

3 of 4
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, 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://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.

www.peps.org



(206) 547-8570