



LITTLETON PUBLIC SCHOOLS FOUNDATION

Understanding and Parenting Kids with Behavioral Challenges

Rethinking Challenging Behavior Using Collaborative Problem Solving



- Do you struggle with a child who, in spite of their best intentions, seems to lack the ability to cope with frustration, perceived injustice, or stress?
- Does your child's emotional rollercoaster leave you feeling drained and angry on a daily basis?
- Do you find that discipline strategies that work for most kids only seem to make the problem worse for your child?

If so, you are invited to join us for a FREE parenting course to learn a new parenting approach to PREVENT and SOLVE behavior challenges. Called "Collaborative Problem Solving (CPS)," it focuses on teaching the thinking skills that kids need to solve problems flexibly and to handle frustration. Rather than viewing challenging behavior as a child "behaving badly," CPS teaches parents and kids how to solve problems collaboratively. This course is geared for parents with children aged 6 years and up.

For more information and to reserve your spot, call 303-347-4843.

When: Tuesdays: Feb 7, 21, 28 and March 7, 14, and 21 from 5:30-7:30pm.

Where: Options Secondary Program at the Whitman Building, 6558 S. Acoma St.

Facilitated by: Heather Spragins, LCSW, and Dr. Lisa Wolff, Psy. D.

Enrollment deadline: Feb. 1, 2017