



ParentZone Eastern Newsletter Term 1 2020

*News and Information on Programs and Services to
Support Parents Across the Eastern Region of Melbourne*

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Parentzone
EASTERN

**BETTER
TOMORROWS**

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What's New At ParentZone?



Welcome to the ParentZone's Eastern Newsletter for 2020!

The beginning of a new decade has brought big changes for the ParentZone team. The team have officially waved goodbye to the Lilydale office, and can now be found at 666 Mountain Highway Bayswater. Phone 9721 3646 or at Parentzone.errd@anglicarevic.org.au

We have revitalised our newsletter and our library of over 400 resources, which can be accessed by both parents and professionals. Sadly, we have said goodbye to Helena, who facilitated parent education programs with ParentZone for over 12 years! We have welcomed Laurie, who joined the team this week and who brings many years of parent education and group facilitation practice.

We are excited to offer some fantastic **parenting programs in Term 1**, including ParentZone's own Parents Building Solutions programs - Building Better Behaviour & Emotion Focused Parenting, 1,2,3 Magic & Emotion Coaching and LYFT Up Your Family, a program for parents of teenagers!

Our **Strengthening Parents Support Program** continues to provide free peer support groups for parents or carers of a child with a disability or developmental delay across many locations in the East, including Ringwood, Lilydale, Chirnside Park (also supported by Spectrum Journeys), Bayswater and Vermont.

Parents Building Solutions Training for professionals who work with parents is already booked out for term one and we are currently taking bookings for Term 2!

The Parent Educators Network Meeting hosted by ParentZone is scheduled for Tuesday 11th of February 9.30am to 11.30am at Anglicare Wantirna, 1/603 Boronia Rd and will include a presentation from Frossa Mrakas, Counsellor, Life Coach, Trainer & Meditation Teacher on The Cost of Caring - Resilience and Self Care for Workers. Places limited, Bookings to parentzone.errd@anglicarevic.org.au

We look forward to seeing you in 2020!



Best Wishes from the ParentZone team

**Tamara, Julia, Sharon,
Michelle & Laurie**



Useful Contacts for Families

National Help Lines

Police (24-hour stations) **000**

Lifeline Crisis Support, Suicide Prevention **13 22 89**

Homeless Crisis Line **1800 825 955**

Drug and Alcohol Services **1800 888 236**

Family Violence Help: **1800 015 188**

Kids Help Line Phone Counselling Service: **1800 551 800**

Parentline Counselling information Service **1300 301 300**

Mensline Counselling Service **1300 78 99 78**

Q Line Counselling & Referral Service for LGBTI people **1800 184 527**

CENTRELINK

Carers 132 717

Families 136 150

Financial Information Service (FIS)
136 357 (FIS seminar booking)

Help in an Emergency 132 850

Indigenous Australians Call Centre
1800 136 388

Languages (Multilingual) 131 202

Low Income Healthcare Card
132 490

Online Support Hotline 132 307

myGov Help Desk 132 307

People With a Disability 132 717

EASTERN REGION COUNCIL OFFICES

Boroondara City Council

8 Inglesby Rd, Camberwell VIC 3124

(03) 9278 4444

<https://www.boroondara.vic.gov.au/>

Knox City Council

511 Burwood Highway, Wantirna South VIC 3152

(03) 9298 8000

<http://www.knox.vic.gov.au/>

Manningham City Council

699 Doncaster Rd, Doncaster VIC 3108

(03) 9840 9333

<https://www.manningham.vic.gov.au/>

Maroondah City Council

Braeside Avenue, Ringwood or Civic Square, Croydon

1300 88 22 33 or (03) 9298 4598

<https://www.maroondah.vic.gov.au/>

Whitehorse City Council

379-397 Whitehorse Rd, Nunawading 3131

(03) 9262 6333

<https://www.whitehorse.vic.gov.au/>

Yarra Ranges Council

15 Anderson Street Lilydale, VIC 3140

P 1300 368 333 (03) 9735 4249

<https://www.yarraranges.vic.gov.au/Home>

MEDICARE

General enquiries 132 011

Aboriginal and Torres Strait
Islander Line 1800 556 955

Australian Immunisation Register
Enquiries 1800 653 809

Compensation Recovery -
Medicare 132 127

Disaster Health Care Assistance
1800 660 026

myGov help desk 132 307

Pharmaceutical Benefits Scheme
132 290

Telephone claims 1300 360 460

Translating and Interpreting
Service (TIS National) 131 450



Eastern Region Community Services Contacts

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ANGLICARE VICTORIA 1800 809 722 anglicarevic.org.au

Anglicare Bayswater (03) 9721 3688

666 Mountain Highway Bayswater VIC 3153

- Child FIRST
- Cradle to Kinder (C2K)
- Integrated Family Services
- Men's Behaviour Change Group
- ParentZone

Anglicare Box Hill (03) 9896 6322

7-11 Shipley Street Box Hill VIC 3128

- Adolescent Support, Youth Counselling and Mediation
- Crisis Accommodation for Young People
- Drug & Alcohol Services
- Family Counselling
- Family Services
- Financial Counselling
- Foster and Kinship Care
- Men's Behaviour Change Group
- Residential Care

Anglicare Wantirna (03) 9721 3650

1/603 Boronia Road, Wantirna South VIC, Australia

- Drug & Alcohol Services

Anglicare Lilydale (03) 9735 4188

47-51 Castella Street, Lilydale, Victoria, 3140

- Family Violence Support
- Foster Care Intake and Services
- Integrated Family Services
- Men & Boys Program
- TEACHaR

EACH

Eastern Access Community Health

<https://each.com.au/services>

Phone: 1300 003224

- Assistance in accessing NDIS Services
- Childhood Intervention Services
- Speech Pathology
- Occupational Therapy
- Counselling
- Dietetics
- Oral Health
- Playgroups
- Psychology
- Child care
- Youth Clinic
- Youth Development
- Youth Counselling
- Youth Group programs
- Youth Mental Health support

DONCARE

Manningham City Square,
Suite 4 L1/687 Doncaster Rd,
Doncaster (03) 9856 1500

- Information & Emergency Relief
- Counselling
- Family Services
- Family Violence Prevention and Recovery Services

BEYOND BLUE 1300 22 4636

Support for depression and anxiety

HEADSPACE YOUTH MENTAL HEALTH

Phone Counselling 1800 650 890

Hawthorn (03) 9815 0818

Knox (03) 9801 6088

INPSIRO COMMUNITY HEALTH

Lilydale · (03) 9738 8801

Belgrave (03) 9738 8853

RELATIONSHIPS AUSTRALIA

1300 364277

SANE AUSTRALIA 1800 18 7263

Mental illness and support information

UNITING

<https://www.vt.uniting.org/> Phone: 1300 003224

Uniting Burwood East Phone: (03) 9803 3400

Emergency Relief: 9:30am to 3:35pm Counselling: By appointment

Uniting Connections Blackburn 9875 4222 Croydon 9724 2222

Child FIRST, Family Services, Home-Start Scheme, Parenting Assessment and Skills Development Service, Starting Out

Uniting Harrison Mount Waverley (03) 9051 3000

Crisis assistance, Family Mediation, Youth Support, Affordable Housing

Uniting Wesley Croydon (03) 9839 6100 Ringwood (03) 8870 4070

Foster Care, Adolescent Support, Family Violence, Homelessness & Crisis

Uniting Prahran Kew East (03) 9692 9400 Mt Waverley (03) 9692 9400

Mental Health Support, Personal Helpers and Mentor Service

Term 1 Parenting Programs

Building Better Behaviour Belgrave

A 5-week program for parents of children aged 18 months to 6 years to learn positive discipline strategies and prepare their child for kindergarten or school. Yarra Ranges Council will provide activities for limited number of children to also attend this program.

Thursdays (5 morning sessions)

Feb 27th March 26th

9:30 to 11:30 am

Phone: Sharon 0438 683 049

1 2 3 Magic and Emotion Coaching Mulgrave

A 4-week program for parents of primary school aged children who wish to better understand and handle tricky behaviour and learn how to emotion coaching to encourage good behaviour

Tuesdays (4 morning sessions)

Feb 11th to 3rd March

9.30am – 11.30am

Phone: Laurie 9721 3631

Email: laurie.arrowsmith@anglicarevic.org.au

Free of Charge Bookings Essential



Drugs, Alcohol & Adolescents Ringwood

A 6-week program for parents of 12 to 25 year olds who are concerned about their adolescents use of alcohol and other drugs. Improve your relationship with your adolescent / adult child.

Mondays (6 evening sessions)

Feb 10th to March 23rd

7:00 to 9:00 pm

Phone: Sharon 0438 683 049

Emotion Focused Parenting Camberwell

A 6-week program for parents who wish to better understand their child's behaviour, improve communication and help their child manage anxiety, anger and conflict

Tuesdays (6 evening sessions)

Feb 18th March 24th

7:00 to 9:30 pm

Phone: Julia 0400 866 495

Strengthening Parent Support Program

Monthly peer support groups for parents who have a child with a disability or developmental delay. One hour sessions run during school terms

Lilydale - 4th Fri each month 10:30 am

Ringwood - 1st Tue each month 7:00 pm

Vermont South - 3rd Tue each month 9:30 am

Chirnside Park - 3rd Thu each month 10:30 am

Bayswater - 2nd Wed each month 10:30 am

Phone Michelle 0438 646 744



Term 1 Parenting Programs

Multi Week Groups and Programs

Multiple Locations SmallTalk Supported Playgroups

Free facilitated playgroups for families with a child aged 0-6 years and have a current Health Care Card. The program provides strategies to support children's early learning and development.

Knox Council: 9298 8348 or play@knox.vic.gov.au

Monash Council: playgroups@monash.vic.gov.au 0466 026 290

Whitehorse Council: supportedplaygroup@whitehorsevic.gov.au

Yarra Ranges Council: earlyyears@yarraranges.vic.gov.au 1300 368 333

BOROONDARA - Kew Tuning into Kids

This 6-week program focuses on developing key skills to recognise and respond to your child's emotions, conflict management and preventing problem behaviour in children.

When: Starts Tuesday 11th February to 17th March (6 weeks)

Times: 6:30 to 8:30 pm

Where: 46 Princess Street Kew

Cost: \$250 each or \$450 for two caregivers attending

Contact: Relationships Australia (03) 9261 8700

BOROONDARA - Kew Tuning into Teens

This 6-week program focuses on developing key skills in recognising and responding to your teens emotions, conflict management and in helping your teen develop emotional intelligence.

When: Wednesday 19th February to 26th March Times: 6:30 to 8:30 pm

Where: 46 Princess Street Kew

Cost: \$195 Concession \$120

Contact: Relationships Australia (03) 9261 8700

KNOX - Parenting After Separation Series

Learn how to help your children successfully adjust to separation & divorce.

Location: EACH Boronia - 93 Boronia Road, Boronia, Victoria 3155

Cost: \$110 Concessions available

When: Phone Relationships Australia 03 9725 9964 for session times

KNOX - Parent Support Group

For Parents Supporting Someone with Drug or Alcohol Issues

A support group to improve knowledge, communication and relationships

When: Tuesdays from February 4th to March 24th 5:30 to 7:30 pm

Where: Anglicare Victoria, 1/603 Boronia Road Wantirna

Cost: Free of Charge. Bookings Essential Contact: Leigh 0427 975 071

MANNINGHAM - Doncaster Grandparents who Parent

Parenting grandchildren can be a stressful, challenging and lonely experience. This 4-week group program provides caring support, Information, resources and friendship to grandparents.

Where: Doncare, Suite 4, Level 1, MC2, 687 Doncaster Road, Doncaster

When: 3 - 24 March, 10:00 am - 11:30 am

Cost: \$25 for 4 sessions.

Phone: 9856 1500

Webpage: <https://doncare.org.au/news/grandparents-who-parent>

WHITEHORSE - Blackburn South Just For Dads

A Parents Building Solutions parenting program to support fathers understand their role as a parent in today's world.

Where: Avenue Neighbourhood House, 87 Eley Road Blackburn South

When: Tuesdays 11th February to 3rd March

Times: 6:30 to 8:30 pm

Cost: \$25 per session.

Phone: Helena 0432 499 814

WHITEHORSE- Nunawading The Grandparenting Group

A support group for grandparents who are in a caring role of their grandchildren to share stories, concerns & challenges. Free to attend and morning tea provided.

When: second Tuesday of each month

Times: 9:30 to 11:30 am

Where: EACH 14 Silver Grove Nunawading

Contact: Melanie Fearn 8878 3806 or mfeearn@each.com.au

YARRA RANGES Lilydale Mum's Guiding Kids Forward

An 8 week parenting program for mothers who have experienced family violence and abuse. This group provides a safe space to gain strategies to parent children affected by family violence and nurture relationships.

Where: 47-51 Castella Street, LILYDALE

When: Feb 5th - March 25th 10am to 12 pm

Contact: Morgan Hunter or Karen Angove 9735 6100

Morgan.hunter@anglicarevic.org.au or karen.angove@anglicarevic.org.au



Early Years (0 to 6 years) Maternal and Child Health Services

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Maternal and Child Health Services Offer:

- Key Ages & Stages consultations for parents of children aged 0 to 5 years
- Information and support on lactation, baby settling, sleep routines, diet and early childhood behavior
- Assistance and referrals to specialists as required
- A 24-hour, 7 days a week statewide telephone service offering support and advice to families with children 0-6 years of age. Phone 13 22 29

Boroondara MCH Centres

For information and bookings call 9278 4606 or email boroondara@boroondara.vic.gov.au between 8.30am and 4.30pm, Monday to Friday.

- 1 Cherry Road Balwyn (03) 9836 8151
- 5 Anderson Rd, Hawthorn East (03) 9835 786121
- Strathalbyn St, Kew East
- 152 Pakington St, Kew (03) 9853 9466
- Kendall St, Canterbury VIC (03) 9836 2106

Knox MCH Centres - Phone 9298 8741

- Billoo Park 40 Birchfield Crescent Wantirna
- Forest Road (Cnr. Stockton Avenue) Ferntree Gully
- Knox Children and Family Centre - 41 Phyllis Street Bayswater
- Knox Children and Family Centre - 81 Argyle Way Wantirna South
- Knoxfield 81 Anne Road Knoxfield
- Liberty 77 Liberty Avenue Rowville
- Murrindal 100 Murrindal Drive Rowville
- Marie Chandler Park Crescent Boronia
- Wattleview 17 Fuchsia Street Ferntree Gully

Manningham MCH Centres

To book your appointment, contact us between 9.00am to 4.00pm, Monday to Friday by phone 9840 9188 or by email mchadmin@manningham.vic.gov.au

- 5/7 Derreck Ave, Bulleen (03) 9840 9188
- 1/687 Doncaster Rd, Doncaster (03) 9840 9188
- 39 Mayfair Ave, Templestowe Lower (03) 9840 9188
- 510-518 Blackburn Rd, Doncaster East 9840 9188
- Tunstall Rd, Doncaster East (03) 9840 9188

Maroondah Maternal Child Health Centres

- Arrabri House Bayswater North 9729 4017 90
- Bonnie View Road Croydon North 9294 5777
- Croydon Civic Square 9294 5540, 9294 5541 or 9294
- Norwood Centre, Ringwood 9870 7264 / 98798813
- 75 Patterson Street Ringwood East 9879 6583127
- Oban Road, Ringwood North 9876 3307, 9879 0854
- Tarralla, 38 Gracedale Avenue Ringwood East, 9294 577

Monash MCH Centres - Phone 9518 3662

- Batesford Hub: 94 Batesford Road, Chadstone
- Brandon Park: 7 Collegium Avenue Wheelers Hill
- Clayton: Clayton Community Centre, 9-15 Cooke Street Clayton
- Huntingdale: 59 Greville Street Oakleigh East
- Kerrie: 35 Boyanna Road Glen Waverley
- Mount Waverley: 35 Sherwood Road Mount Waverley
- Mulgrave: 55 Shaftsbury Drive Mulgrave
- Oakleigh: Link Community Centre, 8-10 Johnson St, Oakleigh
- Pinewood: 11 Pinewood Drive Mount Waverley

Whitehorse MCH Centres

- Blackburn North Family Centre 9898 3611
- Box Hill South Family Centre 9889 8900
- Burgess Family Centre Box Hill North 9898 3611
- Forest Hill Family Centre 889 8900
- Mitcham Family Centre 9262 6332
- Vermont South Family Centre 92626332

Yarra Ranges Centres

Central Maternal Child Health 1300 368 333

Urban Maternal and Child Health Centres:

Chirnside Park, Kilsyth, Lilydale, Mooroolbark, Montrose, Mount Evelyn

Hills Maternal and Child Health Centres:

Belgrave, Belgrave Sth, Monbulk, Selby, Upwey

Valley Maternal and Child Health Centres:

Badger Creek, Coldstream, Healesville, Wandin, Warburton
Woori Yallock, Yarra Glen, Yarra Junction



Early Years (0 to 6 years) Parenting Support Services

ALL AREAS - VICTORIA WIDE

Child and Family Services Information, Referral and Support Teams (Child FIRST)

An easily accessible, community-based point of entry for children, young people and families needing support.

Boroondara, Manningham, Monash and Whitehorse Phone: 1300 762 125

Knox, Maroondah and Yarra Ranges Phone: 1300 369 146

ALL AREAS - VICTORIA WIDE

Maternal and Child Health Telephone Service Phone: 13 22 29

Confidential, 24-hour Maternal and Child Health Line can give you information and advice about the care and health of your child (from birth to school age).

When you call, qualified maternal and child health nurses can discuss your concerns about child health and nutrition, breastfeeding, your own health and any parenting issues.

ALL AREAS - Victoria Wide

Post and Antenatal Depression Association (PANDA)

PANDA provides vital support, information, referral and counselling to thousands of Australian parents and their families. Callers do not need to have a diagnosis of antenatal or post natal depression to make contact with the help line.

PANDA is keen to support any new parent struggling during pregnancy or after the birth of their baby, as well as their partner, family and friends.

Post and Antenatal Depression Association

Phone: 1300 726 306



ALL AREAS - Victoria Wide

Breast Feeding Help Line Australia Breastfeeding Association

The Breastfeeding Helpline is available seven days a week. It is staffed by trained, volunteer counsellors who answer calls on a roster system in their own homes.

Website: breastfeeding.asn.au Phone: 1800 686 268

Multiple Locations

SmallTalk Supported Playgroups

Free facilitated playgroups for families with a child aged 0-6 years and have a current Health Care Card. The program provides strategies to support children's early learning and development.

Knox Council: 9298 8348 or play@knox.vic.gov.au

Monash Council: playgroups@monash.vic.gov.au 0466 026 290

Whitehorse Council: supportedplaygroup@whitehorsevic.gov.au

Yarra Ranges Council: earlyyears@yarraranges.vic.gov.au 1300 368 333



Useful Early Years Websites

Royal Children's Hospital - <https://www.rch.org.au/home/>
Kids health and Women's health information

Raising Children Network <https://raisingchildren.net.au/>
Australian Parenting Website. Provides videos, articles and apps backed by Australian experts.

Zero to Three - <https://www.zerotothree.org/>
Information on early development, well being, early learning and parenting



Early Years (0 to 6 years) Single Events, Forums & Workshops

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BOROONDARA - Balwyn **Introducing First Foods**

Free information session to learn about introducing solid foods to infants. Free to Attend. Bookings Essential.

When: Monday 24 February 10:00 am to 12:00 pm

Where: Balwyn Library

<https://www.boroondara.vic.gov.au/events/starting-solid-foods-1>

KNOX- Wantirna **Knox Young Parents Group**

For parents under the age of 25 with a baby under 1 year of age

Where: Knox Youth Information Centre Knox Ozone, Capitol City Blvd

When: Fridays 10:00 am to 12:00 noon.

Ph: Michelle Pascoe 9298 8311

MANNINGHAM - Doncaster **Supporting Your Child to Sleep**

Free information session to learn about supporting your child's sleep. A friendly and informative presentation facilitated by a Maternal and Child Health Nurse.

When: Mon, 10 Feb 2020 10:30 AM - 12:00 PM

For more information call 9840 9188 or

email mchadmin@manningham.vic.gov.au, 14

MANNINGHAM - Doncaster **Building Happy and Resilient Kids Seminar**

Adolescent and child psychologist, Dr Michael Carr-Gregg, examines how parents might know if their children are at risk and what practical steps they can take to develop resilience in their children.

Date: Thu, 27 Feb 2020 7:00 PM - 9:00 PM

Cost: \$15 / \$10 Concession

Book Online: <https://www.manningham.vic.gov.au/building-happy-and-resilient-kids>

MAROONDAH - Ringwood East **Maroondah Kindergarten Expo**

A forum for parents to meet representatives and learn about Maroondah Kindergartens, NDIS, immunisation, Maternal Child Health and DET. Free to attend. Bookings not required.

When: Thu 5th March 6:30 to 8:30pm

Where: Karralyka, Mines Road, Ringwood East

Contact: cathie.wills@maroondah.vic.gov.au

<http://www.maroondah.vic.gov.au/Home>

WHITEHORSE - Nunawading **Why is Play Important in Childhood Development?**

Early Childhood consultant Louise Dorrat will discuss the importance of play in the early years and how play benefits early development.

For parents of children aged 0 to 7 years

When: Wed 18th March. 7:15pm - 9:30 pm

Where: Whitehorse Centre, rear of, 379-397 Whitehorse Rd, Nunawading
parentresource@whitehorse.vic.gov.au or 9262 6175

YARRA RANGES - Upwey **Building Children's Resilience**

Interactive parenting workshop to explore strategies to support your resilience in young children. Free to attend. Bookings Essential.

When: Tuesday 18th February 6.30 – 8.30pm

Where: Sherbrooke Family and Children's Centre

Address: 1443 Burwood Hwy, Upwey

Bookings: 9294 6535 or sfcc@yarraranges.vic.gov.au

YARRA RANGES - Upper Yarra **Linking Families Service**

Provides referrals and information of services and programs to support families with young children

Phone: Naomi Ween - 0467 814 223

Email: earlyyears@yarraranges.vic.gov.au

Webpage:

<https://www.yarraranges.vic.gov.au/Community/Family/Support-for-families>



Early Years (0-6 years) Programs to Support Early Learning



Eastern Regional Libraries

Toddlers Story Times - 1 to 3 years

Provide an introduction to a wide range of children's books. Stimulates new ideas, interests and language skills. Encourages a life-long interest in books. Free to attend.

Bayswater Library - Fri 10:30 am	Lilydale Library - Fri 10:00 am
Belgrave Library - Mon 11:00 am	Montrose Library - Thu 9:15 am (1-6 yrs)
Boronia Library - Thu 11:00 am	Mooroolbark Library - Fri 10:00 am
Croydon Library - Fri 1:00 pm	Ringwood Library - Wed 11:00 am, Wed 2:00pm (1-6 yrs) & Sat 10:30am (0-6 yrs)
Ferntree Gully - Wed 11:00 am	Rowville Library - Wed 10:30 am
Knox Library - Wed 11:00 am	Yarra Junction - Wed 2:00pm Sat 10:30am

Eastern Regional Libraries

Tiny Tots Story Times - 0 to 12 months

Tiny Tots is a special sharing time for you and your baby. You will learn fun rhymes and games to play with your baby. Discover wonderful stories to share with your baby. Free to attend.

Bayswater Library - Tue 10:30 am	Lilydale Library - Wed 2:00 pm
Belgrave Library - Mon 2:00 pm	Montrose Library - Thu 11:00 am
Boronia Library - Thu 2:00 pm	Mooroolbark Library - Wed 11:00 am
Croydon Library - Tue 1:00 pm	Ringwood Library - Tue 11:00 am
Ferntree Gully - Fri 11:00 am	Rowville Library - Tue 2:00 pm & Sat 10:30 am (0-6 years)
Knox - Mon 1:00pm & Wed 10:00am	Yarra Junction - Mon 12:30 pm

Eastern Regional Libraries

Preschoolers Story Times - 3 to 6 years

Provide an introduction to a wide range of children's books. Stimulates new ideas, interests and language skills. Encourages a life-long interest in books. Free to attend.

Bayswater Library - Wed 11:00 am	Lilydale Library - Fri 11:30 am
Belgrave Library - Tue 11:00 am	Montrose Library - Thu 9:15 am (1-6 yrs)
Boronia Library - Mon 10:00 am	Mooroolbark Library - Mon 10:00 am
Croydon Library - Tue 11:00 am	Ringwood Library - Thu 11:00 am, Wed 2:00pm (1-6 yrs) & Sat 10:30am (0-6 yrs)
Ferntree Gully - Tue 11:00 am	Rowville Library - Tue 10:30 am (1-6yr)
Knox Library - Tue 11:00 am	

YARRA RANGES - Multiple Locations & Times Bookaburra Story Time

Interactive story time for children aged 0-6 years to support children's enjoyment and interest in stories whilst building parents confidence to read books with their child.

Contact: Michelle Lehmann - 1300 368 333

earlyyears@yarraranges.vic.gov.au

<https://www.yarraranges.vic.gov.au/Experience/Events/Bookaburra-Storytime>



Maroondah - Ringwood East Parent Child Mother Goose

An hour of rhymes, songs and stories for parents & children.

0 to 2 year olds: Monday 3rd Feb to 23rd Mar - 9:45am

2 to 4 year olds: Friday 7th Feb to 27th Mar - 10:15 am

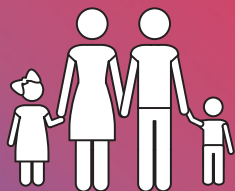
Where: St Stephens Hall 28 Freeman St Ringwood East

Contact: Kate Adams

Phone: 9837 3988 or Email: cafs@each.com.au

Maroondah - Croydon Pram Walks

Parents and carers are invited to join us for a pram walk, every Thursday (weather permitting) from 12 noon at the Croydon Maternal & Child Health Centre, 9 Civic Square. Enjoy some fresh air, make new friends and have a chat to our Maternal and Child Health nurses as we walk a 2.5km loop along Tarralla Creek Trail. The walk takes approximately 45 minutes. It's a great way to keep fit, have fun and meet new people.



Middle Years (6 to 12 yrs) Groups and Programs for Parents

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ALL AREAS - VICTORIA WIDE

Child and Family Services Information, Referral and Support Teams (Child FIRST)

An easily accessible, community-based point of entry for children, young people and families needing support.

Boroondara, Manningham, Monash and Whitehorse

Phone: 1300 762 125

Knox, Maroondah and Yarra Ranges Phone: 1300 369 146

Boroondara - Camberwell Emotion Focused Parenting

A Parents Building Solutions Program to better understand children's behavior, improve communication and help children deal with emotions. Free to attend. Bookings Essential.

Where: Boroondara City Council, 8 Inglesby Road, Camberwell

When: Tuesdays (6 evening sessions) Feb 18th to Mar 24th 7:00 - 9:30 pm

Phone: Julia 0400 866 495

MANNINGHAM - Doncaster

Building Happy and Resilient Kids Seminar

Adolescent and child psychologist, Dr Michael Carr-Gregg, examines how parents might know if their children are at risk and what practical steps they can take to develop resilience in their children.

Date: Thu, 27 Feb 2020 7:00 PM - 9:00 PM

Cost: \$15 / \$10 Concession

Book Online: <https://www.manningham.vic.gov.au/building-happy-and-resilient-kids>

MANNINGHAM - Doncaster

Steve Biddulph - Raising Boys Seminar

Psychologist, Steve Biddulph explores the three stages of boyhood, the importance of fathers and what you can do if you're a single mum, engaging boys in housework and more.

Date: Monday 16 March 2020, 7:00 PM - 9:00 PM

Cost: \$38 / \$22 Concession

Book Online:

<https://www.manningham.vic.gov.au/raising-boys>

MANNINGHAM - Doncaster

Steve Biddulph - Raising Girls Seminar

Covering girls of all ages, this powerful, funny and moving talk will help you raise your daughter to be wise, warm, and strong. The five stages of girlhood. the importance of dads. The special role of aunties. How to avoid her growing up too fast.

Date: Tuesday 17 March 2020, 7:00 PM - 9:00 PM

Cost: \$38 / \$22 Concession

Book Online:

<https://www.manningham.vic.gov.au/raising-boys>

Monash - Mulgrave 123 Magic and Emotion Coaching

A 4-week program for parents of primary school aged children who wish to better understand and handle tricky behaviour and learn how to emotion coaching to encourage good behaviour.

Where: Albany Rise Primary School, 74 Albany rise Mulgrave

When: Tuesdays (4 morning sessions) Feb 11th to 3rd March

Times: 9.30 am - 11.30 am

Cost: Free to attend. Bookings Essential

Phone: 9721 36 46 or email: laurie.arrowsmith@anglicarevic.org.au

WHITEHORSE - Blackburn South Just For Dads

A Parents Building Solutions parenting program to support fathers understand their role as a parent in today's world.

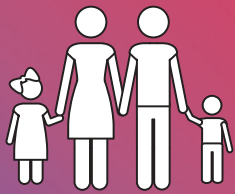
Where: Avenue Neighbourhood House, 87 Eley Road Blackburn South

When: Tuesdays 11th February to 3rd March

Times: 6:30 to 8:30 pm

Cost: \$25 per session.

Phone: Helena 0432 499 814



Middle Years (6 - 12 yrs) Groups & Programs for Children

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**Behind every young
child who believes in
himself is a parent who
believed first.**

Matthew Jacobson

EASTERN REGION

Being Boys

As part of the Resilient Kids Resilient Women Program Uniting and Safe Futures are facilitating this educational group for grade 5/6 boys, with a focus on developing respectful relationships, exploring feelings vs behaviours, conflict resolution, cyber and personal safety, friendship and exploring our strengths.

Contact Uniting Wesley 03 8870 4040 or email
resilientkidsresilientwomen@wesley.org.au

WHITEHORSE

Peaceful Kids Program

A mindfulness and positive psychology program to lessen anxiety and increase resilience in primary aged children. This program helps children learn how to deal with day to day stressors and is free to attend.

When: Dates TBA

Contact: Melanie Fearn

Email: youthandfamilyvic@each.com.au

WHITEHORSE - Blackburn CHAMPS MAT life skills program

A physically active therapeutic program for children aged 8 to 12 years who have a parent with mental health issues, including children who do not live with parents. No cost to attend.

Dates: Thursdays (8 week program) 4:30 to 5:30pm

Venue: The Avenue Uniting Church, 46 Blackburn Road

Contact: Bronwyn Sanders - 9871 3964 or 0408 291 580

<https://www.easternhealth.org.au/services/item/183-children-families-better-understand-mental-illness-champs>



YARRA RANGES - Yarra Junction Exploring Emotions Through Art

A therapeutic art program to support primary aged children to understand and manage feelings, self esteem and relationships

Dates: Mondays (8 afternoon sessions) Feb 3rd to Mar 23rd 2020

Venue: Cire Community Hub, Warburton Hwy, Yarra Junction

Cost: \$40 per child

Contact: rebeccafilliponi@gmail.com

Bookings: grade 1-3 or grade 4 to 6



Adolescence (12 to 24)

Groups and Programs to Support Parents

EASTERN REGION

Child and Family Services Information, Referral and Support Teams (Child FIRST)

An easily accessible, community-based point of entry for children, young people and families needing support.

Boroondara, Manningham, Monash and Whitehorse

Phone: 1300 762 125

Knox, Maroondah and Yarra Ranges Phone: 1300 369 146

EASTERN REGION

Meridian Youth and Family Therapy

Therapy for young people aged 10 - 23 and their families to address conflict arising from issues such as: violence, anxiety, bullying, depression, eating disorders, family breakdown, gaming & internet misuse, grief and loss, self-harm & suicidal thoughts, sexual or physical abuse, sexual identity & gender issues, school refusal, & social isolation.

Phone Meridian Intake on: 03 9896 6322 or

Email: meridian@anglicarevic.org.au

BOROONDARA - Kew

Tuning into Teens

This 6-week program focuses on developing key skills in recognising and responding to your teens emotions, conflict management and in helping your teen develop emotional intelligence

When: Wednesday 19th February Times: 6:30 to 8:30 pm

Where: 46 Princess Street Kew

Cost: \$195 Concession \$120

Contact: (03) 9261 8700

KNOX - Wantirna

Parent Support Group

For Parents Supporting Someone with Drug or Alcohol Issues

A group to improve knowledge, communication skills and family relationships. Parents develop strategies to manage stress.

When: Tuesdays from February 4th to March 24th 5:30 to 7:30 pm

Where: Anglicare Victoria, 1/603 Boronia Road Wantirna

Cost: Free of Charge. Bookings Essential

Contact: 0427 975 071 Leigh

MAROONDAH - Ringwood

Talking Drugs, Alcohol, and Adolescence

A 6-week program for parents of 12 to 25 year olds who are concerned about their adolescents use of alcohol and other drugs. Improve your relationship with your adolescent / adult child.

Where: Central Ringwood Community Centre, Bedford Road, Ringwood

When: Mondays (6 sessions) Feb 10th to March 23rd 7:00 to 9:00 pm

Cost: free to Attend. Bookings Essential

Phone: 0438 683 049 or sharon.muir@anglicarevic.org.au

WHITEHORSE

Care Factor Workshop

A workshop for parents and carers of youth aged 15 to 24 years. Learn strategies to improve communication and build better relationships.

Free to attend. Bookings Essential.

Where: Willis Room, Whitehorse Civic Centre

379 Whitehorse Road, Nunawading

When: Thursday 27th February 6:00 to 8:30 pm

Txt or call: 0466 015 267 or carefactor.eventbrite.com.au

WHITEHORSE - Nunawading

Understanding your Teen Parenting Forum

Presented by Joanie Bartolo from Emotion Wise

Joanie Bartolo from Emotion Wise is a qualified "Tuning in to Teens™" Practitioner and will provide an introduction to the key principles of this program.

Where: Whitehorse Centre, rear of, 379-397 Whitehorse Rd, Nunawading

When: Tuesday 31 March 2020 at 7:15pm - 9:30pm

Bookings: parentresource@whitehorse.vic.gov.au or 9262 6175

Reach Out Website

<https://parents.au.reachout.com/>

Information to help parents support their teenagers through everyday issues and tough times. parents. Includes common concerns such as mental health, family conflict, cyber bullying, alcohol and other drug use etc. Provides strategies for parents to improve communication and family relationships.



Support for Youth & Families (12 to 24 years)

EASTERN REGION

Child & Youth Mental Health Service (CYMHS)

Eastern Health CYMHS is one of thirteen Specialist Mental Health Services in Victoria for children and young people up to the age of 24 years who are displaying symptoms of psychiatric disorder or severe emotional and behavioural disturbance. The service is available to families who live in the central and outer eastern region of Melbourne

1300 721 927 (Press Option 2)

After hours/weekends urgent inquiries: 1300 721 927

Website: <https://www.easternhealth.org.au/site/item/99-child-youth-mental-health-service-cymhs>

EASTERN REGION

Headspace

Provides youth mental health services for Australians aged 12-25. Chat at a centre, online, by email, or speak on the phone with a qualified professional

Phone Counselling 1800 650 890

Hawthorne (03) 9815 0818

Knox (03) 9801 6088

EASTERN REGION

Girls With Attitude

A free self discovery program for young women aged 14 to 17 years experiencing difficulty dealing with emotions, relationships and other issues. The program focuses on developing social skills, strengthening connections and understanding their own thoughts, feelings and behaviours.

For more information email EACH youthandfamilyvic@each.com.au

MANNINGHAM - Doncaster

Manningham Youth Services provides recreational, personal and skill development opportunities for young people who live, work, go to school or hang out in our community.

EACH will deliver youth services to young people in the Manningham areas under the EPIC service model: Empower, Partner, Innovate, Connect. Free to access.

Manningham City Square Phone 1300 00 3224

MAROONDAH - Within Maroondah

Maroondah TAC L2P Program

The TAC L2P program supports young people aged 16 to 21 years who do not have access to a vehicle &/or limited financial means to get 120 hours of driving practice by matching them with a volunteer supervising driver.

Phone: Alysha Dixon- 9294 5723

Email: L2P@maroondah.vic.gov.au

Webpage: www.maroondahyouth.com.au/L2P

MAROONDAH YOUTH SERVICES

Free, flexible support service for young people aged 10-25 with a wide range of things such as finding a job, family or school issues or if you're having a hard time. No cost, outreach available. Phone 9294 5704 rachelle.jones@maroondah.vic.gov.au

Hangout - Croydon

A drop-in program for young people to access free wifi, games, speak to youth workers and get support. Ages 12-25.

When: Thursdays 3-6 pm (except public holidays)

Contact: 9294 5703 Email: Marcus.Kelly@maroondah.vic.gov.au

WHITEHORSE - Nunawading / Box Hill Area

The Boomerang Bags Crew

The Boomerang Bags Crew is a group of young people aged 15-25 years who care about the environment and meet to create Boomerang Bags (reusable shopping bags) to promote messages about reducing our footprint on the planet. If you want to make a difference, be creative and hang out with like-minded people come along. Free to attend. Beginners welcome.

When: Every second Tuesday afternoon

Contact Julie Ritchie - youthandfamilyvic@each.com.au

YARRA RANGES - Lilydale

Peaceful Warriors

Peaceful Warriors' is a 20 week (meeting fortnightly) program which aims to build positive relationships between men and boys. It involves volunteer men from the community in a program for boys who are starting the transition from primary school to secondary school and the transition from boyhood to manhood.

TJ 9735 4188 E| damien.litchfield@anglicarevic.org.au



Separated, Sole & Step Parents

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ALL AREAS - VICTORIA WIDE SERVICE

Council of Single Mothers and their Children

<https://www.csmc.org.au/>

Telephone support, information and referral on a range of issues including emergency relief, housing, Centrelink, child support, law, family violence and parenting

Support Phone Line: Melbourne metro – 9654 0622

ALL AREAS - VICTORIA WIDE SERVICE

Step Families Australia

<https://stepfamily.org.au/>

provides tools and resources to strengthen the bonds of step and blended families, and inspire a society that recognises, values and supports these families to achieve their highest potential. Provides information, courses and counselling

BOROONDARA - Kew

Post Separation Parenting

This one day workshop explores strategies to help children successfully adjust to separation, and establish a working parent relationship.

When: Friday 14th February 9:30 am to 4:00 pm

Times: 6:30 to 8:30 pm

Where: 46 Princess Street Kew

Cost: \$195 Concession \$120

Contact: (03) 9261 8700

MAROONDAH - Ringwood

Parenting Orders Program

The program assists separating families in high conflict about parenting arrangements and care of children. A range of services available such as counselling, family dispute resolution (mediation) and parenting / conflict management group work education.

EACH 1300 00 3224

<https://www.each.com.au/service/parenting-orders-program/>



Aboriginal and Torres Strait Islander Family Services



Victorian Aboriginal Child Care Agency (VACCA)

20 Fletcher Road Chirnside Park VIC 3116

(03) 8727 0200

The Victorian Aboriginal Child Care Agency (VACCA) is a state-wide Aboriginal Community Controlled Organisation (ACCO) servicing children, young people, families, and community members. The largest of its kind in Australia.

We have protected and promoted the rights of Aboriginal children and families for over 40 years.

YARRA RANGES - Lilydale

Boorndawan Willam Aboriginal Healing Centre

289 Swansea Rd, Lilydale VIC 3140

(03) 9212 0200 <https://www.bwahs.com.au/>

A culturally safe service that assists Aboriginal & Torres Strait Islander people in their healing journey from the impact of family violence. Boorndawan Willam (Safe House) is a place where you can strengthen your family and relationships through our holistic Aboriginal cultural and spiritual approach.

YARRA RANGES - Healesville

The Healesville Indigenous

Community Services Association (HICSA)

<https://hicsa.org.au/> (03) 5962 2940

HICSA was established as a welcoming and culturally affirming place in Healesville that provides a central point of contact for community members, both Indigenous and non-Indigenous, for information, services and programs that are focused on building a healthy, strong and skilled community.



Linguistically and Culturally Diverse Family Support

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EASTERN REGION **Migrant Information Centre**

The Migrant Information Centre (Eastern Melbourne) (MIC) assists families and children from migrant and refugee backgrounds residing in the eastern suburbs of Melbourne to understand Australian life, integrate into a multicultural community and access services.

MAROONDAH: 18 Bond Street, Ringwood Phone: 9870 1351
WHITEHORSE: Suite 2, 27 Bank Street, Box Hill Phone: 9285 4888
Website: <http://miceastmelb.com.au/>

***March 21st 2020 is Australia's
Harmony Day, which celebrates the
country's cultural diversity.***

***Contact your local council for
information on multicultural
activities and events***



WHITEHORSE: Box Hill **Cool Kids and Rainbows Children's Program**

The Cool Kids and Rainbows program is a therapeutic children's program that utilizes craft and play to help newly arrived primary school aged children adjust to their new life in Australia and make new friends. The program is held over 8 weeks and children who attend the program are invited to participate in our holiday programs.

Where: Suite 2, 27 Bank Street, Box Hill 3128
Phone: 9285 4888

VICTORIA WIDE **Victorian Multicultural Commission**

Strengthens cultural diversity in Victoria through consultation, advocacy, celebration and promotion. Site list more than 1700 services including inter faith networks, language service providers, government agencies, language schools and events

Phone: 03 7005 1267

Website: <https://www.multiculturalcommission.vic.gov.au/>



MONASH AREA **Chinese Family Services**

Uniting Connections offer a range of programs to support families living in Monash. Programs offered include:

- Chinese Playgroup
- Information sessions for Chinese parents
- Support for Chinese fathers

For more information contact Joseph Jin - 0422008145 or 98754222

Email: Joseph.Jin@vt.uniting.org





Support for Families with Disabilities or Developmental Delays

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EASTERN REGION CONTACTS

AMAZE

Builds autism understanding in the community, influences policy change for autistic people and their families/supporters, and provides independent, credible information and resources to individuals, families, professionals, government and the wider community.
(03) 9657 1600 Web: <https://www.amaze.org.au/>

Autism Counselling

Suite 2/171 Boronia Rd, Boronia 0414 487 509

Cerebral Palsy Support Network

A community of members that puts inclusion and self-determination of individuals with Cerebral Palsy at the forefront of everything we do.
<https://cpsn.org.au/> 9478 1001

Deaf Victoria

Deaf Victoria advocates to increase access to services and to educate the wider community on how to work, play and study with Deaf and hard of hearing people. Deaf Victoria also represents Deaf and hard of hearing people in both state government and disability groups.
<https://www.deafvictoria.org.au/> 0431 476 721

Down Syndrome Victoria

Provides families and people with Down syndrome with support, encouragement, information and resources. Phone 1300 658 873
Email info@dsav.asn.au <http://www.downsyndromevictoria.org.au/>

Epilepsy Action Australia

Provider of epilepsy support and information nationwide,
<https://www.epilepsy.org.au/>

Scope Australia

Support for people with physical, intellectual and multiple disabilities and developmental delays to achieve their goals. 1300 472 673

Spectrum Journeys

Equipping and empowering Carers and Educators as they support children on the Autism Spectrum to flourish. <https://spectrumjourneys.org.au/>

Yooralla

provides quality, sustainable and flexible services for people with disability across Victoria <https://www.yooralla.com.au/> 03 9666 4500

EASTERN REGION

Parenting Support Program

Monthly peer support groups for parents who have a child with a disability or developmental delay. One hour sessions run during school terms in the following locations:

Lilydale - 4th Fri each month 10:30 am
Ringwood - 1st Tue each month 7:00 pm
Vermont South - 3rd Tue each month 9:30 am
Chirnside Park - 3rd Thu each month 10:30 am
Bayswater - 2nd Wed each month 10:30 am

Contact

Michelle

0438 646 744

YARRA RANGES - Healesville

Pathways for Carers

The Pathways for Carers project offers carers of people with a disability or mental illness an opportunity to share walks together and to learn more about news, services and support available to carers. We will be joined on the walk by representatives from local organisations

Free coffee and cake after each walk.

Where: 9.45 am every fourth Wednesday of the month.

Start location: Beechworth Bakery, Healesville.

Further Information: Amanda May at Yarra Ranges Council 1300 368 333

KNOX & MAROONDAH - Boronia & Kilsyth

Autism Family Swim Nights

Private event. Pool will be closed to the public. BBQ dinner provided - \$5 per person. Kiosk open for other food and drinks at own cost.

Venue: Kilsyth Centenary Pool & Knox Leisureworks

Phone: 0490 774 068

Email: differentjourneys@gmail.com

YARRA RANGES - Mooroolbark

Social Skills & Navigating the Playground

Spectrum Journeys are offering a workshop for parents, carers and teachers who are keen to hear practical strategies, to support children in the playground at preschool, primary school or at the park.

Where: Salvation Army 305 Manchester Road, Mooroolbark

When: Tue., 11 February 7:00 pm – 9:00 pm

Cost: \$20 per person

<https://www.eventbrite.com.au/e/social-skills-navigating-the-playground-tickets-80407235205>



EASTERN REGION

EASTERN DOMESTIC VIOLENCE SERVICES (EDVOS)

Support includes working with police and courts, housing assistance, counselling and men's intake. Free and confidential service

b/h 9259 4200

a/h 1800 015 188 (crisis line)

www.edvos.org.au

EASTERN REGION

Resilient Kids Resilient Women

Family Violence Therapeutic Interventions Project

Uniting Wesley, Safe Futures Foundation, EACH and the Australian Childhood Foundation, provide a range of therapeutic responses to support women and children who have experienced family violence.

The program includes a therapeutic assessment, referral to counselling and/or case management for children. Group programs may also be offered.

Make a referral to Uniting Wesley 03 8870 4040 or email resilientkidsresilientwomen@wesley.org.au

EASTERN REGION

Cool Kids

Cool Kids is a therapeutic group for primary school children who have experienced family violence and/or homelessness. The program aims to create a safe environment for children to express and manage their emotions and have fun with other children..

When: Mondays during the school terms from 4:00pm to 5:30pm.

Where: Address will be supplied upon referral.

For enquiries, please contact: 8870 4040 or

email: resilientkidsresilientwomen@wesley.org.au

MANNINGHAM - Doncaster

DAWN Mentoring Program - Doncare

DAWN provides long-term support to women recovering from the ramifications of domestic violence. This is done through a mentoring process, where volunteers are matched with a client and provide in-home social support, assistance with practical issues and companionship.

Phone 9856 1500 to find out more about referrals into the DAWN Program.

WHITEHORSE - Burwood East

Crossways Life Care

Supports women who have experienced family violence through counselling, mentoring, financial care, a women's centre, meals and community groups.

709 Highbury Rd, Burwood East Phone: (03) 9886 3899

lifecare@crossways.org.au

WHITEHORSE - Box Hill

The TRAK Forward Program

Supports people to move forward after family violence, Includes

- Safety Planning
- Child and Family Counselling
- Coaching in the home or refuge
- Support to access other services
- Access to peer support

People living in Manningham, Boroondara, Monash and Whitehorse can access the service free of charge. Intake - T: 03 9896 6322

E: trakeast@anglicarevic.org.au

YARRA RANGES - Chirnside Park

Footsteps

Uniting Wesley with Safe Futures Foundation and Yarra Ranges Council is delivering Footsteps, a therapeutic group for mothers and their infants who have experienced family violence. The group is for women of any age and their infants up to 8 months of age (exceptions considered).

Venue: Kimberley Place at 33 Kimberley Drive, Chirnside Park.

When: Tuesday mornings 9:30am to 11:30am.

Morning tea will be provided

Phone 8870 4040 for more information

YARRA RANGES Lilydale

Mum's Guiding Kids Forward

An 8 week parenting program for mothers who have experienced family violence and abuse. This group provides a safe space to gain strategies to parent children affected by family violence and nurture relationships.

Where: 47-51 Castella Street, LILYDALE

When: Feb 5th – March 25th 10am to 12 pm

Contact: Morgan Hunter or Karen Angove 9735 6100

Morgan.hunter@anglicarevic.org.au or Karen.angove@anglicarevic.org.au



Professional Development Training and Dates for Your Calendar

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KNOX - Bayswater Parents Building Solutions Training for Professionals

A comprehensive framework for professionals who work with parents. Develops practical tools to use with parents in any circumstance.

Where: Anglicare Victoria, 1/603 Boronia Road Wantirna

When: Wednesdays (6 morning sessions)

Feb 5th to Mar 11th 2020

Times: 9:00 am to 1:00 pm

Cost: \$340 (plus 10% GST). Includes morning tea each week and the Parents Building Solutions manual on USB

Tamara Dixon - 9721 3632 tamara.dixon@anglicarevic.org.au
or

Julia Russel - 9721 3629 julia.russell@anglicarevic.org.au

KNOX- Wantirna Standard Mental Health First Aid Accredited Course

Gain tools to assist people with mental health struggles

When: Friday 7th and Saturday 8th February (2 days)

Where: Bright Church 2/82 Lewis Road Wantirna

Cost: \$220 for the 2 day course

Contact: suzanne.mealing@brightchurch.com

https://www.stickytickets.com.au/m92dh/mental_health_first_aid_workshop.aspx

BOROONDARA - Canterbury Autism Behavioural Intervention Association

ABIA provides training, information and support for those who live with, work with, or love an individual with autism

When: 26 Feb, 4 & 11 March (3 x Wed) or 18-20 March (Wed-Fri) Times: 9:30am to 4:30 pm

Where: ABIA Level 1, 121 Maling Rd Canterbury

Cost: \$550 Student, \$595 Full/NDIS, \$600 DSS/FaHCSIA funding

Contact: 3 9830 0677 or info@abia.net.au



ParentZone Newsletter Submission Dates What Are Your Plans for 2020?

As a Parent Resource Service we are very interested in hearing from professionals who work with parents throughout the Eastern region of Melbourne.

What emerging needs have you identified? What upcoming programs and services is your organisation offering or planning to offer?

To submit an entry into future ParentZone newsletters please email the 'Whats On in the East' template to sharon.muir@anglicarevic.org.au by the last day of each school term:

Term 2 deadline - Friday 27th March 2020

Term 3 deadline - Friday 26th June 2020

Term 4 deadline - Friday 18th September 2020

We look forward to hearing from you!