



Program for Early Parent Support

Annual Report

2007



Executive Director's Message

2007 was my first full year as PEPS' Executive Director and it was a very busy year for PEPS. Program growth and additions, our 9th Annual Luncheon, an intensive strategic planning process and a year-end Volunteer Appreciation Celebration were some of the many high points of the year.

In early 2007 I was privileged to visit a PEPS Group in session for the first time. While I knew pretty much what I would see, I wasn't prepared for what I would feel. Those vulnerable parents and their precious babies deepened my understanding of PEPS' mission and reinforced the real need for such support.

Our core Newborn Program PEPS Groups continued to thrive in 2007 with more PEPS Groups formed than in past years. For the first time, we served more families in evening sessions than during daytime, based on parent choice. One result of that change was an increase in the number of fathers we helped to adjust to the challenges of parenting; in 2007 about 25 percent of PEPS participants were fathers.

In the summer of 2007 PEPS received funding from the United Way of King County to test a concept we call Little PEPPERs, parent peer support groups for families with both an infant and a toddler in the home. This site-based and professionally facilitated program incorporates early learning activities into a format that includes the sharing and network of support formation that is unique to PEPS. We offered Little PEPPERs at four sites in different parts of Seattle to both parents with their own PEPS experiences and those without. We learned a lot about what these parents need and want and have incorporated Little PEPPERs into our menu of services.

PEPS' 2007 Luncheon was my first as Executive Director, and it was an event I'll not soon forget. The presence of so many loyal and generous supporters was almost overwhelming. The event was a powerful testimony to the value of PEPS participation during those first vulnerable months and beyond.

In 2007 PEPS undertook a rigorous capacity-building and strategic planning effort. Supported by the Bill & Melinda Gates Foundation and the Paul G. Allen Family Foundation, we took on the dual tasks of bringing our communications and data systems up to current standards while engaging many of our stakeholders and volunteers in conversations about PEPS' future direction.

Armed with this feedback, PEPS' Board of Directors and staff spent the spring and summer debating and devising a plan that keeps PEPS strong while carefully seeking ways to improve and extend services to more families in more communities. The 2008 - 2010 Strategic Plan incorporates those desires and is available on PEPS reinvigorated website at www.pepsgroup.org.

I am proud of our stalwart Board of Directors, staff, and our committed volunteers and generous supporters. Together they ensure that the future of PEPS is bright indeed.

~ Harry Hoffman, PEPS Executive Director



PEPS 2007

PEPS = lifeline of support

Board President's Message

It has been my pleasure to serve as President of the PEPS Board of Directors for 2007. It has been an exciting time of envisioning PEPS' future. In addition to planning ahead, it's important to reflect on the strengths that have made PEPS so critically important for so many families in our communities.

PEPS was founded in 1983 based on the idea that every new parent needs and deserves help, support, and access to resources. Today, PEPS provides community-based programs that enable parents of infants and young children to meet the challenges of parenting through mutual support and shared information.

We know that good parenting is important. Parents are vital to a child's social, emotional, and cognitive learning from the earliest days. Good parenting skills affect a child's mental health, school readiness, and social adjustment.

For many new parents, especially those new to the area or without strong ties to a parenting community, the transition to parenthood can be difficult. New parents are challenged by the physical and emotional effects of multiple changes to basic patterns of home, work, sleep, and self-care, significant adjustments to the couple's relationship, the disruption and dissolution of previous social support networks, and most critically, the dominating needs of a helpless infant.

New parents are at high risk for social isolation and often ill-prepared to resolve the situation on their own. Just getting through the day is frequently the most they can manage in the earliest months of parenthood.

PEPS helps new parents adjust to their new roles by providing a lifeline of support in a time of vulnerability, an oasis of sanity in a life that sometimes feels out of control, and a place to share and collect information and resources. Research tells us that social support networks like PEPS are associated with improved parenting skills, greater knowledge of child development, and improved family relations.

Whether through formal weekly meetings, or casual infrequent meetings, PEPS Groups provide a chance to build lasting and powerful friendships, an opportunity to develop extended families, and a group to turn to when parenting and other issues arise.

My thanks to my fellow Board members, PEPS staff, our volunteers, and our many supporters for making this vital service possible and available to new parents year after year.

Sherri Wolson
2007 PEPS Board President





PEPS 2007 At a Glance:

- 170 support groups (2006: 158) offered for parents with newborn infants.
- More than 1,600 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.
- 180 volunteers invested 8,641 hours in PEPS' programs, special events and organization.

"We had a great experience with PEPS. The facilitated PEPS sessions were great and our ongoing PEPS activities have been frequent and diverse – meeting at the park, swimming, a babysitting co-op and birthday parties. PEPS has given us a wonderful community of families which provides us with a lot of fun and support. My out of town friends with kids all wish they had PEPS when they hear about it."

~ Tom, 2007 PEPS participant

"Nearly a year ago, nine families on the eastside met through PEPS and I think I speak for all of us when I say that we cannot imagine our lives without each other. We still meet as a group monthly, and many of us moms meet once or twice a week as well. My life is richer and more sane because I met these incredible people, and I have you to thank for that. PEPS is an invaluable organization to the Puget Sound, and am very thankful to live here so that my husband and I could participate!"

~ Jennifer, 2007 PEPS participant

PEPS continued to grow in 2007 with increases in the number of families served and the number of PEPS Groups formed. This was accomplished with much hard work and innovative thinking by our dedicated staff and our generous volunteers.

In addition to the core Newborn Program PEPS Groups, with which we served over 1,600 families in 170 PEPS Groups, we provided several other parent peer support opportunities in 2007:



“What does PEPS mean to you and your family? Sanity, joy, comfort, understanding, support, friendship, opportunities, education. One word: Everything.”

~ Lexie, 2005 PEPS participant

While You Are Waiting • 2007 Attendees: 190 parents

While You Are Waiting is an informal orientation session for PEPS-registered parents awaiting placement in their neighborhood PEPS Groups. The program was offered at PEPS twice a month; new parents had the chance to connect, learn more about PEPS, and meet other parents in similar circumstances.

Little PEPPERs • 2007 Little PEPPERs Groups: 4 (45 parents)

With a venture grant from the United Way of King County, PEPS launched four parent/infant/toddler groups in the summer of 2007. These twelve-week site-based sessions were led by trained professionals in North, Northeast/Northwest, Central, and South Seattle. The effort proved effective at serving parents who missed the PEPS experience with their first child and also attracted parents with only an older infant seeking support from other parents. Little PEPPERs was added to the PEPS program mix based on this pilot program.

Twins Group • 2007 PEPS Twins Groups: 5 (44 parents)

A continuation of a successful pilot program from 2006, parents with twins were connected into special PEPS Groups that were able to address the specific needs of these families and to build lasting networks of support.

Bringing Baby Home Workshop • 2007 Workshops: 4 (48 couples)

In 2007 PEPS began offering the Gottman Institute’s Bringing Baby Home couples relationship workshops to expecting and new parents. These workshops were well attended and proved to be of added value for expectant couples for whom PEPS had not previously offered programming, as well as for those with newborn infants. Participant evaluation was positive. Our Gottman-certified facilitators were fantastic, and the workshops were added to the ongoing PEPS’ services menu.



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.

2007 Volunteer Group Leaders

In 2007, 173 volunteers made the PEPS experience happen for more than 1,600 families. A heartfelt thank you goes to the following individuals who followed their passion and together invested 8,641 hours in leading our 170 PEPS groups.

Kristin Ainslie
 Claudia Alabiso
 Sue Anderson
 Jessica Brand
 Kimberly Braun
 Melissa Brown
 Tanya Brunner
 Becky Butler
 Mary Campbell
 Maria Carlson
 Jessica Carr
 Deborah Caul
 Mary Ellen Cavallon
 Maja Chaffe
 Holly Chaffin
 Sarah Chandler
 Linda Chou
 Kristen Clifton
 Lisa Cochrane
 Sheila Coliz
 Jean Colling
 Karin Collinsworth
 Paula Connolly
 Dawn Correll
 Marnee Crawford
 Anna Davidson
 Alpha Delap
 Tracey Denlinger
 Rachel Dobrow Stone
 Tara Eintracht
 Jenny Estep
 Sarah Everitt
 Melissa Anderson
 Emily Anthony
 Julie Antos
 Judy Babb
 Lily Bach-Hilen
 Kate Bagley
 Holly Baker
 Trissa Barney
 Wendi Beagle
 Sarah Beeson
 Mary Jo Blahna
 Anne Ewing
 Jill Farbarik
 Judy Findley
 Beverley Finn

Maureen Fitzpatrick Brillon
 Krista Fleming
 Jocelyn Folawn
 Karen Francisco
 Amy French
 Kirsten Frits
 Anna Fruchterman
 Lisa Garms
 Lisa Garpestad
 Monte Garpestad
 Bridget Goglia
 Windy Gossett
 Vanessa Gregory
 Adam Grossman
 Mandy Haakenson
 Joanne Haberman
 Lisa Hagan
 Kelly Hansen
 Jeanie Hanson
 Beth Hardy
 Jane Hatcher
 Ann Hedreen
 Camille Heinen
 Tammy Heldridge
 Kristen Helton
 Michelle Henningsen
 Lindsey Hewes
 Christine Hills
 Shannon Hobbs
 Shannon Hofmeister
 Amy Beth Holmes
 Kelly Howard
 Angela Hurlock
 Talya Jeffries
 Chantay Jett
 Lynette Jeung
 Sandy Jones
 Monica Jones
 Linda Kadowaki
 Treesia Kan
 Maggie Kaye
 Jeff Kercher
 Laura Kincade
 Kimberley Kirkland Ruddy
 Marie Krueger
 Debbie Kuntz
 Jason Kuzma

Nancy Lang
 Nicole Lauinger
 Elissa Lehman
 Pam Linxweiler
 Kathleen Lonergan
 Jennifer Lopeman
 Cecily Maguire
 Carolyn Manta Kennedy
 Abigail Matney
 Kara Mattaini
 Cathy McCarthy
 Caron McCune
 Dani McDonough
 Maggie McKeown
 Oma McLaughlin
 Rachel Miller
 Tamra Miller
 Nicole Miller
 Mimi Miller
 Michelle Monette
 Joanne Montague
 Mike Montague
 Jennifer Muilenburg
 Katie Myerson
 Debby Neal
 Rachel Nemhauser
 Amy Nikolaisen
 Caren Ott
 Ian Painter
 Kate Phillips
 Lynn Pillitteri
 Ronit Plank
 Beverly Pressey
 Phoebe Price
 Lexy Relp
 Maritza Rivera
 Suzanne Roberts
 Janet Robinson
 Karin Roney
 Jodi Rosen
 Vicki Ruskin
 Heather Ruud
 Susan Sansing
 Katie Sawicki
 Jaime Scates Schmitz
 Tamar Schamhart
 Karen Schrantz

Tessa Simon
 Dina Skeels
 Paige Smith
 Patti Smith
 Patricia Smith-Bell
 Lynette Springborn
 Adelina Starace
 Jill Steinberg
 Samantha Steinwinder
 Mimi Sternberg
 Heidi Stolte
 Scott Stone
 Ann Sutphen
 Debbie Taylor
 Laura Thompson
 Jennifer Thomsen
 Kristina Thorp
 Tamara Trepte
 Caroline Van Roekel
 Amy Van Valkenburg
 Rebecca Vidmore
 Eve Warmflash
 Suzanne Wastier
 Yonnie Watkins
 Colleen Weinstein
 Jill West
 Stacy Winegardner
 Jennifer Yerkes
 Lauren Young
 Stephanie Yurcisin
 Erin Zackey

THANK YOU!

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



PEPS Luncheon Celebrates Success in Serving King County Families

On April 25, 2007 PEPS hosted its 9th Annual Luncheon featuring Martha Brockenbrough, Author of "It Could Happen to You: Diary of a Pregnancy and Beyond". 360 PEPS community members gathered in Seattle Center's Fisher Pavilion to support PEPS.

THANK YOU to all the guests, our Luncheon committee and Luncheon Chairs, Table Captains, Luncheon Challenge Donors and Luncheon Sponsors who made it possible for us to raise over \$95,000 for PEPS' programs.

Luncheon Committee

Cliff Meyer, Co-Chair
Jean Brumder, Co-Chair
Michelle Agnew
Mary Ellen Cavallon
LeAnne Chow
Brian Flora
Sharon Frey Jones
Shellie Frederich
Cara Holloway
Helen Kim
Jennifer Ott
Heidi Stolte
Susan Ward

Table Captains

Michelle Agnew/PEPS Board
Mary Ann Andersen/PEPS Board
Martha Brockenbrough
Jean Brumder/PEPS Board
Jolee Cano
Sarah Caputo
Alexa Carver
Jennifer Cassidy
Mary Ellen Cavallon/PEPS Board
Maja Chaffe
Jodi Cohen

Amy Daly-Donovan
Leija Davis/PEPS Board
Stacey Donahue/PEPS Board
Mistie Fain/PEPS Board
Sharon Frey Jones
Harry Hoffman
Cara Holloway
Gretchen Jansen
Baird Johnson/PEPS Board
Paige Kayihan
Cara Lewis/PEPS Board
Dani McDonough
Cliff Meyer/PEPS Board
Mimi Miller
Rick Miller/PEPS Board
Joanne Montague
Heiki-Lara Nyce/PEPS Board
Jennifer Ott
Tracy Pozil
Bec Relyea
Jaime Scates Schmitz
Jaimie Shea

Event Sponsor



Supporting Sponsors

Children's Hospital and Regional Medical Center
Intelius
Smilebox

Media Sponsor

Parentmap

Family Resource Partners

LifeWise Health Plan of Washington
Red Tricycle
Safeco Insurance
Sprouts Baby Food
TMX Aerospace

Resource Partners

Farmers Insurance/Christopher Lavin Agency
Pioneer Organics

In-Kind Sponsors

Martha Brockenbrough
Compendium Inc.
Cranium
Mercer Island Florist
Pacific Office Automation
Stroller Strides
Childcare Partners
A Nanny 4 U
Urban Monkeys

2007 PEPS Board of Directors

Sherri Wolson, President
Baird Johnson, Treasurer
Lavinia Touchton, President-Elect
Michelle Agnew
Mary Ann Andersen
Jean Brumder
Mary Ellen Cavallon
Leija Davis
Stacey Donahue
Jan Faull
Stephen Fisher

Cara Lewis
Cliff Meyer
Rick Miller
Heiki-Lara Nyce
Marni Seneker
Kate Vaughan
Susan Ward
Alisa Webb

PEPS Staff

Hilary Anderson, Development Coordinator (part-year)
Mary Gentry, Program Development Coordinator
Harry Hoffman, Executive Director
Paige Kayihan, Volunteer Coordinator (part-year)
Nancy McKinney, Finance and Human Resources Manager (part-year)
Marion Mohrlok, Development Director (part-year)
Caren Ott, Support Specialist (part-year)
Cate Palmer, Volunteer Coordinator (part-year)
Anna Sander, Program Specialist
Lynn Siniscalchi, Data Management Coordinator
Betsy Sullivan, Community Outreach Coordinator (part-year)
Pam Tharl, Finance and Human Resources Manager (part-year)
Sandra Wallace, Newborn Program Manager and PEPS Co-Founder

The PEPS Financial Year 2007

Revenues

Statement of Activities

Unrestricted Net Assets

Contributions	\$226,497
Grants	\$91,000
Program service fees	\$193,421
Special events, net	\$95,951
In-kind contributions	\$268,825
Interest income and other	\$11,879

Total Unrestricted Revenues **\$887,573**

Satisfaction of program & time restrictions \$77,554

Total Unrestricted Revenues **\$965,127**

Expenses

Program	\$612,039
Management and general	\$99,555
Fundraising	\$138,823

Total Expenses **\$850,417**

Change in Unrestricted Net Assets **\$114,710**

Restricted Net Assets	\$105,200
Net assets released from restriction	(\$77,554)

Changes in Temporarily Restricted Net Assets **\$27,646**

Change in net assets **\$142,356**

Net assets

Beginning of the year	\$510,549
End of the year	\$652,905

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

4649 Sunnyside Avenue North, # 324
Seattle, WA 98103-6900
phone: (206) 547-8570
web: www.pepsgroup.org
email: peps@pepsgroup.org