



Happy summer from PEPS! As you may know, after a lot of planning and strategy, we're thrilled to share that we've launched a few in-person PEPS Groups. There was a lot to consider in moving forward and a cross functional team worked diligently to make it happen. One thing we've learned is that going back to what we used to do (for 35+ years) is infinitely more complicated given COVID-19. All in-person groups are taking place at community sites with a vaccine and mask requirement for adults which you can read more about on our [reintroducing in-person PEPS Groups webpage](#). We could use your help! We're looking for Group Leaders for future in-person groups. If you're interested in learning more, contact [engagement@peps.org](mailto:engagement@peps.org).

If you or someone you know is a parent or caregiver of an adolescent (age 10-19), please check out and share about our incredible new [Program for Parents of Adolescents and Teens \(PAT\)](#). In these groups parents come together in community to learn about topics such as adolescent brain development, effective communication, adolescent mental health, the online world of adolescents and so much more. There are groups open for sign up every month starting in August.

As part of our culture of care, this summer at PEPS we're taking some intentional time for our staff to reset and recharge. We closed our office for the first week of July and will be closing every Friday in August. This means it may take a bit longer for us to get back to you in the coming month. We appreciate your understanding and support. Our team taking some time to rest means we can keep showing up for families in our community!

Wishing each of you a bit of rest and recharge this summer as well.

With gratitude,

Dana Guy, PEPS Executive Director  
[danag@peps.org](mailto:danag@peps.org)

# PEPS Updates

## Looking Back on 2021

2021 may feel lightyears away now, but it's still important to pause and reflect on the progress of the last year. It was our second year operating in a pandemic, and as an organization, we leaned into our values of equity, community, and innovation.

We listened, reimagined, developed, piloted, and evaluated new programs and pathways to positively impact families, moving from a one-size-fits-all approach to offering parents multiple ways to engage and connect. The year was full of highs and lows. And while it would be impossible to capture it all, our Annual Report will give you insight into a few of the highlights of what we've accomplished in 2021.

[Read our Annual Report](#)

## Supporting Parents of Adolescents and Teens Through the Highs and Lows

Pulling just one quote from Julie Ellett's beautiful article on our blog was no easy task. Julie, a licensed psychotherapist with vast experience working with adolescents, is a Parents of Adolescents and Teens (PAT) Group Leader at PEPS. Her article poetically and humorously describes her own experience raising adolescents as well as her work with other parents of adolescents through the PAT Program. Read about the [PAT Program from a Group Leader's perspective](#).

## Will you help sustain the PAT program with a monthly gift?

New programs like the Program for Parents of Adolescents and Teens are cost intensive and require partnering with our giving community to get them off the ground and sustain them as program fees only cover a fraction of the program costs. Generous funders provided the seed funding for PAT, and now we are relying on ongoing donations from families like yours to help sustain it.

Please consider a recurring monthly gift so that future parents of teens (maybe you?) will have the support they need during another critical stage of their parenting journey.

Set up your [monthly gift or make a one-time gift](#) now.

## Share Your Feedback, Ideas, and Stories

Whether you're in a PEPS Group now or your PEPS babies are all grown up, we'd love to hear from you!

How did PEPS impact your family? Has your group stayed in touch? What's one thing you learned from PEPS that changed the way you parent? What questions and suggestions do you have for us about our programs?

[Reach out to us!](#)

## NEW! LGBTQIA+ Resource List for Parents

At PEPS, we are committed to equity and supporting all parents and children in our community. Acknowledging [intersectionality](#) and how a person's identities overlap with their role as a parent or caregiver is an important aspect of supporting parents holistically.

We strive to provide a variety of resources for parents to learn about topics relevant to parenting. We recently put together an LGBTQIA+ resource list for parents on our website. Whether you're a parent who identifies as LGBTQIA+, parenting a child who identifies as LGBTQIA+, or looking for educational resources to support parents and children in your life as an ally, we hope you learn something new on this page.

[LGBTQIA+ Resource for Parents](#)

## Join our Advisors & Ambassadors Network

PEPS is building an Advisors & Ambassadors Network to complement the Governance Board and provide multiple ways for community members to connect and engage with PEPS. This group is a broad, diverse, and fluid group of community members advising staff on specific strategic areas related to fulfilling our mission and strategic direction.

Looking for opportunities to share your passion, perspective, or expertise and get more involved with your community? Want to support a local nonprofit without making a major time commitment?

Learn more about our [Advisors & Ambassadors Network](#).

## Take Action on the Infant Formula Shortage

Even if the news cycle has moved on, the infant formula shortage is definitely not over. Recent reports indicate that there is a 74% shortage of infant formula in most states, with some states experiencing as high as a 90% out-of-stock rate for common formulas.

You can take action on this crisis by signing [MomsRising's](#) letter demanding that Congress take immediate action to ensure parents can provide their babies with the nutrition they need and that this type of emergency doesn't occur again.

[Sign the Letter to Congress](#)

## PEPS is Hiring

Attention job seekers! We are looking for two new staff members to join our team. At PEPS, we intentionally promote a culture of teamwork, wellness, self care, and inclusion. We strive to operate with a racial equity lens across the organization and embrace learning and growth to work towards healthy outcomes for all families. Read more about our open positions below and pass them along to anyone you know who might be interested!

### **Development Manager**

This person is responsible for managing and strategically expanding the PEPS Annual Giving Program including direct mail, online campaigns, workplace giving and a monthly giving strategy. They engage, cultivate and steward donors through campaigns and manage and execute the PEPS signature Benefit Event. The Development Manager fosters a culture of philanthropy, applies Community Centric Fundraising principles to PEPS development work, and is an enthusiastic ambassador to donors, sponsors, partners, and the community. View the full [Development Manager job description](#).

### **Leader Recruitment and Support Specialist**

This person is responsible for recruiting Group Leaders and Guest Speakers from diverse backgrounds and communities for PEPS Groups. The specialist will have experience in facilitation and enjoy working on childhood education and development, acting as an integral member of the team in moving PEPS towards the mission to connect parents to strengthen families and build community through our programs. They will support Leader training and occasionally facilitate PEPS Groups. The Specialist will also work to ensure consistent, quality PEPS Group experiences for participants through the use of technology along with inclusive and sensitive community engagement. View the full [Leader Recruitment and Support Specialist job description](#).

## Partner Highlight

### ChildStrive

[ChildStrive](#) has been a Community Partner with PEPS since 2019. ChildStrive's success stems from a foundational belief in family empowerment and a strength-based model that maximizes each child's abilities so they can get the very best start in life. Their staff supports parents and other caregivers through a hand-on coaching model, enhancing their capacity to meet the specific needs of their infants and toddlers, in the child's natural learning environments – at home, at their childcare center, or in other community settings.

ChildStrive has offered PEPS-based parent support groups in both English and Spanish for families in the Everett area and this summer they are planning to offer their first Parents of Adolescents and Teens group in Spanish. Our community partners play an essential role in expanding the impact of the PEPS model. You can [learn more about our partnerships](#) on our website.

---

### **Enjoyed this email?**

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

---

## PEPS Sponsors & Partners



---

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

---



[ABOUT](#) [GROUPS](#) [VOLUNTEER](#) [DONATE](#) [OUR STORIES](#)

Program for Early Parent Support  
4649 Sunnyside Avenue North, # 324, Seattle, WA 98103-6900