



Greetings!

2021 has been a year full of changes - and innovation of PEPS Programs. Earlier this year, we transitioned our pilot series for [expectant parents](#) into a monthly offering. We have also continued to offer a virtual pilot affinity program for LGBTQIA+ families, most recently in the spring, and will offer additional pilot sessions later this year.

The newest series to join the PEPS Programs family is a [pilot program for parents of adolescents and teens](#) (PAT), which started in April 2021. Twenty families have participated in our free 6-week virtual series so far, meeting online to discuss topics like adolescent brain development, mental health, identity development, and many more. Starting in June, we will offer an additional 8 groups to serve even more parents!

We've also been hearing from our community about a need for increased support for single parents. We recognize this need and are so excited to begin developing a pilot program for single parents! Our first step? To listen further to the most pressing needs of single parents to create a curriculum and program that is meaningful and accessible. If you're a single parent and would like to give input, please consider sharing feedback through a [10-minute survey](#). Participants who complete the survey will receive a \$10 gift card to Ezell's Famous Chicken, a locally-owned family business.

We're also beginning to work on program development for several other pilot affinity programs, including a series for parents of children with disabilities and we want to hear from you (or someone you know!) if you are interested in participating! You can fill in our [interest form](#) to be contacted about the next series or make suggestions for a future series.

With gratitude,

A handwritten signature in black ink that reads "Kintea Bryant Rossiter". The signature is written in a cursive, flowing style.

Kintea Bryant Rossiter  
PEPS Program Director  
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# Resources & Inspiration

## Maternal Mental Health Awareness

May is Maternal Health Awareness month. The first weeks and months of being a new parent can be overwhelming, but families don't have to do it alone. Resources can be found through local and national organizations, including information on how to identify perinatal mood and anxiety disorders (PMADs) and where to find support.

Resources:

- Identify the *symptoms* of PMADs.
- A [mental health screening tool](#) for new and expectant mothers.
- A [handout containing helpful ideas and resources](#) on PMADs.
- A video on PMADs created by [Partners in Parenting](#), a PEPS Network Partner. Available in [English](#) and [Spanish](#).
- Finding [virtual parent support](#) in the Seattle area.
- [Perinatal Support Washington Warm Line](#)
- [Postpartum Support International Washington resource guide](#)
- A list of [additional organizations, resources, and support groups](#)

Did you know that 1 in 10 fathers is diagnosed with postpartum depression during the pregnancy or the first year postpartum? Find help and support for fathers:

- [Help for Dads](#)
- [Postpartum Dads](#)

Know of a helpful maternal mental health resource? [Let us know](#).

## A warm welcome to Sierra!

Sierra Morris (she/her) is the newest addition to PEPS, joining us as our Donor Relations Coordinator! She has travelled extensively and lived in various parts of the United States, and we are so excited to have her join us here in Seattle on our team. Sierra brings with her a passion for learning, extensive experience in nonprofit work, and even knows some fun facts about zebras! Get to know Sierra [here](#).

## Our Giving Community is Amazing!

This GiveBIG, 86 donors raised over \$11,000 to support PEPS. With our matching fund, that's \$16,000 to fund our groups, partnerships, staff, and more. As you know, parents are shouldering a large burden right now. We are grateful for the opportunity to be there for them during this crisis and beyond - which is only possible because of our giving community. Thank you ♥

We are especially grateful to meet our goal while exploring [a way of fundraising that spreads the love](#) to other organizations doing good work, to operate out of hopefulness and abundance instead of scarcity. [Learn more about our GiveBIG campaign here](#).

## We Celebrate PEPS Group Leaders!

We count on more than 200 Group Leaders each year to facilitate conversation and connection in PEPS Groups. Our Leaders are an extraordinary part of the PEPS community and a reason our programs are so effective and meaningful.

Each of our Leaders participates in 4 hours of training and is supported by weekly feedback, a dedicated Facebook group for facilitators, and monthly Coffee Chats to connect with fellow Leaders and PEPS Staff. We also offer refresher training sessions, along with Advanced Facilitation Training on topics such as Microaggressions and Leading Race and Social Identity Discussions. We are so grateful for our passionate and committed facilitators!

Do you know a Group Leader who has gone above and beyond for families this past year? We would love to recognize and celebrate them! [Nominate them for the 2021 Spirit of PEPS Award](#) and let us know how they have shown compassion and commitment to parent support. We'll be announcing the winner this fall!

Interested in volunteering with PEPS? Learn more about the opportunities to support parents and the training and support we offer [here](#).

## What PEPS Parents are saying...

*"...Thank you again for putting the expecting PEPS group together... I'm so glad I had this network for the early postpartum period when there is so much uncertainty and unknown. I really don't know what I would have done without it, I've gotten so much from it."* – PEPS 'Connecting the Expecting' Group participant

## From our Sponsors

### Screen Time After COVID

Emily Cherkin, local parent, founder of [The Screentime Consultant](#), and former PEPS Board Member, shared her 5 tips for families on transforming screen use post-COVID in Seattle's Child magazine earlier this month. *(Estimated reading time: 8 min)*

[Read more](#)

### Family Dinners. Delicious and Delivered.

[Pick Me Up](#), a meal delivery service in Seattle, provides busy families with a fresh, sustainable, and convenient way to get dinner on the table. *(Estimated reading time: 3 min)*

[Read more](#)

### 5 Steps to Saving for Your Child's Education Plan

Last week, more than 90 families signed up to join us for 5 Steps to Saving for Your Child's Education Plan, an online event with Washington College Savings Plans. Our fabulous presenter, Jackie Ferrado, shared details and resources about various 529 plans in Washington State, the pros and cons of each, how to select the best fit for each family, and so much more! Attendees received resources and tools to get started and we encourage all families to open an account before the GET enrollment period ends on May 31, 2021.

Missed the event? Follow PEPS on [Facebook](#) and [Instagram](#) to stay up-to-date on our community events and join a [WA529 Knowledge Cafe](#) webinar to learn more.

In the meantime, check out a short article on the [3 most frequently-asked-questions of 529 plans in Washington state](#) on our Highs and Lows blog!

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**Are you a local business interested in becoming a sponsor? [Contact us](#) to learn more!**

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