

Who Are We?

"I Am Me" Program

TLC's "I Am Me" Curriculum focuses on the Social-Emotional needs of the 21st Century Adolescent Learner. It is a holistic, easy-to-apply curriculum that uses experiential learning, high engagement, and realistic tools to provide practical mental wellness solutions to teens.

"I had the best time EVER and I never thought I'd be opening up my feelings the way I did."

***- Ray Kalbhenn - Teacher,
Samueli Academy, Santa Ana, CA***

A Proactive, Preventive & Realistic Approach

By focusing on the whole child, TLC provides learners & educators with a mental health framework that is highly flexible and can be seamlessly implemented as a schoolwide wellness support system. Our developmentally sequenced curriculum creates a safe space to explore relevant topics and is rooted in restorative and culturally responsive practices. Through our transformational programming we provide a simple structure focused on social-emotional vocabulary, strategies, actions and habits that can efficiently be practiced daily.

Support Through Challenges & Developmental Transitions

Our "I Am Me" Program is a sustainable, life-long mental health solution to the growing social and emotional crises affecting teens and preteens today. Through TLC, students develop coping strategies that strengthen their self & social awareness, self-management, relationship skills, stress reduction

and responsible decision making. By providing youth with an opportunity to apply different wellness techniques like journaling, mindfulness moments, art, role play & guided discussions, teens begin to adopt a positive mindset which enables them to successfully move past trauma, navigate challenges and thrive.

Building Skills for Life, Career & College

Our CASEL aligned curriculum targets the life skills that are critical to adolescent self-development and increased EQ during a time in a young person's life when they are most vulnerable. Through consistent application, they develop intrinsic motivation, meaningful purpose, and become more independent, proactive and solution oriented – core competencies adolescents need to successfully transition to adulthood.

How it works

TLC's "I Am Me" Curriculum includes (48) interactive lessons that are divided into (4) phases with (12) lessons per phase. Every lesson provides approximately (60) minutes of highly engaging content, which can easily be adapted to shorter or longer sessions.

The "I Am Me" Program was designed to be developmentally sequenced, therefore the progression and frequency of how the lessons are delivered will affect desired outcomes.

Best practice is to implement throughout the entire academic year, integrating as a weekly practice/activity.

**TLC can be modified and tailored for the specific needs of your schedule and academic scope.*

**tilly's
life
center**

How to Get “I Am Me” to Your Learning Community

FOR YOUTH

TLC “I Am Me” Onsite

Southern California Only

Our TLC Facilitated Program is the best option for schools that want an impactful SEL solution NOW. Invest in your school’s SEL development by having our trained TLC Facilitators join you onsite to deliver our “I Am Me” Curriculum. Let us partner with you to create sustainable wellness initiatives on your campus.

“I Am Me” Onsite includes TLC Facilitator, up to (48) lessons from our “I Am Me” catalogue & Student Facing Materials.

TLC “I Am Me” Virtual

Modeled after our “I Am Me” Onsite program, our Virtual Program provides online learners with an interactive & live platform to experience our SEL programming.

Our “Virtual” course includes (25) lessons delivered live by our trained TLC Facilitators through our TLC Educator Institute Platform.

**TLC Virtual includes TLC facilitator, TLC Education Platform, and (25) interactive lessons from our “I Am Me” catalogue.*

TLC Workshop Series

Looking to lead schoolwide initiatives that create a SEL foundation for the entire school? TLC will work with your educational leaders to customize a scope, sequence and timeline for your specific workshop, workshop series or assemblies that offer schoolwide initiatives. Workshop Series can be modified and customized to meet the needs of your students, educators and scheduling demands.

Virtual or Onsite options available. TLC Workshops include TLC Facilitator & Student Facing Materials.

“It taught me how to find a real solution to real life problems. I learned, how to solve conflict without fighting, that I should love myself and help others when they need help.”

– Israel, Age 15 - Student, Mount Miguel High School, Spring Valley, CA

“I liked I Am Peaceful because I was in a difficult time, and having bad anxiety. The things I learned in TLC had an impact on me for the better and helped me learn to calm myself.”

– Brianna, Age 14 - Student, Edison High School California, Huntington Beach, CA

“I just wanted to reach out to you to say THANK YOU! Thank you for creating a wonderful program for us! The teachers and administration were impressed! Our staff are already asking when you can come back! Please let the TLC staff know we really appreciated their hard work and we look forward to working with them again soon.”

- Jovanna Shummon - Social and Emotional Counselor, Port of Los Angeles High School, Los Angeles, CA

APPY • FRIENDLY
EMPASSIONATE • HOPEFUL • OPEN
M • FOCUSED • MINDFUL

Lesson 3:
In this lesson students
feelings and move toward
Lesson 4:
This lesson provided s
Lesson 5:
TLC presented five
Lesson 6:
Students gain

Phase 1 of



FOR ADULTS

TLC SEL "I Am Me" Educator Certification

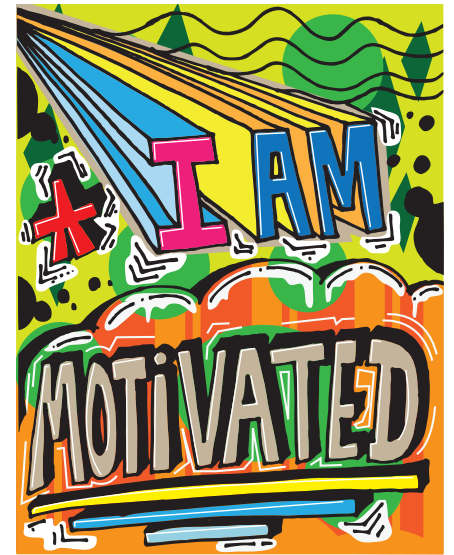
Our TLC Educator Certification gives educators access to 48 lessons from our "I Am Me" Curriculum - a holistic, systemic and easy-to-apply curriculum that gives educators practical methods to apply SEL practices to their classroom. Teachers, staff and administrators cannot be experts in everything - our program provides them with the confidence to imbed and integrate wellness techniques into their content expertise.

Certification Requirements

Complete one (8) or two (4) hour live interactive trainings.

Certification Includes

- Unlimited licensing for use of "I Am Me" Curriculum
- Access to TLC branded classroom supplies and student facing course materials
- Ongoing Coaching Support
- Membership to TLC's SEL Community of Practice Events & Digital Community

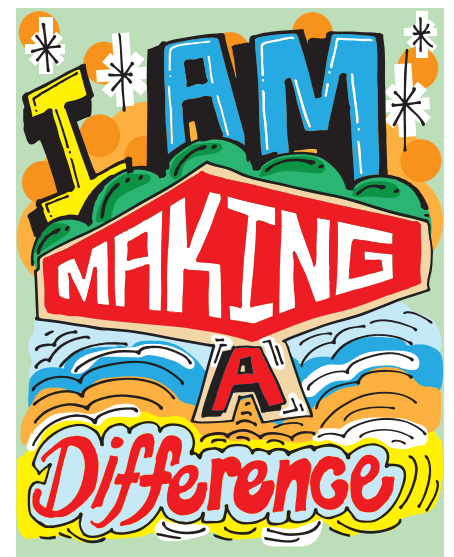


"I am so grateful for the opportunity to have this training. I can't wait to start changing lives with it!"

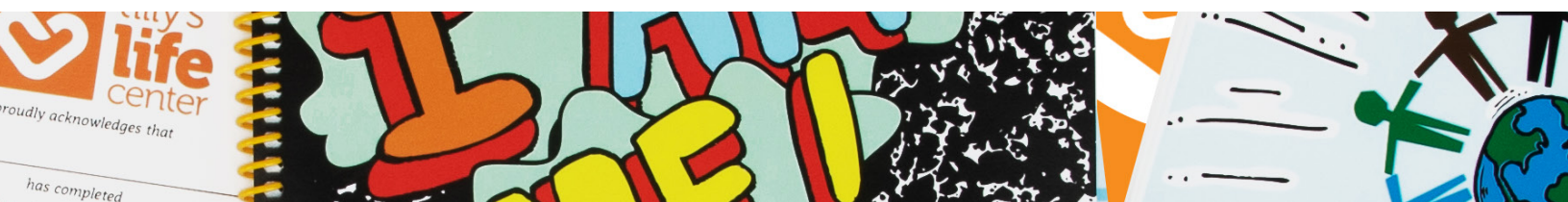
- Kristen Wisenall - Teacher, Phoenix High School, Lawrenceville, GA

"I cannot wait to start with my students! I try to make my classes fun and interactive but sometimes students don't want the interaction - hopefully, these lessons will change that!"

- Cory Everett - Teacher, Phoenix High School, Lawrenceville, GA



**TLC - SEL Wellness Curriculum
To Transform Young Lives**



Join Our **TLC** **Family** and Become a **TLC Certified** **Educator** **Today!**

Adult SEL Education & Professional Development

Our TLC Communities of Practice provide educators with a space to develop and practice social emotional skills outside the sphere of their district or school community. TLC creates a safe space to allow educators to experience and benefit from the EQ social-emotional practices that are being offered to students. There are ongoing events throughout the year that can be accessed on our calendar. We are also able to organize workshops or facilitate a community of practice based on your needs.

Virtual or onsite options available

If TLC is your JAM, continue your SEL journey with us by becoming a trained TLC Facilitator or a TLC Certified Educator.

*Pricing upon request

Tillyslifecenter.org

“I LOVE this stuff!! I can really use it in my academic coach position which was created to help make connections with students and prevent students from “falling through the cracks”

***- Lesleigh Groce -
Director, Clark Pleasant
Academy, Whiteland, IN***

Tilly's Life Center (TLC) is a youth-focused, 501(c)(3) nonprofit charitable foundation aimed at empowering all teens with a positive mindset and enabling them to effectively cope with crisis, adversity and tough decisions.

Our mission is to inspire today's youth to reach their full potential as productive, kind, happy, and responsible individuals.