

Collaborative Problem Solving™ (CPS) Parent Overview Group

Support for adults raising kids with challenging behaviors

Facilitated by:

Chris Alexiou

Think:Kids

CPS Certified

Former Halton School

Principal

Professional Speaker

Author

DATES:

Wed. April 3, 10, 17

Thurs. April 25 (If needed)

TIME: 6:30 - 8:30 pm

**LOCATION: Oak Park
Neighbourhood Centre
2200 Sawgrass Dr. Oakville**

Cost : Free

To Register/Learn More

email:info@opnc.ca

phone: (905)257-6029

website: opnc.ca

***Disclaimer:** This facilitator is Think:Kids CPS Certified and receives ongoing supervision from Think:Kids. This group is independent of, and has no direct affiliation with Think:Kids or Massachusetts General Hospital (MGH). Information shared by the facilitator reflects their best understanding of the CPS approach.*

Think:Kids is a program in the Department of Psychiatry at MGH.

Additional resources can be found at:
www.thinkkids.org



- **Develop a new understanding of challenging behaviour & learn new ways to help your child**
- **Learn the Collaborative Problem Solving approach & effective ways to reduce conflict**
- **Rethink conventional approaches to behavioural difficulties and strengthen relationships**



 **Bell**
Let's Talk

 **Oak Park**
Neighbourhood Centre

The CPS Approach

The Collaborative Problem Solving™ approach is an evidence-based method to managing challenging behavior that promotes the understanding that **challenging kids lack the skill - not the will - to behave**; specifically, skills related to problem-solving, flexibility and frustration tolerance.

Unlike traditional models of discipline, the CPS approach avoids the use of power, control and motivational procedures and instead focuses on collaborating with the child/ youth/ young adult to solve the problems leading to challenging behavior and building the skills they need to succeed.