

# Northgate

## Parent Action Team

### WHO ARE WE?

The Northgate Parent Action Team, also known as PAT, is a non-profit, parent volunteer group that funds critical programs and counseling resources to help our students transition from childhood to adulthood.

### HOW CAN YOU HELP?

Make a donation of \$85 to the Northgate Parent Action Team. Your tax-deductible donation enables PAT to continue funding a variety of programs and paying for our crisis counselors.

### WHAT DOES YOUR DONATION FUND?

- **Crisis Counselors – Assisted by a matching grant from the City of Walnut Creek**
- **Every 15 Minutes – Next program slated for spring 2011**
- **Year-Round Programs and Seminars on Teen Issues**
- **Noon Gym with the City of Walnut Creek**
- **Red Ribbon Week**
- **Kids & Drug Town Meeting**

### HOW DOES YOUR STUDENT BENEFIT?

- **Northgate is the only high school in MDUSD with Crisis Counselors.**
- **More than 50% of students and families utilize Crisis Counselors.**
- **Nearly 1,600 students participate in Every 15 Minutes.**
- **Nearly 1,600 students attend Red Ribbon Week.**
- **Access to teen issues like:**
  - ◆ **Bullying**
  - ◆ **Stress**
  - ◆ **Grief & Loss**
  - ◆ **Substance Abuse**
  - ◆ **Peer Pressure**
  - ◆ **Coping Skills**
  - ◆ **Eating Disorders**
  - ◆ **Self-Mutilation**
  - ◆ **Proactive Intervention**

**Even though your child may not need crisis counseling services, their best friend may need help, and that does affect your child. Please help make a difference by donating to PAT.**

*Make Checks Payable to Northgate Parent Action Team*

*Northgate High School  
425 Castle Rock Road  
Walnut Creek, CA 94598*

**THANK YOU FOR YOUR SUPPORT!**