

Changing Times enews



Spring 2017



Why Addiction is a Disease, and Why There's Hope

Join us for a free public presentation
featuring award-winning addiction specialist,
Dr. Kevin McCauley

March 16, 2017, 7:00 pm

Seattle Public Library – Central, Microsoft Auditorium
1000 4th Avenue, Seattle



Seating is limited. Sponsored by
Changes Parent Support Network
and [Northbound Treatment Services](#)

Reserve your FREE tickets now

Celebrating Twenty Years of Changes!

We hope you didn't miss our Roaring Twenties Auction and Gala on October 22nd! This event celebrated 20 years of Changes Parent Support Network. Terri Suzuki, one of the ten co-founders, described the night Changes was created. She welcomed Warren Jessop, another co-founder, up to the stage to tell his family's story and how Changes still works in his life. Chinda Roach told her family's current story, asking us to help fund the future.

All in all, we made just over \$21,000. Thank you Changes parents for attending and bringing friends to our biggest fundraising event!



Annual Changes Member Meeting

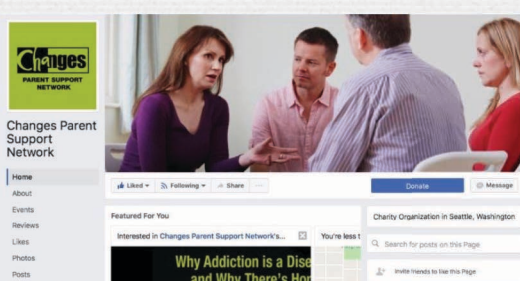
On December 10, 2016 Changes members gathered in Edmonds WA for the Annual Member Meeting. This was a great opportunity for members to hear and see about the work that is happening behind the scenes as the various committees made progress throughout this past year. Two of those committees worked extremely hard on improving our orientation materials and attendance/volunteer time tracking. Members had a chance to preview the new tablet, orientation flip chart and script.

Why not join a committee and help make 2017 an even better year?

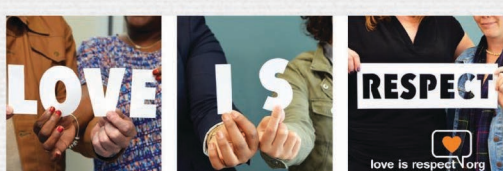
Changes is on Facebook

Changes often posts the topic of your local weekly meeting, interesting events, or articles about parenting or teen development. Please like us at <http://bit.ly/ChangesFacebook>.

Have an idea you think we should post? Send us your idea at office@cpsn.org!



February is Teen Dating Violence Awareness Month



In 2015, nearly 10 percent of high school students in a relationship experienced physical violence by their partner within the past twelve months (CDC - 2015 YRBS Data). If you want to know more about how to prevent teen dating violence go to www.loveisrespect.org to find more resources and the latest research.

Fred Meyer Rewards Program

So many Changes members and others have connected their Fred Meyer Rewards cards to benefit Changes when they make purchases, that it has become a nice stream of funding for us.

Enroll your Fred Meyer Rewards Card today.
It's easy and fast.



Go to <https://www.fredmeyer.com/> and sign in to enroll your card to donate to Changes.

2016 Events Calendar



March 16: Speaker Event: "Why Addiction is a Disease, and Why There's Hope"

Save-the-Date

August 12: Annual Picnic

October 21: Changes Dinner & Auction

December 9: Annual Members Meeting

"I was a basket case when we joined Changes. Our son was using drugs, dealing drugs, and failing school. The group helped me by confronting me about the ways in which I was enabling our son to continue his destructive behavior and they suggested changes I needed to make."
~ father of 15 year-old son

[Contact us](#)

