


# *Navigating Tech with Teens*

## EMPOWERED PARENTING

Helping parents navigate smartphones, screen time, & social media with faith and confidence.

From their own lived experience as parents of teens, and their years of working in high school ministry and secondary education, Tony and Kristin Bird offer practical tools to monitor technology use, foster honest discussions, and help their teens develop healthy digital habits. 

## JOIN US

October 15, 2025 / 6:30-8:00PM  
Christ the King Lutheran Church  
601 S. Washington St. Combined Locks



Learn more at [burningheartdisciples.org](https://burningheartdisciples.org)