

Collaborative Problem Solving®

FREE Monthly Support Group

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

Parent 2 Parent Facilitated by:

Debra Ann Afarian
CPS® Certified Expert
Mom Group, Suite 260

Kevin Opyrchal
Support Group Leader
Dad Group, Suite 210

FREE

**1st Wednesday
Monthly**

6:30pm – 8:30pm

LOCATION:

145 W. Main Street
Tustin, CA 92780

**RSVP or
Drop In Welcome**

info@gmail.com

www.hbcc.us

714.695.1057

Disclaimer:

HBCC is a CPS Certified site and receives ongoing supervision from Think:Kids. HBCC is independent of, and has no direct affiliation with Think:Kids or Massachusetts General Hospital (MGH).



- **YOU ARE NOT ALONE** – this monthly parent support group is for those who have taken the HBCC Collaborative Problem Solving(CPS) Course or for those who are interested in learning more about HBCC Parent Programs.
- **Pandemic fatigue can create challenging behaviors for the neurotypical child and exacerbate emotions and behaviors for the neurodiverse child.**
- **As a parent, guardian or family member of a child with behavioral complex challenges, you agonize over how best to support your child. We can help you know how to get accurate information and evidence-based information on your complex child.**



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.