



LOCATION:

Walnut Hills Elementary
8195 E. Costilla Blvd.
Centennial 80112

DATES:

Wednesdays, 10/23, 10/30,
11/13, 11/20

Please note that there is no
class on 11/6

TIME:

5:00-6:30pm

FACILITATORS:

Cindy Schippert, Ph.D.
Erica Stetson, Ph.D.
School Psychologists

Think: Kids

Rethinking Challenging Behavior Using Collaborative Problem Solving

A new parenting approach to prevent and solve behavior challenges

Who should take this class?

- Do you struggle with parenting a child who, in spite of his or her best intentions, seems to lack the ability to cope with frustration, perceived injustice or stress?
- Does your child's emotional roller coaster leave you feeling drained and angry on a daily basis?
- Do you find that discipline strategies that work well for most kids only seem to make the problem worse for yours?
- Does your child get "stuck," seemingly unable to move on or think about things in a flexible manner?

If so, then this class is for you!

What is Collaborative Problem Solving?

The guiding philosophy of this approach is "Children do well if they can." The goal of Collaborative Problem Solving is to teach children and adolescents and adults how to work toward mutually satisfactory solutions to problems underlying difficult behavior. The approach is based on the belief that children's difficult behavior is often the byproduct of a delay in the skills of flexibility, adaptability, and frustration tolerance. This research based approach emphasizes a proactive focus on solving and preventing problems before they occur instead of focusing on rewards, consequences or time-outs to manage children's behaviors.

COST: \$20 includes light snacks and class materials.

Full Scholarships available for families who receive free and reduced lunches.

SPACE IS LIMITED!

Register Now at

cherrycreek.revtrak.net

QUESTIONS?

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