



PARENTZONE SOUTHERN DIRECTORY

Term 3, 2019

Information on groups and programs offered by Parentzone and Community Services across the Southern Region of Melbourne. **Bayside, Cardinia, Casey, Greater Dandenong, Frankston, Glen Eira, Kingston, Mornington Peninsula, Stonnington, Shire of Port Phillip.**

Welcome to the Parentzone Southern Newsletter for Term 3 2019

Hello all,

Welcome to Term 3, 2019. We hope you have all had a good 2nd term...

Our Pakenham office has changed its phone number:

NEW PHONE NUMBER (03) 9781 6767

Anglicare Victoria values diversity and inclusivity. As part of demonstrating this commitment, Anglicare Victoria will be undertaking Rainbow Tick Accreditation in 2019. The standards assesses the extent to which our organisation, and the services it offers, is inclusive of the needs of the LGBTIQ community. The Anglicare Victoria PRIDE (Promoting Respect and Inclusivity for Diversity and Equality) Working Group formed in January this year and its members are working closely with all organisational departments to achieve this accreditation. As part of this process, Anglicare Victoria launched its Diversity and Inclusivity Statement in conjunction with its Wear It Purple Day celebrations. Also, in the next few months all foster carers will be offered the opportunity to participate in LGBTIQ inclusivity training. If you would like some information about Rainbow Tick Accreditation, please email AVPRIDE@anglicarevic.org.au

What are people who have attended saying about our Programs?

Q: What did you find helpful about this program?

“The content of the program is very rich and helpful. I have learned more about how to deal with difficult behaviour in my kids”

“I loved these sections: Less shouting and looking for more ways to find a solution, talk more respectfully and know more boundaries”

“Worker taking the Program was great, nonjudgmental, confident and knowledgeable”

” Information provided is very helpful. Giving the opportunity to participate in discussions was great”.



Happy reading from the Parentzone Southern team



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WHAT'S ON IN YOUR REGION?

Please send us details of any programs, workshops or support groups that you plan to run in Term 4, 2019.

parentzone.southern@anglicarevic.org.au or contact us on NEW NUMBER

9781 6767

OVERVIEW OF PARENTZONE PROGRAMS (full details on appropriate page) ALL ARE FREE

Region	Program	Dates	Time	Open to
Cardinia Page 31	Parents Building Solutions GROWING GREAT KIDS Pakenham	Day Wednesdays Date 14 th July to 18 th Sep 2019	9.00am - 11.30am	A Program for Parents, grandparents, step parents & carers
City of Casey Page 41	Koorie Kids Playgroup (VACCA run) Cranbourne	Thursdays during school terms	10:30am – 1:00pm	Aboriginal and Torres Strait Islander Children 0 – 5 & their parent/carer
City of Casey Page 41	Koorie Kids Playgroup (VACCA run) Hampton Park	Wednesdays during school terms	10:30am – 1:00pm	Aboriginal and Torres Strait Islander Children 0 – 5 & their parent/carer
City of Casey Page 41	Parents Building Solutions Parenting in Australia Today Cranbourne	Day Wednesdays afternoon Date 31 st July to 4 th Sept 2019 (6weeks)	12.45pm- 2.45pm	Open to all Mums, Dads, Carers and Grandparents. Looking for parenting support in today's Australia.
City of Casey Page 41	Parents Building Solutions Doveton	Day Tuesdays Date 30 th July to 27 th Aug 5 weeks	6.30pm – 9.00pm	Open to all Mums, Dads, Carers and Grandparent of children aged 3-13yrs. Looking for parenting support

<p>City of Casey Page 41</p>	<p>Beyond the Violence TERM 4 Please ring and book if interested.</p>	<p>Day Thursday Date 10th Oct – 28th Nov 2019</p>	<p>4.15pm – 6.45pm</p>	<p>Open to women and their children who have experienced Family Violence</p>
<p>City of Casey Page 41</p>	<p>Baby Makes 3 Cranbourne West</p>	<p>Day Thursdays Dates 12th Sept to 26th Sept</p>	<p>6.00pm – 8.00pm</p>	<p>Baby makes 3 is part of your first time Parent groups program. Open to Parents.</p>
<p>City Of Frankston Page 74</p>	<p>Parents Building Solutions Free 6 week Program to talk about Kids Belvedere Community Centre</p>	<p>Day Tuesdays Date 30th July-3rd Sept 2019</p>	<p>9.30am – 11.30am</p>	<p>Open to all Mums, Dads, and Carers & Grandparents. Looking for Parenting support.</p>
<p>City Of Frankston Page 74</p>	<p>Parents Building Solutions Free 6 week Program to talk about Kids Hastings</p>	<p>Day Tuesdays Date 30th July-3rd Sept 2019</p>	<p>1.00pm – 3.00pm</p>	<p>Open to all Mums, Dads, and Carers & Grandparents. Looking for Parenting support.</p>
<p>City Of Frankston Page 74</p>	<p>Parents Building Solutions LET'S TALK ABOUT PARENTING Eastbourne Pri Chapel Sounds</p>	<p>Day Wednesdays Date 24th July to 28th Aug 2019</p>	<p>1.00pm to 3.00pm</p>	<p>Open to all Mums, Dads, and Carers & Grandparents. Looking for Parenting support.</p>
<p>City Of Frankston 74</p>	<p>Beyond The Violence Frankston</p>	<p>Day Thursdays Date 1st Aug to 19th Sept 2019 Every Thursday (8wks)</p>	<p>4.00pm to 6.30pm</p>	<p>An 8week program for women and children impacted by family violence s</p>
<p>City Of Frankston Page 74</p>	<p>PBS Koorie Playgoup Frankston</p>	<p>Day Wednesdays Date School Term</p>	<p>10.30-12.30</p>	<p>Aboriginal and Torres Strait Islander Children 0 – 5 & their parent/carer</p>

City of Greater Dandenong Page 107	Parents Building Solutions Parenting In Australia Athol Rd Primary School	Day Fridays Date 2 nd , 9 th , 16 th , 23 rd , 30 th Aug, 6 th Sept 2019	9.30am – 12.00pm	A Program for Parents, grandparents, step parents & carers
City of Greater Dandenong Page 107	Parents Building Solutions DADS DO MATTER Rosewood Downs Primary School	Day Wednesdays Date 24 th , 31 st July, 7 th , 14 th , 21 st , 28 th Aug 2019	6.00pm to 8.30pm	A Program for DADS, Step Dads, Grand Dads
City of Greater Dandenong 107	Play Circle Supported Playgroup	Day Thursdays Date School Term(10 weeks)	9.30am – 11.00am	For Parents and their preschool children.
City Of Greater Dandenong Page 107	Parents Building Solutions Tantrums Tears and Trouble Southern Migrant Refugee Centre	Day Thursdays Date 1 st Aug to 5 th Sept 2019 6weeks	Times alternate week to week. 9.30 or 10.30 See page 95	Open to all parents and carers of Primary school aged children
City Of Greater Dandenong Page 107	Beyond the Violence TERM 3 . please call, text or e-mail: Ariane 0499 080 468	Day Fridays in Term 3 Date Phone. Will be advised when you book	4.00pm – 6.30pm	Open to women and their children who have experienced Family Violence

City Of Greater Dandenong Page 107	3 and 4 year Old Playgroup Keysborough	Day Tuesday Date School Term	9.00am – 11.00	Is your child starting School in 2020 or 2021? If so, we would like to invite you to our playgroup that will prepare and encourage your child to start Kindergarten/School.
City Of Greater Dandenong Page 107	General Playgroup Keysborough	Day Wednesday Date School Term	9.00am – 10.30am	Open to all Mums, Dads, Carers & Grandparents of Pre-school children
Mornington Peninsula Shire Page 135	Parents Building Solutions Let's Talk about parenting Eastbourne Primary School	Day Wednesday's Date 24 th July to 28 th Aug 2019	1pm to 3pm	Open to all parents and carers of Primary school aged children
Mornington Peninsula Shire Page 135	Parents building Solutions General Age Wallaroo Community House	Day Tuesdays Date 30 th July to 3 rd Sept 2019	1pm to 3pm	Open to all parents and carers of children aged 4-13

Please note All Parentzone Programs are Free. You do need to book.

OVERVIEW of other Anglicare Programs

City Of Frankston Page 74	KARINGAL HEIGHTS PRIMARY SCHOOL PLAYGROUP	Day Wednesdays Date School Term	9.00am to 10.30am	Our playgroup is open to ALL local families, not just KHPS families
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Help lines *(DETAILS AND MORE ON PAGES 117)*

HELP LINES (DETAILS AND MORE ON PAGES	Phone number
Grief line (daily 12noon-3am)	1300 845 745
Life Line (24Hours)	13 11 14 (hearing impaired TTY Line) 03 992 9030
Suicide Help Line Lifeline (24 hours)	1300 651 251
Sexual Assault Crisis Line	1800 806 292
Safe Steps (Women's Domestic Violence Crisis Service)(24hrs)	1800 015 188
Switchboard (supporting the LGBTIQ+ community)	1800 184 527
Parent line (8.00am-Midnight. Everyday)	13 22 89
Victims Of Crime (8am to 11pm)	1800 819 817
Playgroup Australia	1800 171 882 9am-3pm Monday to Friday
Orange Door (Bayside Peninsula Frankston)	1800 319 353

BTV IN FRANKSTON

The **Beyond the Violence Program for Mums and children** is running in Frankston for Term 3 2019. Page 74

PARENTS BUILDING SOLUTIONS PROFESSIONAL TRAINING

'THE PARENTING PACKAGE'

A comprehensive framework for professionals who work with parents. This core training will develop practical tools and strategies that professionals can use with parents in any circumstance.

“This whole training was fantastic and I have learned a lot. It’s something I will use with the Families I work with.” - Family Services Worker

METHODOLOGY

The program is experiential – combining theory and practice. Wisdom to give participants fresh insights and practical tools. They can use when working with families. The Programme Parents Building Solutions, developed by Parentzone Southern, is an evidence based programme.

Following the training, Parentzone may be able to support your organisation to implement learnings from the training through co-facilitating parenting groups

<p>LEARNING OUTCOMES WHO THIS PROGRAM IS FOR? Engage parents effectively in conversations about their parenting role by using a strengths based, reflective approach Draw on evidence-based materials from the Parents Building Solutions manual to respond to the expressed needs of parents Articulate a comprehensive framework for parenting based on family values, relationships, and boundaries Through individual, family or group-work, support parents to: Develop known and agreed rules with their family Implement appropriate discipline, including the use of known and agreed consequences Develop appropriate expectations for the age and developmental stage of the child Help children deal with a range of feelings, and deal with their own feelings as adults Build positive family relationships and communication Support resilience in children</p>	<p>WHO THIS PROGRAM IS FOR? Anyone who works with parents! A wide variety of people have told us they really benefited from this program – social workers, teachers, psychologists, case managers, children’s services workers, family services practitioners, volunteers And residential staff. pleases COST \$ 340. \$434 with hardcopy manual(GST included)</p> <p>There are a limited amount of funded places for volunteers, students, ACCO’s, Anglicare Victoria staff. For more information and a registration form contact: NEW PHONE NUMBER (03) 9781 6767</p>
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BEYOND THE VIOLENCE facilitator Training Cranbourne

Free Training, booking is essential. Phone and book as soon as you Can.

Anglicare and Windermere



<p>Do you want to increase your skills? in working with parents and children affected by Family Violence? SUITABLE FOR: Professionals who have existing group work skills and experience, or a background working with women and children impacted by family violence</p>	<p>Cost Free of charge- Registration Essential Bookings: Alison Krusec Alison.krusec@anglicarevic.org.au</p> <p>VENUE St Johns Anglican Church 27 Childers St Cranbourne</p>	<p>Day Thursday Date 4th, 11th, 18th Sept 2019 All 3 need to be attended to be accredited Time 9.15am – 4.15pm Cost Free Morning Tea and Lunch, afternoon tea provided. Registration is essential</p>
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BEYOND THE VIOLENCE facilitator Training Dandenong

Anglicare and Mission Australia

Program	Contact and Address	Details
<p>Do you want to increase your skills? in working with parents and children Affected by Family Violence? SUITABLE FOR: Professionals who have existing group work skills and experience, or a background working with women and children impacted by family violence</p>	<p>Cost Free of charge- Registration Essential Bookings: Ariane Hahn on 0499 080 468 or 03 9781 6700 Ariane.hahn@anglicarevic.org.au</p> <p>VENUE St James Church Hall-Dandenong 53 Langhorne St Dandenong</p>	<p>Please Phone Ariane for next terms Dates, for the Dandenong Area</p> <p>Or see above happening in the Cranbourne area</p>

PEER Networks

Our networks for parent educators are always a great place to discuss parent engagement, share resources and get to know what's happening in your region. Parentzone operates 5 PEER networks across the Southern Region.

Region	Contact	Venue	Dates
Cardinia	Jasbir Singh Suropada 0431 203 177 Jasbir.suopada@anglicarevic.org.au	Anglicare Victoria Level 1, 66-68 Main St Pakenham	Ring for details
Casey	Sandra Phillips 0447 500 355 sandra.phillips@anglicarevic.org.au	Please phone Most likely Endeavour Hills	Day Wednesday Date 24 th July 2019 Time 9.30am to 11.30am
City of Greater Dandenong	Jasbir Singh Suropada 0431 203 177 or 9706 8568 Jasbir.suopada@anglicarevic.org.au	Dandenong Anglicare Victoria Suite 12, 131-147 Walker St Dandenong	Ring for details
Frankston and 'Mornington Peninsula	Michelle Brown 9781 6700 or 0429 174 150 michelle.brown@anglicarevic.org.au	The Corner Youth Services Building Wilsons Rd, 'Mornington	16 th September Phone Michelle for further details

Parentzone Resource Library/Southern Region Offices and Parentzone Offices

Parents, professionals, students or anyone who is interested in parenting can borrow resources from Parentzone at:

Pakenham	Frankston	Rosebud West
66-68 Main St, Level 1 P: (03) 9781 6767 P O Box 774 Pakenham 3810	60-64 Wells St, Level 2 P: 9781 6700	1703 Point Nepean Road P: 5986 9900
Dandenong		
The Dandenong Office is now located at: Suite 12, 131-147 Walker Street, Dandenong, VIC 3175 ph.: 03 9293 8500 f: 03 9792 5900 PO Box 7100 Dandenong, VIC 3175		

PARENTZONE OFFICES

Parentzone Southern Phone: 03 5945 2000 Level 1, 66-68 Main Street Pakenham Level 2, 60-64 Wells Street Frankston	Parentzone Eastern 03 9735 4188 47-51 Castella Street, Lilydale	Parentzone Northern 03 9465 0322 42 Mary Street, Preston
Parentzone Gippsland 03 5133 9998 65 Church Street Morwell		

ANGLICARE VICTORIA FOSTER CARE Info Sessions

Can you offer a child in need a home-cooked meal, a warm bed and the security of an adult’s care? Foster care is a way of offering children a safe, secure and nurturing place to stay while their family is unable to care for them. As a foster carer, you can choose from several different types of care placements ranging from emergency care right through to respite and longer-term care. People from all walks of life can become carers. It doesn’t matter whether you are in a relationship, older, younger, with or without kids, working or at home – everyone can make a positive difference in a child’s life.

We’re dedicated to offering a supportive environment for both children and carers alike. This ensures better outcomes for everyone involved. Our home carers are trained, provided with access to comprehensive ongoing support, and reimbursed for any out-of-pocket expenses related to care.

We encourage people considering foster care to attend a free [information session](#) in their area. Potential carers can ask extensive questions, learn about the experience, and speak with existing carers. For more information on becoming a Foster Carer, [Download the Information for Prospective Carers Booklet](#). To become a foster carer all applicants must read and sign a number of documents and complete background checks. To start the application process, please contact us:

Eastern Metro Region – 1300 889 335 North
West Metro Region – 03 9301 5200

Southern Metro Region – 03 9293 8500

Bendigo & Loddon Region – 03 5440 1100
Gippsland Region – 03 5135 9555

For all other areas in Victoria, please contact the Centre for Excellence in Child & Family Welfare on 1800 013 088 or visit fosteringconnections.com.au

Frankston/Foster Care Information Session

Date 15th August 2019

Time 6.00pm to 7.00pm

Venue 60-64 Wells St, Frankston, Vic, Australia

Contact: Foster Care Team

Phone: 03 9293 8500

Email.

fostercare.southern@anglicarevic.org.au

Dandenong/Foster Care information Session

Date 18th July 2019

Time: 6.00pm - 7.00pm

Venue: 131-147 Walker Street, Dandenong VIC, Australia

Contact: Foster Care Team

Phone: 03 9293 8500

Email:

fostercare.southern@anglicarevic.org.au

FAMILY VIOLENCE ORANGE DOOR

The Orange Door is a new way for women, children and young people who are experiencing family violence or families who need assistance with the care and wellbeing of children to access the services they need to be safe and supported.

It is free to access help and support through The Orange Door and you do not need a referral. The Orange Door will be rolled out across Victoria by 2021, with operations beginning in some of the first locations from May 2018.

The Orange Door is open in Barwon, Bayside Peninsula (this includes the whole Peninsula, across the City of Casey, which has other services), The Mallee and North Eastern Melbourne

<https://www.vic.gov.au/familyviolence/the-orange-door.html>

For confidential support and information call Safe Steps on: 1800 015 188

For Urgent assistance call Triple Zero 000

FOR ASSISTANCE IN OTHER AREAS in Southern Region not covered by Orange Door

Go to Appropriate Area for Services

[Cardinia Shire](#)

[City Of Casey](#)

[City of Greater Dandenong](#)

The Australian Parenting Websites

Provides up-to-date, evidence-based, scientifically validated information about raising children and caring for yourself as a parent or carer. It gathers this information and translates it into everyday language with plenty of real-life examples.

Based on the evidence, it describes and explains various parenting methods and options and let people choose for themselves, depending on what suits their circumstances. It gives people tools and practical ideas to apply in their own situations – it doesn't tell them what to do.

It offers facts without a hidden agenda. If the science is unclear, or if there's evidence for more than one approach to an issue, it lets people know about the different approaches and their risks and benefits.

Includes topics such as: Pregnancy; Newborns; Babies; Toddlers; Pre Schoolers; School Age; Pre Teens; Teens; Grown Ups; Autism; Disability

<http://raisingchildren.net.au/>

NEIGHBOURHOOD HOUSES VICTORIA

For your local Community House please click on this link

<https://www.nhvic.org.au/neighbourhoodhouses/neighbourhood-houses>

DRESS FOR SUCCESS

is based in Frankston and serves a wide area around the Peninsula, Narre Warren, Dandenong and Bayside suburbs. We are a not-for profit organisation that *provides services to help support the economic independence of women*. We provide a range of career and development tools to help women build their skills, confidence and employability

They:

- Help women feel and look their best by providing a free one-on-one dressing service in our Boutique
- Provide coaching and advice on interview skills and techniques
- Support women to build personal and work related skills through our free workshops and
- Provide mentoring and ongoing support after they get a job.

We are staffed by volunteers who have received in-house training.

We are part of Dress for Success Worldwide that assists women in 30 countries. Our service is one of 5 affiliates in Australia. Since we commenced our service in 2008 our volunteers have delivered assistance to over 5000 women in and around the regions of Frankston and the 'Mornington Peninsula.

We have new an online booking service for dressings at:

<https://calendly.com/dfsmp-dressings>

Or Career Centre Workshops at:

<https://celendly.com/dfsmp-cc>

If you have any trouble accessing these sites pleased contact our office on 9770 0220

Southern Migrant and Refugee Centre

SERVICES ACCESS TEAM

Provides services for Migrant and Refugee residents of Greater Dandenong, Casey and Cardina who require:

Settlement Services

For Humanitarian, Refugee or Family Stream Migrants with limited English, who have been in Australia less than 5 years who need help settling in Australia. **We Provide: Intake Services,**

Complex Case Support, Family Support Program, Information

Homework Support in Dandenong; and External Referral

AGED CARE AND DISABILITY SERVICES

For Migrants and Refugees over 65 yrs of age who need

Support to live at home and for their

Carers looking after family members or friends

who are frail elderly or disabled.

Information Sessions held regularly

Enquiries 9767 1900 Or discuss with intake worker

Homework Support Dandenong

Enquiries Crystal Youth Engagement Worker 9767 1900

CONTACT US: FOR BOTH OFFICES

PHONE 9767 1900

EMAIL Intake@smrc.org.au

WEB www.smrc.org.au

POSTAL ADD 39 Clow St
Dandenong

We use Interpretators

DANDENONG OFFICE INTAKE BY DROP IN SERVICE:

Monday: arrive 9.00am for 9.30 to 1pm service

Tuesday: arrive 12.30pm for 1 to 4pm

Wednesday: arrive 12.30 for 4pm

Thursday: arrive at 9.00am for 9.30am to 1pm service

Friday No Intake

Dandenong SMRC 39 Clow St,
Dandenong

CASEY OFFICE

INTAKE BY APPOINTMENT

Tuesday, Wednesday, Thursday

Casey SMRC 48 Webb St Narre Warren
(Windermere Building)

CARDINIA SHIRE CLIENTS

INTAKE BY APPOINTMENT

Tuesday, Wednesday, Thursday

Appointments can be made through the

Groups and Programs

City of Bayside

Group / Program	Contact	Address	Details/ Other
Parenting			
CIRCLE OF SECURITY PARENTING A program based on decades of evidence about how secure parent-child relationships can be strengthened. For parents of infants, toddlers and pre-schoolers.	Family Life Contact Jacinda on 0451 631 808 Or Molly on 0451 631 312 www.familylife.com.au	197 Bluff Rd Sandringham	Day Tuesday Date 12 th Feb starts for 8 weeks Time 10.00am to 12.00pm Attendance at all sessions is essential
PARENT EDUCATION PROGRAMS	Bayside City Council Ph. 9599 4444 or see www.bayside.vic.gov.au for further details and bookings	For more info: Parent education sessions	Please phone for next dates, venue and costs
AUSLAN STORY TIME Experience a visual language in this interactive session with our storyteller and an Ulsan interpreter signing some favourite stories	Bayside City Council Ph. 9599 4444 or see www.bayside.vic.gov.au for further details and bookings	Bayside Library Services 14 Wilson Street, Brighton Tel 9591 5900	Ulsan Storytime is being incorporated into our regular Thursday preschool sessions at Brighton Library. Day Thursday Date Please phone Time 10.30am – 11.30am
CARING MUMS In the challenging first months of your baby's life, a trained volunteer provides you with one on one emotional support. Through weekly visits, together you navigate the new and exciting road of motherhood	NCJWA Victorian Multicultural Commission caringmums@ncjwa.org.au ph. 9044 5405 or 0481 081 242 www.caringmums.org.au	Bubup Nairn Family and Children's Centre 998 Carlisle St, St Kilda	The program is free of charge, nonjudgmental and confidential. Women in the Cities of Yarra, Kingston, Port Phillip, Gen Eira, Bayside and Stonnington are eligible for the served for up to one year

City of Bayside

Group / Program	Contact	Address	Details/ Other
<p>COMMUNICATING WITH YOUR ADOLESCENT</p> <p>4-week workshop that will support parents by targeting personal effectiveness in communication skills to enhance your relationship with your child. You will explore the origins of your communication style, better understand the communication styles used by others and develop personal communication skills. For parents of children aged 10 to 17</p>	<p>Family Life</p> <p>For more info, email heartlinks@familylife.com.au or call (03) 8599 5488</p>	<p>Family Life meeting room, 197 Bluff Rd, Sandringham</p>	<p>Please phone to see if it is running in Term 3 2019 Details not available at time of printing.</p>
<p>Time For Me Parenting Group</p>	<p>Family Life and Bayside City Council Contact Courtney or Belinda from the Community Bubs Team 9782 7800</p>	<p>Fern St Children's Centre Crn of Fern St & Bluff Rd, Black Rock</p>	<p>Day Every Tuesday Dates During School Term Time 10.00 – 12pm Free, light refreshments provided</p>
<p>Peaceful Parenting</p> <p>Positive ideas to help you manage your child's behaviour and result in positive change.</p>	<p>Family Life Bookings essential Contact Sharon from the Shine team at Family Life 9770 0341 info@familylife.com.au</p>	<p>Level 1, 450 Nepean Hwy, Chelsea</p>	<p>Date Please phone Time 10.00-3.00pm Cost Free but booking is essential</p>

City of Bayside

Group / Program	Contact	Address	Details/ Other
<p>TUNiNG INTO KIDS Emotionally Intelligent Parenting A six session parenting program for parents of children aged 3 to 10 years old.</p> <p>Would you like to learn how to:</p> <ul style="list-style-type: none"> • Be better at talking with your child? • Be better at understanding your child? • Help your child learn to manage their emotions? • Help to prevent behaviour problems in your child? • Teach your child to deal with conflict? 	<p>BayCISS Bayside Community Information & Support Service Inc.</p> <p>BOOKING ESSENTIAL LIMITED SPACES</p> <p>Denise or Natalie Ph. 9555 9910</p>	<p>Castlefield Community Centre 505 Bluff Road HAMPTON 3188</p>	<p>Please Ring for next session Booking essential Limited Places</p>

City of Bayside

Group / Program	Contact	Address	Details/ Other
<p>MATERNAL CHILD & HEALTH CHILD SERVICES</p> <p>Phone your closest centre to see what they offer or visit Maternal and child health</p> <ul style="list-style-type: none"> • Baby capsule hire service • Breastfeeding and lactation advice • Home cleaning service for new parents • Child health and development • Maternal health • Parent child relationships • Safety and injury prevention • Immunisation • Nutrition • Family planning • Other local support services and resources <p>Advice and information is also available on the Maternal and Child Health Service 24-hour line. Phone 13 22 29.</p>			
Family Violence			
<p>Creating lasting connections</p> <p>A 9 week Group that provides a safe, supportive and nurturing environment were mothers and their infants can connect, bond and attach as part of their recovery from Family Violence</p>	<p>Family Life Hopschotch</p> <p>Contact Annalise: 0428 574 251 www.familylife.com.au</p>	<p>Keith St community House 12 Keith St Hampton East</p>	<p>Please ring for details</p>
Playgroups & Playhouses			
<p>Visit Playgroups and playhouses or phone 9599 4444 for more info</p>			

City of Bayside

Group / Program	Contact	Address	Details/ Other
Healthy Bubs & Families Education and skill development for parents around the importance of early attachment. Intake assessment only.	Family Life 8599 5433 info@familylife.com.au	Community House 12 Keith Street, Hampton East	Please phone for day and dates.
Keith St Community House Playgroup	Family Life 8599 5433 info@familylife.com.au	Community House 12 Keith Street, Hampton East	Please phone for day and dates.
Community Bubs Intensive support for families who have an infant	Family Life 8599 5433 http://familylife.comm.au/ info@familylife.com.au	Level 2, 11 Chesterville Rd, Cheltenham	Please phone to arrange time.
BAYSIDE CHILDREN'S CONTACT SERVICE –Family Life Providing a safe, neutral and child friendly environment for children.	Family Life For more information please read our FAQ , call us (03 8599 5433) or email your enquiry to bccs@familylife.com.au .	Times can be scheduled at a mutually beneficial time; weekdays or weekends, before nap-time or after-school. We are happy to work with you to make the make arrangements that suit everyone involved and are in the best interests of the child	The Bayside Children's Contact Service is a safe, neutral, child focused venue for supervised contact visits and changeovers to occur between children and their parents, where separated parents are unable to manage their own contact arrangements without conflict.
Challenging Behaviours, Disabilities, Alcohol & Drugs, Family Violence, Mental Health, Carer Support Groups & other			
Kinship Care Support Group Are you a kinship carer who is caring for a child who is not your own? Come and meet with other Kinship Carers. Includes discussion, resources, guest speakers and morning tea	Kinship Care Oz Child Contact: OzChild Kinship Care Dandenong Central Office ph. 9212 5600 for further information	Facilitated groups are held monthly in Highett, Frankston and Rosebud	Phone for dates and times

City of Bayside

Group / Program	Contact	Address	Details/ Other
SHARC provides high quality and effective drug treatment and care services...	https://www.bayside.vic.gov.au/community-directory/self-help-addiction-resource-centre-inc Phone 9573 1700	Mailing Address 140 Grange Rd Carnegie 3163	Please phone or follow link for further information
Dementia Carer Support Group For carers of people with dementia	Marlee Creaser 8256 9699 mcreaser@aol.com	15 Black St, Brighton Melways 97 B1	Day 1st Tuesday in month Time 10am-11.30
Brighton Carer Support Group For people caring for aged relatives or those with dementia	Girrawheen Day Centre Enquiries to Intake 9575 5322	Girrawheen Day Centre 3 Murphy St Brighton Mel Ref 67E7	Day 2nd Wed of month Time 7.30-9.30pm
Making Choices A course for women who wish to learn how to make choices and re-gain some control over their lives in a safe and supportive atmosphere	Family Life 8599 5433 Open to City of Kingston, Bayside, Glen Eira and Port Phillip	Service Address 197 Bluff Rd, Sandringham	Please phone for help and or further details.
Creating Connections An 8 week support group for women who have already attended a family violence group or counselling, such as "Making Choices".	Family Life 85995433	Please phone for details when booking	Please Phone for details
Who's In Charge? An 8 week program for parents for carers of young people (aged 11 to 18) who are beyond control, violent or defiant.	Family Life Tom 9782 7800 tmulvaney@familylife.com.au	Family Life 197 Bluff Rd, Sandringham RSVP Tom 97827800	Please phone for further details

City of Bayside

Group / Program	Contact	Address	Details/ Other
<p>POSITIVE PARENTING AFTER SEPARATION</p> <p>Aims to equip parents with greater skill in remaining child-focused, reducing conflict, improving communication with the other parent, and developing a positive post-separation co-parenting relationship. For Separated or divorced parents, and carers.</p> <p>Only one party of the relationship can be accepted in each workshop.</p>	<p>Family Life</p> <p>For more info, email heartlinks@familylife.com.au or call (03) 8599 5488</p>	<p>Family Life meeting room, 197 Bluff Rd, Sandringham</p>	<p>Check if this is running term 2 2019</p>
<p>Chelsea Carer Support Group</p> <p>For carers of frail older people and those with disabilities</p>	<p>Brian Sinclair 9782 7633 info@cbchs.org.au</p>	<p>Central Bayside Community Health Service 3/1 The Strand, Chelsea</p>	<p>Day First Wed of month Time 1.00pm-3pm</p>
<p>Clarinda Carer Support Group</p>	<p>Central Bayside Community Health Lyn Entwistle 9552 0833 Info.cbchs.org.au</p>	<p>Central Bayside Community Health Service 58 Viney St Clarinda</p>	<p>Day 3rd Wed of month Time 11 am- 12.30pm</p>
<p>Mood Disorders Support Group</p> <p>Provides friendship and support to those with a mood disorder, their family and friends. Uni-polar, bi polar, general anxiety and depressive illnesses</p>	<p>Mental Health Victoria If you plan to attend, we strongly encourage you to register. Email: admin(at)mentalhealthvic.org.au Phone: 03 9826 1422</p>	<p>Suite J, 450 Chapel Street South Yarra, VIC, 3141 (Enter via Wilson Street. Parking is available at Jam Factory - 500 Chapel Street)</p>	<p>Please phone for details</p>
<p>ASD Coffee Group</p> <p>Support for parents of children with autism</p>	<p>MOIRA Kerri Rolfe - Parent Support Coordinator for Southern Region 8552 2222</p>	<p>Highbett Neighbourhood community house 2 Livingston Street Highbett</p>	<p>Day 2nd Thursday of month Time 9.45 – 11.45am</p>

City of Bayside

Group / Program	Contact	Address	Details/ Other
CEREBAL PALSY COFFEE MORNINGS	MOIRA Kerri Rolfe - Parent Support Coordinator for Southern Region 8552 2222	Castlefield Community Centre Bluff Road Hampton	Day Tuesday mornings (once a month during school term) Contact for date
Sandringham Reach Respite Program for Carers For carers of the elderly and those with dementia	Sandybeach Centre www.sandybeach.org.au contact 9598 2155	Sandybeach Centre 2 Sims St, Sandringham Melways 76 G10	Day 3rd Tuesday of month Time 1.30 - 3.00pm
Live Your Community Program Provides flexible volunteer based inclusion support for children with disabilities who experience barriers to participation in sport, recreation and leisure. For children aged 6-17yrs with a diagnosed disability	Extended Families Mornington Peninsula and Frankston Phone: 03 5950 1055 Email: peninsula@extendedfamilies.org.au Southern – South East areas Phone: 03 9285 4839 Email: southern@extendedfamilies.org.au	Please phone for details	Please phone for details There is no cost to families accessing LYCP. Cost to sporting activity chosen by the child are generally met by the family
Family Violence			

ORANGE DOOR

Go to “ FAMILY VIOLENCE REFORM” on page 12 for details
Or

Website: <https://www.vic.gov.au/familyviolence/the-orange-door.html>

For Confidential support and information call Safe Steps 1800 015 188
For Urgent assistance call Triple Zero 000

Men's Referral Service

Men's Referral Service provides an anonymous and confidential phone counselling, information and referrals service on 1300 766 491 for:
men who might be using violent and controlling behavior towards a partner or family member
men who have been victimized by a partner or family member
women wishing to find information about male family violence
friends, family or colleagues of people who are using or experiencing family violence
Professionals wishing to support a male or female client using or experiencing family violence.

Victims Support Agency

The Victims Support Agency provides support and information to help adult male victims of family violence and victims of violent crime.
The service guides victims through the legal process and helps manage the effects of crime through practical assistance and counselling.
Call the Victims of Crime helpline on 1800 819 817 or use the text service via 0427 767 891 (8am to 11pm, 7 days a week).

Aboriginal Family Violence Prevention and Legal Service (FVPLS)

This is an Aboriginal community-run organization providing assistance to Aboriginal and Torres Strait Islander victim survivors of family violence and sexual assault. You can call FVPLS on 1800 105 303.

InTouch: Multicultural Centre against Family Violence

This is a state-wide organization specializing in services, programs and responses to family violence in migrant and refugee communities. You can call InTouch on 1800 755 988.

City of Bayside

Group / Program	Contact	Address	Details/ Other
Man & Fathers			
MATES – (MEN'S BEHAVIOUR CHANGE GROUP) Offers men the opportunity to learn and use alternatives to behaving in a violent or abusive manner.	Family Life 8599 5433 http://familylife.com.au/	197 Bluff Rd, Sandringham is the Service Address	Please phone for direct service, some help or information
THE BBQ BOYS Support group for male carers, offering peer support, fun and relaxing social activities, a space to talk about bloke's carer issues, as well as information, referral and support.	Respite South See Frankston Area For Information On this		First Tuesday of each month
PIT STOP Better Men Australia a parenting tune up for every father who wants to see his family firing on all cylinders.	Bettermen Ph. Rick Wakelin 0411 695 810 Rick.wakelin@bettermen.com.au	Phone for further details	
Children, Youth & Families			
BAYSIDE TOY LIBRARY	Phone: 0447 985 221 baysidetoylibrary.com	212 Dendy St East Brighton	Day Wed Time 7pm-9pm

City of Bayside

Group / Program	Contact	Address	Details/ Other
DUNKLY ESTATE HIGHTT BREAKFAST CLUB Provides cooked breakfast for estate residents.	Contact Marilyn 8559 5433	Dunkley Estate Highett. Phone for further details.	Ongoing 7.30am – 9.00 am Except School Holidays
DUNKLY ESTATE HIGHTT AFTER SCHOOL CLUB A good opportunity for children to complete homework and join in some activities.	Contact Tim. M. or Louise. A. 8559 5433	Dunkley Estate Highett. Phone for further details.	Ongoing 4:00pm – 6.00pm <i>Except School Holidays</i>
SOUTH EASTERN MULTIPLE BIRTH ASSOCIATION (SEMBA) A support group for multiple birth families, run by parents with multiples.	New Parent Contact: sembanewparent@hotmail.com President: sembapresident@hotmail.com	South East of Melbourne, covering the main areas of Bayside, Glen Eira and Kingston Councils. http://semba.amba.org.au/index.html	Playgroups on Monday, Wednesday and Thursday mornings contact us for details
HAMPTON COMMUNITY CENTRE Various Playgroups including French, German, Jolly Gymbuks & Tambourine Time	9598 2977 www.hamptoncommunitycentre.com.au	Hampton Community Centre 14 Willis St Hampton	Day: Mon, Tues & Wed Please call for times and further information.
YOUNG MUMS SUPPORTED PLAYGROUP For mothers under the age of 25 and with children up to 5 years.	BGLLEN Bayside City Council Maternal Child and health 9599 4755	Highett Maternal Child and Health Care Centre Community room	Day Wednesday Date During term Time 1.30-3pm Cost free Please book
IMPACT PROGRAM For young people 20 – 25, pick an area you've interested in, get some work experience and then design a project that will make a real contribution.	BGKLLN Sandy beach 9598 2155 ask to speak to Andrea	Sandy Beach Centre 2 Sims St, Sandringham	Day Friday Cost Please phone for further details and to book Time 9.30am-2.30pm

City of Bayside

Group / Program	Contact	Address	Details/ Other
REACH OUT For children who have a significant member of their family with a mental illness	Commonwealth Carer Respite Centre, Southern Mental Health carers@smha.org.au hgeerts@smha.org.au Heather - 9585 5677	Cheltenham area	The group runs once a month, (Saturday), please call for further information.
POPCORN PRODUCTIONS FREEZA COMMITTEE Help plan, organise, deliver and evaluate events such as the Push Start Battle of the Bands and the Youth Art Exhibition.	Bayside Youth Services www.bayside.vic.gov.au/youth 9599 4446	Peterson Youth Centre Highett Corner of Peterson St and Highett Rd Highett	Day Tuesdays during school term Time 5.00-6.30pm Please phone for further details.
PETERSON YOUTH CENTRE DROP IN Free use of pool and table tennis tables, Nintendo Wii, internet access, food and drinks. Counselling and individual support can also be arranged	Bayside Youth Services www.bayside.vic.gov.au/youth 9599 4446	Peterson Youth Centre Highett Corner of Peterson St and Highett Rd Highett	Mondays, Tuesday and Thursday 2.30pm-5.30pm For 10-25 year olds Cost: Free
PFLAG (Parents and Friends of Lesbians and Gays)	BGKLEN Call PFLAG 9660 3960. <i>This is a message bank and is checked daily</i> www.pflagvictoria.org.au	Sol Green Community Centre Cnr. Montague and Coventry Streets South Melbourne	4th Tues in month 7.30pm-9.30pm Free Please phone and book.

City of Bayside

Group / Program	Contact	Address	Details/ Other
<p>Tamborine Time</p> <p>A fun session offering an introduction to music.</p> <p>Classes are relaxed and entertaining, with participation encouraged in all aspects, including singing with the guitar, dancing to popular songs and rhymes and instrument playing</p>	<p>Ph. 9598 2977</p> <p>admin@hampcomm.org</p> <p>Monday classes are not scheduled this year (we need a minimum of 5 participants to run a class) but if you are interested please email admin@hampcomm.org and if there is enough demand a Monday class will be offered</p>	<p>Hampton Community Centre</p> <p>14 Willis Street, Hampton Vic 3188</p>	<p>Duration: School terms 1 - 2.5 Years Old</p> <p>Day Tuesdays: Date 10.00 am – 10.30 Cost:</p> <p>Term 3 \$90 Term 4 \$81</p> <p>Term 3 Starts: 17/07/2018 - 10 weeks Term 4 Starts: 9/10/2018 - 9 weeks</p>
<p>Playgroups and Pre-School At our pre-school groups lasting friendships form for both the parents/ carers and children. A support network develops which is so important particularly when living away from family.</p> <p>See pg. 21 Uk Playgroup and Pg. 20 for Spanish Playgroup. Centre also runs other programs and groups</p> <p>Playgroups are held in our craft room (or hall) with access to our beautiful large garden with play equipment, outside toys and sandpit. Art supplies are also supplied. All groups are self-led classes and have the same cost.</p> <p>Hampton Community Centre</p> <p>Hampton Community Centre Ph. 9598 2977 admin@hampcomm.org</p>			

City of Bayside

Group / Program	Contact	Address	Details/ Other
<p>SPANISH FOR PRE SCHOOLERS</p> <p>Fun, dynamic and creative activities for 3 to 5 year old children, to introduce them to the Spanish and Latin American culture.</p> <p>Children learn and practice their Spanish speaking and listening skills through stories, songs, videos and games.</p> <p>SPANISH Playgroup</p> <p>Native Spanish speakers will enjoy this friendly network.</p> <p>Many children stay after their Preschool Spanish class which finishes just before playgroup.</p> <p>Families can maintain their culture and language and parents get a chance to catch up with like-minded people from their home country</p>	<p>Hampton Community Centre</p> <p>Ph. 9598 2977</p> <p>admin@hampcomm.org</p> <p>Tutor: Analia Nodelis (Native Spanish teacher)</p>	<p>Hampton Community Centre</p> <p>14 Willis Street, Hampton Vic 3188</p>	<p>Day Tuesdays:</p> <p>Date School Term</p> <p>Time 9.30 am – 10.30</p> <p>9:30-10.30 is Led by Analia</p> <p>The Spanish Playgroup is after this. Some people stay for it and it is open to people who choose not to do the Spanish</p> <p>10.30 – 11.30 is an Un facilitated Playgroup</p> <p>Cost \$160.00</p> <p><i>During school term only.</i></p> <p>Phone or Book online</p>

City of Bayside

Group / Program	Contact	Address	Details/ Other
<p>UK PLAYGROUP Expats from the British Isles, this playgroup is for you.</p> <p>Come and enjoy a cup of tea or coffee and help build your social network.</p> <p>Featuring songs and rhymes from the UK & Ireland</p>	<p>Hampton Community Centre</p> <p>Ph. 9598 2977</p> <p>admin@hampcomm.org</p>	<p>Hampton Community Centre</p> <p>14 Willis Street, Hampton Vic 3188</p>	<p>Day Thursdays:</p> <p>Time 10.00 am - 12.00 pm</p> <p>Cost Per Session: \$6 Per Child (\$4 Concession)</p> <p>\$9 For families (\$6 Family Concession)</p> <p>Babies under 12 months</p> <p>Free unless they are your only child.</p> <p><i>During school term only.</i></p>

Koorie Family Gathering

Are you, your children or the children you care for Aboriginal and/or Torres Strait Islander? Do you live in the City of Bayside, Glen Eira, Kingston or Stonnington?

Would you like to connect with other Koorie families to have a yarn and a cuppa?

Join our fun activities including storytelling and singing

Term 3, 2019

<p>Weekly get togethers 10:30am - 12:30pm</p> <p>Thursday 18 July</p> <p>Thursday 1, 15, & 29 August</p> <p>Thursday 12 September</p>	<p>Where: Derrimut Weelam Gathering Place</p> <p>Mordialloc Life Saving Club, 199 Beach Road, Mordialloc</p> <p>For more information, contact: Chris 0402 311 989</p>
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Cardinia Shire

Group / Program	Contact	Address	Details/ Other
PARENTZONE PARENTING PROGRAMS			
<p>GROWING GREAT KIDS</p> <p>6 Week program for mums, dads, carers, grandparents, step parents. How to get your kids to listen without having to yell?</p> <p>Positive discipline that works.</p> <p>Helping parents, helping kids deal with anger.</p> <p>Building stronger relationships with your kids</p>	<p>Parentzone</p> <p>Pakenham consolidated</p> <p>Cindy Selby Call: 5941 1511</p> <p>Email: selby.cindy.c@edumail.vic.gov.au</p> <p>Jasbir Singh Suropada- Parentzone jasbir.suopada@anglicarevic.org.au</p> <p>Call or Text 0431203177 to register</p>	<p>Pakenham Consolidated School</p> <p>2 Rundell Way, Pakenham VIC 3810</p>	<p>Day Wednesday</p> <p>Date 14th, 21st, 28th Aug, 4th, 11th & 8th Sept 2019</p> <p>Time 9.30am to 12pm</p>
<p>PARENTS BUILDING SOLUTIONS – Dad’s Do Matter</p> <p>Open to all Dads, Granddads, Step Dads, & Uncle’s</p> <p>A one off workshop, come join other Dads to share experiences, learn new strategies and solutions on: increasing your confidence as a dad, improving communication and closeness with your kids, creating a healthy environment for your children, learning how to cope with stress, emotions and anger, parenting beyond separations.</p>	<p>Parentzone, Anglicare Victoria</p> <p>For further information or to book, contact Text or email to register</p> <p>Jasbir Singh, 0431 203 177</p> <p>jasbir.suopada@anglicarevic.org.au</p>	<p>Pease contact Jasbir for further information</p>	<p>Not running this term Cardinia. Running in Dandenong</p> <p>Please phone if interested or have clients interested.</p> <p>Ring for further information</p>

Cardinia Shire

Group / Program	Contact	Address	Details/ Other
PARENTING PROGRAMS			
<p>EARLY PARENTING UNIT Kooweerup Regional Health Service Day program for parents with children 0-12 months focussing on sleep settling and feeding issues.</p>	<p>Kooweerup Regional Health Service 5997 9674 www.kooweeruphospital.net.au</p>	<p>215 Rossiter Rd Kooweerup</p>	<p>Free Service Call to register for program Waiting lists may apply</p>
<p>READING FOR LIFE Free English classes to help your children read. 2hrs per week for 10 weeks. Transport available. Held at 2 Venues with different dates and times.</p>	<p>To enrol please phone 5941 2389 Funded by Victoria State Government Bestchance; Community college and Neighbourhood House, Living and Learning Inc</p>	<p>To Be confirmed</p>	<p>Please Phone. Expressions of interest Being taken</p>
<p>READY SET GO The group is designed to teach and support the development and practice of skills needed in preparation for school. Following a structured routine, maintaining attention during mat time, following instructions, literacy skills, numeracy skills, fine motor skills, taking turns, waiting for turns, managing sensory needs and social communication development. We cover all of these learning areas as standard, but in addition, we are able to tailor the program to benefit your child</p>	<p>Windermere To access this program or find out more, contact one of our team. Click phone 1300 946 337 Please note. Parents are required to attend all sessions with their child. Please bring a snack drink hat and comfortable footwear. Families must supply own food in compliance with Windermere's no nut policy</p>	<p>Berwick 26 Parkhill Drive, Berwick Cranbourne 75-81 Willora Crescent, Cranbourne</p>	<p>Day Wednesdays Time 1:15pm – 2:30pm Date 24 July to 18 September Please phone for Costs and to book Day Thursdays Date 1st Aug to 19th September Time 9.30am to 11.00am Please phone for costs and to books</p>

Cardinia Shire

Group / Program	Contact	Address	Details/ Other
KINDERGARTENS Kinders Together	The Kinders Together cluster operate a variety of Kindergarten programs throughout Cardinia Shire. Visit www.kinderstogether.com.au or phone 03 5629 2067 for more information. Further information can also be found on the Cardinia Shire Website - http://www.cardinia.vic.gov.au/Page/Page.aspx?Page_Id=4544		
MATERNAL AND CHILD HEALTH SERVICE	Cardinia Shire Please note all centres and sessions are by appointment only. Please phone 5945 4250 to arrange an appointment at specific centres: Andrews Centre; Beaconsfield Centre; Beaconsfield Upper Centre; Bunyip Centre; Cockatoo Centre; Emerald Centre; Hollings Centre; Home Garth Centre; Koo Wee Rup Centre; Lakeside Centre; Lang Lang Centre; Nar Nar Goon Centre Or visit http://www.cardinia.vic.gov.au/Page/Page.aspx?Page_Id=1480&nc=5 Advice and information is also available on the Maternal and Child Health Service 24-hour line - phone 13 22 29		
VOLUNTEER CARERS NEEDED			
Wesley Mission Victoria is seeking local residents from all walks of life with a spare bedroom to become volunteer foster carers of children aged 0-18 years who are unable to live with their families and require a safe and nurturing home environment for varying periods of time. For further details, call Wesley Mission Victoria on 9794 3000.			
DADS			
CARDINIA DAD'S Fun activities for dads & young kids on Saturday mornings	Find us on Facebook: facebook.com/CardiniaDADS or for more info call Tim 0417 520 188	Normally held at Hollins Children's Centre 10 Atlantic Drive Pakenham Contact for further details	Saturdays – fortnightly Please contact to confirm dates 8:30am – 10:30am Contact for further details
MEN'S SHED A drop in for men. Open to all men over 18yrs.	Koo Wee Rup Regional Health Services Brian Harlow 03 5997 9679 Harlowb@hrhs.net.au	Koo Wee Rup Regional Hospital 215 Rossiter Road Koo Wee Rup	Open Wednesday and Thursday Time 10.00am – 3pm
FAMILY VIOLENCE, CHALLENGING BEHAVIOURS, DISABILITIES, GRIEF, SEPARATION AND OTHER			

Cardinia Shire

Group / Program	Contact	Address	Details/ Other
<p>COUPLES HEAVY M.E.T.A.L GROUP This program is for men and women who want to stop hurting their loved ones, and are prepared to learn new ways to express themselves</p>	<p>Heavy Metal Group (Men's Education Towards Anger & Life) David Nugent 0401 766 877 www.heavymetalgroup.com.au</p>	<p>Outlook Community Centre Pakenham Phone for women's anger Program.</p>	<p>Ring for times and dates</p>
<p>WHO'S IN CHARGE? Who's in Charge? A 7-week program for parents or carers of young people (8 to 18) who are beyond control, violent or defiant.</p>	<p>Uniting Connections Ph. Kathie Hockley 5990 8400 connections.org.au</p>	<p>Uniting Connections Level 2, 50 Station St Pakenham</p>	<p>Day Mondays Date 22nd July to 9th September 2019 (no group on 27th July) Time 10.00am to 12.30pm Cost Gold Coin</p>
<p>LITTLE MONKEYS- A supported playgroup for children 0-6 years old. Activities are designed specially to accommodate all abilities in a welcoming and supportive environment</p>	<p>Windermere Booking essential 9709 6900</p>	<p>Hollins Children's Centre 10 Atlantic Drive Pakenham</p>	<p>Cost Free Phone 9709 6900</p>
<p>NARCOTICS ANONYMOUS If you are faced with a narcotic problem.</p>	<p>Living and Learning Centre NA Hotline 9525 2833 Living Learning Centre Pakenham 5941 2389</p>	<p>Living Learning Centre Pakenham</p>	<p>Day Monday Time from 7.30pm</p>
<p>ALCOHOLICS ANONYMOUS If you are faced with a drinking problem</p>	<p>Living and Learning Centre Phone Living and Learning Telephone (03) 5941 2389</p>	<p>Living and Learning in Cardinia. PB Ronald Pavilion 6B Henry St, Pakenham Old basketball and squash courts</p>	<p>Day Sunday Time 8.00pm</p>
<p>GRIEF SUPPORT GROUP A group for people who have experienced loss, helping to understand & manage your grief in a friendly, local environment</p>	<p>Living Learning Centre Pakenham 5941 2389</p>	<p>Living Learning Centre, 68 Henry St Pakenham</p>	<p>Please phone for further information</p>

Cardinia Shire

Group / Program	Contact	Address	Details/ Other
<p>HILLS AUTISM AND SPECIAL NEEDS SUPPORT GROUP</p> <p>For parents of people with additional needs. For any age group, children or adults. Have a chat & enjoy others company with coffee</p>	<p>Barb Brown 0400 596 961</p> <p>Email: brum-bs-4ever@live.com</p>	<p>Meets in Emerald for lunch</p>	<p>Held on a Friday. Please phone for dates and times</p>
<p>HILLS AUTISM GROUP AND EMERALD COMMUNITY HOUSE</p> <p>iPad Training for Special needs students, those who support them: their parents, carers, clients & staff of Day Services</p>	<p>Emerald Community House 5968 3881 Please phone for dates and further information 356-358 Belgrave-Gembrook Road, Emerald</p>	<p>Please call Emerald Community House to confirm dates and register attendance</p> <p>Please refer to the website: www.emeraldcommunityhouse.org.au For other programs and short courses available</p>	
FAMILY SUPPORT AND SUPPORTED PLAYGROUPS			
<p>Respect and Protect Yourself</p> <p>Information sessions to build knowledge about safe and respectful relationships and behaviours, positive and informed decision making, and self-awareness. Any school class groups in year 10, year 11 and year 12</p>	<p>Windermere Contact Katrina Herbert Can be booked directly with the Schools availability. 9705 3200</p>	<p>At your school</p>	<p>When - Time to be negotiated with your school</p> <p>Cost - No charge.</p>
<p>THE MUMS AND BUBS PROGRAMS</p> <p>Single women aged between 18-25 years who are homeless or at risk of homelessness. The program can currently accommodate one children under five years of age.</p> <p>Windermere Housing Intake worker 9705 3200 Windermere Child and Family Services</p> <p>3-6 months accommodation and support for young single mothers (18-25 years) facing homelessness. Please call for further information and referrals</p>			

Cardinia Shire

Group / Program	Contact	Address	Details/ Other
YOUNG MUMS GROUP For young mums with babies aged up to 12months or Pregnant women. Infant health; playing and interacting with your infant and the introduction of food all covered.	Living Learning Centre Contact Kaylie 5945 4351or 0408 701 332 k.sinnbeck@cardinia.vic.gov.au	Living Learning Centre 6B Henry St Pakenham	Runs during School Term Day Mondays Time 1pm - 3.00pm Babies and Toddlers Welcome
CARDINIA KIDS IN ACTION Free School Holiday activities for families with children 0-12 years.	Cardinia Shire Council For dates and times of sessions please visit www.cardinia.vic.gov.au	Various locations throughout the Cardinia Shire Council	For more information please call the Family Connections Team on 1300 787 624
PAL (Play and Learn) Playgroup: Supported playgroup. Koo Wee Rup Primary Koo Wee Rup Primary School and Playgroup Victoria	Facebook PAL PLAYGROUP Enquiries Lisa Butera 0413 098 582 Or Chelsea O'Neill 0401 098 369	Koo Wee Rup Primary School Gym. Moody St, Koo Wee Rup	Day Wed Date during School Term Time 10 - noon Cost \$2 per week per child over 1. Or \$20 a term per family.
COMMUNITY PLAYGROUPS	Cardinia Shire Various playgroups operate throughout Cardinia Shire. Visit http://www.cardinia.vic.gov.au/Directory/AgencyList.aspx?S3Key=445 or phone 1300 787 624 for more information about Playgroup locations, times and contact numbers. Further information can also be found at www.playgroup.org.au		
TOY LIBRARY Toy library offers parents & children a chance to borrow toys & puzzles, plus a variety of kids craft activities.	Upper Beaconsfield Community Centre Inc office@ubcc.org.au www.ubcc.org.au 5944 3484	Upper Beaconsfield Community Centre Inc 10 Salisbury Rd Upper Beaconsfield	Opens monthly. Visit http://ubtl.mibase.com.au for more details or phone 5944 3484
HEALTHY CHILDREN INITIATIVE-Achievement Program. Available to all schools and early childhood services and those wishing to support these settings.	Cardinia Shire Council. Julia Hobbs 59454454 j.hobbs@cardinia.vic.gov.au	Cardinia Shire	Please call for details

Cardinia Shire

Group / Program	Contact	Address	Details/ Other
<p>TINIES' TIME A special Rhyme Time suitable for babies and Toddlers up to the age of 3.</p> <p>Runs during School Terms.</p>	<p>Casey-Cardinia Library Corporation 5941 2036 www.cclc.vic.gov.au FREE- no bookings required</p>	<p>Pakenham Library Ph.: 5940 6200</p> <p>Emerald Library Ph.: 5949 4600</p>	<p>Pakenham Library Day Monday Time 11.00am-11.30am</p> <p>Emerald Library Day Friday Time 11.15am-11.45am</p>
<p>AFTER SCHOOL PROGRAM designed for students in years 5, 6, 7 and 8. Kids can join in different games and craft activities and enjoy a tasty and healthy afternoon tea.</p>	<p>Brain Harlow harlowb@krhs.net.au call 03 59979687</p>	<p>Men's shed in Koo Wee Rup. Phone for details</p>	<p>Day Mondays Time 3.30pm – 5.30pm Cost \$2</p>
<p>PRE-SCHOOL-STORYTIME Story time can be a special sharing time with your child as well as being great fun. Story time provides an introduction to a wide range of children's books, stimulates new ideas and interests, and provides children with an opportunity to socialise. Most suited for 3 to 5 year olds</p>	<p>Casey-Cardinia Library Corporation 5941 2036 www.cclc.vic.gov.au FREE- no bookings required Runs during School Terms</p>	<p>Pakenham Library Ph.: 5940 6200</p> <p>Emerald Library Ph.: 59 494 600</p>	<p>Day Tuesday Time 11.00 -11.30am</p> <p>Day Thursday Time 11.15am -11.45am</p>
<p>BABY RHYME TIME Join other new mums, dads and carers and learn about the importance of singing and reading to your baby. Discover songs and rhymes that babies love and learn about books your baby will enjoy. Babies aged 0-12months. Held weekly during School term and is free.</p>	<p>Casey-Cardinia Library Corporation 5941 2036 www.cclc.vic.gov.au FREE- no bookings required Runs during School Terms</p>	<p>Pakenham Library Ph. 5940 6200</p> <p>Emerald Library Ph. 59 494 600</p>	<p>Day Wednesday Time 10.30am – 11.00am</p> <p>Day Wednesdays Time 2.00pm-2.30pm</p>

Cardinia Shire

Group / Program	Contact	Address	Details/ Other
<p>KOORIE KIDS PLAYGROUP-VACCA Gather and meet other Koorie families, sing and dance, play with other Koorie Kids, listen to stories and learn about culture.</p>	<p>Victorian Aboriginal Child Care Agency (VACCA) Playgroup worker 9701 4200 0408 948 755</p>	<p>Arena Child and Family Centre 22 Curran Dve, Officer</p>	<p>Day Tuesdays Date During School Term Time 10.30 – 1.00pm For further information please don't hesitate to call the play group worker</p>
<p>MUSIC FOR GROWTH Music therapy program for children 0-5 and their parents/carers.</p>	<p>Uniting Contact Bronwyn Atkin 5990 8400</p>	<p>Outlook Community Centre 24 Toomuc-Valley Rd Pakenham</p>	<p>Day Tuesdays Time 10.am – 11.30am COST Gold coin Runs during School term</p>
<p>SMALLTALK Playgroups A free program for families who hold a Health Care or Pensioner Concession Card, are refugees, Aboriginal families, or are caring for children in kinship care.</p>	<p>Cardinia Shire Council Sashi Prasad Playgroup Facilitator Phone: +61 3 5943 4317 0466350160 Families must be referred</p>	<p>Henry Family Children's Centre 145 Henry Rd, Pakenham</p>	<p>Mondays during school terms Please phone for more details</p>
		<p>Pakenham Springs Primary School Livingstone Blvd, Pakenham VIC 3810</p>	<p>Tuesdays during school terms Please phone for more details</p>
		<p>Pakenham Hills Primary School 15 Kennedy Rd, Pakenham VIC</p>	<p>Wednesdays during school terms Please phone for more details</p>
		<p>Homegarth Community Centre 9A Dunbarton Dr, Pakenham</p>	<p>Thursdays during school terms Please phone for more details</p>
		<p>Hollins Children's Centre 10 Atlantic Drive, Pakenham</p>	<p>Fridays during school terms Please phone for more details</p>
<p>L2P Learner Driver Program Koo Wee Rup Regional Health is a joint initiative between Kooweerup Regional Health Service and Cardinia Shire that assists learner drivers gain the minimum 120 hours needed to get their license.</p>	<p>Koo Wee Rup Regional Health Email Brian on harlowb@krhs.net.au or phone 03 5997 9687</p>	<p>Please phone for details</p>	<p>Driving sessions usually occur weekly for a minimum of 1hour. Must be aged 16-21 and face barriers to supervised driving experience phone for details</p>

Cardinia Shire

Group / Program	Contact	Address	Details/ Other
IRIBANA Autism Services Irabina's community hub in Pakenham provides individual and group programs to families and organisations	Email - autism@irabina.com or (03) 9720 1118	Cardinia Branch: 9A Dumbarton Drive Pakenham Ph.: 03 8658 6636	Current services include our Diagnostic Clinic, programs and individual services for children and young adults. Our Adolescent Program is now available for children 11 years and above.
COMMUNITY HELP AND GROUPS			
THE COMMUNITY GROCER PAKENHAM Affordable food access, every week, everyone welcome, 30% cheaper than supermarket, BYO shopping bag, volunteer run, non-profit, zero waste, community baste	Living Learning Centre Cardinia food movement, community grocer. Contact Leila 0420 329 320 or Hello@THECOMMUNITYGROCER.COM.AU VOLUNTEERS NEED FOR THIS PROGRAM	Living Learning Centre 6B Henry St Pakenham	Opening Times Day Thursdays Time 9am-1pm
COMMUNITY GARDEN Brings people together to grow and harvest fresh food. A great place to come for some physical activity and to meet other like-minded locals.	Email Brian on harlowb@krhs.net.au or phone 03 5997 9687	Ring for venue Koo Wee Rup area.	Open every day Group meeting on Tuesdays and Saturdays from 9.30. Community Kitchen groups run every Monday from 10.30am and Tuesday from 11.00am
4C's crisis relief centre Our 4C's Crisis Relief Centre team is committed to ministering hope, generosity, and love through practical aid and Christ-like provision to people in crisis within the Cardinia Shire community.	URGENT ASSISTANCE. CRISIS CENTRE TEAM (03) 5941 2268	Cardinia Combined Churches Caring Inc. Crisis Centre: 5/114 Princes Hwy, Pakenham 3810	CRISIS CENTRE DAYS OPENED Days Tuesday, Wednesday and Friday Time 10am -3pm

4C's FOOD ROOM

Residents of the Cardinia Shire, identifying themselves in crisis, are able to access food from our food bank.

On each visit, clients will be asked to show identification proving residency in the Cardinia Shire.

Food is available per household. We can only service a household once per fortnight and not multiple times by different members of the household throughout the fortnight.

Clients will shop, choosing from a range of fresh produce, frozen and refrigerated, dry and packaged goods, and toiletries.

Note: restrictions do apply on some items.

Much of the food is donated directly from producers, Foodbank Victoria and the general public. Some food is purchased by 4Cs.

FOOD ROOM HOURS

Days Tuesday, Wednesday and Friday

Time 10am – 2.15pm

City Of Casey

Group / Program	Contact	Address	Details/ Other
Parentzone Parenting Programs			
<p>PARENTS BUILDING SOLUTIONS – Ran by Parentzone are interactive programs to share experiences and ideas, and learn strategies to support your child ARE YOU TIRED OF YELLING? -How to get kids to listen, without having to yell; DEALING WITH ANGER - Helping parents, and kids, deal with anger And frustration. RESPONDING TO BEHAVIOUR- Better understand why children behave the way they do. STRATEGIES THAT WORK - How can parenting be easier and more fun! Our Parenting Programs are free to attend and ran in the Southern Local Government Areas.</p>			
<p>PARENTS BUILDING SOLUTIONS Join us in an interactive program to share experiences and ideas, and learn strategies to support your child. Aimed at Parents, carers, step parents, grandparents of children aged 3-13yrs. ARE YOU TIRED OF YELLING? How to get kids to listen, without having to yell DEALING WITH ANGER Helping parents, and kids, deal with anger and frustration RESPONDING TO BEHAVIOUR Better understand why children behave the way they do STRATEGIES THAT WORK How can parenting be easier and more fun</p>	<p>Parentzone southern- Anglicare Victoria <i>Supported by the City of Casey</i></p> <p>BOOKINGS AND ENQUIRIES: Sandra Phillips at ParentZone 03 9781 6744 or call/text 0447 500 355 sandra.phillips@anglicarevic.org.au</p>	<p>Autumn Place Community Hub 29 Autumn Place Doveton</p>	<p>Day Tuesday Evenings Date 30th July to 27th August 2019 Time 6.30pm to 9.00pm COST FREE</p> <p>BOOKINGS ESSENTIAL.</p>

City Of Casey

Group / Program	Contact	Address	Details/ Other
<p>PARENTS BUILDING SOLUTIONS Parenting in Australia Today Whether you were raised overseas or in Australia - raising children here and now is very different from when we were children. Are you tired of raising your voice? Are your kids not listening? Not sure what to do about technology? Join other parents and a trained facilitator, to help you parent in a way that really works for you and your family. Everyone welcome. (Interpreters available if needed.)</p>	<p>Anglicare Victoria: Parentzone For bookings and enquiries contact: Ariane Hahn at Parentzone on 9781 6725 or 0499 080 468</p>	<p>Balla Community Centre 65 Berwick-Cranbourne Rd Cranbourne East</p>	<p>Day Wednesday Afternoons Date 31st July to 4th September 2019 (6 weeks) Time 12.45 to 2.45pm Cost Free</p> <p>Bookings Preferred (light refreshments provided)</p>
<p>BABY MAKES 3- is part of your first time Parent Groups program.</p>	<p>Anglicare Victoria: Parentzone Windermere The Communities for children initiative is funded by the Australian Government Please speak to your First Time Parent Groups facilitator for more information Sandra Phillips at Parentzone 03 5945 2000 or call/text 0447 500 355</p> <p>Sandra.phillips@anglicarevic.org.au</p>	<p>You will get details when booking. Through your Maternal child and Health First Time Parent Facilitator.</p>	<p>Day Tuesdays Date 12th sept to 26th Sept 2019 Time 6.00 to 8.00pm</p> <p>Please talk to your Maternal child and Health First time Parent facilitator or contact Sandra</p>

City Of Casey

Group / Program	Contact	Address	Details/ Other
Parentzone Parenting Programs Family Violence			
<p>BEYOND THE VIOLENCE AFREE 8 week program for Women and their children who have experienced Family Violence</p> <ul style="list-style-type: none"> • Are you dealing with the effects of family violence? • Does your child's anger or anxiety worry you? • Are you tired of yelling? • Do contact visits unsettle your child? 	<p>Anglicare Victoria Windermere Beyond the Violence BOOKINGS: Alison Krusec on 0409 316 620</p> <p>Alison.Krusec@anglicarevic.org.au</p> <p><i>The communities for Children initiative is supported by the Australian Government</i></p>	<p>Cranbourne Venue -details provided upon booking</p>	
Parenting Programs			
<p>CITY OF CASEY SERVICES Maternal and Child Health; Childcare; Family and Children's centres; immunisation; kindergartens; parent information sessions; playgroups; best start; dads matter programs; Youth Services; Community Support; Casey Directory; disability Services; libraries; Other services are available, some different languages. DADS MATTER Cooking under DADS Programs Telephone: 9705 5200 Fax: 9704 9544 Email: caseycc@casey.vic.gov.au www.casey.vic.gov.au City of Casey 03 9705 5200 (Hearing Impaired TTY Line) 03 9705 5568 Emergency outside normal working hours 03 9705 5200 Telephone Interpreter Service 13 14 50</p>			

City Of Casey

Group / Program	Contact	Address	Details/ Other
<p>YOUNG PARENTS EDUCATION PROGRAM YPEP YPEP offers students equivalent Year 12 and industry Certificate II qualifications. Young people that are pregnant or parenting can continue their education in an inclusive education setting where babies (up to 1 one year of age) are welcome and parents are offered a wide range of learning that includes parent-child attachment through rhyme, songs and stories alongside health, wellbeing and practical living skills. A wide selection of incursions and excursions are built into the program that place emphasis on young parents building community connections, knowledge and service information. YPEP Learning Hubs are located near public transport and recreational facilities and enrolments are ongoing. We currently have places available</p>	<p>Cranbourne contact: Contact Jill Konig on 0410 490 007 or Natalie Lees on 0447 940 446 to enquire or visit.</p> <p>Narre Warren Contact – contact Tina Bampton or Melinda Brown on 9704 7388</p> <p>Dandenong Contact Contact Jill Konig or Sali Shayia on 0427 959 498.</p>	<p>Cranbourne YPEP, now located at Casey Stadium & Cranbourne Community House</p> <p>Narre Warren YPEP located at Foundation Learning College (former NCLC)</p> <p>And the new Dandenong YPEP located at Skill invest on Thomas St.</p>	<p>Cost Free Please phone and talk to someone and book in.</p>
<p>TUNING INTO KIDS Group for parents/carers with children aged 0-10yrs to help them tune into the child in their care</p>	<p>Uniting Contact group workers 5990 8400</p>	<p>Uniting Connections 55 Webb St Narre Warren</p>	<p>Day Every Monday Date 5 August – 9 September 2019 Time 10.00am to 12.30spm</p>

City Of Casey

Group / Program	Contact	Address	Details/ Other
<p>DOVETON BABYCOLLEGE Are you a mother around 6months pregnant? Do you have a newborn less than 6 weeks old as of May 2nd? For new mums, it can be an exciting and happy time. But it's also normal to feel anxious and Overwhelmed. We are here to answer any questions and help with some ideas of what to expect before and after the birth, and we can help you through the first 6 months. If you need additional support we can guide and support you with this</p>	<p>Doveton College : QEC; ourplace</p> <p>Baby College will be delivered in partnership with Doveton College, Queen Elizabeth Centre who will provide a Parenting Practitioner and Our Place who will provide Julia Cornelius as the Baby College Coordinator</p> <p>Please contact : Our Community Facilitators Noeline or Sam 8765 0111</p>	<p>Doveton College Community Room</p>	<p>Day Every Thursday Time 9.00am – 11.30am</p> <p>During School Term Only Please phone for further details</p>
<p>RE CONNECT PROGRAM is a program for people aged 20-64 who are long term unemployed, not engaged in education or training and with no prior accredited qualifications. They may have multiple barriers to education and find it hard to navigate the system. We work with them to help reduce the barriers and re-engage them in education / training to meet their employment goals in the future. This is offered in the City of Greater Dandenong and the City of Casey.</p>	<p>Brotherhood of St Laurence</p> <p>Learning Support Officer – Reconnect Program The Brotherhood of St Laurence Level 2, 1-7 Langhorne St, Dandenong 3175 T 03 8752 8552 Contact Beata Wasiak 0491 505 614 Or Lara Taylor 0491 050 613</p> <p>BSLReconnectDandenong@bsl.org.au</p>	<p>Please phone for assistance</p>	<p>Please phone they are willing to talk.</p>

City Of Casey

Group / Program	Contact	Address	Details/ Other
<p>PARENTING – A SIMPLE APPROACH A 4 wk. program to help parents and carers: Better understand you child and build a more harmonious family. For Parents or carers of children 3 – 16 years.</p>	<p>Windermere Group Co Coordinator 9705 3200 Main office: Windermere Narre Warren Office Phone: 1300 946 337 Fax: (03) 9796 7650</p>	<p>Toomah Community Centre 18 Golden Green St Pakenham</p>	<p>Day Wednesdays Date 01 May-22nd May Time 10.00am – 12pm</p>
<p>TUNING INTO KIDS For Parents of children aged 0-12yrs A 6-week course supporting parents to manage difficult behavior in their children. Strengthen your parenting skills Recognize and learn strategies to regulate yours and your child's emotions Discover ways to better connect with your child.</p>	<p>Windermere To access this program or find out more, contact Relationships Australia Victoria's Cranbourne Centre (03) 5990 1900 or email cranbourne@rav.org.au This program is a Communities for Children initiative supported by the Australian Government.</p>	<p>Group 3 & 4: Carlisle Park Family and Children's Centre 2/20 Majestic Boulevard, Cranbourne North</p>	<p>Group 3: Date August 11, 18, 25; September 1, 8, 15. Booster: 13 October</p> <p>Group 4: Date October 13, 20, 27; November 3, 10, 17. Booster: 15 December</p>
<p>YOUNG PARENTS EDUCATION PROGRAM A program for young parent aged 15-20, currently not enrolled in School. Ever considered VCAL? We offer Young Parents Education Program which reconnects young parents to access the VCAL in a supportive and flexible environment. Combined with parenting tips from experts within the community.</p>	<p>Windermere 0427 959 498 or email karen.maree@skillinvest.com.au</p> <p>This program is a Communities for Children initiative supported by the Australian Government.</p> <p>Fax: (03) 9796 7650 Or email: groups@windermere.org.au</p>	<p>Cranbourne Secondary College Stawell st Cranbourne</p>	<p>Day Tues, Wed, Thurs and Friday\ Date School term Time 9.30am – 2.30pm</p> <p>Please phone to book and for more information</p>

City Of Casey

Group / Program	Contact	Address	Details/ Other
<p>TUNING INTO KIDS Supports parents with children aged 2-10 years and under to develop and enhance their parenting skills, focusing on building the relationship between parent and child. Participants are required to attend an information and registration morning on Friday</p> <p>Bookings are essential as places are limited</p>	<p>Relationships Australia And Windermere</p> <p>BOOKINGS Relationships Aust. 5990 1900 or email cranbourne@rav.org.au</p> <p>www.rav.org.au/TiKcranbourne</p> <p>This program is a Communities for Children initiative supported by the Australian Government.</p>	<p>Group 4: Carlisle Park Family and Children's Centre 2/20 Majestic Boulevard, Cranbourne</p> <p>Group 1 2/199 South Gippsland Hwy, Cranbourne</p> <p>Group 2 405 Narre Warren Rd Cranbourne North</p>	<p>Please ring for details. Programs are booked ahead.</p>
<p>STEP FAMILY SURVIVAL STRATEGIES WORKSHOP A practical guide to help parents navigate themselves, their children and stepchildren through the exciting, difficult and rewarding journey in a stepfamily.</p>	<p>Relationships Victoria Ph. 8768 4111 Email: enquiries@berwickfrc.org.au</p>	<p>Berwick Family Relationship Centre 38 Clyde Road Berwick</p>	<p>To find our more & reserve your place in the seminar contact Relationships Victoria</p>
<p>KOORIE KIDS PLAYGROUP- Gather and meet other Koorie families, sing and dance, play with other Koorie Kids, listen to stories and learn about culture. Includes healthy morning tea and lunch.</p>	<p>Victorian Aboriginal Child Care Agency Playgroup Team Anglicare Victoria Parentzone 0408 949 755 Or 9701 4200</p>	<p>Cranbourne Community House 49 Valepark Cres Cranbourne</p>	<p>Thursdays. During School Terms</p> <p>Time 10:30am – 1:00pm Transport provided free if required.</p>
<p>KOORIE KIDS PLAYGROUP- Gather and meet other Koorie families, sing and dance, play with other Koorie Kids, listen to stories and learn about culture. Includes healthy morning tea and lunch.</p>	<p>Victorian Aboriginal Child Care Agency Playgroup Team Anglicare Victoria Parentzone 0408 949 755 Or 9701 4200</p>	<p>Coral Drive Kinder Hampton Park</p>	<p>Wednesdays. During School Terms</p> <p>Time 10:30am – 1:00pm Transport provided free if required.</p>

City Of Casey

Group / Program	Contact	Address	Details/ Other
<p>FAIRHAVEN SUPPORTED PLAYGROUP For children 0-5years with a special focus on families with a CALD background. All families welcome.</p>	<p>Windermere Group Co-ordinator on 9705 3200 Email: groups@windermere.org.au <u>Or</u> 1300 946 337</p>	<p>Fairhaven Family & Children Centre Community Room 42-52 Fairhaven Boulevard Cranbourne West</p>	<p>Day Tuesdays Date School Term Time 9.30am-11.30am Cost Free</p> <p>Interpreting support for Hindi speaking families is available</p>
MENS AND FATHERS PROGRAMS			
<p>DADS TUNING INTO KIDS FOR Parents of children aged 0-12yrs A 6-week course supporting parents to manage difficult behavior in their children. Strengthen your parenting skills Recognise and learn strategies to regulate yours and your child's emotions Discover ways to better connect with your child.</p>	<p>Relationships Australia To access this program or find out more, contact Relationships Australia Victoria's Cranbourne Centre (03) 5990 1900 or email cranbourne@rav.org.au This program is a Communities for Children initiative supported by the Australian Government.</p>	<p>Relationships Australia Victoria 2/199 South Gippsland Highway Cranbourne</p>	<p>Date October 16th, 23rd, 30th and November 6th, 13th, 20th 2019 Time 5.30pm to 7.30pm Cost Free</p>
<p>READ-PLAY-MAKE NARRE WARREN – DADS MATTER PROGRAM The Read – Play – Make program develops strong relationships between dads and children through story-telling and activities.</p>	<p>Contact City of Casey To register contact City of Casey on 9705 5200 or email dadsmatter@casey.vic.gov.au. Must book</p>	<p>Narre Warren Library - Bunjil Place, Patrick North East Drive, Narre Warren 3805</p>	<p>Date Thursdays Dates 8th Feb to 13th Dec 2019 Time 6.00pm – 7.30pm Cost No cost Registration essential (Feb-Dec)</p> <p>Held all year including school holidays</p>

City Of Casey

Group / Program	Contact	Address	Details/ Other
<p>DADS MATTER –COOK IT WITTH DAD The Cook it with Dad program is an opportunity for fathers and children to experience cooking together. Spending quality time and strengthening relationships.</p>	<p>CITY OF CASEY To register contact City of Casey on 9705 5200 or email dadsmatter@casey.vic.gov.au</p>	<p>Selandra Family and Children's Centre 45 Haflinger Avenue, Clyde North</p>	<p>Day Saturdays(during School Term) Date School Term Time 10.30am to 12pm Cost Free Must register</p>
<p>BEING DAD An interactive group for fathers of children aged 0-17 designed to help us be the dad we want to be.</p>	<p>Uniting Sid Ashby – 5990 8400 Jonathon Gonsalvez – 5945 3900</p>	<p>Uniting To be advised</p>	<p>Running in Term 3. 2019 Please ring for details. Still being confirmed at time of printing</p>
<p>COOK IT WITH DAD – DAD'S MATTER PROGRAM The Cook it with Dad program is an opportunity for fathers and children to experience cooking together.</p>	<p>Contact City of Casey 9705 5200 or email dadsmatter@casey.vic.gov.au</p>	<p>Selandra Family and Children's Centre 45 Haflinger Ave, Clyde North Melways Ref 134 H4</p>	<p>Day Saturdays (not in school holidays) Time 10.30am – 12noon Cost No cost Registration essential</p>
<p>DADS LITTLE BUILDERS The Dad's Little Builder program has been designed to encourage dads and children to connect through creating and building.</p>	<p>City of Casey Contact: City of Casey Email: dadsmatter@casey.vic.gov.au Telephone: 9705 5200</p>	<p>Arbourlea Family and Children's Centre 75 Wheelers Park Dve Cranbourne North Melways Ref 130 K10</p>	<p>Registration is essential: To register contact City of Casey on 9705 5200 or email dadsmatter@casey.vic.gov.au Details not available at time of printing</p>
<p>TIME FOR A CHANGE Men's behaviour change program designed to help men address those issues & stop using any forms of abuse & violence in their relationships with others.</p>	<p>Relationships Australia Cranbourne Centre 03 5990 1900</p>	<p>Kalimna Building – 67-69 Webb Street, Narre Warren, Victoria 380</p>	<p>Please phone for assessment for programs running 2019</p>

City Of Casey

Group / Program	Contact	Address	Details/ Other
<p>THE BBQ BOYS <i>A carer support group especially for men who are in a caring role and would like to have better access to self-care & respite opportunities. A carer is a person who provides unpaid care and support to family members and friends who have a disability, mental illness, dementia or who are frail aged. The BBQ BOYS was established to address a gap in services by reducing social isolation, promoting carer wellbeing and providing “some ME time” for male carers. The group offer carers a variety of activities to assist them to maintain life balance and care responsibilities.</i></p> <p><i>Membership criteria:</i></p> <ul style="list-style-type: none"> • <i>Male and caring for someone who has a disability, mental illness, dementia or who is frail aged</i> 	<p>Respite South <i>The BBQ Boys Carers Inc.</i> <i>Ring one of the committee members on</i> <i>Peter-0404 044 283</i> <i>Honk – 0455 179 692</i> <i>Bill 0447 985 327 or</i> <i>Sandy – 0439 530 413</i> <i>Enquiries:</i> <i>Please send us an email about your enquiries</i> <i>Email: info.bbq.boys@gmail.com</i></p>	<p>This is now held in Frankston. Frankston NEAMI office. 1 Douglas Grove, Frankston</p>	<p>first Tuesday of the month from 11am – 2pm</p>

CHALLENGING BEHAVIOURS, DISABILITIES, GRIEF, ALCOHOL & DRUGS, MENTAL HEALTH, SUICIDE, AND OTHER

City Of Casey

Group / Program	Contact	Address	Details/ Other
<p>KEEPING IT TOGETHER Free program for women over the age of 18 learn skills to strengthen yourself and your relationships</p> <p><u>Intake has started.</u> <u>Please contact Sancha for more information</u></p>	<p>For more information and intakes, please contact Sancha Phone no: 97056699 Email : snoranho@caseynorthciss.com.au</p>	<p>Hallam Community Learning Centre 56 Kay's Ave Hallam</p> <p>Mahoney Bulluk Family and community Centre 66 Bradman Dve, Cranbourne Wes</p>	<p>Please phone for This terms dates TBC</p>
<p>WOMEN MANAGING ANGER 6 week program for women who want practical strategies and support to take control of their anger.</p>	<p>Windermere Group coordinator 48 Webb Street Narre Warren VIC Phone: 1300 946 337 Fax: (03) 9705 3200</p>	<p>Toomah Community Centre 18 Golden Green St Pakenham</p>	<p>Day Wednesday Date School Term Time 10am to 12pm</p>
<p>PARENTING AND MENTAL HEALTH For Parents of children aged 0-18. Would you benefit from support with your mental health? If so, join us for a free 6 week program designed to help you manage the demands of parenting</p>	<p>Uniting Bookings essential For more information, or to book your place please contact Megan Clarke 03 5990 8400 Or Nicole Moraes 03 9554 9233</p>	<p>Uniting 55 Webb St Narre Warren</p>	<p>Day Thursday Date 25th July to 29th Aug 2019 Time 12pm to 2pm</p>
FAMILY VIOLENCE			
<p>WHO'S IN CHARGE? Who's in Charge? A 7-week program for parents or carers of young people (8 to 18) who are beyond control, violent or defiant.</p>	<p>Uniting Connections Ph. Kathie Hockley 5990 8400 connections.org.au</p>	<p>Bunjil Place 2 Patrick Dve Narre Warren</p>	<p>Running in Pakenham. Phone for next session in Casey TBC</p>

City Of Casey

Group / Program	Contact	Address	Details/ Other
<p>HEALTHY WOMEN HEALTHY RELATIONSHIPS FOR Women living in the Casey, Cardinia and Greater Dandenong areas, who have experienced family violence in their relationships. A 7 week program for women affected by family violence On completion of the program, you will:</p> <ul style="list-style-type: none"> • Have greater awareness and understanding of what is family violence • Understand the impacts of family violence and support available to aid your recovery from the trauma • Be able to identify signs of healthy and unhealthy relationships • Establish ways for you to form respectful relationships • Develop skills to establish and maintain appropriate boundaries • Develop strategies to build your resilience and connection to your self 	<p>Windermere Group coordinator 48 Webb Street Narre Warren VIC Phone: 1300 946 337 Fax: (03) 9705 3200</p>	<p>Find out where when booking program</p>	<p>Day Tuesdays (7weeks) Dates for 2019 Term 3 Starts Tuesday 30 July Term4 Starts Tuesday 15 October Time Cost No Cost</p>
<p>REPAIR-ENTING A structured group program for dads who have used violence in their relationships. A program for men who have completed a men's behaviour change program in the past year, and who are currently parenting children on a part- or full-time basis, or are hoping to redevelop a relationship with their children</p>	<p>Relationships Australia Victoria's Cranbourne Centre on (03) 5990 1900 or email cranbournenorth@rav.org.au www.rav.org.au/RepairingCranbourneNorth</p>	<p>Relationships Australia Victoria 2/199 South Gipps land Highway Cranbourne</p>	<p>Day Thursday Date Started June 22 to August 24 Please ring and book into next program Cost Free</p>

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Group / Program	Contact	Address	Details/ Other
<p>CHAMPS 6week peer support program for children 8-12 who have a parent with a mental health issue</p>	<p>Uniting Ph. Megan Clarke 5990 8400</p> <p>connections.org.au</p>	<p>Uniting Connections 55 Webb St Narre Warren</p>	<p>Day Wednesdays Date School Term Time 4.00pm-5.30pm</p>
<p>MAKING CHANGES NEW BEGINNINGS Making Changes for New Beginnings is a therapeutic support group for women who have experienced family violence. Topics covered include; cycle of violence, difference between anger and violence, healthy and unhealthy relationships.</p>	<p>Uniting Megan 5990 8400</p> <p>connections.org.au</p>	<p>Uniting Connections 55 Webb St Narre Warren</p>	<p>Runs once a week for 6 weeks over the School Term. Please Phone music</p>
<p>THE INCREDIBLES A group for kids aged 7-10 who have experienced or witnessed family violence.</p>	<p>Uniting Connections Samantha Sacco 8792 8999</p> <p>connections.org.au</p>	<p>To be announced Please phone</p>	<p>Please phone for this terms dates and to book Details not available at time of printing please phone</p>
SEPARATION			
<p>PARENTING AFTER SEPARATION A 4 week program to help parents to better understand the effects of separation on their children and learn useful strategies for helping children to adjust. For: Separating and Separated parents Note: only one person from a separated couple can attend each group</p>	<p>Windermere <u>Windermere Narre Warren Office</u> Phone: <u>1300 946 337</u> Fax: (03) 9796 7650</p> <p>Group Coordinator 9705 3200</p> <p>Email: groups@windermere.org.au</p>	<p><u>Windermere Narre Warren Office</u> 48 Webb Street Narre Warren VIC 3805</p>	<p>Term 4 Day Thursday Evenings Date 18th Oct – 8th Nov 2019 Time 5.30pm – 8.00pm</p>

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Group / Program	Contact	Address	Details/ Other
<p>PARENTING AFTER SEPARATION A one-day course which provides parents with key information and strategies to assist children to successfully adjust to separation and divorce. The group is interactive and meets the requirements of Court orders. Handout materials are provided and certificates of participation suitable for submission to court.</p>	<p>Relationships Australia Berwick FRC 8768 4111</p> <p>Phone and book. You must arrive 15 minutes early</p>	<p>38 Clyde rd. Berwick</p>	<p>Running 3 separate programs. Each is 1 day only. All dates are at 10.00am-5.00pm</p> <p>Day Thursday Date 4th October</p> <p>Day Friday Date 2nd November</p> <p>Day Tuesday Date 4th December</p> <p>Cost \$80 per person. Health Care Holders \$60 per person.</p>
<p>SELF-REPRESENTATION IN COURT 2017 Community Legal Education Session Series This free information session is presented by Andrea Videion, Child Support Lawyer at the Springvale Monash Legal Service. It covers: understanding the risks and benefits of representing yourself in court; preparing documents; the stages of a hearing.</p>	<p>Family Relationships Centre / Relationships Australia – Victoria</p> <p>Ph: 8768 4111 or email: enquiries@berwickfc.org.au</p>	<p>Berwick Family Relationship Centre 38 Clyde Road Berwick</p>	<p>Runs some terms. Please phone for next one.</p>
<p>FEELING IS THINKING An 8 week program for primary aged school children experiencing difficulty in expressing their strong feelings.</p>	<p>Hampton Park Community House Windermere Group Coordinator 9705 3200</p>	<p>Hampton Park Community House 16-20 Stuart Avenue Hampton Park</p>	<p>Please phone for next session. TBC Bookings Essential</p>

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Group / Program	Contact	Address	Details/ Other
<p>WINDERMERE Runs various programs throughout the year and offer Counselling for women and children who have experienced family violence (ph. 9705 3200) and other programs (9707 3200). Some are listed below and in the Cardinia and Dandenong Sections, to check on other programs and assistance please phone or check their website. Girls in charge (self-esteem for young women); – ring for information Ph. Program Officer 5995 4655. Or info@windermere.org.au. Web www.windermere.org.au</p>			
<p>BEREAVEMENT SUPPORT GROUP This group is for people who have been bereaved within the past two years.</p>	<p>Cardinia Casey Community Health (03) 5990 6789</p>	<p>Cardinia-Casey Community Health Service 140-154 Sladen St Cranbourne</p>	<p>Day Thursday Date Please phone for dates Time 10.00am to 12.00pm Cost Free NOTE: no childcare provided</p>
<p>FAMILY SUPPORT GROUP For families and friends impacted by another's drug and or alcohol use.</p>	<p>Stepping up & SHARC Please phone Kerry on 1800 828 466</p>	<p>Stepping up 61 High St Cranbourne</p>	<p>Please contact for details</p>
<p>GROW Provides a peer supported program for growth and personal development to people with a mental illness and those experiencing difficulties in coping with life's challenges.</p>	<p>GROW Vic 1800 558 268 www.grow.net.au free call 1800 558 268 for the current times and locations of Group Meetings.</p>	<p>Balla Balla Centre 65 Berwick Cranbourne Road Cranbourne</p>	<p>Day Thursdays Time 10am – 12.30pm Cost FREE</p>
		<p>Berwick N'hood Centre 112 High St, Berwick (Mel: 111 D8)</p>	<p>Day Wednesdays Time 10am-12.30pm Cost FREE</p>
<p>e.motion21 A high quality dance and fitness program for children and young adults with Down syndrome. Classes for all ages; Kinder, Primary, Teens and Adults.</p>	<p>Ph.: 9853 2121 www.emotion21.org.au</p>	<p>Cranbourne Senior Citizens Club 1 Codrington Street Cranbourne</p>	<p>Day Wednesdays Dates During School Terms</p>

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Group / Program	Contact	Address	Details/ Other
<p>CRANBOURNE ADHD SUPPORT GROUP</p> <p>Having a child with ADHD can be challenging, exhausting and emotional. Parents face issues on a daily basis regarding this hidden disability. Facilitated by Cranbourne Information & Support Service this support group provides you with the opportunity to share your experiences, stories and knowledge and be supported by other parents who truly understand the struggles of life that families and their children go through every day. Set within a relaxed and non-judgmental environment, meetings are open to parents and families from Cranbourne and surrounding suburbs.</p>	<p>Cranbourne Information & Support Service</p> <p>Contact: Flora or Ann 59 963 333</p> <p><i>The Communities for Children initiative is supported by the Australian Government</i></p>	<p>Cranbourne Community House 49 Valepark Crescent Cranbourne</p>	<p>Day Thursdays</p> <p>Dates July 18</p> <ul style="list-style-type: none"> • Aug 15 • Sept 12 • Oct 10 • Nov 7 • Dec 12th (Christmas party) <p>Time 10.00am to 12pm</p> <p>Cost Gold coin Donation</p>
<p>CASEY ASPERGER SUPPORT GROUP (CASS)</p> <p>–runs regular support group meetings for parents/carers. We operate activity groups for children’s of all ages and their siblings. We also hold regular workshops and information sessions. Primary school social group; Tweens social group; Teenage social group; Aspie Girls Group; Creative Arts Group and more. View website for information and upcoming events www.thecass.com.au CASS Headquarters 20 Agonis St Doveton Please email for further details and to register for events. Find on Facebook. info@thecass.com.au</p>			

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Group / Program	Contact	Address	Details/ Other
<p>WOMEN FOR CHANGE</p> <p>A women's discussion group. A chance to release your passion and have your say and maybe make a difference. We discuss current issues and world affairs in</p>	<p>Balla Community Centre www.ballaballa.com.au</p> <p>ph. 5990 0900</p>	<p>Balla Community Centre Casey Indoor Leisure Complex 65 Berwick Cranbourne Rd, Cranbourne East</p>	<p>Contact for next activity Dates not available at time of publication</p>
<p>FAMILY DRUG/ALCOHOL SUPPORT</p> <p>Ran by family members for family members and focuses on the well-being of the family</p>	<p>Call Toll Free 1300 660 068</p>	<p>Balla Community Centre Casey Indoor Leisure Complex 65 Berwick Cranbourne Rd, Cranbourne East.</p>	<p>1st and 3rd Wednesday of each month Time 6.00pm -8.00pm</p>
FAMILY SUPPORT AND SUPPORTED PLAYGROUPS			
<p>CASEY INFORMATION AND SUPPORT SERVICES</p> <p>Wide range of information on community and local services, • Counselling services • No Interest Loan Scheme • Tax Help • Advocacy and Support • Emergency Relief • Financial Counselling • Outreach Services</p>	<p>Phone: 5996 3333 Fax: 5996 3608 www.cranbourneiss.org.au email: ciss@cranbourneiss.org.au Facebook: facebook.com/cranbourneiss Services available:</p>	<p>156 Sladen Street, Cranbourne 3977 P.O. Box 5263, Cranbourne 3977</p>	<p>Please phone if you require any of these services and live in the South of Narre Warren- (under the old Shire of Cranbourne)</p>

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Group / Program	Contact	Address	Details/ Other
<p>CASEY NORTH CISS Services available: Wide range of information on community and local services, • Information in a range of different languages • Counselling and Social Work services • No Interest Loan Scheme • AddsUp Savings Plan • Financial Counselling • Tax Help • Advocacy and Support • Emergency Relief • Financial Literacy & Support Program • Keeping It Together Program • Legal Service</p>	<p>Casey North CISS Phone: 9705 6699 Fax: 9705 6794 Email: cnciss@caseynorthciss.com.au www.caseynorthciss.com.au Facebook: facebook.com/caseynorthciss Twitter: twitter.com/cnciss Pinterest: www.pinterest.com.au/caseynorthciss</p>	<p>Suite1/90-92 Victor Crescent Narre Warren VIC 3805</p>	<p>Please phone if you require any of these services and live in the North of Casey. North of and including Narre Warren</p>
<p>MUSIC For Growth Music therapy program for children aged 0-5 and their parents/carers.</p>	<p>Uniting Kathie Hockey 5990 8400</p>	<p>Uniting 1 coral Place Hampton Park</p>	<p>Day Thursdays Time 10.00am-10.45sam Cost Gold coin donation</p>
<p>CONVERSATION PLUS For Non English Speaking Background people. Learn to deal with bill paying, appointments, school notices and local services. Fun, friendly classes.</p>	<p>Hallam Community Learning Centre Rita 9703 1688 Childcare available Wednesdays only</p>	<p>Hallam Community Learning Centre 56 Kays Avenue Hallam</p>	<p>Days Wednesdays Time 12.45-2.45pm Cost \$2 per session</p>
<p>WOMEN'S FRIENDSHIP CAFÉ- Cranbourne ALL Women are invited. Busy Women, busy lives, a small conversation can change a whole day. Make new friends, activities, morning tea, art, craft, sewing and information. Bring your children, friends, aunties.</p>	<p>ST Johns Community Hall Contact Biftu Hawas 0402 526 718 www.facebook.com/WomensFriendshipCafe/</p>	<p>St John's Community Hall 27 Childers St Cranbourne</p>	<p>Day Wednesday Date During School Term Time 10.00am-12 noon</p>

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Group / Program	Contact	Address	Details/ Other
ROSSMOYN SUPPORTED PLAYGROUP Meet other local families, learn about your child's development and parenting through the Smalltalk program.	City of Casey customer service. 03 9705 5200 Or email playgroupReferral@casey.vic.gov.au	19 Beldale Crt Berwick	During School Term Day Monday Time 9.30am-11.00am Please phone or email the council to book in
SIMPLE PLEASURES ARBOURLEA Meet other local families, learn about your child's development and parenting through the Smalltalk program.	City Of Casey Free supported playgroups City of Casey customer service. 03 9705 5200 Or email playgroupReferral@casey.vic.gov.au	75 wheelers Park Dve Cranbourne Nth	During School Term Day Tuesday Time 10.00 -12.00pm Please phone or email the council to book in
CRANBOURNE WEST SUPPORTED PLAYGROUP Meet other local families, learn about your child's development and parenting through the Smalltalk program.	City Of Casey Free supported playgroups City of Casey customer service. 03 9705 5200 Or email playgroupReferral@casey.vic.gov.au	42-52 Fairhaven Boulevard. Cranbourne West	During School Term Day Tuesday Time 9.30am – 11.00am Please phone or email the council to book in.
STRATHAIRD WEDNESDAY SUPPORTED PLAYGROUP Meet other local families, learn about your child's development and parenting through the Smalltalk program.	City Of Casey Free supported playgroups City of Casey customer service. 03 9705 5200 Or email playgroupReferral@casey.vic.gov.au	106-108 Strathaird Dve Narre Warren South	During School Term Day Wednesday Time 9.30am – 11.00am Please phone or email the council to book in.

City Of Casey

Group / Program	Contact	Address	Details/ Other
<p>STRATHAIRD THURSDAY SUPPORTED PLAYGROUP</p> <p>Meet other local families, learn about your child's development and parenting through the Smalltalk program.</p>	<p>City Of Casey Free supported playgroups</p> <p>City of Casey customer service. 03 9705 5200 Or email playgroupReferral@casey.vic.gov.au</p>	106-108 Strathaird Dve Narre Warren South	<p>During School Term Day Thursday Time 9.30am – 11.30am</p> <p>Please phone or email the council to book in.</p>
<p>LITTLECROFT SUPPORTED PLAYGROUP</p> <p>Meet other local families, learn about your child's development and parenting through the Smalltalk program.</p>	<p>City Of Casey Free supported playgroups</p> <p>City of Casey customer service. 03 9705 5200 Or email playgroupReferral@casey.vic.gov.au</p>	51 The Strand Narre Warren South	<p>During School Term Day Thursday Time 9.30 – 11.30am</p> <p>Please phone or email the council to book in.</p>
<p>CORAL DRIVE PLAYGROUP</p> <p>Meet other local families, learn about your child's development and parenting through the Smalltalk program</p>	<p>City Of Casey Free supported playgroups</p> <p>City of Casey customer service. 03 9705 5200 Or email playgroupReferral@casey.vic.gov.au</p>	187 -191 Coral Dve Hampton Park	<p>During School Term Day Thursday Time 9.30am -11.30am Please phone or email the council to book in.</p>
<p>HALLAM GARDENS – Mon. pm</p> <p>Meet other local families, learn about your child's development and parenting through the Smalltalk program</p>	<p>City Of Casey Free supported playgroups</p> <p>City of Casey customer service. 03 9705 5200 Or email playgroupReferral@casey.vic.gov.au</p>	26-28 Nettle Dve Hallam	<p>During School Term Day Monday Time 1.30pm – 3.00pm Please phone or email the council to book in.</p>
<p>HALLAM GARDENS- Tues. pm</p> <p>Meet other local families, learn about your child's development and parenting through the Smalltalk program</p>	<p>City Of Casey Free supported playgroups</p> <p>City of Casey customer service. 03 9705 5200 Or email playgroupReferral@casey.vic.gov.au</p>	26-28 Nettle Dve Hallam	<p>During School Term Day Tuesday Afternoon Time 1.30pm – 3.00pm Please phone or email the council to book in.</p>

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Group / Program	Contact	Address	Details/ Other
<p>BOYS ON THE BOUNCE A 10-week program strengthening cultural, community and educational engagement in Aboriginal and Torres Strait Islander boys 'For: Aboriginal and Torres Strait Islander boys in Grades 5 & 6 at Cranbourne primary schools. Ran by a male Aboriginal worker from Dandenong & District Aborigines Co-Op</p>	<p>.Ran with Mission Australia And Windermere To access this program or find out more, contact Graeme Bux (03) 9794 5933 The program is run by a male Aboriginal worker from Dandenong & District Aborigines Co-Op.</p>	<p>Ran in various Venues across in co-ordination with Primary Schools in Cranbourne and Dandenong</p>	<p>Over the course of the 4 school terms Day Tuesday in Dandenong Day Thursday in Cranbourne Contact Graeme and Book in Healthy Lunch provided</p>
<p>CONVERSATION PLUS</p>	<p>Hallam Community Learning Centre Rita 9703 1688 Childcare available Wednesdays only</p>	<p>Hallam Community Learning Centre 56 Kays Avenue Hallam</p>	<p>Days Wednesdays Time 12.45-2.45pm Cost \$2 per session</p>
<p>BABY BEARS PLAYGROUP For disadvantaged families with complex needs.</p>	<p>Merinda Park Learning & Community Centre 5996 9056 www.merindapark.com.au admin@merindapark.com.au</p>	<p>Annex Building 149 Endeavour Dr Cranbourne</p>	<p>Please phone for details</p>
<p>PLAYGROUP – FACILITATED Meet other local families, learn about your child's development</p>	<p>Balla Centre Ph. 5990 0900</p>	<p>Balla Casey Indoor Leisure complex 65 Berwick-Cranbourne Rd, Cranbourne East</p>	<p>During School Term Day Thursday Time 10.00am – 12pm Please phone the Balla Centre to Book in</p>
<p>CRANBOURNE COMMUNITY HOUSE PLAYGROUP For culturally and linguistically diverse children and their families, especially for those recently arrived.</p>	<p>Cranbourne Community House Contact Cheri 5996 2941</p>	<p>Cranbourne Community House 49 Valepark Drive Cranbourne</p>	<p>Fridays 1.00pm – 3.00pm No Cost</p>

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Group / Program	Contact	Address	Details/ Other
<p>Koori Play Spot Playgroup For Indigenous families. Each playgroup runs a Story, Song and Dance time at the end of each session</p>	Contact 0459 026825	Autumn Place Kindergarten 29 Autumn Place Doveton	Please phone for details
<p>BALEE KOOLIN BUBUP BUSH PLAYGROUP A supported playgroup for aboriginal and Torres Strait islander children up to 5ears, their Carers and families to have fun together with live music, singing, dancing, instrument play and culturally diverse events. Set within a culturally safe and meaningful early years learning environment. Where indigenous Elders, artists and cultural educators come along to share traditional cultural knowledge, stories and language with families in the bush playgroup. Also include planned playgroup excursions at Cranbourne's Library's Koori Kids Library events.</p>	<p>Windermere The program is run by our facilitating partner Casey-Cardinia Library Corporation in conjunction with Cranbourne Royal Botanic Gardens</p> <p>To access this program or find out more, contact: Trish Magree Email: trish.magree@rbg.vic.gov.au Phone: 03 5990 2206 Jaffa Richardson Email: janine.richardson@rbg.vic.gov.au Phone: 0418 138 346</p>	Stringybark Picnic Area Royal Botanic Gardens, Victoria, Cranbourne	<p>Day Tuesdays Date During School Term Time 10.30am -12.30pm Cost No Charge</p> <p>Program is funded through the Communities for Children initiative</p>
<p>PARKERS PLAYGROUP – For disadvantaged families with complex needs.</p>	<p>Cranbourne Park Primary Natasha 5996 1142 Lauren 5995 4655</p>	Cranbourne Park Primary School. Tucker Street, Cranbourne	Please phone for details
<p>OPEN UP – Community Lunch Cuppa and a chat from 10.30am onwards. Playground for Littlies.</p>	<p>Hampton Park Uniting Church Ph.: 9799 7994</p>	Hampton Park Uniting Church 1 Coral Drive, Hampton Park	<p>Day Thursdays during school term Time from 10.30am – meal served at 12.30pm Cost FREE</p>

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Group / Program	Contact	Address	Details/ Other
<p>BUSH PLAYGROUP A Culturally safe and meaningful early years learning environment for Aboriginal & TSI children and their careers and families.</p>	<p>Jo Fyfe ph.: 59 902 206 Joanne.fyfe@rbg.vic.gov.au Jaffa Richardson ph.: 0418 766 281 Janine.richardson@rbg.vic.gov.au</p>	<p>Royal Botanic Gardens Stringy Bark Picnic Area Cnr Ballarto Road & Botanic Drive Cranbourne</p>	<p>Day Tuesdays during school term Time 10.30am – 12.30pm</p>
<p>MyTime Playgroup For parents with children under 5 who have a disability or chronic medical condition</p>	<p>Contact Genevieve O'Connor 1800 171 882 Contact Lindy 0447 520543</p>	<p>Casey Locations Endeavour Hills, Cranbourne, Narre Warren, Berwick, Narre Warren South</p>	<p>Please phone for details</p>
<p>SIMPLE PLEASURES PLAYGROUP For parents suffering from Post Natal Depression and their children.</p>	<p>Contact Wendy Beamish 0414916963</p>	<p>St Andrews Uniting Church 46 Wilson St Berwick</p>	<p>Day Tuesdays Time 9.30 – 11.30am</p>
<p>YOUNG Parents GROUP For mums 25 years or under with children aged under 2 years.</p>	<p>City of Casey Youth Services Phone 9705 5200</p>	<p>Cranbourne Youth Information Centre Shop 58 Centro Shopping Centre High St Cranbourne</p>	<p>Date Wednesdays Time 1.00 – 2.30pm Cost Free</p>
<p>BERWICK TOY LIBRARY Timbarra Community Centre</p>	<p>Timbarra Community Centre Phone 0423 744 816 berwicktoylibrary@gmail.com</p>	<p>Timbarra Community Centre Parkhill Drive Berwick</p>	<p>Fortnightly during term Day Tuesdays Time 9.30am-10.30am Day Wednesdays Time 7.30pm-8.30pm Cost From \$50 /year</p>
<p>CRANBOURNE TOY LIBRARY</p>	<p>Cranbourne Library Contact Maree 59 900 900 cranbournetoylibrary@hotmail.com</p>	<p>Cranbourne Library Administration Building 65 Cranbourne-Berwick Rd Cranbourne</p>	<p>Please phone or check website</p>

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Group / Program	Contact	Address	Details/ Other
<p>Pre School -STORYTIME Storytime introduces children to a wide range of children's books, stimulates new ideas and interests, helps develop language skills and provides a chance to socialise. Songs, rhymes, stories and activity suitable for pre-schoolers aged 3-5years</p>	<p>Casey-Cardinia Library Corporation 5941 2036 www.cclc.vic.gov.au Cranbourne 5990 0150 Narre Warren 9704 7696 Doveton 9792 9497 Endeavour Hills 8782 3400</p>	<p>Held at Cranbourne, Narre Warren, Hampton Park, and Endeavour Hills. Pakenham and Cardinia Mobile Library at Beaconsfield, Cockatoo and Gembrook</p>	<p><u>Bunil Place Narre Warren</u> Tuesday 2pm-2.45pm Friday 11.00-11.45 <u>Cranbourne</u> Friday 10.30-11.30 <u>Doveton</u> Thursday 10.00am-10.45 <u>Emerald</u> Thursday 11.15 – 12pm <u>Endeavour Hills</u> Friday 11am-11.45am <u>Hampton Park</u> Thursday 11.00am – 11.45am <u>Pakenham</u> Tuesday 11.00am-11.45am See sight for further details</p>
<p>BABY RHYME TIME Join with other new mums, dads and carers. Discover and learn songs and rhymes that babies enjoy. NOTE: This program does NOT run during school holidays</p>	<p>Casey-Cardinia Library Corporation 5941 2036 www.cclc.vic.gov.au Cranbourne 5990 0150 Narre Warren 9704 7696 Doveton 9792 9497 Endeavour Hills 8782 3400 Casey-Cardinia Library Corporation 5941 2036</p>	<p>Bunjil Place Patrick Northeast Drive, Narre Warren Ph. 8782 3300 Cranbourne Casey Complex 65 Berwick-Cranbourne Road Ph. 5990 0150 Emerald 400B Belgrave-Gembrook Road Ph. 5949 4600 Endeavour Hills 10 Raymond McMahon Boulevard Ph. 8782 3400 Hampton Park 22</p>	<p><u>Cranbourne</u> Tuesdays 1.15 – 1.45am</p> <p><u>Endeavour Hills</u> Wednesdays 10.15.pm- - 10.45pm</p> <p><u>Narre Warren – Bunjil Place</u> Mondays 2.30pm – 3.00pm Wednesdays 2.30pm – 3.00pm</p>

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Group / Program	Contact	Address	Details/ Other
<p>SUPPORTED PLAYGROUP- For families with children aged 0-5. Join us and have fun together with live music, singing, dancing, instrument play, morning tea and culturally diverse events.</p>	<p>Windermere Child and Family Services Integrated Family Services Intake Worker 9705 3200</p>	<p>Fairhaven Family and children's centre, community room. 42-52 Fairhaven Boulevard Cranbourne West</p>	<p>Day Tuesday Time 9.30 -11.30 Runs during School Term Cost Free</p>
<p>LITTLE RAYS SUPPORTED PLAYGROUP We provide a developmentally enriched environment for children to play and learn. Activities are designed specifically to accommodate all abilities in a welcoming and supportive environment This group is available to Windermere ECDS families and others eligible for Early childhood intervention Services. Parents with children aged 0-6. . Siblings are very welcome.</p>	<p>Windermere Child and Family Services Integrated Family Services Intake Worker 9705 3200</p>	<p>Chisholm –Berwick Campus Building C 25 Kangan Dve Berwick</p>	<p>Day Mondays Date School Terms Time 9.30 – 11.00am Cost No charge for families accessing ECIS services</p> <p>\$60.92/hr for families accessing NDIS, FAHCSIA or who are self-funded.</p> <p>Bring own snacks, drink bottle, hat and sunscreen. No nuts or nut products. Phone and book</p>

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Group / Program	Contact	Address	Details/ Other
<p>PLAYGROUND AND TABLETOPS fun group based program assists children to develop a range of essential skills needed for everyday life. This includes:</p> <ul style="list-style-type: none"> •Gross motor skills such as climbing and jumping, skipping, throwing and catching balls. •Fine motor skills such as cutting, pencil grip, drawing skills and hand strength. •Emotional regulation and social skills needed to navigate successfully through life as children grow. 	<p>Windermere</p> <p>Phone: 1300 946 337 Fax: (03) 9796 7650 Email: info@windermere.org.au</p> <p>To access this program or find out more, contact one of our team</p>	<p>Windermere Berwick 26 Parkhill Drive, Berwick</p>	<p>Day Monday Mornings Date 22nd Jul to 16 Sept 2019 Cost \$106.61 per session. Bookings are essential</p> <p>Please note this group may be cancelled if minimum numbers are not reached.</p> <p>Extra information: Children should bring a backpack with a drink, healthy snack, hat & sunscreen (September to April). Parents should remain onsite.</p> <p>Please do not bring nuts or nut products. Please advise us of any children who have anaphylaxis on enrolment.</p>
<p>SOCIAL BUTTERFLIES For children aged 3half to 5years. Children attending this program will develop essential social skills in a nurturing and fun environment. This includes learning:</p> <ul style="list-style-type: none"> •to take turns •how to greet others •listening skills •sharing skills •how to ask for help 	<p>Windermere</p> <p>Phone: 1300 946 337 Fax: (03) 9796 7650 Email: info@windermere.org.au</p> <p>To access this program or find out more, contact one of our team</p>	<p>Windermere Berwick 26 Parkhill Drive, Berwick</p>	<p>Day Monday afternoons Date 22nd July to 16th Sept</p> <p>Cost \$91.38 per session. Bookings are essential</p> <p>Please note this group may be cancelled if minimum numbers are not reached</p>

City Of Casey

Group / Program	Contact	Address	Details/ Other
<p>TINIES TIME A special Rhyme Time for Babies and toddlers up to age 3</p> <p>NOTE: This program does NOT run during school holidays</p>	<p>Casey-Cardinia Library Corporation</p> <p>5941 2036 www.cclc.vic.gov.au Cranbourne 5990 0150 Narre Warren 9704 7696 Doveton 9792 9497 Endeavour Hills 8782 3400</p>	<p>Held at Cranbourne, Narre Warren, Hampton Park and Endeavour Hills and Pakenham</p>	<p><u>Cranbourne</u> Wednesdays 11.15 – 11.45am <u>Endeavour Hills</u> Wednesdays 11.15 – 11.45am <u>Hampton Park</u> Tuesdays 11.00 – 11.30am <u>Narre Warren bunjil place</u> Tuesdays 10.30-11.00am Tuesday 11.30-12pm Wednesdays 10.30-11am Wednesday 11.30-12pm <u>Pakenham</u> Mondays 2.00 – 2.30 Tuesdays 11.00 – 11.30</p>
<p>FUN WITH FRIENDS This fun social skills group programs assists children aged 6-8yrs old needing to develop social skills.:</p> <ul style="list-style-type: none"> • expand their social interaction with children of a similar age • build friendships • support children with their emotional regulation, such as controlling emotions and reacting in appropriate ways • Develop social skills needed to navigate successfully through life. 	<p>Windermere</p> <p>Phone: 1300 946 337 Fax: (03) 9796 7650 Email: info@windermere.org.au</p> <p>To access this program or find out more, contact one of our team</p>	<p>Windermere Berwick 26 Parkhill Drive, Berwick</p>	<p>Day Mondays Date 26th July to 16th September Time 4.15 to 5.15 Cost \$76.15 per session. Bookings are essential</p> <p>Please note this group may be cancelled if minimum numbers are not reached.</p> <p>Children should bring a drink and healthy snack to each session.</p> <p>Please do not bring nuts or nut products. Please let us know if you child has anaphylaxis on enrolment.</p>

City Of Casey

Group / Program	Contact	Address	Details/ Other
<p>READY, SET, SCHOOL FOR CHILDREN STARTING SCHOOL IN 2020</p> <p>The group is designed to teach and support the development and practice of skills needed in preparation for school. Following a structured routine, maintaining attention during mat time, following instructions, literacy skills, numeracy skills, fine motor skills, taking turns, waiting for turns, managing sensory needs and social communication development.</p> <p>We cover all of these learning areas as standard, but in addition, we are able to tailor the program to benefit your child and address their needs and challenges in these areas of learning. Thus supporting the best outcomes for all of the children involved.</p>	<p>Windermere</p> <p>Phone: 1300 946 337 Fax: (03) 9796 7650 Email: info@windermere.org.au</p> <p>To access this program or find out more, contact one of our team</p>	<p>Berwick 26 Parkhill Drive, Berwick</p> <p>Cranbourne 75-81 Willora Crescent, Cranbourne</p>	<p>Day Wednesdays Date 24 July to 18 September Time 1:15pm – 2:30pm Cost \$91.38 per session</p> <p>Day Thursdays Date 1 Aug to 19 September Time 9.30am – 11:00am Cost \$106.61 per session</p>

City Of Casey

Group / Program	Contact	Address	Details/ Other
<p>MyFRIENDS Youth Program 10-week course for Secondary School Children, that aims to provide young people with:</p> <ul style="list-style-type: none"> the tools to build resilience and confidence, skills and techniques to manage difficult or anxiety provoking situations Strategies for self-regulation. <p>So young people can be empowered to take ownership and responsibility for their choices</p>	<p>Windermere</p> <p>Phone: 1300 946 337 Fax: (03) 9796 7650 Email: info@windermere.org.au</p> <p>To access this program or find out more, contact one of our team</p>	<p>Bridgewater Family and Community Centre 45 Bridgewater Boulevard Berwick</p>	<p>Day Wednesdays Date 29th May to 14th August Excluding School Holidays. Phone to see if there is another one running in term 4</p> <p>Cost Free</p>
<p>AFGHANI WOMEN'S LITERACY CLASS This class is especially designed for women who speak Hazara, Dari or Pashto and need help with daily activities such as doctor's appointments and understanding road rules. Get helpful information about citizenship, shopping in Australia and more.</p>	<p>Hampton Park Community House / Learning Centre</p> <p>Please contact Reception on 97990708 for when next course starts</p>	<p>Hampton Park Community House, 16-20 Stuart Avenue, Hampton Park.</p>	<p>Dates not confirmed at time of printing please phone Hampton Park community House</p>
<p>Department of Justice and Regulation</p>	<p>Cranbourne Justice Service Centre 176 Sladen Street Cranbourne Ph: 1300 292 936</p>	<p>Cranbourne Justice Service Centre 176 Sladen Street Cranbourne</p>	<p>Services offered; Community Correctional Services, Sheriff Services (by appointment), Births, Deaths and Marriages and Consumer Affairs (by appointment)</p>



City Of Casey

Group / Program	Contact	Address	Details/ Other
<p>Play 2 Learn A weekly play group sessions run in school terms that incorporate early childhood learning through play and family support for parents with children aged 0 - 5 years</p> <p>SS</p>	<p>Please contact Rei Kori (Team Leader, Casey Programs) for Term 4 Program schedule, referrals and enquiries at rei.kori@savethechildren.org.au</p> <p>Ph 03 8765 0146</p>	<p>Save the Children Australia Doveton College 62 Tristania Street, Doveton VIC 3177</p>	<p>Please phone. Dates not confirmed at time of printing</p>
<p>Small Talk A 10 week supported play group sessions and fortnightly in Home Support Visits for eligible participants of the playgroup, which incorporate parenting interventions for creating positive home learning environments for parents with children aged 0 - 5 years</p>	<p>Please contact Rei Kori (Team Leader, Casey Programs) for Term 4 Program schedule, referrals and enquiries at rei.kori@savethechildren.org.au</p> <p>Ph. 03 8765 0146</p>	<p>Save the Children Australia Doveton College 62 Tristania Street, Doveton VIC 3177</p>	<p>Ph. 03 8765 0146</p>
<p>Multicultural Women's Group A weekly group for asylum seeker parents with children aged 0 - 5 years to support parents in engaging with their child's early learning and development through interactive learn to play sessions and information sessions</p>	<p>Please contact Rei Kori (Team Leader, Casey Programs) for Term 4 Program schedule, referrals and enquiries at rei.kori@savethechildren.org.au</p> <p>Ph. 03 8765 0146</p>	<p>Save the Children Australia 62 Tristania Street, Doveton VIC 3177</p>	<p>Ph 03 8765 0146</p>

City Of Casey

Group / Program	Contact	Address	Details/ Other
Family Casework Support case management support for families with children aged 0 - 5 years in Hallam, and informal support for participants of play groups	Please contact Rei Kori (Team Leader, Casey Programs) for Term 4 Program schedule, referrals and enquiries at rei.kori@savethechildren.org.au Ph. 03 8765 0146	Save the Children Australia 62 Tristania Street, Doveton VIC 3177	Ph 03 8765 0146
LOCAL OPPORTUNITY SHOPS CASEY			
Berwick, Beaconsfield Cranbourne	Cranbourne Hampton Park	Cranbourne, Narre Warren	Narre Warren, Fountain Gate
Berwick Op Shop 3a Clyde Rd, Berwick 3806 Ph: 9707 1745 Berwick Red Cross Shop 7 Adams Lane, Berwick 3806 Ph: 9796 4177 Beaconsfield Salvos Shop 2/7 Beaconsfield Emerald Rd, Beaconsfield 3807 Ph: 9796 2389 Cranbourne Salvos Homemaker Centre 10A/350 Gippsland Hwy, Cranbourne North 3977 Ph: 5995 7487 The Hope Centre 40 Intrepid Street, Berwick 3806 Open: Thurs, Fri & Sat Ph: 9796 1006	Epilepsy Furniture Op Shop 10 Lurline St, Cranbourne 3977 Ph: 5995 2369 Epilepsy Op Shop 2 Lurline St, Cranbourne 3977 Ph: 5996 2150 Salvos Access 108 Camms Rd, Cranbourne 3977 Ph: 5995 1433 Hampton Park Salvos Shops 31 & 32 Hampton Park Shopping Square Somerville Rd, Hampton Park 3976 Ph: 9799 8767 Oz Child 2/90 Somerville Rd, Hampton Park VIC Ph: 9799 4087	Vinnies Cranbourne 2/218 High St, Cranbourne 3977 Ph: 5996 3926 Cranbourne Red Cross 94 High St, Cranbourne 3977 Ph: 5996 8436 Casey Outreach Op Shop 350-352 Pound Road, Narre Warren South 3805 Ph.: 9704 8903 Narre North Uniting Church Op Shop 1-13 Main Street, Narre Warren North 3804 Ph: 9700 5061	Warren Op Shop 4A Malcolm Crt, Narre Warren 3805 Ph: 9796 7144 Narre Warren Salvos 3 Webb St, Narre Warren 3805 Ph: 9796 7836 Savers Westfield Fountain Gate Homemaker Centre 352 Princes Hwy, Fountain Gate 3805 Ph: 9703 0000 The

City Of Casey

Group / Program	Contact	Address	Details/ Other
<p>NEED HELP WITH FOOD OR WANT TO HELP SOMEONE WHO DOES?</p> <h3>Crisis support (emergency relief)</h3> <p>CISS acts as a one-stop-shop for information and support and provides a range of crisis services to the local Casey South community. Many people in our area struggle on a limited income, and find it hard to make ends meet.</p> <p>CISS can sometimes assist with providing</p> <ul style="list-style-type: none"> • food • petrol • chemist prescriptions • baby goods • Myki Day Passes, and • other emergency support <p>Telephone interpreters can be utilised if required. <i>Clients must live in the City of Casey (South) and be able to show current identification with their name and local address (usually a Centrelink Card or Driver's Licence).</i></p> <p>Restrictions do apply.</p> <p>Please drop in to CISS or phone 5996 3333 to see if they can assist</p> <p> 156 Sladen Street, Cranbourne  ciss@cranbourneiss.org.au</p>			

City Of Casey

Group / Program	Contact	Address	Details/ Other
<p>TURNING POINT CHURCH</p> <p>1. Get Involved If you would like to get involved with your time or resources please let us know. Your help will be much appreciated. We can always use volunteers! It takes a little time, but helps so many!</p> <p>2. Do You Know Someone If you or someone you know is in need please let them know that TPC wants to help. It's very relaxed, casual and confidential.</p>	<p>Turning Point Church If you have any Questions Contact. Margaret Acton (443) 783-9405</p> <p>Documentation Required: Proof of residency (address including zip)</p>	<p>1785 S Gippsland Hwy, Cranbourne VIC 3977 Phone: (03) 5996 3048</p>	<p>PANTRY OPEN Day 2nd and 4th Thursday of each month Time 1.00pm to 5.00pm</p> <p>Donations on Sundays – donations are taken on Sundays at services. Pick up a list of needed items.</p>

City of Frankston

Group / Program	Contact	Address	Details/ Other
ANGLICARE PARENTING PROGRAMS			
<p>PBS PARENTING BUILDING SOLUTIONS – General Parenting Program to talk about Kids</p> <p>A free 6 week program for parents and carers of children. Share experiences and ideas and learn strategies to support your children Please phone Michelle to book in</p>	<p>Anglicare Victoria Parentzone Southern</p> <p>To Book: Michelle Brown. 0429 174 150 Or 9781 6700 Michelle.brown@anglicarevic.org.au</p>	<p>Belvedere Community Centre 36 Belvedere Rd Seaford</p>	<p>Day Tuesdays Date 30th July – 3rd September 2019 Time 9.30am-11.30am Cost Free Bookings Essential</p>
<p>PBS PARENTING BUILDING SOLUTIONS – General Parenting Program to talk about Kids</p> <p>A free 6 week program for parents and carers of children. Share experiences and ideas and learn strategies to support your children</p>	<p>Anglicare Victoria Parentzone Southern</p> <p>To register please contact Annette on 0499 027 753 or email annette.bailey@anglicarevic.org.au Or email michelle.brown@anglicarevic.org.au</p>	<p>Eastbourne Primary School Allambie Ave, Capel Sounds</p>	<p>Day Wednesdays Date 24th July to 28th August 2019 Time 1.pm to 3pm Please book</p>

City of Frankston

Group / Program	Contact	Address	Details/ Other
<p>PBS PARENTING BUILDING SOLUTIONS – Primary School Aged - Program</p> <p>A free 6 week program for parents and carers of children. Share experiences and ideas and learn strategies to support your children Please phone Michelle to book in</p>	<p>Anglicare Victoria Parentzone Southern Michelle Brown. <u>0429 174 150</u> Or 9781 6700 Michelle.brown@anglicarevic.org.au</p>	<p>Good Shepherd Community House 6 Wallaroo Place HASTINGS</p>	<p>Day Wednesdays Date 30th July to 3rd Sept 2019 Time 1pm to 3pm Cost Free Bookings Essential</p>
<p>BEYOND THE VIOLENCE</p> <p>An 8week program for women and children impacted by family violence</p> <p>Are you dealing with the effects of family violence?</p> <p>Does your child's anger or anxiety worry you?</p> <p>Are you tired of yelling?</p> <p>Join us and move beyond the violence</p>	<p>Anglicare Victoria Call 0438 459 891 or email Erin.Surrey@anglicarevic.org.au</p>	<p>Frankston Details provided when booking</p>	<p>Day Thursdays Date 1st Aug to 19th Sept 2019 Every Thursday (8wks) Time 4.00pm to 6.30pm Cost Free. Afternoon Tea provided</p>

City of Frankston

Group / Program	Contact	Address	Details/ Other
<p>A PARENTING PROGRAM FOR PARENTS WITH A MENTAL ILLNESS</p> <p>A free Parenting Program for Parents with a Mental Illness that incorporates parenting skills information sessions and discussing how to better manage your mental illness</p>	<p>Anglicare Victoria</p> <p>For bookings and enquiries contact: FREE Suzanne on 0499 078 770 or Email: suzanne.heppell@anglicarevic.org.au</p>	<p>Frankston North Community Centre 26 Mahogany Ave Frankston North</p>	<p>Please phone Frankston office for details</p>
<p>LYFT UP YOUR FAMILY</p> <p>A program for parents & carers of young people (aged 12-25 years) who have challenging behaviours and may also be using alcohol and other drugs in a problematic way</p> <p>Are you concerned about your young person's risk taking behaviours? Are you struggling to communicate with your young person? Are you tired of yelling?</p>	<p>Anglicare Victoria LYFT Team Frankston. YSAS</p> <p>For referrals please contact our Frankston Office at Anglicare Frankston. Robert Dovey 0438 812 131 Email Robert.dovey@anglicarevic.org.au Cassie Hose on 0437 831 614 Cassie.Hose@anglicarevic.org.au</p>	<p>Anglicare Victoria Level 2, 60-64 Wells St Frankston</p>	<p>TBC Please phone for next session</p>

City of Frankston

Group / Program	Contact	Address	Details/ Other
<p>KARINGAL HEIGHTS PRIMARY SCHOOL PLAYGROUP</p> <p>A fun-filled facilitated playgroup for WHEN:</p> <p>children 0-5 years and their parents/carers</p> <p>to come together to play and interact. Join us for play based activities, arts and crafts, stories and songs, conversation and laughter</p>	<p>Anglicare Victoria Karingal Heights Primary School</p> <p>Enquiries: For more information, please contact Naomi on 0438 280 375 or email: naomi.law@anglicarevic.org.au</p> <p>Our playgroup is open to ALL local families, not just KHPS families! No need to pre-register, just come along and join in the fun</p>	<p>Karingal Heights Primary School Havana Crescent Frankston</p>	<p>Day Wednesdays Date School Term Time 9.00am to 10.30am Cost Free. Tea, coffee and morning tea provided.</p>

PARENTING PROGRAMS

CITY OF FRANKSTON

PO Box 490 **Frankston** 3199

Tel: 1300 322

Frankston City Council provides a range of services to Parents, for more information, visit http://www.frankston.vic.gov.au/Our_Community/Family_Services

City of Frankston

Group / Program	Contact	Address	Details/ Other
<p>PARENT EDUCATION PROGRAM</p> <p>The Maternal Child Health Service run programs to assist with the problems you can confront when bringing up children. Ran at different Maternal Child Health Centres throughout the year</p> <ul style="list-style-type: none"> - Post baby core strength - Sleep and settling newborns - Sleep and settling 3-6mths - Foods for baby 4-12mths - Sleep and settling 7-12mths <p>Newborn communication</p>	<p>Frankston City council Maternal and Child Health service</p> <p>Parent Education Program</p> <p>Please ph. 9784 1754</p> <p>Programs are run at various locations:</p> <ul style="list-style-type: none"> • Ebdale Community Hub and Learning Centre, 20 Ebdale St Frankston • Mahogany Rise MCHC, 24 Jenkins St Frankston Nth • Botany Park Maternal and Child Health Centre, 53 Lyrebird Dve, Carrum Downs • Seaford MCHC, 41 Railway Pde, Seaford • Montague Park MCHC, Bentley Place, Frankston • Cube 37, next to Frankston Arts Centre, Davey St, Frankston • Lakewood Child and Family Centre, 107-109 Raphael Cres, Frankston 		Please phone for details
<p>PARENTING GROUPS AND PROGRAMS AS PART OF THE FSFI</p> <p>Programs and groups held in conjunction with local Schools.</p> <p>Available to Parents outside the schools or inside.</p>	<p>Frankston School & Family Initiative (FSFI)</p> <p>Karingal Heights Primary – Phone: (03) 9789 3288</p> <p>Email: karingal.heights.ps@edumail.vic.gov.au</p> <p>Naranga School - Phone (03) 9788 2222 E-mail -naranga.ss@edumail.vic.gov.au</p> <p>Kingsley Park Primary School - Telephone 03 9789 0077</p> <p>Email: kingsley.park.ps@edumail.vic.gov.au</p> <p>Mahogany Rise Primary School – phone (03) 9786 3211</p>		Contact school for dates and times

City of Frankston

Group / Program	Contact	Address	Details/ Other
MINDFUL PARENTING A 3 week small group program for parents/expectant parents up to 25.	Head Space 62 Playne St Frankston Office details 9769 6419 contact for expressions of interest: bwatson@headspacefrankston.org.au Phone 9769 6419 headspace@headspacefrankston.org.au www.facebook.com/headspacefrankston	Contact for location	Please phone to register for next program. Details not known at time of printing
PLAYGROUP FOR CHILDREN WITH ADDITIONAL NEEDS	Michelle Windt 0413 972 286	Nepean School Special Education School 33 Klauer St, Seaford	Day Monday's Time 9.30am – 11.30am
MY TIME – for parents and carers of a children with a disability	Michelle Windt 0413 972 286	Nepean School Special Education School 33 Klauer St, Seaford	Day Wednesday's – fortnightly Time 11.30am – 2.30pm
THE BABES PROJECT The Babe Project works with women who are seeking additional support during pregnancy. Delivered by trained volunteers.	Frankston Pregnancy Support Service Ph: 1300 140 212	9 O'Grady Avenue Frankston	Tuesday – Wednesday 9am – 3pm by appointment

City of Frankston

Group / Program	Contact	Address	Details/ Other
<p>EMPOWER YOUTH</p> <p>Inviting young people 14-18 to come along and build the skills you need to help you on your way. Explore your goals, Boost your health, fitness and wellbeing, kick start your career, and resume writing, budgeting and cooking.</p>	<p>Head Space Salvo Care Melbourne City Mission</p> <p>To get involved contact us prior to the group start date to make a referral Or for more information Ph Katie-J2i 0437 911 047 Sarah Detour 0436 001 571</p>	<p>Headspace Building 62 Playne St Frankston</p>	<p>Please phone for this terms dates</p>
CHALLENGING BEHAVIOURS, DISABILITIES, ALCOHOL & DRUGS, FAMILY VIOLENCE, MENTAL HEALTH, CARER SUPPORT GROUPS AND OTHER			
<p>A PARENTING PROGRAM FOR PARENTS WITH A MENTAL ILLNESS</p> <p>A free Parenting Program for Parents with a Mental Illness that incorporates parenting skills information sessions and discussing how to better manage your mental illness</p>	<p>Anglicare Victoria</p> <p>For bookings and enquiries contact: FREE Suzanne on 0499 078 770 or Email: suzanne.heppell@anglicarevic.org.au</p>	<p>Frankston North Community Centre 26 Mahogany Ave Frankston North</p>	<p>TBC Please phone for next session</p>

City of Frankston

Group / Program	Contact	Address	Details/ Other
<p>LYFT UP YOUR FAMILY</p> <p>A program for parents & carers of young people (aged 12-25 years) who have challenging behaviours and may also be using alcohol and other drugs in a problematic way</p> <p>Are you concerned about your young person's risk taking behaviours?</p> <p>Are you struggling to communicate with your young person?</p> <p>Are you tired of yelling?</p>	<p>Anglicare Victoria LYFT Team Frankston. YSAS</p> <p>For referrals please contact our Frankston Office at Anglicare Frankston. Robert Dovey 0438 812 131 Email Robert.dovey@anglicarevic.org.au Cassie Hose on 0437 831 614 Cassie.Hose@anglicarevic.org.au</p>	<p>Anglicare Victoria Level 2, 60-64 Wells St Frankston</p>	<p>Please phone for next program TBC</p>
<p>MAKING CHOICES GROUP</p> <p>A group for women who are living in, or have lived in an abusive relationship.</p>	<p>Family Life Bree L or Amanda H 9770 0341 info@familylife.com.au</p>	<p>Family Life Level 1, 146 Young St, Frankston</p>	<p>Contact for next group program</p>
<p>KEEPING FAMILIES SAFE-</p> <p>A 10 week program for parents and adolescents (12-17) to attend where adolescents are violent or abusive in the home. Opportunities to develop strategies for behaviour change with a focus on rebuilding trusting, respectful family relationships.</p>	<p>Peninsula Community Health Access – 1800 655 781</p> <p>For next program dates</p> <p>Agency referral/self-referrals accepted, interview prior to registration</p> <p>www.peninsulahealth.org.au Chris Blakey</p>	<p>Frankston Integrated Health Centre</p>	<p>Day Wednesday Time 6.00pm -8.00pm Light Dinner provided</p> <p>Ring for dates and other information 1800 655 781</p>

City of Frankston

Group / Program	Contact	Address	Details/ Other
<p>CHAMPS</p> <p>A free, peer-support group program for 8-12yo children who have a parent with a mental illness. Parents also welcome.</p> <p>Kids and parents can meet others in a similar situation, learn about mental health and self-care, all through lots of fun games and activities!</p>	<p>Peninsula Health</p> <p>Peninsula Health FaPMI Coordinator (Families where a Parent has a Mental Illness)</p> <p>MHFaPMI@phcn.vic.gov.au</p> <p>9784 6999 Sarah</p>	<p>Locations Varies</p>	<p>2019 dates and details to be confirmed. Please phone</p> <p>Please contact the FaPMI Coordinator to see when this group is next running, or to add a family to the waitlist.</p>
<p>FREE ALL GIRLS BOXING CLASS</p> <p>For girls aged 13 to 18</p>	<p>Head Space</p> <p>Contact the office on 9781 0188</p>	<p>Where: Fit Body Fit Mind 1 / 35 Playne Street Frankston</p>	<p>Day Every Tuesday Time 4-5pm</p>
<p>SPACE 4 US</p> <p>An 8 week free peer support group for 13 to 18 year olds living in the Mornington Shire region who have a parent or other close family member with a mental illness.</p>	<p>Peninsula Health. Mornington Peninsula Shire</p> <p>Peninsula Health FaPMI Coordinator (Families where a Parent has a Mental Illness)</p> <p>MHFaPMI@phcn.vic.gov.au</p> <p>9784 6999</p>	<p>Location Varies</p>	<p>2019 dates and details to be confirmed. Please phone</p> <p>Please contact the FaPMI Coordinator to see when this group is next running, or to add a young person to the waitlist.</p> <p>www.space4us.org.au</p>

ORANGE DOOR

Go to “ FAMILY VIOLENCE REFORM” on page 12 for details
Or

Website: <https://www.vic.gov.au/familyviolence/the-orange-door.html>

For Confidential support and information call Safe Steps 1800 015 188
For Urgent assistance call Triple Zero 000

Men's Referral Service

Men's Referral Service provides an anonymous and confidential phone counselling, information and referrals service on 1300 766 491 for:
men who might be using violent and controlling behavior towards a partner or family member
men who have been victimized by a partner or family member
women wishing to find information about male family violence
friends, family or colleagues of people who are using or experiencing family violence
Professionals wishing to support a male or female client using or experiencing family violence.

Victims Support Agency

The Victims Support Agency provides support and information to help adult male victims of family violence and victims of violent crime.
The service guides victims through the legal process and helps manage the effects of crime through practical assistance and counselling.
Call the Victims of Crime helpline on 1800 819 817 or use the text service via 0427 767 891 (8am to 11pm, 7 days a week).

Aboriginal Family Violence Prevention and Legal Service (FVPLS)

This is an Aboriginal community-run organisation providing assistance to Aboriginal and Torres Strait Islander victim survivors of family violence and sexual assault. You can call FVPLS on 1800 105 303.

InTouch: Multicultural Centre against Family Violence

This is a state-wide organisation specialising in services, programs and responses to family violence in migrant and refugee communities. You can call InTouch on 1800 755 988.

City of Frankston

Group / Program	Contact	Address	Details/ Other
DADS PROGRAMS and SUPPORT			
<p>MEN'S GROUP A support and information group for men who feel isolated and those wanting to change their behaviour to find more positive ways to interact with partners, children, family and friends. Lunch provided with individual counselling available on the day (by appointment only).</p>	<p>Adam B (Family Life) 9784 0650</p>	<p>Family Life Community House, 10 Carmichael Street, Tootgarook 3941</p>	<p>Day Thursdays (2019) Date Runs during School Term Time 12.00 – 2.00pm Cost Gold coin donation Please phone for further details and to book</p>
<p>GRANDPARENTING AFTER SEPARATION A group or individual workshop to support grandparents. Phone for further details Must book</p>	<p>Lifeworks Frankston Office Reception or phone 9783 7611 For more details or bookings, please call You can also register online or via email W www.lifeworks.com.au E lifeworks@lifeworks.com.au Lifeworks Relationship Counselling & Education Service</p>	<p>Lifeworks 345 Nepean Hwy, Frankston</p>	<p>Please phone for further details and to book</p>
<p>PINES COMMUNITY MENS SHED</p>	<p>PH: 9786 1008</p>	<p>14 Stringybark Cres Frankston Nth 3200</p>	<p>Please phone for days</p>

City of Frankston

Group / Program	Contact	Address	Details/ Other
<p>DIDS (DADS IN DISTRESS) A safe forum for men going through the trauma of divorce, separation or relationship breakdown to express their grief. Help in navigating the future and understanding the past.</p>	<p>Orwil St Community House Ph: 1300 853 437 Email: info@orwilst.org.au</p>	<p>Orwil Street Community House 16 Orwil Street, Frankston</p>	<p>Please phone for Term 3 programs</p>
<p>THE BBQ BOYS- The BBQ BOYS is a carer support group especially for men who are in a caring role and would like to have better access to self-care & respite opportunities. A carer is a person who provides unpaid care and support to family members and friends who have a disability, mental illness, dementia or who are frail aged. The BBQ BOYS was established to address a gap in services by reducing social isolation, promoting carer wellbeing and providing “some ME time” for male carers. The group offer carers a variety of activities to assist them to maintain life balance and care responsibilities.</p>	<p>The BBQ Boys Carers Inc. Respite South Ring one of the committee members on Peter-0404 044 283 Honk – 0455 179 692 Bill 0447 985 327 or Enquiries: Please send us an email about your enquiries Email: info.bbq.boys@gmail.com This is now held in Frankston. Frankston NEAMI office. 1 Douglas Grove, Frankston</p>	<p>Now Held 38 Valetta St Carrum</p>	<p>Day Tuesdays Date School term Time 11am – 2pm</p> <p>Please phone if attending to book in. Membership criteria:</p> <ul style="list-style-type: none"> • male and • caring for someone who has a disability, mental illness, dementia or who is frail aged

City of Frankston

Group / Program	Contact	Address	Details/ Other
DADS IN FAMILY FOUNDATION Assists males 16 years and over to understand the importance of the role of men within the family and to deal with the consequences of their actions. A non-denominational, faith based organisation.	Dads in Family Foundation Phone: 0417 009 667 or 9781 4343 dadsinfamiliesfoundation@hotmail.com	Church of Christ 130 Cranbourne Rd, FRANKSTON	Time: Saturdays 10:00am - 11:00am Cost: Donation.
LIFEWORKS PROGRAMS NOT LISTED: Lifeworks run many programs, some are listed. Others include: Relationship, Parenting and Individual Programs. Men's Programs, Pre-Marriage; Women's; Relationships; Anger management; Step Parenting and more Please contact them or visit their web page: phone 9783 7611 www.lifeworks.com.au or email lifeworks@lifeworks.com.au			
MEN'S BEHAVIOUR CHANGE PROGRAM- Designed for men who are committed to changing their patterns of abusive behaviour. It is particularly relevant to men who behave violently at home. Conducted over thirteen weeks and provides intensive work to enable men to accept responsibility for their behaviour and to learn to handle strong emotions and conflict with understanding, confidence and self-control.	Life works phone 9783 7611 www.lifeworks.com.au or email lifeworks@lifeworks.com.au	345 Nepean Hwy, Frankston Lifeworks Frankston	Please Ring for further details.

MARRIAGE/SEPARATION/RELATIONSHIPS AND SUPPORT

City of Frankston

Group / Program	Contact	Address	Details/ Other
<p>SUPPORTING CHILDREN AFTER SEPARATION</p> <p>For families requiring assistance after separation.</p>	<p>Family Mediation Centre</p> <p>345 Nepean Hwy Frankston ph. 9783 7611</p>	<p>Please phone for details of programs. Also available in other locations</p>	<p>Please phone for further details</p>
<p>PARENTING IN A STEP FAMILY</p> <p>6 session activity based program is for primary and early secondary school aged kids who are struggling with sadness because of loss through death or family changes</p>	<p>Lifeworks</p> <p>www.lifeworks.com.au or</p> <p>Register at Frankston Office or phone 9783 7611</p>	<p>Lifeworks 345 Nepean Hwy, Frankston</p>	<p>Please phone for further details</p>
<p>ALL ABOUT RELATIONSHIPS</p> <p>Are there relationships in your life that pull you down, leaving you feel empty, distressed, angry, sad or frustrated? We discuss, explore and understand how to learn better ways to deal with relationship conflicts. Topics are: effective Communication, conflict resolution skills, anger management, stress reduction techniques, how to repair and build meaningful relationships.</p>	<p>Orwil St Community House</p> <p>Phone 9783 5073</p> <p>Email: info@orwilst.org.au</p>	<p>Orwil St Community House, 16 Orwil St Frankston</p>	<p>Date Every 2nd Tues</p> <p>Time 3.00-4.30pm</p> <p>Cost Gold coin</p>

City of Frankston

Group / Program	Contact	Address	Details/ Other
<p>GRANDPARENTING AFTER SEPARATION</p> <p>A group or individual workshop to support grandparents. Phone for further details Must book</p>	<p>Lifeworks</p> <p>Frankston Office Reception or phone 9783 7611</p> <p>www.lifeworks.com.au or email lifeworks@lifeworks.com.au</p> <p>Lifeworks Relationship Counselling & Education Service</p> <p>Booking at Frankston Office Reception or phone 9783 7611</p>	<p>Lifeworks</p> <p>345 Nepean Hwy, Frankston</p>	<p>Please phone for further details and to book</p> <p>Booking at Frankston Office Reception or phone 9783 7611</p>
<p>PARENTING AFTER SEPARATION</p> <p>A group workshop to support parents. Lifeworks are unable to enrol ex-partners in the same program.</p> <p>There are intensive weekly programs; weekend programs; weekly programs</p> <p>Several Programs coming up, check Details and other for all.</p>	<p>Lifeworks</p> <p>Frankston Office Reception or phone 9783 7611</p> <p>www.lifeworks.com.au or email lifeworks@lifeworks.com.au</p> <p>Lifeworks Relationship Counselling & Education Service</p> <p>Booking at Frankston Office Reception or phone 9783 7611</p>	<p>Lifeworks</p> <p>345 Nepean Hwy, Frankston</p>	<p>Details not available at time of printing. Please check.</p>

City of Frankston

Group / Program	Contact	Address	Details/ Other
<p>ALL ABOUT RELATIONSHIPS</p> <p>Are there relationships in your life that pull you down, leaving you feel empty, distressed, angry, sad or frustrated? We discuss, explore and understand how to learn better ways to deal with relationship conflicts. Topics are: effective communication, conflict resolution skills, anger management, stress reduction techniques, how to repair and build meaningful relationships.</p>	<p>Orwil St Community House</p> <p>Phone 9783 5073</p> <p>Email: info@orwilst.org.au</p>	<p>Orwil St Community House, 16 Orwil St Frankston</p>	<p>Date Every 2nd Tues</p> <p>Time 3.00-4.30pm</p> <p>Cost Gold coin</p>
DISABILITIES, CHALLENGING BEHAVIOURS, MENTAL HEALTH, GRIEF/LOSS and OTHER			
<p>POST NATAL DEPRESSION SUPPORT GROUP</p> <p>Provides support for women who are overcoming the challenges of Post Natal Depression and strengthen the relationships between mum's and their children along with other family members.</p>	<p>Frankston City Council</p> <p>For further information please contact Julie O'Brien 9293 7117 or Catriona Cochrane on 9293 7119</p>		

City of Frankston

Group / Program	Contact	Address	Details/ Other
<p>STEPS TO WHOLENESS – ANXIETY & DEPRESSION GROUP</p> <p>Offering support, understanding and caring within a safe and non-judgmental environment. The program offers members strategies which may assist in recovery through group activities incorporating a creative approach.</p>	<p>Orwil St Community House</p> <p>Phone 9783 5073</p> <p>Mon – Friday</p> <p>Facilitator Margaret Devis</p>	<p>Orwil St Community House</p> <p>16 Orwil St, Frankston</p>	<p>Please phone for details</p>
<p>LIVE YOUR COMMUNITY PROGRAM</p> <p>Provides flexible volunteer based inclusion support for children with disabilities who experience barriers to participation in sport, recreation and leisure. For children aged 6-17yrs with a diagnosed disability</p>	<p>Extended Families</p> <p>www.extendedfamilies.org.au</p>	<p>Contact Rachel De Summa</p> <p>Ph. 9285 4839 or 0438 752 126</p> <p>Email Rachel@extendedfamilies.org.au</p>	<p>There is no cost to families accessing LYCP. Cost to sporting activity chosen by the child are generally met by the family. Contact for more details</p>
<p>PARENT/CARERS SUPPORT & RESOURCE GROUP</p> <p>Are you the parent of a child or adult with a disability?</p> <p>Gain support, friendship and information.</p>	<p>Orwil Street Community House</p> <p>Contact: Lani Peach</p> <p>59 719 100</p>	<p>Orwil St Community House</p> <p>16 Orwil St,</p> <p>Frankston</p>	<p>Day 4th Wednesday of the month</p> <p>Time 10:00am to 12 noon</p> <p>Cost: \$25</p>
<p>ASSERTIVENESS COACHING</p> <p>A 3hr workshop. Learn how to find your voice, express yourself respectfully and improve communication in all your relationships.</p>	<p>Lifeworks Relationship Counselling & Education Service 9783 7611</p> <p>Or Register on line</p> <p>At www.lifeworks.com.au</p>	<p>Lifeworks</p> <p>345 Nepean Hwy Frankston</p>	<p>Day Tuesday</p> <p>Please phone for next session dates</p> <p>Time 10.00am -12pm</p> <p>Cost \$200(\$150 concession)</p>
<p>KINSHIP CARER SUPPORT GROUP</p> <p>Are you a kinship carer who is caring for a child that is not your own on a fulltime basis? Attend a social group to gain information, share ideas and have fun in an informal setting.</p>	<p>Orwil Street Community House</p> <p>Contact: Sue Gale</p> <p>9212 5600</p>	<p>Orwil St Community House</p> <p>16 Orwil St,</p> <p>Frankston</p>	<p>Day Thursday mornings during school term</p> <p>Time 9.30am to 12 noon</p>

City of Frankston

Group / Program	Contact	Address	Details/ Other
AUTISM FRIENDSHIP GROUP (BALLAM PARK)	MOIRA Kerri Rolft – Parent Support Coordinator Ph: 8552 2222	Ballam Park Primary School Belar Avenue Frankston	Day 2 nd Monday of the month during school term Time 10am – 12noon
<p>HEADSPACE- Frankston is a health service for young people living in the Frankston and Mornington Peninsula region. We collocate with YSAS (Youth Support and Advocacy Service), SalvoCare, MIND, PSS, Skills plus and have access to other youth services. We also outreach to Shed11 in Hastings and Y-Lounge in Rosebud. If you wish to access any of our services, give us a call on (03) 9769 6419. All services offered at headspace Frankston are free and confidential.</p> <p>If you are experiencing any mental health issues, want to reduce your use of alcohol and other drugs, are trying to find somewhere to live, need support getting into work or study, need an STI check or have anything else going on in your life you need support with, we can help.</p> <p>Sexual Health services; youth reference group, youth early psychosis program, work and study services; mental health services; alcohol and drug services, youth programs and more. Please contact them. Your information is confidential</p> <p>Opening Hours - Mon –Fri 9.00am-5.00pm Intake workers - Mon - Friday: 11am – 4pm Programs offered below. Please phone and talk to intake worker for further details and bookings. Email: headspace@peninsulaheadspace.org.au Web: https://headspace.org.au/headspace-centres/frankston Some of these are in Frankston and some run in Hastings and Rosebud.</p>			
FAMILY, CHILDREN & YOUTH SUPPORT			
THE HANGOUT-YOUTH SUPPORT, INFORMATION AND REFERRAL Offers general support, information and referrals to young people aged 12 to 24 and their families.	Imogen 0439 351 433 Tennille 0488 592 621	Please phone for further details or if In need of help.	Please Phone for further details

City of Frankston

Group / Program	Contact	Address	Details/ Other
<p>WHIZZ KIDS supported playgroup Getting there By car – car parking Bus NO.779 Belvedere to Frankston CBD NO. 778 Carrum Downs to Kananook station No. 832 Carrum Downs to Frankston DBD No 780 which goes Frankston to Carrum via Seaford. Train Easy walk from Kananook Station Transport provided in extreme circumstances</p>	<p>Anglicare Victoria Contact Anglicare 9781 6700</p>	<p>Kananook Kinder Building 6-8 Buna Ave Seaford</p>	<p>Day Thursdays Date School Term Time 10.00am to 12noon</p> <p>Please bring: Nappies, Bottles etc. Sunscreen and Hat.</p> <p>We provide morning tea, coffee, tea for cuppa</p>
<p>KINSHIP CARER SUPPORT GROUP For those people caring for a child who is not their own. Morning tea provided.</p>	<p>Oz Child Sue Gale 92125600 kinship@ozchild.org.au</p>	<p>Orwil St community House 16 Orwil St, Frankston</p>	<p>Please phone for details</p>
<p>SWITCH BOARD SPORTS For youth 12 to 17yrs. Come and enjoy board sports, design workshops, life skill classes and community projects.</p>	<p>Lyrebird Community Centre 9768 1366 As Above Booking essential</p>	<p>Lyrebird Community Centre Carrum Downs</p>	<p>Please phone for details</p>
<p>MULTICULTURAL PLAYGROUP For parents that have recently arrived in Australia or who was born outside Australia, share your cultures and make new friends.</p>	<p>Frankston City Council Contact Jo 8786 6650</p>	<p>Karingal Place 103 Ashleigh Ave Frankston</p>	<p>Please phone for details</p>

City of Frankston

Group / Program	Contact	Address	Details/ Other
ORWILL HOUSE The House offers a range of low cost activities for people of all ages. Our experienced tutors offer friendly, well-prepared classes and workshops. We also love to hear from new tutors who want to try their wings. New people and ideas are always welcome. We offer Information, Referrals, Support, Qualified Low Cost Counselling, Friendship, Volunteer and Student placements, Playgroup, Self-Help Groups. Venue for Hire for meetings/classes. Photocopy, laminating, fax, computer access at reasonable rates. This House welcomes people of all ages, culture, gender, health status, affection preferences, background or ability. Drop by soon! We gratefully acknowledge financial support from the Victorian Government, Phone 9783 5073. Fax 9770 0172 Monday to Friday 9.00am to 3.00pm http://www.orwilst.org http://www.orwilst.org.au/ Department of Health and Human Services and Frankston City Council			
HIPPY Home interaction program for parents and youngsters. A 2 year program. Need to live in Frankston nth, Seaford east, Karingal or Frankston central and care for a child who will be starting school in 2015.	Brotherhood of St Laurence Ph. Louise Mackinnon 9786 0724 Call or text 0429 861 118 Frankston North coordinator Email LMackinnon@bsl.org.au	Mahogany Neighbourhood Centre, 26 Mahogany Ave, Frankston North 3200	Booked for 2019. Please phone to be put on next year's list. Or for further details
YOUTH RESOURCE CENTRE A youth service which provides information and support for the young people of Carrum Downs aged 12-24 years	Frankston Youth Resource Centre 9768 1366	9 Ross Smith Ave West Frankston	Please phone for details
TRANSITION TO WORK Are you aged 15 – 21 and looking for work, but don't know where to start? We can help.	Brotherhood of St Laurence Ph: 1800 719 404 TTWFrankston@bsl.org.au	High Street Centre 24 – 26 High Street Frankston	Phone for further information and details

City of Frankston

Group / Program	Contact	Address	Details/ Other
RED GROUP Place where mums, aunts, grandmothers & step-mums can exchange their stories with other fantastic women.	Orwil Street Community House Sandra 0407 337 232 or 9783 5073	Orwil Street Community House 16 Orwil St Frankston	Date Tuesdays (in school Term) Time 1.00 – 3.00pm Cost Gold coin
FAMILY LIFE- COMMUNITY BUBS Provides intensive support for families who have an infant	Family Life : Adrienne (Family Life) 5985 1297 http://familylife.com.au info@familylife.com.au	Family Life Community House, 10 Carmichael Street, Tootgarook 3941	Is running this term, for details please phone Family Life
MOTHER GOOSE & JIVE, JIGGLE & JUMP Supported programs for children 0 - 5 and their caregivers incorporating songs and rhymes	Family Life : Adrienne (Family Life) 5985 1297 www.familylife.com.au Twitter Facebook YouTube	Family Life Community House, 10 Carmichael Street, Tootgarook 3941	Ring for further details Cost Free Please phone for further details
YMCA SOUTHERN PENINSULA YOUTH SERVICES Weekly youth group program for youth aged 12 - 18 years	Family Life Jeanette (YMCA) 0448 916 724 www.familylife.com.au Twitter Facebook YouTube	Family Life Community House, 10 Carmichael Street, Tootgarook 3941	Ring for further details
COFFEE CLUB Social group to connect and support local parents and families in a relaxed and supportive environment	Family Life Contact: Kate (Family Life) 5985 1297 or tootgarook@familylife.com.au www.familylife.com.au Twitter Facebook YouTube	Family Life Community House, 10 Carmichael Street, Tootgarook 3941	Ring for further details

City of Frankston

Group / Program	Contact	Address	Details/ Other
<p>LYREBIRD COMMUNITY CENTRE- runs several playgroups, only music playgroup; occasional care programs and immunisations. Lyrebird Community Centre - 203 Lyrebird Drive, Carrum Downs</p> <p>Check with centre or local council. 972 0133(centre)</p> <p>City of Frankston Family Services Links are: http://www.frankston.vic.gov.au/Our_Community/Family_Services - City Council link http://lyrebird.org.au/ Lyrebird community centre link</p> <p>COOKING FOR KIDS 6-12yrs</p> <p>FRANKSTON ADOPTION SUPPORT GROUP – a group to support parents of adopted children</p> <p>CRAFT FOR KIDS A fun and affordable class for primary school children aged 8 and above.</p> <p>YOUTH RESOURCE CENTRE come and join us for some fun. Hang out during the holidays. For people aged 12-17yrs living, working or attending school in Frankston Municipality.</p>			
<p>LANGWARRIN COMMUNITY CENTRE Langwarrin Community Centre\ 2-6 Lang Rd. Langwarrin ph: 9789 7653</p> <p>STORYTIME PLAYTIME- This is a fun story & play session for children aged 1 to 5 years and their parent/caregiver</p> <p>LANGWARRIN YOUTH HUB - Information, support, referral and activities</p> <p>PLAYGROUP-Playgroup is for parents & toddlers, An ideal environment to introduce toddlers to each other</p> <p>PLAYTIME – 3 YEAR OLD KINDER. - Playtime is a stepping stone to 4 year old kinder. Trained staff run structured sessions that include lots of activities</p>			
<p>FRANKSTON TOY LIBRARY</p> <p>An extensive range of toys include outdoor play, role play, puzzles, games, musical & construction toys</p>	<p>Phone 9781 3900</p> <p>Playgroup Development Officer 9784 1047</p>	<p>Frankston Toy Library</p> <p>60a Playne St</p> <p>Frankston.</p> <p>(next door to the Frankston Library)</p> <p>Carrum Downs</p>	<p>Day wed</p> <p>Time 5.00-8.00pm</p> <p>Day Thurs & Fri</p> <p>Time 10.00 – 5.00pm</p> <p>Day Sat</p> <p>Time 10.00-3.00pm</p>
<p>KOORIE KIDS PLAYGROUP VACCA</p> <p>A facilitated playgroup for all Koorie families</p>	<p>VACCA</p> <p>9706 6383</p>	<p>Montague Park Playgroup Hall,</p> <p>Bently Place</p> <p>Frankston</p>	<p>Times 9.30 – 12.00pm</p> <p>Day Wednesday</p> <p>During School Term</p>

City of Frankston

Group / Program	Contact	Address	Details/ Other
<p>GATEWAY PLAYGROUP Is a community based playgroup run by Gateway Church (Australia) Ltd. We are members of Playgroups Victoria and cater for families with children aged between 0-4 years of age</p>	<p>Gateway Church Sally Jones (Children's Pastor) Ph.: 9785 7500</p>	<p>Gateway Worship and Performing Arts Centre in Seaford (Mel Ref: 99 G5). Parking is available at the rear of the building at 14 Heversham Drive, Seaford</p>	<p>Days Monday and Friday Time 10.00am-12.00pm Tea, coffee & morning tea is provided for parents Cost: \$40 per family, per term</p>
<p>WEEKLY STORYTIME Tiny Tots 0-2 years Preschool 3-5 years</p>	<p>Frankston City Libraries Phone: 9784 1020</p>	<p>Frankston, Carrum Downs, Seaford, Belvedere Community centre, Frankston North Community Centre, Langwarrin Customer Service Centre, Karingal PLACE</p>	<p>*Please note: Storytime sessions do not run during school holidays Or public holidays. Cost FREE</p>
<p>KARINGAL PLACE NEIGHBOURHOOD CENTRE Has many ongoing classes but can also arrange new courses or programs so please contact us if you have any ideas on classes we can run. We welcome new ideas.</p>	<p>03 8786 6650</p>	<p>Karingal Place Neighbourhood Centre 103 Ashleigh Avenue Frankston</p>	<p>Contact Centre for programs, activities and services currently being run.</p>
<p>MY TIME PLAYGROUP, SEAFORD For parents and families with children who have a chronic illness or disability.</p>	<p>Contact Tina P. 0409 542 238</p>	<p>Belvedere Community Centre 36 Belvedere Rd Seaford</p>	<p>Thursday (every second) 10am - 12pm</p>

City of Frankston

Group / Program	Contact	Address	Details/ Other
BELVEDERE COMMUNITY CENTRE 36 Belvedere Road, SEAFORD VIC 3198 (Next to the Belvedere Park Primary School) Phone:9776 8922 Fax:9776 8956 Mail: P.O. Box 1057 Belvedere Park LPO 3198 Email: reception@belvedere.org.au http://www.belvedere.org.au/ Playgroups; Mums and Bubs; Story Time; Youth programs; workshops. Phone or email for Playgroups, story times and other programs and workshops or go to web site.			
YOUNG MUM'S PLAY AND LEARN GROUP- For mums 25 and under looking for any or all of these: Friendship for your or your baby. Some time with other like-minded young mums, support.	Orwill St community House Facilitator: Danielle Loogman 03 9783 5073 http://www.orwilst.org.au/	16 Orwill St Frankston	Day Monday Date all term Time 1.00pm-2.30pm Cost \$2 donation
POP ALONG PLAYGROUP A great opportunity to meet new people and allow your child to play and socialise. New families always welcome. Grandparents and stay at home Dads are most welcome too!	Orwill St community House Facilitator: Athina Houvardas 03 9783 5073 http://www.orwilst.org.au/	16 Orwill st Frankston	Please phone for further details

City of Frankston

Group / Program	Contact	Address	Details/ Other
<p>MESS MAKERS</p> <p>Sensory play enhances learning opportunities offering a variety of experiences and endless possibilities for play.</p>	<p>Orwill St community House</p> <p>Heather Waterman</p> <p>0468 741 433</p>	<p>16 Orwill St</p> <p>Frankston</p>	<p>Day Fortnightly 1st & 3rd Thursday's</p> <p>Time 10.00am – 11.00am</p> <p>Cost \$15 per session. \$10 for siblings</p>

City of Glen Eira

Group / Program	Contact	Address	Details/ Other
PARENTING			
<p>GLEN EIRA CITY COUNCIL Glen Eira City Council Offers many services: Maternal and child health; children’s centres; occasional care- short term flexible child care for children aged 6mths to 5yrs.; Childhood immunisation; family and children’s publications; playgroups and toy libraries; training and support for parents/guardian’s/grandparents/ playgroup attendees and early childhood educators. The Council also offers other services. Glen Eira City Council Corner Glen Eira and Hawthorn Roads, Caulfield, Victoria. PO Box 42 Caulfield South 3162 Telephone 03 9524 3333, Speak and Listen 1300 555 727, Facsimile 03 9523 0339, Email mail@gleneira.vic.gov.au www.gleneira.vic.gov.au</p>			
<p>BODY SAFETY AND PROTECTIVE BEHAVIOURS- free workshops for parents and carers to prevent child sexual abuse and to support children in enjoying healthy respectful relationships now and in the future</p>	<p>Body Safety Australia Partners Glen Eira City Council For information about next one Gleneira.vic.gov.au</p>	<p>Glen Eira Town hall, Theatrette,</p>	<p>Ran in first term is in Malvern Town hall this term. Ring the council for further details.</p>
FAMILY VIOLENCE			

ORANGE DOOR

Go to “ FAMILY VIOLENCE REFORM” on page 12 for details
Or

Website: <https://www.vic.gov.au/familyviolence/the-orange-door.html>

For Confidential support and information call Safe Steps 1800 015 188
For Urgent assistance call Triple Zero 000

Men's Referral Service

Men's Referral Service provides an anonymous and confidential phone counselling, information and referrals service on 1300 766 491 for:
men who might be using violent and controlling behavior towards a partner or family member
men who have been victimized by a partner or family member
women wishing to find information about male family violence
friends, family or colleagues of people who are using or experiencing family violence
Professionals wishing to support a male or female client using or experiencing family violence.

Victims Support Agency

The Victims Support Agency provides support and information to help adult male victims of family violence and victims of violent crime.
The service guides victims through the legal process and helps manage the effects of crime through practical assistance and counselling.
Call the Victims of Crime helpline on 1800 819 817 or use the text service via 0427 767 891 (8am to 11pm, 7 days a week).

Aboriginal Family Violence Prevention and Legal Service (FVPLS)

This is an Aboriginal community-run organisation providing assistance to Aboriginal and Torres Strait Islander victim survivors of family violence and sexual assault. You can call FVPLS on 1800 105 303.

InTouch: Multicultural Centre against Family Violence

This is a state-wide organisation specialising in services, programs and responses to family violence in migrant and refugee communities. You can call InTouch on 1800 755 988.

City of Glen Eira

Group / Program	Contact	Address	Details/ Other
MENS AND FATHERS			
<p>DADS REUSCITATION FOR BABIES Learn about CPR, unconsciousness, choking, fevers and seizures. Provided by Little Aid Running 4 different sessions throughout the year. So if you miss one book the other.</p>	<p>Maternal Child Health To Book phone MCH administration 9524 3403 or talk to your MCH nurse.</p>	<p>Bentleigh Maternal and Child Health Centre 542 Centre Rd Bentleigh</p>	<p>Please Phone for further details</p>
<p>MEN'S RESPONSIBILITY GROUP A group for men who want to say "no" to violent & controlling behaviour & learn new ways of relating to their families.</p>	<p>Monash link Community Health Service Pauline A 1300 552 509</p>	<p>Monash link Community Health Service 568 Neerim Rd Hughesdale</p>	<p>Please phone for further details. www.monashlink.org.au</p>
<p>THE BBQ BOYS Support group for male carers living in the southern region of Melbourne. It offers peer support, fun and relaxing social activities, a space to talk about bloke's carer issues, as well as information, referral and support. SEE PAGE 6</p>	<p>RESPITE SOUTH Ring Nathan 9212 3006 Or 0417 1233 189 or email n.diep@alfred.org.au</p>	<p>Ring Nathan. Venues change</p>	<p>Day First Tuesday of each month</p>

City of Glen Eira

Group / Program	Contact	Address	Details/ Other
<p>DUCKS (Dads Understanding Challenging Kids) For fathers of children with a disability peer support group</p>	<p>MOIRA Kerri Rolfe Parent Support Coordinator for Southern Region Ph: 9855 2222</p>	<p>Gabriella's Pizza Carnegie</p>	<p>Day 1st Thursday of month Time 7.30pm onwards</p>
DISABILITIES, CHALLENGING BEHAVIOURS, ALCOHOL & DRUGS, MENTAL HEALTH			
<p>LEADING THE NEXT STEPS Workshop for parents/primary carers of children with a disability and our presenters are parents or siblings of a person with a disability themselves so they understand issues from a family perspective.</p>	<p>Association for Children with a Disability www.trybooking.com/32010 or ph. 9818 2000 Rural callers 1800 654 013 email mail@acd.org.au www.acd.org.au</p>	<p>Please contact for details</p>	<p>Please contact for details</p>
<p>KINSHIP CARER SUPPORT GROUP Are you a kinship carer who is caring for a child who is not your own? Living in the municipalities of Bayside, Glen Eira, Port Phillip and Stonington-Come and meet with other Kinship Carers and share the highs and lows of being a kinship carer!</p>	<p>Kinship Care Oz Child Contact Sue Gale ph. 9212 5600 for further information</p>	<p>Highbett Neighbourhood Community House 2 Livingston Street, Highbett</p>	<p>Day 1st Friday of month Time 10.00am- 12noon Morning tea provided</p>

City of Glen Eira

Group / Program	Contact	Address	Details/ Other
GAMBLING & GAMING The impact of Video Games on young people. Workshops and programs including the READYS award winning Video Game Project- The Lab- (Game development for young people with Autism and Asperger's).	Gambler's Help Southern 9575 5353 Gamblershelpssouthern.org.au	Clarinda Community Centre Free parking Please phone for details	Please phone for further information and any programs.
WELLWAYS- Run programs through MI Fellowship Victoria and other partner organisations for families and friends of people with a mental illness.	Wellways 276 Heidelberg Rd Fairfield 03 8486 4200 Enquiries: enquiries@mfellowship.org www.mfellowship.org	Please phone 9784 6800 for further information.	Phone for current programs 9784 6800
SHARC - provides a confidential telephone helpline and web-based information services; community based training programs and support groups across Victoria, in metro, regional and rural areas; a peer based residential program for young people; a consumer advocacy service for treatment service users; and training for health and welfare workers. Address: 140 Grange Road, Carnegie, 3163 Phone: 03 9573 1700 E-mail: info@sharc.org.au			
FAMILY SUPPORT			
PLAYGROUPS	Playgroup Victoria www.playgroup.org.au	Check website for locations	Check website for locations Telephone: toll free 1800 171 882 (within Victoria)

City of Glen Eira

Group / Program	Contact	Address	Details/ Other
<p>CARING MUMS</p> <p>In the challenging first months of your baby's life, a trained volunteer provides you with one on one emotional support. Through weekly visits, together you navigate the new and exciting road of motherhood</p>	<p>NCJWA Victorian Multicultural Commission caringmums@ncjwa.org.au ph. 9044 5405 or 0481 081 242 www.caringmums.org.au</p>	<p>Bubup Nairm Family and Children's Centre 998 Carlisle St, St Kilda</p>	<p>The program is free of charge, nonjudgmental and confidential. Women in the Cities of Yarra, Kingston, Port Phillip, Gen Eira, Bayside and Stonnington are eligible for the served for up to one year</p>
<p>THE SUPPER CLUB</p> <p>A new support group for families dealing with grief and loss due to alcohol and /or drug overdose or related illness.</p>	<p>Family Drug Help Ph. 9573 1789 fdh@Share.org.au</p>	<p>Family Drug Help 140 Grange Rd, Carnegie</p>	<p>Please phone for details</p>
<p>WOMEN RECLAIMING THEIR LIVES GROUP</p> <p>9 week group for women who have experienced or are experiencing violence at home.</p>	<p>Monash link Community Health Service 568 Neerim Rd Hughesdale Jennifer or Helen 1300 552 509</p>	<p>Monash link Community Health Service City of Monash Location to be advised upon booking</p>	<p>www.monashlink.org.au</p>
<p>South Eastern Multiple Birth Association</p> <p>A support group for multiple birth families, run by parents with multiples. Programs ran, so please contact. http://semba.amba.org.au/index.html</p>	<p>SEMBA New Parent Contact: sembanewparent@hotmail.com President: sembapresident@hotmail.com</p>	<p>South East of Melbourne, covering the main areas of Bayside, Glen Eira and Kingston Councils.</p>	<p>Playgroups on Monday, Wednesday and Thursday mornings contact us for details</p>
<p>SOME SPACE FOR ME a support group to assist Women with Self Esteem.</p>	<p>Trish Parker 9690 9144 or Sandra Peachy 9525 1300</p>	<p>South Port Centre 341 Coventry St. South Melbourne</p>	<p>Date Phone for date Time 10.30am-1.00pm</p>
<p>SOCIAL GROUP for MUMS Up to 25 years</p>	<p>Bentleigh Bayside Community Health Service Inc Rachael 0438 538 119</p>	<p>Bentleigh Bayside Community Health Service Gardeners Rd, Bentleigh East</p>	<p>Date Thursday Time 11.00 – 1.00pm Please phone and check.</p>

City of Glen Eira

Group / Program	Contact	Address	Details/ Other
YUMI SUPPORTED PLAYGROUPS For Women experiencing emotional difficulties since the birth of their baby.	Moongala Women's Community House House Co-ordinators: Julie & Jude Ph.: 9570 3468 moongala@optusnet.com.au	Moongala Women's Community House 824 Centre Road East Bentleigh	Date Thursday's Time 10.00am – 11.30am Please phone and check.
MUM FOR MUM PROGRAM MUM is a non-denominational program of the National Council of Jewish Women of Australia (Vic) that provides women who have a child less than one year of age with emotional support. Women can self-refer or may be referred through health professionals such as their maternal and child centre nurse, GP, obstetrician or counsellor. Check out: http://port-phillip-leader.whereilive.com.au/news/story/glen-eira-outreach-service-to-keep-mum-happy/ Website too: www.mumformum.org.au Phone 9523 0535			

Koorie Family Gathering

Are you, your children or the children you care for Aboriginal and/or Torres Strait Islander? Do you live in the City of Bayside, Glen Eira, Kingston or Stonnington?

Would you like to connect with other Koorie families to have a yarn and a cuppa?

Join our fun activities including storytelling and singing

Thursday 18 July

Thursday 1, 15, & 29 August

Thursday 12 September

Where: Derrimut Weelam Gathering Place

Mordialloc Life Saving Club, 199 Beach Road, Mordialloc

For more information, contact: Chris

0402 311 989

s

City of Greater Dandenong

Group / Program	Contact	Address	Details/ Other
PARENTZONE PROGRAMS ; PARENTING/ PLAYGROUPS/FAMILY VIOLENCE/DADS			
<p>PARENTS BUILDING SOLUTIONS Parenting in Australia A program for parents, grandparents, step parents & carers. Tired of Yelling? Dealing with Anger, Strategies that work, technology and our children in Today's Australia, Self-Care with Parenting are just some of the topics covered.</p>	<p>Anglicare Victoria Parentzone Athol Rd Primary School Bookings & inquiries contact: Natasha 03 9547 1224 or Jasbir Singh 0431 203 177 moshinsky.natasha.a@edumail.vic.gov.au or jasbir.suopada@anglicarevic.org.au</p>	<p>Athol Road Primary School 159-167 Athol Road SPRINGVALE SOUTH Booking Essential</p>	<p>Day Fridays Time 9.30am to 12pm Dates 2nd, 9th, 16th, 23rd, 30th Aug, 6th Sept 2019 Cost Free Bookings Essential</p>
<p>PARENTS BUILDING SOLUTIONS Tantrums Tears and trouble A program for parents, grandparents, step parents & carers of 0-5 year olds. HOW TO GET YOUR KIDS TO LISTEN WITHOUT HAVING TO YELL? Positive discipline that works DEALING WITH FEELINGS STRATEGIES How to get kids to talk about their feelings? Discuss and share strategies that work TECHNOLOGY & OUR CHILDREN When to limit it and how?</p>	<p>Anglicare Victoria Parentzone Bookings or enquiries Tatjana 03 9767 1954 or Email: TatjanaK@smrc.org.au or Jasbir Singh Suopada 0431 203 177 Email: jasbir.suopada@anglicarevic.org.au</p>	<p>Southern Migrant Refugee Centre Level 1, 39 Clow Street, Dandenong</p>	<p>6 weeks on Thursdays. Times alter from day to day Day Thursdays Date 1st, 15th 29th Aug start an hour earlier than other days Time 9.30am to 1.00pm Date 8th, 22nd, Aug and 5th Sept start later Time 10.30-1.00pm Cost Free Light refreshments. Must book</p>

City of Greater Dandenong

Group / Program	Contact	Address	Details/ Other
<p>PARENTS BUILDING SOLUTIONS Dads Do Matter 6 week FREE Program for DADS, learn how to: Improving your confidence as a Dad Improving communication and closeness with your kid Creating a healthy environment for your children Learn strategies and tools that work Learn how to cope with stress, emotions and anger</p>	<p>Parentzone Rosewood Downs Primary School Deborah Lucas - 9795 3744 Email: lucas.deborah.s@edumail.vic.gov.au Jasbir Singh on 0431203177 Email: Jasbir.Suopada@anglicarevic.org.au</p>	<p>Rosewood Downs Primary School Murray Rd, Dandenong North</p>	<p>Day Wednesday Date 24th, 31st July, 7th, 14th, 21st and 28th August 2019 Time 6.00pm to 8.30pm Cost Free Booking Ring contacts.</p>
<p>BEYOND THE VIOLENCE AFREE 8 week program for Women and their children who have experienced Family Violence</p> <ul style="list-style-type: none"> • Are you dealing with the effects of family violence? • Does your child's anger or anxiety worry you? • Are you tired of yelling? • Do contact visits unsettle your child? 	<p>Anglicare Victoria Mission Beyond the Violence Bookings essential All inquiries please call, text or e-mail: Ariane Hahn 0499 080 468 Ariane.Hahn@anglicarevic.org.au</p>	<p>Details will be given when booking</p>	<p>Term 3 2019 Day Fridays Date To be given out when booking Time 4.00pm to 6.30pm Cost Free Details will be given to Participants at booking. Snacks and light dinner provided</p>

City of Greater Dandenong

Group / Program	Contact	Address	Details/ Other
<p>3-4 YEAR-OLD PLAYGROUP</p> <p>Is your child starting school in 2020 or 2021? If so, we would like to invite you to our playgroup that will prepare and encourage your child to start kindergarten School. Your child will have many learning experiences in a safe and friendly environment, including story time, outdoor play and many fun activities, while making new friends. We will also have an excursion/picnic to our local playground.</p>	<p>Anglicare Victoria Parentzone. Keysborough Primary School and Mission Australia.</p> <p>For booking and more information please call Vanja Flett 0429 454 693 Or 03 5945 2000</p>	<p>Community Room Keysborough Primary School, 33 Coomoora Rd, Springvale South</p>	<p>Day Tuesdays Time 9.00 -11.00 Dates School Term Starts 30th May Free to attend.</p> <p>Bring a piece of fruit, a coat and a hat for your child. Like any other playgroup, your child will need to be accompanied by an adult. Booking essential</p>
<p>General Playgroup</p> <p>Your child will have many learning experiences in a safe and friendly environment, including story time, outdoor/indoor play and many fun activities, while making new friends. Like any other playgroup, your child will need to be accompanied by an adult</p>	<p>Anglicare Victoria Parentzone. Keysborough Primary School and Mission Australia</p> <p>For further details Keysborough Primary School on 9798 4764 or Vanja Flett, Parentzone, on 0429 454 693</p>	<p>Community Room Keysborough Primary School, 33 Coomoora Rd, Springvale South</p>	<p>Day Fridays Time 9.00 -10.30 Date School Term. Bring a piece of fruit, a coat and a hat for your child. Booking essential Free to attend</p>

City of Greater Dandenong

Group / Program	Contact	Address	Details/ Other
<p>Play circle. 10 wk. Supported Playgroup (REFERRAL ONLY)</p> <p>A safe and supported space for parents and their preschool children with two trained facilitators.</p> <p>Priority Access will be given to families experiencing one or all of these issues:</p> <ul style="list-style-type: none"> - Family Violence - Enhancing Parental Capacity - Families experiencing vulnerability, disadvantage and multiple barriers to participation. <p>Play and have fun with each other. Time out from life's worries.</p>	<p>Anglicare Victoria Parentzone. Mission Australia</p> <p>Additional support is available for parents.</p> <p>For bookings & enquiries contact: Alison Krusec 0409 316 6200 or email Alison.Krusec@anglicarevic.org.au</p>	<p>Dandenong Library</p>	<p>Day Thursdays Date School Term 18th July to 19th Sept 2019 Time 9.30am to 11.00am Free to attend</p>

City of Greater Dandenong

Group / Program	Contact	Address	Details/ Other
<p>HELP FOR PARENTS AND CHILDREN Ph 9767 0817 talk to your Maternal Child Health Nurse</p>	<p>Offers many services: Maternal and child health; children's centres; occasional care- short term flexible child care for children aged 6mths to 5yrs.; Childhood immunisation; family and children's publications; playgroups and toy libraries; training and support for parents/guardian's/grandparents/ playgroup attendees and early childhood educators. Special assistance is available for children with: disabilities, developmental difficulties, from Aboriginal or Torres Strait islander Families. http://www.greaterdandenong.com/section/25485/your-council-services Gives you main page http://www.greaterdandenong.com/section/84/families-children Family Day Care; Maternal Child and Health; Kindergarten & childcare; Family Support & counselling; Playgroups; Toy Libraries; child and Family Partnership; After Hours Help and Advice... The Council also offers other services. youth.greaterdandenong.com/ youth Services available. Update for programs in 2016 please call Telephone: 03 9793 2155. Hours: 9am - 5pm, Monday – Friday</p>		
<p>PARENTING LOST IN TRANSLATION-A four week program encouraging families from Culturally and Linguistically Diverse (CALD) backgrounds to share their journey of raising children in Australia and help them to develop essential strategies to build positive relationships with their children.</p>	<p>Windermere Phone Group Coordinator Ph. 9705 3200 Windermere Narre Warren Office Vjeta Uppalo Phone: 1300 946 337 or 9705 3200 Fax: (03) 9796 7650 Or email: groups@windermere.org.au</p>	<p>Noble Park English Language School 21-35 Thomas St Noble Park</p>	<p>Not running this Term phone for interest</p>

City of Greater Dandenong

Group / Program	Contact	Address	Details/ Other
<p>RE CONNECT PROGRAM is a program for people aged 17-64 who are long term unemployed, not engaged in education or training and with no prior accredited qualifications.</p> <p>They may have multiple barriers to education and find it hard to navigate the system.</p> <p>We work with them to help reduce the barriers and re-engage them in education / training to meet their employment goals in the future. This is offered in the City of Greater Dandenong and the City of Casey.</p>	<p>Brotherhood of St Laurence Skills for work</p> <p>Learning Support Officer – Reconnect Program The Brotherhood of St Laurence Level 2, 1-7 Langhorne St, Dandenong 3175 T 03 8752 8552 M 0491 050 613</p> <p>janette.witt@bsl.org.au www.bsl.org.au</p>	<p>Please ask for details when phoning the office</p> <p>Level 2, 1-7 Langhorne St, Dandenong 3175 T 03 8752 8552 M 0491 050 613</p>	<p>Please phone regarding this and other help.</p> <p>They are happy to talk to anyone who expresses interest in the Reconnect Program. If they're not eligible but still need some help/advice we will gladly talk to them and try to point them in the right direction or link them with a service that can help them reach their education and employment goals.</p>
CHALLENGING BEHAVIOURS, DISABILITIES, GRIEF, Drug & Alcohol dependency, CALD AND OTHER			
<p>Anxiety Recover Centre Victoria Support group for people that have been affected by anxiety disorders, that have similar experiences. Family friends and members are welcome</p>	<p>Anxiety Recover Centre 1300 269 438</p>	<p>Please phone for details.</p>	<p>Contact Anxiety Recover Centre 1300 269 438</p>

City of Greater Dandenong

Group / Program	Contact	Address	Details/ Other
<p>MAKING A DIFFERENCE- a unique program for women from migrant background. Discover your own power and how to use it to make a difference. Negotiation skills; problem solving; advocacy; leadership; communication and networking; conflict resolution; understanding and influencing Australian systems and decision makers.</p>	<p>Wellsprings for Women Funded by Victoria Government's Department of Premier and Cabinet</p> <p>Email: rida@wellspringsforwomen.com</p>	<p>Wellsprings for Women" 79 Langhorne St, Dandenong</p>	<p>Please phone for more details Cost Free</p>
<p>CONFIDENT LIVING PROGRAM A creative arts & social integration program for people with progressive MS& other neurological disorders.</p>	<p>Multiple Sclerosis Australia Jenny Murray 9845 2772</p>	<p>Noble Park Community Centre, Ross Reserve, Memorial Drive, Noble Park (Melways Ref 80 E12)</p>	<p>Please phone for details</p>
<p>FAMILY SUPPORT Alcohol and/or drug use impacting on family</p>	<p>Connections-Alliance Family Counselling Group Lynn 8792 8999</p>	<p>9 Maralinga Ave Keysborough Maralinga Primary School</p>	<p>Please phone for further details</p>
<p>FRIENDSHIP GROUP Extended Families Vietnamese Family Friendship Group. Larger groups for children with a disability and their families meet regularly for fun, friendship and social development</p>	<p>Extended Families 03 9285 4838 Vietnamese speaking workers available</p>	<p>Please Phone for further details</p>	<p>Operates on a monthly basis. Please phone for more details.</p>
<p>NEXT STEP Develop your potential and get ready to take that next step in life.</p>	<p>Dandenong Neighbourhood House Please phone and book 9792 5298</p>	<p>Dandenong Neighbourhood House 34 King St</p>	<p>Please phone for further details</p>

City of Greater Dandenong

Group / Program	Contact	Address	Details/ Other
<p>KINSHIP CARE- A CHANCE FOR CARERS</p> <p>Grandparents, aunts, uncles, friends and any significant other(who care for children when their parents are unable to), to get together and have a cuppa, some lunch, listen to a guest speaker but mainly have time to talk to each other about what's happening for you.</p>	<p>Wesley Mission</p> <p>For more information please call Ivanka Kisvardai, Family Support Worker on 9794 3000</p> <p>Guest speakers attend</p>	<p>Wesley Mission 280 Thomas St Dandenong</p>	<p>Day last Thurs in month Time 10.00am-2pm Cost Free Light refreshments available</p>
<p>NEW LIFE</p> <p>A recovery program for women with problems of addiction. Join this friendly support group.</p>	<p>9792 5298 email dynhouse@satlink.com.au</p>	<p>34 King St, Dandenong Neighbour House</p>	<p>Please phone for further details</p>
<p>NARCOTICS ANONYMOUS</p> <p>A support group for those recovering from drug & alcohol dependency.</p>	<p>Neighbourhood House</p> <p>Matt 0431 024 838 Neighbourhood House 9792 5298</p>	<p>34 King St, Dandenong</p>	<p>Please phone for further details</p>
MENS AND FATHERS PROGRAMS			
<p>MEN FACING TODAY'S CHALLENGES.</p> <p>Dandenong Neighbourhood House We look at strategies for dealing with issues in our lives & developing new life skills</p>	<p>Dandenong Neighbourhood House</p> <p>9792 5298</p>	<p>34 King St dynhouse@satlink.com.au</p>	<p>Please Phone for details</p>

City of Greater Dandenong

Group / Program	Contact	Address	Details/ Other
<p>THE BBQ BOYS-</p> <p>A support group for male carers living in the southern region of Melbourne. It offers peer support, fun and relaxing social activities, a space to talk about bloke's carer issues, as well as information, referral and support. SEE PAGE 6</p>	<p>RESPIRE SOUTH</p> <p>Ring Nathan 9212 3006</p> <p>Or 0417 1233 189 or email n.diep@alfred.org.au</p>	<p>Ring Nathan. Venues change</p>	<p>Day - First Tuesday of each month</p>
FAMILY VIOLENCE			
<p>BEYOND THE VIOLENCE</p> <p>AFREE 8 week program for Women and their children who have experienced Family Violence</p> <ul style="list-style-type: none"> • Are you dealing with the effects of family violence? • Does your child's anger or anxiety worry you? • Are you tired of yelling? • Do contact visits unsettle your child? 	<p>Anglicare Victoria Mission Beyond the Violence</p> <p>Bookings essential</p> <p>All inquiries please call, text or e-mail: Ariane Hahn 0499 080 468</p> <p>Ariane.Hahn@anglicarevic.org.au</p>	<p>Details will be given when booking</p>	<p>Term 3 2019</p> <p>Day Fridays</p> <p>Date To be given out when booking</p> <p>Time 4.00pm to 6.30pm</p> <p>Cost Free</p> <p>Details will be given to Participants at booking. Snacks and light dinner provided</p>

City of Greater Dandenong

Group / Program	Contact	Address	Details/ Other
Services and organisations in The City of Greater Dandenong			
Domestic/family violence crisis and outreach services			
<ul style="list-style-type: none"> <li data-bbox="159 555 1323 619">• 1800 Respect 1800 737 732, www.1800respect.org.au 24 hours a day, 7 days a week service for those experiencing sexual assault or family violence <li data-bbox="159 667 1962 730">• Safe Steps Family Violence Response Centre 1800 015 188, www.safesteps.org.au 24 hours a day, 7 days a week response line for victims of family violence providing emergency accommodation and referral to local support services <li data-bbox="159 778 1252 842">• InTouch Multicultural Centre Against Family Violence 1800 755 988, www.intouch.asn.au Support and advice for culturally and linguistically diverse women <li data-bbox="159 890 1648 954">• Centre's Against Sexual Assault (CASA) 9635 3610 (Counselling and support line), www.thewomens.org.au/SexualAssault 24 hours a day, 7 days a week crisis and support line for survivors of sexual assault 			
<u>Information and Resource Agencies</u>			
Domestic violence Resource Centre, 9486 9896 http://www.dvrcv.org.au/			
<ul style="list-style-type: none"> <li data-bbox="105 1026 1077 1058">•Telephone support and referral to services for those experiencing family violence <li data-bbox="105 1058 853 1090">•Online information for those have experienced family violence <li data-bbox="105 1090 1207 1121">•Training courses for professionals to improve skills in supporting survivors of family violence <li data-bbox="105 1121 842 1153">•Pamphlets and booklets to assist survivors of family violence 			
FAMILY, CHILDREN & YOUTH SUPPORT			
POSITIVE PATHWAYS- support for young people in Dandenong-Casey-Cardinia. Get information about all the services on offer in your area			
Look up: youthpositivepathways.com.au			

City of Greater Dandenong

Group / Program	Contact	Address	Details/ Other
CONVERSATIONAL ENGLISH. A supportive group for women of varies backgrounds to come together and practise their English conversations skills	Phone: (03) 9701 3740 administration@wellspringsforwomen.com During school terms the office is open: Mon – Thu 9.00am – 4.00 pm Fri 9.00am – 2.00pm	Wellsprings for Women Inc. 79 Langhorne Street Dandenong Vic 3175	Phone for program details
DROP IN AT ABA Drop in for a chat support and information. For individual appointments please phone on a Tuesdays Wednesdays or Thursdays	Australian Breastfeeding Association Tel Yvette 9791 4644	ABA 71 Robinson St Dandenong	Day Wednesdays Date On going Time 10.30-3.30pm Cost Free
KITH & KIN CARERS SUPPORT GROUP A support, social contact, activities & information sharing group	Oz Child Family Services Bronwyn Harrison 9212 5600 bharrison@ozchild.org.au	Mornington & Dandenong	Meetings monthly Newsletter quarterly
LIVING AND LEARNING TOGETHER. A supportive group for CALD women	Wellsprings for Women 9701 3740 www.wellspringsforwomen.com wells@satlink.com.au	Wellsprings for Women 79 Langhorne St Dandenong	Please call for further details
LIBRARY HANGOUT Drop in after school for fun activities (Art, Games, and Music) in a friendly environment or have a chat with our youth workers about our Programs and Services. For young people aged 12 to 25years	City Of Greater Dandenong Youth Services 9793 2155	Youth Area Dandenong Library 225 Lonsdale St Dandenong	Phone for details

City of Greater Dandenong

Group / Program	Contact	Address	Details/ Other
MOTHERS' SUPPORT GROUP For Mothers whose children attend Dandenong West Primary School and community	Ongoing	Dandenong West Primary School 32, Birdwood Ave, Dandenong	Please phone further details 97922868
REFUGEE & SETTLEMENT PROGRAM Provides family relationship counselling, mediation, loss & grief programs for children, marriage preparation program & personal support program & School Refusal program	Centre care Catholic Family Services Contact Details T.8710 9600 E.rspdandenong@ccam.org.aumentacareme@bourne.org.au	224 Thomas Street Dandenong, VIC 3175	Phone for more details 8710 9600
TOY LIBRARY	Springvale Services for Children 8558 3800 enquiries@springvalesc.com	23-28 Lightwood Road, Springvale. VIC 3171	10:00-12.00 Mondays, 10.00-1.00 Tuesday, Thursday and Friday, 10.30-12.30 Saturday.
WELLSPRINGS FOR WOMEN Wellsprings for women seeks to empower isolated women to live their lives more fully. Programs include - health and wellbeing, arts and crafts, migrant English and job skills.	Phone: 9701 3740 Fax: 9793 9536	79 Langhorne Street Dandenong 3175	Please phone for help
YOUNG MOTHERS WALKING GROUP A weekly walk from Springvale Service for Children to local parks where children can play and mothers can chat before they walk back. Each walk will take approximately 15-25 minutes	Springvale Services for Children 8558 3800 enquiries@springvalesc.com For more information or to register your interest please contact Carolyn on (03) 8558 3800	23-28 Lightwood Road, Springvale. VIC 3171	Every Thursday Time: 10am-12pm

City of Greater Dandenong

Group / Program	Contact	Address	Details/ Other
<p>WOMEN'S ONLY SWIMMING All women are welcome. Female only lifeguards and instructors are on duty at all times.</p>	<p>Oasis Leisure Centre 9767 5100</p>	<p>Dandenong Oasis Leisure Centre Cnr Heatherton Rd and Cleeland St Dandenong</p>	<p>Date Sunday evenings Time 6.15pm – 8.15pm Cost Please phone</p>
<p>FReeZA Are you interested in: planning and delivering an event. Music and dance. Technical production and recording? FReeZA is a great way to meet new people and gain valuable skills</p>	<p>FReeZA City of Greater Dandenong Contact Youth and Family Services on 9793 2155</p>	<p>39 Clow St, Dandenong Opposite Dandenong Market</p>	<p>Phone for details</p>
<p>LITTLE BROTHER AND SISTER PLAY GROUP Activities includes; Free play, Story Time, Art time, Obstacle Courses more. Next term we will be having the SING AND GROW program for ten weeks</p>	<p>Noble Park Primary Please phone 9546 8811 for more information.</p>	<p>Noble Park Primary School, 65 Buckley Street, Noble Park</p>	<p>Please phone for session times. Please bring a piece of fruit. Sandwiches provided.</p>
<p>PLAYGROUP</p>	<p>Springvale Services for Children 8558 3800 enquiries@springvalesc.com</p>	<p>23-28 Lightwood Road, Springvale. VIC 3171</p>	<p>Friday and Saturday Mornings 10:00am – 12:00pm \$2 per child</p>
<p>Music Together. Music therapy program for children 0-5 years and their parents/carers.</p>	<p>Uniting Bronwyn Atkin 5990 8400</p>	<p>Springvale Uniting church 47 Balmoral Ave, Springvale</p>	<p>Day Wednesdays Date School Term Time 10.30am-11.30am Cost gold coin donation</p>

City of Greater Dandenong

Group / Program	Contact	Address	Details/ Other
MY TIME PLAYGROUP For special needs children. Playgroup.	Extended Families Southern Region 5950 1055 peninsula@extendedfamilies.org.au Phone Thuy Cal 0405 015 445	11 Morwell Parade, Springvale visit www.mytime.net.au For your closest group	Please Contact Doris Wong for up to date information as it can change. Ph. 9767 0826 dwong@cgd.vic.gov.au
PLAYGROUP For children aged 0-5yrs	Jan Wilson Community Centre Contact Doris Wong Ph. 9767 0826 dwong@cgd.vic.gov.au	Jan Wilson Community Centre Halton Road, Noble Park North. Ph. 97959279	Please Contact Doris Wong for up to date information as it can change.
TINY MINY MUSLIMS PLAYGROUP a Program packed full of joyful educational experiences for children and Mums, including play activities and a Mothers discussion group. All welcome	Please contact Doris Wong for up to date information Ph. 9767 0826 dwong@cgd.vic.gov.au		Please Contact Doris Wong for up to date information as it can change. Ph. 9767 0826 dwong@cgd.vic.gov.au
KEYSBOROUGH PS 3 Yr. old PLAY GROUP 8 Weeks	For more information please call: Pat Hill, Keysborough Primary School on 9798 4764 or Vanja Flett on 0429 454 693	Community Room Keysborough Primary School 33 Coomoora Rd, Springvale South	Tuesdays Date School Term 9.00 – 10.30am * What to bring: a piece of fruit, a coat and a hat for your child
KOORIE KIDS PLAYGROUPS Wonderful creative ideas to build our muscles, coordination and develop our pencil grips, ready for kinder and school next year	Koori Kids Playgroup Team 9706 6383	Please Phone for further details	Please Phone for further details

City of Greater Dandenong

Group / Program	Contact	Address	Details/ Other
FAMILY, CHILDREN & YOUTH SUPPORT			
<p>PLAY STEPS</p> <p>This 8 week program builds parenting skills with the emphasis of learning and connecting through play. It is designed to improve parent-child interaction by assisting parents develop a positive relationship with their child. 0-3 years.</p>	<p>Queen Elizabeth Centre Ph: 9549 2777</p>	<p>QEC 53 Thomas St Noble Park</p>	<p>Each session will be 2 hours duration</p> <ul style="list-style-type: none"> • Toddler Group: 12 months to 3 year olds, 9:30am-11:30am • Infant Group: 0 -12 month olds, 1pm-3pm <p>Tea, coffee & morning/afternoon tea provided.qec.org.au</p>

ARE YOU AN ACCREDITED INTERPRETER OR SKILLED BI-LINGUAL WORKER

SMRC are seeking expressions of interest from people looking for employment as an onsite interpreter / bi-lingual worker.

Supporting migrant and Refugee clients, whether in a group program or Individual setting provides a valuable service that builds community connections.

For further information contact: Kirsten

kirstenm@smrc.org.au

9767 1952

Southern Migrant & Refugee Centre,
39 Clow St, Dandenong VIC 3175.

City of Kingston

Group / Program	Contact	Address	Details/ Other
PARENTING			
<p>CITY OF KINGSTON - Child Care Enrolments, Family Day Care, Outside School Hours Care for Primary School Aged care programs selected venues across the municipality.(Vacation Care, Before and After School Care and Curriculum Day Care).</p> <p>Maternal and Child Health, Kindergartens, child care centres, Playgroups, Toy Libraries, What's Happening Children's Week, Networks and Workshops are available to families and those who work with families and children in the City Of Kingston.</p> <p>https://www.facebook.com/cityofkingston phone 1300 653 356 info@kingston.vic.gov.au</p> <p>Please contact Council for any of the Above. The site also has a range of other services that are available.</p>			
<p>Parenting Support Groups Positive Parenting Service Information and Referral Case Management</p>	<p>Kingston Youth Services For more information about this service please contact the Family Support Services Coordinator on 9581 4860</p>	<p>Southland – Shop 1137 Southland Shopping Centre , Nepean Highway, Cheltenham And Aspendale Gardens Community Centre 103-105 Kearney Drive Aspendale Gardens</p>	<p>Drop in Monday to Friday 1pm -5pm</p> <p>Drop in Monday, Tuesday or Thursday 3.30pm – 5.30pm</p>
<p>CARING MUMS In the challenging first months of your baby's life, a trained volunteer provides you with one on one emotional support. Through weekly visits, together you navigate the new and exciting road of motherhood</p>	<p>NCJWA Victorian Multicultural Commission caringmums@ncjwa.org.au ph. 9044 5405 or 0481 081 242 www.caringmums.org.au</p>	<p>Bubup Nairm Family and Children's Centre 998 Carlisle St, St Kilda</p>	<p>The program is free of charge, nonjudgmental and confidential. Women in the Cities of Yarra, Kingston, Port Phillip, Gen Eira, Bayside and Stonnington are eligible for the served for up to one year</p>

City of Kingston

Group / Program	Contact	Address	Details/ Other
HEALTHY BUBS AND FAMILIES Provides education and skill development for parents around the importance of early attachment.	Family Life 8599 5433 or 97734624 reden@familylife.com.au	Community House Keith Street	Please phone for day and dates.
FAMILY LIFE- COMMUNITY BUBS Provides intensive support for families who have an infant	Family Life 8599 5433 http://familylife.com.au/ info@familylife.com.au	Level 2, 11 Chesterville Rd, Cheltenham	Please phone to arrange time.
MEN'S AND FATHERS PROGRAMS			
PIT STOP Parenting Tune-Up A life changing course designed and delivered by men for every father who wants to see his family firing on all cylinders.	City of Kingston Email youth.services@kingston.vic.gov.au Phone Alisa on 1300 369 436	City of Kingston Council Mentone Office Mentone Room 34 Brindisi Street, Mentone	Ran sometimes. Please phone and check if this is running this term
The BBQ Boys Support group for male carers living in the southern region of Melbourne. It offers peer support, fun and relaxing social activities, a space to talk about bloke's carer issues, as well as information, referral and support.	RESPITE SOUTH Ring Nathan 9212 3006 Or 0417 1233 189 or email n.diep@alfred.org.au	Ring Nathan. Venues change	Day First Tuesday of each month

City of Kingston

Group / Program	Contact	Address	Details/ Other
<p>MEN'S BEHAVIOURAL CHANGE PROGRAM</p> <p>Provides men with an opportunity to learn and use alternatives to behaving in an abusive or violent manner. Men may be provided with individual counselling assistance prior to and after the group MATES Program.</p>	<p>Ph. 8599 5433</p>	<p>197 Bluff Rd Sandringham Service Address</p>	<p>Please phone for Direct help, and enquiries.</p>
FAMILY VIOLENCE			

ORANGE DOOR Go to “ FAMILY VIOLENCE REFORM” on page 12 for details
Or

Website: <https://www.vic.gov.au/familyviolence/the-orange-door.html>

For Confidential support and information call Safe Steps 1800 015 188
For Urgent assistance call Triple Zero 000

Men's Referral Service

Men's Referral Service provides an anonymous and confidential phone counselling, information and referrals service on 1300 766 491 for:
men who might be using violent and controlling behavior towards a partner or family member
men who have been victimized by a partner or family member
women wishing to find information about male family violence
friends, family or colleagues of people who are using or experiencing family violence
Professionals wishing to support a male or female client using or experiencing family violence.

Victims Support Agency

The Victims Support Agency provides support and information to help adult male victims of family violence and victims of violent crime. The service guides victims through the legal process and helps manage the effects of crime through practical assistance and counselling. Call the Victims of Crime helpline on 1800 819 817 or use the text service via 0427 767 891 (8am to 11pm, 7 days a week).

Aboriginal Family Violence Prevention and Legal Service (FVPLS)

This is an Aboriginal community-run organisation providing assistance to Aboriginal and Torres Strait Islander victim survivors of family violence and sexual assault. You can call FVPLS on 1800 105 303.

InTouch: Multicultural Centre against Family Violence

This is a state-wide organisation specialising in services, programs and responses to family violence in migrant and refugee communities. You can call InTouch on 1800 755 988.

CHALLENGING BEHAVIOURS, DISABILITIES, GRIEF, CARERS SUPPORT AND OTHER

City of Kingston

Group / Program	Contact	Address	Details/ Other
<p>MAKING CHOICES Provides support and education for women who are or have experienced family violence.</p>	<p>Family Life Ph. 8559 5433 http://familylife.com.au/ info@familylife.com.au</p>	<p>197 Bluff Rd Sandringham</p>	<p>Please phone for further information and help.</p>
<p>KINSHIP CARE GROUP Our group support meetings are a great way to meet other Kinship carers in your area, providing a supporting environment in a relaxed and informal setting. Facilitated groups are held monthly in Highett, Frankston and Rosebud. These groups are open and welcoming and our casual environment helps you access support services and increase your skills.</p>	<p>Oz Child Access to this service is via the Dandenong Central office on 9212 5600 during business hours</p>	<p>2 Livingston St Highett</p>	<p>Please phone for further details.</p>
<p>CHELtenham ALZHEIMERS CARER SUPPORT GROUP For people caring for aged relatives or friends including those with dementia</p>	<p>Central Bayside Community Health Jane Cheong 8587 0194 Jane.cheong@southernhealth.org.au</p>	<p>Central Bayside Community Health Centre 335-337 Nepean Hwy Parkdale</p>	<p>Day 2nd Thurs in month Time 1.30-3.00pm</p>
<p>WHO'S IN CHARGE 8 week program for parents or carers of young people (8-18) who are out of control, violent or defiant. Jenny & Libby from MYFS will be facilitating.</p>	<p>MYFS and the City of Monash Limited places Phone Libby or Jenny 9518 3900</p>	<p>Monash Youth & Family Services (MYFS) Batesford Community Hub, 94 Batesford Rd, Chadstone</p>	<p>Please phone for next session.</p>

City of Kingston

Group / Program	Contact	Address	Details/ Other
<p>SOUTH EASTERN ASPERGERS PARENT GROUP</p> <p>For parents and carers with children and teens who have high functioning Asperger's syndrome and PDD-NOS</p>	<p>Headspace Ph. Kirsten Cleland 9526 1600</p>	<p>Peterson Youth Centre Melways 77 B8 Highett Rd, Highett. Corner of Peterson St, Highett</p>	<p>Day 3rd Tuesday Time 7pm-8.30pm</p>
<p>FAMILY STORY TIME – caters for families with children who may be on the Autism Spectrum but a diagnosis is not needed to take part.</p>	<p>City Of Greater Dandenong Vanessa 8571 5441 E. vgili@cgd.vic.gov.au</p>	<p>For more information and referrals Please contact Vanessa</p>	<p>Term 3 Day Tuesday Dates 30th July to 17th September Term 4 Day Tuesday Dates 15th Oct to 10th Dec Cost Free</p>
<p>CHELTENHAM CARERS SUPPORT GROUP</p> <p>For carers of people with a mental illness. A further group also operates for young people 8-18 supporting someone with a mental illness.</p>	<p>Mind Australia 9093 5977 infoVIC@mindaustralia.org.au</p>	<p>17 Taylor St, Moorabbin</p>	<p>Day 1st Wed month Time 7.30pm</p>
<p>DOWN SYNDROME COFFEE GROUP</p> <p>Support for parents of children with down syndrome</p>	<p>Maira Kerri Rolfe – Parent Support Coordinator For southern region Ph: 8552 2222</p>	<p>Mentone Baptist Church 36 Harpley Street Cheltenham</p>	<p>Day 1st Wednesday of month during school term Time 1.00 – 2.30pm</p>
<p>GROW</p> <p>Runs groups for people with depression or anxiety in a supportive environment.</p>	<p>03 9528 2977 vic@grow.net.au</p>	<p>707 Glenhuntly Rd Caulfield South Vic 3162</p>	<p>Please phone for details</p>

City of Kingston

Group / Program	Contact	Address	Details/ Other
ODESSY HOUSE PROGRAM Structured 8 week program for those with issues with alcohol or drugs.	Odyssey House 9420 7610 George	Please phone for details	Please phone for details
LIVE YOUR COMMUNITY PROGRAM Provides flexible volunteer based inclusion support for children with disabilities who experience barriers to participation in sport, recreation and leisure. For children aged 6-17yrs with a diagnosed disability.	Extended Families Contact Rachel De Summa Ph. 9285 4839 or 0438 752 126 Email Rachel@extendedfamilies.org.au www.extendedfamilies.org.au		There is no cost to families accessing LYCP. Cost to sporting activity chosen by the child are generally met by the family
MOVEMENT DISORDERS COMMUNITY SUPPORT GROUP For carers of people with neurological disorders. A respite care group occurs at the same time to enable carers to attend	Church of Christ Barbara Winkler 9265 1481	Church Of Christ 2-12 Chesterville Rd Cheltenham	Day 1 st Monday Time 10.30am-12.30pm
A FAMILY GROUP	Taskforce/Odyssey House Taskforce Community Agency/Odyssey House 9532 0811	421 South Road Moorabbin Booking essential	This program is a family peer support program specifically for parents experiencing substance use of a family member.

City of Kingston

Group / Program	Contact	Address	Details/ Other
KIDS CARE Mind Victoria A group for young people aged 8-12 who have a parent with mental illness. This monthly group focuses on fun activity with peer support and staff who are able to provide support and leadership to those young people. Phone Mind Victoria 9093 5977 For more details.			
FAMILY, CHILDREN & YOUTH SUPPORT			
CLARINDA PARENTS GROUP is an opportunity for parents and carers to meet other parents in the area and to meet Family support staff in a fun and relaxed atmosphere. Weekly activities and guest speakers are provided.	City of Kingston Family support 8551 1202	Clarinda community Centre 58 Viney St, Clarinda	Day Thursday Date during school term Time 10.00-11.30am Cost free
MOTHERS SUPPORT GROUP House-based outreach service to assist living with a mental illness	Prahran Mission Janet 9692 9400	Prahran Mission 15 Cromwell Rd, South Yarra	Please phone for further details

City of Kingston

Group / Program	Contact	Address	Details/ Other
<p>CITY OF KINGSTON YOUTH – For young people aged 12-25 as well as their families and partners. They also develop, promote and run events, gigs and local youth mag. www.kyfs.org.au 1300 369 436</p>			
<p>SMALL TALK PLAYGROUPS – These details have changed since Term 1, so please check before attending Smalltalk Supported Playgroups are run by a qualified facilitator who provides support to parents/carers to develop the skills and confidence needed to assist in their children’s learning and development. The playgroups are free to attend for families experiencing vulnerability, including Health Care Card holders, Refugees, Aboriginal or Torres Strait Islanders, and kinship carers. In-Home Support is also available</p> <ul style="list-style-type: none"> • Westall – Mondays 10am to 12pm at Westall community Hub, 35 Fairbank Rd, Clayton Sth • Chelsea Heights – Tuesday 10am to 12pm at Chelsea Heights Community Centre, 160 Thames Promenade, Chelsea Heights. • Aspendale – Wednesday, 10.30-12.30 at Yarrabah School, 23 Mill St Aspendale. Additional support from specialist services • Edithvale – Thursday 10am to 12pm at Edithvale Family and Children’s Centre, 122 Edithvale Road, Edithvale. • Clarinda – Thursday 10am to 12pm at Clarinda Community Centre, 58 Viney Street, Clarinda. • Cheltenham – Fridays 10.00am to 12.00 am at North Cheltenham Preschool, 71 Argus St, Cheltenham <p>Phone 9581-4863 or email smalltalk@kingston.vic.gov.au</p>			
<p>SOUTH EASTERN MULTIPLE BIRTH ASSOCIATION A support group for multiple birth families, run by parents with multiples. Expectant Parents Sessions, Playgroups, Parent’s Nights Out, Family Events</p>	<p>SEMBA New Parent Contact: Maxine Morley Phone:0409 200310</p> <ul style="list-style-type: none"> • http://www.semba.amba.org.au • Facebook:https://www.facebook.com/sembavic 	<p>South East of Melbourne, covering the main areas of Bayside, Glen Eira and Kingston Councils. http://semba.amba.org.au/index.html</p>	<p>Playgroups on Monday, Wednesday and Thursday mornings contact for details</p>
<p>PLAYGROUPS</p>	<p>Dingley Village Neighbourhood Centre Belinda 0414538616</p>	<p>31b Marcus Rd Dingley Village</p>	<p>Time 9.30am-11.30am Please contact us for further details.</p>

City of Kingston

Group / Program	Contact	Address	Details/ Other
READING ROCKETS -a hand on fun one hour class for 4 year old focusing on early reading and writing skills	Dingley Village Neighbourhood Centre Sandy 0425 812 790	31b Marcus Rd Dingley Village	Please contact us for further details.
DINGLEY VILLAGE NEIGHBOURHOOD CENTRE Places available for 3year old activity groups on Monday morning or afternoons' sessions. Ph. 9558 1866 during office hours or Email admin@dvnc.com.au Office hours 9am-5pm			
MARVELLOUS MUMS Connecting mums. sharing information	Andrea Cross 0403 342 390 www.marvellousmums.com lovingmums@hotmail.com	Please Phone for further details	Please contact Andrea re venue, dates & times.
PLAYGROUP	Family Life Andrea 9782 7800 Familylife.com.au	8-10 Swanpool Ave Chelsea.	Day Tuesdays Time 1.00pm-3.00pm
KINDER ACTIVITY GROUP- Quality care to stimulate and challenge children 3 & 4 years old.	Chelsea Heights Community Kerri Morrison 9774 2934 0412 869 431	Beazley Reserve 160 Thames Promenade	Day Monday Time 10am-1pm Phone for bookings and further details.
KIDS'BOOK CLUB Quality care to stimulate and challenge children 3 and 4 years old.	Chelsea Heights Community Louise 0400 664 194	Beazley Reserve 160 Thames Promenade	Day Monday Time 10.15am-11.15am
RHYTHM FACTORY Dance, music and movement, classes for children 15months to 8 years	Chelsea Heights Community Nicky Reisinger 9588 1564 0408 667 058 www.rhythmfactory.com.au	Beazley Reserve 160 Thames Promenade	Day Tuesday Time 9.30am-11.30am

City of Kingston

Group / Program	Contact	Address	Details/ Other
KIDS COOKING CLASSES-KIDS SAY YUM Great for children 5-12 years	Chelsea Heights Community Centre Maddie Race 0487 427 398 www.kidsayyum.com.au	Beazley Reserve 160 Thames Promenade	Day Wed Time 4.30pm-5.30pm
PLAYGROUP Recently won an award from playgroup Victoria for 30 years of play grouping. Great way to start the day, meet your neighbours whilst having fun with your children. Lots of toys, fun and good company	Chelsea Heights Community Centre Ru 0425 160 025	Beazley Reserve 160 Thames Promenade	Day Wednesday and Thursday Mornings Time 9.30am-11.00am
LITTLE CHEFS For 6-10yr olds.	Cheltenham Community Centre www.chelt.com.au 9583 0095	8 Chesterville Rd, Cheltenham	Day Wednesday Time 3.45pm-4.30pm Cost \$120
MULTICULTURAL GRANDPARENTS PLAYGROUP- Come along and socialize whilst your grandchildren are drawing, playing, & meeting other children	Clarinda Community Centre 8551 1200 or Migrant Resource Centre 9563 4130	Clarinda Community Centre 58 Viney St Clarinda	Date Wednesday Time 9.30 – 11.30am Bring a piece of fruit to share
HOMEWORK CLUB- Kids & parents can enjoy a healthy snack, start homework early & get help with assignments.	Family Life Giovanna or Marilyn 8599 5433	Community Hall Dunkley Ave Highett	Date Mondays <i>(except public/school holidays)</i> Time 4.00 – 5.30pm Cost Free

City of Kingston

Group / Program	Contact	Address	Details/ Other
BREAKFAST CLUB- Come along each Wednesday and enjoy a healthy & nutritious breakfast	Family Life Giovanna or Marilyn 8599 5433	Community Hall Dunkley Ave Highett	Date Wednesday (<i>except public/school holidays</i>) Time 7.00 – 8.30am Parents most welcome!
CREATING CAPABLE COMMUNITIES Do you care for a child under 10? Come and join us for coffee & a chat about supporting each other, and sharing information	Family Life Marilyn 8599 5433	Keith Street Community House Please phone to check details with Family Life Keith Street Community House	Day Thursday Time 10.00 – 12noon
DADS			
SATURDAY DAD'S SUPPORTED PLAYGROUPS-	City Of Kingston Ph 9581 4863 or email playgroup@kingston.vic.gov.au	Parkdale Family and Children's Centre 122 Warren Rd Parkdale	Day Saturdays Time 10am -12pm School Term
DAD, POP AND ME PLAYGROUPS No booking is required. Suits Dads, Grandads and Pre-School Children	City Of Kingston Contact no 1300 764 807	Edithvale Family and Children's Centre 122 Edithvale Rd Edithvale	Day Wednesdays during School Term Time 10am-12pm Cost Free

Koorie Family Gathering

Are you, your children or the children you care for Aboriginal and/or Torres Strait Islander? Do you live in the City of Bayside, Glen Eira, Kingston or Stonnington?

Would you like to connect with other Koorie families to have a yarn and a cuppa?

Join our fun activities including storytelling and singing

Thursday 18 July

Thursday 1, 15, & 29 August

Thursday 12 September

Where: Derrimut Weelam Gathering Place

Mordialloc Life Saving Club, 199 Beach Road, Mordialloc

For more information, contact: Chris

0402 311 989

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Mornington Peninsula Shire

Group / Program	Contact	Address	Details/ Other
PARENTZONE PARENTING PROGRAMS			
<p>PBS PARENTS BUILDING SOLUTIONS</p> <p>Free Parents Programs to attend Covering different issues with Parenting today. Some of the issues covered are: Are you tired of yelling? Dealing with Feelings of anger and or anxiety associated with Parenting. Strategies that work are shared and discussed. Children's Behaviour-discuss why children behave the way they do. Self-Care- how to cope with stress and emotions.</p>			
<p>PBS PARENTS BUILDING SOLUTIONS Let's Talk about Parenting</p> <p>FREE 6 week program for parents to share and learn new ideas and strategies in a relaxed, friendly place. Refreshments provided.</p>	<p>Anglicare Victoria Parentzone Southern Michelle Brown. <u>0429 174 150</u> Or 9781 6700 Michelle.brown@anglicarevic.org.au</p>	<p>Eastbourne Primary School Allambi Avenue, Capel Sounds</p>	<p>Day Wednesday's Time 1pm to 3pm Date 24th July to 28th Aug 2019</p>
<p>PBS PARENTS BUILDING SOLUTIONS General Age</p> <p>6 week program. How to get kids to listen without yelling. Understand why children behave the way they do. How to deal with anxiety and/or anger. Setting positive rules and consequences.</p>	<p>Anglicare Victoria Parentzone Southern Michelle Brown. <u>0429 174 150</u> Or 9781 6700 Michelle.brown@anglicarevic.org.au</p>	<p>Good Shepherd Community House 6 wallaroo Place Hastings</p>	<p>Day Tuesdays Date 30th July to 3rd Sept 2019 Time 1pm to 3pm</p>

Mornington Peninsula Shire

Group / Program	Contact	Address	Details/ Other
PARENTING & FAMILY SUPPORT			
SHIRE OF MORNINGTON			
<p>Has information on School Holiday Programs; Kindergartens; Immunisation; Maternal and child health; Playgroups and libraries; Family Day Care, Early Years and Best Start; MPYS youth Services; Youth drop ins and Centres; A Disability Directory; Accessible beach wheelchairs can be hired free of charge to people with limited mobility from a number of organisations - the council has the details. More services available. Call us on 1300 850 600 or 5950 1000</p> <p>Email: customerservice@mornpen.vic.gov.au</p> <p>www.mornpen.vic.gov.au/Services_For_You main page for a variety of services links</p> <p>www.mornpen.vic.gov.au/Services_For_You/Children_Families main page for Families and Children services – up to date information on School Holiday Programs; Kindergartens; immunisation; maternal & child health services; Playgroups & Toy Libraries; Family Day Care; Early Years & Best Start</p> <p>For YOUTH Programs phone 5950 1666</p> <p>BRIGHT SPARKS – PROGRAM FOR Year 6 students across the Peninsula aims at introducing students to Youth Services.</p> <p>L2P A program to assist learner drivers between 16-21 years to gain their 120 hours of driving experience.</p> <p>See web site for more.</p>			
<p>SPACE 4 US</p> <p>An 8 week free peer support group for 13 to 18 year olds living in the Mornington Shire region who have a parent or other close family member with a mental illness.</p>	<p>Peninsula Health. Mornington Peninsula Shire</p> <p>Peninsula Health FaPMI Coordinator (Families where a Parent has a Mental Illness) 9784 6999</p> <p>MHFaPMI@phcn.vic.gov.au</p>	<p>Locations Vary</p>	<p>2019 dates and details to be confirmed. Please phone</p> <p>Please contact the FaPMI Coordinator to see when this group is next running, or to add a young person to the waitlist. www.space4us.org.au</p>
<p>KOORIE KIDS PLAYGROUP- VACCA</p> <p>Gather and meet other Koorie families, sing and dance, play with other Koorie Kids, listen to stories and learn about culture.</p>	<p>Victorian Aboriginal Child Care Agency</p> <p>(VACCA) Playgroup worker 9701 4200 0408 948 755</p>	<p>Wallaroo Community House 6 Wallaroo Place Hastings</p>	<p>Day Fridays Date During School Term Time 10.30 – 1.00pm For further information please don't hesitate to call the play group worker</p>

Mornington Peninsula Shire

Group / Program	Contact	Address	Details/ Other
<p>CHAMPS</p> <p>A free, peer-support group program for 8-12yo children who have a parent with a mental illness. Parents also welcome.</p> <p>Kids and parents can meet others in a similar situation, learn about mental health and self-care, all through lots of fun games and activities</p>	<p>Peninsula Health Peninsula Health FaPMI Coordinator (Families where a Parent has a Mental Illness)</p> <p>MHFaPMI@phcn.vic.gov.au</p> <p>9784 6999</p>	<p>Locations Varys</p>	<p>2019 dates and details to be confirmed. Please phone</p> <p>Please contact the FaPMI Coordinator to see when this group is next running, or to add a family to the waitlist.</p>
<p>FAMILY CASE MANAGEMENT</p> <p>Designed to assist families to address issues that are impacting on their day to day lives.</p> <p>A Family Case Management Worker can help families with everything from budgeting and household bills, to getting connected to specialist support services for with a specific identified need.</p>	<p>Southern Peninsula Community Support and Information Centre Contact Family Case Management Worker Ph 5986 1285 admin@spsic.org</p>	<p>878 Point Nepean Rd Rosebud</p>	<p>Please contact for help and more details.</p>
<p>MOTHER GOOSE</p> <p>The Program aims to teach mums new ways to interact with their infants through songs and rhymes, and is run in a safe and supportive environment.</p>	<p>Good Shepherd Australia New Zealand Contact: Isle Tlozek 5971 9444 or Simone Cranage 5971 9114.</p>	<p>Good Shepherd Wallaroo Community Centre, Hastings.</p>	<p>Day Tuesdays Date During School Term Time 10.30 to 11.30am Cost Free</p>

Mornington Peninsula Shire

Group / Program	Contact	Address	Details/ Other
<p>PREMMIES ON THE PENINSULA A parent & child program and information session run once a month. Open to any premmie children born prior to 36 weeks and under 2years of age and their parents. Siblings are welcome.</p>	<p>Biala Please phone 5975 1820</p>	<p>1 Elizabeth St, Mornington Behind the information Centre with adjacent car parking</p>	<p>Day 3rd Thursday Date during School term Time 9.30 -11.30 Please Register</p>
<p>YOUTH ADVISORY GROUP For people aged 10-25. If you want to have a say and care about what's going on around you. Come and make a difference, doing our youth advisory group.</p>	<p>MPYS Mornington Peninsula Youth Services ph. Jackie 5950 1666 jackie.rickard@mornpen.vic.gov.au www.mpys.com.au</p>	<p>Mornington Council Offices</p>	<p>Held Monthly Please phone for further details</p>
<p>ANGLICARE VICTORIA – Volunteer Tutoring Program A free program which supports children from Grade 4 – year 10 who have been educationally disadvantaged.</p>	<p>Anglicare Victoria Mel Wyatt 0499 027 753 OR Rosebud Office ph. 59 86 99 00</p>	<p>Seawinds Community Hub 11A Allambi Ave, Rosebud West</p>	<p>Day Tuesday afternoons For one hour Contact for further information and dates</p>
<p>UNDER THE RAINBOW- Gay, lesbian, bisexual, span sexual, transgender, gender queer, straight EVERYBODY WELCOME. For young people aged 12 to 18. Inspirational workshops, activities</p>	<p>Headspace Peninsula Pride-A Queer Straight Alliance Shine, Headspace Frankston Mornington Peninsula Youth Services Ph. Seb ON 9769 6419 www.facebook.com/peninsulapride</p>	<p>YLounge Rosebud And Shed 11 Hastings</p>	<p>Day Tuesdays Time 3.30 to 6.00pm Does not run during School Holidays</p>

Mornington Peninsula Shire

Group / Program	Contact	Address	Details/ Other
FAMILY VIOLENCE			
<p>ORANGE DOOR Website: https://www.vic.gov.au/familyviolence/the-orange-door.html</p> <p>For Confidential support and information call Safe Steps 1800 015 188 For Urgent assistance call Triple Zero 000</p> <p>sMen's Referral Service Men's Referral Service provides an anonymous and confidential phone counselling, information and referrals service on 1300 766 491 for: men who might be using violent and controlling behavior towards a partner or family member men who have been victimized by a partner or family member women wishing to find information about male family violence friends, family or colleagues of people who are using or experiencing family violence Professionals wishing to support a male or female client using or experiencing family violence.</p> <p>Victims Support Agency The Victims Support Agency provides support and information to help adult male victims of family violence and victims of violent crime. The service guides victims through the legal process and helps manage the effects of crime through practical assistance and counselling. Call the Victims of Crime helpline on 1800 819 817 or use the text service via 0427 767 891 (8am to 11pm, 7 days a week).</p> <p>Aboriginal Family Violence Prevention and Legal Service (FVPLS) This is an Aboriginal community-run organisation providing assistance to Aboriginal and Torres Strait Islander victim survivors of family violence and sexual assault. You can call FVPLS on 1800 105 303.</p> <p>InTouch: Multicultural Centre against Family Violence This is a state-wide organisation specialising in services, programs and responses to family violence in migrant and refugee communities. You can call InTouch on 1800 755 988</p>			

Mornington Peninsula Shire

Group / Program	Contact	Address	Details/ Other
MEN'S PROGRAMS AND SUPPORT (Sheds)			
WESTERNPORT MEN'S SHED - a relaxed shed where men can come and participate in group projects or work on their own hobbies. Runs most weekdays by volunteers and all are welcome	Contact Terry Kelly Shed President Terry Kelly Phone: (03) 59791969 Mobile: 0401 269 007 Or Drop in	1973 Frankston-Flinders Rd, Hastings. Next to the Neighbourhood Renewal Hub	Day Most weekdays Time 10.30am Membership \$20.00
THE BBQ BOYS A support group for male carers living in the southern region of Melbourne. It offers peer support, fun and relaxing social activities, a space to talk about bloke's carer issues, as well as information, referral and support.	RESPITE SOUTH Ring Nathan 9212 3006 Or 0417 1233 189 or email n.diep@alfred.org.au	Ring Nathan. Venues change	Day First Tuesday of each month
ROSEBUD MENS SHED	Phone: (03) 5971 9133	185 High Street Hastings VIC 3915	Please phone for further details
ROSEBUD/RYE MEN'S SHED - Classes are casual and do not run to specific learning outcomes. Facilitated by volunteers	Rye Beach Community Centre Contact Virginia Richardson (03) 5971 9133 Please phone.	Rye Beach Community Centre 27 Nelson St, Rye 5985 4462	Please phone for further details

Mornington Peninsula Shire

Group / Program	Contact	Address	Details/ Other
<p>M.E.N.S.- Men exploring Non-Violent Solutions – the MENS behaviour change group is for men who have used violent, abusive and/or controlling behaviours within the family and who want to stop using these behaviours.</p>	<p>Access Please phone your local Community Health Service and ask to speak to the Access Worker. Contact ACCESS 1300 665 781 Or FAX 9787 9954</p>	<p>Please phone for these details Frankston and Mornington</p>	<p>Please phone for these details</p>
CHALLENGING BEHAVIOURS, DISABILITIES, GRIEF, CARERS SUPPORT AND OTHER			
<p>A PARENTING PROGRAM FOR PARENTS WITH A MENTAL ILLNESS A free Parenting Program for Parents with a Mental Illness that incorporates parenting skills information sessions and discussing how to better manage your mental illness</p>	<p>Anglicare Victoria For bookings and enquiries contact: FREE Suzanne on 0499 078 770 or Email: suzanne.heppell@anglicarevic.org.au</p>	<p>Mentis Assist 23-25 Yuilles Street Mornington</p>	<p>Day Thursdays Date 25th October for 6 weeks Time 11am to 1.00pm</p>
<p>New) PARENTCRAFT Workshops facilitated to explore Parenting today</p>	<p>GAYE HART – Group Coordinator contact@seigaiha.com.au Phone 0409 174 128 Please phone to book and for more information.</p>	<p>Flexible venues: Mornington Peninsula. Contact to check where the next one is being held.</p>	<p>Please phone for further details and costs.</p>

Mornington Peninsula Shire

Group / Program	Contact	Address	Details/ Other
<p>RESOURCE SUPPORT GROUP LIVING WITH AUTISM SPECTRUM. For parents/carers supporting each other. Discovering and sharing information. Supporting the capacity of people with autism and their families to exercise choice and control in working under the new National Disability Insurance Scheme (NDIS).</p>	<p>GAYE HART - Group Coordinator gayehart@seigaiha.com.au Phone 0409 174 128 Please phone Gaye Hart to register/refer and for more information</p>	<p>Good Shepherd Wallaroo Community Centre. 6 Wallaroo Place Hastings.</p>	<p>Day Mondays (8 Sessions) Date 4th Monday of the month during school terms. Time 9.30 to 11.30 a.m. Cost: Free Refreshments provided.</p>
<p>WOMEN, WISDOM, WELLNESS, PERSONAL DEVELOPMENT An 8 week women's wellbeing course. Using a variety of researched approaches in art therapy, story (narrative) and mindfulness. Exploring Self-care, changes in daily life, transitions and moving forward.</p>	<p>GAYE HART - Group Coordinator gayehart@seigaiha.com.au Phone 0409 174 128 Please phone Gaye Hart to register/refer and for more information</p>	<p>Good Shepherd Wallaroo Community Centre. 6 Wallaroo Place Hastings</p>	<p>Please phone to see if this is running in Term 4 Day Mondays Time 10.00 a.m. to 12.00 p.m. Please phone for further detail and cost of this program</p>
<p>BIALA @ BENTONS – PLAYING PARTNERS- open to all early intervention and community children</p>	<p>Benton's Community Centre Marlene Fox 5975 1820</p>	<p>Benton's Community Centre Benton's Square Mornington</p>	<p>Date Tuesdays Time 9.30-11.30am Cost \$30.00 per term for non Biala Children</p>

Mornington Peninsula Shire

Group / Program	Contact	Address	Details/ Other
<p>INCLUSIVE 3 YEAR OLD KINDERGARTEN</p> <p>Once a week three hour program, open to any interested community children, Biala Peninsula children and children from other supported services.</p>	<p>For further information &/or to register your interest contact Biala Peninsula administration. Phone: 59751820 email: admin@bialapeninsula.org.au</p>	<p>Biala Peninsula, 1 Elizabeth Street Mornington.</p>	<p>Please phone for further details. Cost \$200 per term payable on enrolment & then payable at the end of term 2, 3, for the next term.</p>
<p>PENINSULA AUTISM SPECTRUM SUPPORT GROUP –</p> <p>Parents/carers who have children with a special need are invited to a monthly get together to share experiences and learn useful tips and strategies with local families.</p>	<p>Extended Families +Contact Michelle 0416 007 631 Morning tea provided Siblings welcome Newsletters</p>	<p>Cerberus Cottage, HMAS Cerberus Must phone and book</p>	<p>Date Last Thurs of month Time 9.15am-11.15am Cost Gold coin donation</p>
<p>KINSHIP CARER SUPPORT GROUP HASTINGS</p> <p>Come and meet with other Kinship Carers and share the highs and lows of being a kinship carer!</p>	<p>Oz Child Kinship Care Contact Sue Gale ph. 9212 5600 for further information</p>	<p>Wallaroo Community Centre 6 Wallaroo Place Hastings</p>	<p>Please phone for details Morning tea provided Phone for other dates</p>
<p>FAMILY MENTAL HEALTH SUPPORT SERVICE (FMHSS)</p> <p>Provides support to vulnerable families with children & young people who are at risk of developing a mental illness.</p>	<p>FMC MEDITATION AND COUNSELLING VICTORIA PH: 9784 0698 Tina Biro Tina.Biro@mediation.com.au</p>		<p>Please phone for further details</p>

Mornington Peninsula Shire

Group / Program	Contact	Address	Details/ Other
KINSHIP CARER SUPPORT GROUP ROSEBUD WEST Come and meet with other Kinship Carers and share the highs and lows of being a kinship carer!	Kinship Care Oz Child Contact Sue Gale ph. 9212 5600 for further information	Seawinds Community Hub 11a Allambie Ave, Rosebud West Next to Eastbourne Primary School	Please phone for details.
Y LOUNGE ROSEBUD Provides a safe space to drop in hang out with your friends or make new ones.	Staffed by qualified youth workers and fully supervised 5986 3585	1 Nepean Plaza, Rosebud. Corner of Ninth Ave.	Open Hours Friday 3pm -5pm
HASTINGS SHED 11 provides a safe space to drop in hang out with your friends or make new ones centre proved	Staffed by qualified youth workers and fully supervised 5950 1666	11 Marine Parade, Hastings	Open Hours Monday 3pm -5pm Friday 3pm – 5pm
KOORI SERVICES- We can help you to access the services you need.	Peninsula Health Enquiries through ACCESS 1300 666 781	Please phone for details	
GIRRINGTON WIMBI (SWEET WALLABY) PLAYGROUP	Good Shepherd 5960 7000 or 0408 948 755	Good Shepherd Community House	Runs School Terms Day: Friday

City of Port Phillip

Group / Program	Contact	Address	Details/ Other
PARENTING AND FAMILY SUPPORT			
<p>CITY OF PORT PHILLIP- Offers a range of services. Maternal and Child Health; Applying for childcare; Early Childhood education & Care Services; School Directory; Integrated Services for families with children aged 0-8; Playgroups; Home based Respite; Community Directories and much more. Contact your council. 9209 6777 Cnr Carlisle St & Brighton Rd St Kilda. PO Private Bag 3 St Kilda 3182 www.portphillip.vic.gov.au MATERNAL AND CHILD HEALTH CENTRE 9209 6766 AH 13 2229 171 Chapel St, St Kilda</p>			
<p>HANOVER CHILDREN'S SPECIALIST SUPPORT SERVICES. (HCSSS)</p>	<p>Hanover Welfare Services Service offers group work to accompanying children aged 0-18 years who have Experienced homelessness and/or family violence, in the Southern Metropolitan Region. 217 Cecil Street, South Melbourne 3205 Phone Sammy Hoppe on: (03) 8626 5500</p>	<p>South Melbourne Town Hall 208 - 220 Bank Street, South Melbourne:</p>	<p>Day Wednesday Date 31st October 2018 Time: 6 pm to 8 pm Cost: \$5 (free for concession card holders) Bookings</p> <p>Please note: Child minding facilities are not available. We request that children do not attend to ensure that all parents can fully engage in the session.</p>
<p>CARING MUMS In the challenging first months of your baby's life, a trained volunteer provides you with one on one emotional support. Through weekly visits, together you navigate the new and exciting road of motherhood</p>	<p>NCJWA Victorian Multicultural Commission caringmums@ncjwa.org.au ph. 9044 5405 or 0481 081 242 www.caringmums.org.au</p>	<p>Bubup Nairm Family and Children's Centre 998 Carlisle St, St Kilda</p>	<p>The program is free of charge, nonjudgmental and confidential. Women in the Cities of Yarra, Kingston, Port Phillip, Gen Eira, Bayside and Stonnington are eligible for the served for up to one year</p>

City of Port Phillip

Group / Program	Contact	Address	Details/ Other
CHALLENGING BEHAVIOURS, DISABILITIES, GRIEF, VIOLENCE AND OTHER			
WINDANA PARENTING PROGRAM	www.windana.org.au Please phone for details		
YOUNG MUMS GROUP For parents 25 & under to meet to share outings & opportunities.	St Kilda Youth Services Dave Wells 9696 5340	62 Pickles St South Melbourne	Please phone for further details (Accredited learning outcomes certificate of General ED.)
DRUG AND ALCOHOL RECOVERY SUPPORT GROUP A peer support group that aims to provide you with the chance to speak up about the things that affect you as you recover from harmful drug or alcohol use. All welcome drop in and have a cup of tea or coffee.	Windana Drug and Alcohol Recovery Ph. 95297955 www.windana.org.au Windana Head Office 88 Alma Rd. St Kilda (cnr Chapel St) The Windana Society Inc. Pam Williams Also at Dandenong and Rosebud		
KINSHIP CARER SUPPORT GROUP Are you a kinship carer who is caring for a child who is not your own? Living in the municipalities of Bayside, Glen Eira, Port Phillip and Stonington-Come and meet with other Kinship Carers and share the highs and lows of being a kinship carer!	Kinship Care Oz Child Contact Sue Gale ph. 9212 5600 for further information	Highett Neighbourhood Community House 2 Livingston Street, Highett	New dates not available. Please phone
WELLWAYS - run programs through MI Fellowship Victoria and other partner organisations for families and friends of people with a mental illness.	Wellways 276 Heidelberg Rd Fairfield	Please phone 9784 6800 for further information.	Phone for current programs 9784 6800

City of Port Phillip

Group / Program	Contact	Address	Details/ Other
MOTHER SUPPORT PROGRAM Home-based Outreach support & rehabilitation for mothers with a mental illness who have dependent children in their care	Prahran Mission Damien Russell 9692 9400	Prahran Mission 15 Cromwell Rd, South Yarra	Please phone for further information on times/dates
MUM FOR MUM PROGRAM - MUM A non-denominational program of the National Council of Jewish Women of Australia (Vic) . Its aim is to provide women who have a child less than one year of age with emotional support. Women can self-refer or may be referred through health professionals such as their maternal and child centre nurse, GP, obstetrician or counsellor. link to a video the Leader made on our program http://port-philip-leader.whereilive.com.au/news/story/glen-eira-outreach-service-to-keep-mum-happy/ website too: www.mumformum.org.au Phone 9523 0535			

City of Stonnington

Group / Program	Contact	Address	Details/ Other
PARENTING			
CITY OF STONNINGTON			
<p>Offers a range of services including: Maternal and Child Health Services, Listing of childcare centres, kindergartens, schools and family support services; immunisation. Baby Capsule Hire; Council Childcare services for children aged 6weeks to 5years; Parent Education Sessions; Youth Services; Dads Domain; disability services and much more. Contact your council on 8290 1333</p> <p>OR check out the website. Click on this link: SEO Page Title</p> <p>Cnr Greville & Chapel Sts Prahran. 180 Greville Street P O Box 21 Prahran 3181 Malvern Town Hall, 1251 High Street, Malvern Prahran Town Hall, , Prahran Mail: City of Stonnington, PO Box 21, Prahran 3181 Email: council@stonnington.vic.gov.au Enquiries: 03 8290 1333 General Fax: 03 9521 225 After Hours: 03 8290 1333 Graffiti Hotline: 1800 067 072</p> <p>EVENTS AND PROGRAMS/PARENTING PROGRAMS</p> <p>Council runs Transition Programs, Cyber Safety and Young People ; Child Infant CPR; Sibling Rivalry; Positive Parenting; Dads Talk. Please click on above link for all details or phone or email.</p>			
MATERNAL AND CHILD HEALTH CENTRE	Contact council or check out their website. www.stonnington.vic.gov.au 8290 1333		
SAFETY AND PROTECTIVE BEHAVIOURS- free workshops for parents and carers to prevent child sexual abuse and to support children in enjoying healthy, respectful relationships now and into the future.	City Of Stonnington For information and bookings Stonnington.vic.gov.au/parent-education	Malvern Town hall Banquet hall	Phone to see if running

City of Stonington

Group / Program	Contact	Address	Details/ Other
<p>TUNING INTO KIDS</p> <p>Join a free six-session group program for parents, guardians and carers of children aged 4yrs to 11yrs</p> <p>Tuning into Kids™ teaches you how to help your child understand and manage feelings (Emotional intelligence).</p>	<p>Star Health Odyssey House</p> <p>To Book call Kathy: 90 66 1478</p> <p>offered as part of the Communities that Care Stonington initiative</p>	<p>Star Health 240 Malvern Rd Pahran</p>	<p>Day Tuesdays Date 6th August Start for 6 weeks Time 10am to 12pm Cost Free</p>
<p>MOTHER GOOSE</p> <p>A supported group of singing and rhymes once a week for 0-4 year olds</p>	<p>Maternal Child Health Sue 0409 500 657</p>	<p>THE HUB BEHIND 259 MALVERN RD Sth Yarra</p>	<p>Day Tuesday Time 10.30-11.30 During school term</p>
<p>STONINGTON YOUNG PARENTS PROGRAM</p> <p>Maternal Child Health -Parents aged under 25 given an opportunity to meet other young parents.</p>	<p>Stonington MCH Michelle Mason 8290 7028</p>	<p>Princess Gardens MCH 22 Lt Chapel St Pahran</p>	<p>Phone for details</p>
FAMILY VIOLENCE			

City of Stonington

Group / Program	Contact	Address	Details/ Other
<p>ORANGE DOOR Go to “ FAMILY VIOLENCE REFORM” on page 12 for details OR https://www.vic.gov.au/familyviolence/the-orange-door.html</p> <p><u>For Confidential support and information call Safe Steps 1800 015 188</u> For Urgent assistance call Triple Zero 000</p> <p>Men's Referral Service Men's Referral Service provides an anonymous and confidential phone counselling, information and referrals service on 1300 766 491 for: Men who might be using violent and controlling behavior towards a partner or family member, men who have been victimized by a partner or family member women wishing to find information about male family violence, Friends, family or colleagues of people who are using or experiencing family violence Professionals wishing to support a male or female client using or experiencing family violence.</p> <p>Victims Support Agency The Victims Support Agency provides support and information to help adult male victims of family violence and victims of violent crime. The service guides victims through the legal process and helps manage the effects of crime through practical assistance and counselling. Call the Victims of Crime helpline on 1800 819 817 or use the text service via 0427 767 891 (8am to 11pm, 7 days a week).</p> <p>Aboriginal Family Violence Prevention and Legal Service (FVPLS) This is an Aboriginal community-run organisation providing assistance to Aboriginal and Torres Strait Islander victim survivors of family violence and sexual assault. You can call FVPLS on 1800 105 303.</p> <p>InTouch: Multicultural Centre against Family Violence This is a state-wide organisation specialising in services, programs and responses to family violence in migrant and refugee communities. You can call InTouch on 1800 755 988.</p>			
MEN'S AND FATHERS PROGRAMS			

City of Stonington

Group / Program	Contact	Address	Details/ Other
<p>DAD'S DEN A get together with other expectant fathers. This will help prepare you for fatherhood, find out about your new role with help and support from other dads.</p>	<p>Mercy Health O'Connell Family Centre with the support from the Mercy Hospital. Enquiries Ann Johnson O'Connell Family Centre 8416 7615</p>	<p>Mercy Hospital for Women</p>	<p>Phone for details</p>
<p>FATHERZONE A parenting program specifically designed for dads of young children.</p>	<p>Mercy Health 8416 7600</p>	<p>6 Mont Albert Road Canterbury, 3126</p>	<p>Phone for details</p>
<p>DADS OF TODDLERS- A dads only program exploring and promoting the unique relationship between you and your toddler</p>	<p>Mercy Health O'Connell Family Centre Lisa (Clinical Educator) 8416 7600</p>	<p>6 Mont Albert Road Canterbury</p>	<p>Please phone for dates</p>
CHALLENGING BEHAVIOURS, DISABILITIES, GRIEF, VIOLENCE AND OTHER			
<p>KINSHIP CARER SUPPORT GROUP Are - you a kinship carer who is caring for a child who is not your own? Living in the municipalities of Bayside, Glen Eira, Port Phillip and Stonington-Come and meet with other Kinship Carers and share the highs and lows of being a kinship carer!</p>	<p>Kinship Care Oz Child Contact Sue Gale ph. 9212 5600 for further information</p>	<p>Highett Neighbourhood Community House 2 Livingston Street, Highett</p>	<p>Please phone for dates and times. Morning tea provided</p>

City of Stonington

Group / Program	Contact	Address	Details/ Other
WELLWAYS Run programs through MI Fellowship Victoria and other partner organisations for families and friends of people with a mental illness.	Wellways 276 Heidelberg Rd Fairfield	Please phone 9784 6800 for further information.	Phone for current programs 9784 6800
FAMILY SUPPORT			
MOTHER SUPPORT PROGRAM – Home-based Outreach support & rehabilitation for mothers with a mental illness who have dependent children in their care	Prahran Mission Damien Russell 9692 9400	Prahran Mission 15 Cromwell Rd South Yarra	Please phone for further information on times/dates
NURTURING THE RELATIONS WITH YOUR CHILD & BUILDING THEIR SELF ESTEEM Understand and promoting positive behaviour in the 2-4 year old sleep patterns and settling techniques	O’Connell Family Centre 8416 7600 www.mercy.com.au email: ofc_reception@mercy.com.au	6 Mont Albert Road Canterbury, 3136	Please phone for details
AFRICAN MUMS PLAYGROUP	City Of Stonington Sarah Day 8290 7025	Princes Gardens MCH Centre Prahran and South Yarra	Please phone for further details
YOUNG MUM’S GROUP For Mum’s under 25 to meet and share and engage in a range of activities	City Of Stonington Sarah Day 8290 7025	Princes Gardens MCH Centre Prahran and South Yarra	Please phone for further details
MANDARINE SPEAKING PARENTS AND BABY GROUP Babies up to 12 months old	Phoenix park Neighbourhood House & Phoenix Park MCHC 9530 4397	Phoenix Park Neighbourhood House 22 Rob Roy Rd, East Malvern.	Please phone for further details

City of Stonington

Group / Program	Contact	Address	Details/ Other
YOUNG MUMS GROUP For parents 25 & under to meet to share outings and opportunities.	St Kilda Youth Services Dave Wells 9696 5340	62 Pickles St South Melbourne	Receive a certificate at the end. Please phone for further details
MAKING STEPFAMILIES WORK. Courses for couples	Stepfamily Association of Victoria Zoe 9639 2576 www.stepfamily.org.au	Malvern, Flemington Doncaster & Carlton	Please phone for details of dates/venues & times

Koorie Family Gathering

Are you, your children or the children you care for Aboriginal and/or Torres Strait Islander? Do you live in the City of Bayside, Glen Eira, Kingston or Stonnington?

Would you like to connect with other Koorie families to have a yarn and a cuppa?

Join our fun activities including storytelling and singings

Thursday 18 July

Thursday 1, 15, & 29 August

Thursday 12 September

Where: Derrimut Weelam Gathering Place

Mordialloc Life Saving Club, 199 Beach Road, Mordialloc

For more information, contact: Chris

0402 311 989

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Telephone Help Lines

Name	Description	Contact
ADEC (Action on Disability in Ethnic Communities)	A community-based organisation which represents the rights and needs of people of non-English speaking background with a disability and their careers.	1800 626 078 info@adec.org.au www.adec.org.au Address: 175 Plenty Road, Preston Victoria 3072 Phone: 03 9480 7000
Aboriginal Housing Victoria	Manages the Victorian Aboriginal Rental Housing Program Provides low cost rental housing and housing support to eligible Aboriginal and Torres Strait Islander families. Eligibility: Aboriginal and Torres Strait Islander people resident in Victoria.	Narrandjeri House 125-127 Scotchmer Street Fitzroy North 3068 Phone: 9403 2100 www.ahvic.org.au
AFGHAN AUSTRALIAN ASSOCIATION OF VICTORIA INC.	Peak Group for Afghan community organisations in Victoria. Provides Social, welfare and educational Support to members of its community Level 1/73 Walker St, Dandenong.	Phone 9562 1289 AH 9794 9133 BH
AMAZE (formerly Autism Victoria)	A first point of contact for everything related to Autism Spectrum Disorder, putting the individuals and their families at the forefront of everything they do.	1300 308 699 www.amaze.org.au Address: 24 Drummond Street, Carlton Victoria 3053 Phone: 03 9657 1600

Telephone Help Lines

Name	Description	Contact
Anxiety Recover Centre Victoria (ARC Vic)	A state-wide, specialist mental health organisation, providing support, recovery and educational services to people and families living with anxiety disorders. The OCD and Anxiety Helpline provides telephone counselling, information and referral Hours of operation Monday to Friday 10.00am - 4.00pm	1300 269 438 03 9830 0533
Alzheimer's Australia	Children impacted by dementia in their family can now seek information and support from a new website www.dementiainmyfamily.org.au The interactive, age appropriate site gives children the opportunity to learn more about dementia, watch other children share their experiences in videos, play games and share their own stories.	1300 526 576
Asylum Seekers Centre Jesus House	Assists on-shore asylum seekers in: • Resume preparation • Provision of food parcels • Assistance with finding jobs • Provision of Telstra phone cards • Location of regular 'English as Second Language' class • Access to computers and photocopying • Computer training in Microsoft products • Provision of 2 hour travel cards (all zones) • Emergency accommodation for single adults • Individual assistance with English as required • Referral to legal, medical, housing and counselling services.	Jesus House Level 1 Hub Arcade (Myer/Plaza end of arcade) Dandenong 3175 Phone: 0409 416 744 Postal: PO Box 258 Glen Waverley 3150
Arafemi- Respite for Carers	1300 500 265 or 9810 9300 & www.arafemi.org.au	

Telephone Help Lines

Name	Description	Contact
Council of Single Mothers & Their Children (CSMC)	A Victoria wide service run by and for women parenting alone. We provide telephone support, information & referral on a range of issues including emergency relief, housing, Centrelink, child support, family law, family violence and parenting. Become a member and receive our newsletter and email bulletins.	9654 0622 1300 552 511 csmc@csmc.org.au www.csmc.org.au
Child Care Access Hotline	The Australian Government Child Care Access Hotline is a free telephone service to help you find a child care service that meets your needs.	133 677 (TTY service for people with hearing/speech impairment) 1800 670 305 8am-6pm Monday to Friday
Carers Vic Respite Services	1800 059 059 (emergency respite)	
Commonwealth Carer Respite Centres	1800 052 222 (24 hours a day) & www.commcarelink.health.gov.au	
Gambler's Help	To find a range of free health information resources, including materials in community languages. NB: Interpreting services available	1800 858 858 (24hrs, 7 days) 9575 5353 info@ghsouthern.org.au www.ghsouthern.org.au
Gamblers Help Youth line	24hour help for problem gamblers and their families and friends.	1800 262 376 Responsiblegamblingvic.gov.au

Telephone Help Lines

Name	Description	Contact
Grief Line	For people who have suffered loss due to: death, Mental Health, Abuse, Family Violence, Depression, Health, Relationships, Loneliness, Carer Support, Exclusion, Unemployment, Addictions, Migration, Refugee Experience. Anonymous telephone counselling service and professional online counselling. 12 noon to 3.00am	9935 7400 www.griefline.org.au
Kids Help Line	Kids Help line and online counselling for 5 to 25year old's in Australia.	1800 551 800 Kidshelpline.com.au
Lifeline	Lifeline is a national charity providing all Australians experiencing a personal crisis with access to 24 hour crisis support and suicide prevention services. We're committed to empowering Australians to be suicide-safe through connection, compassion and hope. Our vision is for an Australia free of suicide.	13 11 14 https://www.lifeline.org.au/
Launch Emergency Housing	We provide a range of services to Victorians experiencing housing crisis Offices- Southbank – Southern Entry Point 9556 5777; East St Kilda /South Melbourne-Through Local Entry Point Dandenong – Outer South Entry Point 9791 6111	1800 825 955 www.hanover.org.au

Telephone Help Lines

Name	Description	Contact
LGBT Foundation	The foundations helpline service provides support: Need an ear to listen to; Struggling with your mental health, feeling isolated; thinking about coming Out, questioning your identity, need to know how to get an STI health check up, being harassed because of your sexual identity, need to report a hate crime, want to know about our services. You can email the helpline anytime at helpline@lgbt.foundation and we will reply to you within 10 working days	0345 30 30 30 (unavailable Saturday) https://lgbt.foundation/helpline
Orange Door – Bayside Peninsula	The Orange Door is a new way for women, children and young people who are experiencing family violence or families who need assistance with the care and wellbeing of children to access the services they need to be safe and supported. It is free to access help and support through The Orange Door and you do not need a referral. Bayside Peninsula 60-64 Wells St Frankston	1800 319 353 Br> BPA@orangedoor.vic.gov.au
Raising Children Network	Created by a partnership of member organisations of Australia's leading early childhood agencies, the Raising Children website is produced with the help of an extensive network including the Australian Government.	http://raisingchildren.net.au/

Telephone Help Lines

Name	Description	Contact
SANE	Information and referral service for Carers and Consumers	1800 187 263 www.sane.org
Suicide Helpline		1300 651 251
South East Multiple Births Association	Twins, Multiple Pregnancy. Free Telephone Advice Line Staffed by Trained Counsellors	1800 882 436 www.pregnancybirthbaby.org.au/twins
The Stepfamily Org	For all Victorians in or considering a stepfamily.	9663 6733 info@stepfamily.org.au www.stepfamily.org.au
The Queen Elizabeth Centre	Our mission is to offer specialized support, care and education to parents who have children up to three years of age, with the aim of enhancement and development of the family.	53 Thomas Street, Noble Park, VIC 3174 Telephone: +61 3 9549 2777 Facsimile: +61 9549 2779 Email: theqec@qec.org.au

Telephone Help Lines

Name	Description	Contact
Victims of Crime Helpline	The Victim Support Agency is responsible for coordinating services for victims of crime and for representing the voice of victims within the criminal Justice System. Help line staff offer advice and referral to local and relevant support services.	1800 819 817 Daily 8am to 11pm Translating service P:13 14 50 TTY Service P:13 36 77 www.justicevic.gov.au/victimsofcrime
Victorian Maternal and Child Health Services	Follow link and put area in that you need the service in. Helplines and information available	http://www.pregnancybirthbaby.org.au/pregnancy-birth-baby-helpline
WHIC (The Women's Health Information Centre)	Houses a drop-in library and state-wide telephone health information service with an emphasis on women's health issues. Open 9.00am-5.00pm Mon – Fri Crn; of Grattan and Flemington Rd, Parkville	8345 3045 or 1800 442 007 which@thewomens.org.au www.thewomens.org.au
Women's Domestic Violence Crisis Service	State-wide 24hour confidential crisis response service for women and women with children experiencing domestic violence.	1800 015 188
Youth Substance Abuse Service	YSAS provides drug and Alcohol services for people aged between 12 and 21.	Phone (03) 9415 8881 Head Office.

Have a great 3rd Term.

Remember to get your details updated for Term 4 as soon as you know what is planned.

Either send a flier, brochure, or details of program and booking details/contact

Date and time

Venue

Cost

If it is a correction

I will need the page number if possible with program.

Send any of the above or enquiries regarding the newsletter to: Admin at:

Parentzone.southern@anglicarevic.org.au

This newsletter is updated each term – any updates that you want made or you would like to add anything, please forward to above email.

If you want a link to the newsletter, please email and let me know and as soon as it is available I will send one.

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