



Parentzone Northern News

Term 3 2019



**BETTER
TOMORROWS**

Welcome to the Parentzone Northern Newsletter for Term 3 2019

Our aim is to provide a responsive, innovative and accessible Regional Parenting Resource Service. We use a strengths based, culturally-sensitive and gender-appropriate approach for families, carers and professionals with children aged 0 - 18 years of age within the LGA's of Whittlesea, Hume, Moreland, Nillumbik, Banyule, Darebin and Yarra.

Term two has again been busy at Parentzone Northern (Pz). We are continuing to build on our parenting support work, via group work and one off sessional delivery, on a broad range of psychosocial development and parenting issues. These have included topics such as cyber safety, raising resilient teens, wishing away worries and understanding toddler behaviours. Of particular note in the group work space was our PBS group at VAHS, which for the 1st time, had 100% retention, which is of course, the best endorsement of the great work we do! We have also continued our commitment to group work in the family violence space, with Growing Connections co-facilitated with Broadmeadows family services this term. Pz is growing in the CALD space as well. PBS for professionals will run again in term 3, with an additional focus on bi lingual facilitators. PBS will be offered in Assyrian Chaldean and Arabic in partnership with Hume City Council. We are also building on our opportunities for co –facilitation with local community agencies. Pz participated in a fabulous event at Whittlesea for Refugee Week, providing a children's activity and promoting our parenting support services as well. It was a wonderful day, full of dancing, drumming, feasting and other inclusive activities. Pz participated in the Places Conference at City of Whittlesea, providing information on our services to parents. Pz presented our inaugural annual forum for NPEN professionals on Wednesday 26th June, entitled 'Family Diversity in the 21st century", partnering with City of Whittlesea and Kids First. Feedback was overwhelmingly positive. Congratulations to program co-ordinator Jo Templeton, who will provide an update below, and to the Pz team for their support on the day.

Please see term 3 timetable attached for what is coming up next term!

Term Three

Helen Slonek, Team Leader, Parentzone and BWCH

WHAT'S ON IN YOUR REGION?

If you would like to be included in our TeamUp calendar, go to <https://teamup.com/ksp8ox7wrew93onxqg> to add details of your programme.

If you have a story you would like to include in our newsletter please send to parentzone.preston@anglicarevic.org.au

What we do

Parentzone Northern News provides information on parenting programmes, parenting activities and support services that are available in the Northern Region to assist parents in their parenting role.

While Parentzone Northern provides the editorial support for this Newsletter, the intention is that it provides a voice for all parenting programmes in the North, in particular for the Northern Parent Educator's Network. We put out a warm welcome to all professionals in the Northern Region who work with the parents and families to attend the meetings and contribute to the Newsletter.



Parentzone Term 3 Programmes

Growing Resilient Kids - PBS

Do you want to:
Help your child cope in a chaotic world?
Improve your child's confidence?
Help your child deal with anxious feelings?

Thursday - 1st August until 5th September
11:30am - 1:30pm
Orchard Road Community and Early Learning Centre, 121 Orchard Road,
Doreen

For bookings and inquiries contact:
Family Services Education Officer, on 9404 8865 or email
familytraining@whittlesea.vic.gov.au



**City of
Whittlesea**

Great Kids have Great Dads - Taster

Great parents bring up great kids and you can be the parent you always wanted to be. In this session we will talk about what being a dad means to you and the ways you can raise happy healthy kids.

Wednesday 14th August
6:30pm - 8:30pm
Community Room, Westfield Edge Community Space, Shop MM1,
Westfield Plenty Valley

For bookings and inquiries contact:
Family Services Education Officer
familytraining@whittlesea.vic.gov.au or 94048865



**City of
Whittlesea**

Raising Resilient Teens

This is a free workshop for parents and carers of teenagers. The topics will include:

What is resilience?
How can we build the resilience of our teens?
How can we connect with and understand our teens?
Parents will also be introduced to an evidenced based strategy to help build resilience.

Tuesday 10th September 2019
6:30pm - 8:30pm
Community Room, Westfield Edge Community Space, Shop MM1,
Westfield Plenty Valley

For bookings and inquiries contact:
Family Services Education Officer
familytraining@whittlesea.vic.gov.au or 94048865



**City of
Whittlesea**

Parentzone Term 3 Programmes

Great Kids have Great Dads

Great parents bring up great kids and you can be the parent you always wanted to be. In this 3 session programme we will talk about what being a dad means to you and the ways you can raise happy healthy kids.

Wednesday 28 August, 4 and 11 September 2019
7.00pm - 9.00 pm.
Moreland Civic Centre, 90 Bell Street, Coburg

Bookings: <https://www.eventbrite.com.au/e/great-kids-have-great-dads-3-sessions-wednesday-28-august-4-11-september-2019-tickets-56009574144>



Moreland City Council

Tuning in to Kids

This course provides a number of skills and strategies to help with everyday parenting challenges, based on emotionally tuned parenting.

Tuesday 23rd July - 27th August
10am - 12pm
Epping Community Services Hub, 713 High Street Epping

For bookings and inquiries contact:
Family Services Education Officer familytraining@whittlesea.vic.gov.au
or 94048865



City of
Whittlesea



drummond
street services
wellbeing for life

Looking Forward

Women who are living in or who have left an abusive or hurtful relationship are invited to participate in a 7 week women's empowerment group.

Wednesday 24th July - 4th September
10am - 12.30pm
Lalor area
Limited free childcare available

For inquires and bookings please contact Genine or Madison on 86418900



Parentzone Term 3 Programmes

Northern Parents Group

Parent? Mental illness/.health issues? The 2019 Northern Parents Support Group may be for you! It's an opportunity for mothers and fathers to safely share common experiences, learn about how to talk to their children about mental health and to explore ways to reduce parenting stress and increase self-confidence.

Thursday July 25th - 29th August
11.30am - 2.00pm
Anglicare, 42 Mary Street Preston (near Preston Market)

For enquiries, call Rebecca Wells on 9416 6300 or talk to your Key Clinician/Support Worker.



Parents Building Solutions - Assyrian Chaldean & Arabic

Are you tired of yelling?
Want to understand why children behave the way they do?
Do you want to discuss and share ideas that work?
This 6 week parenting programme helps you come up with solutions to common parenting challenges. Delivered in Assyrian-Chaldean and Arabic.

Thursday 8th August - 12 September
10.00am - 12.00pm
Roxburgh Park Youth Centre, 75 Lakeside Dr Roxburgh Park

Bookings: 9205 2556 or hume.vic.gov.au/parenting



Tuning in to Teens

Would you like to help your teen to learn how to manage their emotions?
Would you like to help prevent behavioral problems in your teen?
Tuning in to Teens is a 5 week parenting programme that shows you how to help your teen develop emotional intelligence.

Wednesday 21st August - 18th September
6.00pm - 8.00pm
Parentzone - 10 Hurtle St Lalor

For Bookings and enquiries contact Parentzone on 03 8641 8900 or 0458 550 071. Or email Parentzone.Preston@anglicarevic.org.au



Parentzone Term 3 Programmes

Harmony Playgroup

A safe, supportive, and non-judgemental environment for parents and pre-school children aged 0-4 years, from diverse cultural backgrounds and who reside in the City of Whittlesea.

Wednesday mornings (during school terms)

10am - 12noon

188 McDonalds Rd Epping

Places are limited. For enquiries contact Bella at Parentzone on 03 8641 8900 or 0458 550 071 or email bella.odicho@anglicarevic.org.au



Uniting

Healthy Screen Time

Single session workshop for Parents and Carers of Aboriginal Children.

Wednesday 11th September

10.00am - 12.30pm

VAHS Preston, 238-240 Plenty Rd Preston

To register contact Roseanne or Bree on 94033300 or email breeanne.brown@vahs.org.au or roseanneduff@vahs.org.au



Wishing Away Worries

Fear and anxiety are part of a normal range of emotions, but there seems to be an increasing number of parents and carers who believe their children worry too much. What is normal and who is really doing all the worrying?

Tuesday 13th August

6.00pm - 8.00pm

Sunbury Downs College, 148-174 Mitchells Lane Sunbury

Bookings: 9205 2556 or hume.vic.gov.au/parenting



Parentzone Term 3 Programmes

Parenting in the Early Years

Learn how your role plays a key part in a child's development.

Monday 29th July

9.15 am - 11.15 am

Craigieburn South Primary School Hub, 102 Hothlyn Drive
Craigieburn

Bookings: 9205 2556 or hume.vic.gov.au/parenting



Challenging behaviour in pre-teens

The hormones are kicking in - know how to best support teenagers as they approach adolescence.

Monday 16th September

9.15am - 11.15am

Craigieburn South Community Hub, 102 Hothlyn Dr Craigieburn

Bookings: 9205 2556 or hume.vic.gov.au/parenting



Raising Resilient Teens

Learn how to talk to and build resilience within teenagers

Thursday 12th September

6.00pm - 8.00pm

Sunbury Downs College, 148-174 Mitchells Lane Sunbury

Bookings: 9205 2556 or hume.vic.gov.au/parenting



Parents Building Solutions

Are you tired of yelling?

Want to understand why children behave the way they do?

Do you want to discuss and share ideas that work?

This 6 week parenting programme helps you come up with solutions to common parenting challenges. Facilitated in English by Arabic and Turkish bilingual group facilitators.

Monday 5th August - 9th September

10.00am - 12.00pm

Parentzone, 10 Hurtle Street Lalor

For Bookings & inquiries contact: Parentzone on 8641 8900
or 0458 550 071



Professional Development

Parents Building Solutions: A comprehensive framework for professionals who work with parents in any circumstances

The programme is experiential- combining theory and practice wisdom to give participants fresh insights and practical tools they can use when working with families. The programme is based on the Parents Building Solutions model, developed by Parentzone Southern.

Monday 19th and 26th August and 9th September

9.30am- 4.30pm

Broadmeadows Women's Community House, 2 Hadfield Court Broadmeadows

COST: \$350- includes USB with PBS manual.

To register contact Jo Templeton on 0386419810 or 0447113513 or
joanne.templeton@anglicarevic.org.au

Northern Parent Educator Network

Parentzone Northern were delighted to have inaugural Forum which theme was "Family Diversity in the Twenty First Century"

Jac Tomlins presented on Working with Rainbow Families which included the journey families may have been on as well as how we as professionals can work towards more inclusive practice. After a short networking opportunity Simone Young from Drummond Street Services presented on Working with Step Families. The workshop was interactive to enable us to consider some of the difficulties for the children as well as ideas of best practice to support step families.

The feedback was extremely positive with 100% of participants found the forum satisfactory and 100% of participants felt they had learnt new information or strategies. The participants also shared ideas for future forums and these will be taken on board for planning for 2020.

If you are interested in sharing information on your parenting programme or service in our 2019 meetings please contact Jo to discuss further.

The next NPEN meeting will take place in Lalor on Wednesday 18th September from 10am. We are still finalising the speaker so information on this will come out in the next couple of weeks via email.



Parentzone and Family Services news

Family Services and Parentzone continue to work in partnership throughout 2019 and we are delighted to have two Family Service Team Members co-facilitate two of our PBS in term 3. We will also be running Parents Building Solutions for professionals which will help to build on our opportunities to work together in future.

Broadmeadows Women's Community House

Term 3 Programmes

All enquiries – 9309 9433 or womenshouse@anglicarevic.org.au

Let's Play & Let's Play More Playgroup

Mondays

Cleveland Drive Child and Family Centre,

24 – 26 Cnr Essex Way & Cleveland Drive, Craigieburn

Let's Play - 9.00am – 10.30am

Let's Play More - 11.00am – 12.30pm

Out and About Women's Group

for over 65's

Tuesdays

Broadmeadows Women's Community House,

2 Hadfield Street, Broadmeadows

10.00am – 1.00pm

Small Steps &

Little Steps Playgroup

Tuesdays

Broadmeadows Community Hub

Cnr Widford & Freda Streets, Broadmeadows

Small Steps - 9.15am – 10.45am

Little Steps - 11.30am – 1.00pm

Ageing and Feeling Great Women's Group

for over 65's

Thursdays

Broadmeadows Women's Community House,

2 Hadfield Street, Broadmeadows

10.00am – 1.00pm

Meadows Primary School Playgroup

Thursdays

Meadow's Primary School

Gerbert Street, Broadmeadows

9.30am – 11.30am

Snapshot of Parenting programmes in the North

Circle of Security parenting program

For parents/caregivers with children between the age of 0-6 years. Circle of Security parenting program looks at how parents can build their relationship with their children and enhance attachment.

Wednesday 24th July registration session
Wednesday 31st July-18th September (8 weekly sessions)
10.30am-12.00pm
Anglicare Victoria, 42 Mary Street Preston

Bookings contact Catherine on 86418900 or Sandra on 84709999.



Circle of Security parenting program

The Circle of Security helps Dads understand their child's behaviour and to strengthen their relationship with their Dad. Circle of Security is a relationship based program for fathers of children aged 0-5 years, residing in the North East of Melbourne.

Wednesday 31st July- 18th September
6.30pm-8.30pm
Maternal Child Health Centre (War Memorial Hall), 905 Main Road Eltham.

Contact Julie Graney on 94500900 or 0418364399 or
jgraney@kidsfirstaustralia.org.au



Tuning in to Teens

Tuning in to Teens is a 6 week program that shows you how to help your child develop emotional intelligence.

Wednesday 7th August- 11th September
7.00pm-9.00pm
Moomba Park primary, 111 Anderson Road Fawkner

Contact Gabrielle Macdonald, Early Links Coordinator
0438849234 or earlylinks@mcm.org.au



Snapshot of Parenting programmes in the North

Tuning in to Teens

Emotionally Intelligent Parenting. A six session parenting program for parents of adolescents.

Wednesday 7th August- 11th September

10.30am-12.30pm

Berry Street, 677 The Boulevard Eaglemont

Contact Candice Hona 9450 4783 or Camilla Evans on 94877770 from family services.



Important Telephone contacts

Police, Fire or Ambulance 000

Nurse on call 1300 60 60 24

National Home visiting Doctors 13 74 25 (13 SICK)

Poison Information Hotline 13 11 26

Safe Steps - Family Violence Response Centre
(24 hr service - Toll Free) 1800 015 188

Berry Street Northern Family & Domestic Violence Service 03 9450 4700 (Hume Moreland)
Orange Door 1800 319 355 (Banyule, Darebin, Nillumbik, Whittlesea and Yarra)

Darebin Community Mental Health Centre 03 9416 6300

InTouch Multicultural Centre Against Family Violence 03 9413 6500 or Free call: 1800 755 988
Telephone Interpreter Service (TIS) (24 hr) 131 450

Child Protection After Hours Service 131 278

Northern Centre Against Sexual Abuse
(NCASA) 03 9496 2240 or A.H 1800 806 292

Lifeline Crisis and Suicide Support 13 11 14

Beyondblue Information and support Line 1300 22 46 36
Crief Line 9935 7400

Women's Legal Service Victoria 03 8622 0600 or 1800 133 302

Aboriginal Family Violence Prevention and Legal Service 1800 105 303

Kids' Helpline 1800 55 1800

Mensline Australia 1300 78 99 78

Suicide Call Back Service 1300 659 467

Perinatal Anxiety and Depression Australia (PANDA) 1300 726 306

Parentline Victoria 13 22 89

DirectLine - drug & alcohol services 1800 888 236

Headspace 1800 650 890

Switchboard - LGBTIQ support (3pm - midnight only) 1800 184 527

Council of Single Mothers and their Children Victoria (CSMC) 03 9654 0622 or 1300 552 511 (outside Melbourne)