Meet Your Changes Board of Directors

Changes embodies three core board members: Cindy Mahoney, Stephanie Mannion, and Martha Shegrud. Cindy Mahoney serves as President, Stephanie Mannion is the Board Secretary, and Martha Shegrud is the Treasurer. Each brings a unique set of skills and experiences to the board. Cindy, a retired educator, is a passionate advocate for the needs of families affected by addiction. Stephanie, a long-time Changes member, is known for her organizational skills and commitment to the organization. Martha, with her background in financial management, ensures that Changes operates within its financial constraints.

2017 Volunteer of the Year Award

At the annual Changes auction, Henry Herfindahl was awarded the Volunteer of the Year award. Peter Wick, Changes Executive Director, shared, “Henry is a great example of the Changes ‘Giving Back’ Committee, and a Board of Director; which includes being the Board Secretary for several years.” Henry has been an active member of the Changes community for many years, serving on the Volunteer Committee and participating in many of the organization’s events. Changes Executive Director shared, “Henry is a great example of the Changes ‘Giving Back’ to the community.”

Support Changes as You Shop

Support Changes wherever you shop! Amazon Smile is a simple and automatic way for you to support Changes every time you shop, at no cost to you. Use your current Amazon account OR create a free account. Same prices and selection. Use your current Amazon account OR create a free account. Amazon will donate 0.5% of the price of your eligible AmazonSmile purchases to Changes Parent Support Network. Log in to your Amazon account and enter change@cpsn.org as your email address. Click on “Get Started” and then “Find More Organizations” and enter “Changes Parent Support Network” (CN16190) or search for “Changes Parent Support Network.”

Annual Changes Member Meeting

On December 9, 2017 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. President Cindy Mahoney shared, “I needed to do this for me.”

“The Myth of the Bottom”

In a large room, a group of parents sat around a table. Terry was one of many who shared their experience with addiction. Terry is a member of the Changes Recovery Club. The evening featured two speakers—Henry Herfindahl, who received the Volunteer of the Year award, and Terry, who shared her story. Terry serendipitously learned about Changes because of her daughter’s addiction. Terry described the experience of having a child in recovery. Terry said, “I knew I needed to do something.”

“Give Big” by sharing your talents, skills, and passion to help Changes continue to thrive. As members focus on their families, work, and personal lives, it becomes easier to see the importance of community and giving back. Changes Committees need your help. If you are interested in joining a committee, please contact Peter Wick (Executive Director) for more details at office@cpsn.org.

Changes Committees

- Outreach, Fundraising & Events
- Communications & Marketing
- Financial
- Development
- ChangeInsight
- Women’s Conference
- Education & Training
- Training & Client Services
- ChangeInsight Administration
- ChangeInsight Board of Directors
- ChangeInsight Committee
- ChangeInsight Program
- ChangeInsight Support
- ChangeInsight Training

Support Changes as Your Choice

Changes as your choice for nonprofit donations – Changes welcomes three core board members: Cindy Mahoney, Stephanie Mannion, and Martha Shegrud. Cindy Mahoney serves as President, Stephanie Mannion is the Board Secretary, and Martha Shegrud is the Treasurer. Each brings a unique set of skills and experiences to the board. Cindy, a retired educator, is a passionate advocate for the needs of families affected by addiction. Stephanie, a long-time Changes member, is known for her organizational skills and commitment to the organization. Martha, with her background in financial management, ensures that Changes operates within its financial constraints.

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