



**My Tween and Me** Program Leaders are as diverse as the communities they serve.

Coming from a wide range of professional and educational backgrounds, they combine the skills of parenting educators and group facilitators to offer a unique parenting program that goes beyond traditional parent education. They offer:

- ⦿ Knowledge of child development in the middle years
- ⦿ Experience facilitating groups
- ⦿ Strong communication skills
- ⦿ A commitment to supporting families in all their diversity

Successful **My Tween and Me** Program Leaders also have a strong understanding of their community and are able to effectively respond to the unique needs of the families in their programs.

## Become trained as a My Tween and Me Program Leader.

The BC Council for Families offers regular **My Tween and Me** Program Leader trainings. The training sessions take place over two and a half days and participants receive a **MTM** Program Leader Guide and certificate upon completion. Register today!

Trained **MTM** Program Leaders are supported through a coordinated national network.



To learn more about upcoming **MTM** programs in your community or to register to become a **MTM** Program Leader, visit [www.bccf.ca](http://www.bccf.ca)

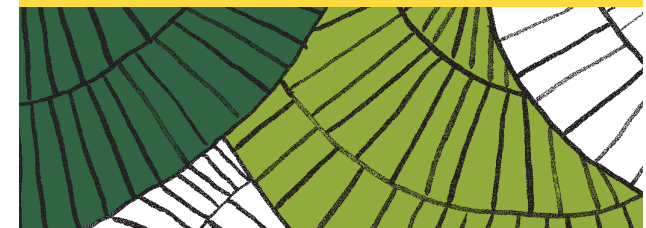
To discuss having a **My Tween and Me** Master Trainer visit your community, contact the **MTM** Program Coordinator at [MTM@bccf.ca](mailto:MTM@bccf.ca).



# My Tween and Me

**My Tween and Me** is a facilitated group program that provides parents and their tweens with the knowledge, tools and support they need during the child's transition to adolescence. Offered to parents/caregivers and their children aged 7 through 12, the program strengthens parent-child communication and supports parents in building a positive relationship with their tween.

**My Tween and Me** is developed, owned and copyrighted by the BC Council for Families for delivery by practitioners and agencies across Canada.



**My Tween and Me (MTM)** helps develop parents' confidence and ability to positively influence and support their children.

Through 8 group sessions, **MTM** provides interactive learning opportunities that:

- ⦿ Enhance knowledge of tween growth and development
- ⦿ Build effective communication skills for both parents and tweens
- ⦿ Promote positive youth development
- ⦿ Foster strong family and community relationships



**My Tween and Me** uses the most up-to-date research and evidence-based parenting information to address the critical areas of tween relationships and development: home and family; school and friends; community; and the wider world of media and technology.

**“My Tween and Me helps parents and tweens find new ways to trust each other”**

— MTM Program Leader



### What makes My Tween and Me unique?

Including tweens in some or all of the program sessions encourages active relationship building between tweens, their parents, and other adults in the community.

#### **My Tween and Me** Program Leaders:

- ⦿ Believe tweens should have a say in the decisions that impact their lives
- ⦿ Promote positive youth development by including and valuing tween voices
- ⦿ Engage families in discussions and activities around relationships, school, peers, media and community

**MTM** Program Leaders understand that all families need support and that all children have the capacity to thrive. They work to increase the knowledge and skills families need to help tweens build resilience and grow into confident teens.



**My Tween and Me** is intended to be delivered in diverse communities.

**MTM** Program Leaders are encouraged and supported to tailor the material to best meet the needs, interests and priorities of families in their community.



The BC Council for Families offers resources to help **My Tween and Me** Program Leaders deliver programs that reflect the diversity of the communities they work with.

**“My Tween and Me helped me to reach and connect with my daughter - to talk about lows and highs and challenging questions”**

— MTM Program Parent