



You are not alone. It seems like every parent I know is struggling right now. Parents and babies have COVID, schools and daycares are closing and going virtual due to outbreaks and exposures, children and parents are staying home because they are either sick or have been exposed. Parents of teenagers are worried about their teens' mental health.

There's a constant level of stress and worry just under the surface (or well above it) as each of us wait for the next shoe to drop. It's a moment that requires all of us to lower our expectations, take the next right step, and lean on each other. Now's the time to reach out to your community — a text message, a phone call, a walk or meetup at the park. In COVID times, we have to get a lot more creative to connect with others. And still, coming out of isolation, knowing we are not alone will help us manage the stress of this moment and come out healthier and more resilient for whatever comes next.

At PEPS we're navigating this path alongside you. Many of our dedicated staff are parents themselves, experiencing all of the above. We cultivate a culture of care, where we know we can show up for each other when someone needs to step back and care for themselves and their family. We're working on finding a balance between moving our goals forward and accepting that plans will need to be adjusted given the circumstances.

While this year hasn't gotten off to the start we had hoped, we continue on, remembering that we need each other, and taking one step at a time. We're connecting with, leaning on and lifting up folks in our community. I hope you can do the same. In the meantime, I am sending strength your way and a whole lot of hope that things will improve for parents (and everyone) soon.

With gratitude,

Dana Guy

PEPS Executive Director
danag@peps.org

PEPS Updates

Spots Available! Program for Parents of Adolescents & Teens (PAT)

PEPS is now offering a program for Parents of Adolescents and Teens (PAT) as one of our permanent program offerings! This virtual program is open to solo parents and caregivers, couples, and co-parents with children aged 10-19 years living in our [service region](#). Adult participants will attend without their child. Up to 10 families will participate in each group.

Each meeting will be led by a Group Leader with a background in adolescent development and psychology, trained in group facilitation. Groups will cover topics such as adolescent brain development, gender identity development, coping with stress, and more.

[Register for PAT](#)

Don't have an adolescent or teen right now? [Share this link](#) to help spread the word to parents in your network who could use some support during a challenging phase of parenting.

We're Changing It Up!

Typically, at this time of the year, we'd invite you to our annual PEPS Benefit Event, our only fundraising event of the year. But given the overwhelm we all — and parents in particular — feel due to the ongoing pandemic, we have decided to keep it simple this year.

Instead of a virtual event, PEPS is hosting a [month-long Giving Campaign in March](#), inviting our community to collectively raise \$100,000. That's it. You don't have to register for an event. You don't have to spend an hour on Zoom. You 'just' have to send your love and [make a donation](#) in support of our expanding work. Bonus: your gift will have *double the impact* as all gifts will be matched during our Giving Campaign!

And then, throughout March, you will be receiving fun and engaging emails featuring:

- Special guest Nash Fung, a magician and local dad, who will sprinkle a little magic into your life
- PEPS Group participants sharing their inspiring stories
- Some surprises that we are currently working on!
- Opportunities to give

We hope we can count on you!

Calling All Writers

Do you love PEPS and have a passion for supporting families? PEPS is always looking for writers to contribute to our Highs & Lows blog. Interested in learning more? [Reach out to us!](#)

We're Hiring

Impact & Evaluation Specialist

This person oversees, monitors, and evaluates data throughout the organization and makes strategic and programmatic recommendations to ensure the quality of PEPS programming. This position works with all teams to collect and analyze Fundraising, Operations, and Program data and ensure sound data collection standards and analysis throughout the organization. The Impact and Evaluation Specialist operates with an equity lens and leads work across the organization towards a shared goal of improving the experience of those connected with PEPS. Application deadline is Friday, Feb. 18th. [Read the full job description.](#)

Operations Coordinator

This is a cross-functional position that plays a critical role in supporting the day-to-day operations of PEPS. They serve as a first point of contact for the PEPS offices and provide administrative, fundraising, and program support to keep the organization running smoothly. The Operations Coordinator identifies ways to improve systems and processes, is detail-oriented and excels at communication, both written and verbal, and customer service. [Read the full job description.](#)

Not job searching right now? Help us spread the word about these opportunities by sharing with your network!

Advocacy at PEPS – Priorities and Updates

The Washington State Legislative Session began on January 10, 2022 and PEPS is proud to be supporting three issues that impact families:

1. Approve a diaper subsidy for families receiving cash assistance. [HB 1947](#) and [SB 5838](#) had public hearings a couple weeks ago and have enthusiastic support from a broad group of stakeholders including our friends at WestSide Baby, the Washington Chapter of the American Academy of Pediatrics, the Washington State Coalition Against Domestic Violence, and many more.
2. Fund the Perinatal Support Washington Warm Line to help increase access to parental mental health resources. We'll be kicking up our advocacy efforts in the coming weeks to support funding for the Warm Line in the state's budget.
3. Simplifying Washington State's Paid Family & Medical Leave (PFML) Program. A bill to propose changes to the PFML program ([SB 5649](#)) was drastically cut back due to cost. It no longer includes a change that would allow families to apply for PFML before their baby is born. Unfortunately, this is what new families need most! PEPS will continue to work with our partners to seek a solution this year or in the future.

[Learn more about our advocacy work](#) and join us on [Facebook](#) and [Instagram](#) to hear more on the actions we can take as a community. As always, we welcome your comments and questions at peps@peps.org.

PEPS 2021 Impact Report

We've been growing our impact, one PEPS Group at a time. Learn more about how PEPS supported families in 2021 by reading our latest [Impact Report](#). THANK YOU to our giving community for investing in our work!

Top Stories of 2021

Check out the [5 most popular articles](#) published on our Highs and Lows Blog in 2021!

From Our Sponsors and Local Partners

Child Nutrition Tips from a Pediatrician

All parents want to help their children develop healthy habits. Find out how you can support your child's development through healthy eating and activities for the whole family in our [recent blog post by Dr. Eva Taylor](#) of Allegro Pediatrics, a PEPS sponsor. *(Estimated reading time: 5 minutes)*

When You Don't Parent the Same Way as Your Partner

Getting on the same page as your partner about parenting strategies is sometimes easier said than done. [This recent article](#) from ParentMap outlines 3 critical steps to help parents work through parenting style differences. *(Estimated reading time: 3 minutes)*.

Enjoyed this email?

Forward it to your friends and let them know they can [sign up here](#).

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