

# New Parent? Make New Friends, Learn, Share & Create Community in a Children's Therapy Newborn 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. Our parents have said:



*"I joined PEPS for the social connection, but ended up getting so much more."*

*"Having specialists helped to get away from 'the blind leading the blind' conversations. Specialists' presentations did not disrupt the group's closeness."*

*"Thankful for the friendships formed with fellow PEPS moms and babies and wealth of knowledge learned. PEPS has definitely empowered me to become a better mom."*

## 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

Learn more at [peps.org/programs/newborn](https://peps.org/programs/newborn).

### WANT TO REGISTER?

Create a [PEPS profile](https://peps.org/programs/newborn) and [sign in](https://peps.org/programs/newborn) to register.

### QUESTIONS?

Email [registration@peps.org](mailto:registration@peps.org).

## Children's Therapy

UW Medicine | VALLEY MEDICAL CENTER

425.690.3513 [valleymed.org/childrenstherapy](https://valleymed.org/childrenstherapy)

