

# Community Education Service



*Improving emotional health and wellbeing*

## Rethinking Challenging Behaviour: An Introduction to Collaborative Problem Solving®

**Presented by: Matt Sticksel, Certified Trainer,  
Collaborative Problem Solving® (Think:Kids), New Light Learning**

This session will provide an overview of the Collaborative Problem Solving® (CPS) approach. CPS is a compassionate, evidence-based, trauma-informed approach that provides a philosophy and tools to understand and address challenging behaviour. Participants will learn about and reflect on what causes unmet expectations and challenging behavior, the three key components of the CPS approach, and be given information about how to learn more about CPS in the future.

**January 26, 2026  
11:30 AM – 1:00 PM**

[Click here to register](#)

**FREE**

[online event](#)



This session is presented by the **Community Education Service** of the Mental Health Collaborative & Child & Adolescent Addiction & Mental Health and Psychiatry Program (CAAMHPP) of [Recovery Alberta](#) in partnership with [New Light Learning](#).