



# My Tween and Me

**A program for parents with preteens (7-12 years old)**

**Mondays, February 4 & 11**

**Thursday, February 21**

**Mondays, February 25-March 25**

**5:30-7:30 p.m.**

Mount Pleasant Neighbourhood House

800 East Broadway, Vancouver, Unceded Coast Salish Territory

[www.mpnh.org](http://www.mpnh.org)

This parenting program will open your eyes to all the ways you can continue to influence your pre-teen's choices, values and goals. This interactive, customizable program will give you the keys to preventing risky behaviour—by helping you to keep discovering your own skills and strengths as a parent. Come and meet other parents and caregivers, and discuss topics and concerns with two peer facilitators.

**Snacks served & childcare available. Registration required.**

**For more information and registration, please contact Carmen at:**



**Mount Pleasant  
Neighbourhood House**