

Parents of Adolescents and Teens (PAT)  
Social Media captions text and images  
October 2022

**Spots Available post - FB:**



Caption:

The PEPS Parents of Adolescents & Teens (PAT) Program has spots available!

This virtual program is open to parents of children aged 10-19 living in the greater Seattle area. PEPS developed the PAT Program to help parents navigate a challenging time with the support of peers and facilitators trained in group facilitation and adolescent development and psychology.

Learn more and register today! <https://www.peps.org/programs/parents-of-adolescents-and-teens>

(Image Description: Yellow text over blue background at the top reads "Spots Available! Parents of Adolescents & Teens Virtual PEPS Group. Open to parents with children ages 10 to 19." In the center is an image of 6 parents participating in a Parents of Adolescents and Teens video call. Blue text over a yellow background at the bottom reads "Register today!")

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There are spots available in the PEPS Parents of Adolescents & Teens (PAT) Program!

Raising an adolescent is one of the stages of parenthood when parents most need support, commiseration, and community. The PEPS PAT Program helps parents navigate a challenging time with the support of peers and facilitators trained in group facilitation and adolescent development and psychology.

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(Image Description: Blue text over yellow background at the bottom reads " Parents of Adolescents and Teens: Support and Connection is Here!". In the center is an image of two adults and one adolescent smiling into the camera.)

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#### Quote post - FB:



#### Caption:

Parents: put your oxygen mask on before assisting others! Raising an adolescent is one of the stages of parenthood when parents most need support, commiseration, and community. The PEPS PAT Program helps parents navigate a challenging time with the support of peers and facilitators trained in group facilitation and adolescent development and psychology.

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(Image Description: White text over blue background in the centre reads "In order to provide continual support for our adolescents and teens, we desperately need to cultivate connection and support for ourselves." as quoted by Julie Ellett, a Group Leader of PEPS Parents of Adolescents and Teens Groups.)

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Parents: put your oxygen mask on before assisting others! Raising an adolescent is one of the stages of parenthood when parents most need support, commiseration, and community. The PEPS PAT Program helps parents navigate a challenging time with the support of peers and facilitators trained in group facilitation and adolescent development and psychology.

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**What is the PEPS PAT Program (Carousel post - 4 images total):**

<p><b>SPOTS AVAILABLE!</b> Parents of Adolescents &amp; Teens Virtual PEPS Groups</p>  <p><b>REGISTER TODAY!</b></p> <p><b>PEPS</b></p>	<p><b>About the PEPS Parents of Adolescents &amp; Teens (PAT) Program</b></p> <p>Adolescence is a time of great opportunity, risk, and vulnerability.</p> <p>Both parents and adolescents need <b>empowering support</b>, research-driven <b>information and resources</b>, and <b>community</b> during this period of newness and rapid changes.</p> <p><b>PEPS</b></p>	<p><b>PROGRAM DETAILS</b></p> <p><b>WHO:</b> This virtual program is open to solo parents and caregivers, couples, and co-parents with children aged 10 - 19 years living in the greater Seattle area. Adult participants will attend without their children. Up to 10 families will participate in each group.</p> <p><b>WHEN:</b> 2 hours, once a week, for 9 consecutive weeks.</p> <p><b>HOW MUCH:</b> Flexible pricing is offered for all groups.</p> <p><b>PEPS</b></p>	<p><b>CURRICULUM</b></p> <p>Sample of discussion topics that will be offered:</p> <ul style="list-style-type: none"><li>• Foundations of parenting adolescents</li><li>• Adolescent brain development</li><li>• Adolescent mental health</li><li>• Effectively communicating with adolescents</li><li>• Adolescents and substances</li><li>• Identity development</li><li>• Gender identity development</li><li>• Sex and sexuality</li><li>• The social world of adolescents</li><li>• The online world of adolescents</li></ul> <p><i>And many more!</i></p> <p><b>PEPS</b></p>
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