

Community Education Service



Improving emotional health and wellbeing

Rethinking Challenging Behaviour: An Introduction to Collaborative Problem Solving®

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

Collaborative Problem Solving® (CPS) is a compassionate, evidence-based, trauma-informed approach that provides a philosophy and tools to understand and effectively address challenging behaviour. This session will explore what causes challenging behaviours and provide an overview of the three key components of the CPS approach. Parents and professionals attending this session will get foundational knowledge of CPS and be informed of more in-depth learning opportunities in the future. If you would like more information about CPS prior to the session, please visit <https://thinkkids.org/>.

**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](#).