



2020 Annual Report to the Community

A Personal Message from our Board President

I am thrilled to report that we lived up to our name and made major changes as an organization to better serve our members during the pandemic. What a year to start as Board President!

We shut down our in-person meetings in accordance with the governor's orders and almost immediately moved our Chapter meetings online, adapting the meeting flow to better suit a virtual format. Support teams met online, and our Board and committee operations did so as well. In late summer we carefully expanded our reach coast-to-coast with a Saturday virtual meeting, with participants from seven

states including Maine, Virginia, North Carolina, Nebraska, Utah, Arizona and California. We also have a few members from the south Puget Sound area right here in Washington.

Internally, we transitioned to Microsoft Teams, with the goal of increasing our ability to centralize our internal communication. We had a bit of a learning curve, but we are really starting to see the results in terms of increased efficiency and better idea sharing.

Our fifth Guiding Principle is about support and states, "Our meeting is only as effective as we make it. Giving back more than you receive is a part of the Changes program." I am so grateful to of all those

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."

who have volunteered in 2020—not only to help us endure this most challenging year, but to adapt and thrive. I could not be prouder to continue as Board President in 2021, and I promise you that we will continue our strategy of controlled growth, strengthening existing alliances, and forming new ones—all with the objective of helping more struggling parents than ever.

Martha Shegrud
Changes Board President

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

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.



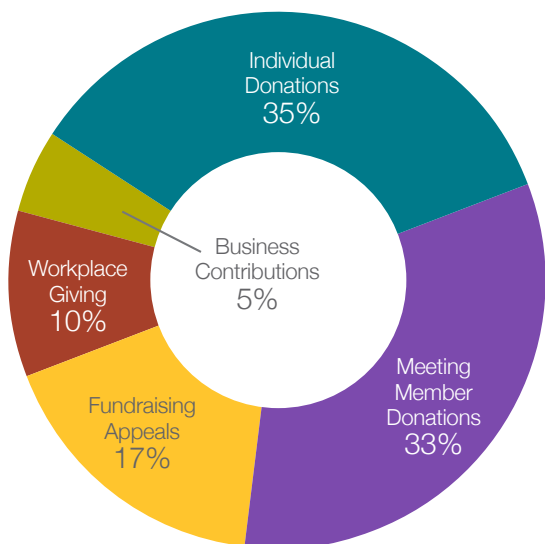
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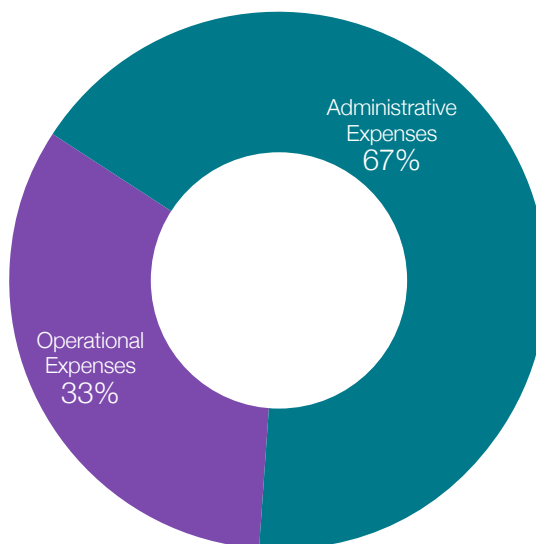
www.cpsn.org
office@cpsn.org

a 501(c)(3) organization

2020 Income



2020 Expenses



Average Meeting Attendance (Quarterly)

222

New Parent Orientations

120

Parent Information Line Calls

290

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 almost entirely volunteer led and run, and we celebrate the time and talents of organizations and individuals of all backgrounds to achieve our mission.

Individual Donors

Molly Allen
 Karsten B Andersen
 Lisa Atwell
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 Nancy Barber-Smith
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