



In 1983, three small groups of new parents gathered to share their highs and lows - their anxieties, fears and joys. Their experience laid the foundation for PEPS. In 2023, we're celebrating 40 years of community and connection! Save the date for our Birthday Bash on May 9, 2023 (more info below!).

A lot has happened in those 40 years, and especially in the last decade. Seattle's Child, a monthly parenting guide for local events and resources, recently published an article called [The PEPS Stretch](#) that shares about the many ways we've evolved in recent years. From expanding the parenting stages we serve to investing in partnerships and centering equity internally and externally, we've been focusing on shifting from a "one-size-fits-all" program to an organization that offers multiple ways for parents to engage and connect.

We've started 2023 off strong, with 33 peer support groups already launched this month, connecting and supporting more than 400 expectant parents, new parents and parents of adolescents and teens. Another way PEPS is showing up for families is by advocating for more equitable policies. We want to make it easy for our parent community to engage in advocacy. We know you're busy, so we're tracking legislative priorities that impact families in Washington and activating our community to engage at key moments through actions like signing in to support bills and reaching out to your legislators.

I look forward to being in community with you this year,

Dana Guy, PEPS Executive Director  
[danag@peps.org](mailto:danag@peps.org)

# PEPS Updates

## PEPS Advocacy Update

As part of our Strategic Direction, PEPS is leveraging the large community of parents in our network to advocate for equitable policies for families in our region. In the fall, we asked for your feedback through our advocacy survey and were thrilled to receive nearly 400 responses! The survey results have helped guide our work moving forward, from selecting our 2023 advocacy priorities to determining the most effective ways to communicate with you about this work.

[See the advocacy survey results](#)

## 2023 Advocacy Priorities

The Washington State Legislative Session started earlier this month and PEPS is supporting three issues that will help families:

1. Protect Paid Family & Medical Leave
2. Secure Affordable Housing Investments
3. Make Childcare More Affordable

Ready to dig deeper?

- Learn more about [advocacy at PEPS and our 2023 priorities](#).
- If you want to be the first to hear about advocacy updates and take action at critical moments, make sure to [sign up for advocacy update emails](#).

## PEPS Birthday Bash

Save the date and join PEPS for our [Birthday Bash](#) on Tuesday, May 9, 2023 at Seattle Center Fisher Pavilion to celebrate 40 years of community and connection and collectively raise critical funds to support families.

**Learn more about our Birthday Bash, find out how you can party with us and what it takes to host or co-host a table!**

### **Table Captain Kick-Off**

Tuesday, Feb 7, 12 - 1:30 pm (lunch is on us!)

PEPS Gathering Space at the Good Shepherd Center in Wallingford

[Register for the Table Captain Kick-Off](#)

Table captains are critical to making this event a success. They invite their friends to their table, helping ensure that our event space is filled with laughter, joy, and friendly people eager to support PEPS. There is no ticket fee for the event, and PEPS takes care of asking for donations. If you already plan to host a table, please [register as a table captain here](#).

## 2022 Impact of PEPS

2022 was a busy year for PEPS! We launched our Program for Parents of Adolescents and Teens, expanded our partnerships, piloted affinity groups, and so much more. Read our [2022 Impact Report](#) to see the ways we supported parents and grew our impact last year. We're so grateful to all the members of our Giving Community who make the magic possible!

*Join the PEPS Giving Community with a [gift to fuel our work](#) in 2023.*

## PEPS Highs & Lows Blog

### Best of PEPS Highs & Lows Blog 2022

From parents' stories of their PEPS experience to articles from experts on a variety of parenting topics, the PEPS Highs & Lows blog is a resource for parents to learn, connect, and explore. In 2022 we shared articles on infant gender socialization, the history of our Parents of Adolescents and Teens Program development, and more. Check out our [top 5 blog posts of 2022](#).

### **PEPS: Expectation Vs. Reality**

Before participating in a PEPS Group, many people believe PEPS is just another parenting class. In reality, PEPS is so much more than that. It's a space to build community, have real, raw conversations, and connect with other parents going through the same phase of life. In our recent blog post, Archana Agrawal [shares her experience in a PEPS Newborn Group](#) and how her perceptions of PEPS changed after joining a group.

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