

New Parent? Make New Friends, Learn, Share & Create Community in a Children's Therapy PEPS Group at Valley

What is PEPS?

The Program for Early Parent Support, the PEPS experience strengthens families, increases family wellness, and prepares families to cope with life stresses by creating social, thriving parent groups. Share the joys and challenges of parenthood and develop confidence in your own abilities. PEPS provides immediate and accessible support, creating “extended families” that often last a lifetime. Through the PEPS/Valley Medical Center partnership, you and your child will benefit from the shared expertise of your PEPS and VMC Children's Therapy group discussion leaders, and other Valley and local experts.



This 12-week program will help you:

- Increase your confidence in parenting
- Learn about development milestones, plus activities and strategies to support them
- Educate yourself through PEPS leader & expert-led discussion topics
- Meet new friends to learn, share and connect in a small group
- Get direct access to resources, professionals, trained volunteers and other parents

Hosted at Valley Medical Center Children's Therapy
3600 Lind Avenue SW, Suite 160
Renton, WA 98057
1 block north of IKEA

Interested in this support group?
Contact Amy_Westendorf@valleymed.org

Children's Therapy

UW Medicine | VALLEY MEDICAL CENTER

425.656.4215 valleymed.org/childrenstherapy

