



KIDS  
FIRST™

# Tuning into Teens

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



Tuning into Teens (TinT) is an evidence based program that supports parents to feel more confident to connect with their teens, understand their needs and challenges, support them to manage 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

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Kids First Australia would like to acknowledge the Traditional Custodians of the land on which we are gathered and recognise their continuing connection to land, waters and culture. We pay our respects to their Elders past, present and future.



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