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WORKSHOPS

PARENTS OF ADOLESCENTS AND TEENS (PAT) PROGRAM

Adolescent Brain Development

PEPS is partnering with Seattle Public Schools to offer a four-part parent workshop series.

This first workshop will help you **better understand your teen's choices**, especially risky or impulsive ones, and provide you with practical tools to **strengthen your connection** with them, as the relationship you nurture with your child is a key source of their resilience and growth. You will gain insight into the science of adolescent brain development and learn how it impacts their decision-making.

Workshop Details:

When: Tuesday, November 4, 2025 from 6 p.m. to 7:30 p.m.

What: 90-minute workshop. Each workshop is led by PEPS staff and a PAT Group Leader trained in adolescent development and group facilitation.

Who: Parents and caregivers of children aged 10–19 years who are part of Seattle Public Schools. Participants attend without their teen.

Where: Virtually over Zoom. Registrants sign up through the link below and will receive a Zoom link the week of the event. Live captioning will be provided.

Cost: PEPS is partnering with Seattle Public Schools to offer this series of workshops for free.



Scan the QR code to register or visit the link below.

<https://web.peps.org/cn/akpxr/SPSWorkshop>

Need help registering or want more information? Contact programs@peps.org.



Since 1983, PEPS has been connecting families in parent peer-support groups and now offers programs for expectant parents, parents of newborns, infants, or adolescents and teens, plus affinity groups for families sharing identities that intersect with their identity as a parent. With PEPS, parents create strong, healthy families with concrete support, social connections and parenting resources. PEPS is a 501(C)(3) nonprofit organization.

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WORKSHOPS

PARENTS OF ADOLESCENTS AND TEENS (PAT) PROGRAM

Navigating the Changing World of Teens

PEPS is partnering with Seattle Public Schools to offer a four-part parent workshop series.

Adolescence is a time of navigating complex social dynamics — popularity, rejection, shifting friendships, peer pressure, and even bullying. As teens work toward independence and autonomy, your role as a parent remains vital. In this workshop, we'll explore strategies to support and guide your tween or teen as they face these challenges, both in the real world and online. Learn how to stay connected and provide the guidance they need to thrive in these formative years.

Workshop Details:

When: Tuesday, December 2, 2025 from 6 p.m. to 7:30 p.m.

What: 90-minute workshop. Each workshop is led by PEPS staff and a PAT Group Leader trained in adolescent development and group facilitation.

Who: Parents and caregivers of children aged 10–19 years who are part of Seattle Public Schools. Participants attend without their teen.

Where: Virtually over Zoom. Registrants sign up through the link below and will receive a Zoom link the week of the event. Live captioning will be provided.

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WORKSHOPS



PARENTS OF ADOLESCENTS AND TEENS (PAT) PROGRAM

Effective Communication with Teens

PEPS is partnering with Seattle Public Schools to offer a four-part parent workshop series.

Thanks to technology and other evolving factors, communicating with adolescents today is more complex than ever. This discussion will help parents understand common communication barriers and provide practical tools to enhance conversations with their adolescents. Learn how the pandemic has affected communication skills and discover strategies to build stronger, more meaningful connections.

Workshop Details:

When: Thursday, January 22, 2025 from 6 p.m. to 7:30 p.m.

What: 90-minute workshop. Each workshop is led by PEPS staff and a PAT Group Leader trained in adolescent development and group facilitation.

Who: Parents and caregivers of children aged 10–19 years who are part of Seattle Public Schools. Participants attend without their teen.

Where: Virtually over Zoom. Registrants sign up through the link below and will receive a Zoom link the week of the event. Live captioning will be provided.

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WORKSHOPS

PARENTS OF ADOLESCENTS AND TEENS (PAT) PROGRAM

Adolescent Stress and Coping Strategies

PEPS is partnering with Seattle Public Schools to offer a four-part parent workshop series.

Stress and anxiety are increasingly common among adolescents, impacting both their mental and physical health. These challenges, which have only intensified since the pandemic, are a growing concern. Join us to learn more about how stress manifests in teens, how to recognize the signs and symptoms, and when medical intervention may be necessary. You'll leave with practical coping strategies teens can use on their own, as well as tools and techniques for parents to support their children through stressful times.

Workshop Details:

When: Tuesday, February 10, 2025 from 6 p.m. to 7:30 p.m.

What: 90-minute workshop. Each workshop is led by PEPS staff and a PAT Group Leader trained in adolescent development and group facilitation.

Who: Parents and caregivers of children aged 10–19 years who are part of Seattle Public Schools. Participants attend without their teen.

Where: Virtually over Zoom. Registrants sign up through the link below and will receive a Zoom link the week of the event. Live captioning will be provided.

Cost: PEPS is partnering with Seattle Public Schools to offer this series of workshops for free.



Scan the QR code to register or visit the link below.

<https://bit.ly/SPSPATWorkshop4>

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