

# MY TWEEN & ME

Is for caregivers & their  
tween aged 9-12

Learn how to build lasting connections with  
your pre-teen in a safe & supportive group.

Our My Tween And Me Program is a free  
facilitated program that helps to provide  
parents and their tweens with the knowledge,  
tools and support they need during the child's  
transition to adolescence.

Come and meet others and discuss your topics &  
concerns with two facilitators.  
Tweens participate in activities sometimes with their  
caregivers and sometimes  
they have fun with their peers and mentor  
facilitator!

"I am so thankful for this group.  
You've given us a lot of tools to use.  
I loved spending one on one time  
with my child" - parent



"It was amazing! My favourite  
part was the people." - tween

**When?**

8 Wednesdays  
starting October 15th  
6:00 pm - 8:00 pm

**Where?**

Huddle - Southcentral  
17 St Mary's Road

SIGN UP

FREE!

FUN SNACKS

HOSTED BY:

**Huddle**

SOUTH CENTRAL

**youville**

?s or to register via email : [mtm@youville.ca](mailto:mtm@youville.ca)  
text/call 204-231-3208