



Dear PEPS Community

What is your "because?"

As we move into this season of gratitude and giving, I find myself reflecting on the many reasons people have told me over the years that they choose to support PEPS:

- "Because PEPS saved my sanity."
- "Because I live far away and can't babysit, but I can do this."
- "Because I wanted to honor our fabulous Group Leader."
- "Because my PEPS friends from five/ten/thirty years ago are still like family."
- "Because every parent should have PEPS."
- "Because I can."

Here is what I've learned: people give to PEPS for wonderfully *human* reasons: practical, emotional, spontaneous, and deeply thoughtful. Some give their time or expertise, and some donate.

Many support PEPS alongside giving to other organizations that meet the growing urgent needs of our community. They know that families need both their basic needs met to survive, and community and connection to thrive.

Every donor — whether giving "because I can" or "because I believe" — is helping us build a world where no parent navigates the beautiful chaos of raising children alone.

Behind every "because" is a story. This season, I hope you'll share yours — by [starting a fundraiser](#), [making a gift](#), committing to [lead a PEPS Group](#), or simply passing PEPS along to someone who needs it. Each act of generosity helps another parent feel less alone.

With much gratitude for all the ways you turn your "because" into belonging for parents.

Marion Mohrlök
PEPS Development Director

PEPS Updates

Join Our Team: Contract & Volunteer Openings at PEPS

Spanish-Speaking Group Facilitators: Group Leaders are integral to our mission, working alongside parents to facilitate conversations and foster connection. We're currently hiring Spanish-speaking contract Group Leaders to facilitate our Parents of Adolescents & Teens (PAT) Groups. Apply now or send this opportunity to someone you know! [Learn more](#).

Detail-Oriented Office Volunteer: We're looking for a friendly, reliable volunteer to support our team in the PEPS Wallingford office for 5–10 hours per month on weekdays. The work is hands-on and repetitive in a satisfying way: think putting on your headphones, turning on a favorite podcast, and settling into a flow. Scheduling is flexible; we'll work with you to find a schedule that fits your needs. If you enjoy organizing and want to support our mission in a meaningful way, we'd love to hear from you! Please email allanahrb@peps.org to discuss details.

Supporting Our Friends at WestSide Baby

Earlier this month, the PEPS team spent a morning volunteering at WestSide Baby, an incredible community organization that distributes millions of diapers, hygiene supplies, and clothing bags to local families every year.

Looking for a concrete way to support your neighbors this fall? Here's what WestSide Baby told us they need most:

Formula: WestSide Baby is in desperate need of donations to restock its formula supply! You can donate formula (unopened, not expired, no dented cans) to be distributed to families in need. Find [donation drop-off locations](#).

Volunteers: Grab your PEPS Group, neighbors, or kids (8 & up!) and sign up for a volunteer shift at WestSide Baby's White Center warehouse. [Learn more about volunteering](#).

Supplies: You can easily donate from home by purchasing an item from WestSide Baby's [Amazon wishlist](#).

Connecting Parents of Adolescents With Vital Resources

Collaboration with Seattle Public Schools (SPS): We're thrilled to partner with SPS to bring a 4-week workshop series to families during the 2025–2026 school year! This collaboration is an exciting step in building stronger connections with organizations that share our passion for supporting adolescents and their caregivers. Together, we're creating more spaces for learning, connection, and growth. Want to connect PEPS with a community or organization to offer one of our workshops? Email programs@peps.org.

Workshop: Talking to Teens About Sex, Sexuality and Relationships

Thursday, December 4, 12pm

Conversations about sex, sexuality, and relationships can feel daunting for many parents and caregivers, yet they are among the most important talks to have with our teens. All parents of adolescents ages 10-19 are invited to join this 90-minute virtual workshop to feel more prepared and confident when navigating these conversations. [Register now](#).

Food Access Resources: Find or Give Support

With recent federal pauses on SNAP benefits, many families have faced new or renewed struggles putting food on the table. Although some benefits have been restored, the need for food access remains high in our community.

If your family could use a hand, check out these programs to access support:

- Use [Food Lifeline's map](#) to find food banks near you
- [Contact 211](#) (by phone, text, or online chat) to be connected with food programs and many other resources
- Get formula through [Free Formula Exchange](#), a mutual aid network

Not in need of food assistance but want to help? Check out these resources:

- [Find a local food bank](#) and donate food or cash (which allows food banks to purchase their most-needed items in bulk at discounted prices!)
- Join [Hunger Free Washington's advocacy](#) efforts to support policy change that addresses hunger
- Donate formula to [WestSide Baby](#) or [Free Formula Exchange](#)

PEPS Highs and Lows Blog

Finding Connection in Co-Leading: What Two Group Leaders Learned From Each Other

PEPS staff members Elaine and Anushree recently teamed up to lead a PEPS Newborn Group together. Elaine is a seasoned Group Leader and parent herself, and Anushree is a non-parent who was leading a group for the first time.

Read about [their co-leading experience](#) and how it helped them both see new perspectives and strengthen their facilitation skills.

Many Cultures, One Family: A Pilot Program for International Families

International families raising children in the US often encounter unique challenges as they try to balance their cultural traditions with the realities of a new setting and educational system.

Earlier this year, PEPS launched a pilot group specifically for international families raising teenagers. Read about [how this group brought together parents from many cultures](#) to share stories, discuss challenges, and exchange strategies.

Advocating for Breastfeeding Parents With PEPS

What started as a bad day of jury duty in 2023 changed a law earlier this year. When she was summoned to jury duty just 6 months after giving birth, Ellie Klein found that the court was completely unprepared to support a breastfeeding parent. She turned to

PEPS for support. With guidance from PEPS and our advocacy partners, Ellie testified with other working parents to pass SB 5217, a bill to expand accommodations for pregnant and postpartum workers, including excusing breastfeeding people from jury duty. Read [Ellie's story](#) on our blog.

The 2026 Legislative Session is approaching, and we're gearing up to continue advocating for more equitable policies that support parents and families. Want to stay in the loop? [Join our advocacy email list](#).

Local Partners and Sponsors

4 Ways to Feel Better If You Have Seasonal Depression

Early sunsets and gloomy weather got you feeling SAD? Seasonal Affective Disorder (SAD) is more common in the PNW thanks to our dark winters. The good news? There are strategies and treatments that can help. Learn more about [seasonal depression symptoms and treatment options](#) from PEPS Sponsor UW Medicine.

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](#).