



# Parentzone Northern News

Term 4 2019



**BETTER  
TOMORROWS**

# Welcome to the Parentzone Northern Newsletter for Term 4 2019

Once again Pz has been extremely busy in term 3, running some regular groups and trialling some new ones as well! PBS for carers was delivered in Mildura, together with Pz Southern, for Carer Kafé. The evaluation was so positive that Centacare now want to engage Pz to run PBS for professionals there next year. PBS was again delivered in Arabic. Pz also trialled PBS in English, but with Arabic and Turkish speaking co-facilitators, for translation of key concepts. Feedback was very positive and allowed for greater participation for some participants. We will be reporting back to Pz in the other regions on how to adopt this CALD friendly approach for their parent groups. Bilingual co facilitation opportunities and translated materials will continue to be a key focus for service development in the Northern region. Our family violence group also went extremely well this term, with a record number of participants and strong support networks and relationships emerging. Pz continues to build on co-facilitation opportunities to work with dads and male caregivers as well. A Dads building solutions group this term with 20 attendees provided some very positive feedback in Moreland. We also ran a dad's taster in City of Whittlesea with 12 attending and looking forward to a full group of Dads building solutions in term 4. PBS for professionals ran at capacity this term, successfully recruiting a number of bilingual participants. We also implemented the new assessment matrix. Jo and Jess both received an A, the highest grade, for level 4 PBS trainer accreditation, thus enabling Pz Northern to conduct our own assessments of PBS facilitators in future. Congratulations are in order to both Jo and Jess for this superlative result! Jo T was invited to present two sessions on Resilience to over 200 participants at the Hume City Council's Families, Youth and Children conference 2019, pic below. This afforded the opportunity to showcase the range of groups and services offered by Pz, with promotional and networking opportunities flowing on from this great event. Pz will be hosting a Week Without Violence event in term 4, to honour the strengths and resilience of the fantastic women we work with each year. Please refer to attached timetable for upcoming groups, single sessions and events in term 4 and contact us with any questions or queries. Pz would also welcome the opportunity to co-facilitate more PBS groups next year, and build on our delivery in community languages and for dads and male carers. Please be in contact if your organisation would be keen to partner with us. Wishing everyone a safe and happy break and a fabulous final term for 2019!

Helen  
Slonek, Team Leader Pz and BWCH





## WHAT'S ON IN YOUR REGION?

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

If you have a story you would like to include in our newsletter please send to [parentzone.preston@anglicarevic.org.au](mailto:parentzone.preston@anglicarevic.org.au)

## What we do

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

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



# Parentzone Term 4 Programmes

## Art & Soul

A FREE school holiday program, designed to provide mother's and their children with a introductory experience to our 8 week Growing Connections group. Art & Soul is a fun, interactive and safe environment, designed for participants to spend quality time together.

Wednesday 2nd October  
10.00am - 1.30pm (lunch provided)  
Anglicare Broadmeadows, 32 Railway Crescent, Broadmeadows

Bookings essential. For inquiries or to register please contact Zenaida at Anglicare Broadmeadows on 03 9301 5262 or 0447 185 875.



## Growing Connections

A free 8 week group aimed at nurturing and healing the relationship between mothers and children (aged 5-12) who are survivors of family violence.

Thursday 24th October - 12th December  
10.30am - 12.30pm (light snack provided)  
Anglicare Broadmeadows, 32 Railway Crescent Broadmeadows

For bookings & inquiries contact Zenaida (Growing Connections Project Worker) 03 9301 5262 or 0447 185 875



## Tuning in to Teens

Would you like to help your teen to learn how to manage their emotions?  
Would you like to help prevent behavioural problems in your teen?  
Tuning in to Teens is a 6 week parenting programme that shows you how to help your teen develop emotional intelligence.

Monday 14th October - 18th November  
10.00am - 12.00pm  
Community Room, Westfield Edge Community Space, Shop MM1,  
Westfield Plenty Valley

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





# Parentzone Term 4 Programmes

## Dad's Parenting Group

Focus on bringing up great kids and being the parent you always wanted to be. In this 3 session group we will talk about what being a dad means to you and the ways you can raise happy healthy kids.

Wednesday 16th October - 30th October

6:30pm - 8:30pm

Community Room, Westfield Edge Community Space, Shop MM1,  
Westfield Plenty Valley

For bookings and inquiries contact Family Services Education Officer  
[familytraining@whittlesea.vic.gov.au](mailto:familytraining@whittlesea.vic.gov.au) or 94048865



## Parents Building Solutions

Are you tired of yelling?

Want to understand why children behave the way they do?

Do you want to discuss and share ideas that work?

This 6 week parenting programme helps you come up with solutions to common parenting challenges.

Monday 21st October - 25th November

10.00am - 12.00pm

Anglicare Broadmeadows, 32 Railway Crescent, Broadmeadows

For Bookings and inquiries contact Parentzone on 03 8641 8900 or  
0458 550 071. Or email [Parentzone.Preston@anglicarevic.org.au](mailto:Parentzone.Preston@anglicarevic.org.au)



## Tuning in to Kids

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

Tuesday 22nd October - 3rd December

10.00am - 12.00pm

Orchard Road Community and Early Learning Centre, 121 Orchard Road,  
Doreen

For Bookings and inquiries contact Parentzone on 03 8641 8900 or  
0458 550 071. Or email [Parentzone.Preston@anglicarevic.org.au](mailto:Parentzone.Preston@anglicarevic.org.au)



# Parentzone Term 4 Programmes

## Parenting our Preschoolers

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

Tuesday 19th November  
6.00pm - 8.00pm  
Anglican Parish of St Matthew's Glenroy/Hadfield with St  
Linus' Merlynston  
30 Widford Street Glenroy

Limited childcare available - bookings essential

For Bookings and inquiries contact Parentzone on 03 8641 8900 or  
0458 550 071. Or email [Parentzone.Preston@anglicarevic.org.au](mailto:Parentzone.Preston@anglicarevic.org.au)



## Parenting in the Early Years

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

Tuesday 15th October  
9.15am - 11.15am  
Holy Child Community Hub, 227 Blair Street Dallas

Bookings: 9205 2556 or [hume.vic.gov.au/parenting](http://hume.vic.gov.au/parenting)

## Challenging Behaviours in Pre-Teens

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

Tuesday 12th November  
9.15am - 11.15am  
Holy Child Community Hub, 227 Blair Street Dallas

Bookings: 9205 2556 or [hume.vic.gov.au/parenting](http://hume.vic.gov.au/parenting)

## Parents Building Solutions

Are you tired of yelling?  
Want to understand why children behave the way they do?  
Do you want to discuss and share ideas that work?

Tuesday 15th October - 26th November  
6:30pm - 8:30pm  
Boradmeadows Youth Centre

Bookings: 9205 2556 or [hume.vic.gov.au/parenting](http://hume.vic.gov.au/parenting)



# Parentzone Term 4 Programmes

## Tuning in to Teens

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

Thursday 17th October - 21st November  
6.00pm - 8.00pm  
Sunbury Youth Centre, 51-53 Evans St, Sunbury

Bookings: 9205 2556 or [hume.vic.gov.au/parenting](http://hume.vic.gov.au/parenting)



## Harmony Playgroup

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

Wednesday mornings (during school terms)  
10am - 12noon  
188 McDonalds Rd Epping

Places are limited. For inquiries contact Bella at Parentzone on 8641 8900 or 0458 550 071 or email [bella.odicho@anglicarevic.org.au](mailto:bella.odicho@anglicarevic.org.au)



# Uniting

## Circle of Security

Workshop for Parents and Carers of Aboriginal Children 0 - 5.

Wednesday 9th October - 4th December  
10.00am - 12.30pm  
VAHS Preston, 238-240 Plenty Rd Preston

To register contact Roseanne or Bree on 9403 3300 or email [breeanne.brown@vahs.org.au](mailto:breeanne.brown@vahs.org.au) or [roseanneduff@vahs.org.au](mailto:roseanneduff@vahs.org.au)





# Parentzone Term 4 Programmes

## Wishing Away Worries

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

Wednesday 6th November  
10.00am - 12.00pm  
Hume Valley School, Koroit Ave, Dallas

For Bookings and inquiries contact Parentzone on 03 8641 8900 or 0458 550 071. Or email [Parentzone.Preston@anglicarevic.org.au](mailto:Parentzone.Preston@anglicarevic.org.au)

For families of Hume Valley School contact Tanya Vella-Ricevuto  
Student Wellbeing, Phone 9309 3477 or email  
[Vella-Ricevuto.Tanya.T@edumail.vic.gov.au](mailto:Vella-Ricevuto.Tanya.T@edumail.vic.gov.au)



## Challenging Behaviours in Pre-teens

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

Wednesday 13th November  
6.30pm - 8.30pm  
Community Room, Westfield Edge Community Space, Shop MM1,  
Westfield Plenty Valley

For bookings and inquiries contact Family Services Education Officer  
[familytraining@whittlesea.vic.gov.au](mailto:familytraining@whittlesea.vic.gov.au) or 94048865



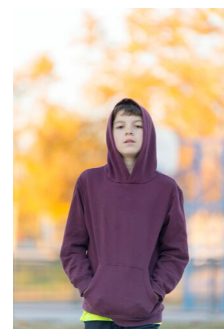
## Strategies on Autism

Are you a parent of a child who has a diagnosis of autism?  
This one off session will briefly discuss the characteristics of autism and how it impacts daily life. It will discuss some key strategies and practical tips. This session is for parents and carers.

Monday 21st October 2019  
10am - 12pm  
Hume Valley School, 31 Koroit Ave, Dallas

Bookings and inquiries contact: Parentzone on 03 8641 8900 or 0458 550 071 or email [parentzone.preston@anglicarevic.org.au](mailto:parentzone.preston@anglicarevic.org.au)

For families of Hume Valley contact Tanya Vella-Ricevuto  
Student Wellbeing, Phone 9309 3477 or email  
[Vella-Ricevuto.Tanya.T@edumail.vic.gov.au](mailto:Vella-Ricevuto.Tanya.T@edumail.vic.gov.au)



# Northern Parent Educator Network

Term 3's NPEN meeting invited Carol Clark from FaPMI to discuss "Keeping Mental Health on the Parenting Agenda". Carol identified the work she does and then expanded on the effects on individuals as well as parents. We discussed how mental illness can impact the whole family and the parenting role. The meeting finished by identifying how we can support families in our own role and reflecting on the information discussed during the session. A number of resources were also shared which was extremely useful for the participants attending.

The next NPEN meeting will take place in Lalor on Wednesday 11th December from 10am. We are delighted to have Jo Rodriguez and Vicky Limbrick from Catholic Care, Bendigo to present on their new programme "My Kids and Me" which is a parenting programme for families who do not have their children in their care. An invite will be sent out early in term 4.

We are currently planning for NPEN 2020 which will also include another Forum in term 2. Feedback from this year will guide this planning. If you are interested in sharing information on your parenting programme or service in our 2020 meetings please contact Jo to discuss further.

## Parentzone and Family Services news

Family Services and Parentzone continue to work in partnership throughout 2019 and we were delighted to have Elmas from the Short Term Family Services Team co-facilitate a Parents Building Solutions programme with Hanan. This was not facilitated in another language however there were parents of Arabic and Turkish backgrounds who were supported in the group. We also had Bec from Family Service Team Members co-facilitate in Doreen, this was the first time a group was located in this area and attendance and participation was very strong with a 73% retention of the group.

We ran PBS for Professionals from the Broadmeadows Women's House and had one staff member from Lalor FS attend and we look forward to being able to co-facilitate with her in 2020.

# Broadmeadows Women's Community House

## Term 4 Programmes

All enquiries – 9309 9433 or [womenshouse@anglicarevic.org.au](mailto:womenshouse@anglicarevic.org.au)

### **Let's Play & Let's Play More Playgroup**

Mondays

Cleveland Drive Child and Family Centre,

24 – 26 Cnr Essex Way & Cleveland Drive, Craigieburn

Let's Play - 9.00am – 10.30am

Let's Play More - 11.00am – 12.30pm

### **Hume City Council English and Emergency Learn and Prepare Classes**

Mondays

Broadmeadows Women's Community House

2 Hadfield Court, Broadmeadows

10.00am - 12.00pm

### **Out and About**

Tuesdays

Broadmeadows Women's Community House

2 Hadfield Court, Broadmeadows

10.00am - 1.00pm

### **Small Steps & Little Steps**

Tuesdays

Broadmeadows Community Hub

Cnr Widford & Freda Streets, Broadmeadows

Small Steps - 9.15am - 10.45am

Little Steps - 11.30am - 1.00pm

### **Ageing and Feeling Great!**

Thursdays

Broadmeadows Women's Community House

2 Hadfield Court, Broadmeadows

10.00am - 1.00pm

### **Meadows Primary School Playgroup**

Thursdays

Meadow's Primary School

Gerbert Street, Broadmeadows

9.30am - 11.30am

### **Culturally Inclusive Women's Social Support Group**

Fridays

Broadmeadows Women's Community House

2 Hadfield Court, Broadmeadows

10.00am - 12.00pm



# Northern Groupwork Network

Dear members

Welcome to term 4! We sure hope you are enjoying the warmer weather, longer days and getting excited for the holiday season which is just around the corner!

During the last month the Broadmeadows Women's Community House in partnership with Uniting, MOSS Bright Futures, Hume City Council and Berry Street hosted the Annual Northern Group Work Forum on the 14th August. We were absolutely delighted to have Amuna Abdella & Jennifer Dawson present to us on 'Mindful Practice through a Cultural Lens-Working with groups, mothers & children who have experienced Family Violence'. The feedback was incredible and we thank all of you who took time from their day to attend.

The forum also included an interactive dream board workshop that was facilitated by Zenaida and Esther from the Growing Connections Family Violence Therapeutic Team from Anglicare Broadmeadows. They discussed the Growing Connections project with a primary focus on the group work aspect and ended our forum by facilitating an exciting activity from the program. Thank you ladies!

On Tuesday 24th September for our next Northern Group Work Network meeting we are delighted to have Amona Hassab and Sandra Abid from Spectrum discuss engagement with refugee and asylum seeker communities. This continues to be a topic of interest for most of our members in the Hume region. We hope to see you there!

If you're a professional facilitating groups, working in case management, therapeutic work or even teaching then this network is for you! Attending our network will, provide you with the opportunities to share information, to source referrals, for groups, to network, to develop partnerships, to source venues and other, locally available community resources, and to connect with experienced practitioners for co-facilitation of particular groups.

If you are interested in presenting for one of our network meetings we would love to hear from you! Contact Bella on 9309 9433 or email [bella.odicho@anglicarevic.org.au](mailto:bella.odicho@anglicarevic.org.au).

# Snapshot of Parenting programmes in the North

## **Breaking the Cycle**

A group for mothers, fathers, parents, step parents and carers of adolescents (10-23) years who are abusive and/or violent in the home.

Wednesday 9th October - 27th November

9.30am - 12.00pm

Anglicare Broadmeadows, 32 Railway Crescent Broadmeadows

To register please contact Chris or Nadia on 9301 5200



# Important Telephone contacts

Police, Fire or Ambulance 000

Nurse on call 1300 60 60 24

National Home visiting Doctors 13 74 25 (13 SICK)

Poison Information Hotline 13 11 26

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

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

Darebin Community Mental Health Centre 03 9416 6300

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

Child Protection After Hours Service 131 278

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

Lifeline Crisis and Suicide Support 13 11 14

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

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

Aboriginal Family Violence Prevention and Legal Service 1800 105 303

Kids' Helpline 1800 55 1800

Mensline Australia 1300 78 99 78

Suicide Call Back Service 1300 659 467

Perinatal Anxiety and Depression Australia (PANDA) 1300 726 306

Parentline Victoria 13 22 89

DirectLine – drug & alcohol services 1800 888 236

Headspace 1800 650 890  
Switchboard – LGBTIQ support (3pm – midnight only) 1800 184 527

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