
CHANGING TIMES

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Saturday Seminars

Saturday Seminars are offered as part of the East King County's Changes Groups contract with the City of Redmond's Park and Rec. Dept. They are free, and open to the public, and are on topics of interest to community parents of adolescents.

We bring in experts in their field to speak on a wide range of topics. Suicide, eating disorders, ADHD, mediation, non-violent communication, youth violence, legal issues related to our kids, stress reduction, alternative to traditional schools, legal rights under Special Education law, and a wide array of others. Local authors such as Roland Wong, Chicken Parents, Chicken Schools, Jane Adams, When our Grown Up Children Disappoint Us, and Suzy Mygatt Wakefield, Unfocused Kids;

Mark Demos, personal and teen coach has done presentations on connecting your child with Passion and Purpose, NAMI (National Alliance of the Mentally Ill) has done a stigma busting seminar featuring several adults telling of how they came to terms and manage their mental illness. We have had the director of Lakeside Milan Adolescent Facility in Burien talk to us about Alcohol Addiction treatment for teens, Anger Management experts have presented, as have case managers from Juvenile Hall who handle At Risk Youth Petitions.

Our recent 'Prison Speak Out' program (a panel of 11 near release inmates from Monroe Correctional Complex) spoke to over 100 at risk kids and their parents /or group home managers with a powerful and thought provoking message, and upcoming seminars include

programs on Adolescent social skills (helping them make better choices) by the Learning Disabilities Association of Wa., The roots of addiction by a drug and alcohol counselor, and programs facilitated by our own Changes talent on Consequences and Step Parent and Blended Family issues.

Virginia Day

Board and Group Presentations

Board and group members have recently made presentations at Highline High school and Mukilteo High school for a community awareness night and for Becca Bill, Kids and Parents.

Recent visits to the Shoreline High School Counselors have been made as well as visiting the Kirkland Police Department and domestic violence community team.

Display tables have been provided at Jackson High School, Mill Creek, Marysville Junior High, Lake Stevens

High School, and Lake Stevens Middle School.

Upcoming Events and News

There was much review over last year's successful picnic in September. Watch out for an announcement for a possible event coming up soon.

For 2007, Changes Parent Support Network has been awarded a \$1000 community grant from the City of Des Moines.

Changes has also been awarded a \$1000 grant from the ASUW organization. The proceeds of this grant will help fund the need for a projector which is needed for the many presentations that the Board and group members have been making.

Thank you to both the City of Des Moines and ASUW.

The Board has been looking at new ways for

fundraising this year. If you have any ideas please contact the board chair, Dennis Dudder.
