

PEPS

PROGRAM FOR EARLY PARENT SUPPORT



To me, September always feels like the start of a new year (which is followed quickly by the actual start of the new year in January). It's a month where everything shifts, and kids and parents settle into new routines right along with the changing leaves and weather. If you're feeling spread thin this month, know you are not alone.

At PEPS, we took a little extra time off to recharge and reset this summer then hit the ground running in September. After years of work towards our [Strategic Direction](#), PEPS has moved from a one-size-fits-all approach to offering multiple ways for parents to connect throughout various parenting stages. This fall we are offering both virtual and in-person groups for new parents as well as virtual groups for expectant parents, parents of adolescents and teens, and parents who want to connect in affinity groups organized around shared identities. Thirty-six groups are starting in September with more open for registration in the coming months. With so many groups happening simultaneously, what connects them all? Building relationships with other parents, learning and growing together, normalizing your experience and knowing you are not alone no matter the challenge or phase you are in.

As we work towards our mission of connecting parents to strengthen families and build community, we could use your help! Here are a few of the ways you can get engaged and support PEPS:

- [Share about our new and expanded programs](#) with your network
- [Lead a PEPS Group](#)
- [Fuel our work](#) with a donation
- Join our [Advisors & Ambassadors Network](#)

I'm grateful to be in community with you,

Dana Guy, PEPS Executive Director

danag@peps.org

PEPS Updates

Let's Create Change, Together

At PEPS, we're taking action to further equity for parents and families — both locally and across Washington State — through our new advocacy initiative. We're gathering input from a variety of sources to determine how to best advocate for policies that align with this community's priorities, our organizational values, and what's happening in the legislature.

With so many potential issues to support, we want to hear from you!

- What challenges loom largest for families in your community?
- Which issues are priorities for you?
- What areas of advocacy, if any, are you interested in learning about?

Share your input in our [5-minute survey](#) to help shape the future of advocacy at PEPS.

Parents of Adolescents: Your Kid Isn't the Only One Going Through a Big Transition

By now, you've hopefully heard us spreading the word about our new Program for Parents of Adolescents and Teens (PAT). In fact, we had nearly 60 parents register to join us earlier this week for our Communicating (and Listening!) Effectively with Adolescents event to get an idea of what a PAT meeting looks like.

If you're a parent with a child between the ages of 10-19, we hope you'll consider signing up for a PAT Group this fall. But perhaps you still have hesitations – how would you find time for another weekly commitment? Will the experiences you share in your group be kept confidential? Do you REALLY need a parent support group? Julie Ellett, one of our Parents of Adolescents and Teens group facilitators, shares her experience with the transition to parenting adolescents and answers [common questions about the PAT Program](#) on our blog.

Ready to join a supportive community as you navigate the adolescent years? [Sign up for a PAT Group today!](#)

A little bit each month...

A little each payday adds up to a lot of support for parents and families. Join the thousands of employees who are using workplace giving to make a difference.

Each year, people in workplaces around the country contribute millions of dollars to support organizations they care about. If you're looking for a simple and effective way to contribute to PEPS, ask your Human Resources department whether your company offers a workplace giving program. Many companies even match your contribution!

We hope PEPS {EIN # 91-1212698} is a beneficiary of your workplace gift during your company's giving campaign. And please help spread the word to your colleagues! Or, you can [give online](#) and set up a monthly gift at any time.

Working Moms Pilot Program

In Spring of 2022, we ran 4 virtual pilot groups for our new [Working Moms affinity program](#) for working moms with children aged 0-5 years. Groups discussed topics such as successful re-entry after parental leave, authenticity at work, and guilt as a working mom.

We received great feedback from the initial round of pilot groups:

100% of participants agreed that the group introduced them to new strategies for responding to and supporting their personal and emotional needs.

94% of participants agreed that the group introduced them to helpful self-reflection and self-care practices to help their transition back to work.

Based on feedback from pilot participants, we'll be making the following changes:

- All groups will meet for 1.5 hours instead of 1 hour to allow for ample discussion time.
- Groups will be organized based on which stage of returning to work the moms are in, instead of their baby's age.

Thank you to our pilot program participants for providing feedback that allows us to continuously improve our programs! Interested in joining a future Working Moms PEPS Group? Fill out our [interest form](#) to be contacted about upcoming sessions.

PEPS Advisors & Ambassadors Network

In an effort to provide multiple ways for members of our community to connect and engage with PEPS, we have an Advisors & Ambassadors Network that complements the Governance Board. Are you looking for an opportunity to contribute your talents, knowledge, perspective, or networking skills to a local nonprofit organization? Want to support PEPS without making a major time commitment? The [Advisors & Ambassadors Network](#) might be perfect for you!

Join us for 6 Steps to Create Your Will on October 12

Our [6 Steps to Create Your Will](#) workshop in partnership with Megan Gebhardt, owner of Gebhardt Law Office, is coming up on October 12. Estate planning is one of those fields that comes with lots of specific terminology that can make the process feel intimidating. Get a head start before the workshop by learning the definition of several estate planning terms with Megan's [Estate Planning Glossary](#) on our blog!

Now that you know the lingo, ready to take the next step? [Register for our interactive workshop](#) to get started on creating your will!

Yes, Mom Brain is Real

If your brain is feeling a bit foggy while you're pregnant or postpartum, you're not imagining things. Commonly referred to as "mom brain," feelings of forgetfulness, brain fog, and difficulty concentrating are common for birthing parents to experience during pregnancy and postpartum. What exactly is "mom brain," what does the research say about it, and will it go away? Read more on [UW Medicine's Right as Rain blog](#).

Every Month is College Savings Month

Did you know that September is National College Savings Month? But really, shouldn't every month be College Savings Month? With a new school year starting, now is the perfect time to start saving for your child's future education expenses. PEPS sponsor WA529 shares more about [savings plan options](#), the best time to start saving, and how a college savings plan can be used on our blog.

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