

Collaborative Problem Solving®

2022 Oregon Parent Classes!

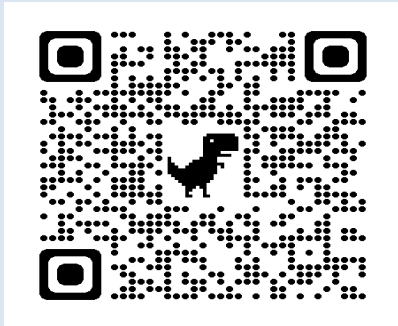
Help for adults raising kids with challenging behaviors

Free & Web-Based!

This class is offered via Zoom and generously funded by the Oregon Health Authority for families in underserved regions of Oregon.



8-week classes start monthly in 2022!
scan/click: [to find your class and register now!](#)



Facilitator Team:

- ✦ Mark Beach, The Child Center
- ✦ Randi Cooper, Randi Cooper Consulting
- ✦ Kate O'Kelley, GOBHI
- ✦ Shannon Pugerude, The Hero Makers
- ✦ Suzanne Travelstead, The Child Center
- ✦ Jan Urton, Yamhill County

Disclaimer:

The facilitators above are CPS Certified and receive ongoing supervision from Think:Kids. This class 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.



- Learn the Collaborative Problem Solving® approach & effective ways to reduce conflict in an 8-week on-line class
- 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, grandparents, and foster parents



Questions?

Email: cps@thechildcenter.org
Call: 541-726-1465

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.