



Parenting has always been hard, and we each experience it so differently based on our paths to parenthood, privilege, oppression, mental health, access to community, and so much more. Living as a parent in this particular moment though, is a lot.

As a woman, mom, and Executive Director of an organization that employs and serves so many women and people with uteri, I've found myself experiencing a mix of heartbreak, rage and sadness since the draft Supreme Court ruling was leaked. Decisions about parenting are deeply personal, and PEPS has always strived to support parents in the choices they make, as well as help them build confidence in their ability to make parenting choices that align with their values.

A reversal of the right to the full spectrum of reproductive healthcare will have a disproportionate impact on poor, working class and Black and Brown families. The devastating act of white supremacist violence in Buffalo, New York targeted Black families yet again. The many cases of anti-LGBTQIA+ legislation being introduced throughout the country are attempts to erase the identities of youth and adults, as well as infringe on the rights of parents to make medical decisions that best support their children. On top of that, we're dealing with a shortage of infant formula.

Silence is not an option. Our commitment to equity means centering and fighting for those who are most impacted by oppression. There are incredible local organizations such as [Open Arms Perinatal Services](#), [Tubman Center for Health and Freedom](#), [Families of Color Seattle \(FOCS\)](#) and [SURGE Reproductive Justice](#) who are fighting for change right here in our community who we encourage you to follow and support.

What else can one person do in the face of today's challenges, which seem insurmountable and out of our control? We can show up every single day as a compassionate parent. We can be truth-tellers and talk about racism with our kids early and often. We can advocate for change in our neighborhoods, schools, and beyond.

Recently, I've been reading The Lightmaker's Manifesto by [Karen Waldron](#) and have been inspired by her encouragement to add joy and rest into ongoing work for change. She recommends setting daily intentions by starting each day with three questions:

1. What will make me feel healthy today?
2. What will make me feel connected today?
3. What will give me a sense of purpose today?

What a gift it is that on most days, my answers to 2 and 3 are related to the work I get to do alongside many amazing folks who make PEPS happen: our staff, board, volunteers, partners, donors, funders and every single parent that takes the leap to join a group. Connection is the heart of what we do. Bringing people together, even in the most challenging times, gives me purpose. For that, and for you, I am grateful.

With care,  
Dana Guy, PEPS Executive Director

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# PEPS Updates

## Support and Connection for Parents of Adolescents and Teens

At the beginning of this year, we officially introduced our Program for Parents of Adolescents and Teens (PAT) after an extensive process of conducting a landscape analysis, hiring a Program Manager and Group Leaders, and running numerous pilot sessions to gain feedback on the program and curriculum. It's been an exciting process during which we've learned a lot. You can read more about the program and its development in our recent [blog post](#).

Want to experience what a PAT meeting is like? Join us on June 2 from 6-8pm for a virtual interactive workshop led by PAT Group Leaders on the topic of Communicating (and Listening!) Effectively With Adolescents.

[Register for PAT](#)

## New PEPS Affinity Program: Working Moms

We recently rolled out our new Working Moms pilot program. Raising a child is a job in and of itself – and we know that parents who are also employed outside the home face unique challenges. That's why we developed this online peer-support program to help mothers explore their identity and values as working parents. The curriculum was developed based on input from nearly 200 working mothers. It is a free 8-week series designed specifically for local moms working outside the home and raising children ages 0-5.

The pilot sessions of the Working Moms program are underway, and we're already planning to offer additional sessions in the coming months! Would you be interested in participating in a future Working Moms PEPS Group? If so, fill out our [interest form](#) and select "Working moms" as the affinity, and we'll be in touch about opportunities to join.

*At PEPS, we're constantly listening and adapting to the needs we hear from our community. Please [support our work](#) to help us continue to develop and implement new programs.*

## Reintroducing In-Person PEPS Groups

Over the past two years, our programming has changed more than we ever could have imagined due to the ongoing pandemic. We've been closely following recommendations from the medical community and King County Public Health guidelines to determine our plan for returning to in-person PEPS Groups. We want to be clear that the majority of PEPS programming will remain virtual for the time being. However, we are excited to announce that we are re-introducing selected PEPS Groups in-person at community sites in South Seattle, North Seattle and Edmonds this summer. To learn more or register for an in-person PEPS Group, visit our [Reintroducing In-Person PEPS Groups webpage](#).

## Can a Smaller Board Bring in More People (Like You)?

The PEPS Board is trying an experiment. As part of our ongoing equity work, PEPS has shifted away from a traditional one-size-fits-all Board of Directors approach. We have a smaller Governance Board, where people can best use their gifts, to be paired with a larger Advisors & Ambassadors Network. You can learn more about the reasoning behind this decision and what we've learned so far in this [letter from Board leadership](#).

“Is PEPS available in... [fill in the blank state]?”

We often hear from members of our community who had a great PEPS experience and want to share the love with friends and family members outside of the Seattle metro area. The PEPS Network was created in 2014 to give other nonprofit organizations and small businesses the ability to use the PEPS model by licensing the PEPS curriculum to offer peer-support groups to their specific community or geographic region. These Network Partners offer groups to families in their region with a variety of diverse identities and needs.

Do you know an organization or small business that might want to chat about bringing peer support to their community? Share the [Network Inquiry form](#) and PEPS staff will reach out to them soon. For more details, check out our [Collaborations FAQ page](#).

## PEPS is Hiring

Are you passionate about supporting parents and building community? Join our team as our Development Manager, Donor Relations Manager, or Contract Group Leader. Part-time and full-time roles available. Check out our [job openings](#) and apply!

## Save the Date

*We are able to offer these community events free of charge thanks to generous donors who support our work. Please join them by [making a gift](#).*

### **June 2, 6-8pm (virtual):**

#### [Communicating \(and Listening!\) Effectively with Adolescents](#)

Experience our Parents of Adolescents and Teens (PAT) Program for an evening in this online workshop. Group Leaders from our PAT Program will be our guides in a conversation to grow our understanding of what barriers exist, how to approach conflicts, and strategies to communicate with adolescents. Parents and caregivers will participate in connection activities, discussions, and breakout sessions to learn how to practice active listening, effective communication, and conflict resolution with adolescents.

### **June 14, 6:30-8pm (virtual):**

#### [Queer Families Community Conversation](#)

A space for parents and caregivers who identify as LGBTQIA+ or are caring for children who identify as LGBTQIA+ to connect with other parents, share their concerns about recent legislative attacks on the LGBTQIA+ community, and participate in group discussions on a variety of related topics.

### **June 25: PrideFest**

PEPS will be tabling at the Family Pride section of PrideFest, near Cal Anderson Park, on June 25 from 1-7pm. Come say hi!

## From Our Sponsors and Local Partners

### Your Baby Dental Questions Answered

When do I need to start brushing my child's teeth? Should my baby be drinking from a bottle, sippy cup, or open cup? Dr. Megan Posthuma, pediatric dentist at The Tooth Ferry in Ballard, [answers these questions](#) and more in our recent blog post.

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#### Enjoyed this email?

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

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### PEPS Sponsors & Partners



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

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