

THERE IS A  
**SOLUTION**

FOR YOUR FAMILY

**CHANGES Parent Support Network (CPSN)**, is a 501(c)(3) organization founded in 1996. Our program is an active, constructive self-help method for parents to change their behavior and in turn, their kid's behavior. Drawing on the wisdom, experiences and support of others, members of our groups develop and enact their own plan for change.

We believe that change must first come from within before parents can effectively help their children.



“ I appreciated the strong support during critical, real-time circumstances and I learned how to not be victimized by my teenager's choices. ”

~ mother of a 17-year-old son

**VISIT A CHANGES GROUP.  
WE'RE HERE FOR YOU.**

Support groups meet every week in King and Snohomish Counties.

**Everett**

Thursday, 6:30-9:00 p.m.

**Redmond**

Tuesday, 7:00-9:30 p.m.

**Seattle**

Wednesday, 7:00-9:30 p.m.

**Shoreline**

Thursday, 7:15-9:30 p.m.

Visit [www.cpsn.org](http://www.cpsn.org)  
or call 1-888-468-2620  
for directions to our  
weekly support groups.



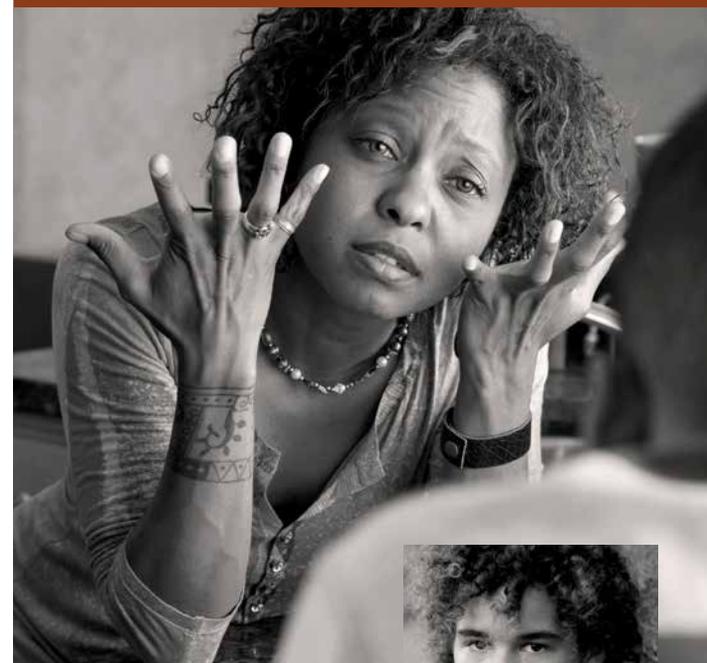
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# HELP FOR PARENTS



**STRUGGLING  
TO FIND  
SUCCESSFUL  
PARENTING  
SOLUTIONS**



Changes brings hope to parents in our communities by connecting them to strong, sustainable groups

ARE YOU FEELING

# STRESSED

BY YOUR FAMILY'S DYNAMICS?



## DO YOU FEEL:

- Helpless and frustrated
- Stressed-out
- Sad and depressed
- Ashamed and angry
- Isolated from family and friends



**EXPERIENCING CHALLENGING BEHAVIORS? CALL 888-468-2620**

## DOES YOUR CHILD EXHIBIT ANY OF THE FOLLOWING:



- Substance abuse
- Oppositional/defiant
- Not attending school
- Breaking the law
- Irresponsible
- Running away
- Violent or abusive
- Gang involvement

## CHANGES OFFERS HELP WITH:

- What you can and cannot change
- How your response affects your child's behavior
- Ways to defuse anger outbursts
- Home rules that support you as a parent
- A plan for change that may work for you
- Individual support with court dates, school meetings & IEPs, and any other meeting or event involving your child



## URGENT AND ONGOING SUPPORT FROM PARENTS JUST LIKE YOU

- Includes couples, single parents, guardians, grandparents, and parents of adult children; anyone parenting a child is welcome. Most parents have children between ages 13 and 22.
- Meets weekly at 5 locations
- Is confidential
- Offers solutions that have worked for others
- Provides strength through the combined experiences and wisdom of parents sharing common problems and solutions
- Is funded by voluntary donations

*“ I found a community of people who could not only relate to what we were going through, but offered helpful advice that worked. ”*

*~ mother of a 19-year-old son*