

# Collaborative Problem Solving® Monthly Support Club

Help for parents/caregivers using the CPS/ABC's of Parenting

## Parent to Parent

### Facilitated by:

**Debra Ann Afarian**  
T:K CPS® Certified

Women's Group, Suite 260

1<sup>st</sup> Wednesday Monthly

**Kevin Opyrchal**  
Support Group Leader

Men's Group, Suite 260

2<sup>nd</sup> Wednesday Monthly

**FREE**

donations accepted

**TIME:**

6:30pm – 8:30pm

**LOCATION:**

145 W. Main Street, Suite 260  
Tustin, CA 92780

RSVP @ [info@hbcc.us](mailto:info@hbcc.us)

Drop In's Welcome

[www.hbcc.us](http://www.hbcc.us)

714.695.1057

#### **Disclaimer:**

HBCC Certified Parent Coaches and Mentors receive ongoing supervision from Think:Kids.

HBCC is independent of and has no direct affiliation with Think:Kids or Massachusetts General Hospital (MGH)

[www.thinkkids.org](http://www.thinkkids.org)



- **YOU ARE NOT ALONE** – this monthly parent support group is for parents, dad's, mom's, caregivers, guardians/foster families, grandparents -- anyone raising or caregiving a challenging child is welcome.
- Those interested to learn more about the HBCC Collaborative Problem Solving(CPS) course are welcome to join or those who have taken the HBCC CPS parenting course.
- Is your family struggling with your child's behaviors?
- Do you agonize over how best to support your child. We can help you maximize your child's potential & start you on a journey to bringing peace to your home.



**HBCC**  
[www.hbcc.us](http://www.hbcc.us)



## The CPS Approach

The Collaborative Problem Solving® (CPS) approach is an evidence-based method 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.