



HBCC Parent Support Group

Last Wednesday of Each Month

(except August & December)

6:30pm – 8:30pm

Moderated by:

**Debra Ann Afarian, CPS Certified Think:Kids
Collaborative Problem Solving® (CPS)**

As a parent, guardian or family member of a child with "behavioral challenges", you agonize over how best to support your child. You worry about getting the right information about the specific challenges, therapy/intervention, testing, to medicate or not medicate... how do you get accurate information and a good education on your complex child?

YOU ARE NOT ALONE! Our Hope is this *Helping the Behaviorally Challenging Child (HBCC)* Parent Support Group allows you to share your experience, strength, hope and strategies with each other. This is a Collaborative Problem Solving based | sharing Support Group to help each other find implement a Social Emotional Learning (SEL) approach --- stop chasing compliance and start building skills.

Role Play is available for past course participants, we will go over scenarios using Plan B when expectations are not met. Are you using Proactive Plan B, Emergency Plan B, Drive-by Plan B or back-door Plan A? This is where you will learn what Plan B "sounds like" in real-life scenarios.

New to Collaborative Problem Solving (CPS) come learn how CPS is different from what you are currently doing that is hasn't been working.

CPS offers a new way to understand and help ALL children, regardless of a diagnosis, especially those with difficult-to-manage behaviors, 2E, oppositional, explosive or impulsive, which usually comes with a diagnosis. CPS is an evidence-based, skill-based, trauma-informed, best-practice approach, which will help give insight into what might be getting in the way for those with behavioral challenges, while you learn how to teach lagging skills.

Improve adult/child communication. If sticker charts, rewards & consequences are not helping with low-frustration tolerance, flexibility, impulsivity, risk-taking behaviors and problem solving, this is for you! CPS helps ALL children, especially those frequent-flyers who are put on time-outs, don't respond well to consequences, have a hard time earning rewards, seem unaffected by punishments, are sent out-of-class, get detentions, suspensions, expulsions, restrictions, restraints, seclusion, self-medicate or are at-risk for out-of-home placement.

LOCATION:

Heart 4 Kids Coaching, Training & Therapy Center
145 W. Main Street, Suite 210
Tustin, CA 92780

FREE and open to the public

HBCC Support Group is self-supporting through membership, donations and contributions

For more information, map & directions about HBCC, visit www.hbcc.us or email dafarian@hbcc.us

For more information about Think:Kids visit www.thinkkids.org