



ParentZone Eastern Newsletter Term 3 2023

PARENTZONE

**BETTER
TOMORROWS**

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What's new at ParentZone?

We are now half-way through 2023 and well into winter!

The team have been working busily on getting our Term 3 groups ready for you and are offering the following 6 week parenting programs online:

- Talking Teens
- Dad's Matter
- Circle of Security
- Parenting Anxious Children
- Tuning into Kids
- Living with ADHD/ADD

You asked, we listened – This term we are hosting a single session 'Talking Teens and Vaping' facilitated by our very own ParentZone facilitator, Sharon and with guest speaker, Drug and Alcohol Clinician, Joel Morrison from the LYFT program. Book now below!!

For those parents of the younger kids, aged 2-12 we are offering a single interactive workshop on setting boundaries, where we will discuss common childhood behaviours, discipline and punishment, and how setting boundaries can improve a child's wellbeing.

Returning due to popular demand, is the Living with ADHD/ADD Parenting group, which is being facilitated by Michelle from our Strengthening Parent Support Program. This parent education program offers helpful strategies for parenting your child with additional needs, and feeds into an ongoing peer support group for those interested. This program is now full, but please get in touch if you'd like to see us offer it again in future or if you'd like to join the peer support groups which are always open for like-minded parents wanting connection, information and support.

As always, this newsletter is a wonderful snapshot of services and programs being offered in the Eastern Region which can support you. Please have a look and get in touch with us if you need any further information.

Parenting is hard, and we all need extra support and skills to break old habits and improve our relationships with our children. Come along to one of our groups, meet other like-minded parents, and find new ways to enjoy parenting more.

We feel privileged to be walking alongside you on your parenting journey.

From the ParentZone Eastern Team
Tamara, Julia, Sharon, Michelle & Deborah

PARENTZONE

ParentZone Term 3 Parenting Programs



Free Parents Building Solutions programs for parents living in the Eastern Suburbs Melbourne

Dads Matter

Dads at their best: helping children thrive.

Are you a dad who would like to:

- Better understand the important role you play in the life of your children?
- Have agreements that work?
- Further develop your relationship with your young people?
- Get your head around what they need from you?

Come along to these 6 online sessions.
Share strategies, strengths, and stories.

Take some time out for you and celebrate
the importance of being a Dad!

When: Mondays (6 evening sessions)
31st July - 4th September 2023

Time: 7:00pm - 9:00pm

Where: Online - Via Zoom

Cost: Free (Bookings are essential)

Bookings: Full

Enquiries:

To be added to the waitlist for next term
please email:
parentzone.eastern@anglicarevic.org.au

PARENTZONE

ParentZone

Term 3 Parenting Programs



Free Parents Building Solutions programs for parents living in the Eastern Suburbs Melbourne

Talking Teens

Would you like to:

- Learn about adolescent development and why teens behave like they do?
- Discover strategies to deal with conflict and power struggles?
- Deal with anger and anxiety?
- Improve your relationship with your young person?

When: Mondays evenings (6 sessions) July 17th to August 21st 2023

Time: 7:00pm - 9:00pm

Where: Online via Zoom

Cost: Free for parents and carers living in Melbourne's Eastern Region.

Bookings: Full

Enquiries:

To be added to the waitlist for next term please email:
parentzone.eastern@anglicarevic.org.au

Please Note: Talking Teens is an interactive program. Please only register if you can commit to attending 6 sessions.

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Term 3 Parenting Programs



A Parents Building Solution Program for Parents of 4 to 12 year olds

Parenting Anxious Children

**A 6-week Parents Building Solution Program
for parents of children aged 4 to 12 years**

Are you a parent who wants to:

- Discover how anxiety develops throughout childhood?
- Learn parenting strategies to help your child cope with anxious feelings?
- Teach your child the skills of resilience so they can bounce back from adversities?
- Communicate better with your child?
- Join this interactive 6 week program to learn strategies, share stories and take some time out for you

Please note: we have limited places so please only register if you can attend all 6 sessions. You will also need to log in on a device with video and audio in order to participate.

When: Tuesdays (6 afternoon sessions)
August 1st to September 5th 2023.

Time: 1:00pm - 2:30pm

Where: Online via Zoom

Cost: Free for parents and carers living in the Eastern Suburbs of Melbourne
(bookings essential)

Bookings: Click [here](#) to register

Enquiries: sharon.muir@anglicarevic.org.au

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Term 3 Parenting Programs



Free Parents Building Solutions programs for parents living in the Eastern Suburbs Melbourne

Setting boundaries with your child

In this workshop we will:

- Discuss common childhood behaviours
- Explore how setting boundaries can support a child's wellbeing
- Discover the difference between discipline and punishment
- Learn ways to implement positive discipline with your child.

Join this interactive workshop to learn strategies, connect with other parents and take some time out for you.

Date: Thursday 20th July 2023

Time: 12:30 to 2:30pm (2-hour workshop)

Where: Online via Zoom.

Cost: Free for parents and carers living in Melbourne's Eastern Region.

Registration: [Click here](#)

Enquires:
sharon.muir@anglicarevic.org.au

Please Note: This workshop is interactive so you will be visible to other participants. You will need to log in on a device with video and audio in order to participate.

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Term 3 Parenting Programs



Living with ADHD/ADD Parenting Program

A 6 week parenting program bringing together parents/carers living with a child who has ADHD/ADD.

Are you the parent or carer of a child who has ADHD/ADD?

This free, 6 week parenting program is an opportunity to share information, parenting strategies and build connections with others around living with ADHD/ADD.

This program is fully booked

If you'd like more information on Strengthening Parent Support Program feel free to contact **Michelle** on 0438 646 744

Living with Autism Support

An Informal online peer support group for parents/carers who are caring for children living with Autism.

Dates: Fortnightly Thursday evenings

Days: July 20th, August 3rd, 17th, 31st and September 14th.

Time : 7:00 to 8:00pm

Where: Online via Zoom.

Cost: Free of charge for parents and carers in the Eastern Suburbs of Melbourne

Bookings: Full

Enquiries:

To be added to the waitlist for next term please email:
parentzone.eastern@anglicarevic.org.au

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Term 3 Parenting Programs



Talking Teens and Vaping

An online workshop for parents or adolescents 12 to 18 years.

In this workshop we will:

- Provide Information about what e-cigarettes and vaping are and the effects of their use.
- Explore reasons why adolescents maybe attracted to vaping
- Provide strategies for parents to discuss vaping and other substance use with your teenager
- Discuss how to establish healthy agreements in your family

Date: Monday 28th August, 2023.

Time : 7:00 to 9:00pm (2 hour workshop).

Where: Online via Zoom.

Cost: Free of charge for parents and carers in the Eastern Suburbs of Melbourne

Enquiries: sharon.muir@anglicarevic.org.au (Bookings essential).

Registration: Click here to [book](#)

Please Note: this workshop is interactive so you will be visible to other participants. You will need to log in on a device with video and audio in order to participate.

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Term 3 Parenting Programs



Circle of Security Parenting for parents of babies & toddlers

Circle of Security Parenting looks at how parents use a simple graphic to build their relationship with their children, enhancing secure attachment, trust and sense of safety.

Dates: Tuesdays (8 evening sessions)
18th July - 5th September, 2023.

Time: 7:00 to 9:00pm

Where: Online via Zoom.

Cost: Free of charge for parents and carers
in the Eastern Suburbs of Melbourne

**This group is now full. For future groups
please contact:**
parentzone.eastern@anglicarevic.org.au

Tuning into Kids For parents of 4 to 12 year olds

Would you like to help your children (and yourself) deal with strong emotions such as anxiety and anger? To be able to help your child learn to manage their strong emotions and deal with conflict as well as manage their challenging behaviours?

Dates: Mondays (6 evening sessions)
24th July - 28th August, 2023

Time: 7:00 to 9:00pm

Where: Online via Zoom.

Cost: Free of charge for parents and carers
in the Eastern Suburbs of Melbourne

**This group is now full. For future groups
please contact:**
parentzone.eastern@anglicarevic.org.au

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Other Parenting Programs



Safe Care

Safe Care is a parenting program for parents and caregivers of children aged 0 to 5 years. Safe Care educators work with families to increase positive interactions they have with their child, keep their child healthy and make their home safe.

Safe Care educators conduct weekly home visits, with the program being completed in 18-20 weeks.

The Safe Care topic areas are:

Parent Child Interaction/Parent Infant Interaction; to increase positive interactions they have their children during play and daily activities. PCI can also help to reduce challenging behaviours in young children.

Health; This module helps parents and caregivers to prepare for when their child is sick or injured and recognise when symptoms need emergency care, a doctors appointment or cared for at home.

Home Safety; this module helps parents and caregivers to identify and remove common household hazards and understand the importance of child supervision.

Contact Person: Genna Hatcher

Phone: 9735 6100

Email: genna.hatcher@anglicarevic.org.au

Other Parenting Programs



Knox Young Parents Group

Supported group for young parents under the age of 25 years with a baby under the age of 1. This is facilitated by Knox Children's Services and Knox Youth Services.

When: 15 July - 20 September

Time: 10:00am - 12:00pm

Where: Marie Chandler Playgroup room,
11-136 Park Cres, Boronia

Contact Person: Michelle Pascoe

Contact Number: 9298 8311

Email: michelle.pascoe@knox.vic.gov.au

Relationships Matters Parenting Programs

- Tuning into Kids
- Tuning into Teens
- Parenting after separation
- Keep Calm and Parent on
- Making stepfamilies work
- Roadworthy for dads

Website:

<https://relationshipmatters.com.au/program-category/parenting-programs/>

Triple P Parenting Program

The Triple P - Positive Parenting Program provides practical strategies to help parents raise happy, confident children; set family routines and rules that everyone can follow; and balance work and family life with less stress. Free to attend online

Bookings: triplep-parenting.net.au/vic-uk/en/triple-p/

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Other Parenting Programs



Expecting and New Dads – Modern Day Parenting

Expecting and new Dad's and male caregivers Dad's are invited to a FREE interactive workshop supporting and strengthening your role as a father/carer, building positive relationships with your child and exploring the important role you have in your baby's life. Light dinner provided.

When: Wednesday 9th August

Time: 6.30pm-9.30pm

Where: Mt Evelyn Community House, 50 Wray Cres, Mt Evelyn

Contact Person: Michelle Lehmann

Phone: 1300 368 333

Email: earlyyears@yarraranges.vic.gov.au

Relationships Australia Parenting Programs

We provide programs designed to improve the wellbeing and safety of children and young people, providing strategies for communication and emotional development.

Website: relationshipsaustralia.org.au/child-parenting-courses

Thriving for Parents

Let's face it. Parenting is challenging. Would you benefit from some time to focus on yourself?

Facilitated by skilled therapists and counsellors and based on evidence based positive psychology, topics include:

- Learning to recognise signs of having a low tank and the effect on your parenting
- Understanding importance and different methods of self-care
- Exploring the values and aspects of thriving
- Identifying hopes and dreams as parents

When: 23 August to 13 September

Time: 10:00am - 11:30am

Where: Suiet 4, Level 1, MC2, 687 Doncaster Rd, Doncaster

Cost: \$55 for 4 sessions

Contact Person: Andrea de Rauch

Phone: 9856 1500

Email: andrea.derauch@doncare.org.au

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Other Parenting Programs

C.O.A.C.H. (Creating Opportunity And Casting Hope)

C.O.A.C.H. is a long-term mentoring program that equips mentors (volunteers) to walk alongside families or individuals who are doing it tough. The C.O.A.C.H. mentors are friendly, encouraging and non-judgemental people. The mentor meets with the client on a weekly/fortnightly basis for an hour at a mutually agreed place. It is a goal-oriented program and the mentor will help the client to achieve their goals and make positive improvements in their life. The mentor will support the client for approximately 12 months.

Cost: Free

When: All year round

Where: CityLife Community Care - 1248 High Street Road, Wantirna South

Contact Person: Christine Leong

Email: Christine.leong@citylife.care

Website: <https://www.citylife.care/>

Tuning into Teens

This 6-week program focuses on developing key skills to recognise and respond to your child's emotions, and to learn about conflict management and preventing problem behaviour in children. Tuning in to Teens™ teaches parents/caregivers how to help their teen develop emotional intelligence - a key skill that can help them better cope with their emotions, become more aware and assertive, and have more stable and satisfying relationships as adults.

This program covers:

- Emotional intelligence and why it's important
- The five steps of emotion coaching
- Different parenting styles
- Anger and conflict management
- Problem solving
- Emotional self-care.

When: 28th July - 1st September, 2023

Time: 10:00am - 12:00pm

Where: Online via Zoom

Cost: \$275 Per person or \$475 Per couple

Contact Person: Client Service Kew RAV Office

Phone: 9261 8727

Email: relationshipseducation@rav.org.au

Website:

<https://www.relationshipsvictoria.org.au/child-parenting-courses/tink-kew-online/>

Other Parenting Programs

COACH Community Mentoring (SBC/ABC)

Participants are matched with a volunteer mentor to meet for an hour a week for one year. Participants choose their own goals, which may include parenting, social connection, life skills, education, employment etc., Mentors provide supportive friendship to assist follow through. Bi-lingual mentors may be available.

When: Flexible

Cost: Free

Contact Person: Rosie Merrigan

Phone: 9803 9144

Email: rmerrigan@sb.org.au

Tuning into Kids

This 6-week program focuses on developing key skills to recognise and respond to your child's emotions, and to learn about conflict management and preventing problem behaviour in children. Tuning in to Teens™ teaches parents/caregivers how to help their teen develop emotional intelligence - a key skill that can help them better cope with their emotions, become more aware and assertive, and have more stable and satisfying relationships as adults.

This program covers:

- Emotional intelligence and why it's important
- The five steps of emotion coaching
- Different parenting styles
- Anger and conflict management
- Problem solving
- Emotional self-care.

When: 26th July - 30th August 2023

Time: 5:30pm - 7:30pm

Where: Online via Zoom

Cost: \$275 Per person or \$475 Per couple

Contact Person: Client Service Kew RAV Office

Phone: 9261 8727

Email: relationshipseducation@rav.org.au

Website:

<https://www.relationshipsvictoria.org.au/child-parenting-courses/tink-kew-online/>

Other Parenting Programs

Mums & Munchkins (Support for Mums through challenge)

- Improve your confidence & self esteem
- Build new friendships with people on a similar journey
- Invest time into yourself
- Explore topics of interest with a parenting focus
- A play program will be provided for birth to pre-school aged children

Where: CityLife Community Care, 1248 High Street Road Wantirna South

When: 1st and 3rd Thursday each month during the school term.

Time: 10am - 11:30am

Contact: Bronwyn

Phone: 9871 8900

Email: bronwyn.upton@citylife.care

Mummy & Me

A mentoring program for Mums in the Knox area with children 0 - 11 years old who have little or no family or community support.

- Volunteer mentors help in the home for on a weekly or fortnightly basis
- Work together on reaching established goals, gain competence in motherhood and share valuable life experience
- Build confidence and self-esteem
- Build connections and help break social isolation
- The program is for 6 weeks with an option to extend if required

Phone: 9871 8900

Email: bronwyn.upton@citylife.care



Young Parents Group

A support group for young parents under the age of 25 years, whose child is 12 months or under.

When: Fridays during school terms

Time: 10:00am - 12:00pm

Contact: 9298 8000

Email: youth@knox.vic.gov.au

Young Mums Group

This is a group for young mums (under 25) and children. Activities include art therapy, outings to cafes/parks/play centers, origami, knitting, cooking, etc.

When: Wednesdays (15 July - 20 September)

Time: : 2:00pm - 3:30pm

Where: Box Hill Neighbourhood House - 47 Kitchener St Box Hill South

Contact Person: Oriana

Phone: 03 9890 2673

Email: fan@fan.org.au

Website: <https://www.fan.org.au/>

Other Parenting Programs



Parent Support Group

Anglicare's Parent Support Group is for parents who are supporting someone with drug or alcohol issues.

- Improve your knowledge of alcohol and drugs
- Develop communication skills to improve your family relationships
- Develop strategies to manage your own stress and tension
- Improve your parental/carer confidence and self-esteem

When: Every Tuesday

Time: 5.30pm-7.30pm

Where: Anglicare Box Hill, Level 2/ 37-41 Prospect Street, Box Hill 3128

Cost: Free of charge - bookings essential

Contact: Leigh or Stacey

- leigh.davidson@anglicarevic.org.au
- stacey.caldwell@anglicarevic.org.au

Family Drug Support

Family Drug Support runs peer support group meetings at a range of locations in Victoria as well as online.

This group is open to anyone who has a family member that uses drugs or alcohol. It is non-religious, non-judgmental, and safe.

When: Wednesday and Thursday fortnightly

Where: Currently, all groups are held online.

Cost: Free

Contact: Chloe on 0448 177 083

Webpage: please click [here](#), or copy the URL www.fds.org.au/meetings-events

Parenting Sessions - information forums and webinars



Boroondara City Council

boroondara.vic.gov.au/community-support/boroondara-families/activities-families/activities-parents-and-caregivers

Knox City Council

knox.vic.gov.au/parentworkshop

Manningham City Council

manningham.vic.gov.au/Parenting-Seminar-Series

Maroondah City Council

www.maroondah.vic.gov.au/Community-support-business/Children-and-families/Parenting-information-sessions

Monash City Council

monash.vic.gov.au/Community/Children-Family/For-Parents/Parenting-Programs

Whitehorse City Council

whitehorse.vic.gov.au/living-working/people-and-families/family-activities-and-resources/parenting-information-forums

Yarra Ranges Council

<https://www.yarraranges.vic.gov.au/Community/Family/Family-Webinars>

PARENTZONE

Child and Family Counselling



Animal Assisted Therapy for Child and Family Counselling

EACH is now providing Animal Assisted Therapy for all families who access the Child and Family counselling services based in Ringwood East.

Child and Family Counselling uses family therapy interventions with the assistance of a therapy dog (Bailey) to engage in counselling and support families to find solutions together.

A first appointment requires a parent/s only session to determine the needs of the family and assess the suitability of the service.

Contact: 1300 003 224

When: Monday, Tuesdays, Wednesdays

Where: 75 Patterson St Ringwood East

Cire Reconnect Program

Reconnect can provide up to 18 months of mentorship and support for adults seeking to re-enter the workforce or training. Suitable for parents (aged 17-64) who have not been in education or employment for 6 months or more and want support to re-engage. In addition, any adults with lifetime experiences of Out of Home Care are eligible. Participation is free and voluntary - not tied to any Centrelink payments.

Contact: Erica German

Phone: 1800 835 235

Email: ericagerman@cire.org.au

Webpage: <https://www.cire.org.au/reconnect/>

Support for Parents of 0 to 6-year-olds Maternal & Child Health Centres

Boroondara MCH Centres

Bookings: phone 9278 4606 or email
boroondara@boroondara.vic.gov.au

- 1 Cherry Road Balwyn (03)9836 8151
- 5 Anderson Rd, Hawthorn East (03) 9835 7861
- 21 Strathalbyn St, Kew East
- 152 Pakington St, Kew (03) 9853 9466
- Kendall St, Canterbury VIC (03) 9836 2106

Manningham MCH Centres

Bookings: phone 9840 9188 or
email mchadmin@manningham.vic.gov.au

- 5/7 Derreck Ave, Bulleen (03) 9840 9188
- 1/687 Doncaster Rd, Doncaster (03) 9840 9188
- 39 Mayfair Ave, Templestowe Lower (03) 9840 9188
- 510-518 Blackburn Rd, Doncaster East (03) 9840 9188
- Tunstall Rd, Doncaster East (03) 9840 9188

Maroondah MCH Centres

- Arrabri House Bayswater North 9729 4017
- 90 Bonnie View Road Croydon North 9294 5777
- Croydon Civic Square 9294 5540 or 9294 5541
- Norwood Centre, Ringwood 9870 7264 / 9879 8813
- 75 Patterson Street Ringwood East 9879 6583
- 127 Oban Rd, Ringwood North 9876 3307, 9879 0854
- Tarralla, 38 Gracedale Ave, Ringwood East 9294 5777

Yarra Ranges MCH Centres

Central Maternal Child Health 1300 368 333

Urban Maternal and Child Health Centres:

- Chirnside Park, Kilsyth, Lilydale, Mooroolbark,
- Montrose, Mount Evelyn
-

Hills Maternal and Child Health Centres:

- Belgrave, Belgrave Sth, Monbulk, Selby, Upwey
-

Valley Maternal and Child Health Centres:

- Badger Creek, Coldstream, Healesville, Wandin, Warburton, Woori Yallock, Yarra Glen, Yarra Junction

Knox MCH Centres

Bookings: phone 9298 8741

- Billoo Park 40 Birchfield Crescent Wantirna Forest Road (Cnr. Stockton Ave)
- Ferntree Gully Knox CFC - 41 Phyllis Street Bayswater
- Knox CFC - 81 Argyle Way Wantirna Sth
- Knoxfield 81 Anne Road Knoxfield
- Liberty 77 Liberty Avenue Rowville
- Murrindal 100 Murrindal Drive Rowville
- Marie Chandler Park Crescent Boronia
- Wattleview 17 Fuchsia Street Ferntree Gully

Monash MCH Centres

Bookings: phone 9518 3662

- Batesford Hub: 94 Batesford Road, Chadstone
- Brandon Park: 7 Collegium Avenue Wheelers Hill
- Clayton Comm Centre, 9-15 Cooke Street Clayton
- Huntingdale: 59 Greville Street Oakleigh East
- Kerrie: 35 Boyanna Road Glen Waverley
- Mount Waverley: 35 Sherwood Road Mt Waverley
- Mulgrave: 55 Shaftsbury Drive Mulgrave
- Oakleigh: Link Centre, 8-10 Johnson St, Oakleigh
- Pinewood: 11 Pinewood Drive Mount Waverley

Whitehorse MCH Centres

- Blackburn North Family Centre 9898 3611
- Box Hill South Family Centre 9889 8900
- Burgess Family Centre Box Hill North 9898 3611
- Forest Hill Family Centre 889 8900
- Mitcham Family Centre 9262 6332
- Vermont South Family Centre 92626332

PARENTZONE

Support for Parents Early Years - 0 to 6 year olds



Neighbourhood Friendship Group

This is an opportunity to connect with and meet other families with children aged 0-3 years in your local neighborhood.

When: Tuesday 2nd May, 16th May, 20th May, 12th June

Times: 9:30am - 11:00am

Where: Kerrimuir Neighbourhood House, 57 Linda Ave, Box Hill North

Contact: Rachel - Parent Resource Officer

Phone: 0477 329 540

Email:

parentresource@whitehorse.vic.gov.au

Website:

<https://www.eventbrite.com.au/e/neighbourhood-friendship-group-term-2-2023-tickets-588557991797>

Early Parenting Services

Day stay, residential, and group services provided to enhance parent-child relationships and support parents with strategies for achieving their parenting goals. For parents children up to 4-years .of age

Where: O'Connell Family Centre, Canterbury

Phone: (03) 8416 7600

Queen Elizabeth Centre, Noble Park

Phone: (03) 9549 2777

Tweedle Child and Family Health Service,

Footscray **Phone:** (03) 9689 1577

PARENTZONE

Support for Parents Early Years - 0 to 6 year olds



Mums of the Woori Yallock Region Social Group

Woori Community House and Women's Health East invite you to come along and meet other mums in the Woori Yallock region at a Mum's Social Group.

Run every Wednesday throughout Term 3, the social group is a great opportunity for Mum's of babies, toddlers and preschool aged children to get together over morning tea, make some local friends and have some fun! We will have lots of toys, games, and a supervisor on hand to keep the little ones entertained.

When: Every Wednesday for 8 weeks, commencing 19th July

Times: 10:00am - 11:30am, except on the 26th July and 30th August which will be held in the afternoon.

Where: Woori Community House, 1385 Healesville-Koo Wee Rup Road, Woori Yallock

Contact: Vanessa from @ Women's Health East - vczerniawski@whe.org.au

Register here:

Support for Parents Early Years - 0 to 6 year olds

Maternal & Child Health Telephone Service

Confidential, 24-hour Maternal and Child Health Line provides information and advice about the care and health of your child (from birth to school age).

Discuss your concerns about child health and nutrition, breastfeeding, your own health, and any parenting issues

Phone: 13 22 29

SmallTalk Supported Playgroups

Free facilitated playgroups for families with a child aged 0-6 years who have a current Health Care Card. The program provides strategies to support children's early learning and development.

Contact person: Rakhi Khanna, Supported Playgroup Coordinator

Contact phone: 1300 368 333

Email address: earlyyears@yarraranges.vic.gov.au

Knox Council:

9298 8348 or play@knox.vic.gov.au

Monash Council:

playgroups@monash.vic.gov.au or 0466 026 290

Whitehorse Council:

supportedplaygroup@whitehorsevic.gov.au

Yarra Ranges Council:

earlyyears@yarraranges.vic.gov.au 1300 368 333

PANDA - Perinatal Anxiety and Depression Australia

Provides support, information, referral, and counseling to any new parent struggling during pregnancy or after the birth of their baby. Callers do not need to have a diagnosis of antenatal or postnatal depression to make contact with the helpline.

Phone: 1300 726 306



The Orange Door

Easily accessible, community-based point of entry for children, young people, and families needing support.

Boroondara, Manningham, Monash, and Whitehorse **Phone:** 1300 354 322

Knox, Maroondah, and Yarra Ranges

Phone: 1300 271 150

ForWhen

A judgment free mental health referral service. Mental health support for expecting and new parents.

We connect parents that are struggling to navigate the complex waters of pregnancy and new parenthood to the critical mental health services they need.

ForWhen is a national support line for new and expecting parents, mums, dads and guardians. It is a national support line that connects you to the right service that can help you understand what you're feeling and provide the guidance and support you need at the right time.

You can call our free national helpline number at **1300 242 322** to speak to a local specialist

PARENTZONE

Support for Parents Early Years - 0 to 6 year olds

Australian Breastfeeding Association

The Breastfeeding Helpline is available 24hrs, 7 days a week, staffed by trained volunteer counselors who answer in their own homes.
Phone: 1800 686 268

Local groups meet regularly to provide information, "mother to mother" support, and activities in community centres, cafes, local parks, and online.

Whether, pregnant, fully breastfeeding, partially breastfeeding, expressing, or bottle-feeding all mothers will be welcomed.

Find local group meetings dates, times, and locations;
www.breastfeeding.asn.au/contacts/groups



Signee Tots Playgroup

Signee Tots is an Auslan based playgroup for children aged 0 to 5.

When: once a fortnight on a Tuesday through school term.

Upcoming dates: 6th August & 3rd September.

Where: 25-35 High Street, Prahan

Contact: Catherine Miller 0422 013 596 (SMS only)

Email: signeetots@jpc.org.au

Parentline Victoria

Counselling information Service for Victorian parents and carers of children 0-18 years.

Phone: 13 22 89

Webpage: www.parentline.vic.gov.au

Bookaburra Story Time

Bookaburra Volunteer Storytellers run FREE interactive sessions including stories, rhymes and fun (excluding school holidays). No booking required!

These sessions are open to all families with children aged 0-5 years.

When: 15 July - 20 September, Monday-Friday mornings

Where: Variety of locations across Yarra Ranges

Contact: Michelle Lehmann

Phone: 1300 368 333

Email: earlyyears@yarraranges.vic.gov.au

Support for Parents Early Years - 0 to 6 year olds



Little Stars Playgroup

Facilitated playgroup for preschoolers and their carers.

Dates: Each Tuesday during the school term

Time: 10:00 - 11:30am

Where: 13 Bedford Road Ringwood

Phone: 9870 8169

Contact: Tiffany Gilmour, Playgroup Coordinator

Email: playgroup@ringwoodchurch.org.au

Webpage:

www.ringwoodchurch.org.au/beinvolved/kids-families/

Mother Goose

An hour of songs, rhymes, and stories with your child. This group is aimed at strengthening the bond between parent and child, and developing group friendships. This is a free program.

0-2yrs Age Group

May 17th July - 11th September

Mondays 10:00am - 11:00am

2-4yrs Age Group

20th July - 14th September

Thursdays 10:00am - 11:00am

Where: EACH Freeman St Meeting Room, 28 Freeman St, Ringwood East

Phone: 03 7038 6423

Contact: Shelley Neil

Email: cdtcorrespondence@each.com.au

PARENTZONE

Support for Parents Middle Years - 7 to 11 year olds



Eastern Child & Youth Mental Health Service (CYMHS)

Eastern Health CYMHS is a Specialist Mental Health Services for children and young people up to the age of 24 years who are displaying symptoms of psychiatric disorder or severe emotional and behavioral disturbance.

The service is available to families who live in the central and outer eastern regions of Melbourne

Contact: 1300 721 927 (Press Option 2)

Website:

[www.easternhealth.org.au /site/item/99-child-youth-mental-health-service-cymhs](http://www.easternhealth.org.au/site/item/99-child-youth-mental-health-service-cymhs)

Kids of Gold Camps

BOOK NOW TO AVOID DISAPPOINTMENT

Building self-esteem and confidence for children in Grades 4-6. Level 1 Beginners

Date: 27th October - 29th October

Time: Friday 7:30 am to Sunday 3:30 pm

Where: Lyrebird Park Campgrounds
510 Beenak Road, Yellingbo 3139.

Contact person: Gary Parsons

Contact phone: 0415 427 396

Email: kidsofgold@gmail.com

Website: www.kidsofgold.org.au

Support for Parents of 12 to 18 year olds

Meridian Youth and Family Therapy

Therapy for people aged 10-23 and their families to address conflict from issues such as: violence, anxiety, bullying, depression, eating disorders, family breakdown, gaming or internet misuse, grief, self-harm, suicidal thoughts, sexual or physical abuse, sexual identity & gender issues, school refusal, & social isolation.

Phone: Meridian Intake on 03 9896 6322

Email: meridian@anglicarevic.org.au

Partners in Parenting (PiP)

For parents or guardians of teenagers aged 12-17 years.

Monash University and Prevention United are offering FREE access to an evidence-based online parenting program to make sense of adolescence and raise their teenager with confidence.

PiP+ includes features such as:

- An online community with other parents of teens
- Personalised feedback about parenting, and well-being of the parent and teenager
- 10 user-friendly interactive online modules (15-25mins each) for parents to do in their own time
- A world-leading research project

Website: partnersinparenting.com.au

Email: med-pip-plus@monash.edu or

Phone: 0492 476 075



COACH Program

COACH program offers the support of a trained volunteer for an hour a week for one year.

Mentors provide a friendship with a purpose to individuals and families. They can assist with goals around parenting, social connection, life skills, study, and employment.,

Mentors use an empowerment model to help people maximize their own resources and stay on track with the goals they set. Men are matched with men and women with women.

Cost: Free.

Where: Monash and surrounding areas.

Contact Rosie on 9803 9144

Email: rmerrigan@sb.org.au

PARENTZONE

Support for Parents of 12 to 18 year olds



Talking Teens

For parents of teenagers aged 12 - 18 years who would like to:

- Learn about adolescent development and why teens behave like they do?
- Discover strategies to deal with conflict and power struggles?
- Deal with anger and anxiety?
- Improve your relationship with your young person?

When: Monday evenings (6 sessions)
17th July - 21st August, 2023

Time: 7:00pm - 9:00pm

Where: Online via Zoom

Cost: Free for parents and carers living in Melbourne's Eastern Region.

Bookings: Please click [here](#) to register

Enquiries: sharon.muir@anglicarevic.org.au

PARENTZONE

Eastern Youth Services

Boroondara Youth Services

Website: www.boroondara.vic.gov.au/community-support/young-people/visit-our-youth-centre **Phone:** 9278 4608

Knox Youth Services

Website: knox.vic.gov.au/youth
Phone: 9298 8000

Manningham Youth Services

Website: each.com.au/manninghamyouth/youth-programs/
Phone: 130000 EACH / (1300 00 3224)

Maroondah Youth Support Service

Website: maroondahyouth.com.au/Support-for-Young-People
Email: youth@maroondah.vic.gov.au
Phone: 9294 5704

Monash Youth Services

Website: monashyouth.org.au/Programs
Phone: 9518 3900

Whitehorse Youth Services

Website: whitehorse.vic.gov.au/living-working/people-and-families/young-people/services-activities
Phone: 9898 9340

Yarra Ranges Youth Services

Website: yarraranges.vic.gov.au/Community/Youth
Phone: 1300 368 333

YSAS

Youth Support and Advocacy Service

Website: ysas.org.au
Phone: 9415 8881

Headspace

Confidential and free mental health support for young people aged 12 to 25 years

Website: headspace.org.au

Phone:

Knox - 9801 6088

Hawthorn - 9006 6500

PARENTZONE

Youth Groups

EACH Youth and Family

EACH Youth & Family is running several online and in-person group social activities for young people aged 15- 25 years

Programs include:

- Just Vibing - an inclusive social group for 15 - 25-year-olds to engage in fun activities.
- Just Shine - therapeutic group program for young women aged 14-18 years.
- Youth & Family Craft Space - group craft space for young people aged 15-25 years

More information:

EACH Youth & Family Facebook page
facebook.com/groups/eachyouthvic

EV's Hangout

A drop-in program for young people aged 12-25. Each week young people have access to the pool, table tennis, video games, board games, food, and other activities. Young people can also connect with our youth workers for a casual chat or to seek support.

When: Every Thursday 3:00 - 6:00 pm

Contact: Maroondah Youth and Children's Services

Phone: 9294 5704

Email: youth@maroondah.vic.gov.au

Website:

www.maroondahyouth.com.au/Programs-for-Young-People/Hangout

Maroondah City Council - Sage

Sage provides a safe space for young LGBTIQ+ people (aged 14-18 years) who live, work, study or play in Maroondah to connect with peers, discuss different topics, eat snacks and have fun!

When: Runs fortnightly every Monday in Croydon.

Enquiries: Rachelle on 9294 5704 or Shannon on 0418 545 553 or youth@maroondah.vic.gov.au

Maroondah City Council - MY Pride

MY Pride is a fortnightly group for young people aged 10 - 13 who identify as LGBTIQ+ or who are exploring their identity.

MY Pride provides a safe space for young people who live, work, study or play in Maroondah to connect with peers, discuss different topics, eat snacks and have fun!

When: Runs fortnightly every Monday afternoon in Croydon.

Enquiries: Shannon or Kater on 9294 5704 or at youth@maroondah.vic.gov.au

Disability Programs for Parents

Strengthening Parent Support Program

For parents & carers of children with a disability (including ASD, ADD)

Are you a parent or carer of a child with a disability or developmental delay (with or without a formal diagnosis)? Could you use a bit of support and connection with others who understand?

Come along and join other parents and carers at one of our monthly peer support groups.

Share stories and strategies, and have a cuppa, a chat and some laughs with other supportive parents and carers in a casual and comfortable environment. You can come to one or as many groups as you like!

Groups are free of charge and bookings are required

For information on groups, individual support, or if you'd like an information session for your community group or organization,

Free of charge.
Bookings are required.

Contact **Michelle** on **0438 646 744** or **StrengtheningParentSupport@anglicarevic.org.au**

Online Group

Dates: Fortnightly on Thursdays, commencing July 27th, August 10th & 24th & September 7th.

Time: 10:30am - 11:30am

Location: Online via Zoom

Bayswater

Dates: 2nd Wednesday of every month during school term, commencing July 12, August 9th & September 13th.

Time: 10:30am - 11:30am

Location: Glen Park Community Centre - 30 Glen Park Rd, Bayswater North

Lilydale

Dates: 3rd Friday of every month during school term, commencing July 21st & August 18th.

Time: 10:30am - 11:30am

Location: Anglicare office, 47-51 Castella Street, Lilydale

ADD/ADHD Support Group

Dates: August 1st - September 5th

Time: 7:00pm - 8:30pm

Location: Online via Zoom

Living with Autism Support Group

Dates: July 20th, August 3rd, 17th, 31st & September 14th (Fortnightly Thursday Evenings)

Times: 7:00pm - 8:00pm

Location: Online via Zoom

Disability Programs for Parents



Association for Children with a Disability

ACD supports all families in Victoria with children with disability aged 0 to 18.

They provide information and resources on a number of topics such as:

- How to access the NDIS
- Early intervention
- School and education support
- Supporting teen independence
- Workshops for families and professionals

The 2023 ACD workshop schedule has not yet been released, so please check their website in early February for updates.

A free support line is available Monday to Friday, 9am-5pm

Support line: 9880 7000

Support line (regional): 1800 654 013

Support email: acdsupport@acd.org.au

Website: acd.org.au

EACH Family Relationship Support for Carers Program

Carer workshops, information sessions, and events with topics relevant to carer needs.

- Tuning Into Kids and Tuning Into Teens- these programs are facilitated by a trained psychologist in this field. There is no cost, but bookings are required.
- Wills & Estate Planning, including Disability Trust information.
- Carer Wellness events.

Short-term counseling support. (Individual, couples & family sessions)

For further information please contact EACH on **1300 303 346** or frsc@each.com.au

PARENTZONE

Disability Programs for Parents



Wellbeing for Carers

Connect with other carers
Realise strengths and values
Develop courage and resilience
Experience self-acceptance

Explore themes with skilled counsellors related to caregiving, including tools for managing stress, anxiety and isolation, when caring for someone who:

- has a physical disability
- has a medical condition (terminal or chronic)
- has a mental illness
- is frail because they are old ('frail and aged')

When: Fridays 12th May to 2nd June

Time: 10:00am - 11:30am

Cost: \$55 for 4 sessions

Where: Suite 4, Level 1, MC2, 687 Doncaster Road, Doncaster 3108

Contact: Andrea de Rauch

Phone: 9856 1500

Email: andrea.derauch@doncare.org.au

Website: www.doncare.org.au

PARENTZONE

Disability Contacts for Families

Association for Children with a Disability (ACD)

Support Line Monday to Friday 9:00 am-5:00 pm

Email: acdsupport@acd.org.au with your preferred day and time for a callback, or

Text: 0475 577 997 with your preferred day and time for a callback

Phone: 03 9880 7000 or 1800654 013 (regional)

AMAZE

Builds autism understanding in the community, influences policy change for autistic people and their families/supporters, and provides independent, credible information and resources.

Phone: (03) 9657 1600 **Web:** <https://www.amaze.org.au/>

Autism Counselling

Suite 2/171 Boronia Rd, Boronia 0414 487 509

Cerebral Palsy Support Network

A community that advocates for inclusion and self-determination of individuals with Cerebral Palsy <https://cpsn.org.au/> 9478 1001

Deaf Victoria

Advocates to increase access to services and to educate the wider community on how to work, play, and study with deaf and hard of hearing people.

Phone: 0431 476 721 **Website:** <https://www.deafvictoria.org.au/>

Down Syndrome Victoria

Provides families and people with Down syndrome with support, encouragement, information and resources. **Phone** 1300 658 873 **Email** info@dsav.asn.au

Website: <http://www.downsyndromevictoria.org.au/>

Epilepsy Action Australia

Provider of epilepsy support and information nationwide.

Website: <https://www.epilepsy.org.au/>

Scope Australia

Support for people with physical, intellectual disabilities, and developmental delays to achieve their goals. **Phone:** 1300 472 673

VALID

Equipping and empowering people with a disability and their families using training tools, information, and resources. 130 Cremorne street, Richmond Vic 3132

Phone: 03 9416 4003

Yooralla

Provides quality services for people with disability across Victoria **Phone:** 03 9666 4500 **Website:**

<https://www.yooralla.com.au/>

PARENTZONE

Aboriginal and Torres Strait Islander Support for Families

Mullum Mullum Indigenous Gathering Place

Elders, Men's, Women's and Youth networks

- Burrai Playtime
- Food bank
- Access and support
- Aboriginal Health Promotion and Chronic Care Program (AHPACC)
- Indigenous Community Links

Website: mmigp.org.au

Phone: (03) 9725 2166

Djirra

Where culture is shared and celebrated, and practical support is offered to all Aboriginal women and particularly to Aboriginal people who are currently experiencing family violence or have in the past.

Website: djirra.org.au

Phone: (03) 9244 3333

Dardi Munwurro

Delivers a range of family violence, healing, and behaviour change programs and services.

Breaks the cycle of inter-generational trauma in Aboriginal families and communities, by empowering and inspiring individuals to heal the past, Acknowledge the present and create a positive vision for the future.

Website: dardimunwurro.com.au

Phone: 1800 435 799

Boorndawan Willam Aboriginal Healing Centre

A culturally safe service that assists in their healing journey from the impact of family violence. Boorndawan Willam (Safe House) is a place where you can strengthen your family and relationships through our holistic Aboriginal cultural and spiritual approach

Website: bwahs.com.au

Phone: (03) 9212 0200

Victorian Aboriginal Child Care Agency (VACCA)

A state-wide Aboriginal Community Controlled Organisation servicing children, young people, families, and community members.

The largest of its kind in Australia.

Website: vacca.org **Phone:** (03) 8727 8800

Oonah Health & Community Services Aboriginal Corporation

A welcoming and culturally affirming place that provides information, services, and programs focused on building a healthy, strong, and skilled community.

Website: oonah.org.au **Phone:** (03) 5962 2940



Culturally and Linguistically Diverse Families

Migrant Information Centre

The Migrant Information Centre (Eastern Melbourne) (MIC) assists families and children from migrant and refugee backgrounds residing in the eastern suburbs of Melbourne to understand Australian life, integrate into a multicultural community, and access services.

Website: miceastmelb.com.au

Chinese Family Services

Uniting Connections offers a range of programs to support families living in Monash.

Programs offered include:

- Chinese Playgroup
- Information sessions for Chinese parents
- Support for Chinese fathers

Phone: Joseph Jin - 0422 00 8145
or 03 9875 4222

Email: Joseph.Jin@vt.uniting.org

Victorian Multicultural Commission

Strengthens cultural diversity in Victoria through consultation, advocacy, celebration, and promotion. Site list more than 1700 services including interfaith networks, language service providers, government agencies, language schools, and events

Phone: (03) 7005 1267

Website:
multiculturalcommission.vic.gov.au



Asylum Seeker Resource Centre

The ASRC has a food bank and can provide material aid, healthcare, housing support, education support, and legal aid for refugees and asylum seekers residing in Australia.

Phone: 03 9326 6066

Website: asrc.org.au

English Conversation Corner

Free online weekly sessions to practice your English skills in a relaxed supportive environment. Organised by volunteers with training through AMES. Conversation groups are for those over 18 years of age

Website: ringwoodchurch.org.au/be-involved/community

Culturally and Linguistically Diverse Families



Kindergarten Outreach Program

The Kindergarten Outreach Program, run by Maroondah City Council, supports children and families from culturally and linguistically diverse backgrounds to enroll and participate in kindergarten.

Bilingual staff are available to support families, and interpreters are available if required.

The program supports children and families that have recently arrive in Australia:

- to enroll and participate in 3-year-old and 4-year-old kindergarten
- to transition into primary school
- to engage in other early childhood support services

For more information, or to access a translated flyer (available in Falam, Hakha, Karen, Mizo and Zomi) please visit the Kindergarten Outreach Program website by clicking [here](#).

When: call or visit between 8:30am-5:00pm

Where: 179 Maroondah Highway, Ringwood, VIC 3134

Phone: 1300 882 233 / 03 9294 5739

Email: outreach.program@maroondah.vic.gov.au

PARENTZONE

Family Violence Support

DAWN Mentoring Program

DAWN provides long-term support to women recovering from the ramifications of domestic violence. This is done through a mentoring process, where volunteers are matched with a client to provide social support, assistance with practical issues and companionship.

Participants can be referred by family support workers, counsellors, emergency relief workers, women's refuges, police, and other services. The DAWN program is delivered by Doncare.

If you would like to find out more about the DAWN program or query eligibility, please call.

Phone: 03 9856 1500

Webpage: doncare.org.au/the-dawn-program

Doncare

Counselling services for people who have experienced family violence, including children and young people.

Contact Person: Intake Co-ordinator

Phone: 9856 1500

Email: intake@doncare.org.au

Website: <https://doncare.org.au/>

Crossways Life Care

Offers support to women and children who have experienced family violence through various group programs, counseling, mentoring, financial care, food pantry and community events.

Phone: (03) 9886 3899

Email: lifecare@crosswaylifecare.org.au



The TRAK Forward Program

Supports people to move forward after family violence, Includes

- Safety Planning
- Child and Family Counselling
- Coaching in the home or refuge
- Support to access other services
- Access to peer support

People living in Manningham, Boroondara, Monash and Whitehorse can access the service free of charge.

Intake Phone: 03 9896 6395

Email: trakeast@anglicarevic.org.au

Family Violence Support



Re:SPECT

The Re:SPECT program utilises visual arts, journaling and mindfulness for self-expression, to explore themes relating to emotions, values and identity, and move towards healing and recovery.

A 6-week creative art therapy group for women recovering from family violence

- A group for women who have experienced family violence
- A space to Pause, Connect & Thrive
- Experience self-acceptance and growth in a safe and supportive environment
- Connect and share with other women who have had similar experiences
- Break free from self-blame and fear
- Reconnect with your personal strengths, your power and wisdom

When: Tuesdays, 25th July - 29th August
10:00am - 12:00pm.

Location: Doncare, Suite 4, Level 1, MC2, 687
Doncaster Road, Doncaster 3108

Cost: Free

Contact: Andrea de Rauch - 9856 1500
andrea.derauch@doncare.org.au

Sunshine Playgroup

Sunshine Playgroup is open to all families with children aged between 2.5-5 years old who have been impacted by family violence.

It is not a therapy program, but rather a playgroup where children and parents can spend time together in a creative and safe space.

When: Wednesdays

Time: 10am-11.30am

Where: Burwood East

Cost: Free, with morning tea provided

Contact: LifeCare 03 9886 3899

FVPrograms@crosswaylifecare.org.au

audrey.chee@crosswaylifecare.org.au

Family Violence Support



Courage to Heal

The Courage to Heal Program is a 12 month group therapy program for women who have experienced intimate-partner violence.

The program runs weekly during school terms and breaks over school holidays.

Courage to Heal covers topics including understanding abuse, managing emotions, healthy boundaries and healthy relationships. The program aims to create community connections, empower and support women as they heal and recover from the impacts of family violence.

Occasional child care is available for pre-school aged children while their mums attend the program

Who: the program provides post-crisis support. It is suitable for women who have experienced intimate-partner violence but are no longer in an abusive relationship and are able to commit to the 12-month program.

When: Please contact us for upcoming program dates.

Where: Waratah House, a confidential location within City of Whitehorse

Cost: Free

Bookings: email FVPrograms@crosswaylifecare.org.au or call 9886 3899

Website: <https://www.crosswaylifecare.org.au/our-services/family-violence-programs/>

Family Yoga

Practicing yoga as a family is a great way to exercise, relax and spend quality time together. The course will help strengthen the bond between you and your children whilst focusing on fun. Expect some games, yoga poses and relaxation activities.

This course is aimed at all levels and abilities, no previous experience is needed. For health and safety reasons we encourage all participants to bring their own yoga mat, but we will also have some available if you do not have one.

Dates: Tuesday 11th July every week until August 15th (6 weeks)

Time: Arrive at 4 pm for 4.15pm-5.15pm

Location: Box Hill (Exact location will be provided once registered)

Facilitators: Stacey and Su Ling (yoga certified practitioners)

Cost: Free of charge

Contact: The TRAK Forward Program Intake on 03 9896 6395 or trakeast@anglicarevic.org.au

PARENTZONE

Family Violence Support

CAREing Connections

A weekly peer support group that provides women a safe, relaxed space to connect and discuss participant-identified topics (such as resilience and wellbeing) over a cup of tea.

Topics to be explored include:

- Self-Care
- Healing
- Family relationships
- Healthy / Unhealthy relationships
- Boundaries
- Anger

When: Wednesdays (Groups will run during term time, starting week 2 of each term.)

Time: 12:00pm - 2:00pm

Where: Doncare at Manningham City Square, Doncaster Road, Doncaster 3108

Cost: Free

For more information please contact:

Zehra.Yalcin@anglicarevic.org.au

Andrea.derauch@doncare.org.au

Phone: 9856 1500

Free From Family Violence

Previously called: Eastern Domestic Violence Services (EDVOS)

Support includes working with police and the court system, housing assistance, counselling, and men's family violence intake.

Services are free and confidential.

Phone: 9259 4200

Safe Steps Phone: 1800 015 188
(24-hour crisis line)

Website: <https://www.fvree.org.au/>

“Create Together” Group

The aim of “Create Together” is to explore ways that creative expression such as writing and art can foster a sense of positive attachment and wellbeing for families through fun activities!

This group aims to engage parents and children in activities such as drawing, painting and creating fun stories together to facilitate healing after family violence and promote ongoing wellbeing.

No art experience required.

When: Thursday 11th May until 15th June (6 weekly sessions)

Time: 4.15pm-5.15pm

Where: Box Hill (Exact location will be provided once registered)

Contact: Peggy (Art Therapist) and Rhys (Counsellor)

Phone: 03 9896 6395

Email: trakeast@anglicarevic.org.au

S.T.A.R Kids

A 6-week art therapy group for kids in grades 4-6 who have experienced or witnessed family violence.

This program is designed to help children:

- Get creative, express themselves, and have fun with their peers
- Gain self-confidence and self-esteem
- Learn to manage emotions
- Make new friends

When: Tuesdays 4:00pm - 6:00pm

25th July - 29th August

Where: Suite 4, Level 1, 687 Doncaster Road, Doncaster 3108

Cost: Free - Bookings essential

Contact: trakeast@anglicarevic.org.au

Support for Dads



Dads Matter

A Parents Building Solutions Program:

- Better understand your importance in your child's life
- Have agreements that work
- Improve your relationship with your child
- Get your head around what they need from you

When: Mondays (6 evening sessions)
31st July - 4th September

Time: 7:00pm - 9:00pm

Where: Online

Cost: Free of charge

Bookings: [Click here](#) to register, or contact us using the details below

Enquiries: Deborah at Parentzone, call 9721 3629 or email deborah.trengrove@anglicarevic.org.au

DadsLink

DadsLink group is a space for all Dads and Father figures to connect, while also creating opportunities to enjoy healthy activities and camps with their children.

Where: Hocokah House in Canterbury.

Contact: dadslink@ymca.org.au

Dads Online

Dads come in all shapes and sizes and many are part of a separated family. There is one distinct common thread that connects us, we love our children, we embrace fatherhood, and intentionally make it a priority.

Dads Online are dedicated to these Dads. We provide relevant information and ideas that tap directly into the heart of topics that are most important to Dads.

Where: Online

Contact: www.dadsonline.com.au/contact

Dads in Distress

Supports dads experiencing trauma through family breakdown and separation. DID acknowledge the specific issue of father-child contact and custody battles commonly termed 'parental alienation', a factor closely linked to stress, separation anxiety, depression, isolation, and suicide in Australia.

Website: parentsbeyondbreakup.com/dids

Phone: 1300 853 437

PARENTZONE

Financial Counselling



Anglicare Victoria Financial Counselling Program

- Unable to pay your bills?
- Struggling to pay your debts?
- Thinking about bankruptcy?
- Struggling with paying your mortgage or rent?
- Do you have debts as a result of family violence?

Financial Counselling is free and confidential to anyone living in the Inner Eastern Metropolitan Region experiencing financial hardship.

Free services to anyone living in the Boroondara, Manningham, Monash, and Whitehorse local government areas. You can see a Financial Counsellor over the phone, at our Box Hill office, or at an outreach location in Glen Waverley.

To make an appointment to see a Financial Counsellor please call 9896 6322

Financial Counsellors can work with you to establish payment plans for:

- Utilities
- Credit Cards
- Loan repayments
- Telecommunication providers
- Fines

Financial Counsellors can:

- Provide options and explain the consequences of each option.
- Offer details of government concession and other assistance
- Support you with Centrelink matters
- Provide information on the bankruptcy process
- Refer you to other services that may be able to assist



Act Now. Get **\$250** in your pocket.

All Victorian households can apply for the \$250 Power Saving Bonus.

We can support you to apply. Call Anglicare's Energy Team on 1800 531 741.

Apply for your \$250 cash back **today**.*



**1. Check your
eligibility**



**2. Have your electricity bill
and bank details handy**



**3. Call
1800 531 741**



Scan here
to find out
more.

*You must be a Victorian residential energy consumer (i.e. have a residential electricity account) and be the account holder. Only one payment is available per household.



Translating and
Interpreting Services
are available

This program is supported by
the Victorian State
Government



Useful Contacts for Families

Help Lines

Police (24-hour stations) 000
Lifeline Crisis Support. Suicide Prevention 13 22 89
Parentline Victoria Counselling information Service 13 22 89 or visit their website www.parentline.vic.gov.au
Family Violence Help: 1800 015 188
Kids Help Line Phone Counselling Service: 1800 551 800
Homeless Crisis Line 1800 825 955
Drug and Alcohol Services 1800 888 236
Mensline Counselling Service 1300 78 99 78
Q Line Counselling & Referral for LGBTI people 1800 184 527

Boroondara City Council

8 Inglesby Rd, Camberwell VIC 3124
(03) 9278 4444
<https://www.boroondara.vic.gov.au/>

Knox City Council

511 Burwood Highway, Wantirna South VIC
3152 (03) 9298 8000
<http://www.knox.vic.gov.au/>

Manningham City Council

699 Doncaster Rd, Doncaster VIC
3108 (03) 9840 9333
<https://www.manningham.vic.gov.au/>

Maroondah City Council

Braeside Avenue, Ringwood or Civic Square,
Croydon
1300 88 22 33 or (03) 9298 4598
<https://www.maroondah.vic.gov.au/>

Whitehorse City Council

379-397 Whitehorse Rd, Nunawading
3131 (03) 9262 6333
<https://www.whitehorse.vic.gov.au/>

Yarra Ranges Council

15 Anderson Street Lilydale, VIC 3140
P 1300 368 333 (03) 9735 4249
<https://www.yarraranges.vic.gov.au/Home>

Centrelink

Carers 132 717

Families 136 150

Financial Information Service (FIS) 136 357 (FIS seminar booking)

Help in an Emergency 132 850

Indigenous Australians Call Centre 1800 136 388

Languages (Multilingual) 131 202

Low Income Healthcare Card 132 490

Online Support Hotline 132 307

myGov Help Desk 132 307

People With a Disability 132 717

Medicare

General enquiries 132 011

Aboriginal and Torres Strait Islander Line 1800 556 955

Australian Immunisation Register Enquiries 1800 653 809

Compensation Recovery - Medicare 132 127

Disaster Health Care Assistance 1800 660 026

myGov help desk 132 307

Pharmaceutical Benefits Scheme 132 290

**Telephone claims 1300 360 460
Translating and Interpreting Service (TIS National) 131 450**

Eastern Region

Community Services Contacts

ANGLICARE VICTORIA

1800 809 722 anglicarevic.org.au

Anglicare Box Hill - (03) 9896 6322

37-41 Prospect Street, Box Hill VIC 3128

- Adolescent Support, Youth Counselling and Mediation
- Crisis Accommodation for Young People
- Drug & Alcohol Services
- Family Counselling
- Family Services
- Financial Counselling
- Foster and Kinship Care
- Men's Behaviour Change Group
- Residential Care
- ParentZone

Anglicare Lilydale - (03) 9735 4188

47-51 Castella Street, Lilydale, Victoria, 3140

- Family Violence Support
- Foster Care Intake and Services
- Integrated Family Services
- Men & Boys Program
- TEACHaR
- Integrated Family Services
- Child FIRST

Temcare

03 9877 7729

www.temcare.org.au

- Respite Foster Care - regular care in the home of a volunteer 1 weekend a month 2-12 years old
- Mates Mentoring - 1:1 mentoring support for teenagers 11-16
- Youth Workers - outreach youth support
- Integrated Family Support - support for families - parenting/case management/advocacy/NDIS access/mental health/court support/referral support
- Counselling for children - Play therapy /outreach in their school or creche / 3-12 years old / Evidence based psychotherapy promoting healing and growth for trauma/mental health and disability in children.

EACH

Eastern Access

Community Health

each.com.au/services

Phone: 1300 003 224

- Assistance in accessing NDIS Services
- Childhood Intervention Services
- Speech Pathology
- Occupational Therapy Counselling
- Dietetics
- Oral Health
- Playgroups
- Psychology
- Child care
- Youth Clinic
- Youth Development
- Youth Counselling
- Youth Group programs
- Youth Mental Health support

DONCARE

**Manningham City Square,
Suite 4 L1/687 Doncaster Rd,
Doncaster (03) 9856 1500**

- Information & Emergency Relief
- Counselling
- Family Services
- Family Violence
- Prevention and Recovery Services

BEYOND BLUE 1300 22 4636

Support for depression and anxiety

HEADSPACE YOUTH MENTAL HEALTH

Phone Counselling 1800 650 890

Hawthorn (03) 9815 0818

Knox (03) 9801 6088

INPSPIRO COMMUNITY HEALTH

Lilydale (03) 9738 8801

Belgrave (03) 9738 8853

RELATIONSHIPS AUSTRALIA

1300 364277

SANE AUSTRALIA 1800 18 7263

Mental illness and support information

UNITING

Email: www.vt.uniting.org Phone: 1300 003 224

Uniting Burwood East Phone: (03) 9803 3400

Emergency Relief: 9:30am to 3:35pm Counselling: By appointment

Uniting Connections Blackburn 9875 4222 Croydon 9724 2222

Child FIRST, Family Services, Home-Start Scheme, Parenting Assessment and Skills Development Service, Starting Out

Uniting Harrison Mount Waverley (03) 9051 3000

Crisis assistance, Family Mediation, Youth Support, Affordable Housing

Uniting Wesley Croydon (03) 9839 6100 Ringwood (03) 8870 4070

Foster Care, Adolescent Support, Family Violence, Homelessness & Crisis

Uniting Prahran Kew East (03) 9692 9400 Mt Waverley (03) 9692 9400

Mental Health Support, Personal Helpers and Mentor Service

Partnering and Professional Training with ParentZone

Parents Building Solutions

Level 1 Accredited Training for Professionals

Parents Building Solutions provides an evidence-based comprehensive framework for any professional who works with parents, whether it be with individuals, couples or groups. Discover tools to support any parent or carer in any setting including sole parents, couples, step-parents, grandparents, carers and family groups.

The 6-week half-day training includes:
Strength-based tools to effectively engage parents in reflective conversations about parenting.

Tips to support parents with setting boundaries, understanding their child's development, emotional wellbeing, resilience, and positive family relationships.

The Tools of the trade - a 390 page Parents Building Solutions e-manual with practical activities and insights to support the emerging needs of parents today.

Development of communication and facilitation skills to best support parents.

Who is this training for?

Anyone who works with parents! A wide variety of people have told us they really benefited from this training - social workers, teachers, psychologists, case managers, family services practitioners, volunteers and residential staff.

"The training was both practical and reflective. I learned new ways to communicate with parents and feel more confident discussing tricky topics"- Family Services Worker

Expressions of interest for Term 4

Cost: \$495. (Plus 10% GST)

Includes PBS Manual-USB, Hardcopy PBS Manual is also available for purchase at \$115 (Plus 10% GST)

Level 1 PBS Assessment & Methodology:

The program is experiential - combining theory and practice wisdom to give participants fresh insights and practical tools they can use when working with families.

Upon completion of the training and assessment, all participants may be accredited to Level 1 PBS practitioner. The required assessment includes 90% attendance, demonstrated competence according to the PBS assessment matrix, completion of 5 program reflections which focus on the additional reading articles and/or weekly activities, and in pairs facilitation of an activity from the PBS manual to the wider group.

Contact: ParentZone Eastern

Email: parentzone.eastern@anglicarevic.org.au

Professional Training



Bringing Up Great Kids: Facilitator Training

This practical workshop provides participants with the opportunity to learn how to successfully establish and run the Bringing Up Great Kids Parenting Program

Time: 2 sessions x3.5hrs each. 10:00am-1.30pm

Where: Online

Contact person: Pat Jewell

Phone: 1300 381 581

Email address: PJewell@childhood.org.au

Website:

<https://professionals.childhood.org.au/training-development/>

Bringing Up Great Kids extension courses now available:

- Kinship and Foster Carers
- In the first 1000 Days
- for Aboriginal & Torres Strait Islander Families
- Parenting after family violence
- Parenting adolescents

Website:

<https://professionals.childhood.org.au/course/bugk>

Bringing Up Great Kids: Facilitator Training F2F

This practical full day workshop provides participants with the opportunity to learn how to successfully establish and run the Bringing Up Great Kids Parenting Program.

Dates: 28th April

Time: 1 Session 9:30am - 4:00pm

Where: ACF office, Level 1, 675 Victoria St, Abbotsford VIC 3067

Cost: \$297

Contact person: Pat Jewell

Phone: 1300 381 581

Email address: PJewell@childhood.org.au

Website:

<https://professionals.childhood.org.au/training-development/>

PARENTZONE

ParentZone Pods

PARENTZONE

PODS



Parenting is
the toughest
and most
important job
you will ever
have.

Family meetings
everyone will love



Dealing
with your
kids' anxiety



Sibling rivalry



Getting my children
to listen



How to respond
to our kids'
behaviour



How to stop yelling
at your kids



For parents, carers, and those who support parenting

The ParentZone Teams are delighted to bring you 6 ParentZone Pods for you and the families you support. Each Pod identifies and explores common issues parents bring to our parenting groups, and offers strategies to try in these situations.

Podcast Episodes Available Now!

Season 1:

Episode 1: Family Meetings - [click here to listen](#)

Episode 2: Dealing with Anxiety - [click here to listen](#)

Episode 3: Sibling Rivalry - [click here to listen](#)

Episode 4: Getting Children to Listen - [click here to listen](#)

Episode 5: How to Respond to Kids' Behaviour - [click here to listen](#)

Episode 6: How to Stop Yelling at your Kids - [click here to listen](#)

ParentZone Pods can be found on our [website](#) and via [Apple](#) and [Spotify](#).

PARENTZONE

Partnering and Professional Training with ParentZone

Parent Educators Network

The next Parent Educators Network Meeting will be on the 6th of September from 9.30am - 11.30am at Anglicare Box Hill, Level 2/37-41 Prospect St. If you would like an invite to this meeting please email parentzone.eastern@anglicarevic.org.au We are always pleased to see new faces!

Any professionals working with parents in the Eastern Region are welcome to join us in sharing resources, networking, and hearing from our informative guest speakers!

ParentZone offers professional consults and training to professionals working with parents on a variety of themes and covering all ages and stages.

If you would like to be on our mailing list to hear about future ParentZone events, or if you would like further information on training opportunities available through ParentZone please email: parentzone.eastern@anglicarevic.org.au

We look forward to hearing from you!

The ParentZone Eastern team,

Tamara, Julia, Michelle, Deborah, and Sharon.



Newsletter Submissions What Are Your Plans for 2023?

As a Parent Resource Service, we are very interested in hearing from professionals who work with parents throughout the Eastern region of Melbourne.

What emerging needs have you identified? What upcoming programs and services is your organization offering or planning to offer?

To submit an entry into future ParentZone newsletters please email parentzone.eastern@anglicarevic.org.au before the last day of each school term.