



PARENTZONE EASTERN DIRECTORY

Term 3 2019

News and information on groups and programs offered by Parentzone and Community Services across the Eastern region

Boroondara, Knox, Manningham, Maroondah, Monash, Whitehorse and Yarra Range

Table of contents

NEWS ACROSS THE EASTERN REGION	2
EASTERN REGIONAL PARENTING SERVICE	2
OTHER REGIONAL PARENTING SERVICES IN METROPOLITAN MELBOURNE.....	2
PARENT EDUCATORS NETWORK MEETINGS	3
FUTURE PLANNING.....	4
PROFESSIONAL DEVELOPMENT TRAINING	5
CHILD AND FAMILY FOCUSED SERVICES / WORKSHOPS.....	6
FAMILY FOCUSED WEBSITES.....	8
GENERAL PARENTING - 0 to 5 years.....	9
GENERAL PARENTING - 0 to 12 years.....	12
SLEEP UNITS	14
PARENTS OF ADOLESCENTS - 12 to 18 years	15
CULTURALLY AND LINGUISTICALLY DIVERSE (CALD)	17
SOLE PARENTS	19
STEP AND BLENDED FAMILIES	20
GRIEF AND LOSS.....	22
MENTAL HEALTH / POST NATAL DEPRESSION SUPPORT.....	23
DADS	25
FAMILY VIOLENCE AND ANGER MANAGEMENT	27
SPECIAL NEEDS	31
VULNERABLE AND ISOLATED PARENTS.....	36
DRUGS, ALCOHOL AND ADDICTIVE BEHAVIOURS	38
CHILDREN AND ADOLESCENT PROGRAMS	40
OTHER COMMUNITY SUPPORT GROUPS	43

EASTERN REGIONAL PARENTING SERVICE

Anglicare Victoria Parentzone

47 - 51 Castella Street, Lilydale VIC 3140

t| 9735 6134 f| 9735 5782 e| parentzone.errd@anglicarevic.org.au

Monday to Friday 9am to 4pm

OTHER REGIONAL PARENTING SERVICES IN METROPOLITAN MELBOURNE

Northern Region

Anglicare Victoria Parentzone

8 Hurtle Street, Lalor VIC 3075

t| 9465 0322 f| 9464 1887

Southern Region

Anglicare Victoria Parentzone

66-68 Main Street, Pakenham VIC 3810

t| 1300984011 f| 5940 9622

Anglicare Victoria Parentzone

60-64 Wells Street, Frankston VIC 3199

t| 9781 6700 f| 9781 4844

Western Region

McKillop Family Services / ParentsLink

118 Commercial Road, Footscray VIC 3011

t| 9680 8444

PARENT EDUCATORS NETWORK MEETINGS

STATE PARENT EDUCATORS MEETINGS

This meeting is held once a term to facilitate supportive and educational interaction between people who are providing various parenting services across Victoria. Contact Pat Jewel for further information and/or details on 0429 819 392 or email pjewell@childhood.org.au

PARENTLINE – PHONE 13 22 89

This is a free service offering telephone counselling, information and referrals to parents of children aged between 0-18 years. Parents and other carers may call to obtain advice about managing difficult behaviours – including conflict and relationship issues.

People who ring while the line is busy, or outside business hours, can leave a message and they will be called back.

PARENT EDUCATORS NETWORK MEETINGS – EASTERN REGION

This network meeting is open to all professionals involved in the provision of parenting education and information. Meeting are held once a term to facilitate supportive and educational interaction between people who are providing various parenting services across the Eastern Region. We are always open to suggestions, so please contact Parentzone if you have any particular topic requests.

Numbers are limited, therefore, bookings are essential

Phone Helena from Parentzone on 9735 6134

If you wish to be on our email contact list for information to be sent to you or to be added to our list of parenting course providers, please email the Parentzone team at the following address parentzone.errd@anglicarevic.org.au or, alternatively, bring your details to the next meeting.

FUTURE PLANNING



What do you have planned for Term 4, 2019?

Term 4 Parent News deadline is 27th September 2019

Is your information up to date?

Towards the end of each school term we send out a **“What’s On”** form via email to all registered organisations to either confirm current details of activities or to update group activities and service information for the coming term.

This email is sent to a designated contact person provided by each organisation. We are especially grateful for all the responses we receive. Unfortunately, we don’t receive a completed form from all registered members.

We need this information in order to have your programs advertised in Term 4, 2019.

If you are unsure of details such as dates, times, costs and venues, we can list these with a note “please phone for details” rather than exclude them – as long as we have the name of the program, a contact name and phone number.

Please use the **“What’s On”** form included or emailed to you with the reminder towards the end of term.

To save time and human resources we need your help!

If you are a listed service and your contact person or program information in this edition is incorrect, or you are not receiving the **“What’s On”** form via email, can you please contact us immediately to update your details and activities. Please ensure that at the end of each term you are updating and sending your details to: parentzone.errd@anglicarevic.org.au

Without your update, our parent educators are spending significant time each term over the school holidays contacting organisations and/or checking websites to update as much information as possible. Meanwhile we are looking at a more efficient way to update each term’s information.

If you wish to be on our reminder list, let us know via email.

If you do not receive your reminder, please contact us on 9735 6134

PROFESSIONAL DEVELOPMENT TRAINING

Region	Contact	Address	Details / Other
AUTISM BEHAVIOURAL INTERVENTION ASSOCIATION (ABIA) ABIA trains, educated and supports parents, carers and professionals working with children with Autism Spectrum disorder.			
Boroondara	9830 0677 info@abia.net.au www.abia.net.au	Level 1, 121 Maling Road, Canterbury	
WELLBEING IN CHILDHOOD MATTERS			
All Areas	Lynseg Leong 9489 3500	Manningham City Council 699 Doncaster Road Doncaster	11 Sept \$340 – ELAA members \$450 – Non members
CULTURALLY SAFE AND INCLUSIVE PRACTICES			
Boroondara	Clara Yip 9278 4439	Camberwell Civic Centre, 8 Inglesby Road, Hawthorn	Thurs 22 nd August 6 – 9pm Cost: FREE
DONNA ZANDER AND ASSOCIATES Treating the Trauma of Family Violence			
All Areas	Donna Zander 0411 399 747 www.donnazanderandassociates.com.au	Venue to be advised Melbourne CBD	Thursday 25 th and Friday 26 th July
AUTISM COUNSELLING Various training and consultations for professionals. Kinder, school programs, classroom planning, transitions and positive behaviour support.			
All Areas	Jo White 0414 487 509 jowhite3130@gmail.com www.autismcounselling.com.au	Suite 2/171 Boronia Road, Boronia Outreach available	Parent courses and children's groups available. Ring for details
MOUNT EVELYN COUNSELLING Mount Evelyn Counselling is a team of qualified and experienced psychologists and counsellors.			
Yarra Ranges	9736 2273 www.moutevelyncounselling.com.au	29 Monbulk Road, Mount Evelyn VIC 3796	
MAN ENOUGH – Pornography Awareness for Men Offers interactive talks and presentation to schools, business and community groups. Also offers confidential one-on-one programs.			
All Areas	Hugh 0456 224 803 www.manenough.com.au		
FERNHILLS CLINIC PSYCHOLOGY MENTAL HEALTH CARE Offering group therapy at Boronia, Ringwood and Ferntree Gully			
Knox and Maroondah	9839 3300 www.fernhillscclinic.com.au		Groups available: Women's Mental Health Support group, Being Assertive and Parenting after Separation
EASTERN HEALTH COMMUNITY SEMINARS			
All Areas	www.easternhealth.org.au 1300 342 255	Federation Estate Greenwood Avenue Ringwood	Autism 13 Aug 9.30-12.30pm School Refusal 12 Sept 9.30- 12.30pm
PARENTS BUILDING SOLUTIONS			
All Areas	Anglicare Parentzone Helena 9735 6134 or 0488 501 204	Anglicare 666 Mountain Hwy Bayswater	Tues 6 th Aug – 10 th Sept 9.00 – 12.30pm

CHILD AND FAMILY FOCUSED SERVICES / WORKSHOPS

Region	Contact	Address	Details / Other
FAMILY RELATIONSHIPS SERVICES FOR CARERS EACH provides an integrated range of health, disability, counselling and community mental health services across Australia.			
Maroondah	1300 003 224 frsc@each.com.au		
ELKANAH COUNSELLING <i>consultations by appointment only</i> Counsellors at Elkanah are fully qualified psychologists. Some are also family therapists, trauma therapists and mediators.			
Boroondara	9817 5654 www.elkanahcounselling.com.au	1 Whitehorse Road, Balwyn VIC 3101	8am to 8pm Mon to Fri 8am to noon Sat
FREE COMMUNITY PANTRY First Tuesday of the month 10.00 – 12.00pm			
Maroondah	9720 5097	Glen Park Community Centre Bayswater North (must be a member)	First Tuesday of the month 10-12pm
CHILDRENS CONTACT SERVICE RINGWOOD For children of separated parents to spend safe, professionally supervised time with the parents they do not live with			
All Areas	9259 4188 www.ringwoodfrc.org.au/ccs	16 Bond Street Ringwood	Fees can be found at web address
YARRA VALLEY PSYCHOLOGY Offers a range of services. including individual and relationship counselling, family therapy, psychological assessments and mediation			
Yarra Ranges Maroondah Knox	9723 1441 www.yvp.com.au	Nunawading, Croydon and Lilydale offices	
THINKING TOGETHER THERAPY – specialised in the treatment of postnatal depression and transition to parenthood. Infant, child and adolescent mental health particularly trauma related symptoms and relational concerns.			
All Areas	Elisha Ebdon www.thinkingtogethertherapy.com	0406 782 326 Upwey and Ferntree Gully	
LIFECARE WOMEN LWC supports isolated and vulnerable women, (predominately single mothers) who have little support or connection			
Monash	patricia.karagiorgos@crosswaylifecare.org.au 9886 3899	709 Highbury Road Burwood East	
YARRA VALLEY HEALTH (formerly Yarra Valley Community Health Service) Free general/individual counselling for adults with a focus on mental health. Family and children's counselling for primary aged children and their parents			
Yarra Ranges	1300 342 255	Sites at Yarra Junction and Healesville Hospital	
CONNECTING KIDS – psychology clinic for children, teens and their families			
All Areas	Belinda Dan 0438 088 940 www.connectingkids.com.au	Unit 9, 603 Boronia Road, Wantirna	Services: - Assessments Counselling, Group Programs, Parent and teacher workshops and Supervision

SUPPORTING CHILDREN THROUGH COUNSELLING – Family Mediation and Counselling Service

Provides a range of services to support children and their families in understanding and managing difficult situations. Children 5-18 years.

Monash	9564 6999 chadstone@mediation.com.au	41 Stamford Road Oakleigh	Group sessions and short courses available.
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WOMEN'S LEGAL SERVICE VICTORIA

Providing free and confidential legal information, advice, representation and referral to women in Victoria.

All Areas	8622 0600 www.womenslegal.org.au	Level 6 233 William Street Melbourne	
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YOUTH COUNSELLING SERVICES

Free counselling for young people aged between the ages of 12-25 and their families who live, work or attend school in the Yarra Ranges.

Yarra Ranges	www.inspiro.org.au 9738 8801	17 Clarke Street, Lilydale 3/1527 Burwood Hwy., Tecoma 333 Maroondah Hwy., Healesville And Yarra Junction	
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CRADLE TO KINDER

Specialist service that offers early parenting support and advice to young mothers, their partners and children

All Areas	Referral through Child First 1300 762 125 Cradle to Kinder 1300 471 799 www.mackillop.org.au	Cradle to Kinder inner east is provided by Mackillop FS in partnership with Mercy Health and inc. Boroondara, Manningham, Monash and Whitehorse	
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EACH PSYCHOLOGICAL STRATEGIES

A free program that provides structured groups and individual counselling for people of all ages with or at risk of developing a diagnosed mild to moderate mental illness and their carers

All Areas	arc@emphn.org.au 9800 1071	Support is provided in Whitehorse, Knox, Yarra Ranges and Monash	
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CHILD DEVELOPMENT TEAM

Maroondah Knox	Therapy and consultation is provided by speech therapists and occupational therapist through therapy and training talks	1300 003 224	A child development conversation is required before attendance at any talk
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STRONG MINDS PSYCHOLOGY

All Areas	Lisa Archer 5967 1438 strongmindpsychteam@gmail.com	3 Little Yarra Road Yarra Junction	Group, individual and parenting services
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FAMILY FOCUSED WEBSITES

Region	Contact	Address	Details / Other
ASTHMA FOUNDATION OF VICTORIA Asthma Australia and Asthma Foundations work collaboratively to improve the quality of life for people with asthma.			
All Areas	Advice Line 1800 278 462 or 9326 7088 www.asthmaaustralia.org.au		
AUSTRALIAN MULTIPLE BIRTHS ASSOCIATION Social and practical support about PND, babysitting, equipment hire, feeding, ant-nation information, social activities and babysitting club.			
All Areas	1300 886 449 secretary@amba.org.au www.amba.org.au		Multiple playgroups in each areas and newsletters with useful information.
CHILDREN WITH PARENTS AFFECTED BY MENTAL ILLNESS Find resources and advices and subscribe to monthly newsletters.			
All Areas	www.copmi.net.au		
EVERYDAY WAYS TO SUPPORT YOUR BABY AND TODDLER'S EARLY LEARNING Advancing the proven power of early connections.			
All Areas	www.zerotothree.org		
MIRABEL FOUNDATION Established in 1998 to assist children who have been orphaned or abandoned due to parental illicit drug use and are now in kinship care.			
All Areas	www.mirabelfoundation.org.au	St. Kilda	
THE RITE JOURNEY Is a unique educational program designed to support teens in the development of self-awareness, vitality, responsibility, respect and resilience.			
All Areas	0432 603 655 andrew@theritejourney.com www.ritejourney.com		
PARENTING IDEAS Michael Grose Presentations			
All Areas	www.parentingideas.com.au		
PARENTLINK ACT Fact sheets			
All Areas	www.parentlink.act.gov.au	13 34 27	
PARENTING RESEARCH CENTRE Victorian Parenting Centre			
All Areas	www.parentingrc.org.au	8660 3550	
STEPDUCKS The ultimate stepfamily			
All Areas	www.stepducks.com		
MAGGIE DENT – Quietly Improving Lives. Building relationships and support adolescents to adulthood			
All Areas	www.maggiedent.com		
NEW MENTAL HEALTH RESOURCES Fact sheets in 21 languages			
All Areas	www.mhima.org.au www.mentalhealth.gov.au		

EVERY DAY WITH ADHD Resources and training for parents, teachers, carers, professionals and youth			
All Areas	www.everydaywithadhd.com.au	Healthy Start aims to improve health and wellbeing outcomes for children whose parents have learning difficulties	
RAISING CHILDREN NETWORK User friendly resource site which includes information, tools and resources on raising children in the pre-teen and early teen years.			
All Areas	www.raisingchildren.net.au		

GENERAL PARENTING - 0 to 5 YEARS

Region	Contact	Address	Details / Other
KEEP CALM AND PARENT ON			
All areas	9663 6733 www.ds.org.au	Drummond Street Services 100 Drummond Street, Carlton	29 th June 10-12pm And 10 th August 10-12pm
AUSTRALIAN BREASTFEEDING ASSOCIATION Website to access local information and counselling			
All Areas	9791 4644 www.breastfeeding.asn.au		
KINDERGARTEN PARENTS VICTORIA Free training for committees at various venues			
All Areas	9489 3500 www.elaa.org.au		
MATERNAL AND CHILD HEALTH TELEPHONE SERVICE 24 hour, 7 days a week state wide service offering support and advice to families with children 0-6 years of age.			
All Areas	13 22 29		Parents and other family members may also contact this service
PLAY STEPS – a parent/child interactive play program Early year and early parenting support group – 6 to 12 months			
All Areas	8416 7600 ofc_reception@mercy.com.au www.mercyhealth.com.au	Mercy Health O'Connell Family Centre, 6 Mont Albert Road Canterbury	
MUSIC TOGETHER A music therapy program that enhances family relationships, attachment and communication			
All Areas	9871 0221 Isabel.chua@connections.org.au	Aimed at children up to five years and their parents/caregivers. \$12.50 per session. Locations at Mitcham, Balwyn East, Blackburn, Warrandyte, Croydon, Mooroolbark and Boronia.	
BOROONDARA			
WHAT DOES IT MEAN TO BE 'READY FOR SCHOOL'			
Boroondara	Clara Yip 9278 4439	Camberwell Civic Centre 8 Inglesby Road Camberwell	Tues 30 July 7 – 8.30pm Cost: FREE
CAMCARE – BABY'S OK, WHAT ABOUT YOU?			
Boroondara	Free program for parents with babies. Free onsite childcare also available. Bowen Street Centre, 102 Bowen Street, Camberwell Berna Fraser 9809 9104		
BOROONDARA FAMILY NETWORK Home visiting by volunteers for parents of children 0-5 years			
Boroondara	Trish 0409 014 862 www.boroondarafamilynetwork.org.au		

SUPPORTIVE PARENTING WORKSHOPS Support for parents of children 0-5 years			
Boroondara	Clara Yip 9278 4439	Parkview Room, 340 Camberwell Road Camberwell	
GRANDPARENTS PLAYGROUP			
Boroondara	Mary Liston 9889 0791	Bowen Street Community House 102 Bowen Street Camberwell	Ring for details Cost: \$ 4 pp
KNOX			
SMALLTALK SUPPORTED PLAYGROUP			
Knox	http://www.knox.vic.gov.au/playgroups		Various times and venues in Knox
KNOX CITY COUNCIL PLAYGROUPS			
Knox	Knox Playgroup team 9298 8348 or play@knox.vic.gov.au /playgroups	Various times and venues throughout Knox Knox.vic.gov.au/playgroups	Fun play sessions for parents, grandparents and carers with babies and toddlers aged 0-6 years
KNOX YOUNG PARENTS GROUP For parents under the age of 25 with a baby under 12 months			
Knox	Michelle at Knox Youth Services 9298 8311 michelle.pascoe@knox.vic.gov.au	Youth Information Centre, Knox Ozone, 2 Capital City Boulevard Wantirna South	Fridays 10 – 12pm FREE
MOTHERHOOD			
Knox	For mums of children from birth to pre school age to have some time out	CityLife Church Wantirna South	Various times 9871 8300 reception@citylife.church
MANNINGHAM			
PRAM WALKING GROUP			
Manningham	9842 6726	Pines Learning Centre 1 / 520 Blackburn Road Doncaster East	Tuesday 9.30 am to 10.30am
MAROONDAH			
STORY TIME FOR CHILDREN – Croydon Library Held during school terms only. Visit www.eryl@vic.gov.au for other Story Time locations.			
Maroondah	9800 6448	Civic Square Croydon	Held during school term only. Visit www.eryl@vic.gov.au for other story time sessions and locations
SUPPORTED PLAYGROUPS			
Maroondah	Facilitated playgroups offering parents tips. Free to attend. Families must have a health care card to attend.	Various times and venues in Ringwood and Croydon	Niquita Bekker (Mon-Wed) Sharon Gilbert (Thur-Fri) 9294 5533
MAROONDAH INFORMATION SESSIONS			
Maroondah	Book online at www.maroondah.vic.gov.au/MCHprograms.aspx or call Cathie Wills 9294 5740	Norwood Family Centre, 18 Notlen Street Ringwood	

MONASH			
MONASH SUPPORTED PLAYGROUP AND IN HOME SUPPORT			
Monash	For parents with children under 3 years who are experiencing anxiety, depression, multiple births or are socially isolated.	Best Chance, 583 Ferntree Gully Road, Glen Waverley	Vanessa Blaxhall 9132 6000 Natalie Cincotta 9132 6000
CHINESE DADS PLAYGROUP			
Monash	For dads and children under 3 years. Delivered in English and Chinese	Glen Waverley Uniting Church Kingsway (Cnr. Bogong Ave) Joseph Jin 8873 5408	Fortnightly Saturdays during school term 10 -12pm
CHINESE FAMILY PLAYGROUPS			
Monash	Playgroups to assist Chinese families to integrate into society and settle in Australia	Mulgrave 10 12pm Mondays Clayton 10 -12pm Fridays	Joseph Jin 8873 5408
WHITEHORSE			
THE GRAND PARENTING GROUP			
Whitehorse	Melanie Fearn 8878 3806 mfearn@each.com.au	EACH, 14 Silver Grove, Nunawading	9.30 – 11.00 am Cost: FREE (bookings essential)
YOUNG MUMS GROUP			
Whitehorse		Mitcham Family Centre 15 Brunswick Road, Mitcham	Michelle Thompson Family Access Network 9890 2673
YARRA RANGES			
SMALL TALK – Supported playgroups for parents of children under 6 years of age			
Program for families with their toddlers. Play experiences and weekly topics enabled by trained facilitators.			
Yarra Ranges	Rakhi Khanna 1300 368 333 Bookings Essential earlyyears@yarraranges.vic.gov.au	Venues: Mooroolbark, Healesville and Millgrove, Upwey, Selby, Lilydale, Mt Evelyn and Mt Dandenong	Ring for times and days
EARLY YEARS PARENT AND PLAY INFORMATION SESSIONS			
Variety of session topics such as parent health and wellbeing, toddler strategies, children's health and nutrition			
Yarra Ranges	1300 368 333 Michelle Lehmann Bookings Essential earlyyears@yarraranges.vic.gov.au	Venues: Mooroolbark, Upwey, and Yarra Junction	Ring for bookings
LINKING FAMILIES			
Free service for families living in the Upper Yarra area who have a child under 6. Gain information and support on development, health and behaviour			
Yarra Ranges	Naomi Ween 9294 6573 n.ween@yarraranges.vic.gov.au	2444 Warburton Hwy Yarra Junction	Monday, Tuesday and Thursdays
EASTERN KINSHIP CARE NETWORK			
Kinship Care Services provide support to both formal and informal kinship carers through a range of services			
Yarra Ranges	Alison at ANCHOR 8761 9040 kinship.info@anchor.org.au	Yarra Junction	Once a month on Fridays
YOUNG PARENTS – Yarra Junction			
A range of services including paediatric, physiotherapy, dietician, OT and speech therapy for children			
Yarra Ranges	YVCHS 1300 130 381 or Emma 0459 811 155	Upper Yarra Family Centre Cnr. Hoddle & Warburton Hwy Yarra Junction	Monday 1.30pm to 3.30pm

HEALESVILLE EARLY CHILDHOOD INTERVENTION Assessment, therapy through play, supporting children and their families			
Yarra Ranges	EACH intake 5962 4704 www.each.com.au/services	6 Vimy Ridge Healesville	
INSPIRO CHS Assessment and advice about children's development. Individual and group support available			
Yarra Ranges	9738 8801 hello@inspiro.org.au	3/1527 Burwood Hwy Tecoma 17 Clarke Street, Lilydale	
EARLY SKILLS CHECK – for children aged 6 months to six years Speech/OT/Physio/Dietician			
Yarra Ranges	Eastern Health 1300 130 381 Jo Stanford	2444 Warburton Hwy, Yarra Junction	2 nd and 4 th Tuesdays each month 9.30 – 11.30 NO Cost

GENERAL PARENTING - 0 to 12 years

Region	Contact	Address	Details / Other
REGIONAL			
DRUMMOND STREET SERVICES – provides support to families, Migrant/refugees, family violence, step families, youth services and parenting tips			
All Areas	Helen Rimington 9663 6733 www.ds.org.au	Drummond Street Services 100 Drummond Street, Carlton	
COUNSELLING – ADULT, CHILD AND FAMILY – counsellors assist people to achieve their goals for improving wellbeing and health			
All Areas	1300 003 224	Various sites. Monday to Friday	
BOROONDARA			
MANAGING SCREEN TIME – chinese speaking forum (presented in Mandarin and Cantonese)			
Boroondara	Clara Yip 9278 4439	Greythorn Community Hub Trentwood Ave, Balwyn Nth	Tues 3 Sept 6.30 – 8.30pm
BODY CONFIDENT CHILDREN AND TEENS			
Boroondara	Clara Yip 9278 4439	360 Boroondara Youth Centre 360 Burwood Road Hawthorn	Tues 3 Sept 6.30 – 8.30pm
MANAGING CHALLENGING BEHAVIOUR			
Boroondara	Sharon Muir Anglicare Parentzone 0438 683 049	Blackwood Room Camberwell Civic Centre, 8 Inglesby Road Camberwell	6 th Aug – 27 th Aug 7- 9pm Cost: Free
TUNING INTO KIDS			
Boroondara	9261 8700 www.rav.org.au/KewTiK	Relationships Aust 46 Princes Street, Kew	24 th July – 11 Sept 6.30-8.30pm No Cost
PARENTING ANXIOUS CHILDREN			
Boroondara	Sharon Muir Anglicare Parentzone 0438 683 049	Craig Family Centre, 7 Samarinda Ave Ashburton	12 th Aug – 9 th Sept 12.30 – 2.30pm Cost: FREE

KNOX			
TEMPLER SOCIETY AUSTRALIA KIDS CLUB			
Knox	Martina Eaton 0433 335 815 activities@templesociety.org.au	Community Hub and Meeting Place, 51 Elizabeth Street, Bayswater	Mondays 10 am – 12pm and Wednesdays 12.30 – 3.30 pm
SURVIVING PARENTHOOD			
Knox	Anglicare Parentzone Helena 9735 6134 or 0488 501 204	Wattlevue Primary School 19 Wattlevue Road Ferntree Gully	5 Aug – 2 Sept 7 – 9pm Cost: FREE
C.O.A.C.H. Community mentoring with families to achieve set goals			
Knox	9871 8900	CityLife Community Care 1248 High Street Road Wantirna South	Cost: Free of charge
MANNINGHAM			
EASTERN COMMUNITY LEGAL CENTRE – Box Hill			
Manningham	9285 4822 www.ecle.org.au	Suite 3 Town Hall Hub 27 Box Hill	
MAROONDAH			
STUDY BUDDIES			
Maroondah	9803 3400	Uniting Care Centre 220 Burwood Highway East Burwood	4.00pm to 5.30pm Wednesdays during school terms Cost: Free of charge
PARENTING ANXIOUS CHILDREN			
Maroondah	Sharon Muir Anglicare Parentzone 0438 683 049	Central Ringwood Community Centre, Rosewarne Lane Ringwood	14 th Aug – 11 th Sept 12.30-2.30pm Cost: FREE
LETS TALK ABOUT PARENTING			
Maroondah	EACH 9873 3900	EACH, 75 Patterson Street, Ringwood	15 th July – 19 th August 10 -12pm Cost: FREE
MONASH			
PSYCHOTHERAPY – 0 to 12 years. ATAPS PS 4 KIDS PS4Kids (aged 0-12) and adolescent (aged 12-25)PS4 is a short term counselling service for children who are at risk of developing a mental health disorder or have a diagnosed condition. Referrals can be made through regular GP's.			
Monash	1300 552 509 www.linkhc.org.au	Glen Waverly and Hughesdale	Cost: Free of charge
CHINESE PARENTING EDUCATION PROGRAM			
Monash	Program to assist Asian families integrate into Australian society Contact Jason for more information	Joseph Jin 8873 5408	Clayton and Glen Waverley
MONASH FAMILY SERVICES			
Monash	9518 3900 www.myfs.org.au	14 Bogong Ave Glen Waverley	Parenting Adolescents, Who's in Charge, Recharge and other workshops and programs

WHITEHORSE			
ATAPS PSYCHOLOGICAL SERVICES (0-12) and CHILD PSYCHOLOGY SERVICES (0-preschool)			
Whitehorse	9890 2220	Carrington Health Level 2, 43 Carrington Road Box Hill	Cost: Free of charge for ATAPS PS4 children and income based for child psychology
PEACEFUL PARENTS AND PEACEFUL KIDS			
Whitehorse	Alana Weekes 8878 3805 Parents must attend the Peaceful Parents program for their children to attend Peaceful Kids	Nunawading	Parents 27 th Aug – 17 Sept 6.30 -8.30 Kids 8 th Oct – 3 rd Dec 4 – 5.30pm
EMOTION FOCUSED PARENTING			
Whitehorse	Julia Russell Anglicare Parentzone 0400 866 495	Mitcham Community House 19 Brunswick Ave Mitcham	23 rd July-27 th Aug 7 – 9pm Cost: FREE
THE GRAND PARENTING GROUP			
Whitehorse	Melanie Fearn 8878 3806 mfearn@each.com.au	EACH, 14 Silver Grove, Nunawading	9.30 – 11.00am Cost: FREE (bookings essential)
SEXUALITY AND RESPECTFUL RELATIONSHIPS			
Whitehorse	Rachel Simpson 9262 6175	Whitehorse Council Nunawading	29 th July 7.30 -9.30pm Cost: \$2.00 donation
YARRA RANGES			
EASTERN KINSHIP CARE NETWORK			
Yarra Ranges	Alison at ANCHOR 8761 9040 kinship.info@anchor.org.au	Yarra Junction	Friday once a month
FAMILY RELATIONSHIPS CENTRE RINGWOOD			
Information and referrals for service providers working with families in the eastern metropolitan region.			
Yarra Ranges	9871 6300 www.ringwoodfrc.org.au	Yarra Junction	Also at Box Hill, Healesville, Ferntree Gully and Yarra Junction

SLEEP UNITS

Region	Contact	Address	Details / Other
MITCHAM PRIVATE HOSPITAL – Mitcham			
For diagnosis and treatment of sleep problems and disorders for teenagers and adults			
Manningham	9210 3183 www.mitchamprivate.com.au	27 Doncaster East Road Mitcham	Useful websites: www.sleep.org.au www.betterhealth.vic.gov.au
EPWORTH SLEEP UNIT – Richmond			
For diagnosis and treatment of sleep problems and disorders for teenagers and adults			
Various	9417 5113 www.epworthsleepcentre.com.au		Useful websites: www.sleep.org.au www.betterhealth.vic.gov.au

MONASH MEDICAL CENTRE - Clayton For diagnosis and treatment of sleep problems and disorders for children			
Monash	8572 3000 www.monashchildrenshospital.org	246 Clayton Road Clayton	Useful websites: www.sleep.org.au www.betterhealth.vic.gov.au
ROYAL CHILDRENS HOSPITAL - Parkville For diagnosis and treatment of sleep problems and disorders for children			
Moreland	9345 6180 www.rch.org.au/ccch	50 Flemington Road Parkville	Useful websites: www.sleep.org.au www.betterhealth.vic.gov.au
QUEEN ELIZABETH CENTRE EDUCATION SERVICES Early parenting services, home visiting services, play group programs, parenting skills development, professional education and research unit. Day stays and residential services			
Greater Dandenong	9549 2777 theqec@qec.org.au	53 Thomas Street Noble Park	QEC is a registered public hospital. If you have a Medicare card and elect to be a public patient, services will be free

PARENTS OF ADOLESCENTS - 12 to 18 years

Region	Contact	Address	Details / Other
REGIONAL			
SKILLS RECONNECT PROGRAM – support for 17-19 year olds who have not achieved year 12 to engage in education, training and career pathways			
All Areas	K.Y.M Victoria 0477 994 003 imills@kym.com.au	Located in Knox, Maroondah and Yarra Ranges	
SPRINGBOARD PROGRAM – education and employment support for 16 -21 year olds who are residing in residential care or have been subject to a family reunification order			
All Areas	K.Y.M. Victoria 0477 994 003 imills@kym.com.au		
YOUNG LEADERS PROGRAM – 18-25 year olds with a parent with a mental illness are mentored to develop self-awareness, confidence and leadership skills.			
All Areas	Satellite Foundation sylvie@satellitefoundation.org.au rose@satellitefoundation.org.au		
BOROONDARA			
BOROONDARA YOUTH SERVICES Counselling referral and support service information and support groups for parents			
Boroondara	9835 7824	360 Burwood Road Hawthorn	Weekdays 10am to 6pm
KNOX			
HEADSPACE KNOX Offers young people aged 12-25 confidential advice, support and information. Services include mental health counselling and support, alcohol and drug services, vocational and educational support, general health services and group programs.			
Knox	9801 6088 www.headspace.org.au/knox	2 Capital City Boulevard Knox Ozone	

STRONGER FAMILIES PROGRAM			
Supports young people and their families where issues have arisen that are impacting on the family. Support is provided through one on one support and referral to specialist services.			
Knox	9871 8700 www.unitingcareharrisons.org.au	Uniting 1012 Little Burwood Highway Knox Ozone, Wantirna South	
KNOX YOUTH INFO SERVICES Information services for young people and their parents in the Knox area			
Knox	9298 8469	2 Capital City Boulevard Knox Ozone, Wantirna South	Monday to Thursday 1pm to 5pm
MAROONDAH			
ATAPS and GENERAL COUNSELLING FOR ADOLESCENTS - 12 to 25 years			
Maroondah	9294 5704 www.maroondahyouthservices.com		Monday to Friday 9am to 5pm
THE PRIDE SUPPORT PROGRAM – a group for young people aged 16 – 25 who identify as LGBTIQ+			
Maroondah	EACH Youth Clinic Building 46 Warrandyte Road Ringwood	9871 1802 youthclinic@each.com.au	2 nd Tues of each month 5.30 -7.30pm
L2P PROGRAM – MAROONDAH CITY COUNCIL YOUTH SERVICES – assists young people with mentors getting driving hours			
Maroondah	Alysha Dixon 9294 5723 by appointment		
EV'S HANGOUT – MAROONDAH CITY COUNCIL YOUTH SERVICES – free drop in program for young people during school term, access to laptops, WiFi, games and youth workers			
Maroondah	Ev's Youth Centre 212 Mt Dandenong Road Croydon	Marcus Kelly 9294 5703	Thursdays 6pm
MANNINGHAM			
MANNINGHAM YMCA			
School services, counselling and support, personal development and leadership, youth events, skate services, LAP and youth activities			
Manningham	9848 5400 www.manningham.ymca.org.au	687 Doncaster Road	
MONASH			
UNITING – help young people find housing, a job, manage their money and gain the life skills in the eastern region of Melbourne			
Monash	Uniting, 321 Ferntree Gully Road, Mt Waverley	9051 3000 1800 825 955 harrison.enquiries@vt.uniting.org	Monday – Friday 9- 5pm
MONASH FAMILY SERVICES			
Monash	9518 3900 www.myfs.org.au	14 Bogong Avenue, Glen Waverley	Monday to Friday 9am to 5pm
BREAKING THE CYCLE – for parents who have teenagers which are abusive towards them			
Monash	Emily 0427 208 367 www.myfs.org.au	Clayton Community Centre, 9-15 Cooke Street Clayton	Tues 23 July – 10 Sept 7 -9pm Cost: FREE (bookings essential)

WHITEHORSE			
YSAS Works to improve the health and wellbeing of young people 12 to 21 affected by the use of alcohol and other drugs			
Whitehorse	9890 7855 or 1800 458 658 www.ysas.org.au	Level 1 16-18 Ellingworth Parade Box Hill	
WHITEHORSE COUNCIL INFORMATION SESSIONS			
Whitehorse	9262 6333 www.whitehorse.vic.gov.au	379 Whitehorse Road, Nunawading	
YOUTH CONNEXION Programs to support young people and families			
Whitehorse	9898 9340 youth.worker@whitehorse.vic.gov.au	Whitehorse Youth Services Level 1 Box Hill Central Box Hill	Open everyday 1pm to 5pm
YARRA RANGES			
YOUTH AND FAMILY COUNSELLING For young people 12-25 years and their families			
Yarra Ranges	Sabatinie Balasooriya 9738 8801	Inspiro, Lilydale, Healesville, Tecoma and Yarra Junction	

CULTURALLY AND LINGUISTICALLY DIVERSE (CALD)

Region	Contact	Address	Details / Other
REGIONAL			
MULTICULTURAL RESOURCES DIRECTORY Important new resource to help people access services across Australia. Lists more than 1700 services including interfaith networks, language service providers, government agencies and language schools			
All Areas	www.multicultural.vic.gov.au/resources/community-directory		
BOROONDARA			
AFGHAN PLAYGROUPS Social support and recreation group			
Boroondara	9885 7789	Craig Family Centre 7 Samarinda Avenue Ashburton	Cost: \$40 per family per term Women: Wednesday 12am to 1.30pm Men: Thurs/fortnight 1 – 3pm
MANAGING SCREEN TIME – chinese speaking forum (presented in Mandarin and Cantonese)			
Boroondara	Clara Yip 9278 4439	Greythorn Community Hub Trentwood Ave, Balwyn Nth	Tues 3 Sept 6.30 – 8.30pm
KNOX			
MAROONDAH			
HOMEWORK SUPPORT PROGRAMS Facilitated by the Migrant Information Services, East Melbourne			
Maroondah	9285 4888 www.miceastmelb.com.au	Croydon Library Civic Square, Croydon	Tuesdays 4pm to 6pm during school terms
MIGRANT INFORMATION CENTRE			
Maroondah	9870 1351	1-3 Pitt Street Ringwood	Tuesday to Friday 9am to 5pm

PRE SCHOOL MUSIC CLASS – for newly arrived migrants and refugee families			
Maroondah	Tara 9285 4888 Migrant Info Centre	Central Ringwood Community Centre, Rosewarne Lane Ringwood	Tuesdays 1 - 2.15pm
COME AND PLAY PLAYGROUP – for migrants and refugees			
Maroondah	9285 4888 Migrant Info Centre	Central Ringwood Community Centre, Bedford Road, Ringwood And Croydon Primary School	Fridays 10.30 – 12.00pm Fridays 1.00 – 2.30pm
CHINESE GRANDPARENT'S PLAYGROUP			
Maroondah	Amber Huang 9285 4888 or 0435 316 118	Central Ringwood Community Centre, Bedford Road, Ringwood	Thursdays 10.00am to midday
MANNINGHAM			
CHINESE FAMILY PLAYGROUPS			
Manningham	0400 212 166 www.kimba.com.au	Kimmba Bilingual Doncaster Playgroup 1 Sherwood Court Doncaster East	
MONASH			
JAPANESE MOTHER'S PLAYGROUP			
Monash	Nana 0433 279 429 www.knk.org.au	Kerri Neighbourhood House 36 Kincumber Drive Glen Waverley	Fridays 10.30 – 12.00pm during school terms
CHINESE GRANDPARENT'S PLAYGROUP			
Monash	Amber Huang 9285 4888 or 0435 316 118	St John's Uniting Church 37 Virginia Street Mount Waverley	Every second Tuesday 10.30am to midday
MULGRAVE CHINESE FAMILY SERVICES PLAYGROUP			
Monash	Joseph Jin 9875 4222	Mulgrave Neighbourhood House 36-42 Mackie Road, Mulgrave	Every Monday 10.00 – 12.00pm
CHINESE PLAYGROUP IN CLAYTON			
Monash	Joseph Jin 9875 4222	Clayton Community Centre 9-15 Cook Street, Clayton	Fridays 10 -12pm
SEAAC - SOUTHERN ETHNIC ADVISORY AND ADVOCACY COUNCIL Service for 12 to 25 year olds from disadvantaged multicultural backgrounds in the city of Monash			
Monash	9547 0511 www.seaac.org.au		
CHINESE SPEAKING PLAYGROUP			
Monash	9887 6226	Kerri Neighbourhood House 36 Kincumber Drive Glen Waverley	Wed 9.15 – 11.15 am Cost: \$3 per session
WHITEHORSE			
CHINESE, CANTONESE AND MANDARIN ATAPS COUNSELLING - PS4 kids 0-12 CHILD PSYCHOLOGY SERVICES - 0 to preschool PS4Kids (aged 0-12) and adolescent (aged 12-25) PS4 is a short term counselling service for children who are at risk of developing a mental health disorder or have a diagnosed condition. Referrals can be made through regular GP's.			
Whitehorse	9890 2220	Carrington Health Level 2, 43 Carrington Road Box Hill	Cost: Free of charge for ATAPS PS4 children and income based for child psychology

CHINESE GRANDPARENTS PLAYGROUP			
Whitehorse	Amber Huang 9285 4888	Mitcham Community Hose 19 Brunswick Road, Mitcham	Every second Tuesday 10.30am to 12.00pm
INTOUCH MULTICULTURAL WOMENS GROUP			
Whitehorse	Nadine 9413 9506 nadineh@intouch.org.au	Group in Box Hill area	Thursdays for 5 weeks 11.30 - 1.30pm Contact Nadine for details
YARRA RANGES			
MULTICULTURAL PLAYGROUP for newly arrived migrants and refugees			
Y. Ranges	9285 4888 Migrant Info Centre	Maternal Child and Health Centre, Shop 26 Mooroolbark Terrace, 66-74 Brice Avenue, Mooroolbark	Tuesdays 11.00am to 12.30pm

ABORIGINAL AND TORRES STRAIT ISLANDERS

EASTERN VACCA PROGRAMS – promotes and protect the rights of vulnerable Aboriginal children, youth, families and the community			
Maroondah	9871 9000 www.vacca.org	10 Maroondah Hwy Ringwood And Chirnside Park	
ABORIGINAL HEALTH AND WELLBEING – to assist Aboriginals and Torres Strait Islander community members to access the health and community services they need			
Yarra Ranges	All referrals must be made through EACH intake		EACH Intake 1300 003 224

SOLE PARENTS

Region	Contact	Address	Details / Other
REGIONAL			
SUPPORTING CHILDREN AFTER SEPARATION Course and workshops for families dealing with separation issues			
All Areas	1800 639 523 www.mediation.com.au	Family Mediation Centre 367 Maroondah Highway Ringwood	
COUNCIL OF SINGLE MOTHERS AND THEIR CHILDREN (CSMC)			
CSMC is a Victoria wide service run by and for women parenting alone. They provide telephone support, information and referral on a range of issues including emergency relief, housing, Centrelink, child support, family law, family violence and parenting.			
All Areas	9654 0622 1300 552 511 www.csmc.org.au		Monday to Thursday 9.30am to 3pm
MAROONDAH			
RINGWOOD FAMILY RELATIONSHIP CENTRE			
Maroondah	Offer a range of services to assist families including information sessions,	Ringwood Family R'ship Centre	

	support, counselling, parent workshops, child inclusive sessions, family dispute resolution, financial and property mediation	68 Charter Street, Ringwood 9871 6300	
THE BUSINESS OF PARENTING AFTER SEPARATION – for separated parents in high conflict			
Maroondah	9871 6300	Ringwood Family R'ship Centre 68 Charter Street, Ringwood	4 consecutive Tuesday evenings Cost is dependent on income ranging from \$25 per week
CHILDRENS CONTACT SERVICE RINGWOOD For children of separated parents to spend safe, professionally supervised time with the parents they do not live with			
Maroondah	9259 4188 www.ringwoodfrc.org.au/ccs	16 Bond Street Ringwood Thurs - Sat	Fees can be found at web address
MONASH			
SUPPORTING CHILDREN THROUGH COUNSELLING Child counsellors supporting children through separation			
Monash	9564 6999	Family Relationship Centre Suites 1 and 2, 41 Stamford Road, Oakleigh	
WHITEHORSE			
EASTERN COMMUNITY LEGAL CENTRE Family Law, information on separation, divorce, children and property, and personal counselling			
Whitehorse	9285 4822 www.eclc.org.au	Inner East - Box Hill Outer East – Boronia, Healesville	
PRIMARY DISPUTE RESOLUTION			
Whitehorse	9873 4344	Centacare 510 Whitehorse Road Mitcham	

STEP AND BLENDED FAMILIES

Region	Contact	Address	Details / Other
REGIONAL			
STEP FAMILY AUSTRALIA Counselling, support groups, resources and tip sheets			
All Areas	9663 6733 www.stepfamily.org.au	Step Families Australia 100 Drummond Street Carlton	
STEPPING UP - Step Families			
All Areas	9663 6733	Drummond Street Services 100 Drummond Street Carlton	20 TH July 9.30-4.30pm And 7 th Sept 9.30-4.30pm Cost: \$150 per couple
PARENTING AFTER SEPARATION SERIES			
All Areas	8768 4111 enquiries@berwickfrc.org.au	Berwick Family Relationship Centre 38 Clyde Road, Berwick	9 th July and 6 th Sept 10 -5pm Cost: \$80 pp

PARENTING AFTER SEPARATION - Intensive Program			
All Areas	1300 543 396 or lifeworks@lifeworks.com.au	Lifeworks Level 4, 255 Bourke Street Melbourne	Ring for details
PARENTING AFTER SEPARATION SERIES			
All Areas	8625 3666 enquires@melbournefrfc.org.au	Melbourne Family Relationship Centre, 379 Collins Street Melbourne	18 July, 8 Aug, 21 Aug, 5 Sept and 11 Sept 10 – 5pm Cost: \$80 pp
BOROONDARA			
POST SEPARATION PARENTING			
Boroondara	9261 8727 relationshipseducation@rav.org.au	Relationships Australia 46 Princess Street, Kew	9 Aug and 13 September 9.30 – 4pm Cost: \$150 pp
KNOX			
PARENTING THROUGH SEPARATION AND DIVORCE GROUP Supportive and therapeutic group for parents who have recently separated or divorced. It will give parents practical strategies to assist their children through this difficult time			
Knox	Fernhills Clinic 9758 4144	Fernhills Clinic Ferntree Gully, Ringwood East and Boronia	Ring for details
PARENTING AFTER SEPARATION SERIES			
Knox	9725 9964 boronia@rav.org.au www.rav.org.au/BoroniaPASS	EACH, Boronia 93 Boronia Road, Boronia	Sept 2, 9 and 16 th 6 – 8pm Cost: \$110 pp Concessions available
MAROONDAH			
WHEN PARENTS SEPARATE Family law dispute resolution information			
Maroondah	9871 6300	Ringwood Family R'ship Centre 68 Charter Street, Ringwood	Also available at Yarra Junction. Evening appointments available. Not suitable for children.
THE BUSINESS OF PARENTING AFTER SEPARATION			
Maroondah	9871 6300	Ringwood Family R'ship Centre 68 Charter Street, Ringwood	General Info session weekly Tues or Wed 6.30 – 7.30
SUPPORTING CHILDREN AFTER SEPARATION & CHILD IN FOCUS Individual counselling, group work for children, preventative education programs and child inclusive mediation			
Maroondah	1800 369 523 www.mediation.com.au	Family Mediation Centre 367 Maroondah Highway Ringwood	
YARRA RANGES			
SURVIVING SEPARATION			
Yarra Ranges	Anglicare Parentzone Julia 9735 6190 or 0400 866 495	Anglicare 47 Castella Street Lilydale	25 th July – 12 th Sept 7 – 9.30pm Cost: FREE (bookings essential)

GRIEF AND LOSS

Region	Contact	Address	Details / Other
STATEWIDE			
CONTACT YOUR LOCAL COMMUNITY HEALTH SERVICE FOR BEREAVEMENT COUNSELLING The Australian Centre for Grief and Bereavement for education, workshops and training.			
Statewide	9265 2100 info@grief.org.au www.grief.org.au	253 Wellington Road Mulgrave	Programs include: - Kids Grieve Too - Younger Bereaved Partners
REGIONAL			
RED NOSE (formerly SIDS AND KIDS) Support for the sudden and unexpected death of a child 20 weeks gestation to 6 years of age. Range of groups and activities for families including perinatal group, multiple birth bereavement, grandparents, siblings, subsequent pregnancy groups, fathers and creative memory groups			
All Areas	24hr Crisis Help Line 1300 998 698 www.rednose.com.au	75 Lorimer Street, Docklands	Free counselling from qualified grief and loss counsellors (male and female and trained bereaved parents)
VERY SPECIAL KIDS Respite and support for families of children with a life threatening illness.			
All Areas	1800 888 875 www.vsk.org.au	321 Glenferrie Road Malvern	Offices in Pakenham, Ballarat, Brunswick, Hastings, Traralgon
GRIEF LINE COMMUNITY AND FAMILY SERVICE			
All Areas	1300 845 745 www.griefline.org.au		Free anonymous counselling for adults and children for any type of grief or loss
OPEN DOORS Counselling re: Ectopic pregnancy, IVF losses and stillbirth. Established since 1984 in this area of grief			
All Areas	9870 7044 www.opendoors.com.au	5 Greenwood Ave, Ringwood	
KNOX			
COUNSELLING AND SUPPORT			
Knox	1300 003 224	EACH Community Health 1063 Burwood Highway Ferntree Gully	
MONASH			
SUPPORT AFTER SUICIDE For those bereaved by suicide, including children, young people extended family and others. Counselling, group program and resources. For professionals: information and referral options, secondary consultations, education and training.			
Monash	9421 7640 aftersuicide@jss.org.au www.supportaftersuicide.org.au	P.O. Box 271 Richmond	(SAS) Jesuit Social Services

MENTAL HEALTH / POST NATAL DEPRESSION SUPPORT

Region	Contact	Address	Details / Other
REGIONAL			
PARENT - INFANT RESEARCH INSTITUTE - Support during the antenatal and post-natal period The Parent-Infant Clinic offers support treatment for mothers, fathers and their infants during pregnancy and the first two years post birth.			
All Area	9496 4496 www.piri.org.au	Austin Health 300 Waterdale Road, Heidelberg Heights	A range of programs available, including both individual and group programs
MENTAL HEALTH IN MULTICULTURALISM What is mental illness, personality disorder, eating disorder, schizophrenia and more...fact sheets in 21 languages			
All Areas	(02) 6285 3100 www.mhima.org.au		
HEADSPACE KNOX Offers young people aged 12-25 confidential advice, support and information. Services include: mental health counselling and support, alcohol and drug services, vocational and educational support, general health services and group programs.			
All Areas	9801 6088 www.headspace.org.au/knox	2 Capital City Boulevard Knox Ozone	
NEAMI NATIONAL Provides rehabilitation and recovery support to people recovering from mental illness. Referrals taken by Eastern Mental Health Community			
All Areas	8691 5300 www.neaminational.org.au	4-8 Water Road, Preston	
THE ANXIETY RECOVERY CENTRE VICTORIA (ARCVIC) Is a state wide specialist mental health organisation, providing support, recovery and educational services to people and families living with anxiety disorders. We aim to support and equip people with knowledge and skills that will build resilience and recovery, and reduce the impact.			
All Areas	1300 269 438 Helpline 9830 0566 Office www.arcvic.org.au	292 Canterbury Road, Surrey Hills	
MENTAL ILLNESS FELLOWSHIP VICTORIA Support and information programs for families and friends of people with mental illness and dual diagnosis (mental illness and substance abuse)			
All Areas	1800 985 944 www.mifa.org.au		
BOROONDARA			
HOARDING STRUCTURED GROUP and OBSESSIVE COMPULSIVE DISORDER SELF HELP SUPPORT GROUP			
Boroondara	9830 0533	ARC Vic 292 Canterbury Road Surrey Hills	Hoarding - 1pm to 2.30pm OCD – 2 nd and 4 th Tues of month
MINDFUL PARENTING GROUP FOR MOTHERS – for mothers who would like to improve their experience of being a mother. Group designed for mothers who have difficulties managing their emotions, may experience a changeable sense of self, act impulsively or engage in self-harm			
Boroondara	Dr Rosyln Galligan 9214 5345 rgalligan@swin.edu.au	Swinburne University Psychology Clinic, Hawthorn (near Glenferrie Station)	Fridays 10.30 -12.30 pm Cost: FREE Contact for starting date

ANXIETY DISORDERS SUPPORT GROUP			
Boroondara	9830 0533	Hawthorn Community House 32 Henry Street And 295 Canterbury Rd Surrey Hills	1 st and 3 rd Tues each month 7.30 -9.30pm 3 rd Sunday of month 11 – 12.30pm
KNOX			
ANXIETY DISORDERS SUPPORT GROUP			
Knox	9830 0533	CWA 4 Sundew Avenue Boronia	Meets the 4th Tues of every month 7.00pm to 8.30pm
MENTAL HEALTH RECOVERY – WELLNESS WORKSHOP to provide people with opportunity to share and learn helpful strategies from each other			
Knox	Liz or Stephen 9871 1802 mentalhealthgroups@each.com.au	EACH, Lilydale, Ringwood, Boronia, Box Hill and Yarra Junction	DBT training Group Wellbeing Apps workshop Mindfulness Group Mindful Living and Wellness Group Coping Better Through Creative Art Wellness Recovery Action Plan
GROW Support group for carers of someone with mental health issues			
Knox	1800 558 268 www.grow.org.au		Groups in Ferntree Gully and Box Hill and Berwick
MAROONDAH			
BABY AND ME – post natal depression prevention/support group			
Maroondah	Open Doors Counselling Alison 9870 7044 info@opendoors.com.au	Open Doors, 5 Greenwood Ave Ringwood	
EASTERN HEALTH CONTINUING CARE TEAM			
Maroondah	Sarah Austen 0439 039 360	Ringwood East Clinic outreach to Yarra Junction and Healesville	Yarra Junction Mondays Healesville Thursdays
MONASH			
WHITEHORSE			
ATAPS and GENERAL COUNSELLING For individuals (child, teen or adult) with mental health or post-natal depression			
Whitehorse	9890 2220	Carrington Health Level 2, 43 Carrington Road Box Hill	Free for ATAPS counselling Income based for general counselling
MY RECOVERY – A 10 session education and support program for people experiencing mental health or post-natal depression			
Whitehorse	Box Hill Library And Box Hill Town Hall	Wellways 8873 2526 or jknight@wellways.org	

YARRA RANGES			
YARRA VALLEY HEALTH			
Yarra Ranges	1300 342 255	Yarra Junction and Healesville Hospital Managing Depression and Anxiety group ask for Alan Honeycombe at Healesville Hospital 1300 130 381	General individual counselling for adults with a focus on mental health – depression, anxiety, relationship issues , parenting, grief and loss, family violence counselling, transition. Also 6 week group for clients experiencing anxiety and/or depression
EASTERN HEALTH CONTINUING CARE TEAM			
Maroondah	Sarah Austen 0439 039 360	Ringwood East Clinic outreach to Yarra Junction and Healesville	Yarra Junction Mondays Healesville Thursdays

DADS

Region	Contact	Address	Details / Other
REGIONAL			
MENSLINE AUSTRALIA - TALK IT OVER			
Now provides free video counselling session to help men with family and relationship concerns			
All Areas	1300 789 978 24/7 www.mensline.org.au		Real time support using Skype Free and confidential service
SUPPORT FOR FATHERS PROJECT- a national project which aims to support young men and fathers in their role as parents and partners.			
All Areas	Dom Alford 0437 305 881 Relationships Australia dalford@rav.org.au	Relationships Aust. Kew	We are inviting young men, fathers and service providers across Australia to join in consultations. If you would like to be involved contact Dom.
FREE LEGAL HELP WITH CHILD SUPPORT			
All Areas	1300 792 387 www.legalaid.vic.gov.au/get-help	Victoria Legal Aid	Is independent from DHHS (Centrelink and Child Support)
DADSLINK YMCA			
A partnership between YMCA Victoria, Mensline Australia, Relationships Australia and the Life Is Foundation			
All Areas	9403 5000 dadslink@ymca.org.au	Information. Activities and support for dads and kids	Real time support using Skype Free and confidential service
AUSTRALIAN DIRECTORY OF MEN'S SUPPORT SERVICES			
The aim of the ADMSS is to create a website with the most up-to-date and relevant information about men's health and wellbeing programs and services in Australia			
All Areas	www.everyman.org.au 6230 6999		Register your details on the website to become a member
MEN'S REFERRAL SERVICE Phone counselling service for men			
All Areas	1300 766 491 www.mrs.org.au		Monday to Friday 8.00am to 9pm Weekends 9 – 5 pm

MAN ENOUGH WORKSHOPS			
Pornography awareness for men. We offer interactive talks and presentations to schools, businesses and community groups.			
All Areas	Hugh 0456 224 803 www.manenough.com.au		One on one/ confidential programs available
MEN'S SHED METROPOLITAN AREAS			
All Areas	1300 550 009 www.mensshed.org.au		Contact website to find a group in your area
BOROONDARA			
INROADS - MANAGING DIFFICULT BEHAVIOUR Men's Behaviour Change Program			
Boroondara	9261 8727 www.relationshipsvictoria.com.au	Relationships Australia 46 Princess Street, Kew	(14 sessions) Cost: \$280
MONTHLY MENS GROUP MEETING			
Boroondara	dadlink@ymca.org.au	288 Canterbury Road Canterbury	4 th Wednesday each month 7- 9 pm
DADS PLAYGROUP			
Boroondara	Mary Liston 9889 0791	Bowen Street Community Centre, 102 Bowen Street Camberwell	Every Tuesday 11.00 – 1.00pm Cost: \$ 4 per session
KNOX			
DADS IN DISTRESS DIDs provides peer support and referral networks to dads going through the trauma of family breakdown			
Knox	1300 853 437	Glen Park Community Centre 30 Glen Park Road Bayswater North	Every Tuesday 7.30pm to 10pm
MENS BEHAVIOUR CHANGE PROGRAM			
Knox	Headspace Knox 9725 9964 www.rav.org.au/knoxMBCP	Headspace, Ozone, Knox City 2 Capitol City Boulevarde Wantirna Sth	July 4 – August 22 6.30 – 8.30pm Cost: \$280 pp (negotiable)
MANNINGHAM			
DADS TOOLKIT			
Manningham	Doncare 9856 1500	Doncare, Suite 4, Level 1 MC2 687 Doncaster Road, Doncaster	Starts July Cost: \$25
WHITEHORSE			
DAD'S PLAYGROUP			
Whitehorse	9873 4822	The Salvation Army 325 Mitcham Road Mitcham	Thursday from 10.30am during school term
DADS MATTER – parenting group for dads			
Whitehorse	Anglicare Parentzone Helena 9735 6134 or 0488 501 204	The Avenue Neighbourhood House, 87 Eley Road, Blackburn Nth	Wednesday 31 July – 28 August 7 – 9pm
YARRA RANGES			
HEALESVILLE DADS GROUP			
Yarra Ranges		Contact www.facebook.com/healesvilledads for more details	Monthly on Saturdays 10 - 11.30 am

DADS SOCIAL GROUP – for dads and male carers of a child or young adult with a disability			
Yarra Ranges	Mark 9758 5522 or familysupport@ioe.org.au	Interchange Outer East	
DADS CONNECT – SPECTRUM JOURNEYS for dads who have a child on the spectrum			
Yarra Ranges	Peter Gale info@spectrumjourneys.org.au		
UPPER YARRA DADS GROUP			
Yarra Ranges	0490 123 199 www.dadsgroup.org	Ring for venue address	Starts 1 July (monthly event) 7.30 – 9pm

FAMILY VIOLENCE AND ANGER MANAGEMENT

Region	Contact	Address	Details / Other
REGIONAL			
WOMEN			
EASTERN DOMESTIC VIOLENCE SERVICES (EDVOS) Phone intake for assessment and case management information			
All Areas	b/h 9259 4200 a/h 1800 015 188 (crisis line) www.edvos.org.au	Provides information, advocacy, support and referrals for women and their children living in the eastern region, who are experiencing domestic violence. Service is free and confidential.	
SAFE STEPS FAMILY VIOLENCE RESPONSE CENTRE Formally Women's Domestic Violence Crisis Service			
All Areas	State wide phone service 1800 015 188 24 hour toll free line www.safesteps.org.au		
EASTERN CENTRE AGAINST SEXUAL ASSAULT - Ringwood East			
All Areas	9870 7310 1300 342 255 (24hr toll free) ecasa@easternhealth.org.au	17 Ware Cres Ringwood	
WOMENS CENTRE – Hope Healing Love Helping people in tough places to flourish			
All Areas	9886 3899 www.crosswaylifecare.org.au	Lifeworks - relationship, counselling and education services 709 Highbury Rd Burwood East	LifeCare Women's Centre is a safe haven run by women for women
SEA CHANGE – ANGER MANAGEMENT FOR WOMEN			
All Areas	8650 6299 or 1300 543 396	Level 4, 255 Bourke Street, Melbourne	Starts 5 August – 2 nd Sept 6 – 8pm
EASTERN VICTIMS ASSISTANCE COUNSELLING PROGRAM			
All Areas	1300 884 284	46 Warrandyte Road Ringwood	

CHILDREN AND YOUTH

KIDS HELP LINE If you are a child or young person who needs help or just someone to talk to.

All Areas 1800 55 1800 - 24 hour toll free number or visit www.kidshelpline.com.au

SUPPORTING CHILDREN THROUGH COUNSELLING

Individual, groups or family counselling. Mediation and preventative education for schools and community groups.

All Areas 9564 6999 Family Relationships Centre
Oakleigh

THE LOOKOUT - Your place for family violence information

Training and events, resources, media centre and updated family violence directory

All Areas www.thelookout.org.au
1800 737 732 DVRC
29 Wellington Street
Collingwood

BOROONDARA

INROADS: MEN'S BEHAVIOUR CHANGE PROGRAM

Boroondara 9261 8727
relationshipseducation@rav.org.au Relationships Australia
46 Princess Street, Kew (14 sessions)
6.30pm to 8.30pm
Cost \$280

KNOX

MEN'S FAMILY VIOLENCE PROGRAM

Knox 9735 4188 (by referral) Anglicare Victoria
666 Mountain Highway Bayswater Entry group 10 weeks

MEN'S BEHAVIOUR CHANGE PROGRAM

Knox www.rav.org.au/KnoxMBCP
9725 9964 Headspace Knox
2 Capitol City Boulevard,
Knox City Wantirna
ALSO AT BORONIA
Ring for details 9725 9964 July 4 – 22 Aug
6.30 – 8.30pm
Cost: \$280 pp (negotiable)

MAROONDAH

EASTERN DOMESTIC VIOLENCE OUTREACH SERVICE INC

Provides information, advocacy, support and referral for women and their children living in the eastern region, who are experiencing domestic violence. A free and confidential service

Maroondah 9259 4200
www.edvos.org.au There is no fee attached to either
group attendance or counselling
sessions

MANNINGHAM

WOMEN'S HEALTH EAST - Investing in equality and wellbeing for women

WHE acts to improve women's health, safety and wellbeing through leading, partnering, informing and delivering responses that address the needs of women

Manningham 9851 3700
www.whe.org.au 1/125 George Street
Doncaster East

MONASH

SECASA

SECASA provides counselling for victims of sexual assault and family violence for both adults and children. This is a 24 hour service. Short, medium and long term counselling is provided at a number of locations. Counselling available for family members, carers and friends.

Monash 9928 8741
secasa@monashhealth.org

MEN'S RESPONSIBILITY GROUP For men who use violence towards their partners and/or children			
Monash	1300 552 509 www.linkhc.org.au	Link Health and Community Batesford Reserve 94 Batesford Rd Chadstone	Wednesdays 7pm to 9pm during school terms (20 weeks)
WHITEHORSE			
MOVING ON – free group for women who have or are experiencing family violence			
Whitehorse	Zehra or Katy 9899 566	Box Hill area	Starts 18 July – 22 Aug 10 -12pm Cost: FREE
COURAGE TO HEAL – domestic violence support program			
Whitehorse	Life Care Womens Centre 9886 3899 Patricia.karagiorgos@crosswaylifecare.org.au	Box Hill	Ring for details
INTOUCH MULTICULTURAL WOMENS GROUP – group to learn about healthy relationships			
Whitehorse	Nadine 9413 9506 nadineh@intouch.org.au	Box Hill area	Thursdays 11.30 – 1.30pm Cost: FREE
YARRA RANGES			
MEN'S FAMILY VIOLENCE PROGRAM - Entry Group			
Yarra Ranges	9735 4188 by referral only	Anglicare Victoria 47-51 Castella Street, Lilydale	
MEN'S BEHAVIOUR CHANGE PROGRAM - 10 week program 'on track'			
Yarra Ranges	9735 4188 by referral only	Anglicare Victoria 47-51 Castella Street, Lilydale	
YARRA RANGES LEGAL CLINIC Free family violence legal advice, assistance and support.			
Yarra Ranges	1300 79 70 88	Eastern Community Legal Cntr 110 River Street, Healesville	
MUMS GUIDING KIDS FORWARD			
Yarra Ranges	Anglicare Sonia T 9735 4188	Anglicare 47 Castella Street Lilydale	17 July – 4 Sept 10 -12pm Cost: FREE

Parent Educators Network

Eastern Region

Come and enjoy morning tea to discuss what is needed in your area.

Plus our guest speaker:

Digital Wellbeing and Online Safety speaker Martine, who also is a writer and family counsellor. She will improve your relationship with your child/clients with strategies, support and understand

Wednesday 24th July 2019

9.30 – 11.30 am

To be held at Anglicare

47 Castella Street

Lilydale

We are always open to suggestions so please contact Parentzone if you have any particular topic requests. This network meeting is open to all professionals involved in the provision of parenting education and information.

If you wish to be on our email contacts list for information to be sent to you, or added to our list of parenting course providers, email parentzone.errd@anglicarevic.org.au or bring your details to the meeting.

Contact Helena on 9735 6134 to book a place

SPECIAL NEEDS

Region	Contact	Address	Details / Other
REGIONAL			
LIVE YOUR COMMUNITY PROGRAM (LYCP) – provides flexible, practical, volunteer based inclusion support for children with disabilities who experience barriers to participate in sport, recreation and leisure activities. Assessment based for children 6 – 17 years with a disability			
All Areas	9355 8848 eastern@extendedfamilies.org.au www.extendedfamilies.org.au		
VIC DEAF News, resources, interpreter services and education			
All Areas	9473 1111 info@vicdeaf.com.au		
EARLY CHILDHOOD INTERVENTION AUSTRALIA (ECIA) ECIA's work assists children with developmental delays or disabilities, their families and the networks that support them. They provide information, professional development across the sector.			
All Areas	8559 2620 www.eciavic.org.au		
DOWN SYNDROME AUSTRALIA Information, resources, encouragement and support for families. Club 21, peer support for adults 18-25 years. Groups in Melbourne and Geelong			
All Areas	1300 658 873 info@dsav.asn.au www.downsyndromevictoria.org.au	18/71 Victoria Crescent, Abbotsford	
DEAF PARENTING SKILLS Pastoral care and counselling, outreach and life skills			
All Areas	9525 1158 admin@jpc.org.au www.jpc.org.au	John Pierce Centre 25-35 High Street, Prahran	
CEREBRAL PALSY SUPPORT NETWORK - State wide Self-help support group offering phone information and support via quarterly newsletters, information, seminars, workshops, support groups, recreational activities - brokerage available			
All Areas	9478 1001 or 1300 277 600 www.cpsn.org.au	517 High Street, Preston	
SPELD VIC Parent Support Group Association of parents and professionals interested in child and adults with specific learning difficulties.			
All Areas	9480 4422 www.speldvic.org.au	Donkey Wheel House Lvl3, 673 Bourke St Melbourne	Provides diagnostic services, seminars, library and resources for sale
MOVING FORWARD COUNSELLING AND LIFE COACHING			
All Areas	Frossa Mrakas Clinical Counsellor 0418 174 545	Helping individuals and families living with ASD navigate the path to a more fulfilling life	
ASSOCIATION FOR CHILDREN WITH A DISABILITY A state wide organisation which provides a range of information booklets including 'Through the Maze: A Guide to Benefits and Services for Families of Children with a Disability' - also available in Arabic, Chinese and Vietnamese. 'Your Shout' a website for siblings of children with a disability			
All Areas	9880 7000 1800 654 013 www.yourshout.org.au	1/587 Canterbury Rd Surrey Hills	

EPILEPSY FOUNDATION OF VICTORIA			
Parent / carer education and informal lunchtime get together. Regular information sessions, counselling, advocacy, referrals, education at school			
All Areas	8809 0600 1300 761 487 free call epilepsy@epilepsyfoundation.org.au www.epilepsyfoundation.org.au	587 Canterbury Road Surrey Hills	
PARENT SUPPORT NETWORK			
Groups held regularly in Camberwell, Croydon, Box Hill, Glen Waverley, Ferntree Gully and Mooroolbark			
All Areas	1300 472 673 www.scopeaustralia.org.au		
AMAZE - Parent support, books, newsletter, counselling and resources			
All Areas	1300 308 699 www.amaze.org.au	506 Elizabeth Street Melbourne	
STRENGTHENING PARENT SUPPORT PROGRAM – Groups in Lilydale, Ringwood, Vermont Sth and Chirside Park Aims to support the strong and healthy development of families with a child with a disability or developmental delay by connecting parents with each other and providing opportunities to share stories, frustrations, strategies and ideas.			
All Areas	Michelle Parentzone strengtheningparentsupport@anglicarevic.org.au	9735 6164 or 0438 646 744	Bookings are essential to attend support groups or information sessions
GIFTED SUPPORT NETWORK - formally Bayside Young Active Minds - BYAMS			
Active network offering services to families with gifted children. Information evening with expert speakers covering issues related to the gifted. Comprehensive member's library. Quarterly newsletter containing professional articles			
All Areas	admin@giftedsupport.org	P.O. Box 2808, Cheltenham	
DOGS FOR KIDS WITH DISABILITIES			
Provides support and training to families and children with special needs through the training and provision of a companion dog			
All Areas	0488 104 044 www.dkd.org.au		
INTERCHANGE VICTORIA Provides respite and recreational experiences for children with a disability			
All Areas	1300 300 436 www.interchange.org.au		
VICTORIAN STATE DISABILITY PLACE 2017-2020			
The Victorian State Disability Plan includes the Victorian Government's ideas to make life better for people with a disability, their families and carers. The plan is part of a set of three documents. Go to www.dhhs.vic.gov.au			
ASPERGERS VICTORIA			
All Areas	9845 2766 www.aspergersvic.org.au.au		
AUTISM FRIENDLY LEARNING			
Our website provides links to information about ASD, school supports and specific issues such as transitions.			
All Areas	www.education.vic.gov.au/about/programs/needs/Pages/autism.aspx		
FAMILY RELATIONSHIP SUPPORT FOR CARERS/RESPITE FOR CARERS SUPPORT SERVICE			
All Areas	1300 303 346 Robyn frsc@each.com.au		
NOAHS ARK – therapy and support for children 0-12 years old with a disability and their families			
All Areas	Suzy Green 1800 819 140 suzy.green@noahsarkinc.org.au		

BOROONDARA			
MY TIME SUPPORTED PLAYGROUP For children with special needs aged between 0 and 18 years of age			
Boroondara	Isabella Rosinsky 1800 171 882	Villa Maria Catholic Homes Kew	Thursday 10 -12pm
DISABILITY SUPPORT Programs designed to promote independence, social interaction and daily living skills			
Boroondara	9885 7789 craig.disability@craigfc.org.au	The Craig Family Centre 7 Samrinda Avenue, Ashburton	
THE ABOUT FACE SOCIAL SKILLS PROGRAM Interactive program to improve social, communication and conversational skills in children and adolescents			
Boroondara	9821 0581 www.blcspeech.com.au	6/497 Burke Road Hawthorn	
PATHWAY FOR CARERS WALK			
Boroondara	Felicity Preston 9239 2500	Start Location: Ashburton Pool 8 Warner Ave Ashburton	Every 4th Wed of the month from 9.30am
AUTISM BEHAVIOURAL INTERVENTION ASSOCIATION (ABIA) Trains, education and supports parents, carer and professionals working with children with Autism Spectrum Disorder. Our purpose is to raise awareness about Applied Behaviour Analysis and its scientific basis and potential positive outcomes.			
Boroondara	9830 0677 info@abia.net.au www.abia.net.au	Level 1, 121 Maling Road Canterbury	
KNOX			
STARTING THE CARER CONVERSATION - for parents			
Knox	Kylee or Jenny at ACD educate@acd.org.au	Eastern Ranges School 56 Dorset Road, Ferntree Gully	Wed 31 July 9.30 -12.30pm
AUTISM COUNSELLING For parents and caregivers of children/teens with ASD. Counselling and sand play therapy			
Knox	Office 9761 2214 Jo White 0414 487 509 jowhite3130@gmail.com www.autismcounselling.com.au	Suite 2 171 Boronia Road Boronia	Parents Course: New Diagnosis And Parent Course: Teens and ASD (call for dates and times)
THE SHOP FRONT Provides information and support for families concerned about their children, especially those with additional needs			
Knox	9758 7747 theshopfrontftg@gmail.com www.ferntreegully.vic.au	90 Station Street Ferntree Gully	
MY TIME SUPPORTED PLAYGROUP - 0 to 18 years with additional needs			
Knox	Isabella Rosinsky 1800 171 882	Ferntree Gully	Thursday 9.30 -11.30
PLAYCONNECT SUPPORTED PLAYGROUP - 0 to 6 years with Autism			
Knox	Sharon Bradford 9298 8348 play@knox.vic.gov.au	West Gully Children Centre Dobson Street, Ferntree Gully	Tuesdays during school terms 9.30am to 11.30 Cost: Free of charge
ADOLESCENT YOUTH CLUB – for young people with ASD			
Knox	Irabina 9720 1118 autism@irabina.com	Bayswater	Ring for details

WELLINGTON CARE CENTRE Relief Recovery Restoration - children specialists for Autism and Asperger's Syndrome			
Knox	9764 3738 www.wellingtoncarecentre.com.au	Corner Wellington Road and Le John Street Rowville	
KNOXBROOKE INC. –providing individualised 1:1 in-home and community support			
Knox	9758 3666 www.knoxbrooke.com.au	Flexible support 365 days a year. Between 6 am – 10 pm and overnight if required	
MANNINGHAM			
PATHWAY FOR CARERS WALK			
Manningham	Felicity Preston 9239 2500	Starting location Melissa Cakes Café 65 Parker St, Lwr Templestowe	Every 3 rd Thursday of the month from 10am
MAROONDAH			
STRENGTHENING PARENT SUPPORT GROUP			
Maroondah	Anglicare Parentzone Michelle 0438 646 744 or 9735 6146	Central Ringwood Community House, Bedford Park, Rosewarne Lane Ringwood	Aug 8 th and Sept 3 rd 7 – 8pm
PATHWAY FOR CARERS WALK			
Maroondah	Felicity Preston 9239 2500	Start Location: Torrente Café 389 Maroondah Hwy, Ringwood	Every third Saturday of the month from 1.00pm and every 2 nd Tues at 9.30 am
ITS TIME WE TALKED ABOUT PORNOGRAPHY, AUTISM AND SEXUALITY			
Maroondah	www.eventbrite.com.au/e/6231541627	O'Driscoll Centre, Aquinas College, 46 Great Ryrie Street Ringwood	20 th July 6.30-8.30pm Cost: \$12
MONASH			
MY TIME SUPPORTED PLAYGROUP			
Monash	Isabella 1800 171 882	Power Neighbourhood House Ashwood	Saturday fortnight 9.30 12.30pm and 1.00 – 4.00pm
AS ADULTS SUPPORT GROUP AND ASPIE WOMENS SOCIAL GROUP			
Monash	https://aspergersvic.org.au/event-3423164	Power Neighbourhood House Ashwood	Thursdays evenings starting 20 th July Women's group Saturdays 2 – 4pm
WHITEHORSE			
STRENGTHENING PARENT SUPPORT PROGRAM			
Whitehorse	Michelle Parentzone 9735 6146 or 0438 646 744	Vermont Special School Livingstone Road, Vermont Sth	16 th July 20 th Aug and 17 Sept 9.30 – 10.30am

YARRA RANGES			
STRENGTHENING PARENTS SUPPORT PROGRAM			
Yarra Ranges	Michelle Parentzone 9735 6146 or 0438 646 744	Anglicare, 47 Castella Street, Lilydale	17 July 21 Aug and 18 Sept 1.30 -2.30pm AND 26 July and 23 August 10.30 – 11.30 am
STRENGTHENING PARENTS SUPPORT PROGRAM			
Yarra Ranges	Michelle Parentzone 9735 6146 or 0438 646 744	Spectrum Journeys, 286 Maroondah Hwy Chirnside Park	18 July and 15 August 10.30 -11.30
ASK (AUTISM SPECTRUM KIDS)			
Yarra Ranges	Inspiro 9738 8801	Inspiro, 17 Clarke St, Lilydale	Tuesdays 4.30 – 6.00pm Cost: FREE
MY TIME SUPPORTED PLAYGROUP			
Yarra Ranges	Isabella 1800 171 882	Yarra Junction	Mondays 10 -12pm
PATHWAYS FOR CARERS WALK			
Yarra Ranges	Felicity Preston 9239 2500	Starting location Mt Evelyn Community House 50 Wray Cres., Mt Evelyn	First Thursday of the month starting at 9.30am
RECONNECT PROGRAM – program to provide support to high needs learners who need additional support to engage with and succeed in education and training			
Yarra Ranges	Samantha Egan CIRE Training 9736 1457 www.cire.org.au	20 Old Hereford Road, Mt. Evelyn	Ring for details
PARENT CONNECT CHIRNSIDE PARK- exploring diagnosis, change, relationships, everyday life challenges, strengths, boundaries, self-esteem and self-care			
Yarra Ranges	info@spectrumjourneys.org.au	15/286-288 Maroondah Hwy Chirnside Park	Ring for details
CARE AND SHARE – carers who need time out for themselves			
Yarra Ranges		The Yarra Centre, 2345 Warburton Hwy Yarra Junction	Tuesdays 16 July – 17 Sept 12.30 -1.30pm
ADVOCACY ESSENTIALS WORKSHOP			
Yarra Ranges	Spectrum Journeys https://www.trybooking.com/BDRWM	Mooroolbark Salvation Army Corps 305 Manchester Road Mooroolbark	Tues 13 th August 1 – 9pm Cost: \$15

VULNERABLE AND ISOLATED PARENTS

Region	Contact	Address	Details / Other
REGIONAL			
IN HOME CHILDCARE A flexible form of child care where children can be cared for in their own home, by an approved EL educator. To be eligible for In Home Child Care, families must have no access to existing child care services and/or their circumstances mean that an existing child care service cannot meet their needs. Families must also meet one or more other criteria.			
All Areas	www.australianhomechildcare.com.au		
WELLWAYS AUSTRALIA LTD. Support and information programs for families and friends of people with mental illness and dual diagnosis (mental illness and substance abuse)			
All Areas	1300 111 400 www.wellways.org		
RESILIENT KIDS RESILIENT WOMEN – family violence support, offering therapeutic response			
All Areas	Uniting Wesley 8870 4040	Eastern Metro	
VACRO Counselling and mentoring for children with a family member in contact with the criminal justice system			
All Areas	9605 1900 www.vacro.org.au	1/116 Hardware Street Melbourne	
BOROONDARA			
MATES – mentoring 1:1 for teens aged 10 – 15 yrs			
Boroondara	Naomi Manderson Temcare 9877 7729 www.temcare.org.au	Camberwell	
CARE – respite foster care 0 15 yrs, 1 – 2 nights every 6 weeks			
Boroondara	Simone Beattie Temcare 9877 7729 www.temcare.org.au	Camberwell	
WOMEN OF HOPE – Support group for mothers			
Boroondara	Natalie Walton 9877 7729 www.temcare.org.au	Camberwell	Ring for dates 11 – 2pm Cost : FREE Includes lunch
INTEGRATED FAMILY SUPPORT – mental health support and navigating NDIS advocacy			
Boroondara	Natalie Walton Temcare 9877 7729 www.temcare.org.au	Camberwell	
KNOX			
MURRINDAL REFERRAL AND SUPPORT SERVICE and YOUNG PARENTS GROUP One off sessions, consults, counselling and support service by appointment			
Knox	Anglicare Contact Cathie 0447 500 311 for playgroup	Playgroup Room Murrindal Family Centre, 100 Murrindal Drive Rowville	Playgroup Thursdays 11.30 -1.30pm
YOUNG PARENTS GROUP – free for mums under 25 with a baby under 12 months			
Knox	Michelle Pascoe Knox Youth Services 9298 8311	Knox Youth Info Centre, 2 Capitol City Blvd., Knox Ozone Wantirna Sth	Ring for details

MAROONDAH			
CHILD IN FOCUS			
Maroondah	9847 5888 www.mediation.com.au	Family Mediation & Counselling 367 Maroondah Highway Ringwood	Every two weeks 6pm to 7.30pm
RESPIRE FACILITY FOR WOMEN			
Help to nurture the spirit of each woman who comes into their care so that they can return home more confident and with plans to cope with the stresses of life and family.			
Maroondah	9723 6797 www.familycaresisters.com.au	69 Alto Avenue Croydon	
WHITEHORSE			
YOUNG MUMS SUPPORTED PLAYGROUP			
Whitehorse	9890 2673 fan@fan.org.au	Family Access Network Mitcham Family Centre 15 Brunswick Road Mitcham	Tuesdays 12.00pm – 2.00pm
YARRA RANGES			
HEALTHY MOTHER, HEALTHY BABIES			
Support for pregnant women in the community. Help to access services and other support during pregnancy and for 6 weeks post birth.			
Yarra Ranges	9028 0155 www.inspiro.org.au	Lilydale	
EASTERN KINSHIP CARE NETWORK (Anchor)			
Yarra Ranges	Alison Sutherland 8761 9040	Yarra Junction	Once a month Fridays
LINKING FAMILIES SERVICE			
Yarra Ranges	Naomi Ween 9294 6573 n.ween@yarraranges.vic.gov.au	Upper Yarra Family Centre 2444 Warburton Hwy., Yarra Junction and Outreach	Mondays, Tuesdays and Thursdays

DRUGS, ALCOHOL AND ADDICTIVE BEHAVIOURS

Region	Contact	Address	Details / Other
COUNSELLING - REGIONAL			
ALCOHOL AND OTHER DRUG FAMILY SERVICE - CatholicCare Professional counselling for individuals with problem drug use or all members of family and extended family and friends. Therapeutic and educational groups for family members. Supported playgroups for families affected by alcohol and other drug use. Alcohol and other drug use assessment and referral to other agencies. Community programs aimed at supporting and strengthening families.			
All Areas	9287 5555 www.ccam.org.au	383 Albert Street East Melbourne	Evening appointments may be available
THE FIRST STOP WEBSITE – new website for families affected by alcohol and other drugs. Detailed information about services in Inner East Region.			
All Areas	www.thefirststop.org.au 1800 778 278	The First Stop 378 Burwood Road, Hawthorn	
FAMILY DRUG HELP For people concern about a relative or friend using alcohol or other drugs			
All Areas	1300 660 068 24hr helpline www.familydrughelp.com.au	140 Grange Road, Carnegie	
TOBACCO FREE CLINIC Specially trained staff for individual needs			
All Areas	Service Co-ordinator 0417 861 324 www.easternhealth.org.au	Health Promotion Unit Box Hill & Maroondah & Yarra Valley Hospitals	
TURNING POINT ALCOHOL AND DRUG CENTRE 24 hour drug and alcohol counselling, information and referral service			
All Areas	8413 8413 Direct helpline 1800 888 236 www.turningpoint.org.au	54 Gertrude Street, Fitzroy	
YSAS RECONNECT Helps young people, who are using alcohol and/or drugs aged 12 to 18, who are homeless or at risk of homelessness and their families.			
All Areas	9890 7855	16 Ellingworth Parade Box Hill	
BOROONDARA			
DRUG COUNSELLING For individuals and families who live, work or study in Boroondara.			
Boroondara	9818 6703 www.iehealth.org.au	Inner East Community Health 378 Burwood Road Hawthorn	Adult counselling and homeless outreach
KNOX			
PARENT SUPPORT GROUP For adults who are parenting people with drug and alcohol issues.			
Knox	Anglicare 9721 3688 Liz Nunn	Anglicare Victoria 666 Mountain Highway Bayswater	8 week course Ring for details Cost: Free of charge
SURe - Substance Abuse Recovery Individual and family counselling			
Knox	1300 007 873 – Intake www.sureaod.org.au		Bayswater, Box Hill, Doncaster, Healesville and Ringwood
HEADSPACE KNOX Offers young people aged 12 to 25 confidential advice, support and information. Services include: mental health counselling and support, alcohol and drug services, vocational and educational support, general health services and group programs			
Knox	9801 6088 www.headspace.org.au/knox	2 Capital City Boulevard Knox Ozone	

FADS - Family Alcohol and Drug Service Families with children up to 18 years where an adult has a drug and/or alcohol problem. Families with a young person up to 25 who has a drug and/or alcohol problem.			
Knox	9721 3688 - Intake		Monday to Friday 11am to 3pm
MAROONDAH			
SURe - Substance Abuse Recovery Individual, non residential recovery and family counselling			
Maroondah	1300 007 873 www.suread.org.au	Building B 46 Warrandyte Road Ringwood	Gold coin donation
NEEDLE AND SYRINGE PROGRAM			
Maroondah	1300 003 224	Building B 46 Warrandyte Rd, Ringwood And Ferntree Gully	Mon to Fri 9am to 5pm
MONASH			
ADDICTION RECOVERY SERVICE - Plus New Life Recovery Peer Support Group Is substance use becoming an issue in your family?			
Monash	1300 552 509 www.linkhc@linkhc.org.au	Link Community Health 8 – 10 Johnson St. Oakleigh	
WAVERLEY EMERGENCY ADOLESCENT CARE Counselling, family therapy, accommodation, education, youth drug and alcohol, material aid and training specialist youth service			
Monash	9563 2275 www.weac.org.au	156 Drummond Street Oakleigh	
WHITEHORSE			
SURe - Substance Abuse Recovery Individual, non-residential recovery and family counselling			
Whitehorse	8892 4200 www.each.com.au	Box Hill	Cost: Gold coin donation
ACCEPTANCE AND COMMITMENT THERAPY GROUP (AOD – Alcohol and other Drug Program)			
Whitehorse	Tim Nolan 9896 6322 Stephanie.bortignon@anglicarevic.org.au	Anglicare Box Hill	Ring for details
EASTERN HEALTH ALCOHOL AND DRUG SERVICE Advice for anyone wishing to undergo withdrawal. Counselling, overdose response program, dual diagnosis			
Whitehorse	1300 342 255 www.easternhealth.org.au		
EASTERN HEALTH MENTAL HEALTH DUAL DIAGNOSIS TEAM			
Whitehorse	9843 1288 www.easternhealth.org.au	43 Carrington Road, Box Hill	Cost: Gold coin donation
PEER SUPPORT GROUP FOR PEOPLE AFFECTED BY ALCOHOL, MEDICATION OR OTHER DRUG USE			
Whitehorse	1800 931 101 www.msrs.org.au	Carrington Health , Ground floor, 43 Carrington Road, Box Hill	Mondays 10 - 11.30 am

YARRA RANGES			
SURe - Substance Abuse Recovery Individual, non-residential recovery and family counselling			
Yarra Ranges	EACH 5967 5800	Yarra Junction	Cost: Gold coin donation
MAROONDAH ADDICTIONS RECOVERY (MARP)			
Yarra Ranges	1300 003 224 www.each.com.au	17 Clarke Street Lilydale	

CHILDREN AND ADOLESCENT PROGRAMS

Region	Contact	Address	Details / Other
REGIONAL			
KIDS HELP LINE - for kids aged 5 to 25 years Free 24 hour telephone and online counselling service			
All Areas	1800 551 800 www.kidshelpline.com.au		
GAMBLERS HELP – teens and their gambling			
All Areas	1800 262 376 www.gamblinghelponline.org.au	Or www.kidbet.com.au Learn more about the issue find tips on taking a responsible approach to gambling	
BOROONDARA			
HEADSPACE HAWTHORN A service for young people aged 12 to 25 - mental health, physical and sexual health, drug and alcohol counselling, education and employment			
Boroondara	9006 6500 www.headspace.org.au/hawthorn		
MATES – mentoring 1:1 for teens aged 10 – 15 yrs			
Boroondara	Naomi Manderson Temcare 9877 7729 www.temcare.org.au	Camberwell	
CARE – respite foster care 0 15 yrs, 1 – 2 nights every 6 weeks			
Boroondara	Simone Beattie Temcare 9877 7729 www.temcare.org.au	Camberwell	
KNOX			
RECONNECT PROGRAM – to support youth who have found themselves outside education and employment.			
Knox	Nat 98758 7859	Mountain District Learning Centre, 13-15 The Avenue, FTG	
RECONNECT: ENGAGEMENT AND LEARNING SUPPORT PROGRAM One on one tailored support to assist young people 15 – 24 yrs, resides in Knox, to reengage back into education and career pathways			
Knox	Indi Mills K.Y.M. Victoria Inc. 9722 5777 OR 0477 994 003 imills@kym.com.au	673 Mountain Hwy Bayswater (OUTREACH AVAILABLE)	

YOUTH INFORMATION CENTRE (YIC)			
Information and referral services for young people 10 to 25 years and their parents			
Knox	9298 8000	Knox Ozone (near Timezone)	Mon to Thurs 1pm to 5pm
SPARK – for young people to learn about themselves, explore values, manage life's ups and downs			
Knox	Headspace Knox Ozone 2 Capitol City Blvde	Lisa or Chenai 9298 8315	Ring for details
HEADSPACE KNOX			
Offers young people aged 12 to 25, confidential advice, support and information. Services include: mental health counselling and support, alcohol and drug services, vocational and educational support, general health services and group programs.			
Knox	9801 6088 Ruby.stevens@each.com.au or Chenai.mupotsa@headspaceknox.com.au	2 Capital City Boulevard Knox Ozone	
MAROONDAH			
YOUTH CLINIC Need support, feeling sad or stressed, want to see a youth GP?			
Maroondah	9871 1802 youthclinic@each.com.au	EACH 46 Warrandyte Road Ringwood	
CHAMPS Peer Support Program			
Maroondah	Bronwyn 0408 291 580 Bronwyn.sanders@easternhealth.org.au	Croydon Connections 185 Mt Dandenong Road	Starts 23 July 4 – 5pm Cost: FREE
KIDS CLUB – peer support for 8 – 12 y.o children and their families who have been to CHAMPS program			
Maroondah	Anglicare Rebecca 9735 4188	Ev's, Mt. Dandenong Road Croydon	1 July 5 Aug and 2 September 4.30 – 7pm
MAROONDAH YOUTH SERVICES - 12 to 18 years			
Maroondah	9294 5704	Ev's Youth Centre 212 Mt Dandenong Road Croydon	Thursdays during school terms 3pm to 5.30pm Cost: Free of charge
MAROONDAH FreeZA GROUP			
Personal development program for 15 to 21 year olds			
Maroondah	Kate McGreal Maroondah Youth Council 9294 5703	Ev's Youth Centre 212 Mt Dandenong Road Croydon	A year long program. Group meets every 2 nd Friday
MANNINGHAM			
Manningham			
MONASH			
SUPPORTING CHILDREN THROUGH COUNSELLING - Family mediation and counselling services			
FMC provides a range of services to support children and their families in understanding and managing difficult situations and the emotions and behaviours that come with it. FMC child counsellors support children aged between 5 to 18 years. Group sessions available.			
Monash	9564 6999 chadstone@mediation.com.au	41 Stamford Road Oakleigh	
CONNECTING TEENS Social group for teens with Asperger's Syndrome			
Monash	Carol Berger 9807 3589 office@powernh.org.au	Power Neighbourhood House 54 Power Avenue	Friday fortnightly Cost: \$80 per term

		Ashwood	
LINK HEALTH AND COMMUNITY SERVICE			
Counselling and support for families, adults and young people experiencing emotional, social, behavioural or addiction problems			
Monash	1300 552 509 www.monashlink.org.au		
WHITEHORSE			
WHITEHORSE YOUTH CONNEXIONS			
Whitehorse	9898 9340 Amy McDonald www.whitehorse.vic.gov.au/youth-services.html	Suite 2, Level 1, Box Hill Central, Box Hill	Monday to Friday 1.00 – 5.00pm
CRUZIN STUDY HOMEWORK PROGRAM			
Whitehorse	Jacqueline Piper 9898 9340 Whitehorse Council Youth Services	Box Hill Library 1040 Whitehorse Road Box Hill	Every Thursday during school term 4pm to 6pm
ATAPS and GENERAL COUNSELLING FOR CHILDREN			
PS4Kids (aged 0-12) and adolescent (aged 12-25) PS4 is a short term counselling service for children who are at risk of developing a mental health disorder or have a diagnosed condition. Referrals can be made through regular GP's.			
Whitehorse	9890 2220	Carrington Health Level 2, 43 Carrington Road Box Hill	Cost: Free for ATAPS counselling, income based for general counselling
YARRA RANGES			
SHIRE OF YARRA RANGES YOUTH SERVICES			
If you'd like to get involved in your community, then Youth Services has a variety of youth programs, events and youth support			
Yarra Ranges	1300 368 333 youthservices@yarraranges.vic.gov.au www.yrys.com		
RECONNECT PROGRAM – program to provide support to high needs learners who need additional support to engage with and succeed in education and training			
Yarra Ranges	Samantha Egan CIRE Training 9736 1457 www.cire.org.au	20 Old Hereford Road, Mt. Evelyn	Ring for details
YOUTH MENTORING PROGRAM			
Jindi Woraback mentoring program is for young people aged 12 to 25 years of age who are in need of support and friendship			
Yarra Ranges	1300 368 333		
LOOKING FOR HELP FOR A YOUNG PERSON IN YOUR CARE?			
Search for accommodation, parenting, counselling, health, educational and financial support from organisations that can support you and the young people in your care.			
Yarra Ranges	www.nowrongdoor.com.au		
LITTLE JOEYS PLAYGROUP supported playgroup for women with children up to 5 who have experienced family violence			
Yarra Ranges	Inspiro 9738 8801	Japara House 54-58 Durham Road, Kilsyth	Tuesdays 10 – 11.30 Cost FREE
KEEPING THE BEAT – music making group for children 8 -12 years			
Yarra Ranges	Zoe 0402 584 179 zoe.kalenderidis@gmail.com	Anglicare 47 Castella Street Lilydale	Starts 23 rd July – 10 th Sept 4 – 5pm

OTHER COMMUNITY SUPPORT GROUPS

Region	Contact	Address	Details / Other
COMMUNITY INFORMATION AND SUPPOR CENTRES / CITIZEN ADVISORY BUREAU			
CARE CONNECT Aged care and disabilities for adults and children, offers case management and brokerage. Early choices 0 to 5 years. Making a difference 5 to 18 years and 18+ years			
All Areas	1800 692 464 www.careconnect.org.au		
CENTRE AGAINST SEXUAL ASSAULT For non-offending parents of sexually abused children, survivors of recent or past sexual assault and crisis counselling			
All Areas	9635 3600 - 24 hours 9635 3610 - outside metro www.casa.org.au		
CITIZEN'S ADVICE BUREAU			
All Areas	<ul style="list-style-type: none">• Maroondah - Ringwood 9870 3233• Burwood East - United Care 9803 3400• Monash - Oakleigh Community Information 0459 348 565• Whitehorse - Box Hill 9285 4801• Yarra Ranges - Lilydale Assist 9735 1311• Knox - InfoLink, 186 Boronia Road, Boronia 9761 1325		
CITY LIFE COMMUNITY CARE			
Knox	9871 8900 www.citylife.org	1248 High Street Road Wantirna South	
FAMILY PLANNING VICTORIA			
All Areas	www.fpv.org.au	9257 0100	
LIFEWORKS Ringwood and Bayswater.			
All Areas	8650 6200 www.lifeworks.com.au		Fees are based on the ability to pay
MIGRANT INFORMATION CENTRE Regular newsletter of local events and services			
All Areas	9285 4888 www.miceastmelb.com.au	27 Bank Street, Box Hill	
RELATIONSHIPS AUSTRALIA Counselling for individuals, couples, families and children regarding relationship issues			
All Areas	8573 2222 www.relationships.org.au		Fees according to income

Parenting Programs Term 3 2019



Free to Attend * Places Limited * Bookings Essential

Surviving Parenthood Ferntree Gully

Learn how to improve relationships,
deal with feelings and behaviour
Mondays (5 evening sessions)
Aug 5th to Sep 2nd 7:00-9:00pm
Phone: Helena 0488 501 204

Dads Matter Blackburn North

Discover the importance of dads in a
child's life. Help your child thrive.
Wednesdays (5 x evening sessions)
Jul 31st to Aug 28th 7:00 -9:00 pm
Phone: Helena 0488 501 204

Emotion Focused Parenting Mitcham

Help your child manage their
emotions and deal with conflict
Tuesdays (6 x evening sessions)
Jul 23rd to Aug 27th 7:00-9:00 pm
Phone: Julia 0400 866 495

Surviving Separation

Manage parenting arrangements, deal
with emotions and resolve conflicts
Thursdays (8 evening sessions)
Jul 25th to Sep 12th 7:00-9:30 pm
Phone: Julia 0400 866 495



Parenting Anxious Children Ringwood

Learn strategies to cope with anxiety
and teach your child resilience
Wednesdays (5 x afternoon sessions)
Aug 14th to Sep 11th 12:30-2:30pm
Phone: Sharon 0438 683 049

Managing Challenging Behaviours Camberwell

Why do children behave the way they
do and what strategies help?
Tuesdays (4 x evening sessions)
Aug 6th to Aug 27th 7:00-9:00 pm
Phone Sharon 0438 683 049

Strengthening Parent Support Chirnside Park, Lilydale

Ringwood and Vermont South
Support groups for parents and
carers of children aged 0-18 with a
disability or developmental delay
Phone Michelle 9735 6146

Parenting Anxious Children Ashburton

Learn strategies to cope with anxiety
and teach your child resilience
Mondays (5 x afternoon sessions)
Aug 12th to Sep 9th 12:30-2:30pm
Phone: Sharon 0438 683 049