



Dear PEPS Community

September always feels like a season of change. For me, it's showing up in a big way as one of my kids starts middle school and the other begins high school. I know for many parents, fall brings shifts of all kinds: new routines, childcare transitions, wrapping up summer travel, or simply adjusting to the change in pace this season brings. Transitions come with both excitement and big feelings.

What helps me most is checking in with other parents. Commiserating, laughing, and reminding each other "you've got this." That's the heart of PEPS. For more than 40 years, parents have told us that these moments of change — whether welcoming a new baby, returning to work, or guiding a teen — are when connection matters most.

And this fall, PEPS is alive with connection. This month, we're starting 50 new groups across the region, from neighborhood Newborn Groups to Affinity Groups and PAT Groups for parents of adolescents and teens. We're also launching PEPS Groups in Tacoma for the very first time!

As we expand to serve more geographic areas, parenting stages, and affinity groups, we continue to rely on word of mouth to help new families hear about our programs. Thank you for keeping us in mind and [telling those in your life about PEPS](#), from expectant parents to those navigating the middle school and high school years like me.

This fall, PEPS is making community possible for more parents. We hope you will join us!

With gratitude,

Dana Guy
PEPS Executive Director

PEPS Updates

Join Us at an Upcoming Event!



[Saturday Family Concert: Neon Brass Party](#)

Saturday, September 27 | 11:00 am
1119 8th Ave, Seattle, WA

PEPS is a proud sponsor of Town Hall Seattle's Saturday Family Concert series! Join us this Saturday for Neon Brass Party, Seattle's favorite street band with irresistible tunes for all ages. Kids get in free, and adult tickets are on a sliding scale from \$10-35.



[Raising Thriving Teens in a Digital World](#)

Wednesday, October 8 | 6:30 – 8:30 pm
Hans Rosling Center for Population Health, University of Washington

Parents and caregivers of adolescents ages 10-19 are invited to a free, in-person presentation and discussion led by Dr. Jennifer Tininenko. Join us to connect, share experiences, and learn about strategies to help establish healthy screen boundaries, reduce technology-related stress, and promote emotional resilience in your teen.



[6 Steps to Create Your Will](#)

Wednesday, October 8 | 7 – 8:30 pm
Virtual (Zoom)

Join PEPS for a virtual event to learn the six steps to tackle the process of creating a will from estate planning attorney (+local mom and PEPS alum!) Megan Gebhardt. Bring your notepad and questions – we'll dive right in!

Women's Wellness Weekend

Friday, November 7 – Sunday, November 9

YMCA Camp Seymour, 9725 Cramer Rd KPN, Gig Harbor, WA

Join PEPS staff and alumni for a rejuvenating Women's Wellness Weekend at YMCA Camp Seymour. Come solo, invite a friend, or make it a PEPS reunion! The PEPS community can receive a \$50 discount (discounted price \$219). To receive these savings, register, or inquire about financial assistance, [email](#) or call 253-884-3392. Add "PEPS" when asked about cabinmates in the follow-up email!

Effective Coping Strategies for Adolescent Stress

Thursday, November 6 | 6 – 7:30 pm

Virtual

Join us to learn more about how stress manifests in teens, how to recognize the signs and symptoms, and when medical intervention may be necessary. You'll leave with practical coping strategies teens can use on their own, as well as tools and techniques for parents to support their children through stressful times.

Now Hiring: Contract PEPS Group Leaders

PEPS Group Leaders are integral to our mission, working alongside parents to facilitate conversations and foster connection. While the majority of our amazing Group Leaders are volunteers, we also work with a small group of dedicated, paid contract Leaders who have professional experience working with families to provide support for a limited number of groups.

We're currently [hiring contract Group Leaders](#) to facilitate Newborn and Second Time Around PEPS Groups in specific service regions, as well as Spanish-speaking facilitators for our Parents of Adolescents & Teens (PAT) Groups. Apply now or send these opportunities to someone you know!

Welcome to the Team, Avani & Stacy!

Help us give a warm welcome to our newest staff members! This month, we welcomed [Avani Nadkarni](#), Communications and Marketing Manager, and [Stacy Broadmante](#), Operations Coordinator, to the PEPS team. We're thrilled to have their talent, skills, and experience contributing to the PEPS mission!

A Culture of Care – What Does it Really Mean?

At PEPS, we talk a lot about our “culture of care.” We work hard to foster a workplace culture that truly values each employee’s humanity and individual needs. But what does this look like in practice? This summer, PEPS Development Director Marion Mohrlök spent time caring for her aging parents in Germany. In [this reflection](#), she shared how PEPS has supported her through this phase and how our culture of care strengthens the entire organization.

Growing up Together: A PEPS Story From Newborns to Teens

When their “PEPS babies” became teens, one tight-knit group of eight families formed a customized Parents of Adolescents and Teens (PAT) Group through PEPS to tackle the challenges ahead. With research-based tools, expert facilitation, and the trust they’d built over more than a decade, they found new ways to support each other, and their teens, through this next stage of parenting. Read this [full circle PEPS story](#) on our blog!

Turn Your PEPS Story Into Action

Ever thought about turning your PEPS story into a way to help other parents? Now's your chance! This fall, we're inviting our community to join a peer-to-peer fundraising campaign running from November 1 through December 2 (Giving Tuesday!).

It's simple: create your own fundraising page, share why PEPS matters to you, and invite friends and family to give. We'll provide you with a handy toolkit and all the support you need.

You can either sign up for our kickoff call on October 30 (12–12:45 pm) to get inspired and connect with others, or jump right in and set up your fundraising page today.

[RSVP to the kickoff call](#) or [start your fundraiser](#) now!

Local Partners and Sponsors

Managing Separation Anxiety in Young Children

Separation anxiety can be tough for both parents and children. Establishing daily routines and rituals – paired with patience and grace – will help your child trust the process.

Listen to PEPS Sponsor Bright Horizons' [podcast episode on separation anxiety](#).

Are Ultra-Processed Foods Really That Bad For You?

Ultra-processed foods have become the latest villain in the wellness world. But not all ultra-processed foods are created equal.

Read about what ultra-processed foods actually are, the research behind them, and how they can be part of a nutritious diet on PEPS Sponsor UW Medicine's [Right as Rain blog](#).

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](#).