



This has been a tough November! Following the election, many folks are feeling grief, disappointment and anxiety. The news pulls us into our devices and away from each other. Then earlier this week, a bomb cyclone left many in the Pacific Northwest without power.

Through these challenging times, we are finding hope in community: the sense of purpose our staff team felt as we volunteered sorting baby clothes at KidVantage on Election Day ([see some pics of the team here](#)); witnessing PEPS Groups coming together to share in the highs and lows of the early days of parenting or the new challenges brought forth when those babies become teenagers; and the mutual support we see when we bring together PEPS Group Leaders who have been holding space for parents and families to say the things they're struggling with out loud.

This is also the time of year when we raise money to fuel our work in the year ahead, and [we need your help](#). So far, we've raised 30% of our \$100,000 end-of-year campaign goal. Between now and the end of the year, first-time gifts to PEPS will be doubled by a generous match. Donations from our community power PEPS! Please consider contributing to help create spaces where parents can connect, support one another, and share their struggles.

Community and connection are protection, so let this be a gentle reminder to lean on and into your relationships and micro-communities in the coming weeks, months and years ahead.

With gratitude,

Dana Guy  
Executive Director

# PEPS Updates

## Parents of Adolescents & Teens – Join a Group This Winter!

Registration is open for our Parents of Adolescents & Teens (PAT) Groups starting in early 2025.

We have a variety of options available, including:

- 4-week and 9-week groups
- Groups for tweens, teens, and in-betweens
- In-person and virtual options
- Topics like mental health, communication, and more
- Morning and evening meeting times

We know parents of adolescents are busy, but we believe investing in yourself is worth the time (and our past participants agree!). Don't forget – caregivers need care, too.

- [Register for a PAT Group](#)

## Working Moms: Find Connection & Support

Working Moms face unique challenges as they balance parenting and work. PEPS Working Moms affinity groups offer virtual peer support for mothers with children ages 0-5.

We have groups for moms who:

- Are preparing to return to work
- Returned to work within the last 6 months
- Returned to work 6-12 months ago
- Have been back at work for 12 months or more

Our next [Working Moms groups](#) start in January, so now's the time to add this supportive community-building opportunity to your 2025 calendar!

## Washington Votes to Keep Capital Gains Tax

In a win for children, families, and our state's education system, Washington voters overwhelmingly [voted no on initiative 2109](#), a ballot initiative aiming to overturn the state's capital gains tax. The funding provided through this tax is essential for early learning and childcare programs as well as K-12 school construction.

Thank you to everyone who joined PEPS and our advocacy partners in spreading the word about this initiative and voting no to maintain essential funding benefitting Washington families!

## PEPS Makes Connection Simple!

And we want to make it simple for you to support parents in our community. **With one click, you support:**

- Flexible pricing for all PEPS Groups
- Community building across parenting stages: expecting, newborn, adolescents and teens
- Affinity groups for LGBTQIA+ parents, single parents, and working moms
- Collaborative partnerships that reach under-resourced families

Every contribution, no matter the size, makes an impact on the lives of parents and families. **Plus, first-time gifts to PEPS will be matched 1:1 from now through the end of the year. [Please consider making your gift today!](#)**

## Calling All Military Families! Help Shape Our New Affinity Program

We're excited to announce the creation of a PEPS Affinity Group specifically for military families, designed in collaboration with military families and professionals. To make this group the best it can be, we need your help! If you're part of a military family, please fill out our [Military Families Community Survey](#) to share your experience and help shape this exciting new program.

*Those who complete the survey will be entered into a raffle for the chance to win a \$100 gift card!*

## Highs & Lows Blog

### The Connection Between Mind and Body in Postnatal Recovery

The postpartum period, also known as the “fourth trimester” is a crucial time for recovery – not just physically, but also mentally. Understanding how mental health and physical recovery are intertwined can greatly enhance healing.

PEPS Sponsor the Heybrook shares ideas for postpartum parents to nurture both the mind and the body for a holistic approach to postnatal recovery. Read [The Connection Between Mind and Body in Postnatal Recovery](#) on our blog.

### It was my first and won't be the last: Reflections from a PEPS Group Leader

As a master's student originally from Indonesia, Brigita never imagined that she'd spend her summer facilitating a parent-peer support group through PEPS. But she took a leap of faith and tried something out of her comfort zone by volunteering as a PEPS Group Leader. In the process, she not only provided support and community for a group of new parents, but also honed her facilitation, community-building, and English-speaking skills. Read [Brigita's reflections on her experience volunteering with PEPS](#).

## Local Partners and Sponsors

### Giving Marketplace | FRI DEC 6 & SAT DEC 7 | Free!

Find unique gifts from over 35 vendors at the Gates Foundation Discovery Center. Proceeds from all sales support causes including immigrants and refugees, women and girls, global health, education, the environment, and much more. Enjoy family-friendly holiday activities and performances, then discover ways to take action on issues you care about. All-ages welcome. Across from Seattle Center, 10am-5pm. [Learn more.](#)

### Special Offer for New Families From PEPS Sponsor Bright Horizons!

Our Bright Welcome program offers exclusive tuition incentives and additional benefits at select Bright Horizons centers in the Seattle area. [Learn more.](#)

### 3 Strange Facts About the Common Cold You Should Know

As we head into the long winter months, that also means we're in the midst of cold and flu season. PEPS Sponsor UW Medicine shares 3 interesting facts about the common cold as well as some tips for staying healthy on the [Right as Rain blog](#).

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