



Dear PEPS Community,

2023 is a milestone year for PEPS. This year, we celebrate 40 years of connecting parents and building community.

I began working at PEPS 16 years ago as a parent to two little ones. I was drawn to the mission of supporting parents during a transformative, and incredibly challenging, phase of life. As I navigated my own adjustment to parenthood while living far away from my family in Germany, I found that being in community with other parents going through the same phase of life who were non-judgmental, good listeners, and understood my challenges was magical and healing.

What has kept me at PEPS for 16 years? Meaningful work. An organizational culture of care, intentionality, and support for working parents. An amazing team. Over the years, I've seen the board and staff deepen our commitment to equity and adapt our model to support parents in multiple ways. PEPS is evolving, growing, listening and learning – constantly.

As PEPS turns 40, we have a generation of 'PEPS babies' whose parents benefited from PEPS 40 years ago. Now, these former PEPS babies may have children of their own and are beginning their parenting journey with a community created by PEPS. Talk about generational change! (BTW – if that is you, [send us your story!](#) We'd love to hear from you.) PEPS has been a stable pillar in our community for decades thanks to the many PEPS participants who join our giving community, ensuring that PEPS is here to stay.

**I want to extend a heartfelt invitation to you to join us at our PEPS Birthday Bash on Tuesday, May 9, at Seattle Center's Fisher Pavilion.** I am thrilled to be able to gather in person once again and feel the community and connection in the room as parents, grandparents, babies, and friends gather, connect, and collectively raise funds to help PEPS continue to support parents for years to come. [Register for our Birthday Bash today.](#)

I hope to see you there!

Marion Mohrlök  
PEPS Development Director  
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## Advocacy: 2023 Legislative Session Update

There's just one month remaining in the 2023 Washington State legislative session. We've been busy activating the PEPS community around our three advocacy priorities for the year: **protecting Paid Family & Medical Leave, securing affordable housing investments, and making childcare more affordable.** The large community of parents in the PEPS network is a powerful force for change, and we're so grateful to all our community members who have helped advocate for equitable policies for Washington families by emailing legislators, signing in pro to support bills, and more! Want to support our advocacy efforts and receive timely advocacy updates and action alerts?

[Sign up for our advocacy email list.](#)

**We're thrilled to be deepening our advocacy engagement as an organization each year. Through deep learning and reflection, connecting with our community members to understand their priorities, joining advocacy coalitions, and a lot of behind-the-scenes work, we've built knowledge and capacity to meaningfully engage in advocacy.**

[Read about our journey to advocacy](#)

### Dive Deeper:

- Read more about the [status of our 2023 advocacy priorities](#) in the Legislative Session.
- Can we count on Paid Family & Medical Leave (PFML)? Learn more about [Washington's PFML program](#) and how it may be changing this year.

## 3 Ways to Celebrate 40 Years of PEPS

**Join us** on May 9 to celebrate 40 years of community and connection, and to raise critical funds to support future PEPS families! [Register for our Birthday Bash.](#)

**Consider being a Table Captain!** Invite your friends (PEPS Group, colleagues, neighbors, grandparents), and enjoy a fun and inspiring event together. There are no ticket sales and PEPS takes care of the ask for donations. And childcare is provided! Email [magilldl@peps.org](mailto:magilldl@peps.org) with questions, or [register as a Table Captain here.](#)

**Tell us your story!** Do you love PEPS and have a passion for supporting families? Would you be willing to share your story about the impact of PEPS with our community? We are always looking for families who want to share about their PEPS experience. [Reach out to us!](#)

## Communicating (and Listening!) Effectively with Adolescents

Curious about our Parents of Adolescents and Teens (PAT) Program, but not sure what to expect? Struggling to connect with your child as they navigate the adolescent years? Join us on [Tuesday, March 28 from 12-1pm](#) for a free, interactive virtual workshop to get a feel for our PAT Program! PAT Group Leaders will guide us in a conversation to grow our understanding of what barriers exist, how to approach conflicts, and strategies to communicate effectively with adolescents.

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

Setting up an education savings plan for your child... maybe it's something you've been meaning to do but it keeps falling to the bottom of your to-do list. With all the daily duties of parenting, we can't blame you! Luckily, it's probably easier than you think to set up an education savings plan. Join PEPS and Washington's College Savings Plan (WA529) on [Tuesday, April 4 from 7-8:15pm](#) for a free online presentation and Q&A on the decisions and steps families can take to start saving for a child's education tuition fund.

## The Habits of Highly Effective Adolescents

Join teen whisperers Christine Carter, Ph.D., and Laura Kastner, Ph.D., as they reveal the most effective tools and tactics for motivating teens to discover focus and fulfillment. In this free ParentEd Talks event on April 18, Carter and Kastner will draw upon the latest research — from the fields of neuroscience, sociology and psychology — and their own experience to help parents coach the development of effective habits, and goal-setting and authentic leadership skills in their teens.

### Free webinar

[Tuesday, April 18, 2023](#)

2–3 pm

## Fostering Community and Connection for Young Parents

We recently partnered with Southwest Youth and Family Services (SWYFS) to offer a PEPS Group for young moms in Southwest King County. Read about the [Young Parents PEPS Group](#) at SWYFS on our blog.

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

## PEPS Sponsors and Partners



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