



What a remarkable day we shared at our Annual Luncheon earlier this month! **Together, we raised an incredible \$225,000 – that's \$150,000 in generous donations plus \$75,000 in matching funds** – all fueling our mission to connect parents, strengthen families, and build community so parents and their children can thrive.

Our Operations Manager kicked off the day by energizing the PEPS team with a speech based on our luncheon theme, "The Power of Community." [Read her reflection](#) on how PEPS acts as the grounding pin for connection.

The room came alive when 500 of us participated in that simple yet profound PEPS ritual: sharing our highs and lows. **In those moments of vulnerability and celebration, we witnessed firsthand why PEPS matters so deeply: Connection changes everything.** These aren't just feel-good moments – they're the foundation of healthier families, resilient children, and stronger communities.

I'm filled with gratitude for everyone who attended, donated, sponsored, and volunteered.

We're so close to our goal – just \$43,000 away from funding this year's work by our May 31st deadline. This funding will directly support our programs connecting over 4,000 parents this year, expanding reach through community partnerships, and advocating for policies that support all parents and caregivers.

[Will you help us cross the finish line?](#) Whether you've already contributed or are considering your first gift, your support right now would make an extraordinary difference. Building a more connected community starts with each of us.

With deep appreciation,

Marion Mohrlök
PEPS Development Director

PEPS Updates

New Offerings for Parents of Tweens & Teens

Parents of adolescents and teens are busy. We know this phase is hard, and it comes with new questions and challenges. That's why we've been developing new offerings to make our Parents of Adolescents and Teens (PAT) Program more accessible.

Join us for one of these upcoming PAT Program Offerings:

Mindful Teens: Reducing Anxiety & Building Confidence in a Digital World

Wednesday, May 28, 6:30-8:30 pm

Together Center, Redmond

Cost: Free

Come to this free, in-person presentation for tips and strategies to establish healthy screen boundaries and foster emotional resilience in teens.

The Science of Teen Decision-Making: Understanding the Adolescent Brain

Thursday, June 5, 6-7:30 pm

Virtual

Cost: \$20 per registrant

Join us for this workshop to gain insight into the science of adolescent brain development and how it impacts decision-making.

Pilot Affinity Group for International Families

4-week PAT Group starting Sunday, July 13

PEPS South Seattle office, 2200 Rainier Ave S.

Cost: Free, thanks to generous funding from the East Seattle Foundation

We are excited to launch pilot affinity groups for international and immigrant families raising adolescents in a culture different from their own. Interested in joining a group in the fall instead? Email us at programs@peps.org.

2025 Legislative Session Wins

Washington State's legislature faced a challenging year as they navigated a major budget deficit, new leadership, and national political turmoil.

We're thrilled that three bills PEPS supported this year passed:

- SB 5217 extends protections for pregnant/postpartum workers and excuses breastfeeding parents from jury duty.
- HB 1213 will provide paid leave job protection for more employees, ensuring parents can take leave without fear of losing their job.
- HB 1217 sets limits on rent increases, providing stability for renters.

Throughout this legislative session, **PEPS community members signed on to show support for 10 bill hearings and sent over 200 emails to legislators**. For the first time, a parent testified on behalf of PEPS, sharing her experience with jury duty while breastfeeding and helping pass SB 5217!

Want to stay up to date on our advocacy efforts? [Sign up for our advocacy email list](#).

Join Us at an Upcoming Event

GATHER: At Home

Thursday, May 29, 12-1 pm, Virtual

Missed the PEPS Luncheon? Join us virtually to connect with the PEPS community and hear how your support makes a difference.

Working Moms Networking Event

Wednesday, June 4, 5-7 pm, Seattle Central Library

Working moms with children ages 0-5 are invited join us for a networking event designed to foster connection, support, and candid conversations.

Advisors & Ambassadors Network Info Session

Friday, June 6, 12-1 pm, Virtual

Explore new ways you can further the reach and depth of PEPS and support parents in our community.

LGBTQIA+ Family Picnic

Saturday, June 14, 3-5pm, At a park in South Seattle

LGBTQIA+ PEPS parents are invited to join us for an informal gathering to connect, introduce your children, and build community.

Highs & Lows Blog

Finding Connection in Everyday Moments with Teens

Where can you find quality time with your adolescent? This simple but powerful question has stuck with PEPS Executive Director Dana Guy since her Parents of Adolescents & Teens (PAT) Group. Read her [reflections on finding connection in everyday moments with teens](#) in our recent blog post.

Local Partners and Sponsors

Positive Parenting Techniques

Are you familiar with positive parenting? It's a research-based approach focused on building a nurturing relationship with children by teaching important life skills like problem-solving, handling emotions, and communicating with others. Learn more about [positive parenting](#) and how to implement it in your home from PEPS sponsor Allegro Pediatrics.

Helping Kids Dream Big by Teaching Financial Skills

Do you remember the first lessons you learned about money? Even from a young age, children are curious about money. PEPS sponsor WA529 shares [ideas for parents to introduce financial concepts](#) in simple, age-appropriate ways to build a foundation of financial literacy for their children.

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!](#)