



PEPS Guest Speaker List

Info for Potential Speakers

PEPS welcomes area professionals interested in volunteering as guest speakers at our parent support groups.

Basic Information about PEPS Group Meetings

PEPS offers several types of groups for families living in our service region, serving more than 3,500 parents per year.

- **Connecting the Expecting Groups:** Local expectant and adoptive parents can attend this 6-week online program, solo or with a partner.
- **Newborn and Second Time Around Groups:** (babies 0-4 Months). A typical daytime group might have 8-10 moms & babies in attendance, plus the leader. A typical evening group might have 4-8 couples and/or parents attending solo, and 4-8 babies. (Offered Virtually and in-person at specific sites)
- **Baby Peppers Groups:** (babies 5-12 months). A typical group is 8-10 moms (or dads) & babies. (Offered Virtually and in-person at specific sites)
- **Parents of Adolescents and Teens Groups:** This virtual program is open to solo parents and caregivers, couples, and co-parents, with children aged 10 - 19 years. Adult participants will attend without adolescents and teens in attendance, with up to 10 families participating in each group.
- **Affinity Groups:**
 - **LGBTQIA+ families and caregivers:** open to solo parents and caregivers, couples, co-parents, and polyamorous families with children aged 0-12 months.
 - **Single Parents:** open to those who identify as single parents or caregivers with kids aged 0-3 years old. Children are welcome!
 - **Working Moms Pilot Groups:** open to mothers, adoptive mothers, and non-gestational mothers with children aged 0-5 years, working outside of the home. Babies are welcome! Up to 8 parents will participate in each group.
 - **Alumni PEPS Groups:** Each PEPS group meets for a 3-month session with a PEPS leader, and all are encouraged to continue meeting on their own for as many weeks, months, or years as they choose. On-going Groups also have access to our guest speaker list and may contact you.

A typical PEPS meeting is divided roughly in half, with the first half a check-in where the families discuss their week, and the second half is structured as a topic discussion. The leader guides these discussions and may plan to have one or two guest speakers throughout their 3-month session. Typically, the guest speaker attends half the meeting time, roughly 40-60 minutes.

PEPS meetings can be busy and loud, with the possibility that at any given time any one or more babies in the room may be crying, feeding, having their diaper changed, or being distractingly adorable.

Role of the Guest Speaker

Your role would be to serve as an expert resource on a topic of interest to parents. PEPS groups are based on mutual support and shared information, so we encourage you to present information in an interactive, discussion-based manner if possible, rather than presenting a formal “lecture” on a topic.

You are welcome to distribute related handouts, but this is not required of our speakers.

PEPS believes in providing a safe, non-judgmental environment that acknowledges that there is no single “right way to parent,” but that all parents are doing their best, based on their own priorities and values. The speaker’s role is to provide a variety of options that parents can evaluate and incorporate into their parenting as they see fit.

Limitations on the Guest Speaker

PEPS has a strict “no-sales” policy. When introducing yourself, you are welcome to share a little about your background/expertise and welcome to give out business cards with your contact information, and leave behind brochures advertising your services.

You may not suggest to parents that they use your service/buy your product. You are not allowed to collect contact information from the participants. Certainly, if you have a service or product they are interested in, they are welcome to contact you at any time, as long as they initiate contact.

Logistics of guest speaking

1. We ask that any adult **visiting in-person PEPS groups be current on their Pertussis Booster** (Tdap vaccine).
2. Prospective speakers complete our application and agreement, which includes questions about availability, both in terms of schedule and the geographic area they can cover.
3. Upon approval, they are added to the guest speaker list. The list is distributed to leaders at volunteer trainings and is also available on the “leader resources” section of our website.
4. Leaders may contact you to invite you to their group. They are encouraged to contact you with several weeks’ advance notice and to propose several alternative dates when you could come. **We encourage you to get back to them within 3 - 4 days so that they can plan and communicate with their groups.**
5. After the group, leaders give their feedback to the PEPS staff, and we send that feedback to you whenever possible.

Since 1983, PEPS has been connecting families in parent peer-support groups and now offers programs for expectant, parents of newborns, infants, or adolescents and teens, plus affinity groups for families sharing identities that intersect with their identity as a parent. With PEPS, parents create strong, healthy families with concrete support, social connections and parenting resources. PEPS is a 501(C)(3) nonprofit organization.

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