

A Special Invitation for Adoptive or Kinship Families
Parenting Children Between 10 & 16 Years of Age

Tuning in to Teens™

6 Week **Free** Interactive Online
Parenting Program (via Zoom)

Tuesday Nights: 7/20/21 – 8/24/21

7:30pm – 9:30pm

"After learning some techniques in the TINT training, my relationship with my daughter has improved. Instead of yelling about tough topics, now we talk about them."

Tuning in to Teens (TINT) is an internationally recognized parenting program designed to help parents improve relationships and connect with their teens. Because teenage years can be tough, TINT is designed to help parents:

- understand how your teen thinks and feels
- learn ways to manage your teen's emotions, and your own
- respond to your teen in ways that will help improve communications
- create a calmer home environment and lower conflict

Space is limited. Register today!

To register, or for more information:

Contact Cindy Lapidus at clapidus@njarch.org or 1-877-427-2465

This program is provided free of charge by New Jersey Adoption Resource Clearing House (NJ ARCH) for Adoptive and/or Kinship Parents



New Jersey Adoption
Resource Clearing House

www.njarch.org