

# Collaborative Problem Solving®

## CPS Parent Group

Help for adults raising kids with challenging behaviors

**Medford, OR**

**Facilitated by:**

**Dr. Jennifer Henderson**  
CPS Certified



**DATES:**

**February 6,13,20,27**  
**March 6, 13**  
**2019**

**TIME:**

**5:30-7:00 pm**

**LOCATION:**

**Rogue Valley YMCA**  
**Medford, OR**

*Disclaimer: This facilitator is 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](http://www.thinkkids.org)



- Learn the Collaborative Problem Solving® approach & effective ways to reduce conflict
- Build skills & confidence in using the CPS approach
- Network & share information about community resources
- Develop new understanding of challenging behavior & learn new ways to help your child
- Rethink conventional approaches to behavioral difficulties and strengthen relationships
- Gain support from other parents

### 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.

**To Register/Learn More:**

**email: [admin@jhendersoncounseling.com](mailto:admin@jhendersoncounseling.com)**

**phone: 541-821-9559**

**website: [www.jhendersoncounseling.com](http://www.jhendersoncounseling.com)**

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