

# Collaborative Problem Solving®(CPS) HBCC 6-Week Evening Course

Help for parents/caregivers addressing challenging behaviors

## Course Instructor

**Debra Ann Afarian**  
HBCC Parent Coach  
T:K CPS Certified



### Tuesday Nights

June 11, 18, 25, &  
July 2, 9, 16, 2024

**TIME:** 7pm – 9pm

**LOCATION:** In Person  
145 W Main Street  
Suite 260  
Tustin, CA 92780

\$250/pp | \$400 for two  
Tuition Assistance Available

### To Register/Learn More

[Evening Parent Class \(hbcc.us\)](https://www.hbcc.us)

**Phone:** 714.695.1057

The CPS approach is owned and developed by Think:Kids ([www.thinkkids.org](http://www.thinkkids.org)) a program based in the Department of Psychiatry at Massachusetts General Hospital (MGH) in Boston, MA. Those CPS Certified receive ongoing supervision from T:K and are independent of MGH.



- Learn the Collaborative Problem Solving® approach & effective ways to reduce parent | child conflict
- Build skills & confidence using a relational | collaborative approach that teaches much needed coping skills
- Develop a new understanding of challenging behavior & learn new ways to help your child
- Rethink conventional approaches to behavioral difficulties and strengthen relationships
- Network & learn information about community resources



## 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 your child | youth | young adult to solve the problems leading to challenging behavior and building the skills they need to succeed.