



Happy fall! I recently returned from a rejuvenating sabbatical — a benefit we offer at PEPS as part of our culture of care. It was a joy to reconnect with nature and loved ones. With more time and space, I found it easier to be fully present, appreciating both the big and small moments — a hug from my kids, a cool breeze, the sound of water lapping at the shore. As we transition into fall, with routines picking up and a looming election creating a lot of uncertainty, I'm working to carry that presence and well-being forward. One thing that helps me when I'm feeling overwhelmed by the weight of the world? Community!

If you've been wondering why parenting seems so hard these days, you aren't alone. [The Surgeon General's recent Advisory: Parents Under Pressure](#) explores the unique stressors parents and caregivers face today and advocates for a fundamental shift in how we value and support parenting. Much of the research and stats in this advisory are bleak, but it also highlights how social connection can decrease the negative effects of parental stress.

Social connection is the heart of PEPS, and we're proud to be part of the solution. We know that the well-being of parents is directly linked to the well-being of children. We also know the stressors don't stop after the newborn phase, which is why we've been working to expand our services to connect and support parents in different parenting phases. This fall, we're thrilled to offer expanded groups for both [Parents of Adolescents and Teens](#) and [Working Moms](#). If you're a new mom preparing to transition back to work, we still have spots available in our virtual [Preparing to Return to Work group](#) starting on 10/2. Sign up now or send it to a friend who's going through this phase of life!

Thank you for being part of a community that prioritizes the well-being of parents.

Dana Guy
Executive Director

PEPS Updates

Parents of Adolescents & Teens – Join a Group This Fall!

As the kids transition into a new school year, there's no better time for parents to connect, learn in community, and find support. We have several [Parents of Adolescents and Teens \(PAT\) Groups](#) starting this fall. Join a 4-week group to dive into tips for connecting with your tween, middle schooler, or high schooler. Learn more about a specific topic like adolescent stress and mental health or identity development. Groups are available in-person and virtually.

Your kids aren't the only ones who need support! Invest time in yourself to access empowering support, research-driven information and resources, and community during this period of newness and rapid changes.

- [Register for a PAT Group](#)

To learn more about how our PAT Groups have evolved and expanded in recent years in response to community feedback, read [ParentMap's article featuring the PAT Program](#).

Election Day Is Approaching: Join PEPS in Voting NO to Maintain Important Education Funding

As the election approaches, many of us are anxiously following news on the presidential race. But Washington State will have several important initiatives on our ballot that deserve your attention, too!

Initiative 2109 will ask voters to repeal Washington's capital gains tax. Most Washington households (99.8%) did not pay a dime of state capital gains tax, yet it generated nearly \$900 million for early childhood education and K-12 construction in its first year. [Washington's capital gains tax](#) is limited and only applies to extraordinary profits from the sale of stocks and bonds. If voters approve the initiative, the state stands to lose an estimated \$2 billion in revenue for childcare programs and education over five years.

PEPS believes that early childhood education and K-12 construction are critical areas for the investment of resources. Repealing the capital gains tax would result in drastic reductions to the already dire funding crisis facing our schools and childcare services. **Join PEPS and vote NO on Initiative 2109 to preserve the capital gains tax.**

Not sure if you're registered to vote? It's never a bad idea to double check. Head to [vote.gov](https://www.vote.gov) to register or update your registration before the election.

Get Involved With PEPS Advocacy

As PEPS gears up for the next legislative session, we're sharing more about our advocacy priorities and how they contribute to our goals of supporting parents, connecting families, and building community. Read our recent blog post, [From the Neighbor's House to the State House: How PEPS Helps Families Thrive](#), to learn more.

Want to stay up to date on PEPS advocacy work and receive timely action alerts to support equitable policies for children and families? Sign up for [PEPS advocacy updates](#).

Join the PEPS Team!

PEPS is seeking a persistent, collaborative [Development Manager](#) to lead our signature annual Benefit Event, expand our corporate partnerships through innovative sponsorship strategies, and oversee our Annual Giving program.

We are looking for a motivated, skilled project manager with a strong background in nonprofit development, event management, and corporate relations. Check out the job description to learn more!

Upcoming PEPS Events

How to Stay Relevant as Grandparents

Wednesday, Oct. 2, 11am-1pm
Phinney Neighborhood Association

6 Steps to Create Your Will

Wednesday, Oct. 9, 7-8:30pm
Virtual

Raising Resilient Teens: Practical Skills for Parents

Wednesday, Oct. 23, 6:30-8:30pm
University of Washington
Registration for this event is closed.

Make a Big Impact With Every Payday

Supporting a cause you care about is easy with Workplace Giving! This year, choose PEPS during your company's giving campaign. Even small contributions add up — especially with many companies offering matching gifts to double your impact.

We hope PEPS {EIN # 91-1212698} can count on your support. Your generosity will make a meaningful difference for parents and families navigating the joys and challenges of raising kids.

Not part of a workplace giving program? Join our Giving Community with a [monthly or one-time gift](#).

Local Partners and Sponsors

Why Fall is a Great Time for Discovery Driven Learning

Fall is not only a beautiful season, but a perfect time to engage in fun family activities. PEPS sponsor Bright Horizons shares ideas for families with young children to engage in [discovery-driven learning](#) during this season.

4 Reasons Your Kid Isn't Ready for a Smartphone (Yet)

Read about the [connection between smartphones and children's mental health](#), the ways that smartphones can both harm and benefit kids, and tips for introducing the technology in an intentional way from PEPS sponsor UW Medicine.

Empower Your Parenting Journey at the Heybrook — Your Community from Pregnancy through Parenthood

Join a nurturing community at the Heybrook, where expert support, personalized care, and a welcoming environment help you navigate parenting with confidence and joy. Connect with other parents, access specialized services, and enjoy our thoughtfully designed space that supports your entire family. Our offerings include: Baby & Me Classes, Drop-in Expert Q&A, Parent-Baby Groups, Prenatal/Postpartum Fitness, Supervised Play, Parenting Education & Workshops and Parenting Lounge & Play Space.

****Try a Free Class!**** Experience the Heybrook with a complimentary class—no commitment required. [Check out our schedule and book your FREE visit today!](#)

World Toilet Day Celebration: Toilets Are a Place of Peace

Saturday, Nov 16, 11am-3pm | Gates Foundation Discovery Center

Join the Bill & Melinda Gates Foundation Discovery Center for a FREE, all-ages celebration of the UN's World Toilet Day on Sat. Nov.16 from 11am-3pm! Learn about the importance of toilets through hands-on activities, games, water tastings, and more. Then be sure to explore our special exhibition, A Better Way to Go: Toilets and the Future of Sanitation. [Learn more.](#)

Enjoyed this email?

Forward it to your friends and let them know they can [sign up here](#).

BILL & MELINDA
GATES *foundation*

UW Medicine
A higher degree of healthcare

WA529
 **GET**  **Dream Ahead**

**Parent
Map**
PNW INSIDE • OUT


Bright Horizons.
Early Education & Preschool

Seattle'sChild

 **THE
heybrook**

Are you a local business interested in becoming a sponsor?

[Contact us to learn more!](#)