

Collaborative Problem Solving™ (CPS)

Parent Class

Challenging kids lack skill, not will

**Oak Park
Neighbourhood
Centre
Facilitator:**

Chris Alexiou
Think:Kids
CPS Certified



**DATES: 8 weekly
sessions- starting
Tuesday January 12/20
6:30 - 8:00pm
Via Zoom Conference
Cost - Free**

**Register by email to:
alexiousc77@gmail.com**

phone: 289-795-6936

website:

chrisalexiou.com

Disclaimer: This facilitator is Think:Kids CPS Certified and receives ongoing supervision from Think:Kids. This group is independent of, and has no direct affiliation with Think:Kids or Massachusetts General Hospital (MGH). Information shared by the facilitator reflects their best understanding of the CPS approach.

Think:Kids is a program in the Department of Psychiatry at MGH.

Additional resources can be found at:
www.thinkkids.org



- What if you could learn a parenting approach that would reduce yelling, nagging and challenging behaviours while building the relationship to weather this pandemic with your child(ren)?
- Learning CPS can be a winning tool that saves you from endless power struggles and disheartening moments.
- CPS can help restore a peaceful home with less stress for your child, and you.



 **Oak Park
Neighbourhood Centre**

 **Bell
Let's Talk**

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.

CHALLENGING KIDS LACK SKILL, NOT WILL

When parenting goes beyond your intuition and conventional approaches, learning Collaborative Problem Solving can be the winning tool that saves you from the endless power struggles and disheartening moments when you feel like there isn't hope for your child.

SIGN UP!

Email Chris Alexiou at alexious77@gmail.com

Downloading Zoom to your device is needed to access the classes.

The Zoom link will be sent to participants a week before the first session.

FAQ

What is the cost? There is no cost? The program is free.

Who should attend the group? While ideally, for two parent households both parents would attend, we recognize that in many cases this is not feasible. Single parents are welcome to have any support people attend also. This class is intended for parents/caregivers only, not children.

How many parents will be in the group? A minimum of 8 and a maximum of 16.

Do I need to attend every session? The material that is presented each week builds on prior knowledge obtained during previous sessions. As such, while recognizing that situations may arise over the course of the program necessitating a parent missing a session, we encourage parents to attend as consistently as possible.

What about privacy? We strongly encourage parents to have a private place to be on the Zoom conference. Also, verbal confidentiality agreements are made with all participants.

What about CPS coaching? While many parents receive enough benefit from the group to implement the approach at home, some parents do find that they require some direct additional guidance. One (1) scheduled Zoom/phone check-in call is offered to support each participant/family at no charge. Upon completion of the group, further coaching is available for a fee.