

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

*"I am forever grateful for the hope, knowledgeable advice, practical experience, and generous support I received through **Changes**. I appreciated the strong support system available during critical, real-time circumstances and learned how to not be victimized by my teenager's choices."*

Read the results of a survey of past and present members and get more information about **Changes**.

www.cpsn.org

SEATTLE
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

SNOHOMISH COUNTY

EAST KING COUNTY

SOUTH KING COUNTY

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) is a group of parents who help each other form plans to change the destructive behavior in their homes. At weekly meetings you'll meet parents who are currently experiencing, or who have lived through, what you are going through and can share what has worked 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

Changes

PARENT SUPPORT NETWORK

**Visit a Changes support group
and learn to make significant changes in your life and the life of your child.**