



information  
children



Parent Support Services  
Society of BC

# My Tween & Me

**January 10 - March 7, 2021  
(Mondays) @ 10am - 12pm  
Via Zoom**



In this 8-session interactive series, we will explore how parents/caregivers of children ages 7-12 can build positive relationships with their tweens, and enrich their parenting experience. **My Tween and Me** is a facilitated group program developed by BC Council for Families that provides parents and caregivers with the knowledge, tools and support they need during their child's transition to adolescence.



## Topics include but are not limited to:

- Understanding Temperament & Personality
- Healthy Development
- Enriching our Family Relationships
- Effective Communication & Discipline
- Navigating Peer Relationships
- Promoting Academic & Social Success at School
- Tweens & Technology
- Building Resiliency through Community

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*For more information call us: 778.782.3548 or  
email: [office@parentsupportbc.ca](mailto:office@parentsupportbc.ca)*