

EASTERN DIRECTORY

Term 4 2019



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

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

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PARENTZONE TERM 4 PARENTING PROGRAMS



Parenting Programs Term 4 2019



Free to Attend * Places Limited * Bookings Essential

Boys for Beginners Wheelers Hill

Learn strategies to better understand and nurture your son
Thursdays (6 morning sessions)
Oct 24th to Nov 28th 10am - 12 noon
Phone: Helena 0488 501 204

Dads Matter Woori Yallock

Discover the importance of dads in a child's life. Help your child thrive.
Thursdays (5 x evening sessions)
Oct 24th to Nov 21st 7:00 -9:00 pm
Phone: Helena 0488 501 204

Emotion Focused Parenting Glen Waverley

Help your child manage their emotions and deal with conflict
Wednesdays (6 x evening sessions)
Oct 30th to Dec 4th 7:00-9:30 pm
Phone: Julia 0400 866 495

Surviving Separation Park Orchards

Manage parenting arrangements, deal with emotions and resolve conflicts
Tuesdays (8 evening sessions)
Oct 15th to Dec 10th 7:00-9:30 pm
Phone: Julia 0400 866 495



Parenting Anxious Children Boronia

Learn strategies to cope with anxiety and teach your child resilience
Thursdays (5 x afternoon sessions)
Oct 31st Nov 28th 1:00 to 3:30 pm
Phone: Sharon 0438 683 049

Parents Building Solutions A Program for Professionals Bayswater \$350 (plus GST)

A comprehensive framework for any professional who works with parents
Tuesdays (6 morning sessions)
Phone: Helena 0488 501 204

What other parenting programs would you like to see?

Phone our Parent Resource Coordinators on 9721 3688 or email parentzone.erro@anglicarevic.org.au

anglicarevic.org.au

Strengthening Parent Support Chirnside Park, Lilydale

Ringwood and Vermont South
Support groups for parents and carers of children aged 0-18 with a disability or developmental delay
Phone Michelle 0438 646 744

TERM 4 PARENT EDUCATORS NETWORK MEETING

Wednesday 16th October 2019

9.30 – 11.30 am

To be held at

Anglicare Victoria

7 – 11 Shipley Street, Box Hill

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

Plus our guest speaker:

Rick Comfort – Multicultural Service Officer from Human Services will give us some tips on dealing with Centrelink. How best to support our clients who access Centrelink. We are always open to suggestions so please contact Parentzone if you have any particular topic requests. This network meeting is open to all professionals involved in the provision of parenting education and information.

If you wish to be on our email contacts list for information to be sent to you, or added to our list of parenting course providers, email parentzone.errd@anglicarevic.org.au or bring your details to the meeting. **Contact Helena on 9735 6134 to book a place**

WHAT'S ON IN THE EAST?

If you would like to have your upcoming parenting programs and services included in the next Parentzone directory please let us know by January 3rd 2020

Parentzone East can be contacted by

Email: parentzone.errd@anglicarevic.org.au

Phone: 97213688 or

Mail: 666 Mountain Hwy Bayswater 3153

Thankyou from the Parentzone East team,

Tamara, Helena, Sharon, Julia and Michelle

PROFESSIONAL DEVELOPMENT TRAINING

Region	Contact	When & Where	Details
AUTISM BEHAVIOURAL INTERVENTION ASSOCIATION (ABIA)			
Boroondara	9830 0677 info@abia.net.au www.abia.net.au	Level 1, 121 Mailing Road, Canterbury	ABIA trains, educated and supports parents, carers and professionals working with children with Autism Spectrum disorder
MENTAL HEALTH FIRST AID			
Maroondah	Maroondah City Council 1300 88 22 33	Maroondah City Council Council Braeside Avenue Ringwood Wed 23 & 30 Oct 9.30am to 4pm	Skills to recognise and support someone experiencing a mental health condition Cost \$124.20

GENERAL PARENTING - 0 to 5 YEARS

Region	Contact	When & Where	Details
MATERNAL AND CHILD HEALTH TELEPHONE SERVICE			
All Areas	13 22 29	24 hour, 7 days a week state wide service offering support and advice to families with children 0-6 years of age.	
PLAY STEPS			
All Areas	8416 7600 ofc_reception@mercy.com.au	Mercy Health O'Connell Family Centre, 6 Mont Albert Road Canterbury	a parent/child interactive play program Early year and early parenting support group – 6 to 12 months
MUSIC TOGETHER			
All Areas	9871 0221 Isabel.chua@connections.org.au	Mitcham, Balwyn East, Blackburn, Warrandyte, Croydon, Mooroolbark and Boronia.	A music therapy program for children up to five years and their parents/caregivers. Enhances family relationships, attachment and communication \$12.50 per session.
BOROONDARA			
CAMCARE – BABY'S OK, WHAT ABOUT YOU?			
Boroondara	Free program for parents with babies. Free onsite childcare also available. Bowen Street Centre, 102 Bowen Street, Camberwell Berna Fraser 9809 9104		
TERRIFIC TWOS - PARENT INFORMATION SESSION			
Boroondara	Boroondara City Council Children and Youth Support earlyyears@boroondara.vic.gov.au phone 9278 46 13	Camberwell Civic Centre 8 Inglesby Road Camberwell Wed 23 October 7 to 9pm	Join Community and health professionals to learn more about the health, development, toilet training, speech, diet and play

GRANDPARENTS PLAYGROUP			
Boroondara	Mary Liston 9889 0791	Bowen Street Community House 102 Bowen Street Camberwell	Ring for details Cost: \$ 4 pp
KNOX			
SMALLTALK SUPPORTED PLAYGROUP			
Knox	http://www.knox.vic.gov.au/playgroups Various times and venues throughout Knox Knox.vic.gov.au/playgroups		Fun play sessions for parents, grandparents and carers with babies and toddlers aged 0-6 years Various times and venues in Knox
KNOX YOUNG PARENTS GROUP			
Knox	Michelle at Knox Youth Services 9298 8311 michelle.pascoe@knox.vic.gov.au	Youth Information Centre, Knox Ozone, 2 Capital City Boulevard Wantirna South Fridays 10 – 12pm	For parents under the age of 25 with a baby under 12 months FREE
MOTHERHOOD PROGRAM			
Knox	9871 8300 reception@citylife.church	CityLife Church Wantirna South Various times	For mums of children from birth to preschool age to have some time out
MANNINGHAM			
PRAM WALKING GROUP			
Manningham	9842 6726	Pines Learning Centre 1 / 520 Blackburn Road Doncaster East Tuesday 9.30 am to 10.30am	
MAROONDAH			
PARENT- CHILD MOTHER GOOSE PROGRAM			
Maroondah	Kate Adams 9837 3988 cast.info@each.com.au	EACH 75 Patterson Street Ringwood East	Enjoy an hour of songs, stories and rhymes with your child. Gold coin contribution per session. Contact EACH for session times and to register
STORY TIME FOR CHILDREN – Croydon Library			
Maroondah	9800 6448	Civic Square Croydon	Held during school term only. Visit www.eri@vic.gov.au for other story time sessions and locations
SUPPORTED PLAYGROUPS			
Maroondah	Niquita Bekker (Mon-Wed) Sharon Gilbert (Thur-Fri) 9294 5533	Various times and venues in Ringwood and Croydon	Facilitated playgroups offering parents tips. Free to attend. Families must have a health care card to attend.
MAROONDAH INFORMATION SESSIONS			
Maroondah	Book online at www.maroondah.vic.gov.au/ParentInformationSessions	Karralyka, Mines Rd, Ringwood East	

MONASH			
MONASH SUPPORTED PLAYGROUP AND IN HOME SUPPORT			
Monash	Vanessa Blaxhall 9132 6000 Natalie Cincotta 9132 6000	Best Chance, 583 Ferntree Gully Road, Glen Waverley	For parents with children under 3 years who are experiencing anxiety, depression, multiple births or social isolation.
CHINESE DADS PLAYGROUP			
Monash	For dads and children under 3 years. Delivered in English and Chinese	Glen Waverley Uniting Church Kingsway (Cnr. Bogong Ave) Joseph Jin 8873 5408	Fortnightly Saturdays during school term 10 -12pm
CHINESE FAMILY PLAYGROUPS			
Monash	Playgroups to assist Chinese families to integrate into society and settle in Australia	Mulgrave 10 12pm Mondays Clayton 10 -12pm Fridays	Joseph Jin 8873 5408
WHITEHORSE			
THE GRAND PARENTING GROUP			
Whitehorse	Melanie Fearn 8878 3806 mfearn@each.com.au	EACH, 14 Silver Grove, Nunawading 9.30 – 11.00 am	Cost: FREE (bookings essential)
YOUNG MUMS GROUP			
Whitehorse	Michelle Thompson Family Access Network 9890 2673	Mitcham Family Centre 15 Brunswick Road, Mitcham	
YARRA RANGES			
SMALL TALK SUPPORTED PLAYGROUPS			
Yarra Ranges	Rakhi Khanna 1300 368 333 Bookings Essential earlyyears@yarraranges.vic.gov.au	Venues: Mooroolbark, Healesville and Millgrove, Upwey, Selby, Lilydale, Mt Evelyn and Mt Dandenong	Program for families with their toddlers. Play experiences and weekly topics enabled by trained facilitators Phone for times and days
EARLY YEARS PARENT AND PLAY INFORMATION SESSIONS			
Yarra Ranges	1300 368 333 Michelle Lehmann Bookings Essential earlyyears@yarraranges.vic.gov.au	Venues: Mooroolbark, Upwey, and Yarra Junction	Variety of session topics such as parent health and wellbeing, toddler strategies, children's health and nutrition
LINKING FAMILIES			
Yarra Ranges	Naomi Ween 9294 6573 n.ween@yarraranges.vic.gov.au	2444 Warburton Hwy Yarra Junction	Free service for families living in the Upper Yarra area who have a child under 6. Gain information and support on development, health and behaviour

EASTERN KINSHIP CARE NETWORK			
Yarra Ranges	Alison at ANCHOR 8761 9040 kinship.info@anchor.org.au	Yarra Junction	Kinship Care Services provide support to both formal and informal kinship carers through a range of services. Once a month on Fridays
YOUNG PARENTS – Yarra Junction			
Yarra Ranges	YVCHS 1300 130 381 or Emma 0459 811 155	Upper Yarra Family Centre Cnr. Hoddle & Warburton Hwy Yarra Junction Monday 1.30pm to 3.30pm	A range of services including paediatric, physiotherapy, dietician, OT and speech therapy for children
HEALESVILLE EARLY CHILDHOOD INTERVENTION			
Yarra Ranges	EACH intake 5962 4704 www.each.com.au/services	6 Vimy Ridge Healesville	Assessment, therapy through play, supporting children and their families
INSPIRO CHS			
Yarra Ranges	9738 8801 hello@inspiro.org.au	3/1527 Burwood Hwy Tecoma 17 Clarke Street, Lilydale	Assessment and advice about children's development. Individual and group support available
EARLY SKILLS CHECK			
Yarra Ranges	Eastern Health 1300 130 381 Jo Stanford	2444 Warburton Hwy, Yarra Junction	for children aged 6 months to six years Speech/OT/Physio/Dietician

GENERAL PARENTING - 0 to 12 years

Region	Contact	When & Where	Details / Other
REGIONAL			
DRUMMOND STREET SERVICES			
All Areas	Helen Rimington 9663 6733 www.ds.org.au	Drummond Street Services 100 Drummond Street, Carlton	provides support to families, Migrant/refugees, family violence, step families, youth services and parenting tips
COUNSELLING – ADULT CHILD AND FAMILY			
All Areas	1300 003 224	Various sites. Monday to Friday	counsellors assist people to achieve their goals for improving wellbeing and health
BOROONDARA			
PARENTING ANXIOUS CHILDREN INFORMATION SESSION			
Boroondara	Boroondara City Council Children and Youth Support 9278 4613 or earlyyears@boroondara.vic	Camberwell Civic precinct 8 Inglesby Road Camberwell Tue 29 October 7:00 to 9:00pm	Learn about anxiety and learn helpful strategies to support your child. Free event. Book at Boroondara.vic.gov.au/parent-sessions

KNOX			
TEMPLER SOCIETY AUSTRALIA KIDS CLUB			
Knox	Martina Eaton 0433 335 815 activities@templesociety.org.au	Community Hub and Meeting Place, 51 Elizabeth Street, Bayswater	Mondays 10 am – 12pm and Wednesdays 12.30 – 3.30 pm
C.O.A.C.H.			
Knox	9871 8900	CityLife Community Care 1248 High Street Road Wantirna South	Community mentoring with families to achieve set goals Cost: Free of charge
MAROONDAH			
LETS TALK ABOUT PARENTING			
Maroondah	EACH phone 9873 3900	75 Patterson Street, Ringwood Thursdays (5 weekly sessions) October 24 th to November 28 th 10 -12pm	A program to support parents with parenting challenges such as discipline, resilience and finding time for yourself Cost: FREE
MONASH			
BOYS FOR BEGINNERS			
Monash	Parentzone Helena 0488 501 204	Wheelers Hill Thursdays (6 sessions) October 24 th to November 28 th 10 am to 12 noon	A Parents Building Solutions Program for parents of boys aged 3 to 12 years. Cost: Free of charge
EMOTION FOCUSED PARENTING			
Monash	Parentzone Julia 0400 866 495	Glen Waverley Wednesdays (6 sessions) October 30 th to Dec 4 th 7:00 to 9:30pm	A Parents Building Solutions Program to manage emotions and deal with conflict. Cost: Free of charge
CHINESE PARENTING EDUCATION PROGRAM			
Monash	Uniting Joseph Jin 8873 5408	Clayton and Glen Waverley Phone for session times	Program to assist Chinese families integrate into Australian society
MONASH FAMILY SERVICES			
Monash	9518 3900 www.myfs.org.au	14 Bogong Ave Glen Waverley	Parenting Adolescents, Who's in Charge, Recharge and other workshops and programs
WHITEHORSE			
ATAPS PSYCHOLOGICAL SERVICES (0-12) and CHILD PSYCHOLOGY SERVICES (0-5 yrs)			
Whitehorse	9890 2220	Carrington Health Level 2, 43 Carrington Road Box Hill	Cost: Free of charge for ATAPS PS4 children and income based for child psychology
YARRA RANGES			
EASTERN KINSHIP CARE NETWORK			
Yarra Ranges	Alison at ANCHOR 8761 9040 kinship.info@anchor.org.au	Yarra Junction	Friday once a month

PARENTS OF ADOLESCENTS - 12 to 18 years

Region	Contact	When & Where	Details
REGIONAL			
SKILLS RECONNECT PROGRAM			
All Areas	K.Y.M Victoria 0477 994 003 imills@kym.com.au	Located in Knox, Maroondah and Yarra Ranges	support for 17-19 year olds who have not achieved year 12 to engage in education, training and career pathways
SPRINGBOARD PROGRAM			
All Areas	K.Y.M. Victoria 0477 994 003 imills@kym.com.au	education and employment support for 16 -21 year olds who are residing in residential care or have been subject to a family reunification order	
YOUNG LEADERS PROGRAM			
All Areas	Satellite Foundation sylvie@satellitefoundation.org.au rose@satellitefoundation.org.au	18-25 year olds with a parent with a mental illness are mentored to develop self-awareness, confidence and leadership skills.	
BOROONDARA			
BOROONDARA YOUTH SERVICES			
Boroondara	9835 7824 360 Burwood Road Hawthorn	Counselling referral and support service information and support groups for parents	
KNOX			
HEADSPACE KNOX			
Knox	9801 6088 www.headspace.org.au/knox 2 Capital City Boulevard Knox Ozone	Offers young people aged 12-25 confidential advices, support and information. Services include mental health counselling and support, alcohol and drug services, vocational and educational support, general health services and group programs.	
STRONGER FAMILIES PROGRAM			
Knox	9871 8700 www.unitingcareharrisons.org.au 1012 Little Burwood Highway Knox Ozone, Wantirna South	Supports young people and their families where issues have arisen that are impacting on the family. Support is provided through one on one support and referral to specialist services.	
KNOX YOUTH INFO SERVICES			
Knox	9298 8469	2 Capital City Boulevard Knox Ozone, Wantirna South	Information services for young people and their parents in the Knox area
MAROONDAH			
ATAPS and GENERAL COUNSELLING FOR ADOLESCENTS - 12 to 25 years			
Maroondah	9294 5704 www.maroondahyouthservices.com Monday to Friday 9am to 5pm		
THE PRIDE SUPPORT PROGRAM			
Maroondah	9871 1802 youthclinic@each.com.au	EACH Youth Clinic Building 46 Warrandyte Road Ringwood 2 nd Tues of each month 5.30 -7.30pm	a group for young people aged 16 – 25 who identify as LGBTIQ+
L2P PROGRAM – MAROONDAH CITY COUNCIL YOUTH SERVICES			

Maroondah	Alysha Dixon 9294 5723 by appointment		assists young people with mentors getting driving hours
EV'S HANGOUT – MAROONDAH CITY COUNCIL YOUTH SERVICES			
Maroondah	Ev's Youth Centre 212 Mt Dandenong Road Croydon	Marcus Kelly 9294 5703 Thursdays 6pm	free drop in program for young people during school term, access to laptops, WiFi, games and youth workers Thursdays 6pm
MANNINGHAM			
MANNINGHAM YMCA			
Manningham	9848 5400 www.manningham.ymca.org.au 687 Doncaster Road	School services, counselling and support, personal development and leadership, youth events, skate services, LAP and youth activities	
MONASH			
UNITING			
Monash	Uniting, 321 Ferntree Gully Road, Mt Waverley	9051 3000 1800 825 955 harrison.enquiries@vt.uniting.org Monday – Friday 9- 5pm	help young people find housing, a job, manage their money and gain the life skills in the eastern region of Melbourne
MONASH FAMILY SERVICES			
Monash	9518 3900 www.myfs.org.au	14 Bogong Avenue, Glen Waverley	Monday to Friday 9am to 5pm
BREAKING THE CYCLE			
Monash	Emily 0427 208 367 www.myfs.org.au	Clayton Community Centre, 9-15 Cooke Street Clayton	for parents who have teenagers which are abusive towards them
WHITEHORSE			
YSAS			
Whitehorse	9890 7855 or 1800 458 658 www.ysas.org.au	Level 1 16-18 Ellingworth Parade Box Hill	Works to improve the health and wellbeing of young people 12 to 21 affected by the use of alcohol and other drugs
WHITEHORSE COUNCIL INFORMATION SESSIONS			
Whitehorse	9262 6333 www.whitehorse.vic.gov.au	379 Whitehorse Road, Nunawading	
YOUTH CONNECXION			
Whitehorse	9898 9340 youth.worker@whitehorse.vic.gov.au	Whitehorse Youth Services Level 1 Box Hill Central Box Hill	Programs to support young people and families
YARRA RANGES			
YOUTH COUNSELLING SERVICES			
Yarra Ranges	www.inspiro.org.au 9738 8801	Inspiro, Lilydale, Healesville, Tecoma and Yarra Junction	Free counselling for young people aged between the ages of 12-25 and their families who live, work or attend school in the Yarra Ranges.

CULTURALLY AND LINGUISTICALLY DIVERSE (CALD)

Region	Contact	When & Where	Details
REGIONAL			
MULTICULTURAL RESOURCES DIRECTORY			
All Areas	www.multicultural.vic.gov.au/resources/community-directory	Important new resource to help people access services across Australia. Lists more than 1700 services including interfaith networks, language service providers, government agencies and language schools	
BOROONDARA			
AFGHAN PLAYGROUPS			
Boroondara	9885 7789 Craig Family Centre Ashburton Women: Wednesday 12am to 1.30pm Men: Thurs/fortnight 1 – 3pm		Social support and recreation group Cost: \$40 per family per term
MAROONDAH			
MIGRANT INFORMATION CENTRE			
Maroondah	9870 1351	1-3 Pitt Street Ringwood	Tuesday to Friday 9am to 5pm
PRE SCHOOL MUSIC CLASS			
Maroondah	Tara 9285 4888 Migrant Info Centre	Central Ringwood Community Centre, Rosewarne Lane Ringwood Tuesdays 1 - 2.15pm	for newly arrived migrants and refugee families
COME AND PLAY PLAYGROUP			
Maroondah	9285 4888 Migrant Info Centre	Central Ringwood Community Centre, Bedford Road, Ringwood & Croydon PS	for migrants and refugees
CHINESE GRANDPARENT'S PLAYGROUP			
Maroondah	Amber Huang 9285 4888 or 0435 316 118	Central Ringwood Community Centre, Bedford Road, Ringwood	Thursdays 10.00am to midday
MANNINGHAM			
CHINESE FAMILY PLAYGROUPS			
Manningham	0400 212 166 www.kimba.com.au	Kimmba Bilingual Doncaster Playgroup 1 Sherwood Court Doncaster East	
MONASH			
JAPANESE MOTHER'S PLAYGROUP			
Monash	Nana 0433 279 429 www.knk.org.au	Kerri Neighbourhood House 36 Kincumber Drive Glen Waverley	Fridays 10.30 – 12.00pm during school terms
CHINESE GRANDPARENT'S PLAYGROUP			

Monash	Amber Huang 9285 4888 or 0435 316 118	St John's Uniting Church 37 Virginia Street Mount Waverley	Every second Tuesday 10.30am to midday
MULGRAVE CHINESE FAMILY SERVICES PLAYGROUP			
Monash	Joseph Jin 9875 4222	Mulgrave Neighbourhood House 36-42 Mackie Road, Mulgrave	Every Monday 10.00 – 12.00pm
CHINESE PLAYGROUP IN CLAYTON			
Monash	Joseph Jin 9875 4222	Clayton Community Centre 9-15 Cook Street, Clayton	Fridays 10 -12pm
SEAAC - SOUTHERN ETHNIC ADVISORY AND ADVOCACY COUNCIL			
Monash	9547 0511 www.seaac.org.au	Service for 12 to 25 year olds from disadvantaged multicultural backgrounds in the city of Monash	
CHINESE SPEAKING PLAYGROUP			
Monash	9887 6226	Kerri Neighbourhood House 36 Kincumber Drive Glen Waverley	Wed 9.15 – 11.15 am Cost: \$3 per session
WHITEHORSE			
CHINESE, CANTONESE AND MANDARIN ATAPS COUNSELLING - PS4 kids 0-12			
Whitehorse	9890 2220	Carrington Health Level 2, 43 Carrington Road Box Hill	Cost: Free of charge for ATAPS PS4 children and income based for child psychology
CHINESE GRANDPARENTS PLAYGROUP			
Whitehorse	Amber Huang 9285 4888	Mitcham Community Hose 19 Brunswick Road, Mitcham	Every second Tuesday 10.30am to 12.00pm
INTOUCH MULTICULTURAL WOMENS GROUP			
Whitehorse	Nadine 9413 9506 nadineh@intouch.org.au	Group in Box Hill area Thursdays 11.30 -1.30pm	Contact Nadine for details
YARRA RANGES			
MULTICULTURAL PLAYGROUP			
Y. Ranges	9285 4888 Migrant Info Centre	Maternal Child and Health Centre, Shop 26 Mooroolbark Terrace, 66-74 Brice Avenue, Mooroolbark	for newly arrived migrants and refugees Tuesdays 11.00am to 12.30pm

ABORIGINAL AND TORRES STRAIT ISLANDERS

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

			to access the health and community services they need
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SEPARATED & SOLE PARENTS

Region	Contact	When & Where	Details
CHILDRENS CONTACT SERVICE RINGWOOD			
Ringwood	9259 4188 www.ringwoodfrc.org.au/ccs	16 Bond Street Ringwood	For children of separated parents to spend safe, professionally supervised time with the parents they do not live with
PARENTING ORDERS PROGRAM			
Ringwood	Ringwood Family Relationship Centre 9871 6300	68 Charter Street Ringwood Fridays (4 morning sessions) Oct 18 to Nov 8 2019	Cost is dependent on income from \$25 per week
WOMEN'S LEGAL SERVICE VICTORIA			
All Areas	8622 0600 www.womenslegal.org.au	Level 6 233 William Street Melbourne	Providing free and confidential legal information, advice, representation and referral to women in Victoria.
CRADLE TO KINDER			
All Areas	Referral through Child First 1300 762 125 Cradle to Kinder 1300 471 799 www.mackillop.org.au	Boroondara, Manningham, Monash and Whitehorse	Cradle to Kinder inner east is provided by Mackillop FS in partnership with Mercy Health
REGIONAL			
SUPPORTING CHILDREN AFTER SEPARATION			
All Areas		Family Mediation Centre 367 Maroondah Highway Ringwood	Course and workshops for families dealing with separation issues
COUNCIL OF SINGLE MOTHERS AND THEIR CHILDREN (CSMC)			
All Areas	9654 0622 1300 552 511 www.csmc.org.au	Victoria wide service Monday to Thursday 9.30am to 3pm	Telephone support, information and referral on a range of issues including emergency relief, housing, Centrelink, child support, family law, family violence and parenting.
BOOROONDARA			
POST SEPARATION PARENTING ONE DAY WORKSHOP			

Kew	Relationships Australia 9261 8700	46 Princess Street Kew Fri 25 Oct - 9:30am to 4:00pm or Fri 29 Nov – 9:30am to 4:00pm	Explore strategies to help children adapt to separation and establish a working parenting relationship Cost \$150 per person / Concession \$120
KNOX			
POST SEPARATION PARENTING ONE DAY WORKSHOP			
Boronia	Relationships Australia Victoria Boronia Centre 9725 9964	EACH Boronia 93 Boronia Road, Boronia November 11, 18, 25 (3 sessions)6 to 8pm	Explore strategies to help children adjust to separation and divorce Cost \$110 / Concession available
MANNINGHAM			
SURVIVING SEPARATION			
Park Orchards	Julia at Parentzone 0400 866 495	Park Orchards Community House and Learning Centre Tuesdays (8 sessions) 15 th Oct to 10 th Dec (excludes Cup day holiday) 7:00 to 9:30pm	Learn how to manage your parenting arrangements and best support your children when in conflict with the other parent Free to attend. Bookings essential
MAROONDAH			
RINGWOOD FAMILY RELATIONSHIP CENTRE			
Maroondah	9871 6300	Ringwood Family R'ship Centre 68 Charter Street, Ringwood 9871 6300	Offer a range of services to assist families including information sessions, support, counselling, parent workshops, child inclusive sessions, family dispute resolution, financial and property mediation
THE BUSINESS OF PARENTING AFTER SEPARATION			
Maroondah	9871 6300	Ringwood Family R'ship Centre 68 Charter Street, Ringwood	for separated parents in high conflict Cost is dependent on income ranging from \$25 per week
CHILDRENS CONTACT SERVICE RINGWOOD			
Maroondah	9259 4188 www.ringwoodfrc.org.au/ccs	16 Bond Street Ringwood Thurs - Sat	For children of separated parents to spend safe, professionally supervised time with the parents they do not live with
MONASH			
SUPPORTING CHILDREN THROUGH COUNSELLING			
Monash	9564 6999	Family Relationship Centre Suites 1 and 2, 41 Stamford Road, Oakleigh	Child counsellors supporting children through separation
WHITEHORSE			
EASTERN COMMUNITY LEGAL CENTRE			
Whitehorse	9285 4822 www.eclc.org.au	Inner East - Box Hill Outer East – Boronia, Healesville	Family Law, information on separation, divorce, children and property, and personal counselling
PRIMARY DISPUTE RESOLUTION			

Whitehorse	9873 4344	Centacare 510 Whitehorse Road Mitcham	
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STEP AND BLENDED FAMILIES

Region	Contact	When & Where	Details
REGIONAL			
STEP FAMILY AUSTRALIA			
All Areas	9663 6733 www.stepfamily.org.au	Step Families Australia 100 Drummond Street Carlton	Counselling, support groups, resources and tip sheets
STEPPING UP for Step Families			
All Areas	9663 6733	Drummond Street Services 100 Drummond Street Carlton	Contact for more information

GRIEF AND LOSS

Region	Contact	When & Where	Details / Other
STATEWIDE			
COMMUNITY HEALTH SERVICE FOR BEREAVEMENT COUNSELLING			
Statewide	9265 2100 iinfo@grief.org.au www.grief.org.au	253 Wellington Road Mulgrave	Programs include: - Kids Grieve Too - Younger Bereaved Partners
REGIONAL			
RED NOSE (formerly SIDS AND KIDS)			
All Areas	24hr Crisis Help Line 1300 998 698 www.rednose.com.au	75 Lorimer Street, Docklands	Free counselling from qualified grief and loss counsellors (male and female and trained bereaved parents
VERY SPECIAL KIDS			
All Areas	1800 888 875 www.vsk.org.au	Offices in Pakenham, Ballarat, Brunswick, Hastings, Traralgon	Respite and support for families of children with a life threatening illness.
GRIEF LINE COMMUNITY AND FAMILY SERVICE			
All Areas	1300 845 745 www.griefline.org.au	Free anonymous counselling for adults and children for any type of grief or loss	

OPEN DOORS			
All Areas	9870 7044 www.opendoors.com.au	5 Greenwood Ave, Ringwood	Counselling re: Ectopic pregnancy, IVF losses and stillbirth. Established since 1984 in this area of grief
KNOX			
COUNSELLING AND SUPPORT			
Knox	1300 003 224	EACH Community Health 1063 Burwood Highway Ferntree Gully	
MONASH			
SUPPORT AFTER SUICIDE			
Monash	9421 7640 aftersuicide@jss.org.au www.supportaftersuicide.org.au		Counselling, group program and resources for those bereaved by suicide, including children, young people extended family and others.

MENTAL HEALTH & POST NATAL DEPRESSION SUPPORT

Region	Contact	When & Where	Details / Other
REGIONAL			
PARENT - INFANT RESEARCH INSTITUTE			
All Area	9496 4496 www.piri.org.au	Austin Health 300 Waterdale Road, Heidelberg Heights	The Parent-Infant Clinic offers support treatment for mothers, fathers and their infants during pregnancy and the first two years post birth
MENTAL HEALTH IN MULTICULTURALISM			
All Areas	(02) 6285 3100 www.mhima.org.au		What is mental illness, personality disorder, eating disorder, schizophrenia and more...fact sheets in 21 languages
HEADSPACE KNOX			
All Areas	9801 6088 www.headspace.org.au/knox 2 Capital City Boulevard Knox Ozone		Offers young people aged 12-25 confidential advice, support and information. Services include: mental health counselling and support, alcohol and drug services, vocational and educational support, general health services and group programs.
NEAMI NATIONAL			
All Areas	8691 5300 www.neaminational.org.au	4-8 Water Road, Preston	Provides rehabilitation and recovery support to people recovering from mental illness. Referrals taken by Eastern Mental Health Community
THE ANXIETY RECOVERY CENTRE VICTORIA (ARCVIC)			
All Areas	1300 269 438 Helpline 9830 0566 Office www.arcvic.org.au		A state wide specialist mental health organisation, providing support, recovery and educational services to people and families living with

	292 Canterbury Road, Surrey Hills	anxiety disorders. We aim to support and equip people with knowledge and skills that will build resilience and recovery, and reduce the impact	
MENTAL ILLNESS FELLOWSHIP VICTORIA			
All Areas	1800 985 944 www.mifa.org.au	Support and information programs for families and friends of people with mental illness and dual diagnosis (mental illness and substance abuse)	
BOROONDARA			
MINDFUL PARENTING GROUP FOR MOTHERS			
Boroondara	Dr Rosyln Galligan 9214 5345 rgalligan@swin.edu.au	Swinburne University Psychology Clinic, Hawthorn (near Glenferrie Station) Fridays 10.30 -12.30 pm	For mothers who would like to improve their experience of being a mother. Group designed for mothers who have difficulties managing their emotions, may experience a changeable sense of self, act impulsively or engage in self-harm Cost: FREE
ANXIETY DISORDERS SUPPORT GROUP			
Boroondara	9830 0533	Hawthorn Community House 32 Henry Street And 295 Canterbury Rd Surrey Hills	1 st and 3 rd Tues each month 7.30 -9.30pm 3 rd Sunday of month 11 – 12.30pm
KNOX			
ANXIETY DISORDERS SUPPORT GROUP			
Knox	9830 0533	CWA 4 Sundew Avenue Boronia	Meets the 4th Tues of every month 7.00pm to 8.30pm
MENTAL HEALTH RECOVERY – WELLNESS WORKSHOP			
Knox	Liz or Stephen 9871 1802 mentalhealthgroups@each.com.au	EACH, Lilydale, Ringwood, Boronia, Box Hill and Yarra Junction	DBT training Group Wellbeing Apps workshop Mindfulness Group Mindful Living and Wellness Group Coping Better Through Creative Art Wellness Recovery Action Plan
GROW			
Knox	1800 558 268 www.grow.org.au	Groups in Ferntree Gully and Box Hill and Berwick	Support group for carers of someone with mental health issues
MAROONDAH			
BABY AND ME			
Maroondah	Open Doors Counselling Alison 9870 7044 info@opendoors.com.au	Open Doors, 5 Greenwood Ave Ringwood	Support for post-natal depression
EASTERN HEALTH CONTINUING CARE TEAM			

Maroondah	Sarah Austen 0439 039 360	Ringwood East Clinic outreach to Yarra Junction and Healesville	Yarra Junction Mondays Healesville Thursdays
WHITEHORSE			
ATAPS and GENERAL COUNSELLING			
Whitehorse	9890 2220	Carrington Health Level 2, 43 Carrington Road Box Hill	For individuals (child, teen or adult) with mental health or post-natal depression
MY RECOVERY			
Whitehorse	Box Hill Library And Box Hill Town Hall	Wellways 8873 2526 or jknight@wellways.org	A 10 session education and support program for people experiencing mental health or post-natal depression
YARRA RANGES			
YARRA VALLEY HEALTH			
Yarra Ranges	Alan Honeycombe at Healesville Hospital 1300 342 255	Yarra Junction and Healesville Hospital	Managing Depression and Anxiety group support
EASTERN HEALTH CONTINUING CARE TEAM			
Maroondah	Sarah Austen 0439 039 360	Ringwood East Clinic outreach to Yarra Junction and Healesville	Yarra Junction Mondays Healesville Thursdays

DADS

Region	Contact	When & Where	Details / Other
REGIONAL			
MENSLINE AUSTRALIA - TALK IT OVER			
All Areas	1300 789 978 24/7 www.mensline.org.au	Provides free video counselling session to help men with family and relationship concerns Real time support using Skype Free and confidential service	
SUPPORT FOR FATHERS PROJECT			
All Areas	Dom Alford 0437 305 881 Relationships Australia dalford@rav.org.au	Relationships Aust. Kew	A national project which aims to support young men and fathers in their role as parents and partners.
FREE LEGAL HELP WITH CHILD SUPPORT			
All Areas	1300 792 387 www.legalaid.vic.gov.au/get-help	Victoria Legal Aid	Is independent from DHHS (Centrelink and Child Support)
DADSLINK YMCA			
All Areas	9403 5000	A partnership between YMCA Victoria, Mensline Australia, Relationships Australia and the Life Is Foundation	

	dadslink@ymca.org.au	Real time support using Skype Free and confidential service	
AUSTRALIAN DIRECTORY OF MEN'S SUPPORT SERVICES			
All Areas	www.everyman.org.au 6230 6999	The aim of the ADMSS is to create a website with the most up-to-date and relevant information about men's health and wellbeing programs and services in Australia	
MEN'S REFERRAL SERVICE			
All Areas	1300 766 491 www.mrs.org.au	Monday to Friday 8.00am to 9pm Weekends 9 – 5 pm	Phone counselling service for men
MEN'S SHED METROPOLITAN AREAS			
All Areas	1300 550 009	Contact website to find a group in your area www.mensshed.org.au	
BOROONDARA			
INROADS - MANAGING DIFFICULT BEHAVIOUR			
Boroondara	9261 8727 www.relationshipsvictoria.com.au	Relationships Australia 46 Princess Street, Kew	Men's Behaviour Change Program (14 sessions) Cost: \$280
MONTHLY MENS GROUP MEETING			
Boroondara	dadlink@ymca.org.au	288 Canterbury Road Canterbury	4 th Wednesday each month 7- 9 pm
DADS PLAYGROUP			
Boroondara	Mary Liston 9889 0791	Bowen Street Community Centre, 102 Bowen Street Camberwell	Every Tuesday 11.00 – 1.00pm Cost: \$ 4 per session
KNOX			
DADS IN DISTRESS			
Knox	1300 853 437	Glen Park Community Centre 30 Glen Park Road Bayswater North Every Tuesday 7.30pm to 10pm	DIDs provides peer support and referral networks to dads going through the trauma of family breakdown
MENS BEHAVIOUR CHANGE PROGRAM			
Knox	Headspace Knox 9725 9964 www.rav.org.au/knoxMBCP	Headspace, Ozone, Knox City 2 Capitol City Boulevard Wantina Sth	Contact for dates and times Cost: \$280 pp (negotiable)
WHITEHORSE			
DAD'S PLAYGROUP			
Whitehorse	9873 4822	The Salvation Army 325 Mitcham Road Mitcham	Thursday from 10.30am during school term
YARRA RANGES			
DADS MATTER			

Yarra Ranges	Anglicare Parentzone Helena 0488 501 204	Woori Yallock Thursday (5 evenings) Oct 24 to Nov 21 7:00 to 9:00 pm	Parenting program for dads. Free to attend. Bookings essential
DADS SOCIAL GROUP			
Yarra Ranges	Mark 9758 5522 or familysupport@ioe.org.au	Interchange Outer East	for dads and male carers of a child or young adult with a disability
DADS CONNECT – SPECTRUM JOURNEYS			
Yarra Ranges	Peter Gale info@spectrumjourneys.org.au for dads who have a child on the spectrum		
UPPER YARRA DADS GROUP			
Yarra Ranges	0490 123 199 www.dadsgroup.org Phone for details		

FAMILY VIOLENCE AND ANGER MANAGEMENT

Region	Contact	When & Where	Details / Other
REGIONAL			
EASTERN DOMESTIC VIOLENCE SERVICES (EDVOS)			
All Areas	b/h 9259 4200 a/h 1800 015 188 (crisis line) www.edvos.org.au	Provides information, advocacy, support and referrals for women and their children living in the eastern region, who are experiencing domestic violence. Service is free and confidential.	
SAFE STEPS FAMILY VIOLENCE RESPONSE CENTRE			
All Areas	State wide phone service 1800 015 188 24 hour toll free line www.safesteps.org.au		
EASTERN CENTRE AGAINST SEXUAL ASSAULT			
All Areas	9870 7310 1300 342 255 (24hr toll free) ecasa@easternhealth.org.au 17 Ware Cres Ringwood		
WOMENS CENTRE			
All Areas	9886 3899 www.crosswaylifecare.org.au	Lifeworks - relationship, counselling and education services Burwood East	LifeCare Women's Centre is a safe haven run by women for women
SEA CHANGE – ANGER MANAGEMENT FOR WOMEN			
All Areas	8650 6299 or 1300 543 396	Level 4, 255 Bourke Street, Melbourne	
EASTERN VICTIMS ASSISTANCE COUNSELLING PROGRAM			
All Areas	1300 884 284	46 Warrandyte Road Ringwood	
All Areas	9564 6999	Family Relationships Centre Oakleigh	
THE LOOKOUT			

All Areas	www.thelookout.org.au 1800 737 732	DVRC 29 Wellington Street Collingwood	Training and events, resources, media centre and updated family violence directory
BOROONDARA			
INROADS: MEN'S BEHAVIOUR CHANGE PROGRAM			
Boroondara	9261 8727 relationshipseducation@rav.org.au	Relationships Australia 46 Princess Street, Kew	(14 sessions) 6.30pm to 8.30pm Cost \$280
KNOX			
MEN'S FAMILY VIOLENCE PROGRAM			
Knox	9735 4188 (by referral)	Anglicare Victoria 666 Mountain Highway Bayswater	Entry group 10 weeks
MEN'S BEHAVIOUR CHANGE PROGRAM			
Knox	www.rav.org.au/KnoxMBCP 9725 9964	Headspace Knox 2 Capitol City Boulevard, Knox City Wantirna Ring for details 9725 9964 Cost: \$280 pp (negotiable)	
MAROONDAH			
EASTERN DOMESTIC VIOLENCE OUTREACH SERVICE INC			
Maroondah	9259 4200 www.edvos.org.au	Provides information, advocacy, support and referral for women and their children living in the eastern region, who are experiencing domestic violence. A free and confidential service	
MANNINGHAM			
WOMEN'S HEALTH EAST - Investing in equality and wellbeing for women			
Manningham	9851 3700 www.whe.org.au	1/125 George Street Doncaster East	WHE acts to improve women's health, safety and wellbeing through leading, partnering, informing and delivering responses that address the needs of women
MONASH			
SECASA			
Monash	9928 8741 secasa@monashhealth.org	SECASA provides counselling for victims of sexual assault and family violence for both adults and children. This is a 24 hour service. Short, medium and long term counselling is provided at a number of locations. Counselling available for family members, carers and friends.	
MEN'S RESPONSIBILITY GROUP			
Monash	1300 552 509 www.linkhc.org.au	Link Health and Community Batesford Reserve 94 Batesford Rd Chadstone Wednesdays 7pm to 9pm during school terms (20 weeks)	For men who use violence towards their partners and/or children
WHITEHORSE			
MOVING ON			

Whitehorse	Zehra or Katy 9899 566	Box Hill area	free group for women who have or are experiencing family violence
COURAGE TO HEAL			
Whitehorse	Life Care Womens Centre 9886 3899 Patricia.karagiorgos@crosswaylifecare.org.au	Box Hill	domestic violence support program Phone for details
INTOUCH MULTICULTURAL WOMENS GROUP			
Whitehorse	Nadine 9413 9506 nadineh@intouch.org.au	Thursdays 11.30 – 1.30pm Box Hill area	group to learn about healthy relationships Cost: FREE
YARRA RANGES			
MEN'S FAMILY VIOLENCE PROGRAM			
Yarra Ranges	9735 4188 by referral only	Anglicare Victoria 47-51 Castella Street, Lilydale	10 week program 'on track'
MEN'S BEHAVIOUR CHANGE PROGRAM			
Yarra Ranges	9735 4188 by referral only	Anglicare Victoria 47-51 Castella Street, Lilydale	
YARRA RANGES LEGAL CLINIC			
Yarra Ranges	1300 79 70 88	Eastern Community Legal Centre 110 River Street, Healesville	Free family violence legal advice, assistance and support.
MUMS GUIDING KIDS FORWARD			
Yarra Ranges	Anglicare Sonia 9735 4188	Anglicare 47 Castella Street Lilydale	Contact for dates and times

SPECIAL NEEDS

Region	Contact	When & Where	Details
REGIONAL			
LIVE YOUR COMMUNITY PROGRAM (LYCP)			
All Areas	9355 8848 eastern@extendedfamilies.org.au www.extendedfamilies.org.au		Flexible, practical, volunteer based inclusion support for children with disabilities who experience barriers to participate in sport, recreation and leisure activities. Assessment based for children 6 – 17 years with a disability
VIC DEAF			
All Areas	9473 1111 info@vicdeaf.com.au		News, resources, interpreter services and education

EARLY CHILDHOOD INTERVENTION AUSTRALIA (ECIA)			
All Areas	8559 2620 www.eciavic.org.au	ECIA's work assists children with developmental delays or disabilities, their families and the networks that support them. They provide information, professional development across the sector.	
DOWN SYNDROME AUSTRALIA			
All Areas	1300 658 873 info@dsav.asn.au www.downsyndromevictoria.org.au	18/71 Victoria Crescent, Abbotsford Groups in Melbourne and Geelong	Information, resources, encouragement and support for families. Club 21, peer support for adults 18-25 years
DEAF PARENTING SKILLS			
All Areas	9525 1158 admin@jpc.org.au www.jpc.org.au	John Pierce Centre 25-35 High Street, Prahran	Pastoral care and counselling, outreach and life skills
CEREBRAL PALSY SUPPORT NETWORK - State wide			
All Areas	9478 1001 or 1300 277 600 www.cpsn.org.au	517 High Street, Preston	Support group offering phone information quarterly newsletters, seminars, workshops, and recreational activities
SPELD VIC			
All Areas	9480 4422 www.speldvic.org.au	Donkey Wheel House Lv13, 673 Bourke St Melbourne	Parent Support Group Association of parents and professionals interested in child and adults with specific learning difficulties.
ASSOCIATION FOR CHILDREN WITH A DISABILITY			
All Areas	9880 7000 1800 654 013 www.yourshout.org.au	1/587 Canterbury Rd Surrey Hills	A state wide organisation which provides a range of information booklets for Families of Children with a Disability'
EPILEPSY FOUNDATION OF VICTORIA			
All Areas	8809 0600 1300 761 487 free call www.epilepsyfoundation.org.au	587 Canterbury Road Surrey Hills	Parent / carer education and informal lunchtime get together. Regular information sessions, counselling, advocacy, referrals, education at school
PARENT SUPPORT NETWORK			
All Areas	1300 472 673 www.scopeaustralia.org.au	Groups held regularly in Camberwell, Croydon, Box Hill, Glen Waverley, Ferntree Gully and Mooroolbark	
AMAZE			
All Areas	1300 308 699 www.amaze.org.au	506 Elizabeth Street Melbourne	Parent support, books, newsletter, counselling and resources
STRENGTHENING PARENT SUPPORT PROGRAM (SPSP)			

All Areas	Michelle Parentzone strengtheningparentsupport@anglicarevic.org.au 0438 646 744	Groups in Lilydale, Ringwood, Vermont Sth and Chirnside Park	Connects and supports parents of children with a disability or developmental delay by providing opportunities to share stories, frustrations, strategies and ideas.
DOGS FOR KIDS WITH DISABILITES			
All Areas	0488 104 044 www.dkd.org.au	Provides support and training to families and children with special needs through the training and provision of a companion dog	
INTERCHANGE VICTORIA			
All Areas	1300 300 436 www.interchange.org.au	Provides respite and recreational experiences for children with a disability	
VICTORIAN STATE DISABILITY PLACE 2017-2020			
The Victorian State Disability Plan includes the Victorian Government's ideas to make life better for people with a disability, their families and carers. The plan is part of a set of three documents. Go to www.dhhs.vic.gov.au			
AUTISM FRIENDLY LEARNING			
All Areas	www.education.vic.gov.au/about/programs/needs/Pages/autism.aspx A website with information about ASD, school supports and specific issues such as transitions.		
BOROONDARA			
MY TIME SUPPORTED PLAYGROUP			
Boroondara	Isabella Rosinsky 1800 171 882	Villa Maria Catholic Homes Kew	For children with special needs aged between 0 and 18 years of age Thursday 10 -12pm
THE ABOUT FACE SOCIAL SKILLS PROGRAM			
Boroondara	9821 0581 www.blcspeech.com.au	6/497 Burke Road Hawthorn	Interactive program to improve social, communication and conversational skills in children and adolescents
PATHWAY FOR CARERS WALK			
Boroondara	Felicity Preston 9239 2500	Start Location: Ashburton Pool 8 Warner Ave Ashburton	Every 4th Wed of the month from 9.30am
AUTISM BEHAVIOURAL INTERVENTION ASSOCIATION (ABIA)			
Boroondara	9830 0677 info@abia.net.au www.abia.net.au Level 1, 121 Maling Road Canterbury	Training, education and support for parents, carer and professionals working with children with Autism Spectrum Disorder. Our purpose is to raise awareness about Applied Behaviour Analysis and its scientific basis and potential positive outcomes.	
KNOX			
AUTISM COUNSELLING			
Knox	Office 9761 2214 Jo White 0414 487 509 jowhite3130@gmail.com	Suite 2 171 Boronia Road Boronia	Individual and group support for parents and caregivers of

	www.autismcounselling.com.au		children/teens with ASD. Counselling and sand play therapy
THE SHOP FRONT			
Knox	9758 7747 theshopfrontftg@gmail.com www.ferntreegully.vic.au	90 Station Street Ferntree Gully	Provides information and support for families concerned about their children, especially those with additional needs
MY TIME SUPPORTED PLAYGROUP			
Knox	Isabella Rosinsky 1800 171 882	Ferntree Gully Thursday 9.30 -11.30	For parents and children 0 to 3 years with additional needs
PLAYCONNECT SUPPORTED PLAYGROUP			
Knox	Sharon Bradford 9298 8348 play@knox.vic.gov.au	West Gully Children Centre Dobson Street, Ferntree Gully Tuesdays during school terms 9.30am to 11.30	For parents and children 0 to 6 years with Autism Cost: Free of charge
ADOLESCENT YOUTH CLUB			
Knox	Irabina 9720 1118 autism@irabina.com	Bayswater	For young people with ASD
WELLINGTON CARE CENTRE			
Knox	9764 3738 www.wellingtoncarecentre.com.au	Corner Wellington Road and Le John Street Rowville	Relief Recovery Restoration. Children specialists for Autism and Asperger's Syndrome
KNOXBROOKE INC.			
Knox	9758 3666 www.knoxbrooke.com.au	Flexible support 365 days a year. Between 6 am – 10 pm and overnight if required	provides individualised 1:1 in-home and community support
MANNINGHAM			
PATHWAY FOR CARERS WALK			
Manningham	Felicity Preston 9239 2500	Starting location: Melissa Cakes Café 65 Parker St, Lwr Templestowe Every 3 rd Thursday of the month from 10am	
MAROONDAH			
STRENGTHENING PARENT SUPPORT GROUP			
Maroondah	Anglicare Parentzone Michelle 0438 646 744	Central Ringwood Community House, Bedford Park, Rosewarne Lane Ringwood	Contact Michelle for dates and times
PATHWAY FOR CARERS WALK			
Maroondah	Felicity Preston 9239 2500	Start Location: Torrente Café 389 Maroondah Hwy, Ringwood	Every third Saturday of the month from 1.00pm and every 2 nd Tues at 9.30 am
MONASH			
MY TIME SUPPORTED PLAYGROUP			

Monash	Isabella 1800 171 882	Power Neighbourhood House Ashwood	Saturday fortnight 9.30 12.30pm and 1.00 – 4.00pm
WHITEHORSE			
STRENGTHENING PARENT SUPPORT PROGRAM			
Whitehorse	Michelle Parentzone 0438 646 744	Vermont Special School Livingstone Road, Vermont Sth	Contact Michelle for dates and times
YARRA RANGES			
STRENGTHENING PARENTS SUPPORT PROGRAM			
Yarra Ranges	Michelle Parentzone 0438 646 744	Anglicare, 47 Castella Street, Lilydale	Contact Michelle for dates and times
STRENGTHENING PARENTS SUPPORT PROGRAM			
Yarra Ranges	Michelle Parentzone 0438 646 744	Spectrum Journeys, 286 Maroondah Hwy Chimside Park	Contact Michelle for dates and times
ASK (AUTISM SPECTRUM KIDS)			
Yarra Ranges	Inspiro 9738 8801	Inspiro, 17 Clarke St, Lilydale Tuesdays 4.30 – 6.00pm	Cost: FREE
MY TIME SUPPORTED PLAYGROUP			
Yarra Ranges	Isabella 1800 171 882	Yarra Junction	Mondays 10 -12pm
PATHWAYS FOR CARERS WALK			
Yarra Ranges	Felicity Preston 9239 2500	Starting location Mt Evelyn Community House 50 Wray Cres., Mt Evelyn	First Thursday of the month starting at 9.30am
RECONNECT PROGRAM			
Yarra Ranges	Samantha Egan CIRE Training 9736 1457 www.cire.org.au	20 Old Hereford Road, Mt. Evelyn	program to provide support to high needs learners who need additional support to engage with and succeed in education and training
PARENT CONNECT CHIRNSIDE PARK			
Yarra Ranges	info@spectrumjourneys.org.au	15/286-288 Maroondah Hwy Chimside Park	exploring diagnosis, change, relationships, everyday life challenges, strengths, boundaries, self-esteem and self-care

VULNERABLE AND ISOLATED PARENTS

Region	Contact	When & Where	Details / Other
REGIONAL			
IN HOME CHILDCARE			

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

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

DRUGS, ALCOHOL AND ADDICTIVE BEHAVIOURS

Region	Contact	When & Where	Details
COUNSELLING - REGIONAL			
ALCOHOL AND OTHER DRUG FAMILY SERVICE			
All Areas	9287 5555 www.ccam.org.au	Catholic Care 383 Albert Street East Melbourne	Professional counselling and support for individuals with problem drug use or all members of family and extended family and friends.
THE FIRST STOP WEBSITE			
All Areas	www.thefirststop.org.au 1800 778 278	The First Stop 378 Burwood Road, Hawthorn	Website for families affected by alcohol and other drugs. Detailed information about services in Inner East Region.
FAMILY DRUG HELP			

All Areas	1300 660 068 24hr helpline www.familydrughelp.com.au	140 Grange Road, Carnegie	Support for people concerned about a relative or friend using alcohol or other drugs
TOBACCO FREE CLINIC			
All Areas	Service Co-ordinator 0417 861 324 www.easternhealth.org.au	Health Promotion Unit Box Hill & Maroondah & Yarra Valley Hospitals	Specially trained staff for individual needs
TURNING POINT ALCOHOL AND DRUG CENTRE			
All Areas	8413 8413 Direct helpline 1800 888 236 www.turningpoint.org.au	54 Gertrude Street, Fitzroy	24 hour drug and alcohol counselling, information and referral service
YSAS RECONNECT			
All Areas	9890 7855	16 Ellingworth Parade Box Hill	Helps young people, who are using alcohol and/or drugs aged 12 to 18, who are homeless or at risk of homelessness and their families.
BOROONDARA			
DRUG COUNSELLING			
Boroondara	9818 6703 www.iehealth.org.au	Inner East Community Health 378 Burwood Road Hawthorn	Adult counselling and homeless outreach for individuals and families who live, work or study in Boroondara.
KNOX			
PARENT SUPPORT GROUP.			
Knox	Anglicare 9721 3688 Liz Nunn	Anglicare Victoria 666 Mountain Highway Bayswater	For adults who are parenting people with drug and alcohol issues 8 week course Free of charge
SURe - Substance Abuse Recovery			
Knox	1300 007 873 – Intake www.sureaod.org.au	Bayswater, Box Hill, Doncaster, Healesville and Ringwood	Individual and family counselling
HEADSPACE KNOX			
Knox	9801 6088 www.headspace.org.au/knox 2 Capital City Boulevard Knox Ozone	Offers young people aged 12 to 25 confidential advice, support and information. Services include: mental health counselling and support, alcohol and drug services, vocational and educational support, general health services and group programs	
FADS - Family Alcohol and Drug Service			
Knox	9721 3688 - Intake	Families with children up to 18 years where an adult has a drug and/or alcohol problem. Families with a young person up to 25 who has a drug and/or alcohol problem.	

MAROONDAH			
SURe - Substance Abuse Recovery			
Maroondah	1300 007 873 www.sureaod.org.au	Building B 46 Warrandyte Road Ringwood	Individual, non-residential recovery and family counselling Gold coin donation
NEEDLE AND SYRINGE PROGRAM			
Maroondah	1300 003 224	Building B 46 Warrandyte Rd, Ringwood And Ferntree Gully	Mon to Fri 9am to 5pm
MONASH			
ADDICTION RECOVERY SERVICE			
Monash	1300 552 509 www.linkhc@linkhc.org.au	Link Community Health 8 – 10 Johnson St. Oakleigh	
WAVERLEY EMERGENCY ADOLESCENT CARE			
Monash	9563 2275 www.weac.org.au	156 Drummond Street Oakleigh	Counselling, family therapy, accommodation, education, youth drug and alcohol, material aid and training specialist youth service
WHITEHORSE			
SURe - Substance Abuse Recovery			
Whitehorse	8892 4200 www.each.com.au	Box Hill	Individual, non-residential recovery and family counselling Cost: Gold coin donation
ACCEPTANCE AND COMMITMENT THERAPY GROUP (AOD – Alcohol and other Drug Program)			
Whitehorse	Tim Nolan 9896 6322 Stephanie.bortignon@anglicarevic.org.au	Anglicare Box Hill	Ring for details
EASTERN HEALTH ALCOHOL AND DRUG SERVICE			
Whitehorse	1300 342 255 www.easternhealth.org.au	Advice for anyone wishing to undergo withdrawal. Counselling, overdose response program, dual diagnosis	
EASTERN HEALTH MENTAL HEALTH DUAL DIAGNOSIS TEAM			
Whitehorse	9843 1288 www.easternhealth.org.au	43 Carrington Road, Box Hill	Cost: Gold coin donation
PEER SUPPORT GROUP FOR PEOPLE AFFECTED BY ALCOHOL, MEDICATION OR OTHER DRUG USE			
Whitehorse	1800 931 101 www.msrs.org.au	Carrington Health , Ground floor, 43 Carrington Road, Box Hill	Mondays 10 - 11.30 am
YARRA RANGES			
SURe - Substance Abuse Recovery			

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

CHILDREN AND ADOLESCENT PROGRAMS

Region	Contact	When & Where	Details
REGIONAL			
KIDS HELP LINE			
All Areas	1800 551 800 www.kidshelpline.com.au	Free 24 hour telephone and online counselling service for kids 5 to 25 years	
GAMBLERS HELP – teens and their gambling			
All Areas	1800 262 376 www.gamblinghelponline.org.au	Or www.kidbet.com.au Learn more about the issue find tips on taking a responsible approach to gambling	
BOROONDARA			
HEADSPACE HAWTHORN			
Boroondara	9006 6500 www.headspace.org.au/hawthorn	A service for young people aged 12 to 25 - mental health, physical and sexual health, drug and alcohol counselling, education and employment	
KNOX			
RECONNECT PROGRAM			
Knox	Nat 98758 7859	Mountain District Learning Centre, 13-15 The Avenue, FTG	to support youth who have found themselves outside education and employment
RECONNECT: ENGAGEMENT AND LEARNING SUPPORT PROGRAM			
Knox	Indi Mills K.Y.M. Victoria Inc. 9722 5777 OR 0477 994 003 imills@kym.com.au	673 Mountain Hwy Bayswater (OUTREACH AVAILABLE)	One on one tailored support to assist young people 15 – 24 yrs, resides in Knox, to reengage back into education and career pathways
YOUTH INFORMATION CENTRE (YIC)			
Knox	9298 8000	Knox Ozone Mon to Thurs 1pm to 5pm	Information and referral services for young people 10 to 25 years and their parents
SPARK			

Knox	Headspace Knox Ozone 2 Capitol City Blvde	Lisa or Chenai 9298 8315	for young people to learn about themselves, explore values, manage life's ups and downs
MAROONDAH			
YOUTH CLINIC			
Maroondah	9871 1802 youthclinic@each.com.au	EACH 46 Warrandyte Road Ringwood	Need support, feeling sad or stressed, want to see a youth GP?
CHAMPS Peer Support Program			
Maroondah	Bronwyn 0408 291 580 Bronwyn.sanders@easternhealth.org.au	Croydon Connections 185 Mt Dandenong Road	Contact for session times
MAROONDAH YOUTH SERVICES - 12 to 18 years			
Maroondah	9294 5704	Ev's Youth Centre 212 Mt Dandenong Road Croydon	Thursdays during school terms 3pm to 5.30pm Cost: Free of charge
MAROONDAH FreeZA GROUP			
Maroondah	Rachelle Jones Maroondah City Council Youth Services 9294 5704	Ev's Youth Centre 212 Mt Dandenong Road Croydon	Personal development program for 15 to 21 year olds. A year long program. Group meets fortnightly.
MONASH			
CONNECTING TEENS			
Monash	Carol Berger 9807 3589 office@powernh.org.au	Power Neighbourhood House 54 Power Avenue Ashwood	Social group for teens with Asperger's Syndrome Friday fortnightly Cost: \$80 per term
LINK HEALTH AND COMMUNITY SERVICE			
Monash	1300 552 509 www.monashlink.org.au	Counselling and support for families, adults and young people experiencing emotional, social, behavioural or addiction problems	
WHITEHORSE			
WHITEHORSE YOUTH CONNEXIONS			
Whitehorse	9898 9340 Amy McDonald www.whitehorse.vic.gov.au/youth-services.html	Suite 2, Level 1, Box Hill Central, Box Hill	Monday to Friday 1.00 – 5.00pm
CRUZIN STUDY HOMEWORK PROGRAM			
Whitehorse	Jacqueline Piper 9898 9340 Whitehorse Council Youth Services	Box Hill Library 1040 Whitehorse Road Box Hill	Every Thursday during school term 4pm to 6pm
ATAPS and GENERAL COUNSELLING FOR CHILDREN			

Whitehorse	9890 2220	Carrington Health Level 2, 43 Carrington Road Box Hill	Cost: Free for ATAPS counselling, income based for general counselling
YARRA RANGES			
YARRA RANGES COUNCIL YOUTH SERVICES			
Yarra Ranges	1300 368 333 youthservices@yarraranges.vic.gov.au www.yrys.com		Youth Services has a variety of youth programs, events and youth support
RECONNECT PROGRAM			
Yarra Ranges	Samantha Egan CIRE Training 9736 1457 www.cire.org.au	20 Old Hereford Road, Mt. Evelyn	program to provide support to high needs learners who need additional support to engage with and succeed in education and training
YOUTH MENTORING PROGRAM			
Yarra Ranges	1300 368 333	Jindi Woraback mentoring program is for young people aged 12 to 25 years of age who are in need of support and friendship	
LOOKING FOR HELP FOR A YOUNG PERSON IN YOUR CARE?			
Yarra Ranges	www.nowrongdoor.com.au		Search for accommodation, parenting, counselling, health, educational and financial support from organisations that can support you and the young people in your care.
LITTLE JOEYS PLAYGROUP			
Yarra Ranges	Inspiro 9738 8801	Japara House 54-58 Durham Road, Kilsyth Tuesdays 10 – 11.30	supported playgroup for women with children up to 5 who have experienced family violence Cost FREE
KEEPING THE BEAT			
Yarra Ranges	Zoe 0402 584 179 zoe.kalenderidis@gmail.com	Anglicare 47 Castella Street	music making group for children 8 -12 years