

# Community Education Service



*Improving emotional health and wellbeing*

## Collaborative Problem Solving Approach for Children, Youth and Families

Presenters:

**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**.