A Personal Message from our Board President

It has been wonderful to serve as board president of the Changes Parent Support Network in 2018. I am proud of all the parent volunteers that so generously give back their time, talent and treasure. I know I do it because Changes saved my family and I want Changes to be there for all families that seek support during difficult times with their struggling children.

This year we had many accomplishments starting with Changes – Utah growing stronger and bigger. We are learning so much from this group of highly motivated parents. They have made so many contributions to the greater good of Changes. We have helped them, but I hope they know that they have helped us even more.

I am continuously impressed with the Program Reps of all the Chapters keeping the meetings running and making sure all parents feel supported each week.

Outreach was such a fun part of this year. We worked with so many inspirational people and organizations. I learned so much from their stories and their missions. They listened to all the ways that we educate and support parents and were impressed with our courage and sensible approach to parenting.

In October of 2018 the Board of Directors made the decision to continue without an executive director. The last part of the year was focused on that transition and the executive committee did an amazing job of learning all the moving parts of Changes.

With the continued support of the Board of Directors, Committees and Program Reps I look forward to 2019.

Stephanie Mannion
Changes Board President

What is Changes?
Changes 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.

Typical challenges faced by Changes parents include:
• Substance abuse
• Oppositional/defiant
• Not attending school
• Breaking the law
• Irresponsible
• Running away
• Violent or abusive
• Gang involvement

We help parents who feel:
• Helpless and frustrated
• Stressed-out
• Sad and depressed
• Ashamed and angry
• Isolated from family and friends

Changes Brings Hope to Families

“…I can’t thank you enough for loving me, talking with me and helping and teaching me through some of the hardest times of my life and my families life! Thank you for showing me how to communicate a little better and to see more clearly through a different “lens” that I call, a deeper love, patience and understanding.”
Thank You to Our Volunteers and Donors

VOLUNTEERS

The work of Changes would not be possible without the support of all our dedicated volunteers. Changes is almost entirely volunteer led and run, and we celebrate the time and talents of organizations and individuals of all backgrounds to achieve our mission.

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Changes Parent Support Network acknowledges and appreciates contributions from individuals, companies, and foundations.

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