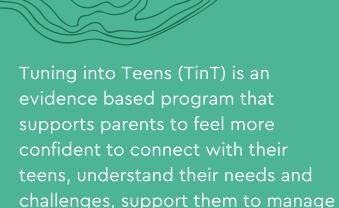


## Tuning into Teens

Equipping parents with skills to build on their emotionally intelligent parenting.



strong emotions and reduce

conflict.

One of the things parents find most helpful about attending this series is the chance to share experiences that are common for parents at this time, and hear new ideas about connecting with teenagers.

TinT is a **free** program run by Kids First for parents with children 10 and over who live in Yarra, Darebin, Whittlesea, Banyule and Nillumbik areas.

## Session dates and times

Session 1: Tuesday July 20
Session 2: Tuesday July 27
Session 3: Tuesday August 3
Session 4: Tuesday August 10
Session 5: Tuesday August 17
Session 6: Tuesday August 24

Time: 6 pm - 8 pm

## Location

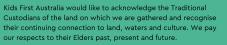
Kids First Australia 70 Altona St, Heidelberg West

## For all enquiries please contact

Donna El-Cheikh 0409 006 126 delcheikh@kidsfirstaustralia.org.au









We celebrate and value diversity.
Kids First has the HEART for providing support to the community in the most inclusive manner.