Collaborative Problem Solving®
5-Week Parent Course
Help for adults addressing challenging behaviors

Tustin California

Facilitated by:

Debra Ann Afarian
CPS Certified Parent Coach

Think:Kids
RETHINKING CHALLENGING KIDS
Collaborative Problem Solving®
CERTIFIED
2020-2021
www.thinkkids.org

Day, Evening, Saturday
On-going Courses

DATES: & TIMES listed on website www.hbcc.us

LOCATION:

145 W. Main Street, Suite 260
Tustin, CA 92780
$150 per person
$250 per couple
Registration Required

To Register/Learn More

email: info@hbcc.us

phone: 714.695.1057

website: www.hbcc.us

- **Learn the Collaborative Problem Solving® approach & effective ways to reduce parent | child power struggles**
- **Pandemic fatigue can create challenging behaviors for the neurotypical child and exacerbate emotions for the neurodiverse**
- **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**

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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.