

THERE IS A
SOLUTION
FOR YOUR FAMILY

CHANGES Parent Support Network (Changes), is a 501(c)(3) organization founded in 1996. Changes provides free structured programs, peer-led parent to parent meetings, support, education, and service. The Change*Insight* program, process, resources, and tools are used to help change families dynamics.

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



“I appreciated the consistent and compassionate 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

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

~ father of a 17-year-old daughter

**VISIT A CHANGES MEETING.
WE’RE HERE FOR YOU.**

Changes Meetings are held every week in various locations. For more information, visit our website at www.cpsn.org or call 1-888-468-2620



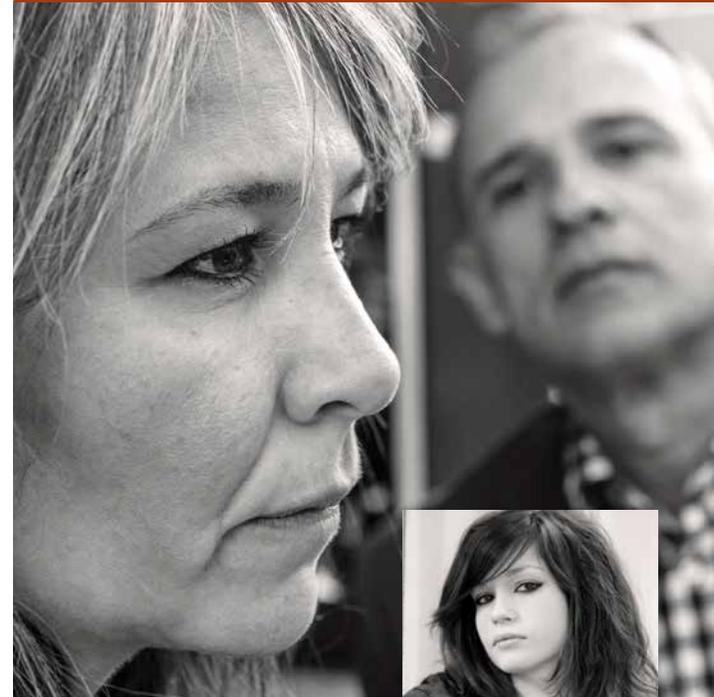
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Tax ID: 91-1737849

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or visit www.cpsn.org

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HELP FOR PARENTS



**STRUGGLING
TO FIND
SUCCESSFUL
PARENTING
SOLUTIONS**

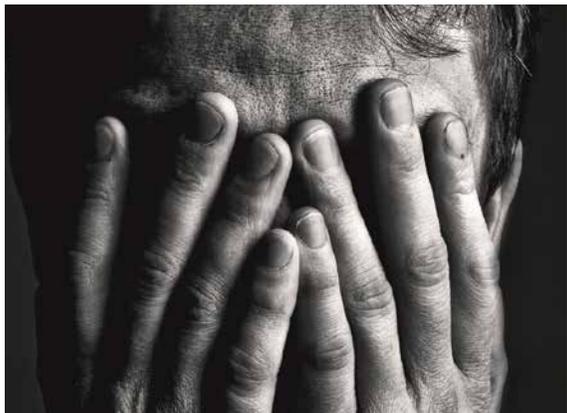


Changes brings hope to parents in our communities by connecting them to strong, sustainable support

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



IS YOUR CHILD:



- Abusing drugs/alcohol
- Oppositional/defiant
- Skipping school
- Breaking the law
- Irresponsible
- Running away
- Violent or abusive
- Involved with gangs

CHANGES OFFERS HELP WITH:

- What you can and cannot change
- How your response affects your child's behavior
- Ways to defuse angry outbursts
- House rules that support you as a parent
- A plan for change that works 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

- Who comes to Changes? Couples, single, adoptive, and foster parents, grandparents, and guardians, of children and adult children. Anyone who is parenting a child is welcome. Most parents have children between ages 13 and 22.
- Changes holds free weekly meetings to help parents change their family's dynamics. Visit www.cpsn.org for meeting locations.
- Any information shared at our meetings is strictly confidential.
- The *ChangeInsight* Program is a proven process that offers solutions to a wide variety of oppositional and self-destructive behaviors.
- The key aspect of the *ChangeInsight* Program is the support we offer parents to help them address their own individual family issues.