Good things can come out of extremely trying times.

By Martha Shegrud

With the challenges facing all of us in 2020 we have been given the opportunity to re-evaluate how we are doing. COVID-19 has made us think about how to continue supporting each other without in-person meetings. When Tony and I first started Changes, we had to make a quick change from meeting online. Many in the Changes community reached up to get Zoom working for us. But we don’t stop there. For some time, there has been interest in otting Changes meetings in other states. The challenges seemed so overwhelming but once the solution was right there in front of our noses. Thanks to some special intrepid, in less than a month Changes will be going live with the Saturday Online Chapter and we are so excited!

If you want to refer a parent to one of our meetings, please have them call 1-888-468-2620 or speak to the Chapter Program Rep.

Redmond Chapter: Tuesdays at 7pm
Seattle Chapter: Wednesdays at 7pm
Everett Chapter: Thursdays at 6:30 pm
Saturday Online Chapter: Saturdays at 10am

In any the Changes Board of Directors unanimously approved the motion to immediately begin using the term Chapters instead of Meetings. There are many meetings within the Changes organization, so referring to each location as a Meeting just became too confusing for the President.

If you are looking for a fight, you will find one.

By Tony Allen

You can validate any point of view you want to. Figure out what your motivations are, and why you want what you want to be different. Then there is a chance you will create a plan for change. Amazingly powerful, it is not the road you take, but the road you make. Here is your opportunity to do your best to be in control. The part that you can understand is you, no one has been through it the way I have... “It’s a crazy feeling you get when you know someone else will die.”

And you also know never been the same and never been the same because Changes has been in your life. What has become has only changed what someone else has been. Assumptions are deadly.

Stop trying to pursue your life as much as you can. Stop validating your misery.

Give yourself a chance to live. Really want To have. REALLY WANT to be free. REALLY FREE, our connection to each other. Our differences don’t have to be dividing. You also know you have to find people you are invited to.

Volunteer Spotlight

Stephanie Mannion was the perfect person to lead the Board and the Changes organization in 2019, as we transitioned away from an executive director. Stephanie has worked tirelessly, with multiple organizations to bring awareness to the idea Changes has to offer parents. She has been and continues to be the bright light and inspiration to whom we are so grateful to have it back. Katie is Vice-President of the Board and Program Rep for the new Saturday Online Chapter. Take it away, Katie!

For the past couple weeks, I have pulled back, taken some time to clear my energy. Evaluate, decide what, reduce.

Understanding what I am and cannot control and focusing by time and energy in places, and with people who want to find common ground. Forgive the mistakes we all make and be kind. Not hurt, nurture and each other.

Each person we meet teaches our lives in some way and it is so important to learn every important lesson. Some will stick, some will go.

Dr. Seuss said it best.

"You have roots in your shoes. You can steer yourself in any direction you choose. You're on your own. And you know what you know. And YOU are the one who decides where to go..."

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“Stay busy and manage anxiety.”

If you want to catch anyone doing something “wrong”, you will.

By Terry Ann Olsen

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You can stream this playlist via [Spotify](https://open.spotify.com/playlist/37i753Q3wN89u7DnU8bq65?si=dr9zU-H9li34jKX69U-qfA) and [NPR One](https://www.npr.org/apps/shows/npr-one)

Working from home. Homeschooling your kids. Financial uncertainty. Quarantine. Social distancing. These are just some of the stressful and sometimes overwhelming situations that people are handling in the times of the coronavirus.

To help you manage, NPR curated a playlist of podcast episodes from across public radio that cover everything from tips to help you keep busy to recommendations on how to stay entertained — cooking tips, music recommendations, a streaming guide and more.

**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 Changes.

If you are a Fred Meyer shopper, get a rewards card. Link Changes on your choice for nonprofit donations—Changes 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

**Covid-19: Resources for Parents & Teens**

We know that teens and their families are anxious about the coronavirus (COVID-19) outbreak, especially given the media attention to this issue. During this time, it is important for teens and families to get information from reliable resources.

SAHM recommends that teens and their families review the Centers for Disease Control and Prevention (CDC) and the World Health Organization (WHO) websites for the most up to date information about COVID-19.

Topics include: Teen Mental Health and Coping, Parenting and Caring for Your Family, Resources for Online Education, Talking About Social Distancing, Sexual Health Considerations, and Eating Disorders and Cover-19.


**Support Changes as You Shop**

Amazon will donate 0.5% of the price of your eligible Amazon purchases to Changes Parent Support Network when you shop at [smile.amazon.com](http://smile.amazon.com). Amazon Smile purchases provide funds for Changes program and services. For more information, visit [smile.amazon.com/help](http://smile.amazon.com/help)

**2020 Events Calendar**

<table>
<thead>
<tr>
<th>Month</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>2nd Monday every month:</td>
<td>Board meeting</td>
</tr>
<tr>
<td>Canceled due to Covid-19:</td>
<td>Annual Changes Picnic: Auction and Social Event</td>
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