



Dear PEPS Community

I've always loved September — it's a time of transitions. The summer heat begins to cool and many of us take on new routines, particularly with the start of school for some. Personally, I'm enjoying getting into a regular routine, as well as navigating a big change in our family as my oldest starts a new school!

Transitions are both wonderful and challenging, and as a parent, I've found that helping my children navigate change is an opportunity for growth and a space where I need support. For parents of adolescents navigating transitions, PEPS recently introduced [Parents of Adolescents & Teens \(PAT\) 4-week Series](#). These groups were created with busy families in mind to help parents access tools and resources to support their children through the adolescent years. 4-week PAT Groups focus on a specific theme, such as Getting Ready to Parent an Adolescent, Communicating with your Adolescent, and Adolescent Identity Development. Stay tuned as we add new offerings!

At PEPS, we've also been learning and growing through the expansion of our [Affinity Programs](#). Earlier this month, we held a family picnic to connect past members of LGBTQIA+ Affinity Groups. It was so fun to see everyone in person! You can read more about our Affinity Programs in this [recent article by ParentMap](#). And please help us spread the word to families in your life!

Finally, our 2024 PEPS Group schedule is open for registration. As an organization, PEPS has been moving away from a "one-size-fits-all" model to offer multiple ways for parents to engage and connect. You'll see an increase in in-person offerings, including a return to groups meeting in homes, as well as virtual options. I hope you'll find an option that works for your family or share the schedule with someone who could use support!

Wishing you a joyful fall,

Melanie Roper  
PEPS Program Director

# PEPS Updates

## Cultivating Connections in the Methow Valley

Becoming a parent can be an isolating experience no matter where you live. But how does living in a rural area impact the experience of new parents? As a PEPS Network Partner, midwives at Methow Valley Midwifery are bringing parent support to new moms in the Methow Valley. [Read more on our blog.](#)

## Include PEPS in Your Workplace Giving!

A little each payday can pave the way for a big impact on parents and families. Workplace Giving is a simple yet effective way to support a cause you care about.

Why not consider PEPS as your beneficiary in your company's giving campaign? Every little bit counts, and many companies will even match your contribution, amplifying your impact!

We hope PEPS {EIN # 91-1212698} can count on your support during your company's giving campaign. Your generosity could make a world of difference to parents and families navigating the joys and challenges of parenting.

Not working for a company? Consider [joining our Giving Community](#) with a monthly or one-time gift.

## 6 Steps to Create Your Will

Wednesday, Oct. 11 | 7-8:30pm

*Virtual event*

As a parent, you want to set your child up for success, whatever that may look like for your family. Join us for our upcoming virtual event, 6 Steps to Create Your Will, presented by Megan Gebhardt, a local mom, former PEPS parent, and founder and owner of Gebhardt Law Office.

Megan will share information and resources on what steps to take, such as selecting a guardian for minor children, taking control of who inherits your assets, and protecting your children financially. Don't miss this important educational event!

## Gathering Interest: PEPS Advisors & Ambassadors Network

Friday, Oct. 20 | 10-11:30am

*Good Shepherd Center in Wallingford*

Please join us to explore new ways you can further the reach and depth of PEPS as part of our [Advisors & Ambassadors Network](#). As part of our ongoing equity work, this network is an intentional way to bring in more voices and expertise. This is a new and growing network we are building together. Whether you're a past PEPS participant, Group Leader, donor, or community member, we hope you'll join us to learn more!

# Local Partners and Sponsors

## How to Prepare for College Sticker Shock

September is College Savings Month! Whether you're still changing diapers or dealing with middle school homework meltdowns, post-secondary education may feel like a long way off. But when the time comes, many parents are alarmed by the cost of higher education. By starting to save for post-secondary education early, parents can be more prepared to avoid college sticker shock. [Read more on our blog.](#)

## Exhibition On View Now

Explore the arc of human reproduction through the lens of art and design. [Designing Motherhood: Things That Make and Break Our Births](#) examines the evolution of rights and societal norms connected to contraception, pregnancy, birth, and postpartum experiences, highlighting that birth—and the culture that surrounds it—impacts every living person.

On view at the Bill & Melinda Gates Discovery Center through December 30.  
Wed – Sat 10am – 5pm | Next to Seattle Center | Always Free

## Nap Time? Science Says Your Body Might Benefit From One

We all know that afternoon crash is real. But did you know there's a physiological reason for midday exhaustion, and it doesn't necessarily mean you have poor sleep habits? Read about the [science behind napping](#) on UW Medicine's Right as Rain blog.

## Limited Time Offer! Save 10% on Your First 3 Months of Care

Bright Horizons® is enrolling and we'd love to have you join our family. To help make the decision a little easier, we're offering **10% off** your first three months!

Whether you need full-time or part-time care, simply register by **October 31** and start by **December 31, 2023** to enjoy these savings. [Find a center near you!](#)

## Enjoyed this email?

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



## Are you a local business interested in becoming a sponsor?

[Contact us to learn more!](#)