# Changing Times enews



Summer 2017



# **Changes Dinner** and Auction

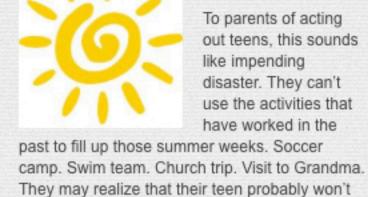
Save-the-Date

Saturday, October 21 Edmonds Yacht Club This year's auction will be more casual with less silent auction items, more fun live auction items,



#### By Sandy Barnes have unrealistic expectations. Avoid the ultimatums. A 16 year old could get a summer To parents of acting job (wouldn't that be great?) but likely they won't. Especially if the parent insists on it or gives them

Summer is Coming!



anyway.

like impending disaster. They can't use the activities that have worked in the

out teens, this sounds

that they don't have to cooperate with their parent's plans. Most of all, no school. Parents often rely on school to organize their teen's time during the year. The student is supposed to attend every weekday. However, the parent may realize that

their acting out teen doesn't attend regularly

Long evenings warm weather, so many

comply. Their teen may have already learned

hang with those rough kids, drink alcohol, prowl cars. Parents can worry themselves crazy thinking of the possibilities! Parents in the Changes groups have been facing summer for twenty years. Our advice to them is relax and slow down. Those weeks will

opportunities to get into trouble: smoke weed,

Changes Annual Picnic

slip away, especially if you can stay calm. Don't

spending money. Don't enable their bad activities with money, phone or driving privileges. You can learn how to do this through the Changes program.



basement is not always a bad habit. An At-Risk

Youth petition (if the teen is eligible and the

parent willing) can help moderate curfew and

staying out all night issues. Think, Plan, Act. This keeps the parents on track and away from panic. September will come around soon!



## Do you enjoy playing volleyball? We will be hosting a tournament

Saturday, August 12

11:00 am until 4:00 pm

between the three Changes meeting locations. Bring your best dish to share and compete to win a prize and recognition for your culinary prowess!

May 10

campaign!

Willis Tucker Community Park, Snohomish WA

GiveBIG! On May 10th of this year, the Seattle

### for nonprofits. Thanks to our generous donors, Changes raised over \$4,000. Funds raised will be used to continue our outreach efforts to bring new parents into

Changes' Donors

Foundation held GiveBIG, an annual

nationwide day dedicated to raising funds

Changes meetings. Consider joining a Changes Committee as a way to "Give Back". Use your

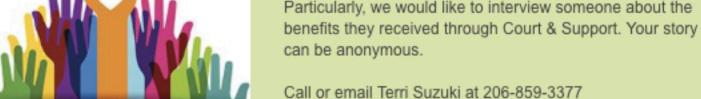
talents to help Changes continue to build on our program, process,

resources, and tools.



Way to go Changes members and all others that

helped make this year a successful GiveBig







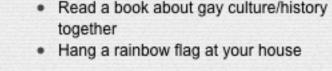
or <a href="mailto:suzki33@gmail.com">suzki33@gmail.com</a> to be interviewed. Help light the way

Can't commit to joining a Committee?

We are looking for parents who will share their stories.

Consider Sharing Your Story.





Walk in the parade together

for things to do to celebrate Pride month:

· Attend the Seattle Pride parade

downtown on June 25th from 11:00 am

While you don't get to go to these events, under 21 events are well chaperoned in our area and are a lot of fun. Consider encouraging your teen to attend these events: Youth Pride Dance at Pravda Studios, 1406 10th Avenue, Seattle, June 24th, 7 PM - midnight Gay Straight Alliance events at your child's high school

My son (now 33 years-old) remembers feeling loved and accepted as I took him to these kind of events. So, get out there and make some family memories!

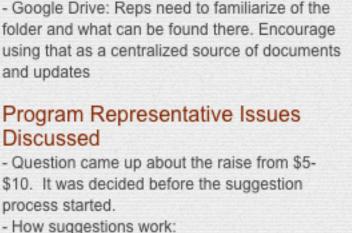


Allan, Peter, and Amy.

### March 16 Speaker Event: Why Addiction is a Disease and Why There's Hope Changes and Northbound Treatment Services hosted a free public presentation on March 16 featuring award-winning addiction specialist, Dr. Kevin McCauley at the Seattle Downtown Public Library. The Facebook Live video event is available on the

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they make purchases, that it has become a nice stream of If you are a Fred Meyer shopper, get a rewards card, link Changes as your choice for nonprofit donations – Changes Go gets a check from Fred Meyer each quarter at no expense to you. If you need more information or help enrolling, please contact the Changes office at office@cpsn.org Changes. Program Reps Working Hard for Changes!



for approval Board meeting: centralized info on what is being worked on Amy and Peter are welcome to visit the meetings anytime for observation only Orientation Script

Suggestion submitted —» committee review —»

Committee review again) --- Report to Board

back to Rep to approve (-» If needed

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#### Follow Relocation policy. - Reps continue to sit in with experienced trainer Seattle to get familiarized with script (Kathleen) - Finds it challenging to use the tablet; starts There's inconsistency in the poster vs. script slow and keyboard not easy to type. They

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August 5: Program Rep Meeting, 10-Noon, Mountlake Terrace Library

> Edmonds Yacht Club December 9: Annual Membership Meeting. 10-11:30. location TBD

August 12: Changes Annual Picnic

"I was a deer caught in the headlights and had no

October 21: Changes Dinner & Auction,

to recognize when it was my daughter's problem



Member Information Manager

Make sure each meeting uses the up-to-date

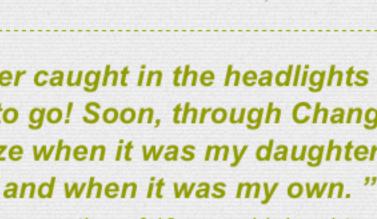
contact list; maybe use a new excel format?

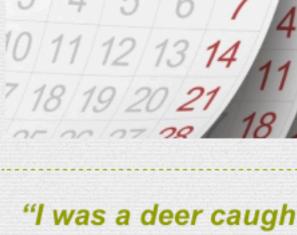


where else to go! Soon, through Changes, I started

~ mother of 19 year old daughter









 Secretary notes: each group decides what to do with them after one year. More for recordkeeping purpose. (Or more? - Amy)

using the tablet fine)

Large Group Scripts **Common Topics** 

Peter and Cindy will lead with help from

Redmond Reps; we welcome suggestions.

Two key factors: free parking and a storage unit.

changed back to manual recording. (Redmond is

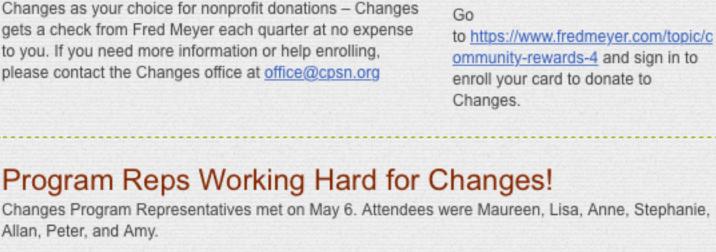
Have suggestion forms regarding updating

the product detail page

Amazon will donate 0.5% of the price of your

Same prices and selection

2017 Events Calendar



needed funds for Changes program and services.



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