



# PARENTZONE SOUTHERN DIRECTORY

Term 1, 2020

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

Hello all

Welcome to a new year, it's been a hectic Holiday season. We hope you and your families had a safe Holiday period.

**Our Pakenham office has changed its Address:**

**ParentZone Centre at Pakenham Hills Primary School**

**75 Army Rd Pakenham**

**It is the yellow building Near the Gym**

**Phone (03) 9781 6767**

**ParentZone at Pakenham Hills P.S.**

**Would like your ideas!**

**(Parents Building**

To get involved, please register your interest by

Contacting: Deb on 0428 654 824 or emailing: [deb.davey@anglicarevic.org.au](mailto:deb.davey@anglicarevic.org.au)

Please join us for a coffee & chat!

Along with an opportunity to let us know what parents want to see delivered from the new PARENTZONE Centre at Pakenham Hills P.S.

To get involved, please register your interest by

Contacting: Deb on 0428 654 824 or emailing:

[deb.davey@anglicarevic.org.au](mailto:deb.davey@anglicarevic.org.au)

Here at Anglicare we are committed to ensuring that diversity and inclusivity are embedded throughout our operations for the benefit of all clients, volunteers and staff.

This recognition is an important step that will drive ongoing quality improvement throughout the organisation.

Over the Christmas break many people and organisations participated and visited the Midsummer Carnival:

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

### **AV IN MELBOURNE'S PRIDE MARCH**

Sunday, 2 February 2020

10:30 am – 2:30 pm

(UTC+10:00) Canberra, Melbourne, Sydney

#### **About this event:**

The 25th Midsumma Pride March will be held in St Kilda in 2020, starting at 11am on Sunday 2 February 2020.

Join AV colleagues to walk together along Fitzroy St as we take part in the Midsumma Pride March for the very first time to celebrate solidarity in gender and sexuality diversity. **If you are interested in coming along or would like some more information please email [AVPRIDE@anglicarevic.org.au](mailto:AVPRIDE@anglicarevic.org.au).**

LGBTIQ+ Legal Outreach Fitzroy Legal Service inc. Operates a free monthly family law advice clinic for LGBTIQ+ clients This clinic can help with a range of family law matters, including parenting and property advice	To book an appointment Call 9419 3744 Email <a href="mailto:enquiries@fitzroy-legal.org.au">enquiries@fitzroy-legal.org.au</a>
--	---

### PBS (Parents Building Solutions) Parenting

Programs (Ran in City of Greater Dandenong; Shire of Cardinia; City of Casey; City of Frankston; Mornington Peninsula Shire)

### What People are saying about a Program they have attended

“Open discussion, supportive and respectful

Communication, very helpful reading

Material. Life can be better at home. That parenting can improve with this program.”

“Loved the print out of all the activities. Good to come away with things. Mitchell’s enthusiasm”

### PBS (Parents Building Solutions) Parenting) Tantrums Tears and trouble

Really helpful. Until I came to the program I didn’t know how to handle tantrums. I thank Jasbir. This helped me a lot

## Cardinia Communities Autism Spectrum

Communities for Children provides a platform for an integrated response by all levels of government, child, family, universal and tertiary services, to deliver positive and sustainable outcomes within Cardinia Shire for all children, with a focus on vulnerable 'at risk' children and families.

Tuesday 31 March 2020

New workshop!

COMMUNITY WORKSHOPS

# autism spectrum

recognition, response and referrals

Free workshop for Parents, Carers & Community Volunteers

Tuesday March 31st, 2020  
6:30 - 9 p.m.  
Hewitt Eco House  
215 Rossiter Road, Koo Wee Rup

 Communities for Children Plus  
Anglicare Victoria

 IRABINA  
AUTISM SERVICES

Delivered by Irabina and Anglicare Victoria.  
Communities for Children is funded by the Australian Government.

0457825076

[CFCCardinia@anglicarevic.org.au](mailto:CFCCardinia@anglicarevic.org.au)

flyer

## Contents

<b>AV IN MELBOURNE'S PRIDE MARCH</b>	2
<b>OVERVIEW OF PARENTZONE PROGRAMS</b>	3
<b>PARENTS BUILDING SOLUTIONS PROFESSIONAL TRAINING</b>	8
<b>BEYOND THE VIOLENCE facilitator Training Cranbourne</b>	9
<b>BEYOND THE VIOLENCE facilitator Training Dandenong</b>	9
<b>BEYOND THE VIOLENCE facilitator Training Frankston</b>	9
<b>PARENTZONE OFFICES</b>	11
<b>Dandenong   Foster Care Information Session</b>	12
<b>FAMILY VIOLENCE ORANGE DOOR</b>	13
<b>GROUPS AND PROGRAMS</b>	15
<b>City of Bayside</b>	15
<b>Cardinia Shire</b>	31
<b>City Of Casey</b>	41
<b>City of Frankston</b>	71
<b>City of Glen Eira</b>	95
<b>City of Greater Dandenong</b>	102
<b>City Of Kingston</b>	118
<b>City of Monash</b>	129
<b>Mornington Peninsula Shire</b>	130
<b>City of Port Phillip</b>	139
<b>City of Stonington</b>	141
<b>Telephone Help Lines</b>	147

### WHAT'S ON IN YOUR REGION?

Please send us details of any programs, workshops or support groups that you plan to run in Term 1, 2020. [parentzone.southern@anglicarevic.org.au](mailto:parentzone.southern@anglicarevic.org.au) or contact us on

NEW NUMBER 9781 6767

## OVERVIEW OF PARENTZONE PROGRAMS

ALL PARENTING PROGRAMS ARE FREE

**(full details on appropriate page) (click on links to get to Shire or Council Area)**

Region	Program	Dates	Time	Open to
<a href="#">Cardinia Shire</a> Page 31	<a href="#">Parents Building Solutions</a> <a href="#">Managing children and Screen Time</a>  Cockatoo Community House	Day Tuesdays Date 17 <sup>th</sup> March 2020	6.00pm to 8.30pm	A Program for Parents, grandparents, step parents & carers of Primary School aged children
<a href="#">Cardinia Shire</a> Page 31	<a href="#">Parents Building Solutions</a> <a href="#">Managing Anxiety In Children</a> Parent Zone at Pakenham Hills PS	Day Thursday Date 19 <sup>th</sup> March 2020	9.00am 12.00pm	Open to all Mums, Dads, Carers and Grandparent of School aged Children.
<a href="#">Cardinia Shire</a> Page 31	<a href="#">Parents Building Solutions</a> <a href="#">Parenting Teens</a> Emerald Secondary College	Day Wednesdays Date 19 <sup>th</sup> ,26 <sup>th</sup> Feb & 4 <sup>th</sup> ,11 <sup>th</sup> ,18 <sup>th</sup>	9.30am- 12.00pm	Open to all Mums, Dads, Carers and Grandparent of School aged Children.
<a href="#">Cardinia Shire</a> Page 31	<a href="#">PARENTZONE AT PAKENHAM HILLS PS</a> <a href="#">PREP PARENTS –COFFEE MORNING</a>	Day Thursday Date 9.00am-11.00am	9.30am- 12.00pm	Open to all Prep Mums, Dads, Carers
<a href="#">City of Casey</a>  Page 41	<a href="#">Parents Building Solutions</a> Rangebank Primary	Day Tuesdays Date 18 <sup>th</sup> Feb t 24 <sup>th</sup> Mar 2020	9.00am to 11.00am	Open to all Mums, Dads, Carers and Grandparent of School aged Children.

<a href="#">City of Casey</a> <b>Page 41</b>	<a href="#">Parents Building Solutions</a> Teens and Pre-Teens 11 + Endeavour Hills	Day Monday evenings Date 10 <sup>th</sup> Feb -23 <sup>rd</sup> March 2020 (not on labour day) 6 weeks	6.45pm– 9.00pm	Open to all Mums, Dads, Carers and Grandparent of teens and pre-teens aged 11+. Looking for parenting support
<a href="#">City of Casey</a> <b>Page 41</b>	<a href="#">Beyond the Violence TERM 1 Facilitator Training ..Professional Training</a> St Johns Anglican Church Cranbourne	Day Wednesdays Date 5 <sup>th</sup> , 12 <sup>th</sup> 19 <sup>th</sup> Feb 2020	9.00am – 4.00pm	Professionals who have existing group work skills and experience, or a background working with women and children impacted by family violence
<a href="#">City of Casey</a> <b>Page 41</b>	<a href="#">Koorie Kids Playgroup (VACCA run)</a> Cranbourne	Thursdays during school terms	10:30am – 1:00pm	Aboriginal and Torres Strait Islander Children 0 – 5 & their parent/carer
<a href="#">City of Casey</a> <b>Page 41</b>	<a href="#">Koorie Kids Playgroup (VACCA run)</a> Hampton Park	Wednesdays during school terms	10:30am – 1:00pm	Aboriginal and Torres Strait Islander Children 0 – 5 & their parent/carer
<a href="#">City of Casey</a> <b>Page 44</b>	<a href="#">Baby Makes 3</a> Livingston Community Centre	Day Tuesdays Date Ring by referral from MCH	5.00pm - 8.00pm	Baby makes 3 is part of your first time Parent groups program. Open to Parents.
<a href="#">City Of Frankston</a> <b>Page 71</b>	<a href="#">Parents Building Solutions</a> Free 6 week Program to talk about Kids Belvedere Community Centre	Day Tuesdays Date 11 <sup>TH</sup> ,18 <sup>TH</sup> ,25 <sup>TH</sup> Feb&3 <sup>rd</sup> ,10 <sup>th</sup> ,17 <sup>th</sup> Mar 2020	9.30am – 11.30am	Open to all Mums, Dads, and Carers & Grandparents. Looking for Parenting support.

<a href="#">City Of Frankston</a> <b>Page 71</b>	<a href="#">Parents Building Solutions</a> Free 6 week Program to have a cuppa and talk about Kids Ballam Park Primary School	Day Thursdays Date 13 <sup>th</sup> ,20 <sup>th</sup> ,27 <sup>th</sup> Feb & 5 <sup>th</sup> ,12 <sup>th</sup> ,19 <sup>th</sup> Mar 2020	9.30am – 11.30am	Open to all Mums, Dads, and Carers & Grandparents. Looking for Parenting support
<a href="#">City Of Frankston</a> <b>Page 77</b>	<a href="#">PBS Koorie Playgroup</a> Frankston	Day Date Wednesdays School Term	10.30-12.30	Aboriginal and Torres Strait Islander Children 0 – 5 & their parent/carer
<a href="#">City of Greater Dandenong</a> <b>Page 102</b>	<a href="#">Parents Building Solutions</a> <b>DADS DO MATTER</b> Dandenong Community & Learning Centre	Day Wednesdays Date 19 <sup>th</sup> ,26 <sup>th</sup> Feb & 4 <sup>th</sup> ,11 <sup>th</sup> ,18 <sup>th</sup> &25 <sup>th</sup> March 2020	6.00pm to 8.30pm	A Program for DADS, Step Dads, Grand Dads
<a href="#">City of Greater Dandenong</a> <b>Page 102</b>	<a href="#">Parents Building Solutions</a> <b>Growing Great Kids</b> Yarraman Oaks Primary School	Day Date Thursday 12 <sup>th</sup> March 2020	5.00pm to 7.00pm	Open to all Mums, Dads, and Carers & Grandparents. Looking for Parenting support
<a href="#">City of Greater Dandenong</a> <b>102</b>	<a href="#">Play Circle</a> Supported Playgroup	Day Date Thursdays School Term(10 weeks)	9.30am – 11.00am	For Parents and their preschool children.

<a href="#">City Of Greater Dandenong 102</a>	<b><u>3 and 4 year Old Playgroup</u></b> Keysborough	Day Date	Tuesday School Term	9.30am – 11.00	Is your child starting School in 2021 or 2022? If so, we would like to invite you to our playgroup that will prepare and encourage your child to start Kindergarten/School.
<a href="#">City of Greater Dandenong 102</a>	<b><u>General Playgroup</u></b> Keysborough	Day Date	Tuesday School Term	9.00am – 11.00	Is your child starting School in 2021 or 2022? If so, we would like to invite you to our playgroup that will prepare and encourage your child to start Kindergarten/School.
<a href="#">City of Greater Dandenong 102</a>	<b><u>Beyond The Violence</u></b> Dandenong	Day Date	Wednesday School Term 1 2020 date will be advised when you ring Ariane	4.00pm to 6.30pm	A FREE 8-week program for women and their children who have been impacted by Family Violence See City of Greater Dandenong area for all details
<a href="#">City of Greater Dandenong 102</a>	<b><u>Parents Building Solutions</u></b> Parenting In Australia Dandenong	Dates and times to be advised		TBA	Open to all Mums, Dads, and Carers & Grandparents. Looking for Parenting support with all the technology and problems with bringing Children up today.
<a href="#">City of Greater Dandenong Page 102</a>	<b>Parenting Teens</b> Open to all Mums, Dads, and Carers & Grandparents. Looking for Parenting support.	<b>Please contact Ariane if interested</b> <b>Other details to be confirmed.</b> <b>Contact Ariane Hahn</b> <a href="mailto:Ariane.hahn@anglicarevic.org.au">Ariane.hahn@anglicarevic.org.au</a>		<a href="#">City of Greater Dandenong Page 100</a>	<b>Parenting Teens</b> Open to all Mums, Dads, and Carers & Grandparents. Looking for Parenting support.

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



## OVERVIEW of other Anglicare Programs

<a href="#">City Of Frankston Page 71</a>	<b>KARINGAL HEIGHTS PRIMARY SCHOOL PLAYGROUP</b>	<b>Day</b> Wednesdays <b>Date</b> School Term	<b>9.00am to 10.30am</b>	<b>Our playgroup is open to ALL local families, not just KHPS families</b>
<a href="#">City Of Frankston Page 71</a>	<b>LYFT UP YOUR FAMILY Anglicare Victoria Frankston</b>	<b>Day</b> Please phone our <b>Date</b> Frankston office for details	<b>6.00pm to 8.00pm</b>	A program for parents & carers of young people (aged 12-25 years) who have challenging behaviours and may also be using alcohol and other drugs in a problematic way

## Help lines *(DETAILS AND MORE ON PAGES 117)*

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

## PARENTS BUILDING SOLUTIONS PROFESSIONAL TRAINING 'THE PARENTING PACKAGE'

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

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

### METHODOLOGY

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

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

A limited number of funded places are available free for volunteers, students, and ACCOs & Anglicare Victoria staff.

Please contact Parentzone for information on the application process.

<p><b>LEARNING OUTCOMES WHO THIS PROGRAM IS FOR?</b> Engage parents effectively in conversations about their parenting role by using a strengths based, reflective approach Draw on evidence-based materials from the Parents Building Solutions manual to respond to the expressed needs of parents Articulate a comprehensive framework for parenting based on family values, relationships, and boundaries Through individual, family or group-work, support parents to: Develop known and agreed rules with their family Implement appropriate discipline, including the use of known and agreed consequences Develop appropriate expectations for the age and developmental stage of the child Help children deal with a range of feelings, and deal with their own feelings as adults Build positive family relationships and communication Support resilience in children</p>	<p><b>WHO THIS PROGRAM IS FOR?</b> Anyone who works with parents! A wide variety of people have told us they really benefited from this program – social workers, teachers, psychologists, case managers, children’s services workers, family services practitioners, volunteers And residential staff.</p> <p><b>DAY</b> Wednesdays <b>DATE</b> 5<sup>th</sup>,12<sup>th</sup>,19<sup>th</sup>,26<sup>th</sup> February and 4<sup>th</sup>, 18<sup>th</sup> March <b>TIME</b> 1.00pm – 4.30pm <b>WHERE</b> Anglicare Victoria 60-64 Wells St Frankston There are a limited amount of funded places for volunteers, students, ACCO’s, Anglicare Victoria staff. <b>For more information and a registration form contact: NEW PHONE NUMBER (03) 9781 6767</b></p>
--	--

## BEYOND THE VIOLENCE facilitator Training Cranbourne



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

<p><b>Do you want to increase your skills? in working with parents and children Affected by Family Violence?</b>  <b>FOR</b> Professionals who have existing group work skills and experience, or a background working with women and children impacted by family violence</p>	<p><b>Bookings:</b> Call Alison Krusec 0409 316 620                  Email <a href="mailto:Alison.Krusec@anglicarevic.org.au">Alison.Krusec@anglicarevic.org.au</a>                  Call Reception on 9781 6767.  <a href="mailto:Alison.krusec@anglicarevic.org.au">Alison.krusec@anglicarevic.org.au</a>  <b>VENUE</b> St Johns Anglican Church                  27 Childers St Cranbourne</p>	<p><b>Date</b> 5<sup>th</sup>, 12<sup>th</sup> 19<sup>th</sup> Feb 2020  <b>Time</b> 9.00 to 4.00pm  <b>Where</b> St Johns Anglican Church, Community Hall.                  27 Childers St, Cranbourne 3977  <b>Cost</b> Free  <b>Bookings</b> Essential</p>
--	---	---

## BEYOND THE VIOLENCE facilitator Training Dandenong

Anglicare and Mission Australia

PROGRAM/SUITABLE FOR:	Contact and Address	Details
<p><b>Do you want to increase your skills? in working with parents and children Affected by Family Violence?</b>  <b>FOR</b> Professionals who have existing group work skills and experience, or a background working with women and children impacted by family violence</p>	<p><b>Bookings:</b> Ariane Hahn on 0499 080 468 or 03 9781 6700  <a href="mailto:Ariane.hahn@anglicarevic.org.au">Ariane.hahn@anglicarevic.org.au</a>  <b>VENUE</b> St James Church Hall-Dandenong                  53 Langhorne St Dandenong</p>	<p><b>Training not being held in Dandenong this term. A Beyond the Violence program for Women and Children is.</b></p>

## BEYOND THE VIOLENCE facilitator Training Frankston

Funded by CFC Frankston

PROGRAM/SUITABLE FOR:	Contact and Address	Details
<p><b>Do you want to increase your skills? in working with parents and children Affected by Family Violence?</b>  <b>FOR</b> Professionals who have existing group work skills and experience, or a background</p>	<p><b>Bookings:</b> Erin Surrey on 0438 459 891                  6700 <a href="mailto:Erin.Surrey@anglicarevic.org.au">Erin.Surrey@anglicarevic.org.au</a>  <b>VENUE</b> Anglicare Frankston Office                  Level 2, 60-64 Wells St                  Frankston</p>	<p><b>This FREE training runs for three full days which must all be completed for BTV Facilitation Accreditation</b>  <b>Day</b> Fridays  <b>Date</b> 28<sup>th</sup> Feb, 6<sup>th</sup> Mar, 13<sup>th</sup> Mar (all three days need to be attended to be accredited)</p>

working with women and children impacted by family violence	Reception 97816700	<b>Time</b> 9.15 to 4.15pm <b>Registration Essential</b>
<b>Do you want to increase your skills? in working with parents and children Affected by Family Violence?</b> <b>FOR</b> Professionals who have existing group work skills and experience, or a background working with women and children impacted by family violence	<b>Funded by Communities for Children Frankston</b> <b>Bookings:</b> Erin Surrey on 0438 459 891 or email <a href="mailto:eriin.surrey@anglicarevic.org.au">eriin.surrey@anglicarevic.org.au</a> OR reception 9781 6767 <b>VENUE</b> Anglicare Victoria. Level 2,64-68 Wells St Frankston	<b>This FREE training runs for three full days which must all be completed for BTV Facilitation Accreditation</b> <b>Day</b> Fridays <b>Date</b> 28 <sup>th</sup> Feb, 6 <sup>th</sup> , 13 <sup>th</sup> March 2020 <b>Time</b> 9.15 to 4.15pm <b>Registration Essential. Morning Tea, Lunch and Afternoon tea provided</b>

## PEER NETWORKS

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

Region	Contact	Venue	Dates
Cardinia	Jasbir Singh Suropada 0431 203 177 <a href="mailto:Jasbir.suopada@anglicarevic.org.au">Jasbir.suopada@anglicarevic.org.au</a>	Anglicare Victoria Level 1, 66-68 Main St Pakenham	Ring for details
Casey	Sandra Phillips 0447 500 355 <a href="mailto:sandra.phillips@anglicarevic.org.au">sandra.phillips@anglicarevic.org.au</a>		Contact Sandra on 9781 6767 to acknowledge attendance or email
City of Greater Dandenong	Jasbir Singh Suropada 0431 203 177 or 9706 8568 <a href="mailto:Jasbir.suopada@anglicarevic.org.au">Jasbir.suopada@anglicarevic.org.au</a>	Dandenong Anglicare Victoria Suite 12, 131-147 Walker St Dandenong	Ring for details
Frankston and 'Mornington Peninsula	Michelle Brown 9781 6700 or 0429 174 150 <a href="mailto:michelle.brown@anglicarevic.org.au">michelle.brown@anglicarevic.org.au</a>	The Corner Youth Services Building Wilsons Rd, 'Mornington	Phone Michelle for further details if required.

## PARENTZONE OFFICES

<b>ParentZone Southern (2 offices)</b> Phone: 03 5945 2000 Our Pakenham Office has a new address to be advised Frankston office Level 2, 60-64 Wells Street Frankston	<b>ParentZone Eastern</b> 03 9735 4188 47-51 Castella Street, Lilydale	<b>ParentZone Northern</b> 03 9465 0322 42 Mary Street, Preston
<b>ParentZone Gippsland</b> 03 5133 9998 65 Church Street Morwell		

### The Australian Parenting Websites

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

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

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

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

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

## ANGLICARE VICTORIA FOSTER CARE Info Sessions

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

We encourage people considering foster care to attend a free **information session** in their area. Potential carers can ask extensive questions, learn about the experience, and speak with existing carers. Sessions being held in Bendigo, Croydon and Preston in Term 1 2020.

For more information on becoming a Foster Carer, [Download The Information for Prospective Carers Booklet](#)

To become a foster carer all applicants must read and sign a number of documents and complete background checks. To start the application process, please contact us:

Eastern Melbourne Metro Region – 1300 889 335

North Melbourne Metro Region – 9301 5200

West Melbourne Metro Region – 03 9396 7400

Southern Melbourne Metro Region – 03 9293 8500

Bendigo & Loddon Region – 03 5440 1100

Gippsland Region – 03 5135 9555

### Carer KaFE - Foster Care Association of Victoria

Anglicare Victoria Yarraville **Wednesday 9:30am - 4pm**

## Dandenong | Foster Care Information Session

Time: 6:00 - 7:00 pm

Price: Free.

Bookings essential.

Venue: 131-147 Walker Street, Dandenong VIC 3175, Australia

Contact: Foster Care Team

Phone: 03 9293 8500

**Email:** [fostercare.southern@anglicarevic.org.au](mailto:fostercare.southern@anglicarevic.org.au)

For all other areas in Victoria, please contact the Centre for Excellence in Child & Family Welfare on 1800 013 088 or visit [fosteringconnections.com.au](http://fosteringconnections.com.au)

## FAMILY VIOLENCE ORANGE DOOR

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

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

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

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

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

For Urgent assistance call Triple Zero 000

FOR ASSISTANCE IN OTHER AREAS in Southern Region not covered by Orange Door Go to Appropriate Area for Services

[Cardinia Shire](#)

[City Of Casey](#)

[City of Greater Dandenong](#)

## WAYSS

For all people facing homelessness and family violence and they will support them to have a safe, secure and affordable home that enables them to live a better life. Formed in 1990's to provide responsive services for individuals and families in Greater Dandenong, Casey, Cardinia, Frankston and Mornington Peninsula.

**HOMELESSNESS SERVICES-** Wayss is the first point of contact for people experiencing homelessness in Greater Dandenong, Casey, Cardinia and Frankston.

**FAMILY VIOLENCE** – Wayss family violence specialists are able to assist with access to crisis accommodation, referral services including counselling, housing and legal,

**HOMELESSNESS SERVICES FOR YOUTH-** assist 16-25 with housing options, living and life skills and private rental support. They also run a refuge offering crisis accommodation

## NEIGHBOURHOOD HOUSES VICTORIA

For your local Community House please click on this link

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

## DRESS FOR SUCCESS

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

- Help women feel and look their best by providing a free one-on-one dressing service in our Boutique
  - Provide coaching and advice on interview skills and techniques
  - Support women to build personal and work related skills through our free workshops and
    - Provide mentoring and ongoing support after they get a job.
    - We are staffed by volunteers who have received in-house training.
    - We are part of Dress for Success Worldwide that assists women in 30 countries. Our service is one of 5 affiliates in Australia. Since we commenced our service in 2008 our volunteers have delivered assistance to over 5000 women in and around the regions of Frankston and the 'Mornington Peninsula. We have new an online booking service for dressings at: <https://calendly.com/dfsmp-dressings> Or Career Centre Workshops at: <https://celendly.com/dfsmp-cc>
    - If you have any trouble accessing these sites pleased contact our office on 9770 0220
- Enquiries 9767 1900 Or discuss with intake worker
- Homework Support Dandenong
  - Enquiries Crystal Youth Engagement Worker 9767 1900



## GROUPS AND PROGRAMS

## City of Bayside

Group / Program	Contact	Address	Details/ Other
<b>Parenting</b>			
<b>PARENT EDUCATION PROGRAMS</b>	<b>Bayside City Council</b> Ph. 9599 4444 or see <a href="http://www.bayside.vic.gov.au">www.bayside.vic.gov.au</a> for further details and bookings	For more info: Parent education sessions	Please phone for next dates, venue and costs
<b>AUSLAN STORY TIME</b> Experience a visual language in this interactive session with our storyteller and an Ulsan interpreter signing some favourite stories	<b>Bayside City Council</b> Ph. 9599 4444 or see <a href="http://www.bayside.vic.gov.au">www.bayside.vic.gov.au</a> for further details and bookings	Bayside Library Services 14 Wilson Street, Brighton Tel 9591 5900	Ulsan Storytime is being incorporated into our regular Thursday preschool sessions at Brighton Library. Day Thursday Date Please phone Time 10.30am – 11.30am
<b>CARING MUMS</b> In the challenging first months of your baby's life, a trained volunteer provides you with one on one emotional support. Through weekly visits, together you navigate the new and exciting road of motherhood	<b>NCJWA Victorian Multicultural Commission</b> <a href="mailto:caringmums@ncjwa.org.au">caringmums@ncjwa.org.au</a> ph. 9044 5405 or 0481 081 242 <a href="http://www.caringmums.org.au">www.caringmums.org.au</a>	Bubup Nairn Family and Children's Centre 998 Carlisle St, St Kilda	The program is free of charge, nonjudgmental and confidential. Women in the Cities of Yarra, Kingston, Port Phillip, Gen Eira, Bayside and Stonnington are eligible for the served for up to one year
<b>Peaceful Parenting</b> Positive ideas to help you manage your child's behaviour and result in positive change.	<b>Family Life</b> Bookings essential Contact Sharon from the Shine team at Family Life 9770 0341 <a href="mailto:info@familylife.com.au">info@familylife.com.au</a>	Level 1, 450 Nepean Hwy, Chelsea	Date Please phone Time 10.00-3.00pm Cost Free but booking is essential
<b>Time For Me Parenting Group</b>	<b>Family Life and Bayside City Council</b> Contact Courtney or Belinda from the Community Bubs Team 9782 7800	Fern St Children's Centre Crn of Fern St & Bluff Rd, Black Rock	Day Every Tuesday Dates During School Term Time 10.00 – 12pm Free, light refreshments provided

## City of Bayside

Group / Program	Contact	Address	Details/ Other
<p><b>COMMUNICATING WITH YOUR ADOLESCENT</b></p> <p>4-week workshop that will support parents by targeting personal effectiveness in communication skills to enhance your relationship with your child. You will explore the origins of your communication style, better understand the communication styles used by others and develop personal communication skills. For parents of children aged 10 to 17</p>	<p><b>Family Life</b></p> <p>For more info, email <a href="mailto:heartlinks@familylife.com.au">heartlinks@familylife.com.au</a> or call (03) 8599 5488</p>	<p>Family Life meeting room, 197 Bluff Rd, Sandringham</p>	<p>Please phone or check web site.</p>
<p><b>MATERNAL CHILD &amp; HEALTH CHILD SERVICES</b></p> <p>Phone your closest centre to see what they offer or visit Maternal and child health</p> <ul style="list-style-type: none"> <li>• Baby capsule hire service</li> <li>• Breastfeeding and lactation advice</li> <li>• Home cleaning service for new parents</li> <li>• Child health and development</li> <li>• Maternal health</li> <li>• Parent child relationships</li> <li>• Safety and injury prevention</li> <li>• Immunisation</li> <li>• Nutrition</li> <li>• Family planning</li> <li>• Other local support services and resources</li> </ul> <p>Advice and information is also available on the maternal and Child health Service 24 hour line. Phone 13 22 29</p>			

## City of Bayside

Group / Program	Contact	Address	Details/ Other
<p><b>TUNING INTO KIDS</b>  <b>Emotionally Intelligent Parenting</b>  <b>A six session parenting program for parents of children aged 3 to 10 years old.</b></p> <p>Would you like to learn how to:</p> <ul style="list-style-type: none"> <li>• Be better at talking with your child?</li> <li>• Be better at understanding your child?</li> <li>• Help your child learn to manage their emotions?</li> <li>• Help to prevent behaviour problems in your child?</li> <li>• Teach your child to deal with conflict?</li> </ul>	<p><b>BayCISS</b>  <b>Bayside Community Information &amp; Support Service Inc.</b></p> <p>BOOKING ESSENTIAL LIMITED SPACES</p> <p>Denise or Natalie Ph. 9555 9910</p>	<p>Castlefield Community Centre                      505 Bluff Road HAMPTON 3188</p>	<p>Please Ring for next session                      Booking essential Limited Places</p>
<b>Family Violence , Challenging Behaviours, Anxiety,</b>			
<p><b>The Orange Door</b> is for:</p> <ul style="list-style-type: none"> <li>•adults, children and young people who are experiencing family violence</li> <li>•families who need support with the care and wellbeing of children and young people</li> <li>•perpetrators of family violence</li> </ul> <p>The Orange Door welcomes people of any age, culture, ability, gender, sexuality or gender identity.</p>	<p>Phone: 1800 319 353                      Email <a href="mailto:bpa@organgedoor.vic.gov.au">bpa@organgedoor.vic.gov.au</a></p>	<p>60-64 Wells St                      Frankston</p>	<p>Please Phone or come. Open 9.00-5.00 5 days a week.</p> <p>Ring 000 if you need immediate assistance or are in danger</p>

<p>The Orange Door works with the whole family. Specialist support is tailored to each family member's needs including children and young people</p>			
<p><b>SAFE STEPS</b>                  The safe steps response phone line connects women (this includes anyone who identifies as female including trans and gender diverse individuals) and their children with specialist support workers who can help them explore their options, develop a safety plan and access supports that allow them to live safe from family violence.</p> <p><b>Emergency Accommodation</b>                  If you are at risk and need to leave your home environment, safe steps can arrange immediate safe accommodation for you and your children.</p> <p>safe steps has a range of accommodation options available dependent on your circumstances</p>	<p>To talk to a <b>safe steps</b> support worker, call 1800 015 188. The <b>safe steps</b> phone line is open 24 hours a day, 7 days a week, every day of the year including public holidays.</p> <p><b>If you have been threatened or you are fearful for yourself, a child or family member – call 000 Emergency or Police</b></p> <p>MORE ABOUT ACCOMODATION ASSISTANCE OFFERED</p> <p>To talk to a specialist family violence support worker about accommodation options, call safe steps now on 1800 015 188.</p>	<p>Please Phone</p>	<p>Please Phone</p>

### Playgroups & Playhouses

Visit Playgroups and playhouses or phone 9599 4444 for more info

Group / Program	Contact	Address	Details/ Other
<p><b>Healthy Bubs &amp; Families</b> Education and skill development for parents around the importance of early attachment. Intake assessment only.</p>	<p><b>Family Life</b> 8599 5433 <a href="mailto:info@familylife.com.au">info@familylife.com.au</a> <a href="#">u</a></p>	<p>Community House 12 Keith Street, Hampton East</p>	<p>Please phone for day and dates.</p>
<p><b>KOORIE FAMILY GATHERING</b> Are you, your children or the children you care for Aboriginal and/or Torres Strait Islander? Do you live in the City of Bayside, Glen Eira, Kingston or Stonnington? Would you like to connect with other Koorie families to have a yarn and a cuppa? Join our fun activities including storytelling and singing. <b>Term 1,</b> Would you like to connect with other Koorie families to have a yarn and a cuppa? Join our fun activities including storytelling and singing</p>	<p>City Of Bayside City Of Kingston City of Stonnington City Glen Eira Southern Melbourne Partnership <b>For more information, contact:</b> <b>Chris</b> 0402 311 989 cedmonds@smpcp.org.au</p>	<p>Derrimut Weelam Gathering Place Mordialloc Life Saving Club, 199 Beach Road, Mordialloc</p>	<p>Day Thursdays Date 6 &amp; 20 Feb 5 &amp; 19 Feb Time 10.30am to 12.30pm</p>
<p><b>Keith St Community House Playgroup</b></p>	<p><b>Family Life</b> 8599 5433 <a href="mailto:info@familylife.com.au">info@familylife.com.au</a></p>	<p>Community House 12 Keith Street, Hampton East</p>	<p>Please phone for day and dates.</p>

<p><b>Community Bubs</b> Intensive support for families who have an infant</p>	<p><b>Family Life</b> 8599 5433 <a href="http://familylife.com.au/info@familylife.com.au">http://familylife.com.au/info@familylife.com.au</a></p>	<p>Level 2, 11 Centreville Rd, Cheltenham</p>	<p>Please phone to arrange time.</p>
<p><b>BAYSIDE CHILDREN'S CONTACT SERVICE –Family Life</b> Providing a safe, neutral and child friendly environment for children.</p>	<p><b>Family Life</b> For more information please read our <a href="#">FAQ</a>, call us (03 8599 5433) or email your enquiry to <a href="mailto:bccs@familylife.com.au">bccs@familylife.com.au</a>.</p>	<p>Times can be scheduled at a mutually beneficial time; weekdays or weekends, before nap-time or after-school. We are happy to work with you to make the make arrangements that suit everyone involved and are in the best interests of the child</p>	<p>The Bayside Children's Contact Service is a safe, neutral, child focused venue for supervised contact visits and changeovers to occur between children and their parents, where separated parents are unable to manage their own contact arrangements without conflict.</p>
<p><b>SHARC</b> provides high quality and effective drug treatment and care services</p>	<p><a href="https://www.bayside.vic.gov.au/communitydirectory/self-help-addiction-resourcecentre-inc">https://www.bayside.vic.gov.au/communitydirectory/self-help-addiction-resourcecentre-inc</a> Phone 9573 1700</p>	<p>Mailing Address 140 Grange Rd Carnegie 3163</p>	<p>Please phone or follow link for further information</p>
<p><b>Dementia Carer Support Group</b> For carers of people with dementia</p>	<p>Marlee Creaser 8256 9699 <a href="mailto:mcreaser@aol.com">mcreaser@aol.com</a></p>	<p>15 Black St, Brighton Melways 97 B1</p>	<p>Day 1st Tuesday in month Time 10am-11.30</p>
<p><b>Brighton Carer Support Group</b> For people caring for aged relatives or those with dementia</p>	<p><b>Girrawheen Day Centre</b> Enquiries to Intake 9575 5322</p>	<p>Girrawheen Day Centre 3 Murphy St Brighton Mel Ref 67E7</p>	<p>Day 2nd Wed of month Time 7.30-9.30pm</p>

Group / Program	Contact	Address	Details/ Other
<p><b>Making Choices</b> A course for women who wish to learn how to make choices and re-gain some control over their lives in a safe and supportive atmosphere</p>	<p><b>Family Life</b> 8599 5433 Open to City of Kingston, Bayside, Glen Eira and Port Phillip</p>	<p>Service Address 197 Bluff Rd, Sandringham</p>	<p>Please phone for help and or further details.</p>
<p><b>Creating Connections</b> An 8 week support group for women who have already attended a family violence group or counselling, such as "Making Choices".</p>	<p><b>Family Life</b> <b>8599 5433 Family Life</b> 85995433</p>	<p>Please phone for details when booking</p>	<p>Please Phone for details</p>
<p><b>Who's In Charge?</b> An 8 week program for parents for carers of young people (aged 11 to 18) who are beyond control, violent or defiant.</p>	<p><b>Family Life</b> Tom 9782 7800 tmulvaney@familylife.com.au</p>	<p>Family Life 197 Bluff Rd, Sandringham RSVP Tom 97827800</p>	<p>Please phone for further details</p>
<p><b>Live Your Community Program</b> Provides flexible volunteer based inclusion support for children with disabilities who experience barriers to participation in sport, recreation and leisure. For children aged 6-17yrs with a diagnosed disability</p>	<p><b>Extended Families</b> Mornington Peninsula and Frankston Phone: 03 5950 1055 Email: peninsula@extendedfamilies.org.au Southern – South East areas Phone: 03 9285 4839 Email: southern@extendedfamilies.org.au</p>	<p>Please phone for details</p>	<p>Please phone for details There is no cost to families accessing LYCP. Cost to sporting activity chosen by the child are generally met by the family</p>
<p><b>HEARTLINKS</b> Heartlinks offers professional, confidential and quality counselling for individuals, young people, couples and families.</p>	<p><b>Family Life</b>  For more info, email heartlinks@familylife.com.au or call (03) 8599 5488</p>	<p>Family Life meeting room, 197 Bluff Rd, Sandringham</p>	<p>Please contact Family Life At the time of Printing information wasn't available.  They run Positive Parenting After Separation</p>

<p>Qualified and experienced counsellors have expertise in a range of areas and counselling support will be tailored to your individual concerns. We offer welcoming, private counselling rooms and child-friendly play-based therapy rooms at our convenient Sandringham location</p>			<p>Parenting Anxious and Sensitive Children Workshops                  Successful Step Parenting and Blended Families                  1-2-3 magic and Emotion coaching workshops                    Engaging Adolescents workshop                    Positive Parenting after Separation workshop</p>
<p><b>Chelsea Carer Support Group</b>                  For carers of frail older people and those with disabilities. The Carers only not the person with the disability or who is old.</p>	<p>(03) 8587 0194                  Leanne.Mill. @monash.org</p>	<p>335-337 Nepean hwy                  Parkdale</p>	<p>Meeting Details                  2<sup>nd</sup> Tuesday of the month                  10am till 11.30am</p>
<p><b>SUPPORT GROUP FOR ANXIETY</b>                  If your life feels like it is on a downward trajectory and you are struggling to cope, perhaps a support group might help. Our support group sessions offer sufferers and carers the opportunity to discuss their anxiety and help them learn how to deal with their fears, knowing they are not alone. The caring and sharing of the group offers relief from isolation and loneliness</p>	<p>MENTAL HEALTH FOUNDATION                    For information about group session please contact <a href="mailto:supportgroup@mhfa.org.au">supportgroup@mhfa.org.au</a> or phone <b>9826 1422</b>    <b>Click on link to register</b>  <a href="https://www.mhfa.org.au/uploads/files/Anxiety_A5.jpg">https://www.mhfa.org.au/uploads/files/Anxiety_A5.jpg</a></p>	<p>Suite J, 450 Chapel St                  Sth Yarra</p>	<p>Day Wednesdays                  Date 3<sup>rd</sup> Wed of each month                  Time 7pm-8.30pm</p>



<p><b>SUPPORT GROUP FOR DEPRESSION</b></p> <p>Our Support Group for Depression provides support for sufferers, their family members and carers. Through group discussion we focus on the symptoms of depression and how to manage them to promote better mental health. The caring and sharing of the group offers relief from isolation and loneliness.</p> <p>We encourage family members and friends to attend the sessions in order to have enough awareness about the illness and how to support their loved ones.</p>	<p><b>MENTAL HEALTH FOUNDATION</b></p> <p>For information about group session please contact <a href="mailto:supportgroup@mhfa.org.au">supportgroup@mhfa.org.au</a> or phone <b>9826 1422</b></p> <p><b>Click on link to register</b></p> <p><a href="https://www.mhfa.org.au/uploads/files/Depression_A5.jpg">https://www.mhfa.org.au/uploads/files/Depression_A5.jpg</a></p>	<p>Suite J, 450 Chapel St Sth Yarra</p>	<p>Day Wednesday Date 4<sup>th</sup> Wed of each month Time 7pm – 8.30pm</p>
<p><b>Mood Disorders Support Group</b></p> <p>Provides friendship and support to those with a mood disorder, their family and friends. Uni-polar, bi polar, general anxiety and depressive illnesses</p>	<p><b>Mental Health Victoria</b></p> <p>If you plan to attend, we strongly encourage you to register. Email: <a href="mailto:admin@mhfa.org.au">admin@mhfa.org.au</a> Ph 1300 643 287 Web <a href="http://www.mhfa.org.au">www.mhfa.org.au</a></p> <p>Or click on link for registration <a href="https://www.mhfa.org.au/uploads/files/MoodDisorder_A5.jpg">https://www.mhfa.org.au/uploads/files/MoodDisorder_A5.jpg</a></p>	<p>Suite J, 450 Chapel Street South Yarra, VIC, 3141 (Enter via Wilson Street. Parking is available at Jam Factory - 500 Chapel Street)</p>	<p>Day Tuesday Date 3<sup>rd</sup> Tuesday of each month Time 7.30pm to 9.00pm</p>
<p><b>ASD Coffee Group</b></p> <p>Support for parents of children with autism</p>	<p><b>MOIRA</b></p> <p>Kerri Rolfe - Parent Support Coordinator for Southern Region 8552 2222</p>	<p>Highbury Neighbourhood community house 2 Livingston Street Highbury</p>	<p>Day 2<sup>nd</sup> Thursday of month Time 10am-12pm</p>

<p><b>Sandringham Reach Respite Program for Carers</b> For carers of the elderly and those with dementia</p>	<p><b>Sandybeach Centre</b> www.sandybeach.org.au contact 9598 2155</p>	<p>Sandybeach Centre 2 Sims St, Sandringham Melways 76 G10</p>	<p>Day 3rd Tuesday of month Time 1.30 - 3.00pm</p>
<b>Family Violence</b>			
<p><b>Creating lasting connections</b> A 9 week Group that provides a safe, supportive and nurturing environment were mothers and their infants can connect, bond and attach as part of their recovery from Family Violence</p>	<p><b>Family Life</b> Hopscotch  Contact Annalise: 0428 574 251 www.familylife.com.au</p>	<p>Keith St community House 12 Keith St Hampton East</p>	<p>Please ring for details</p>
<p><b>ORANGE DOOR</b> <b>Men's Referral Service</b> Men's Referral Service provides an anonymous and confidential phone counselling, information and referrals service on 1300 766 491 for: men who might be using violent and controlling behavior towards a partner or family member men who have been victimized by a partner or family member women wishing to find information about male family violence friends, family or colleagues of people who are using or experiencing family violence. Professionals wishing to support a male or female client using or experiencing family violence.</p> <p><b>Victims Support Agency</b> The Victims Support Agency provides support and information to help adult male victims of family violence and victims of violent crime. The service guides victims through the legal process and helps manage the effects of crime through practical assistance and counselling. Call the Victims of Crime helpline on 1800 819 817 or use the text service via 0427 767 891 (8am to 11pm, 7 days a week).</p> <p><b>Aboriginal Family Violence Prevention and Legal Service (FVPLS)</b> This is an Aboriginal community-run organization providing assistance to Aboriginal and Torres Strait Islander victim survivors of family violence and sexual assault. You can call FVPLS on 1800 105 303.</p> <p>InTouch: Multicultural Centre against Family Violence This is a state-wide organization specializing in services, programs and responses to family violence in migrant and refugee communities. You can call InTouch on 1800 755 988.</p>			<p><b>Website:</b> <a href="https://www.vic.gov.au/family-violence/the-orange-door.html">https://www.vic.gov.au/family-violence/the-orange-door.html</a></p> <p>For Confidential support and information call Safe Steps 1800 015 188 For Urgent assistance call Triple Zero 000</p>

City Of Bayside

Group / Program	Contact	Address	Details/ Other
<b>Man &amp; Fathers</b>			
<p><b>MATES – (MEN’S BEHAVIOUR CHANGE GROUP)</b></p> <p>MATES - Men's behaviour change group. Making Changes - Women's group. Groups for men, women and children that have been involved with or witnessed family violence. Individual counselling also available. Groups run in the evening and during the day. Male and Female, Late nights - Tues and Thurs. Other groups provided: Creating Connections - Women's Group.</p>	<p><b>Family Life</b></p> <ul style="list-style-type: none"> <li>• Ph: <a href="tel:0385995433">03 8599 5433</a></li> <li>• E: <a href="mailto:info@familylife.com.au">info@familylife.com.au</a></li> <li>• W: <a href="#">Visit website</a></li> </ul>	<p>197 Bluff Rd, Sandringham is the Service Address</p>	<p>Please phone for dates And times of programs Updated 2020</p>
<p><b>Men’s SHED</b> Members of Men's Shed come from all walks of life. The bond that unites them is that they are people with time on their hands and they would like to do something meaningful with that time. Members are able to work on meaningful projects at their own pace, in their own time and in the company of others. A key focus is to advance the well-being and health of its members &amp; to encourage social inclusion.</p>	<p>0412 553 150 David Hill                      Email <a href="mailto:baysidemensshed@gmail.com">baysidemensshed@gmail.com</a>                      Website <a href="http://www.BaysideMensShed.com">www.BaysideMensShed.com</a></p>	<p>36 Bonanza Road, Beaumaris 3193</p>	<p>Monday : 9am-12pm Tuesday: 9am-12pm                      Wednesday: 9am-12pm                      Thursday: 9am-4pm                      Friday: 9am-12pm</p>

<p><b>THE BBQ BOYS</b> Support group for male carers, offering peer support, fun and relaxing social activities, a space to talk about bloke's carer issues, as well as information, referral and support.</p>	<p><b>Respite South</b> See Frankston Area For Information On this</p>	First Tuesday of each month	
<b>Children, Youth &amp; Families</b>			
<p><b>BAYSIDE TOY LIBRARY</b></p>	<p>Phone: 0447 985 221 <a href="http://baysidetoylibrary.com">baysidetoylibrary.com</a></p>	212 Dendy St East Brighton	Day Wed Time 7pm-9pm
<p><b>DUNKLY ESTATE HIGHETT BREAKFAST CLUB</b> Provides cooked breakfast for estate residents.</p>	Contact Marilyn 8559 5433	Dunkley Estate Highett. Phone for further details.	Ongoing 7.30am – 9.00 am Except School Holidays
<p><b>DUNKLY ESTATE HIGHETT AFTER SCHOOL CLUB</b> A good opportunity for children to complete homework and join in some activities.</p>	Contact Tim. M. or Louise. A. 8559 5433	Dunkley Estate Highett. Phone for further details.	Ongoing 4:00pm – 6.00pm <i>Except School Holidays</i>
<p><b>DADS PLAYGROUP</b> . A chance to mix with other Dads (or grandfathers, uncles and male carers) while spending time playing and caring for your children in a supportive environment</p>	<p><b>Highett Neighbourhood community house</b></p>	Highett Neighbourhood Community House: 2 Livingston Street Highett	Day Wednesday Date School Term Time 9.30am -11.00am Cost \$10 per term and one off annual membership fee \$10. Pay at venue
Group / Program	Contact	Address	Details/ Other

<p><b>SOUTH EASTERN MULTIPLE BIRTH ASSOCIATION (SEMBA)</b> A support group for multiple birth families, run by parents with multiples.</p>	<p>New Parent Contact: sembanewparent@hotmail.com President: sembapresident@hotmail.com</p>	<p>South East of Melbourne, covering the main areas of Bayside, Glen Eira and Kingston Councils. <a href="http://semba.amba.org.au/index.html">http://semba.amba.org.au/index.html</a></p>	<p>Playgroups on Monday, Wednesday and Thursday mornings contact us for details</p>
<p><b>HAMPTON COMMUNITY CENTRE</b> Various Playgroups including French, German, Jolly Gymbuks &amp; Tambourine Time</p>	<p>9598 2977 <a href="http://www.hamptoncommunitycentre.com.au">www.hamptoncommunitycentre.com.au</a></p>	<p>Hampton Community Centre 14 Willis St Hampton</p>	<p>Day: Mon, Tues &amp; Wed Please call for times and further information.</p>
<p><b>YOUNG MUMS SUPPORTED PLAYGROUP</b> For mothers under the age of 25 and with children up to 5 years.</p>	<p><b>BGLLEN</b> Bayside City Council Maternal Child and health 9599 4755</p>	<p>Highbett Maternal Child and Health Care Centre Community room</p>	<p>Day Wednesday Date During term Time 1.30-3pm Cost free Please book</p>
<p><b>IMPACT PROGRAM</b> For young people 20 – 25, pick an area you've interested in, get some work experience and then design a project that will make a real contribution.</p>	<p><b>BGKLLN</b> Sandy beach 9598 2155 ask to speak to Andrea</p>	<p>Sandy Beach Centre 2 Sims St, Sandringham</p>	<p>Day Friday Cost Please phone for further details and to book Time 9.30am-2.30pm</p>
<p><b>REACH OUT</b> For children who have a significant member of their family with a mental illness</p>	<p>Commonwealth Carer Respite Centre, <b>Southern Mental Health</b> carers@smha.org.au hgeerts@smha.org.au Heather - 9585 5677</p>	<p>Cheltenham area</p>	<p>The group runs once a month, (Saturday), please call for further information.</p>
<p><b>HAMPTON COMMUNITY CENTRE</b> Various Playgroups including French, German, Jolly Gymbuks &amp; Tambourine Time</p>	<p>9598 2977 <a href="http://www.hamptoncommunitycentre.com.au">www.hamptoncommunitycentre.com.au</a></p>	<p>Hampton Community Centre 14 Willis St Hampton</p>	<p>Day: Mon, Tues &amp; Wed Please call for times and further information.</p>
<p><b>YOUNG MUMS SUPPORTED PLAYGROUP</b> For mothers under the age of 25 and with children up to 5 years.</p>	<p><b>BGLLEN</b> Bayside City Council Maternal Child and health 9599 4755</p>	<p>Highbett Maternal Child and Health Care Centre Community room</p>	<p>Day Wednesday Date During term Time 1.30-3pm Cost free Please book</p>

<p><b>POPCORN PRODUCTIONS FReeZA COMMITTEE</b>                  Help plan, organise, deliver and evaluate events such as the Push Start Battle of the Bands and the Youth Art Exhibition.</p>	<p><b>Bayside Youth Services</b>                  www.bayside.vic.gov.au/youth                  9599 4446</p>	<p>Peterson Youth Centre                  Highett                  Corner of Peterson St and Highett Rd                  Highett</p>	<p>Day Tuesdays during school term Time                  5.00-6.30pm                  Please phone for further details.</p>
<p><b>PETERSON YOUTH CENTRE DROP IN</b>                  Free use of pool and table tennis tables, Nintendo Wii, internet access, food and drinks. Counselling and individual support can also be arranged</p>	<p><b>Bayside Youth Services</b>                  www.bayside.vic.gov.au/youth                  9599 4446</p>	<p>Peterson Youth Centre                  Highett                  Corner of Peterson St and Highett Rd                  Highett</p>	<p>Mondays, Tuesday and Thursday                  2.30pm-5.30pm                  For 10-25 year olds                  Cost: Free</p>
<p><b>PFLAG (Parents and Friends of Lesbians and Gays)</b></p>	<p><b>BGKLEN</b>                  Call PFLAG 9660 3960.  <i>This is a message bank and is checked daily</i>                  www.pflagvictoria.org.au</p>	<p>Sol Green Community Centre                  Cnr. Montague and Coventry Streets                  South Melbourne</p>	<p>4th Tues in month                  7.30pm-9.30pm                  Free                  Please phone and book.</p>
<p><b>Tamborine Time</b>                  A fun session offering an introduction to music.                  Classes are relaxed and entertaining, with participation encouraged in all aspects, including singing with the guitar, dancing to popular songs and rhymes and instrument playing</p>	<p>Ph. 9598 2977  <a href="mailto:admin@hampcomm.org">admin@hampcomm.org</a>                  Monday classes are not scheduled this year (we need a minimum of 5 participants to run a class) but if you are interested please email <a href="mailto:admin@hampcomm.org">admin@hampcomm.org</a> and if there is enough demand a Monday class will be offered</p>	<p>Hampton Community Centre                  14 Willis Street, Hampton Vic 3188</p>	<p>Duration: School terms                  1 - 2.5 Years Old                  Please phone for further details</p>

## City of Bayside

Group / Program	Contact	Address	Details/ Other
<p>Playgroups and Pre-School At our pre-school groups lasting friendships form for both the parents/ carers and children. A support network develops which is so important particularly when living away from family.</p> <p>Playgroups are held in our craft room (or hall) with access to our beautiful large garden with play equipment, outside toys and sandpit. Art supplies are also supplied. All groups are self-led classes and have the same cost.</p> <p>Hampton Community Centre</p> <p><b>Hampton Community Centre</b> Ph. 9598 2977 <a href="mailto:admin@hampcomm.org">admin@hampcomm.org</a></p>			
<p><b>UK PLAYGROUP</b> Expats from the British Isles, this playgroup is for you. Come and enjoy a cup of tea or coffee and help build your social network.</p> <p>Featuring songs and rhymes from the UK &amp; Ireland</p>	<p><b>Hampton Community Centre</b> Ph. 9598 2977 <a href="mailto:admin@hampcomm.org">admin@hampcomm.org</a></p>	<p>Hampton Community Centre 14 Willis Street, Hampton Vic 3188</p>	<p>Day Thursdays: Time 10.00 am - 12.00 pm <b>Cost Per Session: \$6 Per Child</b> (\$4 Concession) \$9 For families (\$6 Family Concession) Babies under 12 months Free unless they are your only child. <b><i>During school term only.</i></b></p>

## City of Bayside

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



## Cardinia Shire

Group / Program	Contact	Address	Details/ Other
<b>PARENTZONE PARENTING PROGRAMS</b>			
<p><b>PARENTS BUILDING SOLUTIONS</b>  <b>Managing Children and Screen Time</b>                      A one off program for mums, dads, carers, grandparents, step parents. How to manage Children and their Screen time. Share experiences and ideas and learn strategies to support your children. Building stronger relationships with your kids</p>	<p><b>ParentZone Anglicare Victoria</b>  <b>Cockatoo community House</b>  <b>Supported by Taskforce</b>                      Gabrielle : 5968 9031                      Email: gabrielleh@taskforce.org.au                      Jasbir Singh Suropada- Parentzone                      jasbir.suopada@anglicarevic.org.au Call or Text 0431203177 to register</p>	<p>Cockatoo Community House                      23 bailey Rd                      Cockatoo</p>	<p>Day Tuesdays                      Date 17<sup>th</sup> March 2020                      Time 6.00pm to 8.30pm                      Time bookings essential                      No cost</p>
<p><b>PARENTS BUILDING SOLUTIONS</b>  <b>Managing Anxiety In Children</b>                      Join us in an interactive 1 session program to share experiences &amp; ideas Where you can learn about strategies to support your child.                      Are you worried about your child starting or returning to school in 2020?                      Are you seeking strategies to enable your child to get most out of school?                      Come along and meet other parents looking for ideas to support their child's Positive experience of school life . . .</p>	<p><b>Parentzone Anglicare Victoria</b>  <b>Bookings and enquiries</b>                      Deb Davey 0428 654 824 or                      Email: Deb.Davey@anglicarevic.org.au or                      Jasbir Singh Suropada 0431 203 177 or                      Email:                      jasbir.suopada@anglicarevic.org.au</p>	<p>ParentZone Centre                      At Pakenham Hills Primary School                      75 Army Rd                      Pakenham</p>	<p>Day Thursday                      Date 19<sup>th</sup> March                      Time 9.00am-12.00pm                      Cost Free                      Please phone and book</p>

<p><b>PARENTS BUILDING SOLUTIONS</b>  <b>Parenting Teens</b>                  A 6week program for parents, step parents and carers. Some things covered are: How to get your teenager to listen, without having to yell?                  Building a better relationship                  Feeling stuck or struggling with your teenager?                  Discuss and share strategies that work.                  What's happening emotionally,                  Physically and socially with your teen?</p>	<p><b>For bookings and enquiries</b>                  Felicity Wooden - Well Being Leader - 5968 5388                  Email: wooden.felicity.f@edumail.vic.gov.au                  or                  Jasbir Singh at Parentzone on 0431 203 177,                  Email: jasbir.suopada@anglicarevic.org.au</p>	<p>Emerald Secondary College                  425 Belgrave-Gembrook Rd                  Emerald</p>	<p>Day Wednesdays                  Date 19<sup>th</sup>,26<sup>th</sup> Feb &amp; 4<sup>th</sup>,11<sup>th</sup>18<sup>th</sup>,25<sup>th</sup> March 2020                  Time 9.30am-12pm                  Cost Free                  Please phone and book</p>
<p><b>PREP PARENTS COFFEE MORNING</b>                  Call in for a coffee &amp; chat to meet with new and returning parents to Pakenham Hills Primary School for 2020!                  All welcome, don't miss an opportunity to check out our brand new ParentZone Centre, now onsite at Pakenham Hills Primary School!!!</p>	<p>For enquiries contact ParentZone Centre Coordinator - Deb Davey on 9781 6710 or on 0428 654 824 (Mon - Fri - 9.00AM - 5.00 PM)                  Email: Deb.Davey @anglicarevic.org.au</p>	<p>ParentZone                  Pakenham Hills                  Primary School                  75 Army Rd. Pakenham 3810</p>	<p>Date 30th January, 2020                  Time 9.00 AM - 11.00 AM                  (Refreshments provided).</p>

<p><b>PARENTS BUILDING SOLUTIONS – Dad’s Do Matter</b>  <b>Open to all Dads, Granddads, Step Dads, &amp; Uncle’s</b>                  A one off workshop, come join other Dads to share experiences, learn new strategies and solutions on: increasing your confidence as a dad, improving communication and closeness with your kids, creating a healthy environment for your children, learning how to cope with stress, emotions and anger, parenting beyond separations.</p>	<p><b>ParentZone, Anglicare Victoria</b>                  For further information or to book, contact Text or email to register                   Jasbir Singh, 0431 203 177  <a href="mailto:jasbir.suopada@anglicarevic.org.au">jasbir.suopada@anglicarevic.org.au</a></p>	<p>Pease contact Jasbir for further information or interested in having this ran at your School or Community Centre Running in Dandenong this term.</p>	<p>Please phone if interested or have clients interested.                   Running in Dandenong This term. Please see <a href="#">City of Greater Dandenong</a> Section                  Ring for further information</p>
--	--	---	--

**PARENTING PROGRAMS**

<p><b>EARLY PARENTING UNIT</b>                  Kooweerup Regional Health Service  <b>Day program</b> for parents with children 012 months focussing on sleep settling and feeding issues.</p>	<p><b>Kooweerup Regional Health Service</b>                  5997 9674  <a href="http://www.kooweeruphospital.net.au">www.kooweeruphospital.net.au</a></p>	<p>215 Rossiter Rd                  Kooweerup</p>	<p>Free Service                  Call to register for program                  Waiting lists may apply</p>
<p><b>READING FOR LIFE</b>                  Free English classes to help your children read.                  2hrs per week for 10 weeks. Transport available.                  Held at 2 Venues with different dates and times.</p>	<p>To enrol please phone 5941 2389   <b>Funded by Victoria State Government Bestchance; Community college and Neighbourhood House, Living and Learning Inc</b></p>	<p>To Be confirmed</p>	<p>Please Phone. Expressions of interest Being taken</p>

<p><b>KINDERGARTENS</b> Kinders Together</p>	<p>The Kinders Together cluster operate a variety of Kindergarten programs throughout Cardinia Shire. Visit <a href="http://www.kinderstogether.com.au">www.kinderstogether.com.au</a> or phone 03 5629 2067 for more information. Further information can also be found on the <b>Cardinia Shire</b> Website - <a href="http://www.cardinia.vic.gov.au/Page/Page.aspx?Page_Id=4544">http://www.cardinia.vic.gov.au/Page/Page.aspx?Page_Id=4544</a></p>
<p><b>MATERNAL AND CHILD HEALTH SERVICE</b></p>	<p><b>Cardinia Shire</b> Please note all centres and sessions are by appointment only. Please phone 5945 4250 to arrange an appointment at specific centres: Andrews Centre; Beaconsfield Centre; Beaconsfield Upper Centre; Bunyip Centre; Cockatoo Centre; Emerald Centre; Hollings Centre; Home Garth Centre; Koo Wee Rup Centre; Lakeside Centre; Lang Lang Centre; Nar Nar Goon Centre Or visit <a href="http://www.cardinia.vic.gov.au/Page/Page.aspx?Page_Id=1480&amp;nc=5">http://www.cardinia.vic.gov.au/Page/Page.aspx?Page_Id=1480&amp;nc=5</a> Advice and information is also available on the Maternal and Child Health Service 24-hour line - phone 13 22 29</p>
<p><b>VOLUNTEER CARERS NEEDED</b> <b>Wesley Mission</b> Victoria is seeking local residents from all walks of life with a spare bedroom to become volunteer foster carers of children aged 0-18 years who are unable to live with their families and require a safe and nurturing home environment for varying periods of time. For further details, call Wesley Mission Victoria on 9794 3000.</p>	
<p><b>DADS</b></p>	

Group / Program	Contact	Address	Details/ Other
<p><b>CARDINIA DAD'S</b> Fun activities for dads &amp; young kids on Saturday mornings</p>	<p>Find us on Facebook: <a href="https://www.facebook.com/CardiniaDADS">facebook.com/CardiniaDADS</a>  or for more info call Tim 0417 520 188</p>	<p>Normally held at Hollins Children's Centre 10 Atlantic Drive Pakenham Contact for further details</p>	<p>Saturdays – fortnightly Please contact to confirm dates  8:30am – 10:30am Contact for further details</p>
<p><b>MEN'S SHED</b> A drop in for men. Open to all men over 18yrs.</p>	<p><b>Koo Wee Rup Regional Health Services</b> Brian Harlow 03 5997 9679 <a href="mailto:Harlowb@hrhs.net.au">Harlowb@hrhs.net.au</a></p>	<p>Koo Wee Rup Regional Hospital 215 Rossiter Road Koo Wee Rup</p>	<p>Open Wednesday and Thursday Time 10.00am – 3pm</p>

FAMILY VIOLENCE, CHALLENGING BEHAVIOURS, DISABILITIES, GRIEF, SEPARATION AND OTHER			
<p><b>COUPLES HEAVY M.E.T.A.L GROUP</b> This program is for men and women who want to stop hurting their loved ones, and are prepared to learn new ways to express themselves</p>	<p><b>Heavy Metal Group</b> (Men's Education Towards Anger &amp; Life) David Nugent 0401 766 877 <a href="http://www.heavymetalgroup.com.au">www.heavymetalgroup.com.au</a></p>	<p>Outlook Community Centre Pakenham Phone for women's anger Program.</p>	<p>Ring for times and dates</p>
<p><b>LITTLE MONKEYS-</b> A supported playgroup for children 0-6 years old. Activities are designed specially to accommodate all abilities in a welcoming and supportive environment</p>	<p><b>Windermere</b> Booking essential 9709 6900</p>	<p>Hollins Children's Centre 10 Atlantic Drive Pakenham</p>	<p>Cost Free  Phone 9709 6900</p>
<p><b>NARCOTICS ANONYMOUS</b> If you are faced with a narcotic problem.</p>	<p><b>Living and Learning Centre</b> NA Hotline 9525 2833 Living Learning Centre Pakenham 5941 2389</p>	<p>Living Learning Centre Pakenham</p>	<p>Day Monday Time from 7.30pm</p>
<p><b>ALCOHOLICS ANONYMOUS</b> If you are faced with a drinking problem</p>	<p><b>Living and Learning Centre</b> Phone Living and Learning Telephone (03) 5941 2389</p>	<p>Living and Learning in Cardinia. PB Ronald Pavilion 6B Henry St, Pakenham Old basketball and squash courts</p>	<p>Day Sunday Time 8.00pm</p>
<p><b>HILLS AUTISM AND SPECIAL NEEDS SUPPORT GROUP</b> For parents of people with additional needs. For any age group, children or adults. Have a chat &amp; enjoy others company with coffee</p>	<p>Barb Brown 0400 596 961  Email: <a href="mailto:brum-bs-4ever@live.com">brum-bs-4ever@live.com</a></p>	<p>Meets in Emerald for lunch</p>	<p>Held on a Friday. Please phone for dates and times</p>
<p><b>GRIEF SUPPORT GROUP</b> A group for people who have experienced loss, helping to understand &amp; manage your grief in a friendly, local environment</p>	<p><b>Living Learning Centre</b> Pakenham 5941 2389</p>	<p>Living Learning Centre, 68 Henry St Pakenham</p>	<p>Please phone for further information</p>

## Cardinia Shire

Group / Program	Contact	Address	Details/ Other
<p><b>HILLS AUTISM GROUP AND EMERALD COMMUNITY HOUSE</b> iPad Training for Special needs students, those who support them: their parents, carers, clients &amp; staff of Day Services</p>	<p><b>Emerald Community House</b> 5968 3881 Please phone for dates and further information 356-358 Belgrave-Gembrook Road, Emerald</p>	<p>Please call Emerald Community House to confirm dates and register attendance  Please refer to the website: <a href="http://www.emeraldcommunityhouse.org.au">www.emeraldcommunityhouse.org.au</a> For other programs and short courses available</p>	
<p><b>Respect and Protect Yourself</b> Information sessions to build knowledge about safe and respectful relationships and behaviours, positive and informed decision making, and self-awareness. Any school class groups in year 10, year 11 and year 12</p>	<p><b>Windermere</b> Contact Katrina Herbert Can be booked directly with the Schools availability. 9705 3200</p>	<p>At your school</p>	<p>When - Time to be negotiated with your school  Cost - No charge.</p>
<p><b>PAL (Play and Learn) Playgroup:</b> Supported playgroup. Koo Wee Rup Primary Koo Wee Rup Primary School and Playgroup Victoria</p>	<p>Facebook <b>PAL PLAYGROUP</b> Enquiries Lisa Butera 0413 098 582 Or Chelsea O'Neill 0401 098 369</p>	<p>Koo Wee Rup Primary School Gym. Moody St, Koo Wee Rup</p>	<p>Day Wed Date during School Term Time 10 - noon Cost \$2 per week per child over 1. Or \$20 a term per family.</p>
<p><b>YOUNG MUMS GROUP</b> For young mums with babies aged up to 12months or Pregnant women. Infant health; playing and interacting with your infant and the introduction of food all covered.</p>	<p><b>Living Learning Centre</b> Contact Kaylie 5945 4351or 0408 701 332 <a href="mailto:k.sinnbeck@cardinia.vic.gov.au">k.sinnbeck@cardinia.vic.gov.au</a></p>	<p>Living Learning Centre 6B Henry St Pakenham</p>	<p>Runs during School Term Day Mondays Time 1pm - 3.00pm Babies and Toddlers Welcome</p>

<p><b>CARDINIA KIDS IN ACTION</b> Free School Holiday activities for families with children 0-12 years.</p>	<p><b>Cardinia Shire Council</b> For dates and times of sessions please visit <a href="http://www.cardinia.vic.gov.au">www.cardinia.vic.gov.au</a></p>	<p>Various locations throughout the Cardinia Shire Council</p>	<p>For more information please call the Family Connections Team on 1300 787 624</p>
<p><b>COMMUNITY PLAYGROUPS</b></p>	<p><b>Cardinia Shire</b> Various playgroups operate throughout Cardinia Shire. Visit <a href="http://www.cardinia.vic.gov.au/Directory/AgencyList.aspx?S3Key=445">http://www.cardinia.vic.gov.au/Directory/AgencyList.aspx?S3Key=445</a> or phone 1300 787 624 for more information about Playgroup locations, times and contact numbers. Further information can also be found at <a href="http://www.playgroup.org.au">www.playgroup.org.au</a></p>		
<p><b>TOY LIBRARY</b> Toy library offers parents &amp; children a chance to borrow toys &amp; puzzles, plus a variety of kids craft activities.</p>	<p>Upper Beaconsfield Community Centre Inc office@ubcc.org.au <a href="http://www.ubcc.org.au">www.ubcc.org.au</a> 5944 3484</p>	<p>Upper Beaconsfield Community Centre Inc 10 Salisbury Rd Upper Beaconsfield</p>	<p>Opens monthly. Visit <a href="http://ubtl.mibase.com.au">http://ubtl.mibase.com.au</a> for more details or phone 5944 3484</p>
<p><b>HEALTHY CHILDREN INITIATIVE-</b> Achievement Program. Available to all schools and early childhood services and those wishing to support these settings.</p>	<p><b>Cardinia Shire Council.</b> Julia Hobbs 59454454 <a href="mailto:j.hobbs@cardinia.vic.gov.au">j.hobbs@cardinia.vic.gov.au</a></p>	<p>Cardinia Shire</p>	<p>Please call for details</p>
<p><b>TINIES' TIME</b> A special Rhyme Time suitable for babies and Toddlers up to the age of 3.  Runs during School Terms.</p>	<p><b>Casey-Cardinia Library Corporation</b> 5941 2036 <a href="http://www.cclc.vic.gov.au">www.cclc.vic.gov.au</a> FREE- no bookings required</p>	<p>Pakenham Library Ph.: 5940 6200  Emerald Library Ph.: 5949 4600</p>	<p><b>Pakenham Library</b> Day Monday Time 11.00am-11.30am  <b>Emerald Library</b> Day Friday Time 11.15am-11.45am</p>

## Cardinia Shire

Group / Program	Contact	Address	Details/ Other
<p><b>THE MUMS AND BUBS PROGRAMS</b>                      Single women aged between 18-25 years who are homeless or at risk of homelessness. The program can currently accommodate one children under five years of age.  <b>Windermere</b>                      Housing Intake worker                      9705 3200                      Windermere Child and Family Services                      3-6 months accommodation and support for young single mothers (18-25 years) facing homelessness. Please call for further information and referrals</p>			
<p><b>AFTER SCHOOL PROGRAM</b> designed for students in years 5, 6, 7 and 8. Kids can join in different games and craft activities and enjoy a tasty and healthy afternoon tea.</p>	<p>Brain Harlow                      harlowb@krhs.net.au                      call 03 59979687</p>	<p>Men's shed in Koo Wee Rup.                      Phone for details</p>	<p>Day Mondays                      Time 3.30pm – 5.30pm                      Cost \$2</p>
<p><b>MUSIC FOR GROWTH</b>                      Music therapy program for children 0-5 and their parents/carers.</p>	<p><b>Uniting</b>                      Contact Bronwyn Atkin 5990 8400</p>	<p>Outlook Community Centre                      24 Toomuc-Valley Rd                      Pakenham</p>	<p>Day Tuesdays                      Time 10.am – 11.30am                      COST Gold coin                      Runs during School term</p>
<p><b>PRE-SCHOOL-STORYTIME</b>                      Story time can be a special sharing time with your child as well as being great fun. Story time provides an introduction to a wide range of children's books, stimulates new ideas and interests, and provides children with an opportunity to socialise.                      Most suited for 3 to 5 year olds</p>	<p><b>Casey-Cardinia Library Corporation</b>                       5941 2036                      www.cclc.vic.gov.au                       FREE- no bookings required                       Runs during School Terms</p>	<p>Pakenham Library                      Ph.: 5940 6200                        Emerald Library                      Ph.: 59 494 600</p>	<p>Day Tuesday                      Time 11.00 -11.30am                        Day Thursday                      Time 11.15am -11.45am</p>



<p><b>BABY RHYME TIME</b> Join other new mums, dads and carers and learn about the importance of singing and reading to your baby. Discover songs and rhymes that babies love and learn about books your baby will enjoy. Babies aged 0-12months. Held weekly during School term and is free.</p>	<p><b>Casey-Cardinia Library Corporation</b>  5941 2036 www.cclc.vic.gov.au  FREE- no bookings required  Runs during School Terms</p>	<p>Pakenham Library Ph. 5940 6200  Emerald Library Ph. 59 494 600</p>	<p>Day Time Wednesday 10.30am – 11.00am  Day Time Wednesdays 2.00pm-2.30pm</p>
<p><b>KOORIE KIDS PLAYGROUP-VACCA</b> Gather and meet other Koorie families, sing and dance, play with other Koorie Kids, listen to stories and learn about culture.</p>	<p><b>Victorian Aboriginal Child Care Agency</b>  (VACCA) Playgroup worker ss 9701 4200 0408 948 755</p>	<p>Arena Child and Family Centre 22 Curran Dve, Officer</p>	<p>Day Date Time For turt Tuesdays During School Term 10.30 – 1.00pm her nformation please don't to call the play group worker</p>
<p><b>SMALLTALK</b> Playgroups A free program for families who hold a Health Care or Pensioner Concession Card, are refugees, Aboriginal families, or are caring for children in kinship care.</p> <p><b>L2P Learner Driver Program</b> Koo Wee Rup Regional Health is a joint initiative between Kooweerup Regional Health Service and Cardinia Shire that assists learner drivers gain the minimum 120 hours needed to get their license.</p>	<p>Cardinia Shire <b>Council</b>  Sashi Prasad Playgroup Facilitator  Phone: +61 3 5943 4317 0466350160 Families must be referred</p> <p><b>Koo Wee Rup Regional Health</b> Email Brian on harlowb@krhs.net.au or phone 03 5997 9687</p>	<p>Henry Family Children's Centre 145 Henry Rd, Pakenham  Pakenham Springs Primary School Livingstone Blvd, Pakenham VIC 3810  Pakenham Hills Primary School 15 Kennedy Rd, Pakenham VIC  Homegarth Community Centre 9A Dunbarton Dr, Pakenham  Hollins Children's Centre 10 Atlantic Drive, Pakenham  Please phone for details</p>	<p>Mondays during school terms Please phone for more details  Tuesdays during school terms Please phone for more details  Wednesdays during school terms Please phone for more details  Thursdays during school terms Please phone for more details  Fridays during school terms Please phone for more details  Driving sessions usually occur weekly for a minimum of 1hour. Must be aged 16-21 and face barriers to supervised driving experience phone for details</p>

<p><b>IRIBANA Autism Services</b> Irabina's community hub in Pakenham provides individual and group programs to families and organisations</p>	<p>Email - <a href="mailto:autism@irabina.com">autism@irabina.com</a> or (03) 9720 1118</p>	<p>Cardinia Branch: 9A Dumbarton Drive Pakenham  Ph.: 03 8658 6636</p>	<p>Current services include our Diagnostic Clinic, programs and individual services for children and young adults. Our Adolescent Program is now available for children 11 years and above.</p>
<p><b>COMMUNITY HELP AND GROUPS</b></p>			
<p><b>THE COMMUNITY GROCER PAKENHAM</b> Affordable food access, every week, everyone welcome, 30% cheaper than supermarket, BYO shopping bag, volunteer run, non-profit, zero waste, community baste</p>	<p><b>Living Learning Centre</b> Cardinia food movement, community grocer. Contact Leila 0420 329 320 or <a href="mailto:Hello@THECOMMUNITYGROCER.COM.AU">Hello@THECOMMUNITYGROCER.COM.AU</a></p>	<p>Living Learning Centre 6B Henry St Pakenham  <b>VOLUNTEERS NEED FOR THIS PROGRAM</b></p>	<p>Opening Times Day Thursdays Time 9am-1pms</p>
<p><b>COMMUNITY GARDEN</b> Brings people together to grow and harvest fresh food. A great place to come for some physical activity and to meet other like-minded locals.</p>	<p>Email Brian on <a href="mailto:harlowb@krhs.net.au">harlowb@krhs.net.au</a> or phone 03 5997 9687</p>	<p>Ring for venue Koo Wee Rup area.</p>	<p>Open every day Group meeting on Tuesdays and Saturdays from 9.30. Community Kitchen groups run every Monday from 10.30am and Tuesday from 11.00am</p>
<p><b>Free Fellowship and Community Cook up</b></p>	<p><b>PC3 Senior Citizens</b> Free community meals for all</p>	<p>38 James St Pakenham Senior Citizens Hall</p>	<p>Day Mondays Time @6pm</p>
<p><b>FOOD, FRIENDSHIP AND MORE Free Community Meals</b> Portable showers and laundry by clean as Casper</p>	<p><b>Follow Baptist Church</b></p>	<p>Bourke Park Pakenham Cnr Railway Ave and Henry St Near Pakenham Train Station</p>	<p>Day Tuesdays and Thursdays Time 6pm</p>

## City Of Casey

Group / Program	Contact	Address	Details/ Other
<b>Parentzone Parenting Programs</b>			
<p><b>PARENTS BUILDING SOLUTIONS</b> – Ran by ParentZone are interactive programs to share experiences and ideas, and learn strategies to support your child  <b>ARE YOU TIRED OF YELLING?</b> -How to get kids to listen, without having to yell; <b>DEALING WITH ANGER</b> - Helping parents, and kids, deal with anger                      And frustration. <b>RESPONDING TO BEHAVIOUR</b>- Better understand why children behave the way they do. <b>STRATEGIES THAT WORK</b> - How can parenting be easier and                      more fun! Our Parenting Programs are free to attend and ran in the Southern Local Government Areas.</p>			
<p><b>PARENTS BUILDING SOLUTIONS</b>                      Join us in an interactive program to share experiences and ideas, and learn Strategies to support your child. Aimed at Mums, Dads and carers of teens and pre-teens aged 11+.</p> <p><b>RESPONDING TO BEHAVIOUR</b>                      Where's the balance between rules and independence?</p> <p><b>TECHNOLOGY USE, OR ABUSE?</b>                      Helping our teens to understand the difference</p> <p><b>IS YOUR TEEN OFTEN ANGRY?</b>                      What's happening emotionally, physically and socially with your teen?</p> <p><b>STRATEGIES THAT WORK</b>                      Ideas to make navigating the teen years easier!</p>	<p><b>ParentZone southern- Anglicare Victoria</b>  <i>Endeavour Hills Neighbourhood House</i></p> <p><b>BOOKINGS AND ENQUIRIES:</b>                      Endeavour Hills NC - 9700 3789  <a href="mailto:info@ehillsnc.org.au">info@ehillsnc.org.au</a>                      Sandra Phillips – call/text 0447 500 355  <a href="mailto:sandra.phillips@anglicarevic.org.au">sandra.phillips@anglicarevic.org.au</a></p>	<p>Endeavour Hills                      Neighbourhood Centre                      10 Raymond McMahon Blvd</p>	<p>Day Monday evenings                      Date 10<sup>th</sup> Feb – 23<sup>rd</sup> March 2020                      (not labour day)                      Time 6.45pm to 9.00pm                      COST FREE</p> <p><b>BOOKINGS ESSENTIAL.</b>                      Light refreshments provided</p>

Group / Program	Contact	Address	Details/ Other
<p><b>PARENTS BUILDING SOLUTIONS</b>                      6 Week program for mums, dads, carers, grandparents, step parents. How to get your kids to listen Without having to yell? Positive discipline that .works. Helping parents, helping kids deal with anger. Building stronger relationships with your kids</p>	<p><b>Anglicare Victoria: ParentZone Rangebank Primary School</b></p> <p>For bookings and enquiries contact:                      Erin Surrey at Parentzone on Call or text 0499 080 468</p> <p><b><a href="mailto:Erin.surrey@anglicarevic.org.au">Erin.surrey@anglicarevic.org.au</a></b></p>	<p>Rangebank Primary School                      14-36 Lesdon Avenue</p>	<p>Day Tuesday mornings                      Date 18<sup>th</sup> Feb to 24<sup>th</sup> Mar 2020                      for (6 weeks)                      Time 9.15am – 11.00am                      Cost Free</p> <p>Bookings Essential                      (light refreshments provided)</p>
<p><b>BABY MAKES 3-</b> is part of your first time Parent Groups program.</p>	<p><b>Anglicare Victoria: ParentZone Windermere</b>                      The Communities for children initiative is funded by the Australian Government                      Please speak to your First Time Parent Groups facilitator for more information                      Sandra Phillips at ParentZone                      03 5945 2000 or call/text <b>0447 500 355</b></p> <p><a href="mailto:Sandra.phillips@anglicarevic.org.au">Sandra.phillips@anglicarevic.org.au</a></p>	<p>You will get details when booking.                      Through your Maternal child and Health First Time Parent Facilitator.</p>	<p>Please talk to your Maternal child and Health First time Parent facilitator or contact Sandra</p>

## City Of Casey

Group / Program	Contact	Address	Details/ Other
<b>ParentZone Parenting Programs Family Violence</b>			
<p><b>BEYOND THE VIOLENCE</b>                      AFREE 8 week program for Women and their children who have experienced Family Violence</p> <ul style="list-style-type: none"> <li>• Are you dealing with the effects of family violence?</li> <li>• Does your child's anger or anxiety worry you?</li> <li>• Are you tired of yelling?</li> <li>• Do contact visits unsettle your child?</li> </ul>	<p><b>Anglicare Victoria                      Windermere                      Beyond the Violence</b>  <b>BOOKINGS:</b> Alison Krusec on 0409 316 620</p> <p><a href="mailto:Alison.Krusec@anglicarevic.org.au">Alison.Krusec@anglicarevic.org.au</a></p> <p>Funded through Windermere and CFC Cranbourne</p>	<p>Cranbourne Venue -details provided upon booking</p>	<p>Day    Tuesdays                      Date    26<sup>th</sup> April to 16<sup>th</sup> June                      Time    4.15pm to 6.45pm</p> <p>Includes substantial afternoon tea</p>



**YPEP Learning Hubs**  
where young parents learn with their babies



**COMMENCING AT HALLAM SENIOR COLLEGE TERM 1, 2020**

**The YPEP is an inclusive Learning Hub for pregnant and parenting young people (15 to 21 years) to complete their education through studying VCAL (Victorian Certificate of Applied Learning) in a supported setting where babies attend with their parents (until walking or 12 months old).**

**The curriculum is co-designed with young parents and incorporates parenting skills and knowledge.**

**CLASS TIMES**  
FOUR DAYS PER WEEK INCLUDING VET STUDIES WITH FLEXIBLE START & FINISH

**ENQUIRE/ENROL**

Mary Tresize-Brown - 0430445187

**YOUNG PARENTS LEARNING WITH THEIR BABIES**

YPEP at HALLAM COLLEGE

And

BABY COLLEGE AT DOVETON COLLEGE

See below for other areas running YPEP

Cranbourne contact: Contact Jill Konigon 0410 490 007 or Natalie Lees on 0447 940 446 to enquire or visit	Cranbourne YPEP, now located at Casey Stadium & Cranbourne Community House
Narre Warren Contact – contact Tina Bampton or Melinda Brown on 9704 7388	Narre Warren YPEP located at Foundation Learning College (former NCLC)
Dandenong Contact Contact Jill Konig or Sali Shayia on 0427 959 498.	And the new Dandenong YPEP located at Skill invest on Thomas St

## City Of Casey

Group / Program	Contact	Address	Details/ Other
<b>Parenting Programs</b>			
<p><b>CITY OF CASEY SERVICES</b>                      Maternal and Child Health; Childcare; Family and Children’s centres; immunisation; kindergartens; parent information sessions; playgroups; best start; dads matter programs; Youth Services; Community Support; Casey Directory; disability Services; libraries; Other services are available, some different languages.                      DADS MATTER Cooking under DADS Programs                      Telephone: 9705 5200 Fax: 9704 9544 Email: caseycc@casey.vic.gov.au www.casey.vic.gov.au                      City of Casey 03 9705 5200 (Hearing Impaired TTY Line) 03 9705 5568 Emergency outside normal working hours 03 9705 5200 Telephone Interpreter Service 13 14 50</p>			
<p><b>RE CONNECT PROGRAM</b> is a program for people aged 20-64 who are long term unemployed, not engaged in education or training and with no prior accredited qualifications. They may have multiple barriers to education and find it hard to navigate the system. We work with them to help reduce the barriers and re-engage them in education / training to meet their employment goals in the future. This is offered in the City of Greater Dandenong and the City of Casey.</p>	<p><b>Brotherhood of St Laurence</b>                      Learning Support Officer – Reconnect Program                        The Brotherhood of St Laurence                        Level 2, 1-7 Langhorne St, Dandenong 3175   T                      03 8752 8552                      Contact Beata Wasiak 0491 505 614                      Or                      Lara Taylor 0491 050 613  <a href="mailto:BSLReconnectDandenong@bsl.org.au">BSLReconnectDandenong@bsl.org.au</a></p>	<p>Please phone for assistance</p>	<p>Please phone they are willing to talk.</p>

<p><b>TUNING INTO KIDS</b> Group for parents/carers with children aged 0-10yrs to help them tune into the child in their care. As a parent or carer of a teenager, you are invited to our 6 session program, designed to give you tools and tips to strengthen and grow your relationship.</p>	<p><b>Uniting</b> Contact group workers 5990 8400</p>	<p>Uniting Connections 55 Webb St Narre Warren</p>	<p>Day Tuesdays Date 17<sup>th</sup> Feb – 24<sup>th</sup> March Time 10.00am to 12.30pm <b>Time:</b> 12.30pm - 3.00pm</p>
<p><b>READY SET SCHOOL</b> The group is designed to teach and support the development and practice of skills needed in preparation for school. Following a structured routine, maintaining attention during mat time, following instructions, literacy skills, numeracy skills, fine motor skills, taking turns, waiting for turns, managing sensory needs and social communication development. We cover all of these learning areas as standard, but in addition, we are able to tailor the program to benefit your child</p>	<p><b>Windermere</b>  To access this program or find out more, contact one of our team. phone 1300 946 337  Please note. Parents are required to attend all sessions with their child. Please bring a snack drink hat and comfortable footwear. Families must supply own food in compliance with Windermere’s no nut policy</p>	<p>Berwick  26 Parkhill Drive, Berwick  Berwick 26 Parkhill Drive, Berwick  Cranbourne 75-81 Willora Crescent, Cranbourne</p>	<p><a href="https://www.familylife.com.au/support/">https://www.familylife.com.au/support/</a>  Please check for up to date details</p>



## City Of Casey

Group / Program	Contact	Address	Details/ Other
<p><b>DARI, FARSI AND ENGLISH STORYTIME</b> Join us for stories shared in Dari, Farsi and English and a fun craft activity! Dari is one of Casey's fastest growing home languages. Home languages play an important role in engaging children in rich language environments, supporting their literacy development and nurturing connections to culture. Everyone is welcome!</p>	<p><b>Casey Cardinia Libraries</b> ccl.vic.gov.au</p>	<p>Casey Complex (Cranbourne Library) Berwick Cranbourne Rd</p>	<p>Day Wednesday Date 15<sup>th</sup> January Time 1.30pm to 2.30pm Cost Free</p>
<p><b>TUNING INTO KIDS</b> For Parents of children aged 0-12yrs A 6-week course supporting parents to manage difficult behavior in their children. Strengthen your parenting skills Recognize and learn strategies to regulate yours and your child's emotions Discover ways to better connect with your child</p>	<p><a href="#">Windermere</a> To access this program or find out more, contact Relationships Australia Victoria's Cranbourne Centre (03) 5990 1900 or email <a href="mailto:cranbourne@rav.org.au">cranbourne@rav.org.au</a> This program is a Communities for Children initiative supported by the Australian Government.</p>	<p>Group 3 &amp; 4: Carlisle Park Family and Children's Centre 2/20 Majestic Boulevard, Cranbourne North</p>	<p>Click above for details</p>
<p><b>STEP FAMILY SURVIVAL STRATEGIES WORKSHOP</b> A practical guide to help parents navigate themselves, their children and stepchildren through the exciting, difficult and rewarding journey in a stepfamily.</p>	<p><a href="#">Relationships Victoria</a> Ph. 8768 4111 Email: <a href="mailto:enquiries@berwickfrc.org.au">enquiries@berwickfrc.org.au</a></p>	<p>Berwick Family Relationship Centre 38 Clyde Road Berwick</p>	<p>To find our more &amp; reserve your place in the seminar contact Relationships Victoria</p>

## City Of Casey

Group / Program	Contact	Address	Details/ Other
<p><b>KOORIE KIDS PLAYGROUP-</b> Gather and meet other Koorie families, sing and dance, play with other Koorie Kids, listen to stories and learn about culture. Includes healthy morning tea and lunch.</p>	<p><b>Victorian Aboriginal Child Care Agency Playgroup Team</b> <b>Anglicare Victoria ParentZone</b> 0408 949 755 Or 9701 4200</p>	<p>Cranbourne Community House 49 Valepark Cres Cranbourne</p>	<p>Thursdays. During School Terms  Time 10:30am – 1:00pm Transport provided free if required.</p>
<p><b>KOORIE KIDS PLAYGROUP-</b> Gather and meet other Koorie families, sing and dance, play with other Koorie Kids, listen to stories and learn about culture. Includes healthy morning tea and lunch.</p>	<p><b>Victorian Aboriginal Child Care Agency Playgroup Team</b> <b>Anglicare Victoria ParentZone</b> 0408 949 755 Or 9701 4200</p>	<p>Coral Drive children's Centre 187-191 Coral Dve Hampton Park</p>	<p>Wednesdays. During School Terms  Time 10:30am – 1:00pm Transport provided free if required.</p>
<p><b>FAIRHAVEN SUPPORTED PLAYGROUP</b> For children 0-5years with a special focus on families with a CALD background. All families welcome.</p>	<p><a href="#">Windermere</a> Group Co-ordinator on 9705 3200 Email: <a href="mailto:groups@windermere.org.au">groups@windermere.org.au</a> Or 1300 946 337</p>	<p>Fairhaven Family &amp; Children Centre Community Room 42-52 Fairhaven Boulevard Cranbourne West</p>	<p>Day Tuesdays Date School Term Time 9.30am-11.30am Cost Free Interpreting support for Hindi speaking families is available</p>
MENS PROGRAMS			
<p><b>DADS TUNING INTO KIDS</b> FOR Parents of children aged 0-12yrs A 6-week course supporting parents to manage difficult behavior in their children. Strengthen your parenting skills Recognise and learn strategies to regulate yours and your child's emotions Discover ways to better connect with your child.</p>	<p><b>Relationships Australia</b> To access this program or find out more, contact Relationships Australia Victoria's Cranbourne Centre (03) 5990 1900 or email <a href="mailto:cranbourne@rav.org.au">cranbourne@rav.org.au</a> This program is a Communities for Children initiative supported by the Australian Government.</p>	<p>Relationships Australia Victoria 2/199 South Gippsland Highway Cranbourne</p>	<p>Ring for 2020 dates and to be put on the list Time 5.30pm to 7.30pm Cost Free</p>

## City Of Casey

Group / Program	Contact	Address	Details/ Other
<p><b>READ-PLAY-MAKE NARRE WARREN – DADS MATTER PROGRAM</b>                      The Read – Play – Make program develops strong relationships between dads and children through story-telling and activities. Held all year including school holidays</p>	<p>Contact <b>City of Casey</b>                      To register contact City of Casey on 9705 5200 or email <a href="mailto:dadsmatter@casey.vic.gov.au">dadsmatter@casey.vic.gov.au</a>.                      Must book</p>	<p>Narre Warren Library - Bunjil Place,                      Patrick North East Drive,                      Narre Warren 3805</p>	<p>Contact Casey Council for up date                      Cost No cost                      Registration essential</p>
<p><b>DADS MATTER –COOK IT WITH DAD</b>                      The Cook it with Dad program is an opportunity for fathers and children to experience cooking together. Spending quality time and strengthening relationships.</p>	<p><b>CITY OF CASEY</b>                      To register contact City of Casey on 9705 5200 or email <a href="mailto:dadsmatter@casey.vic.gov.au">dadsmatter@casey.vic.gov.au</a></p>	<p>Selandra Family and Children's Centre                      45 Haflinger Avenue,                      Clyde North</p>	<p>Day Saturdays(during School Term)                      Date School Term                      Time 10.30am to 12pm                      Cost Free                      Must register</p>
<p><b>BEING DAD</b>                      An interactive group for fathers of children aged 0-17 designed to help us be the dad we want to be.</p>	<p><b>Uniting</b>  <b>Sid Ashby – 5990 8400</b>  <b>Jonathon Gonsalvez – 5945 3900</b></p>	<p>Uniting                      To be advised</p>	<p>Please ring for details.                      Still being confirmed at time of printing</p>
<p><b>COOK IT WITH DAD – DAD'S MATTER PROGRAM</b>                      The Cook it with Dad program is an opportunity for fathers and children to experience cooking together.</p>	<p>Contact <b>City of Casey</b>                      9705 5200                      or email <a href="mailto:dadsmatter@casey.vic.gov.au">dadsmatter@casey.vic.gov.au</a></p>	<p>Selandra Family and Children's Centre                      45 Haflinger Ave,                      Clyde North                      Melways Ref 134 H4</p>	<p>Day Saturdays (not in school holidays)                      Time 10.30am – 12noon                      Cost No cost                      Registration essential</p>

<p><b>TIME FOR A CHANGE</b> Men's behaviour change program designed to help men address those issues &amp; stop using any forms of abuse &amp; violence in their relationships with others.</p>	<p><b>Relationships Australia</b> Cranbourne Centre 03 5990 1900</p>	<p>Kalimna Building – 67-69 Webb Street, Narre Warren, Victoria 380</p>	<p>Please phone for assessment for programs running 2020</p>
<p><b>DADS LITTLE BUILDERS</b> The Dad's Little Builder program has been designed to encourage dads and children to connect through creating and building.</p>	<p><b>City of Casey</b> Contact: City of Casey Email: <a href="mailto:dadsmatter@casey.vic.gov.au">dadsmatter@casey.vic.gov.au</a> Telephone: 9705 5200</p>	<p>Arbourlea Family and Children's Centre 75 Wheelers Park Dve Cranbourne North Melways Ref 130 K10</p>	<p>To register contact City of Casey on 9705 5200 or email <a href="mailto:dadsmatter@casey.vic.gov.au">dadsmatter@casey.vic.gov.au</a></p>
<p><b>THE BBQ BOYS</b> <i>A carer support group especially for men who are in a caring role and would like to have better access to self-care &amp; respite opportunities. A carer is a person who provides unpaid care and support to family members and friends who have a disability, mental illness, dementia or who are frail aged. The BBQ BOYS was established to address a gap in services by reducing social isolation, promoting carer wellbeing and providing "some ME time" for male carers. The group offer carers a variety of activities to assist them to maintain life balance and care responsibilities. Membership criteria:</i></p> <ul style="list-style-type: none"> <li>□ Male and caring for someone who has a disability, mental illness, dementia or who is frail aged</li> </ul>	<p><b>Respite South</b> <i>The BBQ Boys Carers Inc. Ring one of the committee members on Peter-0404 044 283 Honk – 0455 179 692 Bill 0447 985 327 or Sandy – 0439 530 413 Enquiries: Please send us an email about your enquiries Email: <a href="mailto:info.bbq.boys@gmail.com">info.bbq.boys@gmail.com</a></i></p>	<p>This is now held in Frankston. Frankston NEAMI office. 1 Douglas Grove, Frankston</p>	<p>first Tuesday of the month from 11am – 2pm</p>

## City Of Casey

Group / Program	Contact	Address	Details/ Other
<p><b>DADS LITTLE BUILDERS</b> The Dad's Little Builder program has been designed to encourage dads and children to connect through creating and building.</p>	<p><b>City of Casey</b> Contact: City of Casey Email: <a href="mailto:dadsmatter@casey.vic.gov.au">dadsmatter@casey.vic.gov.au</a> Telephone: 9705 5200</p>	<p>Arbourlea Family and Children's Centre 75 Wheelers Park Dve Cranbourne North Melways Ref 130 K10</p>	<p>To register contact City of Casey on 9705 5200 or email <a href="mailto:dadsmatter@casey.vic.gov.au">dadsmatter@casey.vic.gov.au</a></p>
<p><b>THE BBQ BOYS</b> <i>A carer support group especially for men who are in a caring role and would like to have better access to self-care &amp; respite opportunities. A carer is a person who provides unpaid care and support to family members and friends who have a disability, mental illness, dementia or who are frail aged. The BBQ BOYS was established to address a gap in services by reducing social isolation, promoting carer wellbeing and providing "some ME time" for male carers. The group offer carers a variety of activities to assist them to maintain life balance and care responsibilities. Membership criteria:</i></p> <ul style="list-style-type: none"> <li>□ Male and caring for someone who has a disability, mental illness, dementia or who is frail aged</li> </ul>	<p><b>Respite South</b> <i>The BBQ Boys Carers Inc. Ring one of the committee members on Peter-o404 044 283 Honk – 0455 179 692 Bill 0447 985 327 or Sandy – 0439 530 413 Enquiries: Please send us an email about your enquiries Email: <a href="mailto:info.bbq.boys@gmail.com">info.bbq.boys@gmail.com</a></i></p>	<p>This is now held in Frankston. Frankston NEAMI office. 1 Douglas Grove, Frankston</p>	<p>first Tuesday of the month from 11am – 2pm</p>

## City Of Casey

Group / Program	Contact	Address	Details/ Other
<b>CHALLENGING BEHAVIOURS, DISABILITIES, GRIEF, ALCOHOL &amp; DRUGS, MENTAL HEALTH, SUICIDE, AND OTHER</b>			
<p><b>SEASONS FOR GROWTH</b> Change affects everyone differently, as does grief. It's the impact of the change, not the event itself that our group focuses on. Held over four weeks, you will. Explore the range of emotions that accompany loss. Share the challenges. Learn strategies to assist you to manage grief Explore the importance of feelings, memories, forgiveness, choices and support networks in your life</p>	<p>To find out more or to enrol Contact the groups team on 03 5990 8400 Uniting Connections</p>	<p>Uniting connections 55 Webb St Narre Warren</p>	<p>Day Tuesdays Please phone for 202 dates Cost gold coin donation</p>
<p><b>KEEPING IT TOGETHER</b> Free program for women over the age of 18 learn skills to strengthen yourself and your relationships. Improved Self Esteem. Implementing Self Care and more</p> <p><u>Intake has started.</u> <u>Please contact Sancha for more information</u></p>	<p>For more information and intakes, please contact Sancha Phone no: 97056699 Email : <a href="mailto:snoranho@caseynorthciss.com.au">snoranho@caseynorthciss.com.au</a></p>	<p>Hallam Community Learning Centre 56 Kay's Ave Hallam</p> <p>Also in Pakenham. See Cardinia</p>	<p>Term 1 Begins in February 2020</p>
<p><b>WOMEN MANAGING ANGER</b> 6 week program for women who want practical strategies and support to take control of their anger.</p>	<p><b>Windermere</b> Group coordinator 48 Webb Street Narre Warren VIC Phone: 1300 946 337 Fax: (03) 9705 3200</p>	<p>Toomah Community Centre 18 Golden Green St Pakenham</p>	<p>Day Wednesday Date School Term Time 10am to 12pm</p>

## City Of Casey

Group / Program	Contact	Address	Details/ Other
<p><b>CHAMPS</b> 6 week program for children aged 8-12 who have a parent or parents with a mental health issue including children who do not live with their birth parents</p>	<p><b>Uniting Monash Health The Bouverie Centre</b> The Victoria FaPMI Program.(Families where a Parent has a Mental Illness) Bookings essential For more information, or to book your place please contact Megan Clarke 03 5990 8400 Or Nicole Moraes 03 9554 9233 <a href="http://connections.org.au">connections.org.au</a></p>	<p>Uniting 55 Webb St Narre Warren</p>	<p>Day Mondays Date 14<sup>th</sup> October to 25<sup>th</sup> Nov(not on cup day 4<sup>th</sup> Nov) 4pm to Time 5.30pm</p>
<b>FAMILY VIOLENCE</b>			
<p><b>WHO'S IN CHARGE?</b> Who's in Charge? A 7-week program for parents or carers of young people (8 to 18) who are beyond control, violent or defiant.</p>	<p><b>Uniting Connections</b> Group Workers 5990 8400  <a href="http://connections.org.au">connections.org.au</a></p>	<p>Uniting 55 Webb St Narre Warren</p>	<p>Day Please phone for all details Date Time</p>
<p><b>REPAIR-ENTING</b> A structured group program for dads who have used violence in their relationships. A program for men who have completed a men's behaviour change program in the past year, and who are currently parenting children on a part- or full-time basis, or are hoping to redevelop a relationship with their children</p>	<p><b>Relationships Australia Victoria's</b> Cranbourne Centre on (03) 5990 1900 or email  <a href="mailto:cranbournenorth@rav.org.au">cranbournenorth@rav.org.au</a> <a href="http://www.rav.org.au/RepairentingCranbourneNorth">www.rav.org.au/RepairentingCranbourneNorth</a></p>	<p>Relationships Australia Victoria 2/199 South Gipps land Highway Cranbourne</p>	<p>Please ring and book into next program- need to book ahead. Dates will be advised when booking  Cost Free</p>

## City Of Casey

Group / Program	Contact	Address	Details/ Other
<p><b>HEALTHY WOMEN HEALTHY RELATIONSHIPS</b>  <b>FOR</b> Women living in the Casey, Cardinia and Greater Dandenong areas, who have experienced family violence in their relationships.            A 7 week program for women affected by family violence            On completion of the program, you will:</p> <ul style="list-style-type: none"> <li>• Have greater awareness and understanding of what is family violence</li> <li>• Understand the impacts of family violence and support available to aid your recovery from the trauma</li> <li>• Be able to identify signs of healthy and unhealthy relationships</li> <li>• Establish ways for you to form respectful relationships</li> <li>• Develop skills to establish and maintain appropriate boundaries</li> <li>• Develop strategies to build your resilience and connection to your self</li> </ul>	<p><a href="#">Windermere</a>            Group coordinator            48 Webb Street Narre Warren VIC            Phone: 1300 946 337 Fax: (03) 9705 3200</p>	<p><a href="#">Windermere Head Office</a>  <a href="#">48 Webb Street, Narre Warren</a></p>	<p>Ring or click on link for details            Time 10.00am to 12.00pm            Cost No Cost</p> <p>Ring to book</p>
<p><b>MAKING CHANGES NEW BEGINNINGS</b>            Making Changes for New Beginnings is a therapeutic support group for women who have experienced family violence.            Topics covered include; cycle of violence, difference between anger and violence, healthy and unhealthy relationships.</p>	<p><b>Uniting Megan</b> 5990 8400   <a href="http://connections.org.au">connections.org.au</a></p>	<p>Uniting Connections            55 Webb St            Narre Warren</p>	<p>Runs once a week for 6 weeks over the School Term.            Please Phone music</p>



## City Of Casey

Group / Program	Contact	Address	Details/ Other
<p><b>THE INCREDIBLES</b> A group for kids aged 7-10 who have experienced or witnessed family violence.</p>	<p><b>Uniting Connections</b> Samantha Sacco 8792 8999</p> <p><b>connections.org.au</b></p>	<p>To be announced Please phone</p>	<p>Please phone for this terms dates and to book Details not available at time of printing please phone</p>
<b>SEPARATION</b>			
<p><b>PARENTING AFTER SEPARATION</b> A 4 week program to help parents to better understand the effects of separation on their children and learn useful strategies for helping children to adjust. For: Separating and Separated parents <b>Note: only one person from a separated couple can attend each group</b></p>	<p><b>Windermere</b> <b>Windermere Narre Warren Office</b> <b>Phone: 1300 946 337 Fax: (03) 9796 7650</b></p> <p>Group Coordinator 9705 3200</p> <p>Email: groups@windermere.org.au</p>	<p><u>Windermere Narre Warren Office</u> 48 Webb Street Narre Warren VIC 3805</p>	<p><a href="https://www.windermere.org.au/services/for-parents-families/">https://www.windermere.org.au/services/for-parents-families/</a> For all Program updates</p>
<p><b>PARENTING AFTER SEPARATION</b> A one-day course which provides parents with key information and strategies to assist children to successfully adjust to separation and divorce. The group is interactive and meets the requirements of Court orders. Handout materials are provided and certificates of participation suitable for submission to court.</p>	<p><b>Relationships Australia</b> <b>Berwick FRC</b> <b>8768 4111</b></p> <p><b>Phone and book.</b> <b>You must arrive 15 minutes early</b></p> <p><b>PLEAsE PHONE FOR EXT PROGRAM.</b></p>	<p><b>Relationships Australia</b> <b>Berwick FRC</b> Check for details</p>	

## City Of Casey

Group / Program	Contact	Address	Details/ Other
<p><b>SELF-REPRESENTATION IN COURT 2017 Community Legal Education Session Series</b></p> <p>This free information session is presented by Andrea Videion, Child Support Lawyer at the Springvale Monash Legal Service. It covers: understanding the risks and benefits of representing yourself in court; preparing documents; the stages of a hearing.</p>	<p><b>Family Relationships Centre / Relationships Australia – Victoria</b></p> <p>Ph: 8768 4111 or email: <a href="mailto:enquiries@berwickfc.org.au">enquiries@berwickfc.org.au</a></p>	<p>Berwick Family Relationship Centre 38 Clyde Road Berwick</p>	<p>Please Phone for next one.</p>
<p><b>BEREAVEMENT SUPPORT GROUP</b></p> <p>This group is for people who have been bereaved within the past two years.</p>	<p><b>Cardinia Casey Community Health</b> (03) 5990 6789</p>	<p>Cardinia-Casey Community Health Service 140-154 Sladen St Cranbourne</p>	<p>Day Thursday Please phone for dates 10.00am to 12.00pm Cost Free <b>NOTE: no childcare provided</b></p>
<p><b>FAMILY SUPPORT GROUP</b></p> <p>For families and friends impacted by another's drug and or alcohol use.</p>	<p><b>Stepping up &amp; SHARC</b> Please phone Kerry on 1800 828 466</p>	<p>Stepping up 61 High St Cranbourne</p>	<p>Please contact for details</p>
<p><b>GROW</b></p> <p>Provides a peer supported program for growth and personal development to people with a mental illness and those experiencing difficulties in coping with life's challenges.</p>	<p><b>GROW Vic</b> 1800 558 268 <a href="http://www.grow.net.au">www.grow.net.au</a> free call 1800 558 268 for the current times and locations of Group Meetings.</p>	<p>Balla Balla Centre 65 Berwick Cranbourne Road Cranbourne</p>	<p>Day Thursday Time 10.00am to 12.30 Cost Free</p>
		<p>Berwick N'hood Centre 112 High St, Berwick (Mel: 111 D8)</p>	<p>Day Wednesdays Time 10am-12.30pm Cost FREE</p>

## City Of Casey

Group / Program	Contact	Address	Details/ Other
<p><b>e.motion21</b> A high quality dance and fitness program for children and young adults with Down syndrome. Classes for all ages; Kinder, Primary, Teens and Adults.</p>	<p>Ph.: 9853 2121 <a href="http://www.emotion21.org.au">www.emotion21.org.au</a></p>	<p>Cranbourne Senior Citizens Club 1 Codrington Street Cranbourne</p>	<p>Day Wednesdays Dates During School Terms</p>
<p><b>CRANBOURNE ADHD SUPPORT GROUP</b> Having a child with ADHD can be challenging, exhausting and emotional. Parents face issues on a daily basis regarding this hidden disability. Facilitated by Cranbourne Information &amp; Support Service this support group provides you with the opportunity to share your experiences, stories and knowledge and be supported by other parents who truly understand the struggles of life that families and their children go through every day. Set within a relaxed and non-judgmental environment, meetings are open to parents and families from Cranbourne and surrounding suburbs.</p>	<p><b>Cranbourne Information &amp; Support Service</b> Contact: Flora or Ann 59 963 333</p> <p><i>The Communities for Children initiative is supported by the Australian Government</i></p>	<p>Cranbourne Community House 49 Valepark Crescent Cranbourne</p>	<p>Please contact for details</p>

## City Of Casey

Group / Program	Contact	Address	Details/ Other
<p><b>CASEY ASPERGER SUPPORT GROUP (CASS)</b>                      –runs regular support group meetings for parents/carers. We operate activity groups for children’s of all ages and their siblings. We also hold regular workshops and information sessions. Primary school social group; Tweens social group; Teenage social group; Aspie Girls Group; Creative Arts Group and more. View website for information and upcoming events <a href="http://www.thecass.com.au">www.thecass.com.au</a>                      CASS Headquarters 20 Agonis St Doveton                      Please email for further details and to register for events. Find on Facebook. <a href="mailto:info@thecass.com.au">info@thecass.com.au</a></p>			
<p><b>WOMEN FOR CHANGE</b>                      A women’s discussion group. A chance to release your passion and have your say and maybe make a difference. We discuss current issues and world affairs in</p>	<p><b>Balla</b> Community Centre  <a href="http://www.ballaballa.com.au">www.ballaballa.com.au</a>                      ph. 5990 0900</p>	<p>Balla Community Centre                      Casey Indoor Leisure Complex                      65 Berwick Cranbourne Rd,                      Cranbourne East</p>	<p>Contact for next activity Dates not available at time of publication</p>
<p><b>FAMILY DRUG/ALCOHOL SUPPORT</b>                      Ran by family members for family members and focuses on the well-being of the family</p>	<p><b>Call Toll Free                      1300 660 068</b></p>	<p>Balla Community Centre                      Casey Indoor Leisure Complex                      65 Berwick Cranbourne Rd,                      Cranbourne East.</p>	<p>1<sup>st</sup> and 3<sup>rd</sup> Wednesday of each month                      Time 6.00pm -8.00pm</p>
<p><b>CONVERSATION PLUS</b>                      For Non English Speaking Background people. Learn to deal with bill paying, appointments, school notices and local services. Fun, friendly classes.</p>	<p><b>Hallam Community Learning Centre</b>                      Rita 9703 1688                      Childcare available Wednesdays only</p>	<p>Hallam Community Learning Centre                      56 Kays Avenue                      Hallam</p>	
<p><b>KEEPING IT TOGETHER</b> Free program for women over the age of 18 learn skills to strengthen yourself and your relationships. Improved Self Esteem. Implementing Self Care and more..inTAKE HAS STARTED                      Intake has started.</p>	<p>For more information and intakes, please contact Sancha                      Phone no: 97056699                      Email : <a href="mailto:snoranho@caseynorthciss.com.au">snoranho@caseynorthciss.com.au</a>                      Please contact Sancha for more information</p>	<p>Hallam Community Learning Centre                      56 Kay’s Ave                      Hallam                      Also in Pakenham. See Cardinia</p>	<p>Term 1                      Begins in February 2020</p>

## City Of Casey

Group / Program	Contact	Address	Details/ Other
<b>FAMILY SUPPORT AND SUPPORTED PLAYGROUPS</b>			
<p><b>CASEY INFORMATION AND SUPPORT SERVICES (CISS)</b>                      Wide range of information on community and local services, • Counselling services                      • No Interest Loan Scheme • Tax Help • Advocacy and Support • Emergency Relief                      • Financial Counselling • Outreach Services                      Food, petrol, chemist prescriptions, baby goods, Myki Day passes and other emergency support - these can be helped sometimes.</p>	<p>Phone: 5996 3333 Fax: 5996 3608  <a href="http://www.cranbourneiss.org.au">www.cranbourneiss.org.au</a> email: <a href="mailto:ciss@cranbourneiss.org.au">ciss@cranbourneiss.org.au</a> Facebook: <a href="https://www.facebook.com/cranbourneiss">facebook.com/cranbourneiss</a> Services available:</p>	<p>156 Sladen Street, Cranbourne 3977                      P.O. Box 5263, Cranbourne 3977</p>	<p>Please phone if you require any of these services and live in the South of Narre Warren- ( under the old Shire of Cranbourne                      Be able to show current identification with name and local address.</p>
<p><b>CASEY NORTH CISS</b>                      Services available: Wide range of information on community and local services, • Information in a range of different languages • Counselling and Social Work services • No Interest Loan Scheme • AddsUp Savings Plan • Financial Counselling • Tax Help • Advocacy and Support • Emergency Relief • Financial Literacy &amp; Support Program • Keeping It Together Program • Legal Service</p>	<p><b>Casey North CISS</b>                      Phone: 9705 6699 Fax: 9705 6794 Email: <a href="mailto:cnciss@caseynorthciss.com.au">cnciss@caseynorthciss.com.au</a>  <a href="http://www.caseynorthciss.com.au">www.caseynorthciss.com.au</a> Facebook: <a href="https://www.facebook.com/caseynorthciss">facebook.com/caseynorthciss</a> Twitter: <a href="https://twitter.com/cnciss">twitter.com/cnciss</a> Pinterest: <a href="https://www.pinterest.com.au/caseynorthciss">www.pinterest.com.au/caseynorthciss</a></p>	<p>Suite1/90-92 Victor Crescent Narre Warren VIC 3805</p>	<p>Please phone if you require any of these services and live in the North of Casey. North.</p>

## City Of Casey

Group / Program	Contact	Address	Details/ Other
<p><b>WOMEN'S FRIENDSHIP CAFÉ- Cranbourne</b>                      ALL Women are invited. Busy Women, busy lives, a small conversation can change a whole day. Make new friends, activities, morning tea, art, craft, sewing and information.  <b>Bring your children, friends, aunties.</b></p>	<p>ST Johns Community Hall                      Contact                      Biftu Hawas 0402 526 718   <a href="http://www.facebook.com/WomensFriendshipCafe/">www.facebook.com/WomensFriendshipCafe/</a></p>	<p>St John's Community Hall                      27 Childers St                      Cranbourne</p>	<p>Day Wednesday                      Date During School Term                      Time 10.00am-12 noon</p>
<p><b>YOUNG MUMS CONNECT</b>                      You're invited to come along to our playgroup for mums up to 24years with children 0-4years.                      Come and enjoy fun activities with your children and meet other mums that live in the area</p>	<p>To REGISTER and for more INFORMATION                      Please contact Jaguar at :  <a href="mailto:Young.mums.connect@hotmail.com">Young.mums.connect@hotmail.com</a></p>	<p>Cranbourne                       Please phone for these details.</p>	<p>Day Saturdays                      Time 10.00 to 12.00 Cost Gold Coin.                      Morning refreshments will be provided</p>
<p><b>ROSSMOYN SUPPORTED PLAYGROUP</b>                      Meet other local families, learn about your child's development and parenting through the Smalltalk program.</p>	<p>City of Casey customer service.                      03 9705 5200                      Or email  <a href="mailto:playgroupReferral@casey.vic.gov.au">playgroupReferral@casey.vic.gov.au</a></p>	<p>19 Beldale Crt                      Berwick</p>	<p>During School Term                      Day Monday                      Time 9.30am-11.00am                       Please phone or email the council to book in</p>
<p><b>SIMPLE PLEASURES ARBOURLEA</b>                      Meet other local families, learn about your child's development and parenting through the Smalltalk program.</p>	<p><b>City Of Casey Free supported playgroups</b>                       City of Casey customer service.                      03 9705 5200                      Or email  <a href="mailto:playgroupReferral@casey.vic.gov.au">playgroupReferral@casey.vic.gov.au</a></p>	<p>75 wheelers Park Dve                      Cranbourne Nth</p>	<p>During School Term                      Day Tuesday                      Time 10.00 -12.00pm                       Please phone or email the council to book in</p>

## City Of Casey

Group / Program	Contact	Address	Details/ Other
<p><b>CRANBOURNE WEST SUPPORTED PLAYGROUP</b> Meet other local families, learn about your child's development and parenting through the Smalltalk program.</p>	<p><b>City Of Casey Free supported playgroups</b>  City of Casey customer service. 03 9705 5200 Or email <a href="mailto:playgroupReferral@casey.vic.gov.au">playgroupReferral@casey.vic.gov.au</a></p>	<p>42-52 Fairhaven Boulevard. Cranbourne West</p>	<p>During School Term Day Tuesday Time 9.30am – 11.00am  Please phone or email the council to book in.</p>
<p><b>STRATHAIRD WEDNESDAY or Thursday SUPPORTED PLAYGROUP</b> Meet other local families, learn about your child's development and parenting through the Smalltalk program.  Please phone or email the council to book in</p>	<p><b>City Of Casey Free supported playgroups</b>  City of Casey customer service. 03 9705 5200 Or email <a href="mailto:playgroupReferral@casey.vic.gov.au">playgroupReferral@casey.vic.gov.au</a></p>	<p>106-108 Strathaird Dve Narre Warren South</p>	<p>2 Separate Groups. Run During School Term Day Wednesday Time 9.30am – 11.00am  Day Thursday Time 9.30am – 11.30am</p>
<p><b>LITTLECROFT SUPPORTED PLAYGROUP</b> Meet other local families, learn about your child's development and parenting through the Smalltalk program.</p>	<p><b>City Of Casey Free supported playgroups</b> City of Casey customer service. 03 9705 5200 Or email <a href="mailto:playgroupReferral@casey.vic.gov.au">playgroupReferral@casey.vic.gov.au</a></p>	<p>51 The Strand Narre Warren South</p>	<p>During School Term Day Thursday Time 9.30 – 11.30am  Please phone or email the council to book in.</p>
<p><b>CORAL DRIVE PLAYGROUP</b> Meet other local families, learn about your child's development and parenting through the Smalltalk program</p>	<p><b>City Of Casey Free supported playgroups</b> City of Casey customer service. 03 9705 5200 Or email <a href="mailto:playgroupReferral@casey.vic.gov.au">playgroupReferral@casey.vic.gov.au</a></p>	<p>187 -191 Coral Dve Hampton Park</p>	<p>During School Term Day Thursday Time 9.30am -11.30am Please phone or email the council to book in.</p>

## City Of Casey

Group / Program	Contact	Address	Details/ Other
<p><b>HALLAM GARDENS – Mon. pm</b> Meet other local families, learn about your child’s development and parenting through the Smalltalk program</p>	<p><b>City Of Casey Free supported playgroups</b> City of Casey customer service. 03 9705 5200 Or email <a href="mailto:playgroupReferral@casey.vic.gov.au">playgroupReferral@casey.vic.gov.au</a></p>	<p>26-28 Nettle Dve Hallam</p>	<p>During School Term Day Monday Time 1.30pm – 3.00pm Please phone or email the council to book in.</p>
<p><b>HALLAM GARDENS- Tues. pm</b> Meet other local families, learn about your child’s development and parenting through the Smalltalk program</p>	<p><b>City Of Casey Free supported playgroups</b> City of Casey customer service. 03 9705 5200 Or email <a href="mailto:playgroupReferral@casey.vic.gov.au">playgroupReferral@casey.vic.gov.au</a></p>	<p>26-28 Nettle Dve Hallam</p>	<p>During School Term Day Tuesday Afternoon Time 1.30pm – 3.00pm Please phone or email the council to book in.</p>
<p><b>BOYS ON THE BOUNCE</b> A 10-week program strengthening cultural, community and educational engagement in Aboriginal and Torres Strait Islander boys 'For: Aboriginal and Torres Strait Islander boys in Grades 5 &amp; 6 at Cranbourne primary schools. <b>Ran by a male Aboriginal worker from Dandenong &amp; District Aborigines Co-Op</b></p>	<p><b>.Ran with Mission Australia And Windermere</b>  To access this program or find out more, contact Graeme Bux (03) 9794 5933 The program is run by a male Aboriginal worker from Dandenong &amp; District Aborigines Co-Op.</p>	<p>Ran in various Venues across in coordination with Primary Schools in Cranbourne and Dandenong</p>	<p>Over the course of the 4 school terms Day Tuesday in Dandenong Day Thursday in Cranbourne  Contact Graeme and Book in  Healthy Lunch provided</p>
<p><b>CONVERSATION PLUS</b></p>	<p><b>Hallam Community Learning Centre</b> Rita 9703 1688 Childcare available Wednesdays only</p>	<p>Hallam Community Learning Centre 56 Kays Avenue Hallam</p>	<p>Days Wednesdays Time 12.45-2.45pm Cost \$2 per session</p>
<p><b>BABY BEARS PLAYGROUP</b> For disadvantaged families with complex needs.</p>	<p><b>Merinda Park Learning &amp; Community Centre</b> 5996 9056 <a href="http://www.merindapark.com.au">www.merindapark.com.au</a> admin@merindapark.com.au</p>	<p>Annex Building 149 Endeavour Dr Cranbourne</p>	<p>Please phone for details</p>



## City Of Casey

Group / Program	Contact	Address	Details/ Other
<b>PLAYGROUP – FACILITATED</b> Meet other local families, learn about your child's development	<b>Balla Centre</b> Ph. 5990 0900	Balla Casey Indoor Leisure complex 65 Berwick-Cranbourne Rd, Cranbourne East	During School Term Day Thursday Time 10.00am – 12pm Please phone the Balla Centre to Book in
<b>CRANBOURNE COMMUNITY HOUSE PLAYGROUP</b> For culturally and linguistically diverse children and their families, especially for those recently arrived.	<b>Cranbourne Community House</b> Contact Cheri 5996 2941	Cranbourne Community House 49 Valepark Drive Cranbourne	Fridays 1.00pm – 3.00pm No Cost
<b>Koori Play Spot Playgroup</b> For Indigenous families. Each playgroup runs a Story, Song and Dance time at the end of each session	Contact 0459 026825	Autumn Place Kindergarten 29 Autumn Place Doveton	Please phone for details
<b>PARKERS PLAYGROUP –</b> For disadvantaged families with complex needs.	<b>Cranbourne Park Primary</b> Natasha 5996 1142 Lauren 5995 4655	Cranbourne Park Primary School. Tucker Street, Cranbourne	Please phone for details
<b>OPEN UP – Community Lunch</b> Cuppa and a chat from 10.30am onwards. Playground for Littlies.	<b>Hampton Park Uniting Church</b> Ph.: 9799 7994	Hampton Park Uniting Church 1 Coral Drive, Hampton Park	Day Thursdays during school term Time from 10.30am – meal served at 12.30pm Cost FREE
<b>BUSH PLAYGROUP</b> A Culturally safe and meaningful early years learning environment for Aboriginal & TSI children and their careers and families.	Jo Fyfe ph.: 59 902 206 <a href="mailto:Joanne.fyfe@rbg.vic.gov.au">Joanne.fyfe@rbg.vic.gov.au</a> Jaffa Richardson ph.: 0418 766 281 <a href="mailto:Janine.richardson@rbg.vic.gov.au">Janine.richardson@rbg.vic.gov.au</a>	Royal Botanic Gardens Stringy Bark Picnic Area Cnr Ballarto Road & Botanic Drive Cranbourne	Day Tuesdays during school term Time 10.30am – 12.30pm

## City Of Casey

Group / Program	Contact	Address	Details/ Other
<p><b>BALEE KOOLIN BUBUP BUSH PLAYGROUP</b>                      A supported playgroup for aboriginal and Torres Strait islander children up to 5 years, their Carers and families to have fun together with live music, singing, dancing, instrument play and culturally diverse events. Set within a culturally safe and meaningful early years learning environment. Where indigenous Elders, artists and cultural educators come along to share traditional cultural knowledge, stories and language with families in the bush playgroup. Also include planned playgroup excursions at Cranbourne's Library's Koori Kids Library events.</p>	<p><b>Windermere</b>                      The program is run by our facilitating partner <a href="#">Casey-Cardinia Library Corporation</a> in conjunction with Cranbourne Royal Botanic Gardens</p> <p>To access this program or find out more, contact: Trish Magree                      Email: <a href="mailto:trish.magree@rbg.vic.gov.au">trish.magree@rbg.vic.gov.au</a>                      Phone: 03 5990 2206                      Jaffa Richardson                      Email: <a href="mailto:janine.richardson@rbg.vic.gov.au">janine.richardson@rbg.vic.gov.au</a>                      Phone: 0418 138 346</p>	<p>Stringybark Picnic Area                      Royal Botanic Gardens, Victoria,                      Cranbourne</p>	<p>Day Tuesdays                      Date During School Term                      Time 10.30am -12.30pm                      Cost No Charge</p> <p>Program is funded through the Communities for Children initiative</p>
<p><b>MyTime Playgroup</b>                      For parents with children under 5 who have a disability or chronic medical condition</p>	<p>Contact Genevieve O'Connor                      1800 171 882                      Contact Lindy 0447 520543</p>	<p>Casey Locations                      Endeavour Hills, Cranbourne, Narre Warren, Berwick, Narre Warren South</p>	<p>Please phone for details</p>
<p><b>SIMPLE PLEASURES PLAYGROUP</b>                      For parents suffering from Post Natal Depression and their children.</p>	<p>Contact                      Wendy Beamish                      0414916963</p>	<p>St Andrews Uniting Church                      46 Wilson St                      Berwick</p>	<p>Day Tuesdays                      Time 9.30 – 11.30am</p>
<p><b>YOUNG Parents GROUP</b>                      For mums 25 years or under with children aged under 2 years.</p>	<p><b>City of Casey Youth Services</b> Phone                      9705 5200</p>	<p>Cranbourne Youth Information Centre                      Shop 58 Centro Shopping Centre                      High St Cranbourne</p>	<p>Date Wednesdays                      Time 1.00 – 2.30pm                      Cost Free</p>
<p><b>CRANBOURNE TOY LIBRARY</b></p>	<p><b>Cranbourne Library</b> Contact                      Maree 59 900 900  <a href="mailto:cranbournetoylibrary@hotmail.com">cranbournetoylibrary@hotmail.com</a></p>	<p>Cranbourne Library Administration                      Building                      65 Cranbourne-Berwick Rd                      Cranbourne</p>	<p>Please phone or check website</p>

## City Of Casey

Group / Program	Contact	Address	Details/ Other
<b>BERWICK TOY LIBRARY</b> Timbarra Community Centre	<b>Timbarra Community Centre</b> Phone 0423 744 816 berwicktoylibrary@gmail.com	Timbarra Community Centre Parkhill Drive Berwick	Fortnightly during term Day Tuesdays Time 9.30am-10.30am Day Wednesdays Time 7.30pm-8.30pm Cost From \$50 /year
<b>Pre School -STORYTIME</b> Storytime introduces children to a wide range of children's books, stimulates new ideas and interests, helps develop language skills and provides a chance to socialise. Songs, rhymes, stories and activity suitable for pre-schoolers aged 3-5 years	<b>Casey-Cardinia Library</b> Corporation 5941 2036 <a href="http://www.cclc.vic.gov.au">www.cclc.vic.gov.au</a> Cranbourne 5990 0150 Narre Warren 9704 7696 Doveton 9792 9497 Endeavour Hills 8782 3400	Held at Cranbourne, Narre Warren, Hampton Park, and Endeavour Hills. Pakenham and Cardinia Mobile Library at Beaconsfield, Cockatoo and Gembrook	<u>Bunil Place Narre Warren</u> Tuesday 2pm-2.45pm Friday 11.00-11.45 <u>Cranbourne</u> Friday 10.30-11.30 <u>Doveton</u> Thursday 10.00am-10.45 <u>Emerald</u> Thursday 11.15 – 12pm <u>Endeavour Hills</u> Friday 11am-11.45am <u>Hampton Park</u> Thursday 11.00am – 11.45am <u>Pakenham</u> Tuesday 11.00am-11.45am See sight for further details
<b>SUPPORTED PLAYGROUP-</b> For families with children aged 0-5. Join us and have fun together with live music, singing, dancing, instrument play, morning tea and culturally diverse events.	<b>Windermere</b> Child and Family Services Integrated Family Services Intake Worker 9705 3200	Fairhaven Family and children's centre, community room. 42-52 Fairhaven Boulevard Cranbourne West	Day Tuesday Time 9.30 -11.30 Runs during School Term Cost Free

## City Of Casey

Group / Program	Contact	Address	Details/ Other
<p><b>BABY RHYME TIME</b> Join with other new mums, dads and carers. Discover and learn songs and rhymes that babies enjoy. NOTE: This program does NOT run during school holidays</p>	<p><b>Casey-Cardinia Library Corporation</b>  5941 2036 www.cclc.vic.gov.au Cranbourne 5990 0150 Narre Warren 9704 7696 Doveton 9792 9497 Endeavour Hills 8782 3400 Casey-Cardinia Library Corporation 5941 2036</p>	<p>Bunjil Place Patrick Northeast Drive, Narre Warren Ph. 8782 3300 Cranbourne Casey Complex 65 Berwick-Cranbourne Road Ph. 5990 0150 Emerald 400B Belgrave-Gembrook Road Ph. 5949 4600 Endeavour Hills 10 Raymond McMahon Boulevard Ph. 8782 3400 Hampton Park 22</p>	<p><u>Cranbourne</u> Tuesdays 1.15 – 1.45am</p> <p><u>Endeavour Hills</u> Wednesdays 10.15pm- - 10.45pm</p> <p><u>Narre Warren – Bunjil Place</u> Mondays 2.30pm – 3.00pm Wednesdays 2.30pm – 3.00pm</p>
<p><b>LITTLE RAYS SUPPORTED PLAYGROUP</b> We provide a developmentally enriched environment for children to play and learn. Activities are designed specifically to accommodate all abilities in a welcoming and supportive environment <b>This group is available to Windermere ECDS families and others eligible for Early childhood intervention Services.</b> <b>Parents with children aged 0-6. . Siblings are very welcome.</b></p>	<p><b>Windermere</b> Child and Family Services Integrated Family Services Intake Worker 9705 3200</p>	<p>Chisholm –Berwick Campus Building C 25 Kangan Dve Berwick</p>	<p>Day Mondays Date School Terms Time 9.30 – 11.00am Cost No charge for families accessing ECIS services</p> <p>\$64.66/hr for families accessing NDIS, FAHCSIA or who are self-funded.</p> <p>Bring own snacks, drink bottle, hat and sunscreen. No nuts or nut products. Phone and book</p>

## City Of Casey

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



## City Of Casey

Group / Program	Contact	Address	Details/ Other
<p><b>AFGHANI WOMEN'S LITERACY CLASS</b> This class is especially designed for women who speak Hazara, Dari or Pashto and need help with daily activities such as doctor's appointments and understanding road rules. Get helpful information about citizenship, shopping in Australia and more.</p>	<p><b>Hampton Park Community House / Learning Centre</b></p> <p>Please contact Reception on 97990708 for when next course starts</p>	<p>Hampton Park Community House, 16-20 Stuart Avenue, Hampton Park.</p>	<p>Dates not confirmed at time of printing please phone Hampton Park community House</p>
<p><b>Department of Justice and Regulation</b></p>	<p>Cranbourne Justice Service Centre 176 Sladen Street Cranbourne Ph: 1300 292 936</p>	<p>Cranbourne Justice Service Centre 176 Sladen Street Cranbourne</p>	<p>Services offered; Community Correctional Services, Sheriff Services (by appointment), Births, Deaths and Marriages and Consumer Affairs (by appointment)</p>
<p><b>Play 2 Learn</b> A weekly play group sessions run in school terms that incorporate early childhood learning through play and family support for parents with children aged 0 - 5 years</p>	<p>Please contact Rei Kori (Team Leader, Casey Programs) for Term 4 Program schedule, referrals and enquiries at <a href="mailto:rei.kori@savethechildren.org.au">rei.kori@savethechildren.org.au</a></p> <p>Ph 03 8765 0146</p>	<p>Save the Children Australia Doveton College 62 Tristania Street, Doveton VIC 3177</p>	<p>Please phone. Dates not confirmed at time of printing</p>
<p><b>Small Talk</b> A 10 week supported play group sessions and fortnightly in Home Support Visits for eligible participants of the playgroup, which incorporate parenting interventions for creating positive home learning environments for parents with children aged 0 - 5 years</p>	<p>Please contact Rei Kori (Team Leader, Casey Programs) for Term 4 Program schedule, referrals and enquiries at <a href="mailto:rei.kori@savethechildren.org.au">rei.kori@savethechildren.org.au</a></p> <p>Ph. 03 8765 0146</p>	<p>Save the Children Australia Doveton College 62 Tristania Street, Doveton VIC 3177</p>	<p>Ph. 03 8765 0146</p>

## City Of Casey

Group / Program	Contact	Address	Details/ Other
<p><b>Multicultural Women's Group</b> A weekly group for asylum seeker parents with children aged 0 - 5 years to support parents in engaging with their child's early learning and development through interactive learn to play sessions and information sessions</p>	<p>Please contact Rei Kori (Team Leader, Casey Programs) for Term 4 Program schedule, referrals and enquiries at <a href="mailto:rei.kori@savethechildren.org.au">rei.kori@savethechildren.org.au</a> Ph. 03 8765 0146</p>	<p>Save the Children Australia 62 Tristania Street, Doveton VIC 3177</p>	<p>Ph 03 8765 0146</p>
<p><b>Family Casework Support</b> case management support for families with children aged 0 - 5 years in Hallam, and informal support for participants of play groups</p>	<p>Please contact Rei Kori (Team Leader, Casey Programs) for Term 4 Program schedule, referrals and enquiries at <a href="mailto:rei.kori@savethechildren.org.au">rei.kori@savethechildren.org.au</a>  Ph. 03 8765 0146</p>	<p>Save the Children Australia 62 Tristania Street, Doveton VIC 3177</p>	<p>Ph 03 8765 0146</p>
<p><b>TURNING POINT CHURCH</b></p> <p>1. Get Involved If you would like to get involved with your time or resources please let us know. Your help will be much appreciated. We can always use volunteers! It takes a little time, but helps so many!</p> <p>2. Do You Know Someone If you or someone you know is in need please let them know that TPC wants to help. It's very relaxed, casual and confidential.</p>	<p><b>Turning Point Church</b> if you have any Questions Contact. Margaret Acton (443) 783-9405</p> <p>Documentation Required: Proof of residency (address including zip)</p>	<p>1785 S Gippsland Hwy, Cranbourne VIC 3977 <b>Phone:</b> (03) 5996 3048</p>	<p><b>PANTRY OPEN</b> Day 2<sup>nd</sup> and 4<sup>th</sup> Thursday of each month Time 1.00pm to 5.00pm</p> <p>Donations on Sundays – donations are taken on Sundays at services. Pick up a list of needed items.</p>

## City Of Casey

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



## City of Frankston

Group / Program	Contact	Address	Details/ Other
<b>ANGLICARE PARENTING PROGRAMS</b>			
<p><b>PBS PARENTING BUILDING SOLUTIONS – General Parenting Program to talk about Kids</b></p> <p>A free 6 week program for parents and carers of children. Come and have a cuppa and talk about kids Share experiences and ideas and learn strategies to support your children</p> <p>ARE YOU TIRED OF YELLING? How to get kids to listen the first time</p> <p>DEALING WITH FEELINGS Helping parents deal with frustration, anger and/or anxiety</p> <p>STRATEGIES Discuss and share strategies that work</p> <p>CHILDREN'S BEHAVIOURS Understand why children behave the way they do</p> <p>SELF CARE How to cope with stress &amp; emotions</p>	<p><b>Anglicare Victoria ParentZone Southern</b></p> <p>To register or for any questions phone Michelle 0429 174 150</p> <p>Or email <a href="mailto:michelle.brown@anglicarevic.org.au">michelle.brown@anglicarevic.org.au</a></p>	<p>Belvedere Community Centre,, Belvedere Road, Seaford</p>	<p>Day Tuesdays</p> <p>Date 11<sup>th</sup>,18<sup>th</sup>,25<sup>th</sup> Feb &amp; 3<sup>rd</sup>,10<sup>th</sup>&amp; 17<sup>th</sup> march 2020</p> <p>Time 9.30am – 11.30am</p> <p>Please book</p>
<p><b>PBS PARENTING BUILDING SOLUTIONS – General Age</b></p> <p>A free 6 week program for parents and carers of children, come and have a cuppa and talk about kids.. Share experiences and ideas and learn strategies to support your children</p> <p>ARE YOU TIRED OF YELLING? How to get kids to listen the first time</p>	<p><b>Anglicare Victoria ParentZone Southern</b></p> <p>Michelle Brown. <a href="tel:0429174150">0429 174 150</a></p> <p>Or 9781 6700</p> <p><a href="mailto:Michelle.brown@anglicarevic.org.au">Michelle.brown@anglicarevic.org.au</a></p> <p><b>Please Book</b></p>	<p>Ballam Park Primary School Belar Ave Frankston</p>	<p>Day Thursdays</p> <p>13<sup>th</sup>,20<sup>th</sup>,27<sup>th</sup> Feb &amp; 5<sup>th</sup>,12<sup>th</sup>,19<sup>th</sup> March 2020</p> <p>9.30am-11.30am</p>

<p>DEALING WITH FEELINGS Helping parents deal with frustration, anger and/or anxiety</p> <p>STRATEGIES Discuss and share strategies that work</p> <p>CHILDREN'S BEHAVIOURS Understand why children behave the way they do</p> <p>SELF CARE How to cope with stress &amp; emotions</p>			
---	--	--	--

## City of Frankston

Group / Program	Contact	Address	Details/ Other
<p><b>LYFT UP YOUR FAMILY</b></p> <p>A program for parents &amp; carers of young people (aged 12-25 years) who have challenging behaviours and may also be using alcohol and other drugs in a problematic way</p> <p>Are you concerned about your young person's risk taking behaviours?</p> <p>Are you struggling to communicate with your young person?</p> <p>Are you tired of yelling?</p>	<p><b>Anglicare Victoria</b>  <b>LYFT Team Frankston. YSAS</b></p> <p>For referrals please contact our Frankston Office at Anglicare Frankston.</p> <p>Emily Lomax on 0438 014 387 or Emily.Lomax@anglicarevic.org.au                      Rachele Eddy on 0428 796 489 or Rachele.Eddy@anglicarevic.org.au                      Erin Platt on 0438 812 131 or Erin.Plattanglicarevic.org.au</p>	<p>Anglicare Victoria                      Level 2, 60-64 Wells St                      Frankston</p>	<p>Please ring for our 2020 dates</p>

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

## City of Frankston

Group / Program	Contact	Address	Details/ Other
<b>PARENTING PROGRAMS</b>			
<p><b>CITY OF FRANKSTON</b>                      PO Box 490 <b>Frankston</b> 3199                      Tel: 1300 322                      Frankston City Council provides a range of services to Parents, for more information, visit <a href="http://www.frankston.vic.gov.au/Our_Community/Family_Services">http://www.frankston.vic.gov.au/Our_Community/Family_Services</a></p>			
<p><b>PARENT EDUCATION PROGRAM</b>                      The Maternal Child Health Service run programs to assist with the problems you can confront when bringing up children. Ran at different Maternal Child Health Centres throughout the year                      Post baby core strength                      Sleep and settling newborns                      Sleep and settling 3-6mths                      Foods for baby 4-12mths                      Sleep and settling 7-12mths                      Newborn communication</p>	<p>Frankston City council Maternal and Child Health service Parent Education Program                      Please ph. 9784 1754                      Programs are run at various locations:                      Ebdale Community Hub and Learning Centre, 20 Ebdale St Frankston                      Mahogany Rise MCHC, 24 Jenkins St Frankston Nth                      Botany Park Maternal and Child Health Centre, 53 Lyrebird Dve, Carrum Downs                      Seaford MCHC, 41 Railway Pde, Seaford                      Montague Park MCHC, Bentley Place, Frankston                      Cube 37, next to Frankston Arts Centre, Davey St, Frankston                      Lakewood Child and Family Centre, 107-109 Raphael Cres, Frankston                      Please phone for details</p>		
<p><b>PARENTING GROUPS AND PROGRAMS AS PART OF THE FSFI</b>                      Programs and groups held in conjunction with local Schools.                      Available to Parents outside the schools or inside.                      Contact school for dates and times</p>	<p><b>Frankston School &amp; Family Initiative (FSFI)</b>  <b>Karingal Heights Primary</b> – Phone: (03) 9789 3288 Email: <a href="mailto:karingal.heights.ps@edumail.vic.gov.au">karingal.heights.ps@edumail.vic.gov.au</a>  <b>Naranga School</b> - Phone (03) 9788 2222 E-mail -<a href="mailto:naranga.ss@edumail.vic.gov.au">naranga.ss@edumail.vic.gov.au</a>  <b>Kingsley Park Primary School</b> - Telephone 03 9789 0077 Email: <a href="mailto:kingsley.park.ps@edumail.vic.gov.au">kingsley.park.ps@edumail.vic.gov.au</a>  <b>Mahogany Rise Primary School</b> – phone (03) 9786 3211</p>		

## City of Frankston

Group / Program	Contact	Address	Details/ Other
<b>MINDFUL PARENTING</b> A 3 week small group program for parents/expectant parents up to 25. <a href="mailto:headspace@headspacefrankston.org.au">headspace@headspacefrankston.org.au</a> <a href="https://www.facebook.com/headspacefrankston">www.facebook.com/headspacefrankston</a>	<b>Head Space</b> 62 Playne St Frankston Office details 9769 6419 contact for expressions of interest: <a href="mailto:bwatson@headspacefrankston.org.au">bwatson@headspacefrankston.org.au</a> Phone 9769 6419	Contact for location	Please phone to register for next program. Details not known at time of printing
<b>PLAYGROUP FOR CHILDREN WITH ADDITIONAL NEEDS</b>	Michelle Windt 0413 972 286	Nepean School Special Education School 33 Klauer St, Seaford	Day Monday's Time 9.30am – 11.30am
<b>MY TIME</b> – for parents and carers of a children with a disability	Michelle Windt 0413 972 286	Nepean School Special Education School 33 Klauer St, Seaford	Day Wednesday's – fortnightly Time 11.30am – 2.30pm
<b>THE BABES PROJECT</b> The Babe Project works with women who are seeking additional support during pregnancy. Delivered by trained volunteers.	Frankston Pregnancy Support Service Ph: 1300 140 212	9 O'Grady Avenue Frankston	Tuesday – Wednesday 9am – 3pm by appointment
<b>EMPOWER YOUTH</b> Inviting young people 14-18 to come along and build the skills you need to help you on your way. Explore your goals, Boost your health, fitness and wellbeing, kick start your career, and resume writing, budgeting and cooking.	<b>Head Space</b> <b>Salvo Care</b> <b>Melbourne City Mission</b> To get involved contact us prior to the group start date to make a referral Or for more information Ph Katie-J2i 0437 911 047 Sarah Detour 0436 001 571	Headspace Building 62 Playne St Frankston	Please phone for this terms dates

## City of Frankston

Group / Program	Contact	Address	Details/ Other
<b>CHALLENGING BEHAVIOURS, DISABILITIES, ALCOHOL &amp; DRUGS, FAMILY VIOLENCE, MENTAL HEALTH, CARER SUPPORT GROUPS AND OTHER</b>			
<p><b>A PARENTING PROGRAM FOR PARENTS WITH A MENTAL ILLNESS</b></p> <p>A free Parenting Program for Parents with a Mental Illness that incorporates parenting skills information sessions and discussing how to better manage your mental illness</p>	<p><b>Anglicare Victoria</b></p> <p>For bookings and enquiries contact: FREE Suzanne on 0499 078 770 or Email: <a href="mailto:suzanne.heppell@anglicarevic.org.au">suzanne.heppell@anglicarevic.org.au</a></p>	<p>Frankston North Community Centre 26 Mahogany Ave Frankston North</p>	<p>TBC Please phone for next session</p>
<p><b>MAKING CHOICES GROUP</b></p> <p>A group for women who are living in, or have lived in an abusive relationship.</p>	<p><b>Family Life</b></p> <p>Bree L or Amanda H 9770 0341 info@familylife.com.au</p>	<p>Family Life Level 1, 146 Young St, Frankston</p>	<p>Contact for next group program</p>
<p><b>KEEPING FAMILIES SAFE-</b></p> <p>A 10 week program for parents and adolescents (12-17) to attend where adolescents are violent or abusive in the home. Opportunities to develop strategies for behaviour change with a focus on rebuilding trusting, respectful family relationships.</p>	<p><b>Peninsula Community Health Access –</b> 1800 655 781</p> <p>For next program dates Agency referral/self-referrals accepted, interview prior to registration <a href="http://www.peninsulahealth.org.au">www.peninsulahealth.org.au</a> Chris Blakey</p>	<p>Frankston Integrated Health Centre</p>	<p>Day Wednesday Time 6.00pm -8.00pm Light Dinner provided</p> <p>Ring for dates and other information 1800 655 781</p>

## City of Frankston

Group / Program	Contact	Address	Details/ Other
<p><b>CHAMPS</b></p> <p>A free, peer-support group program for 8-12yo children who have a parent with a mental illness. Parents also welcome.</p> <p>Kids and parents can meet others in a similar situation, learn about mental health and self-care, all through lots of fun games and activities!</p>	<p><b>Peninsula Health</b> Peninsula Health FaPMI Coordinator (Families where a Parent has a Mental Illness)</p> <p><a href="mailto:MHFaPMI@phcn.vic.gov.au">MHFaPMI@phcn.vic.gov.au</a></p> <p><b>9784 6999 Sarah</b></p>	<p>Locations Varies</p>	<p>Please contact for referral forms, referrals are taken.</p> <p>Please contact the FaPMI Coordinator to see when this group is next running, or to add a family to the waitlist.</p>
<p><b>FREE ALL GIRLS BOXING CLASS</b> <b>For girls aged 13 to 18</b></p>	<p><b>Head Space</b> Contact the office on 9781 0188</p>	<p>Where: Fit Body Fit Mind 1 / 35 Playne Street Frankston</p>	<p>Day Every Tuesday Time 4-5pm</p>
<p><b>SPACE 4 US</b></p> <p>An 8 week free peer support group for 13 to 18 year olds living in the Mornington Shire region who have a parent or other close family member with a mental illness.</p>	<p><b>Peninsula Health. Mornington Peninsula Shire</b> Peninsula Health FaPMI Coordinator (Families where a Parent has a Mental Illness)</p> <p><a href="mailto:MHFaPMI@phcn.vic.gov.au">MHFaPMI@phcn.vic.gov.au</a></p> <p>9784 6999/0439336608s</p>	<p>The Corner 91 Wilsons Rd Mornington</p>	<p>Please contact for a Referral form Please contact the FaPMI Coordinator to see when this group is next running, or to add a young person to the waitlist.</p> <p><a href="http://www.space4us.org.au">www.space4us.org.au</a></p>

### **ORANGE DOOR**

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

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

For Confidential support and information call Safe Steps 1800 015 188

For Urgent assistance call Triple Zero 000

### **Men's Referral Service**

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

### **Victims Support Agency**

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

### **Aboriginal Family Violence Prevention and Legal Service (FVPLS)**

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

### **InTouch: Multicultural Centre against Family Violence**

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



## City of Frankston

Group / Program	Contact	Address	Details/ Other
<b>DADS PROGRAMS and SUPPORT</b>			
<p><b>WINDOOK DADS GROUP</b>                      For all Aboriginal &amp; Torres Strait Islander children and their Fathers, Carers, Uncles, and Granddad's where: men can safely come and connect with other dad, uncles, community members and Elders in a culturally safe, inviting and empowering environment for men. Group activities, Parenting Information and workshops, craft activities for the children and cultural Wellbeing.</p>	<p><b>Southern VACCA Dandenong Office</b>                      Please contact Uncle Kevin                      0429 364 505</p>	<p>Nairn Marr Djambana                      Corner of Nursery Ave and Craig St                      Frankston</p>	<p>Day Monday Nights (excluding                      School Holidays)                      Date School Term only</p> <p>Transport and meal provided at each session</p>
<p><b>MEN'S GROUP</b> A support and information group for men who feel isolated and those wanting to change their behaviour to find more positive ways to interact with partners, children, family and friends. Lunch provided with individual counselling available on the day (by appointment only).</p>	<p>Adam B (Family Life) 9784 0650</p>	<p>Family Life Community House, 10                      Carmichael Street, Tootgarook 3941</p>	<p>Day Phone for details                      Date Runs during School Term                      Time 12.00 – 2.00pm                      Cost Gold coin donation                      Please phone for further details and to book</p>
<p><b>DIDS (DADS IN DISTRESS)</b>                      A safe forum for men going through the trauma of divorce, separation or relationship breakdown to express their grief. Help in navigating the future and understanding the past.</p>	<p><b>Orwill St Community House</b>                      Ph: 1300 853 437                      Email: <a href="mailto:info@orwilst.org.au">info@orwilst.org.au</a></p>	<p>Orwil Street Community House                      16 Orwil Street,                      Frankston</p>	<p>Meets every Wednesday                      Time 7.30pm                      Cost Gold Coin</p>

## City of Frankston

Group / Program	Contact	Address	Details/ Other
<p><b>GRANDPARENTING AFTER SEPARATION</b></p> <p>A group or individual workshop to support grandparents. Phone for further details Must book</p>	<p><b>Lifeworks</b></p> <p>Frankston Office Reception or phone 9783 7611</p> <p>For more details or bookings, please call</p> <p>You can also register online or via email W <a href="http://www.lifeworks.com.au">www.lifeworks.com.au</a> <a href="https://lifeworks.com.au/">https://lifeworks.com.au/</a></p> <p>Lifeworks Relationship Counselling &amp; Education Service</p>	<p>Lifeworks</p> <p>345 Nepean Hwy, Frankston</p>	<p>Please phone for further details and to book</p>
<p><b>PINES COMMUNITY MENS SHED</b></p>	<p>PH: 9786 1008</p>	<p>14 Stringybark Cres Frankston Nth 3200</p>	<p>Please phone for days</p>
<p><b>DADS IN FAMILY FOUNDATION</b></p> <p>Assists males 16 years and over to understand the importance of the role of men within the family and to deal with the consequences of their actions. A nondenominational, faith based organisation.</p>	<p><b>Dads in Family Foundation</b> Phone: 0417 009 667 or 9781 4343 dadsinfamiliesfoundation@hotmail.com</p>	<p>Church of Christ</p> <p>130 Cranbourne Rd,  FRANKSTON</p>	<p>Time: Saturdays 10:00am - 11:00am Cost: Donation.</p>

## City of Frankston

Group / Program	Contact	Address	Details/ Other
<p><b>THE BBQ BOYS-</b></p> <p>The BBQ BOYS is a carer support group especially for men who are in a caring role and would like to have better access to self-care &amp; respite opportunities. A carer is a person who provides unpaid care and support to family members and friends who have a disability, mental illness, dementia or who are frail aged. The BBQ BOYS was established to address a gap in services by reducing social isolation, promoting carer wellbeing and providing “some ME time” for male carers. The group offer carers a variety of activities to assist them to maintain life balance and care responsibilities.</p>	<p>The BBQ Boys Carers Inc.</p> <p><b>Respite South</b></p> <p>Ring one of the committee members on Peter-0404 044 283 Honk – 0455 179 692 Bill 0447 985 327 or</p> <p>Enquiries: Please send us an email about your enquiries Email: <a href="mailto:info.bbq.boys@gmail.com">info.bbq.boys@gmail.com</a> This is now held in Frankston. Frankston NEAMI office. 1 Douglas Grove, Frankston</p>	<p>Now Held</p> <p>38 Valetta St Carrum</p>	<p>Day Tuesdays</p> <p>Date School term</p> <p>Time 11am – 2pm</p> <p>Please phone if attending to book in.</p> <p>Membership criteria:</p> <ul style="list-style-type: none"> <li>• male and</li> <li>• caring for someone who has a disability, mental illness, dementia or who is frail aged</li> </ul>
<p><b>LIFEWORKS PROGRAMS NOT LISTED:</b> Lifeworks run many programs, some are listed. Others include: Relationship, Parenting and Individual Programs. Men’s Programs, Pre-Marriage; Women’s; Relationships; Anger management; Step Parenting and more Please contact them or visit their web page: phone 9783 7611 <a href="http://www.lifeworks.com.au">www.lifeworks.com.au</a> or email <a href="mailto:lifeworks@lifeworks.com.au">lifeworks@lifeworks.com.au</a></p>			

## City of Frankston

Group / Program	Contact	Address	Details/ Other
<p><b>MEN'S BEHAVIOUR CHANGE PROGRAM-</b></p> <p>Designed for men who are committed to changing their patterns of abusive behaviour. It is particularly relevant to men who behave violently at home. Conducted over thirteen weeks and provides intensive work to enable men to accept responsibility for their behaviour and to learn to handle strong emotions and conflict with understanding, confidence and self-control.</p>	<p><b>Life works</b>                      phone 9783 7611                      www.lifeworks.com.au or email                      lifeworks@lifeworks.com.au                      Register 1300 543 396</p>	<p>345 Nepean Hwy, Frankston                      Lifeworks Frankston</p>	<p>On calling you will be required to provide a deposit of \$50.00 for the intake and assessment interviews. Your place is not confirmed in a program until your intake and assessment interviews have been conducted.</p> <p>There are other costs</p> <p>Please phone.</p>
<b>MARRIAGE/SEPARATION/RELATIONSHIPS AND SUPPORT</b>			
<p><b>SUPPORTING CHILDREN AFTER SEPARATION</b></p> <p>For families requiring assistance after separation.</p>	<p><b>Family Mediation Centre</b>                      345 Nepean Hwy Frankston                      ph. 9783 7611</p>	<p>Please phone for details of programs.                      Also available in other locations</p>	<p>Please phone for further details</p>
<p><b>PARENTING IN A STEP FAMILY</b></p> <p>6 session activity based program is for primary and early secondary school aged kids who are struggling with sadness because of loss through death or family changes</p>	<p><b>Lifeworks</b> www.lifeworks.com.au                      or                      Register at Frankston Office or phone 9783 7611</p>	<p>Lifeworks                      345 Nepean Hwy, Frankston</p>	<p>Please phone for further details</p>

## City of Frankston

Group / Program	Contact	Address	Details/ Other
<p><b>ALL ABOUT RELATIONSHIPS</b>                      Are there relationships in your life that pull you down, leaving you feel empty, distressed, angry, sad or frustrated? We discuss, explore and understand how to learn better ways to deal with relationship conflicts. Topics are: effective Communication, conflict resolution skills, anger management, stress reduction techniques, how to repair and build meaningful relationships.</p>	<p><b>Orwill St Community House</b>                      Phone 9783 5073                       Email: <a href="mailto:info@orwilst.org.au">info@orwilst.org.au</a></p>	<p>Orwil St Community House, 16 Orwil St Frankston</p>	<p>Date Every 2nd Tues                       Time 3.00-4.30pm                       Cost Gold coin</p>
<p><b>GRANDPARENTING AFTER SEPARATION</b>                      A group or individual workshop to support grandparents. Phone for further details Must book</p>	<p><b>Lifeworks</b>                      Frankston Office Reception or phone 9783 7611  <a href="http://www.lifeworks.com.au">www.lifeworks.com.au</a> or email <a href="mailto:lifeworks@lifeworks.com.au">lifeworks@lifeworks.com.au</a>                      Lifeworks Relationship Counselling &amp; Education Service                       Booking at Frankston Office Reception or phone 9783 7611</p>	<p>Lifeworks                      345 Nepean Hwy, Frankston</p>	<p>Please phone for further details and to book                       Booking at Frankston Office Reception or phone 9783 7611</p>

## City of Frankston

Group / Program	Contact	Address	Details/ Other
<p><b>PARENTING AFTER SEPARATION</b></p> <p>A group workshop to support parents. Lifeworks are unable to enrol ex-partners in the same program.</p> <p>There are intensive weekly programs; weekend programs; weekly programs</p> <p>Several Programs coming up, check Details and other for all.</p>	<p><b>Lifeworks</b></p> <p>Frankston Office Reception or phone 9783 7611</p> <p><a href="http://www.lifeworks.com.au">www.lifeworks.com.au</a> or email <a href="mailto:lifeworks@lifeworks.com.au">lifeworks@lifeworks.com.au</a></p> <p>Lifeworks Relationship Counselling &amp; Education Service</p> <p>Booking at Frankston Office Reception or phone</p> <p>9783 7611</p>	<p>Lifeworks</p> <p>345 Nepean Hwy, Frankston</p>	<p>Details not available at time of printing. Please check.</p>
<p><b>ALL ABOUT RELATIONSHIPS</b></p> <p>Are there relationships in your life that pull you down, leaving you feel empty, distressed, angry, sad or frustrated? We discuss, explore and understand how to learn better ways to deal with relationship conflicts. Topics are: effective communication, conflict resolution skills, anger management, stress reduction techniques, how to repair and build meaningful relationships.</p>	<p><b>Orwill St Community House</b></p> <p>Phone 9783 5073</p> <p>Email: <a href="mailto:info@orwilst.org.au">info@orwilst.org.au</a></p>	<p>Orwil St Community House, 16 Orwil St Frankston</p>	<p>Date Every 2nd Tues</p> <p>Time 3.00-4.30pm</p> <p>Cost Gold coin</p>

## City of Frankston

Group / Program	Contact	Address	Details/ Other
<b>DISABILITIES, CHALLENGING BEHAVIOURS, MENTAL HEALTH, GRIEF/LOSS and OTHER</b>			
<p><b>POST NATAL DEPRESSION SUPPORT GROUP</b></p> <p>Provides support for women who are overcoming the challenges of Post Natal Depression and strengthen the relationships between mum's and their children along with other family members.</p>	<p><b>Frankston City Council</b> For further information please contact Julie O'Brien 9293 7117 or Catriona Cochrane on 9293 7119</p>		
<p><b>STEPS TO WHOLENESS – ANXIETY &amp; DEPRESSION GROUP</b></p> <p>Offering support, understanding and caring within a safe and non-judgmental environment. The program offers members strategies which may assist in recovery through group activities incorporating a creative approach.</p>	<p><b>Orwill St Community House</b> Phone 9783 5073 Mon – Friday Facilitator Margaret Devis <a href="#">Orwil Street Community House Inc Community Service Frankston</a></p>	<p>Orwil St Community House 16 Orwil St, Frankston</p>	<p>Please phone for details</p>
<p><b>LIVE YOUR COMMUNITY PROGRAM</b></p> <p>Provides flexible volunteer based inclusion support for children with disabilities who experience barriers to participation in sport, recreation and leisure. For children aged 6-17yrs with a diagnosed disability</p>	<p><b>Extended Families</b> <a href="http://www.extendedfamilies.org.au">www.extendedfamilies.org.au</a></p>	<p>Contact Rachel De Summa Ph. 9285 4839 or 0438 752 126 Email <a href="mailto:Rachel@extendedfamilies.org.au">Rachel@extendedfamilies.org.au</a></p>	<p>There is no cost to families accessing LYCP. Cost to sporting activity chosen by the child are generally met by the family. Contact for more details</p>
<p><b>PARENT/CARERS SUPPORT &amp; RESOURCE GROUP</b></p> <p>Are you the parent of a child or adult with a disability? Gain support, friendship and information.</p>	<p><b>Orwil Street Community House</b>  Contact: Lani Peach 59 719 100</p>	<p>Orwil St Community House 16 Orwil St, Frankston</p>	<p>Day 4<sup>th</sup> Wednesday of the month  Time 10:00am to 12 noon Cost: \$25</p>

## City of Frankston

Group / Program	Contact	Address	Details/ Other
<p><b>ASSERTIVENESS COACHING</b></p> <p>A 3hr workshop. Learn how to find your voice, express yourself respectfully and improve communication in all your relationships.</p>	<p><b>Lifeworks</b> Relationship Counselling &amp; Education Service 9783 7611 Or Register on line At <a href="http://www.lifeworks.com.au">www.lifeworks.com.au</a></p>	<p>Lifeworks 345 Nepean Hwy Frankston</p>	<p>Day Tuesday Please phone for next session dates Time 10.00am -12pm Cost \$200(\$150 concession)</p>
<p><b>KINSHIP CARER SUPPORT GROUP</b></p> <p>Are you a kinship carer who is caring for a child that is not your own on a fulltime basis? Attend a social group to gain information, share ideas and have fun in an informal setting.</p>	<p><b>Orwil Street Community House</b></p> <p>Contact: Sue Gale 9212 5600</p>	<p>Orwil St Community House 16 Orwil St, Frankston</p>	<p>Day Thursday mornings during school term Time 9.30am to 12 noon</p>
<p><b>AUTISM FRIENDSHIP GROUP (BALLAM PARK)</b></p>	<p><b>MOIRA</b> Kerri Rolft – Parent Support Coordinator Ph: 8552 2222</p>	<p>Ballam Park Primary School Belar Avenue Frankston</p>	<p>Day 2<sup>nd</sup> Monday of the month during school term Time 10am – 12noon</p>



## City of Frankston

Group / Program	Contact	Address	Details/ Other
<p><b>MENTIS ASSIST</b></p> <p><b>If you need support and a source of food, Pantry Plus is opening their doors for people in need.</b> <a href="#">By Appointment: Contact Peninsula Christian Care 5971 4877</a></p> <p><a href="#">When: 10am – 2pm Tuesday</a></p> <p><a href="#">No postcode restrictions</a></p> <p><a href="#">Assessed case by case</a></p> <p><b>Basic Emergency food relief</b></p> <p>When: Tuesday – Thursday, 10am – 3pm</p> <p>where: 252 Frankston Flinders Rd, Frankston</p> <p><b>Call office prior to visit</b></p> <p><b>Food Vouchers not available</b></p> <p>You may be provided with suitable frozen and refrigerated, dry and packaged goods, and limited toiletries after a brief assessment with the interview team. On a visit you will be asked to show identification proving residency in our local area. Majority of the food relief stock is sourced through the generosity of donations from individuals, Peninsula City Church, local suppliers, and with the assistance of other larger food relief agencies.</p> <p><b>All enquiries for Pantry Plus can be directed to 5971 4877</b></p>			
<p><b>HEADSPACE-</b> Frankston is a health service for young people living in the Frankston and Mornington Peninsula region. We collocate with YSAS (Youth Support and Advocacy Service), SalvoCare, MIND, PSS, Skills plus and have access to other youth services. We also outreach to Shed11 in Hastings and Y-Lounge in Rosebud. If you wish to access any of our services, give us a call on (03) 9769 6419. All services offered at <b>headspace</b> Frankston are free and confidential.</p> <p><a href="#">If you are experiencing any mental health issues, want to reduce your use of alcohol and other drugs, are trying to find somewhere to live, need support getting into work or study, need an STI check or have anything else going on in your life you need support with, we can help.</a></p> <p>Sexual Health services; youth reference group, youth early psychosis program, work and study services; mental health services; alcohol and drug services, youth programs and more. Please contact them. Your information is confidential</p> <p>Opening Hours - Mon –Fri 9.00am-5.00pm</p> <p>Intake workers - Mon - Friday: 11am – 4pm</p> <p>Programs offered below. Please phone and talk to intake worker for further details and bookings.</p> <p><b>Email:</b> <a href="mailto:headspace@peninsulaheadspace.org.au">headspace@peninsulaheadspace.org.au</a></p> <p><b>Web:</b> <a href="https://headspace.org.au/headspace-centres/frankston">https://headspace.org.au/headspace-centres/frankston</a></p> <p>Some of these are in Frankston and some run in Hastings and Rosebud.</p>			

## City of Frankston

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

## City of Frankston

Group / Program	Contact	Address	Details/ Other
<p><b>WHIZZ KIDS supported playgroup</b>  <b>Getting there</b>            By car – car parking            Bus            NO.779 Belvedere to Frankston CBD            NO. 778 Carrum Downs to Kananook station            No. 832 Carrum Downs to Frankston DBD            No 780 which goes Frankston to Carrum via Seaford.            Train Easy walk from Kananook Station            Transport provided in extreme circumstances</p>	<p><b>Anglicare Victoria</b>             Contact Christine            Or            0458 750 071             Anglicare 9781 6700</p>	<p>Kananook Kinder Building            6-8 Buna Ave            Seaford</p>	<p>Day    Thursdays            Date    School Term            Time    10.00am to 12noon             Please bring: Nappies, Bottles etc.            Sunscreen and Hat.             We provide morning tea, coffee, tea for cuppa</p>
<p><b>KINSHIP CARER SUPPORT GROUP</b>            Our information sessions are a chance for you to learn more about foster care, the application process and meet with current foster carers and OzChild staff.</p>	<p><b>Oz Child</b>            To register your interest and for more information please contact us on 1800 954 550 or email: info@ozchild.org.au.</p>	<p>OzChild Frankston             Ground Floor, 20 Davey Street,            Frankston VIC 3199</p>	<p>Day    Tuesdays            Date    15<sup>th</sup> Octc            Time    6.30pm-8.30pm</p>
<p><b>SWITCH BOARD SPORTS</b>            For youth 12 to 17yrs. Come and enjoy board sports, design workshops, life skill classes and community projects.</p>	<p><b>Lyrebird Community Centre</b>            9768 1366 As Above            Booking essential</p>	<p>Lyrebird Community Centre            Carrum Downs</p>	<p>Please phone for details</p>
<p><b>MULTICULTURAL PLAYGROUP</b>            For parents that have recently arrived in Australia or who was born outside Australia, share your cultures and make new friends.</p>	<p><b>Frankston City Council</b>            Contact Jo            8786 6650</p>	<p>Karingal Place            103 Ashleigh Ave            Frankston</p>	<p>Please phone for details</p>

## City of Frankston

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

## City of Frankston

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

## City of Frankston

Group / Program	Contact	Address	Details/ Other
<p><b>LYREBIRD COMMUNITY CENTRE</b>- runs several playgroups, only music playgroup; occasional care programs and immunisations. Lyrebird Community Centre - 203 Lyrebird Drive, Carrum Downs</p> <p>Check with centre or local council. 972 0133(centre) City of Frankston Family Services Links are:  <a href="http://www.frankston.vic.gov.au/Our_Community/Family_Services - City Council">http://www.frankston.vic.gov.au/Our_Community/Family_Services - City Council</a>  <a href="http://lyrebird.org.au/">link http://lyrebird.org.au/ Lyrebird community centre link</a></p> <p><b>COOKING FOR KIDS</b> 6-12yrs</p> <p><b>FRANKSTON ADOPTION SUPPORT GROUP</b> – a group to support parents of adopted children</p> <p><b>CRAFT FOR KIDS</b> A fun and affordable class for primary school children aged 8 and above.</p> <p><b>YOUTH RESOURCE CENTRE</b> come and join us for some fun. Hang out during the holidays. For people aged 12-17yrs living, working or attending school in Frankston Municipality.</p>			
<p><b>LANGWARRIN COMMUNITY CENTRE</b> Langwarrin Community Centre\ 2-6 Lang Rd. Langwarrin ph: 9789 7653</p> <p><b>STORYTIME PLAYTIME</b>- This is a fun story &amp; play session for children aged 1 to 5 years and their parent/caregiver</p> <p><b>LANGWARRIN YOUTH HUB</b> - Information, support, referral and activities</p> <p><b>PLAYGROUP</b>-Playgroup is for parents &amp; toddlers, An ideal environment to introduce toddlers to each other</p> <p><b>PLAYTIME – 3 YEAR OLD KINDER.</b> - Playtime is a stepping stone to 4 year old kinder. Trained staff run structured sessions that include lots of activities</p>			
<p><b>FRANKSTON TOY LIBRARY</b> An extensive range of toys include outdoor play, role play, puzzles, games, musical &amp; construction toys</p>	<p>Phone 9781 3900 Playgroup Development Officer 9784 1047</p>	<p>Frankston Toy Library 60a Playne St Frankston. (next door to the Frankston Library) Carrum Downs</p>	<p>Day wed Time 5.00-8.00pm</p> <p>Day Thurs &amp; Fri Time 10.00 – 5.00pm</p> <p>Day Sat Time 10.00-3.00pm</p>
<p><b>KOORIE KIDS PLAYGROUP</b> VACCA A facilitated playgroup for all Koorie families</p>	<p><b>VACCA</b> 9706 6383</p>	<p>Montague Park Playgroup Hall, Bently Place Frankston</p>	<p>Times 10.30– 1.00pm Day Wednesday During School Term</p>

## City of Frankston

Group / Program	Contact	Address	Details/ Other
<b>GATEWAY PLAYGROUP</b> Is a community based playgroup run by Gateway Church (Australia) Ltd. We are members of Playgroups Victoria and cater for families with children aged between 0-4 years of age	<b>Gateway Church</b> Sally Jones (Children's Pastor) Ph.: 9785 7500	Gateway Worship and Performing Arts Centre in Seaford (Mel Ref: 99 G5). Parking is available at the rear of the building at 14 Heversham Drive, Seaford	Days Monday and Friday Time 10.00am-12.00pm Tea, coffee & morning tea is provided for parents Cost: \$40 per family, per term
<b>WEEKLY STORYTIME</b> Tiny Tots 0-2 years Preschool 3-5 years	<b>Frankston City Libraries</b> Phone: 9784 1020	Frankston, Carrum Downs, Seaford, Belvedere Community centre, Frankston North Community Centre, Langwarrin Customer Service Centre, Karingal PLACE	*Please note: Storytime sessions do not run during school holidays Or public holidays.  Cost FREE
<b>KARINGAL PLACE NEIGHBOURHOOD CENTRE</b> Has many ongoing classes but can also arrange new courses or programs so please contact us if you have any ideas on classes we can run. We welcome new ideas.	03 8786 6650	Karingal Place Neighbourhood Centre 103 Ashleigh Avenue Frankston	Contact Centre for programs, activities and services currently being run.
<b>MY TIME PLAYGROUP, SEAFORD</b> For parents and families with children who have a chronic illness or disability.	Contact Tina P. 0409 542 238	Belvedere Community Centre 36 Belvedere Rd Seaford	Thursday (every second) 10am - 12pm
<b>YOUNG MUM'S PLAY AND LEARN GROUP-</b> For mums 25 and under looking for any or all of these: Friendship for your or your baby. Some time with other like-minded young mums, support.	<b>Orwill St community House</b> Facilitator: Danielle Loogman 03 9783 5073 <a href="http://www.orwilst.org.au/">http://www.orwilst.org.au/</a>	16 Orwill St Frankston	Day Monday Date all term Time 1.00pm-2.30pm Cost \$2 donation

## City of Frankston

Group / Program	Contact	Address	Details/ Other
<b>BELVEDERE COMMUNITY CENTRE</b> 36 Belvedere Road, SEAFORD VIC 3198 (Next to the Belvedere Park Primary School) Phone:9776 8922 Fax:9776 8956 Mail: P.O. Box 1057 Belvedere Park LPO 3198 Email: reception@belvedere.org.au <a href="http://www.belvedere.org.au/">http://www.belvedere.org.au/</a> Playgroups; Mums and Bubs; Story Time; Youth programs; workshops. Phone or email for Playgroups, story times and other programs and workshops or go to web site.			
<b>POP ALONG PLAYGROUP</b> A great opportunity to meet new people and allow your child to play and socialise. New families always welcome. Grandparents and stay at home Dads are most welcome too!	<b>Orwill St community House</b> Facilitator: Athina Houvardas 03 9783 5073 <a href="http://www.orwilst.org.au/">http://www.orwilst.org.au/</a>	16 Orwill st Frankston	Please phone for further details
<b>MESS MAKERS</b> Sensory play enhances learning opportunities offering a variety of experiences and endless possibilities for play.	<b>Orwill St community House</b> Heather Waterman 0468 741 433	16 Orwill St Frankston	Day Fortnightly 1 <sup>st</sup> & 3 <sup>rd</sup> Thursday's Time 10.00am – 11.00am Cost \$15 per session. \$10 for siblings



## City of Glen Eira

Group / Program	Contact	Address	Details/ Other
<b>PARENTING</b>			
<p><b>GLENEIRA CITY COUNCIL</b>  <b>Glen Eira City Council</b>                      Offers many services: Maternal and child health; children’s centres; occasional care- short term flexible child care for children aged 6mths to 5yrs.; Childhood immunisation; family and children’s publications; playgroups and toy libraries; training and support for parents/guardian’s/grandparents/ playgroup attendees and early childhood educators.                      The Council also offers other services.                      Glen Eira City Council                      Corner Glen Eira and Hawthorn Roads, Caulfield, Victoria. PO Box 42 Caulfield South 3162                      Telephone 03 9524 3333, Speak and Listen 1300 555 727, Facsimile 03 9523 0339, Email <a href="mailto:mail@gleneira.vic.gov.au">mail@gleneira.vic.gov.au</a> <a href="http://www.gleneira.vic.gov.au">www.gleneira.vic.gov.au</a></p> <p><u><a href="#">NEW PARENTS GROUP</a></u></p> <p>Groups are facilitated by qualified maternal and child health nurses, who can answer your questions in a supportive and relaxed environment. They’re aimed at first-time parents with babies aged between four and 12 weeks of age, and all new parents will be invited.                      For more information, call Maternal and Child Health on <u>9524 3403</u>.                      The six week program covers the following topics:                      Development: Understanding Sleep; maternal health and wellbeing; Infant health; Safety; Introducing solids and community supports.</p>			
<p><b>BODY SAFETY AND PROTECTIVE BEHAVIOURS-</b> free workshops for parents and carers to prevent child sexual abuse and to support children in enjoying healthy respectful relationships now and in the future</p>	<p><b>Body Safety Australia Partners</b>  <b>Glen Eira City Council</b>                      For information about next one  <a href="http://Gleneira.vic.gov.au">Gleneira.vic.gov.au</a>  <a href="https://www.bodysafetyaustralia.com.au/">https://www.bodysafetyaustralia.com.au/</a></p>	<p>Glen Eira Town hall, Theatrette,</p>	<p>Ran in first term is in Malvern Town hall this term.                      Ring the council for further details.</p>

## FAMILY VIOLENCE

### **ORANGE DOOR**

Go to “FAMILY VIOLENCE REFORM” on page 12 for details  
Or Website: <https://www.vic.gov.au/familyviolence/the-orange-door.html>  
For Confidential support and information call Safe Steps 1800 015 188  
For Urgent assistance call Triple Zero 000

### **Men's Referral Service**

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

### **Victims Support Agency**

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

### **Aboriginal Family Violence Prevention and Legal Service (FVPLS)**

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

### **InTouch: Multicultural Centre against Family Violence**

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

## City of Glen Eira

Group / Program	Contact	Address	Details/ Other
<b>MENS AND FATHERS</b>			
<b>DADS REUSCITATION FOR BABIES</b> Learn about CPR, unconsciousness, choking, fevers and seizures. Provided by Little Aid Running 4 different sessions throughout the year. So if you miss one book the other.	<b>Maternal Child Health</b> To Book phone MCH administration 9524 3403 or talk to your MCH nurse.	Bentleigh Maternal and Child Health Centre 542 Centre Rd Bentleigh	Please Phone for further details
<b>MEN'S RESPONSIBILITY GROUP</b> A group for men who want to say "no" to violent & controlling behaviour & learn new ways of relating to their families.	<b>Monash link Community Health Service</b> Pauline A 1300 552 509	Monash link Community Health Service 568 Neerim Rd Hughesdale	Please phone for further details. <a href="http://www.monashlink.org.au">www.monashlink.org.au</a>
<b>THE BBQ BOYS</b> Support group for male carers living in the southern region of Melbourne. It offers peer support, fun and relaxing social activities, a space to talk about bloke's carer issues, as well as information, referral and support.	<b>RESPITE SOUTH</b> Ring Nathan 9212 3006 Or 0417 1233 189 or email <a href="mailto:n.diep@alfred.org.au">n.diep@alfred.org.au</a>	Ring Nathan. Venues change	Day First Tuesday of each month
<b>DUCKS</b> <b>(Dads Understanding Challenging Kids)</b> For fathers of children with a disability peer support group	<b>MOIRA</b> Kerri Rolfe Parent Support Coordinator for Southern Region Ph: 9855 2222	Gabriella's Pizza Carnegie	Day 1 <sup>st</sup> Thursday of month Time 7.30pm onwards

## City of Glen Eira

Group / Program	Contact	Address	Details/ Other
<b>DISABILITIES, CHALLENGING BEHAVIOURS, ALCOHOL &amp; DRUGS, MENTAL HEALTH</b>			
<p><b>LEADING THE NEXT STEPS</b> Workshop for parents/primary carers of children with a disability and our presenters are parents or siblings of a person with a disability themselves so they understand issues from a family perspective.</p>	<p><b>Association for Children with a Disability</b> <a href="http://www.trybooking.com/32010">www.trybooking.com/32010</a> or ph. 9818 2000 Rural callers 1800 654 013 <a href="mailto:mail@acd.org.au">email mail@acd.org.au</a> <a href="http://www.acd.org.au">www.acd.org.au</a></p>	Please contact for details	Please contact for details
<p><b>KINSHIP CARER SUPPORT GROUP</b> Are you a kinship carer who is caring for a child who is not your own? Living in the municipalities of Bayside, Glen Eira, Port Phillip and Stonington-Come and meet with other Kinship Carers and share the highs and lows of being a kinship carer!</p>	<p>Kinship Care <b>Oz Child</b> Contact Sue Gale ph. 9212 5600 for further information</p>	<p>Highett Neighbourhood Community House 2 Livingston Street, Highett</p>	<p>Day 1st Friday of month Time 10.00am- 12noon Morning tea provided</p>
<p><b>GAMBLING &amp; GAMING</b> The impact of Video Games on young people. Workshops and programs including the READYS award winning Video Game Project- The Lab- (Game development for young people with Autism and Asperger's).</p>	<p><b>Gambler's Help Southern</b> 9575 5353 <a href="http://Gamblershelpssouthern.org.au">Gamblershelpssouthern.org.au</a></p>	<p>Clarinda Community Centre Free parking Please phone for details</p>	<p>Please phone for further information and any programs.</p>

## City of Glen Eira

Group / Program	Contact	Address	Details/ Other
<p><b>WELLWAYS-</b> Run programs through MI Fellowship Victoria and other partner organisations for families and friends of people with a mental illness.</p>	<p><b>Wellways</b> 276 Heidelberg Rd Fairfield 03 8486 4200 Enquiries: <a href="mailto:enquiries@mfellowship.org">enquiries@mfellowship.org</a> <a href="http://www.mfellowship.org">www.mfellowship.org</a></p>	<p>Please phone 9784 6800 for further information.</p>	<p>Phone for current programs 9784 6800</p>
<p><b>SHARC</b> - provides a confidential telephone helpline and web-based information services; community based training programs and support groups across Victoria, in metro, regional and rural areas; a peer based residential program for young people; a consumer advocacy service for treatment service users; and training for health and welfare workers. Address: 140 Grange Road, Carnegie, 3163 Phone: 03 9573 1700 E-mail: <a href="mailto:info@sharc.org.au">info@sharc.org.au</a></p>			
FAMILY SUPPORT			
<p><b>PLAYGROUPS</b></p>	<p><b>Playgroup Victoria</b> <a href="http://www.playgroup.org.au">www.playgroup.org.au</a></p>	<p>Check website for locations</p>	<p>Check website for locations Telephone: toll free 1800 171 882 (within Victoria)</p>
<p><b>KOORIE FAMILY GATHERING</b> Are you, your children or the children you care for Aboriginal and/or Torres Strait Islander? Do you live in the City of Bayside, Glen Eira, Kingston or Stonnington? Would you like to connect with other Koorie families to have a yarn and a cuppa? Join our fun activities including storytelling and singing.</p>	<p>City Of Bayside City Of Kingston City of Stonnington City Glen Eira Southern Melbourne Partnership <b>For more information, contact:</b> <b>Chris</b> 0402 311 989 <a href="mailto:cedmonds@smppcp.org.au">cedmonds@smppcp.org.au</a></p>	<p>Derrimut Weelam Gathering Place Mordialloc Life Saving Club, 199 Beach Road, Mordialloc</p>	<p>Day Thursdays Date 6 &amp; 20 Feb 5 &amp; 19 Feb Time 10.30am to 12.30pm</p>

<p><b>Term 1,</b> Would you like to connect with other Koorie families to have a yarn and a cuppa? Join our fun activities including storytelling and singing</p>			
<p><b>CARING MUMS</b> In the challenging first months of your baby's life, a trained volunteer provides you with one on one emotional support. Through weekly visits, together you navigate the new and exciting road of motherhood</p>	<p><b>NCJWA Victorian Multicultural Commission</b> <a href="mailto:caringmums@ncjwa.org.au">caringmums@ncjwa.org.au</a> ph. 9044 5405 or 0481 081 242 <a href="http://www.caringmums.org.au">www.caringmums.org.au</a></p>	<p>Bubup Nairm Family and Children's Centre 998 Carlisle St, St Kilda</p>	<p>The program is free of charge, nonjudgmental and confidential. Women in the Cities of Yarra, Kingston, Port Phillip, Gen Eira, Bayside and Stonnington are eligible for the served for up to one year</p>
<p><b>THE SUPPER CLUB</b> A new support group for families dealing with grief and loss due to alcohol and /or drug overdose or related illness.</p>	<p><b>Family Drug Help</b> Ph. 9573 1789 <a href="mailto:fdh@Share.org.au">fdh@Share.org.au</a></p>	<p>Family Drug Help 140 Grange Rd, Carnegie</p>	<p>Please phone for details</p>
<p><b>WOMEN RECLAIMING THEIR LIVES GROUP</b> 9 week group for women who have experienced or are experiencing violence at home.</p>	<p><b>Monash link Community Health Service</b> 568 Neerim Rd Hughesdale Jennifer or Helen 1300 552 509</p>	<p>Monash link Community Health Service City of Monash Location to be advised upon booking</p>	<p><a href="http://www.monashlink.org.au">www.monashlink.org.au</a></p>

## City of Glen Eira

Group / Program	Contact	Address	Details/ Other
<p><b>South Eastern Multiple Birth Association</b>                      A support group for multiple birth families, run by parents with multiples. Programs ran, so please contact.  <a href="http://semba.amba.org.au/index.html">http://semba.amba.org.au/index.html</a></p>	<p><b>SEMBA</b>                      New Parent Contact:  <a href="mailto:sembanewparent@hotmail.com">sembanewparent@hotmail.com</a>                      President:  <a href="mailto:sembapresident@hotmail.com">sembapresident@hotmail.com</a></p>	<p>South East of Melbourne, covering the main areas of Bayside, Glen Eira and Kingston Councils.</p>	<p>details</p>
<p><b>SOME SPACE FOR ME</b> a support group to assist Women with Self Esteem.</p>	<p>Trish Parker 9690 9144 or Sandra Peachy 9525 1300</p>	<p>South Port Centre                      341 Coventry St. South Melbourne</p>	<p>Date Time</p>
<p><b>YUMI SUPPORTED PLAYGROUPS</b>                      For Women experiencing emotional difficulties since the birth of their baby.</p>	<p><b>Moongala Women's Community House</b>                      House Co-ordinators: Julie &amp; Jude                      Ph.: 9570 3468  <a href="mailto:moongala@optusnet.com.au">moongala@optusnet.com.au</a></p>	<p>Moongala Women's Community House                      824 Centre Road                      East Bentleigh</p>	<p>Date ups on Monday, Wednesday                      Time rsday mornings contact us                      Please</p>
<p><b>MUM FOR MUM PROGRAM</b>                      MUM is a non-denominational program of the National Council of Jewish Women of Australia (Vic) that provides women who have a child less than one year of age with emotional support. Women can self-refer or may be referred through health professionals such as their maternal and child centre nurse, GP, obstetrician or counsellor. Check out: <a href="http://port-phillip-leader.whereilive.com.au/news/story/glen-eira-outreach-service-to-keep-mum-happy/">http://port-phillip-leader.whereilive.com.au/news/story/glen-eira-outreach-service-to-keep-mum-happy/</a>                      Website too: <a href="http://www.mumformum.org.au">www.mumformum.org.au</a>                      Phone 9523 0535</p>			<p>Phone for date 10.30am-1.00pm</p>

## City of Greater Dandenong

<p><b>DADS DO MATTER</b>                  Open to all Dads, Step-Dads, Single Dads and Grand-Dads, come along to Share experiences, learn new strategies &amp; solutions.                  Improving your confidence as a Dad                  Improving communication and                  Creating a healthy environment for your children                  Learn strategies and tools that work                  Learn how to cope with stress, emotions and anger                  Certificate of attendance awarded</p>	<p><b>Anglicare Victoria Parenzone Dandenong Community and learning Centre</b>                  For Bookings and Enquiries                  Jasbir Singh Suropada on 0431203177                  Email:                  jasbir.suropada@anglicarevic.org.au                  or text to register                  Ali Aziz - 0421227293 or 97925298                  Email: ali.aziz@dandenongnh.org.au</p>	<p>Dandenong Community &amp; Learning Centre                  34 King Street, Dandenong, VIC 3175</p>	<p>Day Wednesday                  Time 6.30pm 8.30pm                  Dates 19,26Feb &amp; 4,11,18,25 Mar  <b>Free to attend.</b></p>
<p><b>PARENTS BUILDING SOLUTIONS Growing Great Kids</b>                  A one off program for Parents, Carers, Grandparents. Join us in interactive session to share experiences, ideas and learn strategies to support your child. Managing children and Screen time is addressed in this one off session.</p>	<p><b>ParentZone Anglicare Victoria Yarraman Oaks Primary School</b>  <b>Bookings &amp; inquiries contact:</b>                  Elissa Sewell - 9792 4406 or                  Email:                  sewell.elissa.j@edumail.vic.gov.au                  or Jasbir Singh 0431 203 177                  jasbir.suropada@anglicarevic.org.au</p>	<p>Yarraman Oaks Primary School                  27 Liege Ave                  Noble Park</p>	<p>Day Thursday                  Date 12<sup>th</sup> March                  Time 5.00pm to 7.00pm                  Cost Free                  Bookings essential</p>



<p><b>Parents Building Solutions</b> <b>Parenting In Australia Today</b></p> <p>For parents, step-parents, grandparents &amp; carers of school-aged Children. Come to share experiences and ideas. Discover strategies that work for you You want the best for your child, but How to set boundaries and follow through. How parents and kids can deal with stress Discipline verses punishment - what's the difference? What is different about parenting in Australia? is it hard?</p>	<p><b>Anglicare Victoria</b> Bookings essential. All inquiries please call, text or e-mail: Ariane Hahn: 9781 6725 or 0499 080 468 <a href="mailto:Ariane.Hahn@anglicarevic.org.au">Ariane.Hahn@anglicarevic.org.au</a></p>	<p>Venue in Dandenong to be advised</p>	<p>To be advised. Phone Ariane, have a chat and find out.</p>
<p><b>3-4 YEAR-OLD PLAYGROUP</b></p> <p>Is your child starting school in 2020 or 2021? If so, we would like to invite you to our playgroup that will prepare and encourage your child to start kindergarten School. Your child will have may learning experiences in a safe and friendly environment, including story time, outdoor play and may fun activities, while making new friends. Like any other playgroup, your child will need to be accompanied by an adult. Just show up at our playgroup and have fun with your child</p>	<p><b>Anglicare Victoria ParentZone.</b> <b>Keysborough Primary School and Mission Australia.</b> For booking and more information please call Vanja Flett 0429 454 693 Or 03 5945 2000</p>	<p>Community Room Keysborough Primary School, 33 Coomoora Rd, Springvale South</p>	<p>Day Tuesdays Time 9.30 -11.00 Dates School Term Free <b>to attend.</b></p> <p>Bring a piece of fruit, a coat and a hat for your child. Like any other playgroup, your child will need to be accompanied by an adult. <b>Booking essential</b></p>

<p><b>General Playgroup</b> Your child will have many learning experiences in a safe and friendly environment, including story time, outdoor/indoor play and many fun activities, while making new friends. Like any other playgroup, your child will need to be accompanied by an adult</p>	<p><b>Anglicare Victoria ParentZone. Keysborough Primary School and Mission Australia</b> For further details Keysborough Primary School on 9798 4764 or Vanja Flett, ParentZone, on 0429 454 693</p>	<p>Community Room Keysborough Primary School, 33 Coomoora Rd, Springvale South</p>	<p>Day Fridays Time 9.00 -10.30 Date School Term. Bring a piece of fruit, a coat and a hat for your child. <b>Booking essential</b> <b>Free to attend</b></p>
<p><b>BEYOND THE VIOLENCE</b> An 8week program for women and children impacted by family violence Are you dealing with the effects of family violence? Does your child’s anger or anxiety worry you? Are you tired of yelling? Join us and move beyond the violence</p>	<p><b>Anglicare Victoria Mission Australia</b> Bookings essential. All inquiries please call, text or e-mail: Ariane Hahn: 9781 6725 or 0499 080 468 <a href="mailto:Ariane.Hahn@anglicarevic.org.au">Ariane.Hahn@anglicarevic.org.au</a> <i>The Communities for Children Initiative is supported by the Australian government</i></p>	<p>Dandenong Details provided when booking</p>	<p>Time 4.00pm-6.00pm Cost Free  Details will be given to Participants at booking. Snacks and light dinner provided</p>
<p><b>Play circle. 10 wk. Supported Playgroup (REFERRAL ONLY)</b> A safe and supported space for parents and their preschool children with two trained facilitators. Priority Access will be given to families experiencing one or all of these issues: - Family Violence - Enhancing Parental Capacity - Families experiencing vulnerability, disadvantage and multiple</p>	<p><b>Anglicare Victoria ParentZone. Mission Australia</b>  Additional support is available for parents.  For bookings &amp; enquiries contact: Alison Krusec 0409 316 6200 or email <a href="mailto:Alison.Krusec@anglicarevic.org.au">Alison.Krusec@anglicarevic.org.au</a></p>	<p>Dandenong Library</p>	<p>Day Thursdays Date School Term Referral needed Time 9.30am to 11.00am Light snacks provided <b>Free to attend</b></p>

<p>barriers to participation. Play and have fun with each other. Time out from life's worries.</p>			
<p><b>Parenting Teens in Australia 6Week Program</b> solution-focused parenting group for all families Are you raising teenagers? Raising teens in Australia today is very Different. There are new challenges which our parents didn't have - social media, technology, information overload, environmental stress, questions about Cultural identity, etc. Share experiences, questions, concerns and ideas with other parents. Together, with help from the group facilitator, you will work on Solutions for helping your children grow to be valued community members.</p>	<p><b>Anglicare Victoria Parenzone Mission Australia</b>  For bookings contact the group facilitator: Ariane Hahn at Parentzone on 9781 6725 or 0499 080 468</p>	<p>Will be at a Venue in Dandenong. TBA</p>	<p>Details to be advised. Please phone and chat to Ariane</p>
<p><b>MAKING A DIFFERENCE</b>- a unique program for women from migrant background. Discover your own power and how to use it to make a difference. Negotiation skills; problem solving; advocacy; leadership; communication and networking; conflict resolution; understanding and influencing Australian systems and decision makers.</p>	<p><b>Wellsprings for Women</b> Funded by Victoria Government's Department of Premier and Cabinet  Email: <a href="mailto:rida@wellspringsforwomen.com">rida@wellspringsforwomen.com</a></p>	<p>Wellsprings for Women" 79 Langhorne St, Dandenong s</p>	<p>Please phone for more details Cost Free</p>

Group / Program	Contact	Address	Details/ Other
<p><b>HELP FOR PARENTS AND CHILDREN</b> Ph 9767 0817 talk to your Maternal Child Health Nurse</p>	<p>Offers many services: Maternal and child health; children’s centres; occasional care- short term flexible child care for children aged 6mths to 5yrs.; Childhood immunisation; family and children’s publications; playgroups and toy libraries; training and support for parents/guardian’s/grandparents/ playgroup attendees and early childhood educators. Special assistance is available for children with: disabilities, developmental difficulties, from Aboriginal or Torres Strait islander Families.  <a href="http://www.greaterdandenong.com/section/25485/your-council-services">http://www.greaterdandenong.com/section/25485/your-council-services</a> Gives you main page  <a href="http://www.greaterdandenong.com/section/84/families-children">http://www.greaterdandenong.com/section/84/families-children</a> Family Day Care; Maternal Child and Health; Kindergarten &amp; childcare; Family Support &amp; counselling; Playgroups; Toy Libraries; child and Family Partnership; After Hours Help and Advice...                      The Council also offers other services. <a href="http://youth.greaterdandenong.com/youth">youth.greaterdandenong.com/ youth</a> Services available. Update for programs in 2016 please call Telephone: 03 9793 2155. Hours: 9am - 5pm, Monday – Friday</p>		
<p><b>PARENTING LOST IN TRANSLATION- A</b> Four week program encouraging families from Culturally and Linguistically Diverse (CALD) backgrounds to share their journey of raising children in Australia and help them to develop essential strategies to build positive relationships with their children.</p>	<p><b>Windermere</b> Phone Group Coordinator Ph. 9705 3200 <a href="#">Windermere Narre Warren Office</a> Vjeta Uppalo Phone: <a href="tel:1300946337">1300 946 337</a> or 9705 3200 Fax: (03) 9796 7650 Or email: <a href="mailto:groups@windermere.org.au">groups@windermere.org.au</a></p>	<p>Noble Park English Language School 21-35 Thomas St Noble Park</p>	<p>Not running this Term phone for interest</p>
<p><b>FAMILY LIFE-connect</b> Connecting you with personal support. Feeling stressed, anxious, sad, overwhelmed? A family life connect mentor can help you. Everyone has times when they feel stressed, anxious, sad or overwhelmed.</p>	<p>Family Life Connect 1800 326 543 0451 632 771 <a href="mailto:connect@familylife.com.au">connect@familylife.com.au</a>/ familylife connect</p>	<p>Level 2, 1-7 Langhorne St Dandenong (above dimmey’s)</p>	<p>FREE service Mentors speak a range of languages, including: Arabic, Dari, Farsi/Persian, Urdu</p>

## City of Greater Dandenong

Group / Program	Contact	Address	Details/ Other
<p><b>RE CONNECT PROGRAM</b> is a program for people aged 17-64 who are long term unemployed, not engaged in education or training and with no prior accredited qualifications.</p> <p>They may have multiple barriers to education and find it hard to navigate the system.</p> <p>We work with them to help reduce the barriers and re-engage them in education / training to meet their employment goals in the future. This is offered in the City of Greater Dandenong and the City of Casey.</p>	<p><b>Brotherhood of St Laurence</b> Skills for work</p> <p>Learning Support Officer – Reconnect Program The Brotherhood of St Laurence Level 2, 1-7 Langhorne St, Dandenong 3175 T 03 8752 8552 M 0491 050 613</p> <p><a href="mailto:janette.witt@bsl.org.au">janette.witt@bsl.org.au</a> <a href="http://www.bsl.org.au">www.bsl.org.au</a></p>	<p>Please ask for details when phoning the office</p> <p>Level 2, 1-7 Langhorne St, Dandenong 3175   T 03 8752 8552   M 0491 050 613</p>	<p>Please phone regarding this and other help.</p> <p>They are happy to talk to anyone who expresses interest in the Reconnect Program. If they're not eligible but still need some help/advice we will gladly talk to them and try to point them in the right direction or link them with a service that can help them reach their education and employment goals.</p>
<p><b>Anxiety Recover Centre Victoria Support</b> group for people that been affected by anxiety disorders, that have similar experiences. Family friends and members are welcome</p>	<p><b>Anxiety Recover Centre</b> 1300 269 438</p>	<p>Please phone for details.</p>	<p>Contact Anxiety Recover Centre 1300 269 438</p>
<p><b>CONFIDENT LIVING PROGRAM</b> A creative arts &amp; social integration program for people with progressive MS&amp; other neurological disorders.</p>	<p><b>Multiple Sclerosis Australia</b> Jenny Murray 9845 2772</p>	<p>Noble Park Community Centre, Ross Reserve, Memorial Drive, Noble Park (Melways Ref 80 E12)</p>	<p>Please phone for details</p>

<p><b>YOUNG PARENTS EDUCATION PROGRAM YPEP</b>                  YPEP offers students equivalent Year 12 and industry Certificate II qualifications. Young people that are pregnant or parenting can continue their education in an inclusive education setting where babies (up to 1 one year of age) are welcome and parents are offered a wide range of learning that includes parent-child attachment through rhyme, songs and stories alongside health, wellbeing and practical living skills. A wide selection of incursions and excursions are built into the program that place emphasis on young parents building community connections, knowledge and service information. YPEP Learning Hubs are located near public transport and recreational facilities and enrolments are ongoing. We currently have places available</p>	<p>Cranbourne contact:                  Contact Jill Konig on 0410 490 007 or Natalie Lees on 0447 940 446 to enquire or visit.</p> <p>Narre Warren Contact                  – contact Tina Bampton or Melinda Brown on 9704 7388</p> <p><b>Dandenong Contact                  Contact Jill Konig or Sali Shayia on 0427 959 498.</b></p>	<p>Cranbourne YPEP, now located at Casey Stadium &amp; Cranbourne Community House</p> <p>Narre Warren YPEP located at Foundation Learning College (former NCLC)</p> <p><b>And the new Dandenong YPEP located at Skill invest on Thomas St.</b></p>	<p>Cost Free                  Please phone and talk to someone and book in.</p>
---	---	--	---

CHALLENGING BEHAVIOURS, DISABILITIES, GRIEF, Drug & Alcohol dependency, CALD AND OTHER

Group / Program	Contact	Address	Details/ Other
<b>FAMILY SUPPORT</b> Alcohol and/or drug use impacting on family	<b>Connections-Alliance</b> Family Counselling Group Lynn 8792 8999	9 Maralinga Ave Keysborough Maralinga Primary School	Please phone for further details
<b>FRIENDSHIP GROUP</b> Extended Families Vietnamese Family Friendship Group. Larger groups for children with a disability and their families meet regularly for fun, friendship and social development	<b>Extended Families</b> 03 9285 4838 Vietnamese speaking workers available	Please Phone for further details	Operates on a monthly basis. Please phone for more details.
<b>NEXT STEP</b> Develop your potential and get ready to take that next step in life.	<b>Dandenong Neighbourhood House</b> Please phone and book 9792 5298	Dandenong Neighbourhood House 34 King St	Please phone for further details
<b>KINSHIP CARE- A CHANCE FOR CARERS</b> Grandparents, aunts, uncles, friends and any significant other( who care for children when their parents are unable to), to get together and have a cuppa, some lunch, listen to a guest speaker but mainly have time to talk to each other about what's happening for you.	<b>Wesley Mission</b> For more information please call Ivanka Kisvardai, Family Support Worker on 9794 3000 Guest speakers attend	Wesley Mission 280 Thomas St Dandenong	Day last Thurs in month Time 10.00am-2pm Cost Free Light refreshments available
<b>NEW LIFE</b> A recovery program for women with problems of addiction. Join this friendly support group.	9792 5298 email <a href="mailto:dynhouse@satlink.com.au">dynhouse@satlink.com.au</a>	34 King St, Dandenong Neighbour House	Please phone for further details

<p><b>NARCOTICS ANONYMOUS</b> A support group for those recovering from drug &amp; alcohol dependency.</p>	<p><b>Neighbourhood House</b> Matt 0431 024 838 Neighbourhood House 9792 5298</p>	<p>34 King St, Dandenong</p>	<p>Please phone for further details</p>
--	---	----------------------------------	---

## City of Greater Dandenong

Group / Program	Contact	Address	Details/ Other
<b>MENS AND FATHERS PROGRAMS</b>			
<p><b>MEN FACING TODAY'S CHALLENGES.</b> Dandenong Neighbourhood House We look at strategies for dealing with issues in our lives &amp; developing new life skills</p>	<p><b>Dandenong Neighbourhood House</b> 9792 5298</p>	<p>34 King St dynhouse@satlink.com.au</p>	<p>Please Phone for details</p>
<p><b>THE BBQ BOYS-</b> A support group for male carers living in the southern region of Melbourne. It offers peer support, fun and relaxing social activities, a space to talk about bloke's carer issues, as well as information, Referral and support. SEE PAGE 6</p>	<p><b>RESPIRE SOUTH</b> Ring Nathan 9212 3006 Or 0417 1233 189 or email <a href="mailto:n.diep@alfred.org.au">n.diep@alfred.org.au</a></p>	<p>Ring Nathan. Venues change</p>	<p>Day - First Tuesday of each month</p>



## FAMILY VIOLENCE

### Services and organisations in The City of Greater Dandenong

#### **Domestic/family violence crisis and outreach services**

- 1800 Respect 1800 737 732, [www.1800respect.org.au](http://www.1800respect.org.au)  
24 hours a day, 7 days a week service for those experiencing sexual assault or family violence
- **Safe Steps Family Violence Response Centre** 1800 015 188, [www.safesteps.org.au](http://www.safesteps.org.au)  
24 hours a day, 7 days a week response line for victims of family violence providing emergency accommodation and referral to local support services
- **InTouch Multicultural Centre Against Family Violence** 1800 755 988, [www.intouch.asn.au](http://www.intouch.asn.au) Support and advice for culturally and linguistically diverse women
- **Centre's Against Sexual Assault** (CASA) 9635 3610 (Counselling and support line), [www.thewomens.org.au/SexualAssault](http://www.thewomens.org.au/SexualAssault) 24 hours a day, 7 days a week crisis and support line for survivors of sexual assault

#### **Information and Resource Agencies**

Domestic violence Resource Centre, 9486 9896 <http://www.dvrcv.org.au/>

- Telephone support and referral to services for those experiencing family violence
- Online information for those have experienced family violence
- Training courses for professionals to improve skills in supporting survivors of family violence
- Pamphlets and booklets to assist survivors of family violence

**CITY OF GREATER DANDENONG YOUTH AND FAMILY SERVICES AND ENTREPRENEURS MOVEMENT CLUB(EMC) PRESENTS: 2k19 OCTOBER STREET STYLE SOCCER TOURNAMENT (Fully Supervised, no alcohol, no drugs and no smoking event) DAY Friday**

TIME 9am-5pm

LOCATION JC Mills Reserve 176-188 Cleeland St, Dandenong(Opposite Dandenong Oasis) Free

event for young people aged 12-25 years.

Divisions: Under 25's Female

Under 14s Male, Under 16s Male, Under 25s Male

REGISTRATION IS ESSENTIAL. [Youth.greaterdandenong.com/2k19october](http://Youth.greaterdandenong.com/2k19october) For further information and to register, please call 9783 2155 or visit [youth.greaterdandenong.com](http://youth.greaterdandenong.com)

Group / Program	Contact	Address	Details/ Other
<b>FAMILY, CHILDREN &amp; YOUTH SUPPORT</b>			
<b>POSITIVE PATHWAYS-</b> support for young people in Dandenong-Casey-Cardinia. Get information about all the services on offer in your area <b>Look up: <a href="http://youthpositivepathways.com.au">youthpositivepathways.com.au</a></b>			
<b>CONVERSATIONAL ENGLISH.</b> A supportive group for women of varies backgrounds to come together and practise their English conversations skills	Phone: (03) 9701 3740 <a href="mailto:administration@wellspringsforwomen.com">administration@wellspringsforwomen.com</a> During school terms the office is open: Mon – Thu 9.00am – 4.00 pm Fri 9.00am – 2.00pm	Wellsprings for Women Inc. 79 Langhorne Street Dandenong Vic 3175	Phone for program details
<b>CULTURLLY DIVERSE PLAYGROUP</b> <b>This playgroup offers opportunities to:</b> <i>Promote your children/grandchildren’s skills through cooperative play</i>  Encourage children to share play with others  <i>Develop your children’s cognitive, social, emotional, and physical skills</i>  Provide health information, parenting, early learning and healthy eating  <i>Share information and experiences and discuss issues of interest in a friendly environment</i>	For more information please contact: Email : Sayanti (VICSEG) - <a href="mailto:sbhatta@vicsegnewfutures.org.au">sbhatta@vicsegnewfutures.org.au</a> or Phone : South East Community Links - 9791 8344	Venue: South East Community Links 186 Foster Street East, Dandenong Vic 3175 Vic– 3175	Day    Thursdays Time    9:30am – 11:30am Date    starts 6 <sup>th</sup> Feb 2020 Free

<p><b>DROP IN AT ABA</b> Drop in for a chat support and information. For individual appointments please phone on a Tuesdays Wednesdays or Thursdays</p>	<p><b>Australian Breastfeeding Association</b> Tel Yvette 9791 4644</p>	<p>ABA 71 Robinson St Dandenong</p>	<p>Day Wednesdays Date On going Time 10.30-3.30pm Cost Free</p>
<p><b>KITH &amp; KIN CARERS SUPPORT GROUP</b> A support, social contact, activities &amp; information sharing group</p>	<p><b>Oz Child Family Services</b> Bronwyn Harrison 9212 5600 bharrison@ozchild.org.au</p>	<p>Mornington &amp; Dandenong</p>	<p>Meetings monthly Newsletter quarterly</p>
<p><b>LIBRARY HANGOUT</b> Drop in after school for fun activities (Art, Games, and Music) in a friendly environment or have a chat with our youth workers about our Programs and Services. For young people aged 12 to 25years</p>	<p><b>City Of Greater Dandenong</b> Youth Services 9793 2155</p>	<p>Youth Area Dandenong Library 225 Lonsdale St Dandenong</p>	<p>Phone for details</p>
<p><b>MOTHERS' SUPPORT GROUP</b> For Mothers whose children attend Dandenong West Primary School and community</p>	<p>Ongoing</p>	<p>Dandenong West Primary School 32, Birdwood Ave, Dandenong</p>	<p>Please phone further details 97922868</p>
<p><b>WELLSPRINGS FOR WOMEN</b> Wellsprings for women seeks to empower isolated women to live their lives more fully. Programs include - health and wellbeing, arts and crafts, migrant English and job skills.</p>	<p><b>Phone: 9701 3740 Fax: 9793 9536</b></p>	<p>79 Langhorne Street Dandenong 3175</p>	<p>Please phone for help</p>
<p><b>LIVING AND LEARNING TOGETHER.</b> A supportive group for CALD women</p>	<p><b>Wellsprings for Women</b> 9701 3740 <a href="http://www.wellspringsforwomen.com">www.wellspringsforwomen.com</a> <a href="mailto:wells@satlink.com.au">wells@satlink.com.au</a></p>	<p>Wellsprings for Women 79 Langhorne St Dandenong</p>	<p>Please call for further details</p>
<p><b>DIVERSE CARE</b> A social enterprise of Southern Migrant and Refugee Centre. Care workers who speak your language.</p>	<p><b>Southern Migrant and Refugee Centre</b>  For further information Southern Migrant and Refugee centre 39 clow st Dandenong</p>	<p>39 clow st Dandenong</p>	<p>Please phone and contact the southern Migrant and Refugee Centre if you require this service</p>

<p>Trained care workers assist the needs of frail aged people and people with a disability by providing home and community care. They can help at home or in the community. By using our multilingual care workers, we match client's specific cultural and communication needs. Over 70 languages are spoken. Police and WWC compliant. Southern and Eastern Region Service Area.</p>	<p>Ph 97671900                  Email <a href="mailto:smrc@smrc.org.au">smrc@smrc.org.au</a>  <a href="http://www.smrc.org.au">www.smrc.org.au</a></p>		
<p><b>LIBRARY HANGOUT</b> Drop in after school for fun activities (Art, Games, and Music) in a friendly environment or have a chat with our youth workers about our Programs and Services. For young people aged 12 to 25years</p>	<p><b>City Of Greater Dandenong</b>                  Youth Services 9793 2155</p>	<p>Youth Area                  Dandenong Library                  225 Lonsdale St                  Dandenong</p>	<p>Phone for details</p>
<p><b>REFUGEE &amp; SETTLEMENT PROGRAM</b>                  Provides family relationship counselling, mediation, loss &amp; grief programs for children, marriage preparation program &amp; personal support program &amp; School Refusal program</p>	<p><b>Centre care Catholic</b> Family Services  <a href="#">Contact Details</a>                  T.8710 9600  <a href="mailto:E.rspdandenong@ccam.org.aumentacaremelbourne.org.au">E.rspdandenong@ccam.org.aumentacaremelbourne.org.au</a></p>	<p>224 Thomas Street                  Dandenong, VIC 3175</p>	<p>Phone for more details                  8710 9600</p>
<p><b>TOY LIBRARY</b></p>	<p><b>Springvale Services for Children</b>                  8558 3800 <a href="mailto:enquiries@springvalesc.com">enquiries@springvalesc.com</a></p>	<p>23-28 Lightwood Road, Springvale.                  VIC 3171</p>	<p>10:00-12.00 Mondays,                  10.00-1.00 Tuesday, Thursday and Friday,                  10.30-12.30 Saturday.</p>

## City of Greater Dandenong

Group / Program	Contact	Address	Details/ Other
<p><b>YOUNG MOTHERS WALKING GROUP</b> A weekly walk from Springvale Service for Children to local parks where children can play and mothers can chat before they walk back. Each walk will take approximately 15-25 minutes</p>	<p><b>Springvale Services for Children</b> 8558 3800 <a href="mailto:enquiries@springvalesc.com">enquiries@springvalesc.com</a> For more information or to register your interest please contact Carolyn on (03) 8558 3800</p>	<p>23-28 Lightwood Road, Springvale. VIC 3171</p>	<p>Every Thursday Time: 10am-12pm</p>
<p><b>WOMEN'S ONLY SWIMMING</b> All women are welcome. Female only lifeguards and instructors are on duty at all times.</p>	<p><b>Oasis Leisure Centre</b> 9767 5100</p>	<p>Dandenong Oasis Leisure Centre Cnr Heatherton Rd and Cleeland St Dandenong</p>	<p>Date Sunday evenings Time 6.15pm – 8.15pm Cost Please phone</p>
<p><b>FReeZA</b> Are you interested in: planning and delivering an event. Music and dance. Technical production and recording? FReeZA is a great way to meet new people and gain valuable skills</p>	<p><b>FReeZA</b> <b>City of Greater Dandenong</b>  Contact Youth and Family Services on 9793 2155</p>	<p>39 Clow St, Dandenong Opposite Dandenong Market</p>	<p>Phone for details</p>
<p><b>LITTLE BROTHER AND SISTER PLAY GROUP</b> Activities includes; Free play, Story Time, Art time, Obstacle Courses more. Next term we will be having the SING AND GROW program for ten weeks</p>	<p><b>Noble Park Primary</b> Please phone 9546 8811 for more information.</p>	<p>Noble Park Primary School, 65 Buckley Street, Noble Park</p>	<p>Please phone for session times. Please bring a piece of fruit. Sandwiches provided.</p>
<p><b>PLAYGROUP</b></p>	<p><b>Springvale Services for Children</b> 8558 3800 <a href="mailto:enquiries@springvalesc.com">enquiries@springvalesc.com</a></p>	<p>23-28 Lightwood Road, Springvale. VIC 3171</p>	<p>Friday and Saturday Mornings 10:00am – 12:00pm \$2 per child</p>

## City of Greater Dandenong

Group / Program	Contact	Address	Details/ Other
<b>Music Together.</b> Music therapy program for children 0-5 years and their parents/carers.	<b>Uniting</b> Bronwyn Atkin 5990 8400	Springvale Uniting church 47 Balmoral Ave, Springvale	Day Wednesdays Date School Term Time 9.30am to 10.15am Cost gold coin donation
<b>MY TIME PLAYGROUP</b> For special needs children. Playgroup.	<b>Extended Families Southern Region</b> 5950 1055 <a href="mailto:peninsula@extendedfamilies.org.au">peninsula@extendedfamilies.org.au</a> Phone Thuy Cal 0405 015 445	11 Morwell Parade, Springvale visit <a href="http://www.mytime.net.au">www.mytime.net.au</a> For your closest group	<b>Please Contact</b> Doris Wong for up to date information as it can change. Ph. 9767 0826 <a href="mailto:dwong@cgd.vic.gov.au">dwong@cgd.vic.gov.au</a>
<b>PLAYGROUP</b> For children aged 0-5yrs	<b>Jan Wilson Community Centre</b> Contact Doris Wong Ph. 9767 0826   <a href="mailto:dwong@cgd.vic.gov.au">dwong@cgd.vic.gov.au</a>	Jan Wilson Community Centre Halton Road, Noble Park North. Ph. 97959279	<b>Please Contact</b> Doris Wong for up to date information as it can change.
<b>TINY MINY MUSLIMS PLAYGROUP</b> a Program packed full of joyful educational experiences for children and Mums, including play activities and a Mothers discussion group. All welcome	<b>Please contact Doris Wong for up to            date information</b> Ph. 9767 0826 <a href="mailto:dwong@cgd.vic.gov.au">dwong@cgd.vic.gov.au</a>		<b>Please Contact</b> Doris Wong for up to date information as it can change. Ph. 9767 0826 <a href="mailto:dwong@cgd.vic.gov.au">dwong@cgd.vic.gov.au</a>
<b>KEYSBOROUGH PS 3 Yr. old PLAY            GROUP</b> 8 Weeks	<b>For more information please call:</b> Pat Hill, Keysborough Primary School on 9798 4764 or Vanja Flett on 0429 454 693	Community Room Keysborough Primary School 33 Coomoora Rd, Springvale South	Tuesdays Date School Term 9.00 – 10.30am  * What to bring: a piece of fruit, a coat and a hat for your child

## City of Greater Dandenong

Group / Program	Contact	Address	Details/ Other
<b>KOORIE KIDS PLAYGROUPS</b> Wonderful creative ideas to build our muscles, coordination and develop our pencil grips, ready for kinder and school next year	<b>Koori Kids</b> Playgroup Team 9706 6383	Please Phone for further details	Please Phone for further details
<b>FAMILY, CHILDREN &amp; YOUTH SUPPORT</b>			
<b>PLAY STEPS</b> This 8 week program builds parenting skills with the emphasis of learning and connecting through play. It is designed to improve parent-child interaction by assisting parents develop a positive relationship with their child. 0-3 years.	<b>Queen Elizabeth Centre</b> Ph: 9549 2777	QEC 53 Thomas St Noble Park	Each session will be 2 hours duration <ul style="list-style-type: none"> <li>• Toddler Group: 12 months to 3 year olds, 9:30am-11:30am</li> <li>• Infant Group: 0 -12 month olds, 1pm-3pm</li> </ul> Tea, coffee & morning/afternoon tea provided. <a href="http://qec.org.au">qec.org.au</a>

### ARE YOU AN ACCREDITED INTERPRETER OR SKILLED BI-LINGUAL WORKER

SMRC are seeking expressions of interest from people looking for employment as an onsite interpreter / bi-lingual worker. Supporting migrant and Refugee clients, whether in a group program or Individual setting provides a valuable service that builds community connections.

For further information contact: Kirsten  
[kirstenm@smrc.org.au](mailto:kirstenm@smrc.org.au)  
 9767 1952  
 Southern Migrant & Refugee Centre,  
 39 Clow St, Dandenong VIC 3175

## City Of Kingston

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



## City of Kingston

Group / Program	Contact	Address	Details/ Other
<b>HEALTHY BUBS AND FAMILIES</b> Provides education and skill development for parents around the importance of early attachment.	<b>Family Life</b> 8599 5433 or 97734624 <a href="mailto:reden@familylife.com.au">reden@familylife.com.au</a> <a href="mailto:commbubs@familylife.com.au">commbubs@familylife.com.au</a>	Community House Keith Street	Please phone for day and dates.
<b>FAMILY LIFE- COMMUNITY BUBS</b> Provides intensive support for families who have an infant	<b>Family Life</b> 8599 5433 <a href="http://familylife.comm.au/info@familylife.com.au">http://familylife.comm.au/info@familylife.com.au</a>	Level 2, 11 Chesterville Rd, Cheltenham	Please phone to arrange time.
MEN'S AND FATHERS PROGRAMS			
<b>The BBQ Boys</b> Support group for male carers living in the southern region of Melbourne. It offers peer support, fun and relaxing social activities, a space to talk about bloke's carer issues, as well as information, referral and support.	<b>RESPITE SOUTH</b> Ring Nathan 9212 3006 Or 0417 1233 189 or email <a href="mailto:n.diep@alfred.org.au">n.diep@alfred.org.au</a>	Ring Nathan. Venues change	Day First Tuesday of each month
<b>MEN'S BEHAVIOURAL CHANGE PROGRAM</b> Provides men with an opportunity to learn and use alternatives to behaving in an abusive or violent manner. Men may be provided with individual counselling assistance prior to and after the group MATES Program.	Ph. 8599 5433	197 Bluff Rd Sandringham Service Address	Please phone for Direct help, and enquiries.

## City of Kingston

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

## City of Kingston

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

## City of Kingston

Group / Program	Contact	Address	Details/ Other
<p><b>SOUTH EASTERN ASPERGERS PARENT GROUP</b> For parents and carers with children and teens who have high functioning Asperger's syndrome and PDD-NOS</p>	<p><b>Headspace</b> Ph. Kirsten Cleland 9526 1600</p>	<p>Peterson Youth Centre Melways 77 B8 Highett Rd, Highett. Corner of Peterson St, Highett</p>	<p>Day 3<sup>rd</sup> Tuesday Time 7pm-8.30pm</p>
<p><b>FAMILY STORY TIME</b> – caters for families with children who may be on the Autism Spectrum but a diagnosis is not needed to take part.</p>	<p><b>City Of Greater Dandenong</b> <b>Vanessa 8571 5441</b> E. <a href="mailto:vgjili@cqd.vic.gov.au">vgjili@cqd.vic.gov.au</a></p>	<p>For more information and referrals Please contact Vanessa</p>	<p>Contact Vanessa for 2020 details thanks</p>
<p><b>CHELLENHAM CARERS SUPPORT GROUP</b> For carers of people with a mental illness. A further group also operates for young people 8-18 supporting someone with a mental illness.</p>	<p><b>Mind Australia</b> 9093 5977 <a href="mailto:infoVIC@mindaustralia.org.au">infoVIC@mindaustralia.org.au</a></p>	<p>17 Taylor St, Moorabbin</p>	<p>Day 1<sup>st</sup> Wed month Time 7.30pm</p>
<p><b>DOWN SYNDROME COFFEE GROUP</b> Support for parents of children with down syndrome</p>	<p>Moira Kerri Rolfe – Parent Support Coordinator For southern region Ph: 8552 2222</p>	<p>Mentone Baptist Church 36 Harpley Street Cheltenham</p>	<p>Day 1<sup>st</sup> Wednesday of month during school term Time 1.00 – 2.30pm</p>
<p><b>GROW</b> Runs groups for people with depression or anxiety in a supportive environment.</p>	<p>03 9528 2977 <a href="mailto:vic@grow.net.au">vic@grow.net.au</a></p>	<p>707 Glenhuntly Rd Caulfield South Vic 3162</p>	<p>Please phone for details</p>
<p><b>ODESSY HOUSE PROGRAM</b> Structured 8 week program for those with issues with alcohol or drugs.</p>	<p><b>Odyssey House</b> 9420 7610 George</p>	<p>Please phone for details</p>	<p>Please phone for details</p>

## City of Kingston

Group / Program	Contact	Address	Details/ Other
<p><b>LIVE YOUR COMMUNITY PROGRAM</b> Provides flexible volunteer based inclusion support for children with disabilities who experience barriers to participation in sport, recreation and leisure. For children aged 6-17yrs with a diagnosed disability.</p>	<p><b>Extended Families</b> Contact Rachel De Summa Ph. 9285 4839 or 0438 752 126 Email <a href="mailto:Rachel@extendedfamilies.org.au">Rachel@extendedfamilies.org.au</a> <a href="http://www.extendedfamilies.org.au">www.extendedfamilies.org.au</a></p>		<p>There is no cost to families accessing LYCP. Cost to sporting activity chosen by the child are generally met by the family</p>
<p><b>MOVEMENT DISORDERS COMMUNITY SUPPORT GROUP</b> For carers of people with neurological disorders. A respite care group occurs at the same time to enable carers to attend</p>	<p><b>Church of Christ</b> Barbara Winkler 9265 1481</p>	<p>Church Of Christ 2-12 Chesterville Rd Cheltenham</p>	<p>Day 1<sup>st</sup> Monday Time 10.30am-12.30pm</p>
<p><b>A FAMILY GROUP</b></p>	<p><b>Taskforce/Odyssey House</b> Taskforce Community Agency/Odyssey House 9532 0811</p>	<p>421 South Road Moorabbin Booking essential</p>	<p>This program is a family peer support program specifically for parents experiencing substance use of a family member.</p>
<p><b>KIDS CARE</b> <b>Mind Victoria</b> A group for young people aged 8-12 who have a parent with mental illness. This monthly group focuses on fun activity with peer support and staff who are able to provide support and leadership to those young people. Phone Mind Victoria 9093 5977 For more details.</p>			

## City of Kingston

Group / Program	Contact	Address	Details/ Other
<p><b>CLARINDA PARENTS GROUP</b> is an opportunity for parents and carers to meet other parents in the area and to meet Family support staff in a fun and relaxed atmosphere. Weekly activities and guest speakers are provided.</p>	<p><b>City of Kingston</b> Family support 8551 1202</p>	<p>Clarinda community Centre 58 Viney St, Clarinda</p>	<p>Day Thursday Date during school term Time 10.00-11.30am Cost free</p>
<p><b>KOORIE FAMILY GATHERING</b> Are you, your children or the children you care for Aboriginal and/or Torres Strait Islander? Do you live in the City of Bayside, Glen Eira, Kingston or Stonnington? Would you like to connect with other Koorie families to have a yarn and a cuppa? Join our fun activities including storytelling and singing. <b>Term 1,</b> Would you like to connect with other Koorie families to have a yarn and a cuppa? Join our fun activities including storytelling and singing</p>	<p>City Of Bayside City Of Kingston City of Stonnington City Glen Eira Southern Melbourne Partnership <b>For more information, contact:</b> <b>Chris</b> 0402 311 989 cedmonds@smpcp.org.au</p>	<p>Derrimut Weelam Gathering Place Mordialloc Life Saving Club, 199 Beach Road, Mordialloc</p>	<p>Day Thursdays Date 6 &amp; 20 Feb 5 &amp; 19 Feb Time 10.30am to 12.30pm</p>
<p><b>MOTHERS SUPPORT GROUP</b> House-based outreach service to assist living with a mental illness</p>	<p><b>Prahran Mission</b> Janet 9692 9400</p>	<p>Prahran Mission 15 Cromwell Rd, South Yarra</p>	<p>Please phone for further details</p>

**CITY OF KINGSTON YOUTH –**

For young people aged 12-25 as well as their families and partners. They also develop, promote and run events, gigs and local youth mag. [www.kyfs.org.au](http://www.kyfs.org.au)  
1300 369 436

**SMALL TALK PLAYGROUPS – These details have changed since Term 1, so please check before attending**

Smalltalk Supported Playgroups are run by a qualified facilitator who provides support to parents/carers to develop the skills and confidence needed to assist in their children’s learning and development. The playgroups are free to attend for families experiencing vulnerability, including Health Care Card holders, Refugees, Aboriginal or Torres Strait Islanders, and kinship carers. In-Home Support is also available

- **Westall** – Mondays 10am to 12pm at Westall community Hub, 35 Fairbank Rd, Clayton Sth
- **Chelsea Heights** – Tuesday 10am to 12pm at Chelsea Heights Community Centre, 160 Thames Promenade, Chelsea Heights. □ **Aspendale** – Wednesday, 10.30-12.30 at Yarrabah School, 23 Mill St Aspendale. Additional support from specialist services □ **Edithvale** – Thursday 10am to 12pm at Edithvale Family and Children’s Centre, 122 Edithvale Road, Edithvale.
- **Clarinda** – Thursday 10am to 12pm at Clarinda Community Centre, 58 Viney Street, Clarinda.
- **Cheltenham** – Fridays 10.00am to 12.00 am at North Cheltenham Preschool, 71 Argus St, Cheltenham

Phone 9581-4863 or email [smalltalk@kingston.vic.gov.au](mailto:smalltalk@kingston.vic.gov.au)

**SOUTH EASTERN MULTIPLE BIRTH ASSOCIATION**

A support group for multiple birth families, run by parents with multiples.

Expectant Parents Sessions,  
Playgroups,  
Parent’s Nights Out, Family Events

**SEMBA**

New Parent Contact: Maxine Morley

Phone:0409 200310

- <http://www.semba.amba.org.au>
- **Facebook:**<https://www.facebook.com/sembavic>

South East of Melbourne, covering the main areas of Bayside, Glen Eira and Kingston Councils.

<http://semba.amba.org.au/index.html>

Playgroups on Monday, Wednesday and Thursday mornings contact for details

## City of Kingston

Group / Program	Contact	Address	Details/ Other
<b>PLAYGROUPS</b>	<b>Dingley Village</b> Neighbourhood Centre Belinda 0414538616	31b Marcus Rd Dingley Village	Time 9.30am-11.30am Please contact us for further details.
<b>READING ROCKETS</b> -a hand on fun one hour class for 4 year old focusing on early reading and writing skills	<b>Dingley Village</b> Neighbourhood Centre Sandy 0425 812 790	31b Marcus Rd Dingley Village	Please contact us for further details.
<b>DINGLEY VILLAGE NEIGHBOURHOOD CENTRE</b> Places available for 3year old activity groups on Monday morning or afternoons' sessions. Ph. 9558 1866 during office hours or Email <a href="mailto:admin@dvnc.com.au">admin@dvnc.com.au</a> Office hours 9am-5pm			
<b>MARVELLOUS MUMS</b> Connecting mums. sharing information	Andrea Cross 0403 342 390 <a href="http://www.marvellousmums.com">www.marvellousmums.com</a> <a href="mailto:lovingmums@hotmail.com">lovingmums@hotmail.com</a>	Please Phone for further details	Phone for further details
<b>PLAYGROUP</b>	<b>Family Life</b> Andrea 9782 7800 <a href="http://Familylife.com.au">Familylife.com.au</a>	8-10 Swanpool Ave Chelsea.	Day Tuesdays Time 1.00pm-3.00pm
<b>KINDER ACTIVITY GROUP-</b> Quality care to stimulate and challenge children 3 & 4 years old.	<b>Chelsea Heights Community</b> Kerri Morrison 9774 2934 0412 869 431	Beazley Reserve 160 Thames Promenade	Day Monday Time 10am-1pm Phone for further details
<b>KIDS'BOOK CLUB</b> Quality care to stimulate and challenge children 3 and 4 years old.	<b>Chelsea Heights Community</b> Louise 0400 664 194	Beazley Reserve 160 Thames Promenade	Day Monday Time 10.15am-11.15am



<p><b>RHYTHM FACTORY</b> Dance, music and movement, classes for children 15months to 8 years</p>	<p><b>Chelsea Heights Community</b> Nicky Reisinger 9588 1564 0408 667 058 <a href="http://www.rhythmfactory.com.au">www.rhythmfactory.com.au</a></p>	<p>Beazley Reserve 160 Thames Promenade</p>	<p>Day Tuesday Time 9.30am-11.30am</p>
<p><b>KIDS COOKING CLASSES-KIDS SAY YUM</b> Great for children 5-12 years</p>	<p><b>Chelsea Heights Community Centre</b> Maddie Race 0487 427 398 <a href="http://www.kidsayyum.com.au">www.kidsayyum.com.au</a></p>	<p>Beazley Reserve 160 Thames Promenade</p>	<p>Day Wed Time 4.30pm-5.30pm</p>
<p><b>PLAYGROUP</b> Recently won an award from playgroup Victoria for 30 years of play grouping. Great way to start the day, meet your neighbours whilst having fun with your Children. Lots of toys, fun and good company</p>	<p><b>Chelsea Heights Community Centre</b> Ru 0425 160 025</p>	<p>Beazley Reserve 160 Thames Promenade</p>	<p>Day Wednesday and Thursday Mornings Time 9.30am-11.00am</p>
<p><b>LITTLE CHEFS</b> For 6-10yr olds.</p>	<p><b>Cheltenham Community Centre</b> <a href="http://www.chelt.com.au">www.chelt.com.au</a> 9583 0095</p>	<p>8 Chesterville Rd, Cheltenham</p>	<p>Day Wednesday Time 3.45pm-4.30pm Cost \$120</p>
<p><b>MULTICULTURAL GRANDPARENTS PLAYGROUP-</b> Come along and socialize whilst your grandchildren are drawing, playing, &amp; meeting other children</p>	<p><b>Clarinda Community Centre</b> 8551 1200 or Migrant Resource Centre 9563 4130</p>	<p>Clarinda Community Centre 58 Viney St Clarinda</p>	<p>Date Wednesday Time 9.30 – 11.30am Bring a piece of fruit to share</p>

## City of Kingston

Group / Program	Contact	Address	Details/ Other
<b>HOMEWORK CLUB-</b> Kids & parents can enjoy a healthy snack, start homework early & get help with assignments.	<b>Family Life</b> Giovanna or Marilyn 8599 5433	Community Hall Dunkley Ave Highett	Date Mondays <i>(except public/school holidays)</i> Time 4.00 – 5.30pm Cost Free
<b>BREAKFAST CLUB-</b> Come along each Wednesday and enjoy a healthy & nutritious breakfast	<b>Family Life</b> Giovanna or Marilyn 8599 5433	Community Hall Dunkley Ave Highett	Date Wednesday <i>(except public/school holidays)</i> Time 7.00 – 8.30am Parents most welcome!
<b>CREATING CAPABLE COMMUNITIES</b> Do you care for a child under 10? Come and join us for coffee & a chat about supporting each other, and sharing information	<b>Family Life</b>  Marilyn 8599 5433	Keith Street Community House Please phone to check details with Family Life Keith Street Community House	Day Thursday Time 10.00 – 12noon
DADS			
<b>SATURDAY DAD'S SUPPORTED PLAYGROUPS-</b>	<b>City Of Kingston</b> Ph 9581 4863 or email <a href="mailto:playgroup@kingston.vic.gov.au">playgroup@kingston.vic.gov.au</a>	Parkdale Family and Children's Centre 122 Warren Rd Parkdale	Day Saturdays Time 10am -12pm Term School

<p><b>DAD, POP AND ME PLAYGROUPS</b> No booking is required. Suits Dads, Grandads and Pre-School Children</p>	<p><b>City Of Kingston</b> <b>Contact no 1300 764 807</b></p>	<p>Edithvale Family and Children's Centre 122 Edithvale Rd Edithvale</p>	<p>Day Wednesdays during School Term Time 10am-12pm Cost Free</p>
---	---	--	---

## City of Monash

Group / Program	Contact	Address	Details/ Other
<b>PARENTZONE PARENTING PROGRAMS</b>			
<p><b>PIT STOP</b> Better Men Australia a parenting tune up for every father who wants to see his family firing on all cylinders.</p>	<p><b>Bettermen</b> Ph. Rick Wakelin 0411 695 810 Rick.wakelin@bettermen.com.au</p>	<p>Phone for further details Westall community centre Fairbairn rd clayton</p>	<p>Date 21<sup>st</sup> April to 9<sup>th</sup> June 2020 Time Find out when booking</p>
<b>PARENTING AND FAMILY SUPPORT</b>			

## Mornington Peninsula Shire

Group / Program	Contact	Address	Details/ Other
<b>PARENTZONE PARENTING PROGRAMS</b>			
<p><b>PBS PARENTING BUILDING SOLUTIONS – General Parenting Program to talk about Kids</b></p> <p>A free one session program for parents and carers of children. Share experiences and ideas and learn strategies to support your children. Explore ways to discipline which involve you and your children, Setting consequences together. Hopefully there is less frustration, tears and/or anger from you and/or them!</p>	<p><b>Anglicare Victoria</b>  <b>Parentzone Southern To</b>                      Book:                      Michelle Brown. <u>0429 174 150</u>                      Or                      9781 6700  <a href="mailto:Michelle.brown@anglicarevic.org.au">Michelle.brown@anglicarevic.org.au</a>  <b>Please register with School administration or turn up on the day.</b></p>	<p><b>Please phone Michelle if interested in attending a program in Frankston or Mornington Peninsula. Or if you wish to have one ran at your School or community centre.</b></p>	<p>PLEASE CONTACT MICHELLE</p>

PARENTING & FAMILY SUPPORT

**SHIRE OF MORNINGTON**

Has information on School Holiday Programs; Kindergartens; Immunisation; Maternal and child health; Playgroups and libraries; Family Day Care, Early Years and Best Start; MPYS youth Services; Youth drop ins and Centres; A Disability Directory; Accessible beach wheelchairs can be hired free of charge to people with limited mobility from a number of organisations - the council has the details. More services available. Call us on 1300 850 600 or 5950 1000 Email: customerservice@mornpen.vic.gov.au

www.mornpen.vic.gov.au/Services\_For\_You main page for a variety of services links www.mornpen.vic.gov.au/Services\_For\_You/Children\_Families main page for Families and Children services – up to date information on School Holiday Programs;

Kindergartens; immunisation; maternal & child health services; Playgroups & Toy Libraries; Family Day Care; Early Years & Best Start

For **YOUTH Programs** phone 5950 1666

**BRIGHT SPARKS** – PROGRAM FOR Year 6 students across the Peninsula aims at introducing students to Youth Services.

**L2P A** program to assist learner drivers between 16-21 years to gain their 120 hours of driving experience.

See web site for more.

**SPACE 4 US**

An 8 week free peer support group for 13 to 18 year olds living in the Mornington Shire region who have a parent or other close family member with a mental illness.

**Peninsula Health. Mornington Peninsula Shire**

Peninsula Health FaPMI Coordinator (Families where a Parent has a Mental Illness) 9784 6999

[MHFaPMI@phcn.vic.gov.au](mailto:MHFaPMI@phcn.vic.gov.au)

Locations Vary

2020 dates and details to be Confirmed. Please phone

Please contact the FaPMI Coordinator to see when this group is next running, or to add a young person to the waitlist. [www.space4us.org.au](http://www.space4us.org.au)

**LEGO CHAMPIONS**

For all primary school aged kids. Let your imagination take over and build Lego masterpieces.

**Good Shepherd**

<http://www.goodshepherd.org.au/>  
5970 7000

Wallaroo Community Centre

Good Shepherd Community House, 6 Wallaroo Place, Hastings 3915

Day	Thursdays
Date	School Term
Time	3.20pm – 4.20pm

<p><b>KOORIE KIDS PLAYGROUP- VACCA</b> Gather and meet other Koorie families, sing and dance, play with other Koorie</p>	<p><b>Victorian Aboriginal Child Care Agency</b>  (VACCA) Playgroup worker 9701 4200</p>	<p>Wallaroo Community House 6 Wallaroo Place Hastings</p>	<p>Day    Fridays Date    During School Term Time    10.30 – 1.00pm</p>
<p><b>KOORIE KIDS PLAYGROUP- VACCA</b> Gather and meet other Koorie families, sing and dance, play with other Koorie Kids, listen to stories and learn about culture.</p>	<p><b>Victorian Aboriginal Child Care Agency</b>  (VACCA) Playgroup worker 9701 4200 04 For further information please don't hesitate to call the play group worker 08 948 755</p>	<p>Seawinds Community Hub 11 Allambi Ave Capel Sound</p>	<p>Day    Friday Time    10.30-1.00pm Date    School Term Cost    Free</p>
<p><b>CHAMPS</b> A free, peer-support group program for 812yo children who have a parent with a mental illness. Parents also welcome.  Kids and parents can meet others in a similar situation, learn about mental health and self-care, all through lots of fun games and activities</p>	<p><b>Peninsula Health</b> Peninsula Health FaPMI Coordinator (Families where a Parent has a Mental Illness)  <a href="mailto:MHFaPMI@phcn.vic.gov.au">MHFaPMI@phcn.vic.gov.au</a>  <b>9784 6999</b></p>	<p>Locations Varys</p>	<p>2020dates and details to be Confirmed. Please phone  Please contact the FaPMI Coordinator to see when this group is next running, or to add a family to the waitlist.</p>
<p><b>FAMILY CASE MANAGEMENT</b> Designed to assist families to address issues that are impacting on their day to day lives.  A Family Case Management Worker can help families with everything from budgeting and household bills, to getting connected to specialist support services for with a specific identified need.</p>	<p><b>Southern Peninsula Community Support and Information Centre</b> Contact Family Case Management Worker Ph 5986 1285 admin@spsic.org</p>	<p>878 Point Nepean Rd Rosebud</p>	<p>Ring for details</p>

<p><b>MOTHER GOOSE</b> The Program aims to teach mums new ways to interact with their infants through songs and rhymes, and is run in a safe and supportive environment.</p>	<p><b>Good Shepherd Australia New Zealand</b> <b>Contact:</b> Isle Tlozek 5971 9444 or Simone Cranage 5971 9114.</p>	<p>Good Shepherd Wallaroo Community Centre, Hastings.</p>	<p>Please ring for details</p>
<p><b>PREMMIES ON THE PENINSULA</b> A parent &amp; child program and information session run once a month. Open to any premmie children born prior to 36 weeks and under 2years of age and their parents. Siblings are welcome</p>	<p><b>Biala</b> Please phone 5975 1820</p>	<p>1 Elizabeth St, Mornington Behind the information Centre with adjacent car parking</p>	<p>Please ring for details</p>
<p><b>YOUTH ADVISORY GROUP</b> For people aged 10-25. If you want to have a say and care about what's going on around you. Come and make a difference, doing our youth advisory group.</p>	<p><b>MPYS</b> Mornington Peninsula Youth Services ph. Jackie 5950 1666 <a href="mailto:jackie.rickard@mornpen.vic.gov.au">jackie.rickard@mornpen.vic.gov.au</a> <a href="http://www.mpys.com.au">www.mpys.com.au</a></p>	<p>Mornington Council Offices</p>	<p>Held Monthly Please phone for further details</p>
<p><b>ANGLICARE VICTORIA – Volunteer Tutoring Program</b> A free program which supports children from Grade 4 – year 10 who have been educationally disadvantaged.</p>	<p><b>Anglicare Victoria</b> Mel Wyatt 0499 027 753 OR Rosebud Office ph. 59 86 99 00</p>	<p>Seawinds Community Hub 11A Allambi Ave, Rosebud West</p>	<p>Day Tuesday afternoons For one hour Contact for further information and dates</p>
<p><b>UNDER THE RAINBOW-</b> Gay, lesbian, bisexual, span sexual, transgender, gender queer, straight <b>EVERYBODY WELCOME.</b> For young people aged 12 to 18. Inspirational workshops, activities</p>	<p><b>Headspace</b> Peninsula Pride-A Queer Straight Alliance Shine, Headspace Frankston Mornington Peninsula Youth Services Ph. Seb ON 9769 6419 <a href="http://www.facebook.com/peninsulapride">www.facebook.com/peninsulapride</a></p>	<p>YLounge Rosebud And Shed 11 Hastings</p>	<p>Day Tuesdays Time 3.30 to 6.00pm Does not run during School Holidays</p>
<p><b>YOUTH ADVISORY GROUP</b> For people aged 10-25. If you want to have a say and care about what's going on around you. Come and make a difference, doing our youth advisory group.</p>	<p><b>MPYS</b> Mornington Peninsula Youth Services ph. Jackie 5950 1666 <a href="mailto:jackie.rickard@mornpen.vic.gov.au">jackie.rickard@mornpen.vic.gov.au</a> <a href="http://www.mpys.com.au">www.mpys.com.au</a></p>	<p>Mornington Council Offices</p>	<p>Held Monthly Please phone for further details</p>

## FAMILY VIOLENCE

### ORANGE DOOR

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

For Confidential support and information call Safe Steps 1800 015 188

For Urgent assistance call Triple Zero 000

#### Men's Referral Service

Men's Referral Service provides an anonymous and confidential phone counselling, information and referrals service on 1300 766 491 for:

men who might be using violent and controlling behaviour towards a partner or family member

men who have been victimized by a partner or family member

women wishing to find information about male family violence

friends, family or colleagues of people who are using or experiencing family violence

Professionals wishing to support a male or female client using or experiencing family violence.

## MEN'S PROGRAMS AND SUPPORT (Sheds)

**WESTERNPORT MEN'S SHED**- a relaxed shed where men can come and participate in group projects or work on their own hobbies. Runs most weekdays by volunteers and all are welcome

Contact Terry Kelly Shed President Terry Kelly  
Phone: (03) 59791969  
Mobile: 0401 269 007  
Or Drop in

1973 Frankston-Flinders Rd, Hastings.  
Next to the Neighbourhood Renewal Hub

Day Most weekdays  
Time 10.30am  
Membership \$20.00



<p><b>THE BBQ BOYS</b> A support group for male carers living in the southern region of Melbourne. It offers peer support, fun and relaxing social activities, a space to talk about bloke's carer issues, as well as information, referral and support.</p>	<p><b>RESPIRE SOUTH</b> Ring Nathan 9212 3006 Or 0417 1233 189 or email <a href="mailto:n.diep@alfred.org.au">n.diep@alfred.org.au</a></p>	<p>Ring Nathan. Venues change</p>	<p>Day First Tuesday of each month</p>
<p><b>ROSEBUD MENS SHED</b></p>	<p>Phone: (03) 5971 9133</p>	<p>185 High Street Hastings VIC 3915</p>	<p>Please phone for further details</p>
<p><b>ROSEBUD/RYE MEN'S SHED-</b> Classes are casual and do not run to specific learning outcomes. Facilitated by volunteers</p>	<p><b>Rye Beach Community Centre</b> Contact Virginia Richardson (03) 5971 9133 Please phone.</p>	<p>Rye Beach Community Centre 27 Nelson St, Rye 5985 4462</p>	<p>Please phone for further details</p>
<p><b>M.E.N.S.-</b> Men exploring Non-Violent Solutions – the MENS behaviour change group is for men who have used violent, abusive and/or controlling behaviours within the family and who want to stop using these behaviours.</p>	<p><b>Access</b> Please phone your local Community Health Service and ask to speak to the Access Worker. Contact ACCESS 1300 665 781 Or FAX 9787 9954</p>	<p>Please phone for these details Frankston and Mornington</p>	<p>Please phone for these details</p>

CHALLENGING BEHAVIOURS, DISABILITIES, GRIEF, CARERS SUPPORT AND OTHER

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

<p><b>INCLUSIVE 3 YEAR OLD KINDERGARTEN</b> Once a week three hour program, open to any interested community children Peninsula children and children from other supported services, Biala</p>	<p>For further information &amp;/or to register your interest contact <b>Biala Peninsula</b> administration. Phone: 59751820 email: admin@bialapeninsula.org.au</p>	<p>Biala Peninsula, 1 Elizabeth Street Mornington.</p>	<p>Please phone for further details. Cost \$200 per term payable on enrolment &amp; then payable at the end of term 2, 3, for the next term.</p>
<p><b>PENINSULA AUTISM SPECTRUM SUPPORT GROUP –</b> Parents/carers who have children with a special need are invited to a monthly get together to share experiences and learn useful tips and strategies with local families.</p>	<p><b>Extended Families</b> +Contact Michelle 0416 007 631 Morning tea provided Siblings welcome Newsletters</p>	<p>Cerberus Cottage, HMAS Cerberus Must phone and book</p>	<p>Date Last Thurs of month Time 9.15am-11.15am Cost Gold coin donation</p>
<p><b>FAMILY MENTAL HEALTH SUPPORT SERVICE (FMHSS)</b> Provides support to vulnerable families with children &amp; young people who are at risk of developing a mental illness.</p>	<p>FMC MEDITATION AND COUNSELLING VICTORIA PH: 9784 0698 Tina Biro Tina.Biro@mediation.com.au</p>		<p>Please phone for further details</p>
<p><b>KINSHIP CARER SUPPORT GROUP ROSEBUD WEST</b> Come and meet with other Kinship Carers and share the highs and lows of being a kinship carer!</p>	<p><b>Kinship Care Oz Child</b> Contact Sue Gale ph. 9212 5600 for further information</p>	<p>Seawinds Community Hub 11a Allambie Ave, Rosebud West Next to Eastbourne Primary School</p>	<p>Please phone for details.</p>
<p><b>Y LOUNGE ROSEBUD</b> Provides a safe space to drop in hang out with your friends or make new ones.</p>	<p>Staffed by qualified youth workers and fully supervised 5986 3585</p>	<p>1 Nepean Plaza, Rosebud. Corner of Ninth Ave.</p>	<p>Open Hours Friday 3pm -5pm</p>

<p><b>HASTINGS SHED 11</b> provides a safe space to drop in hang out with your friends or make new ones centre proved</p>	<p>Staffed by qualified youth workers and fully supervised 5950 1666</p>	<p>11 Marine Parade, Hastings</p>	<p>Open Hours Monday 3pm -5pm Friday 3pm – 5pm</p>
<p><b>KOORI SERVICES-</b> We can help you to access the services you need.</p>	<p><b>Peninsula Health</b> Enquiries through ACCESS 1300 666 781</p>	<p>Please phone for details</p>	
<p><b>GIRRINGTON WIMBI (SWEET WALLABY) PLAYGROUP</b></p>	<p><b>Good Shepherd</b> 5960 7000 or 0408 948 755</p>	<p>Good Shepherd Community House</p>	<p>Runs School Terms Day: Friday</p>
<p><b>CITY OF PORT PHILLIP-</b> Offers a range of services. <b>Maternal and Child Health;</b> Applying for childcare; Early Childhood education &amp; Care Services; School Directory; Integrated Services for families with children aged 0-8; Playgroups; Home based Respite; Community Directories and much more. Contact your council. 9209 6777 Cnr Carlisle St &amp; Brighton Rd St Kilda. PO Private Bag 3 St Kilda 3182 <a href="http://www.portphillip.vic.gov.au">www.portphillip.vic.gov.au</a> <b>MATERNAL AND CHILD HEALTH CENTRE</b> 9209 6766 AH 13 2229 171 Chapel St, St Kilda</p>			
<p><b>CARING MUMS</b> In the challenging first months of your baby's life, a trained volunteer provides you with one on one emotional support. Through weekly visits, together you navigate the new and exciting road of motherhood</p>	<p><b>NCJWA Victorian Multicultural Commission</b> <a href="mailto:caringmums@ncjwa.org.au">caringmums@ncjwa.org.au</a> ph. 9044 5405 or 0481 081 242 <a href="http://www.caringmums.org.au">www.caringmums.org.au</a></p>	<p>Bubup Nairm Family and Children's Centre 998 Carlisle St, St Kilda</p>	<p>The program is free of charge, nonjudgmental and confidential. Women in the Cities of Yarra, Kingston, Port Phillip, Gen Eira, Bayside and Stonnington are eligible for the served for up to one year</p>

## City of Port Phillip

Group / Program	Contact	Address	Details/ Other
<b>CHALLENGING BEHAVIOURS, DISABILITIES, GRIEF, VIOLENCE AND OTHER</b>			
<b>WINDANA PARENTING PROGRAM</b>	<a href="http://www.windana.org.au">www.windana.org.au</a> Please phone for details		
<b>YOUNG MUMS GROUP</b> For parents 25 & under to meet to share outings & opportunities.	<b>St Kilda Youth Services</b> Dave Wells 9696 5340	62 Pickles St South Melbourne	Please phone for further details (Accredited learning outcomes certificate of General ED.)
<b>St Kilda Youth Centre</b>	<b>9696 53 40</b> <b>62-74 Pickles St Sth Melbourne</b>		
<b>DRUG AND ALCOHOL RECOVERY SUPPORT GROUP</b> A peer support group that aims to provide you with the chance to speak up about the things that affect you as you recover from harmful drug or alcohol use. All welcome drop in and have a cup of tea or coffee.	<b>Windana Drug and Alcohol Recovery</b> Ph. 95297955 <a href="http://www.windana.org.au">www.windana.org.au</a> Windana Head Office 88 Alma Rd. St Kilda (cnr Chapel St) The Windana Society Inc. Pam Williams Also at Dandenong and Rosebud		
<b>KINSHIP CARER SUPPORT GROUP</b> Are you a kinship carer who is caring for a child who is not your own? Living in the municipalities of Bayside, Glen Eira, Port Phillip and Stonington-Come and meet with other Kinship Carers and share the highs and lows of being a kinship carer!	<b>Kinship Care Oz Child</b> Contact Sue Gale ph. 9212 5600 for further information	Highett Neighbourhood Community House 2 Livingston Street, Highett	New dates not available. Please phone

## City of Port Phillip

Group / Program	Contact	Address	Details/ Other
<b>WELLWAYS</b> - run programs through MI Fellowship Victoria and other partner organisations for families and friends of people with a mental illness.	Wellways 276 Heidelberg Rd Fairfield	Please phone 9784 6800 for further information.	Phone for current programs 9784 6800
<b>MOTHER SUPPORT PROGRAM</b> Home-based Outreach support & rehabilitation for mothers with a mental illness who have dependent children in their care	<b>Prahran Mission</b> Damien Russell 9692 9400	Prahran Mission 15 Cromwell Rd, South Yarra	Please phone for further information on times/dates
<p><b>MUM FOR MUM PROGRAM - MUM</b> A non-denominational program of <b>the National Council of Jewish Women of Australia (Vic)</b>. Its aim is to provide women who have a child less than one year of age with emotional support. Women can self-refer or may be referred through health professionals such as their maternal and child centre nurse, GP, obstetrician or counsellor. link to a video the Leader made on our program <a href="http://port-phillip-leader.whereilive.com.au/news/story/glen-eira-outreach-service-to-keep-mum-happy/">http://port-phillip-leader.whereilive.com.au/news/story/glen-eira-outreach-service-to-keep-mum-happy/</a> website too: <a href="http://www.mumformum.org.au">www.mumformum.org.au</a> Phone 9523 0535</p>			

### Accommodation Options for Families (Launch Housing)

Provides support services for families experiencing homelessness or living in unsuitable housing, particularly rooming houses.

## City of Stonington

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

## City of Stonington

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

### FAMILY VIOLENCE

#### ORANGE DOOR

Go to “ FAMILY VIOLENCE REFORM” on page 12 for details OR <https://www.vic.gov.au/familyviolence/the-orange-door.html>



## City of Stonington

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

## City of Stonington

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

## City of Stonington

Group / Program	Contact	Address	Details/ Other
<p><b>WELLWAYS</b> Run programs through MI Fellowship Victoria and other partner organisations for families and friends of people with a mental illness.</p>	<p><b>Wellways</b> 276 Heidelberg Rd Fairfield</p>	<p>Please phone 9784 6800 for further information.</p>	<p>Phone for current programs 9784 6800</p>
<b>FAMILY SUPPORT</b>			
<p><b>MOTHER SUPPORT PROGRAM –</b> Home-based Outreach support &amp; rehabilitation for mothers with a mental illness who have dependent children in their care</p>	<p><b>Prahran Mission</b> Damien Russell 9692 9400</p>	<p>Prahran Mission 15 Cromwell Rd South Yarra</p>	<p>Please phone for further information on times/dates</p>
<p><b>KOORIE FAMILY GATHERING</b> Are you, your children or the children you care for Aboriginal and/or Torres Strait Islander? Do you live in the City of Bayside, Glen Eira, Kingston or Stonnington? Would you like to connect with other Koorie families to have a yarn and a cuppa? Join our fun activities including storytelling and singing. <b>Term 1,</b> Would you like to connect with other Koorie families to have a yarn and a cuppa? Join our fun activities including storytelling and singing</p>	<p>City Of Bayside City Of Kingston City of Stonnington City Glen Eira Southern Melbourne Partnership <b>For more information, contact:</b> <b>Chris</b> 0402 311 989 cedmonds@smpcp.org.au</p>	<p>Derrimut Weelam Gathering Place Mordialloc Life Saving Club, 199 Beach Road, Mordialloc</p>	<p>Day    Thursdays Date    6 &amp; 20 Feb           5 &amp; 19 Feb Time    10.30am to 12.30pm</p>

<p><b>NURTURING THE RELATIONS WITH YOUR CHILD &amp; BUILDING THEIR SELF ESTEEM</b></p> <p>Understand and promoting positive behaviour in the 2-4 year old sleep patterns and settling techniques</p>	<p><b>O'Connell Family Centre</b> 8416 7600  <a href="http://www.mercy.com.au">www.mercy.com.au</a>                      email: ofc_reception@mercy.com.au</p>	<p>6 Mont Albert Road                      Canterbury, 3136</p>	<p>Please phone for details</p>
<p><b>AFRICAN MUMS PLAYGROUP</b></p>	<p><b>City Of Stonington</b>                      Sarah Day                      8290 7025</p>	<p>Princes Gardens MCH Centre                      Prahran and South Yarra</p>	<p>Please phone for further details</p>
<p><b>YOUNG MUM'S GROUP</b></p> <p>For Mum's under 25 to meet and share and engage in a range of activities</p>	<p><b>City Of Stonington</b>                      Sarah Day                      8290 7025</p>	<p>Princes Gardens MCH Centre                      Prahran and South Yarra</p>	<p>Please phone for further details</p>
<p><b>MANDARINE SPEAKING PARENTS AND BABY GROUP</b></p> <p>Babies up to 12 months old</p>	<p><b>Phoenix park Neighbourhood House &amp; Phoenix Park MCHC</b> 9530 4397</p>	<p>Phoenix Park Neighbourhood House                      22 Rob Roy Rd, East Malvern.</p>	<p>Please phone for further details</p>
<p><b>YOUNG MUMS GROUP</b></p> <p>For parents 25 &amp; under to meet to share outings and opportunities.</p>	<p><b>St Kilda Youth Services</b>                      Dave Wells                      9696 5340</p>	<p>62 Pickles St                      South Melbourne</p>	<p>Receive a certificate at the end.                      Please phone for further details</p>
<p><b>MAKING STEPFAMILIES WORK.</b></p> <p>Courses for couples</p>	<p><b>Stepfamily Association of Victoria</b>                      Zoe 9639 2576 <a href="http://www.stepfamily.org.au">www.stepfamily.org.au</a></p>	<p>Malvern, Flemington Doncaster &amp; Carlton</p>	<p>Please phone for details of dates/venues &amp; times</p>
<p><b>YOUNG MUMS GROUP</b></p> <p>For parents 25 &amp; under to meet to share outings and opportunities.</p>	<p><b>St Kilda Youth Services</b>                      Dave Wells                      9696 5340</p>	<p>62 Pickles St South                      Melbourne</p>	<p>Receive a certificate at the end.                      Please phone for further details</p>

## Telephone Help Lines

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

## Telephone Help Lines

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

## Telephone Help Lines

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

## Telephone Help Lines

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



## Telephone Help Lines

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

## Telephone Help Lines

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

## Telephone Help Lines

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

S

Have a great 1<sup>st</sup> Term and 2020 from all of us at Parentzone.

Remember to get your details updated for Term2 as soon as you know what is planned.

If you need to update anything in the current issue for next term, please send the:

Page number

Group

Details

This newsletter is updated each term.

If you would like the link so you can use it from the Anglicare site at any time please email us.

Email: [Parentzone.southern@anglicarevic.org.au](mailto:Parentzone.southern@anglicarevic.org.au)

Thanks