

Community Education Service



Improving emotional health and wellbeing

Collaborative Problem Solving Approach for Children, Youth and Families

Presented by: **Rhonda Kent**, MA Counselling, RSW, Registered Psychologist, Clinical Supervisor, Early Childhood & Perinatal Mental Health, Recovery Alberta

T.C.R. Wilkes, B.Sc., M.B., ChB., M. Phil., D.C.H., F.R.C.P. (Edin), F.R.C. Psych., F.R.C.P.(C), D.L.F.A.P.A., I.A.A.P., Professor Emeritus, Department of Psychiatry, Cumming School of Medicine, University of Calgary, Consulting Child, Adolescent, Family Psychiatrist & Analyst, Recovery Alberta

Objectives:

1. To learn about the difference between triggers/expectations, lagging skills and challenging behavior.
2. To understand the rationale for helping children and youth develop 5 common lagging skills for better adaptation.
3. To learn the advantages of collaborative vs. coercive approaches with children and youth.

IN-PERSON SESSION

April 22, 2026

1:30pm – 3:30pm

**Hull Services – Social Room
2266 Woodpark Ave SW, Calgary**



[Click here to
register](#)

FREE

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**.