

2018 Annual Report to the Community



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."

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

Mission

Changes Parent Support Network fosters healthy families by equipping parents with tools and support to change their behavior.

Vision

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

Board of Directors

Stephanie Mannion
President
Ellen Lewis
Vice President
Martha Shegrud
Secretary
Steve Samario
Treasurer
Sig Hermann
Martha Hobson
Mike Mahoney

Executive Director

Peter Wick

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

We help parents who feel:

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



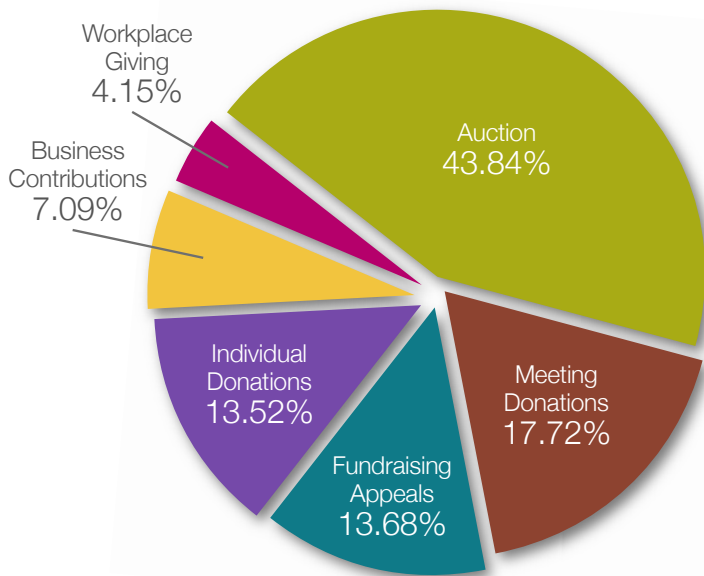
4401 2nd Ave NE,
Seattle, WA 98105

Information Line
888-468-2620

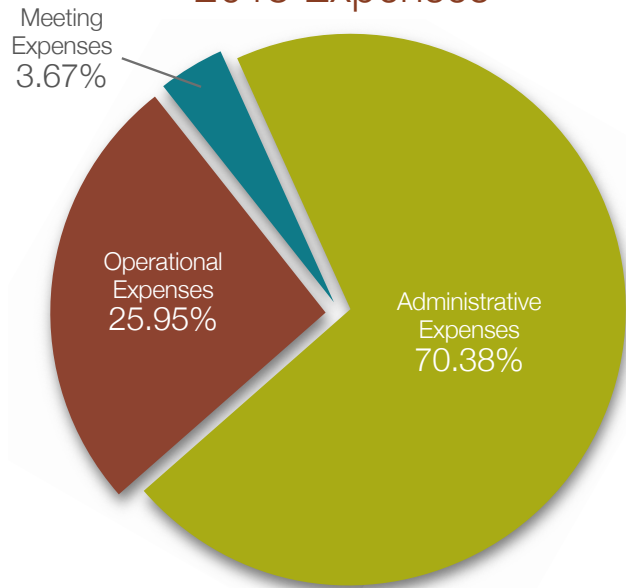
www.cpsn.org
office@cpsn.org

a 501(c)(3) organization

2018 Income



2018 Expenses



Average Meeting Attendance

236

New Parent Orientations

103

Parent Information Line Calls

244

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.

DONORS

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

Individual Donors

BarryAaronson
Molly Allen
Stephanie Allen
Lisette Austin
Nanc Barber-Smith
Mindi Bohrer
Jeff Bowers
Cheryl Brower
Andrew Camarda
Susan Cherry
Freda Cook
Janet Cornell
Jenny Cummins
Susan Cunningham
Gary Davis
Melissa Davis
Katherine Dobson
Dennis Dudder
Stephen Dwyer
Bevin Farkas
Tom Fehlen
Ellen Fitch
Gloria Gloria
David Gould
Julia Kay Graff
David Gruenewald
Amy Hance-Brancati
Barbara Helynn Heard
Peter Henry

Henry Herfindahl
Sigwulf Hermann
Lyn Hiatt
Martha Hobson
Barbara Ivester
Warren Jessop
Tom Kerrigan
Ellen Lewis
Nancy Lewis
Lynn Lonsdale
Elizabeth Loudon
Mark Lundsten
Michael Mahoney
Stephanie Mannion
Dana McAvoy
Anne Mercier
Mary-Ann Micale
Daryl Miller
Carmen Nefzger
Terry Ann Olsen
Melanie Olson
Leslie Osborn
Tim Otto
Richard Ped
Susan Peterson
Diane Pickrel
Alizabeth Rasmussen
Chinda Roach
Linda Robinson
Steven Samario

Mark Shafer
Martha Shegrud
Daniel Stage
Ron Stephen
Nancy Strom
Terri Suzuki
Eric Swanson
Shelly Thompson
Kris Tobin
Kim Urbanczyk
Susan Veals
Sally Viehweg
Karen Weller
Peter Wick
Craig ZumBrunnen

Corporate Donors & Matching Programs

CDK Global
Fischer Plumbing
The Gates Foundation
Microsoft
Silion Valley Community Fund
Kroger
Boeing
City of Seattle Combined Charities
United Way of King County
Combined Fund Drive