

COLLABORATIVE & PROACTIVE SOLUTIONS

Collaborative & Proactive Solutions (CPS) is a model developed by Dr. Ross Greene that parents can use to manage various behavioural problems, including:

- Anger and Aggression
- Parent-Child Relationship Conflict • Sibling Rivalry
- Anxiety
- Depression
- And many other behaviours

The following package on CPS was compiled by our Behavioural Health Consultant, Donna Herrick. The package provides information regarding the basic principles behind CPS and worksheets that parents and families can use to manage problematic behaviours. This information and more is also available on Dr. Ross Greene's website www.livesinthebalance.org