS' success in 2006 was also made possible by a large number of generous and thoughtful stakeholders, who donated more than \$300,000 in individual contributions through the 8th Annual Luncheon, the Summer Phone Campaign and the Annual Appeal. Particularly noteworthy was the more than \$60,000 donated by PEPS supporters in response to a challenge set by the Bill & Melinda Gates Foundation, which then contributed \$50,000 in matching funds.

On the organizational side, 2006 saw both leadership transitions and a new beginning. As PEPS' executive director at the end of 2006, I can report with full confidence that the organization is in great hands, with a committed and forward-looking Board of Directors, a strong and capable staff and the support of so many in our community whose lives have been touched by PEPS.

~ Harry Hoffman, PEPS Executive Director



PEPS

powerful connections

Board Presidents' Message

At the core of PEPS' mission is the desire to help parents of infants and young children meet the challenges of those daunting and at times almost completely overwhelming early days of parenting, and to grow into their new roles and responsibilities through mutual support and shared information. Over the past 24 years, PEPS has helped tens of thousands of new mothers and fathers in King County deal with the challenges and share the joys of first-time parenting.

One of the most unique aspects of PEPS is the fact that numerous PEPS Groups meet regularly long after the formal, volunteer-led sessions have ended. The members of these ongoing PEPS Groups still support and assist each other through new experiences and life changes, maintaining powerful connections that last for years and years. Some Groups are still meeting 24 years after their first session!!

Speaking for our Board of Directors, we are extremely proud of the contribution PEPS continues to make, and beyond. With thousands of new parents joining and thriving each year and thousands more maintaining their PEPS connections, PEPS contributes greatly to a strong, healthy community: connecting new parents and creating lasting bonds of mutual support in too-often isolated lives, building critical parenting skills and essential knowledge, and helping parents to be successful as their child's 'first and best teacher'. All of this, and snacks, too!

PEPS has made a difference in our lives, and that continues to inspire us to keep the organization strong and focused. Thanks to everyone in the whole PEPS community who had a part in the successes of 2006: especially our donors, our Group leaders and other volunteers, our fellow Board members, and the wonderful staff, led so well for much of the year by Interim Executive Director Cory Sbarbaro.

There is no better investment of time and money than in the life of a child. They are the future. — Alma Powell



Clifford M. Meyer
2006 PEPS Board President



Sherri Wolson
2007 PEPS Board President





PEPS 2006 At a Glance:

- 159 support groups offered for parents with newborn infants: 85 Day groups and 74 Evening groups.
- More than 1,500 new families received PEPS' supportive services in their time of need by participating in a PEPS Group. Often, they created lasting bonds of connection and of friendship.
- 175 Volunteers invested 9,981 hours in our Newborn Program.



they are
our future

Newborn Parent Groups.

The Newborn Program provides an experience in which new parents come to grips with their new identities and find the communities of support that will help their families thrive. It is the original PEPS program, the one that led to the often-heard phrase “my PEPS Group,” and is still the largest.

PEPS Group meetings in the daytime serve 10-12 individual parents, while Evening Groups generally enroll five to seven parents, usually but not exclusively couples. A typical session lasts two hours, and is held once a week in participants’ homes on a rotating basis. The Group’s volunteer facilitator guides the parents in singing to their babies, sharing of emotional highs and lows of the preceding week and a discussion based on an issue chosen from PEPS’ comprehensive Topic Guide. By late 2006 most PEPS Groups were being led by a facilitator for the first 12 weeks of meetings, a time length that best matches current volunteer availability and family leave duration. Many Groups continue to meet afterward.

“The transition to parenthood is such a challenging moment in a family’s life. There are all the joys that couples may have imagined would come; there are also huge challenges: from trying to calm a crying baby in the middle of the night to wondering if you’re a horrible parent any time you feel you’ve failed at any of the myriad day-to-day tasks of parenting. I really believe in the PEPS model for supporting parents through this journey: the strength-based perspective that assumes all parents are committed to doing their best, the compassionate view that all families need support (not just the “at risk” families), the belief in the power of peer support and in the shared wisdom of other people who are walking on the journey with you, the predictable structure of PEPS Groups, the sharing time, and the songs!”

~ Janelle Durham, 1993 and 1997 PEPS Group participant and PEPS volunteer Group leader

While You Are Waiting

New parents want to get into their PEPS Groups as quickly as possible after their child is born. To meet demand, in April 2006 PEPS added While You Are Waiting, free drop-in sessions for parents on the Newborn Program waiting list. This program, facilitated by staff, bridges the parent’s entry into the PEPS experience. While You Are Waiting is offered twice a month at PEPS’ offices, and served 152 parents in 2006.

Second Time Around

PEPS in August 2006 initiated the Second Time Around program, a weekly Group for parents of newborns and toddlers. Each Group draws a volunteer leader from among its participants, with others sharing some of the responsibilities. PEPS staff works closely with new Groups to get them started, and provides training and curriculum materials, information about local resources and a list of potential guest speakers. PEPS created seven of these Groups in 2006, serving 54 parents at meetings in homes, parks and community centers.

Twins Group

PEPS in 2006 created two Twins Groups, in recognition of the extra challenges faced by parents of multiples, such as the fact that mothers of twins are at double the risk for postpartum depression. This pilot program used the same format as standard PEPS Groups, with a few adjustments. Twenty-five parents participated.



Leading a PEPS Group is a 12-week commitment, two hours per week. Your 24 hours can make a lifetime of difference for each family in your Group.

If you are interested in volunteering as a PEPS Group Leader, please contact the PEPS Office at 206-547-8570 ext. 15.

2006 Volunteer Group Leaders

In 2006 175 Volunteers made the PEPS experience happen for more than 1,500 families. A heartfelt thank you goes to the following individuals who followed their passion and together invested 9,981 hours in leading our 159 PEPS groups.

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|----------------------|----------------------|--------------------------|----------------------|
| Susan Anderson | Jamie Ginter | Jacqueline Meijer-Irons | Amparo Squaglia |
| Diana Arends | Cassandra Gioseffi | Ayana Meissner | Michele Starkey |
| Tiffany Attrill-Meek | Laurel Glidewell | Alison Mendiola-Hamilton | Jill Steinberg |
| Cheryl Baggeroer | Tobey Goan | Marta Mikkelsen | Amy Stensrud |
| Kate Bagley | Windy Gossett | Nicole Miller | Laurie Stewart |
| Dawn Baldwin | Vanessa Gregory | Susan Milton | Heidi Stolte |
| Lisa Balsam | Meg Guilland | Wendy Miner | Tita Subercaseaux |
| Jeannie Barei | Joanne Haberman | Mike Montague | Debbie Taylor |
| Trissa Barney | Lisa Hagar | Joanne Montague | Amy Thielman |
| Denise Beck | Shana Hageman | Janelle Morrow | Maribeth Thomas |
| Sarah Beeson | Erika Hankins | Kelley Myers | Laura Thompson |
| Shauna Bellamy | Jennifer Hansen | Amanda Myerson | Tricia Timmons |
| Robin Belz | Laura Harder | Neil Myerson | Paul Toccafondo |
| Erika Bigelow | Jane Hatcher | Colleen Neel | Lori Toth |
| Julie Bolton | Lindsey Hewes | Erin Nelson | Kelli Tully |
| Amber Bone | Susie Hillman | Elsa Nunes Ueno | Sheila Valeson Ferry |
| Lisa Bontje | Nicey Hilton | Julie O'Dell | Amy Van Valkenburg |
| Judy Brack | Heather Hisatomi | Ksenia Oustiougova | Rebecca Vidmore |
| Brenae Brix | Elise Hooper | Holly Overman | Jill Voeller |
| Jean Brumder | Crary Jagger | Amanda Parkhurst | Laura Vornbrock |
| Maria Carlson | Erica Jamir | Rhonda Patt | Beaven Walters |
| Natalie Carlson | Joy Jernigan | Kim Pham | Ruth Walther |
| Bridgette Carney | Lynette Jeung | Jennifer Phiefer | Eve Warmflash |
| Pey-Lin Carroll | Suzanne Kalish | Rebecca Pleasure | Suzanne Wastier |
| Jennifer Cassidy | Lise Kauffman | Allison Porter | Yonnie Watkins |
| Anne Caughlan | Adrienne Keffeler | Tracy Pozil | Ann Weber |
| Mary Ellen Cavallon | Jean Kercheval | Miranda Prescott | Jennifer Wesson |
| Maja Chaffe | Cara Kovac | Phoebe Price | Graham Whitehouse |
| Wendy Champagne | Dana Kovalchick | Jennyfer Raden | Fiona Wolf |
| Kate Clemens | Nancy Lang | Andrea Radosevich | Dana Wootton |
| Jodi Cohen | Liesl Langley | Kirsten Reddish | Jennifer Yerkes |
| Jackie Cohen Schmidt | Melissa Larson | Lisa Reyes | Lindsay Zaccara |
| Paula Connolly | Nicole Lauinger | Janet Robinson | Hannah Zarkowsky |
| Dawn Correll | Jeanne Lavery | Tiffany Robles | |
| Valerie Courtney | Karen Lee Willemsen | Vicki Ruskin | |
| Marnee Crawford | Fushan Leong | Dani Ruthfield | |
| Susan Crow | Kathleen Lonergan | Karen Satterberg | |
| Chris Cushman | Adrienne Lorimor | Jaime Scates Schmitz | |
| Isabel D'Ambrosia | Gaylynn Lynch | Cyndi Shultz | |
| Denise Danzer | Angela Macey-Cushman | Dina Skeels | |
| Alpha Delap | Laura MacPherson | Jane Slade | |
| Tracey Denlinger | Heather May | Meg Sloan | |
| Virginia Dockett | Dani McDonough | Michelle Smith | |
| Penny Fields | Jennifer McGladrey | Anne Sommer | |
| Heather Frank | Oma McLaughlin | Michele Sonntag | |
| Penny Fredlund | Darren Medina | Paul Sonntag | |
| Jenna Gehring | Lisa Medina | Lynette Springborn | |

THANK YOU!

We also thank our many other volunteers who help with events, lend expertise as guest speakers and assist with administrative tasks.

Small Bite, Big Impact

Like most moms, Dani McDonough knows a thing or two about being busy. She is the mother of Jackson (almost 4) and Lauren (almost 2), a volunteer at her son's co-op preschool, and a successful loan officer with First Horizon Home Loans Mortgage. So, how does she find time to lead a PEPS Group?

According to Dani, it was a simple decision, one that was a perfect fit for her. She had wanted to volunteer for PEPS, to give back to the organization for which she felt an abundance of respect, kinship and appreciation, but she hadn't found the right opportunity. Then Dani heard PEPS was looking for Group leaders.



Dani McDonough
PEPS Volunteer
Group Leader

Humbly, Dani is the first one to point out she is not super-mom and not the most organized person on the planet. However, she is passionate about PEPS and the impact it makes on the lives of mothers, babies and whole families. So much so, that she was instrumental in rallying seven other members of her original PEPS Group to join her in becoming group leaders!

"PEPS is so organized that they set you up for success as a Group leader," Dani says. That success is felt by the participants in the groups Dani leads. Sarah K. says, "Dani is incredibly enthusiastic and encouraging. She helped create a space where I felt comfortable talking freely about anything and everything. Our meetings felt very natural. We are still meeting most weeks (my daughter is 9 months old now) and I credit Dani for her great work as a leader who has helped ensure that our group keeps meeting."

Dani, who has led two Groups so far, says she gets far more out of facilitating than she gives "Honestly, I get to hold someone's beautiful baby for a few minutes, while the new mom gets to use the bathroom in peace – what could be better for both of us?" says Dani, with a smile.

For anyone on the fence about becoming a volunteer group leader, one of PEPS' biggest ongoing needs, Dani says "you'll never regret that you took on this small commitment."

2006 PEPS Board of Directors

Cliff Meyer, President
Sherri Wolson, Secretary and 2007 President-Elect
Mistie Fain, Treasurer
Baird Johnson, Treasurer
Lavinia Touchton, 2008 President-Elect
Michelle Agnew
Mary Ann Andersen
Jean Brumder
Mary Ellen Cavallon
Susan Craighead
Leija Davis
Stacey Donahue
Stephen Fisher
Cara Lewis
Alison Mendiola-Hamilton
Uzma Merchant
Rick Miller
Victoria North
Heiki-Lara Nyce
Christine Pack
Bec Reylea
Rebecca Thompson
Susan Ward
Alisa Webb

PEPS Staff

Mary Gentry, Program Development Coordinator
Harry Hoffman, Executive Director
Paige Kayihan, Volunteer Coordinator
Nancy McKinney, Finance and Human Resources Manager
Marion Mohrluk, Development Director
Caren Ott, Support Specialist
Anna Sander, Program Specialist
Lynn Siniscalchi, Data Management Coordinator
Sandra Wallace, Newborn Program Manager and PEPS Co-Founder

PEPS leadership

The PEPS Financial Year 2006

Revenues

Changes in unrestricted net assets

Contributions	\$206,592
Grants	\$111,109
Program service fees	\$153,725
Special events, net	\$65,709
In-kind contributions	\$196,156
Interest income and other	\$6,807

Total unrestricted revenues **\$740,098**

Net assets released from restriction

Satisfaction of program restrictions \$60,817

Total unrestricted revenues and other support **\$800,915**

Expenses

Program	\$521,142
Management and general	\$75,102
Fundraising	\$100,875

Total Expenses **\$697,119**

Change in unrestricted net assets **\$103,796**

Changes in temporarily restricted net assets

Contributions	-
Grants	-
Net assets released from restriction	(\$60,817)

Changes in temporarily restricted net assets **(\$60,817)**

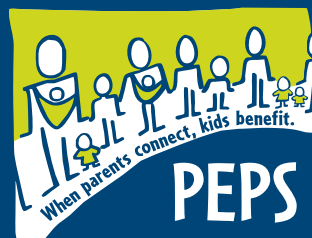
Change in net assets **\$42,979**

Net assets

Beginning of the year	\$380,607
End of the year	\$503,465

financial year

**PEPS' mission is to provide
community-based programs that
enable parents of infants and young
children to meet the challenges of
parenting through mutual support
and shared information.**



Program for Early Parent Support

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