



Just like that, 2024 is in full swing. As we head into a new year of supporting parents and building community, we're taking time to pause and reflect on the past year at PEPS. 2023 was a year of learning and stabilizing as we re-emerged from the pandemic. We furthered our goal of moving from a one-size-fits-all approach to offering parents and partners multiple ways to connect and engage.

We were responsive to our community and offered additional in-person groups, created a new 4-week Parents of Adolescents and Teens (PAT) program, and moved LGBTQIA+ affinity groups out of the pilot phase to make them part of our permanent program offerings. We served 3,620+ parents in 310 groups!

A few more highlights of 2023:

- Filled the room with 500+ PEPS fans for our 40th Birthday Bash and raised essential funds to continue pursuing our mission
- Rolled out our new logo and brand
- Implemented data-driven strategies for program enhancements
- Advocated for paid family leave, affordable housing, and affordable childcare
- Assessed and redesigned our staff structure and began the hiring process for new roles to support our current needs
- Tapped into new strengths, perspectives, and experiences of community members through our Advisors & Ambassadors Network

Our [2023 Impact Report](#) shares even more insight into the accomplishments and challenges of the past year. Working towards our vision of resilient families, connected communities and equitable outcomes takes support and collaboration from our whole community. We're so grateful to each one of you who supports our mission by donating, volunteering, telling your neighbors and friends about PEPS, joining us to advocate for equitable policies, and so much more.

In community,

Dana Guy
PEPS Executive Director

PEPS Updates

Teens and Toddlers: Déjà Vu?

What do teens and toddlers have in common? They're seeking autonomy, dealing with big feelings, and experiencing rapid brain growth! If daily battles with your adolescent child feel like déjà vu, parent educator Beth Goss has some wisdom and advice to share about this phase of parenthood. Read more [on our blog](#).

Our Parents of Adolescents and Teens (PAT) Program is the perfect place to find empowering support, research-driven information and resources, and community as you navigate the highs and lows of parenting an adolescent. We have a variety of groups starting soon — grab your spot now!

[Learn more about PAT](#)

Join the PEPS Team

The PEPS team is growing! We're hiring for multiple roles, including a Bilingual Program for Parents of Adolescents and Teens Outreach Manager and contract Group Leaders for our Connecting the Expecting, Newborn, Second Time Around, and Parents of Adolescents and Teens programs.

At PEPS, we're proud of our supportive, flexible, and welcoming work culture. We operate with a racial equity lens across all parts of our organization and embrace learning and growth. We can't wait to welcome new team members! Check out our open roles and apply or send them to a friend.

[Job Openings](#)

Save the Date and Join Us!

MARK YOUR CALENDAR: Join us on Tuesday, May 7 for the [PEPS Benefit Luncheon](#) at Seattle Center Fisher Pavilion! Connect with the PEPS community while raising important funds to support the crucial programs PEPS provides for parents.

JOIN US AS A TABLE CAPTAIN: We're looking for enthusiastic PEPS fans to support the Luncheon as Table Captains! Invite your friends (PEPS and beyond) and fill your table — there's no ticket fee and PEPS helps each step of the way. Enjoy the party surrounded by new and old friends!

Join us to learn more:

Table Captain Kick-Off Lunch
Tuesday, Feb 6, from 12:30-2pm
at the PEPS Gathering Space in Wallingford

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

2024 Legislative Session Updates

The Washington State legislative session started in early January, and we've already seen lots of exciting developments around issues that are important to families!

Our 2024 [PEPS Advocacy Priorities](#) include:

- Securing Affordable Housing Investments to ensure families have access to stable housing to help their children thrive.
- Expediting Access to Paid Family and Medical Leave to help families access benefits more easily after having a baby.
- Expanding Programs that Increase and Sustain Access to Childcare so families have stable, high-quality childcare.

Ready to dive into advocacy? Check out our [Advocacy Terminology 101](#) blog article for a quick refresher on the many words and acronyms of policymaking.

Parents have important perspectives to contribute to policymaking, and a groundswell of support helps convince legislators about the need to invest in critical services and supports for families. We are tracking these issues closely and highlighting opportunities for you to engage by signing in to support bills, reaching out to your legislators, and more.

[Sign up for PEPS Advocacy Alerts](#)

PEPS Highs & Lows Blog

Partner Highlight: Early Parent Support – Anchorage

As new moms in Anchorage, Shaina and Amanda saw a need for more support and connection for parents in their community. As part of our Network Partners program, they launched an organization using the PEPS model and curriculum to offer parent peer-support groups in Alaska. Read more about [PEPS partner Early Parent Support – Anchorage](#).

Local Partners and Sponsors

Toddler Emotions

The toddler years are full of big feelings. If you're dealing with tantrums and power struggles, [read these tips](#) from PEPS Sponsor Allegro Pediatrics on helping toddlers identify, communicate, and work through their feelings.

Baby Safety: What Every Parent Should Know

PEPS Sponsor Bright Horizons partnered with Britax to create a three-part Baby Safety Month Instagram Live series, filled with expert information for safely navigating the early years. [Check it out!](#)

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