

2019 Annual Report to the Community



Changes Brings Hope to Families

“...I can’t thank you enough for loving me, talking with me and helping and teaching me through some of the hardest times of my life and my families life! Thank you for showing me how to communicate a little better and to see more clearly through a different “lens” that I call, a deeper love, patience and understanding.”

A Personal Message from our Board President

Serving Changes on the Board of the Directors for the past six years has been a pleasure. Seeing and hearing the other members passion to make sure that this extremely important support to the community continues with as much integrity as the day it was founded is truly inspiring.

I leave the board this year knowing that it is the strongest board I have known. I encourage chapter members to consider a member at large position to learn from these wonderful people and allow them to have the knowledge that they can work hard this year and have back up as members age off the board. Please talk to a current board member about the commitment that is

needed. Everyone learns by doing.

I continue to give back to Changes this year by supporting the Redmond Chapter as a Program Representative and answering calls on the Information Line. I love telling my story to new parents, sharing the magic of Changes and encouraging parents to attend meetings, so I am always in OUTREACH MODE!

I am also continuing my work with others in the community that work with struggling families in order to build alliances and increase awareness to all that Changes has to offer them.

Stephanie Mannion
Changes Board President

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Mission

Changes Parent Support Network fosters healthy families by equipping parents with tools and support to change their behavior.

Vision

Changes brings hope to parents in our communities by connecting them to strong, sustainable support.

What is Changes?

Changes is an active, constructive, self-help method for parents to change their behavior and in turn, their kid’s behavior. Drawing on the wisdom, experiences and support of others, members of our groups develop and enact their own plan for change.

We believe that change must first come from within before parents can effectively help their children.

Typical challenges faced by Changes parents include:

- Substance abuse
- Irresponsible
- Oppositional/defiant
- Running away
- Not attending school
- Violent or abusive
- Breaking the law
- Gang involvement

We help parents who feel:

- Helpless and frustrated
- Stressed-out
- Sad and depressed
- Ashamed and angry
- Isolated from family and friends



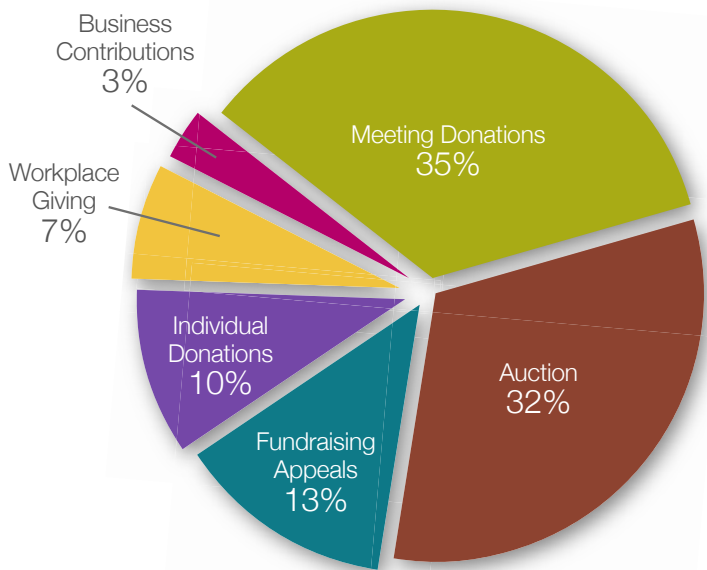
4401 2nd Ave NE,
Seattle, WA 98105

Information Line
888-468-2620

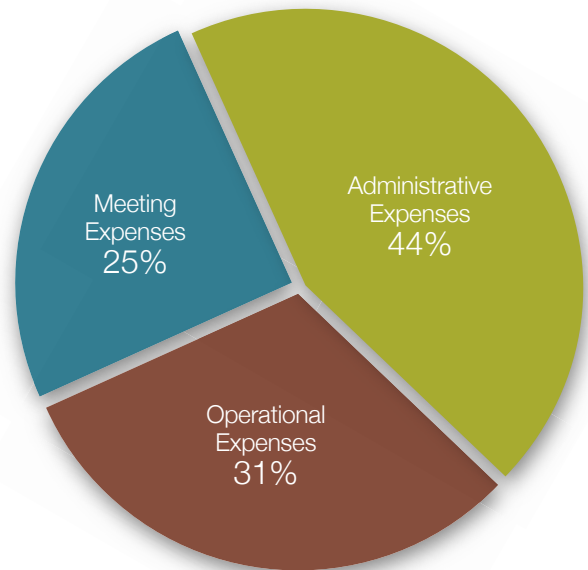
www.cpsn.org
office@cpsn.org

a 501(c)(3) organization

2019 Income



2019 Expenses



Average Meeting Attendance

240

New Parent Orientations

120

Parent Information Line Calls

375

Thank You to our Volunteers and Donors

Volunteers



The work of Changes would not be possible without the support of all our dedicated volunteers. Changes is entirely volunteer led and run, and we celebrate the time and talents of organizations and individuals of all backgrounds to achieve our mission.

Donors

Changes Parent Support Network acknowledges and appreciates contributions from individuals, companies, and foundations.

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