

MEETING LOCATIONS

King & Snohomish County

Support groups meet every week throughout King County and in Snohomish County.

Call **1-888-468-2620**, or go to **www.cpsn.org** to find a list of support groups.

DOES **Changes** WORK?

*"Thanks to **Changes** I'm on an even keel and have my life back."*

*"**Changes** helped us allow our sons to experience the consequences of their choices. They now seem to be on the road to taking responsibility for their lives."*

*"I am forever grateful for the hope, knowledgeable advice and generous support I received through **Changes**. I learned how to not be victimized by my teenager's choices."*

www.cpsn.org

SEATTLE
SHORELINE
EAST KING COUNTY
SNOHOMISH COUNTY
SOUTH KING COUNTY
1-888-468-2620
www.cpsn.org

P.O. Box 33211
Seattle, WA 98133

Changes
PARENT SUPPORT NETWORK

Changes
PARENT SUPPORT NETWORK

HELP

**FOR
FAMILIES
STRUGGLING
TO FIND
SUCCESSFUL
PARENTING
SOLUTIONS**

**SEATTLE
SHORELINE
EAST KING COUNTY
SNOHOMISH COUNTY
SOUTH KING COUNTY**

OUR MISSION

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

ARE YOU FEELING STRESSED BY YOUR FAMILY'S DYNAMICS?

THERE IS A

SOLUTION FOR YOUR FAMILY!

DOES
YOUR CHILD
EXHIBIT
ANY OF THESE
BEHAVIORS?

SUBSTANCE ABUSE

OPPOSITIONAL

**NOT ATTENDING
SCHOOL**

BREAKING THE LAW

IRRESPONSIBLE

DEFIANT

RUNNING AWAY

VIOLENT OR ABUSIVE

GANG INVOLVEMENT

Changes Parent Support Network (CPSN) provides weekly meetings for parents who are currently experiencing, or have lived through, challenging behaviors such as those listed. In a confidential, structured environment, parents work together to form plans to change the dynamics in their homes.

Do you feel:

- helpless and frustrated
- stressed-out
- sad and depressed
- ashamed and angry
- isolated from family and friends

Parent Support Groups

- meet weekly
- are confidential
- are funded by voluntary donations
- offer solutions that have worked for others
- provide strength through the combined experiences and wisdom of parents sharing common problems and solutions

We offer no quick fixes, but can offer insights about:

- what you can and cannot change
- how your response affects your child's behavior
- ways to diffuse anger outbursts
- home rules that support you as a parent
- the plan for change that may work for you



1-888-468-2620 www.cpsn.org

Changes

PARENT SUPPORT NETWORK

Visit a Changes support group and learn to make significant changes in your life.