



Dear PEPS Community,

My daughter Violet, the one who made me a mother and began my journey as a parent, turned 13 this week. This milestone, and the month of November, is always a time of reflection and gratitude for me. It has me thinking back to the early days when we came home from the hospital after a traumatic birth and two-week NICU stay. Nothing unfolded as expected, but the support from friends, family, and a community of other new moms was a source of joy and healing. I was not alone.

This profound experience of the power of community and social connection drew me to PEPS. Over a decade later, I've forged connections with remarkable individuals through PEPS — our dedicated staff, board members, group leaders, advisors, ambassadors, partners, donors, funders, and fellow nonprofit leaders. Leading PEPS Groups allowed me to meet and witness the growth of families, creating enduring bonds.

I am eternally grateful to the founders of PEPS who, 40 years ago, recognized just how critical support and connection is for parents. The peer support model they dreamt up then has grown and evolved into the PEPS we know today.

Parenting, since Violet's birth, unexpectedly expanded my community. These relationships have added depth to my life, and I feel fortunate to have so many amazing humans to navigate the highs and lows with. Relationships are integral to our well-being, and I extend my heartfelt thanks to each of you for being part of my community and the PEPS community — for the past thirteen years and beyond.

With deep gratitude,

A handwritten signature in black ink that reads 'Dana'.

Dana Guy
PEPS Executive Director

PEPS Updates

Parents of Adolescents & Teens – Join a PAT Group This Fall!

It's been a busy fall for our Parents of Adolescents & Teens (PAT) Program! We're offering several 4-week and 9-week sessions throughout the season, working with partners to facilitate PAT Groups in more communities, and hosting events to support families including our Building Bravery: Tools for Parenting Your Anxious Adolescent event last night.

For a tangible example of the PAT Program in action, read our [recent blog article](#) that highlights how the intentional design of the PAT curriculum supported one mom in improving communication with her teens and spouse.

Ready to sign up for a group? We have a few more PAT Groups starting later this month – register now before the spots fill!

[Register for a PAT Group](#)

P.S. Are you excited about the PAT Program and want to help us reach more families? We're hiring a Bilingual Program for Parents of Adolescents and Teens Outreach Manager. [Learn more about this role.](#)

The PEPS Team is Growing

At PEPS, we believe our success as an organization is based on our unique and supportive organizational culture, which strongly affirms that everyone deserves community, support, and social connection. Our workplace is flexible, welcoming, caring, and fun. Self-care is modeled and encouraged. All PEPS staff members work with a spirit of collaboration and promote a culture of teamwork, wellness, and inclusion. We operate with a racial equity lens across all parts of our organization and embrace learning and growth.

Does this sound like an organizational culture you want to be a part of? We're currently hiring for part-time and full-time roles. Check out our job openings or send them to a friend!

[PEPS Job Openings](#)

The Unexpected Benefits of Volunteering with PEPS

PEPS Group Leaders are essential to our work of supporting parents, connecting families, and building community. Our dedicated team of trained facilitators helps parents and caregivers feel seen and supported through challenging transitional periods. PEPS Group Leaders come from a diverse range of backgrounds, from students to past PEPS parents to grandparents and more.

ParentMap recently interviewed PEPS Group Leaders and staff to shed light on the Group Leader experience and some of the unexpected benefits of this unique and impactful volunteer opportunity.

[Read more on ParentMap](#)

Gathering Interest: PEPS Group Leaders

Thursday, Nov 30, 12-1pm | Virtual

Are you curious about becoming a Group Leader at PEPS but have some questions before you sign up?

Join us for a virtual info session on Thursday, November 30th from 12-1pm to learn more about becoming a PEPS Group Leader.

What is a PEPS Group Leader?

Group Leaders are trained facilitators who create a welcoming space for new parents to share, connect, and support one another. They are compassionate, empathetic, resourceful, and real. They don't have all the answers to every parenting challenge, but they are passionate about helping parents generate ideas, find information, and build community.

Why should you become a PEPS Group Leader?

- Make a real difference in the lives of parents.
- Help parents build community and find support.
- Gain valuable skills and experience.

Can't make it but still interested in learning more about becoming a Group Leader? [Fill out this form](#) and we'll reach out!

Gratitude and Generosity Go Hand-in-Hand

This November, PEPS is celebrating giving. We're recognizing the incredible volunteers who give their time as PEPS Group Leaders, and the PEPS team decided to give some of our time to support our friends at [WestSide Baby](#), too! We had so much fun supporting this wonderful organization that provides essential supplies to kids and families in our community.

For 40 years, the PEPS Giving Community has fueled our work of supporting parents, connecting families, and building community. Thanks to our community's generosity, we've been able to grow and adapt to meet the needs of parents and families.

Can you renew your support of PEPS or join our Giving Community this year? Every donation received by December 31 will be matched 1:1, thanks to some generous PEPS friends.

[Give Now](#)

Local Partners and Sponsors

Why Talking About Mental Health With Men Saves Lives

Did you know that over 6 million men suffer from depression and 14.3% of men have a form of anxiety disorder? Despite these statistics, research shows that men are less likely to seek help or access their healthcare options than other genders.

Consistent and open conversations about mental health are an important way to support men struggling with mental health challenges. PEPS Sponsor UW Medicine offers more context on the men's mental health crisis and some ways that loved ones can offer support.

Read more on UW Medicine's [Right as Rain blog](#).

7 Tips Parents Need to Increase the Impact of Early Language Development

Are you curious about how to give your child the best start in language development? Look no further! PEPS Sponsor Bright Horizons has insights straight from the expert herself – Dr. Patricia Kuhl, Professor and Co-Director, UW Institute for Learning and Brain Sciences.

In a recent conversation with Claire Goss, Senior Manager of Education & Development at Bright Horizons, Dr. Kuhl shared invaluable knowledge on early language development. [Read more from Bright Horizons](#) and discover how you can apply these insights in your everyday life.

Brave Listening: The Secret to Safeguarding Your Child's Mental Health

Wednesday, Jan 10 | 12pm PST | Virtual

There's no handbook on how to handle kids in crisis. Plus, stigma around mental health issues keeps many kids and families suffering in silence. Does your kid feel safe to tell you that they're struggling?

Join ParentMap on January 10, 2024 for this informative and engaging webinar with mental health expert Stacey Freedenthal. In this Q&A session, she'll guide parents through the sensitive and challenging topic of supporting their child's mental health and preventing suicide.

Learn how to:

- Spot the signs your child may be struggling
- Have open and honest conversations about mental health in your home
- Advocate for your child at school and in their community
- Create a safe, supportive environment for your child to share their mental health struggles

Designing Motherhood at the Gates Foundation Discovery Center

This groundbreaking exhibition highlights how birth and the culture that surrounds it affect every living person. [Learn more.](#)

Open Wed. – Sat., 10am – 5pm through December 30.
Next to Seattle Center, *always free.*

Enjoyed this email?

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



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