Summer is Coming!
By Cindy Bazemore

Summer’s here, and it’s time for the sun to pour its golden rays on this beautiful spot on the East Coast. The days are long, the nights are short, and the sea is calling with its cool embrace. It’s the perfect time to kick back, relax, and enjoy the simple pleasures of life.

Changes Annual Picnic:
Join us on Saturday, July 22nd, for our annual picnic! We’ll have games, food, and plenty of fun for all. It’s a great way to meet new friends and enjoy some quality time with your family.

June is Pride Month!
This year’s Pride month is especially significant. With the current climate of divisiveness and intolerance, it’s important to come together and celebrate our diversity. We’ll have a parade, a festival, and plenty of other events to commemorate the occasion.

March 16 Speaker Event: Why Addiction is a Disease and Why There is Hope
The speaker event on March 16th is not to be missed. It’s an opportunity to learn more about addiction and the hope that is available for recovery.

Fred Meyer Rewards Program:
You can earn rewards through the Fred Meyer Rewards Program. Just link your Fred Meyer Rewards Card to Community Rewards and choose Community Y4M to receive rewards.

2017 Events Calendar

I was a dear catch in the haystacks and had no where else to go. Shee, through Changes, I learned to recognize when it was my daughter’s problem and when it was my own.

— mother of 15 year old daughter