

# **VOLUNTEER OPPORTUNITY**

(Updated: 9/20/23)

**Position Title:** PEPS Group Leader

**Agency Name:** PEPS

**Agency Description:** PEPS runs neighborhood-based community groups for new Parents. These groups are facilitated by volunteer group leaders whom we train and support.

## **Position Description:**

The PEPS Leader role is our primary volunteer opportunity and provides direct and valuable assistance to parents and families in their early weeks/months of Parenthood.

PEPS Leaders facilitate a 1.5-2-hour, weekly peer support group for parents of newborns. This includes planning; guiding the parents in sharing highs and lows; a topic discussion; and a developmental moment. Leaders should expect to spend 3.5-4 hours weekly, on average (meeting prep, 1.5-2-hour meeting time, and communicating with group members and the PEPS staff). Leaders commit to these weekly group meetings for 11/12 weeks.

The emphasis is on shared information and mutual support in a community of parents to help them develop confidence in their own parenting abilities. All leaders need to do is facilitate.

We currently offer virtual and in-person groups to families. Groups that start virtually will remain virtual for the entirety of the group.

## **PEPS Group Model**

**Newborn groups:** neighborhood-based groups for new parents with babies 2-16 weeks old.

**Second Time Around groups:** focus on the newborn in a family with one or more older children. Parent and Newborn attends the group. Older siblings do not attend.

**Daytime groups** with one parent attending (the same parent attends each week)  
10/10:30 am to 12/12:30 pm (PST) or

**Evening sessions** solo or with partners 6:30 pm to 8:30 pm (PST) on weekdays and 5 pm to 7 pm (PST) on Sundays

**Baby Peppers groups:** neighborhood-based groups for parents with babies 5-12 months old. Groups run 90 minutes and are held mornings, afternoons, and evenings.

**Qualifications:** A willingness to support new parents. Knowledge of parenthood and child development a plus.

**Total number of weekly hours:** 3.5-4 hours

**Days/Hours:** Groups meet Weekdays and evenings and Sunday evenings – Days and hours depend on group...

**Number of openings:** 25-30 per month

**Start Date:** Varies

**Address:** 4649 Sunnyside Avenue North, #324

**City, State, Zip:** Seattle, WA 98133

**Contact Person:** Elizabeth Dawson

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**Application Instructions:** Please reach out to the Leader Recruitment and Support Specialist Elizabeth Dawson at [elizabethd@peps.org](mailto:elizabethd@peps.org) to find a group to lead.