

# Newberg Parent-to-Parent Collaborative Problem Solving (CPS) Group



Bringing together parents raising kids with behavioral challenges who want to learn about **the CPS approach**

## WHAT IS THE CPS APPROACH?

**CPS is a strengths-based, neurobiologically-grounded approach that brings new ideas and new hope for helping kids with behavioral challenges!**

Challenging kids typically lack the skill, not the will, to behave well – *specifically skills related to problem solving, flexibility and frustration tolerance*. The CPS approach avoids the use of power, control and motivational procedures *and instead focuses on building helping relationships and teaching skills largely through a process of teaching parents and kids how to resolve chronic problems collaboratively*.

## FACILITATED BY THINK:KIDS CERTIFIED PARENT MENTOR: **Jan Urton**

All Parent-to-Parent Overview Groups are confidential. They provide an opportunity to:

- ☑ **Gain a new understanding of challenging behavior and a new way of helping your child**
- ☑ **Improve your relationship, reduce conflicts, and help develop the skills your child needs to succeed**
- ☑ Gain support from other parents

☑ **WHO SHOULD ATTEND?** Parents; Foster, Adoptive, and Step-Parents; and/or Grandparents raising kids with behavioral challenges **who are interested in learning about CPS.**

**Tuesday evenings in Apr. /May/June (Six 2-hour sessions)**

**Location: First United Methodist Church, 1205 Deborah Rd., Newberg (Next to Mabel Rush Elementary)**

**Time/Dates: Tuesdays Apr. 30, May 7, 14, 21, 26 and June 4 from 6:00-8:00 p.m.**

**Register by contacting Think:Kids Certified Parent Mentor:**

**Jan Urton 503-435-9107 or**

**[urtonj@co.yamhill.or.us](mailto:urtonj@co.yamhill.or.us)**

**No cost for meetings.**

Parent support groups offered also. See other flyer or contact Jan Urton above for information.

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

***Additional resources can be found at: [www.thinkkids.org](http://www.thinkkids.org).***

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