



Dear PEPS Community

Just three weeks ago, the Surgeon General issued a public health advisory on the [Epidemic of Loneliness and Isolation](#) in our country. The report stated:

Humans are wired for social connection, but we've become more isolated over time. Loneliness is far more than just a bad feeling – it harms both individual and societal health. Adults who report feeling lonely often are more than twice as likely to develop depression.

The stats in this advisory are scary, but the solution is simple: social connection. PEPS provides that space – to be with other humans, say the things on our minds, and feel that we belong.

We need your help to make sure parents can access this essential social connection. New parents are telling us that they want to meet in person – and we're looking for volunteers to lead in-person PEPS Groups. Please consider helping us build a culture of connection and support for parents by leading or co-leading a group. If you can say YES to leading a group, please [email our Leader Recruitment and Support Specialist](#) Elizabeth Dawson and she can give you information on leader training, upcoming groups that need leaders, and more.

We need each other to be healthy, happy and to thrive.

In community,

Dana Guy
PEPS Executive Director
danag@peps.org

PEPS Updates

Stories from our Birthday Bash

We are still filled with love, connection and energy from our 40th Birthday Bash on May 9. Our community showed up and came through to raise money to support our work to create a culture of connection for parents. Thank you for your support!

Missed the event? We shared some powerful stories – catch up on them now:

- Learn about the [origin of PEPS](#). (Viewing time: 6 min)
- "PEPS changed my life and helped me gain confidence as a mom." [Hear from two PEPS Newborn Group participants](#). (Viewing time: 3 min)
- Learn more about our Parents of Adolescents and Teens program from [recent PAT participants and facilitators](#). (Viewing time: 5 min)
- Hear about the [evolution of PEPS in recent years](#) from Executive Director Dana Guy. (Viewing time: 12 min)

If you believe in the power of connection and community for parents, we'd love your support! [Send PEPS a birthday gift](#).

How PEPS is Attempting to Make a Good Board Better – Experiments With Board Structure

In 2021, the PEPS leadership team and Board of Directors re-envisioned the structure of our board to be more functional for PEPS staff and sustainable for Board Members. After implementing the revised board structure in 2022, Board President Rebecca Koladycz reflected on accomplishments, lessons learned, and goals for the coming year. [Read Rebecca's letter](#) to see how our new board structure is going.

One of the goals for 2023? Recruit new Board Members who are excited about supporting parents and being part of an intentional board that best serves PEPS. [Learn how to get involved with PEPS](#), either as a Board Member or member of our Advisors and Ambassadors Network.

Resources for Parents of Adolescents and Teens

Many parents have told us that the resources and support for parents seem to dry up during the adolescent years. We're aiming to help fill that gap by offering information, resources, and peer support through our [Program for Parents of Adolescents and Teens \(PAT\)](#). We've also gathered a resource list for parents of adolescents with a variety of resources on communication, mental health, identity development, and more. [Check out the resource list](#).

Wrapping up the 2023 Legislative Session

The Washington State Legislative Session came to a close in April. Thank you to all who signed on to a bill, emailed your legislators, and followed our advocacy work this session! We're excited to share that there were some big wins for issue areas important to the PEPS community:

- **Paid family leave protected:** Governor Inslee signed [SB 5286](#), strengthening the paid family leave program by modifying premium amounts.
- **Affordable housing investments secured:** Not only did the Legislature fund the Housing Trust Fund with \$400 million, but they also approved additional investments for housing and reducing homelessness.
- **Childcare made more affordable:** The Legislature invested nearly half a billion dollars in childcare and preschool, including funding for Working Connections Child Care and the Early Childhood Education Assistance Program (ECEAP).

Excited about advocating for equitable policies for children and families? You can [read more about our advocacy work](#) and [sign up for our advocacy email list](#) to stay informed.

Local Partners and Sponsors

Spring Cleaning Your Estate Plan

Spring is a time of fresh starts. While you're purging your closets or deep cleaning your kitchen, consider adding estate plan maintenance to your spring-cleaning checklist. Read tips from Megan Gebhardt of Gebhardt Law Office on which aspects of your estate planning documents you should tidy up every year. [Read more on our blog.](#)

Teaching Your Kids Sustainability Through Second-Hand Shopping

Our kids are watching and learning from us every day. Something as simple as where you buy clothes could be making a big impact! Wendy Powell, owner of Childish Things children's resale store, shares ideas for teaching your kids about sustainability through second-hand shopping. [Read more on our blog.](#)

Early Education & Preschool That's More Than Daycare

Bright Horizons in Seattle offers quality, year-round programming at a number of convenient locations throughout North Seattle, Downtown Seattle, South Seattle, and the Eastside cities of Bellevue, Bothell, Issaquah, Kirkland, Redmond, Sammamish, Snoqualmie, and Woodinville.

Exclusively for PEPS participants: Waived registration upon enrollment! [Find a center in your neighborhood.](#)

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