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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, 2026 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>

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.

www.peps.org



(206) 547-8570