

VOLUNTEER OPPORTUNITY

(Updated: 8/4/25)

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 mostly offer in-person groups to families. About 15% of our groups are virtual.

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

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Application Instructions: You can either send an email to Anushree Dasgupta (anushreed@peps.org) or apply here: <https://analytics.clickdimensions.com/cn/akpxr/volunteer>