

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 \$75 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 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!