



ParentZone Northern News

Term 2 2020

PARENTZONE

**BETTER
TOMORROWS**

Welcome to the ParentZone Northern Newsletter for Term 2 2020

Our aim is to provide a responsive, innovative and accessible Regional Parenting Resource Service. We use a strengths based, culturally-sensitive and gender-appropriate approach for families, carers and professionals with children aged 0 - 18 years of age within the LGA's of Whittlesea, Hume, Moreland, Nillumbik, Banyule, Darebin and Yarra.

PZ Newsletter Team Leader update

Well, what a

difference a term makes! Here we are, adjusting to working from home and figuring out how best to support the families and communities we work with in the current climate. Events are changing so rapidly that it can be overwhelming keeping up to date with new restrictions and requirements. We can only imagine how stressful it must be for our families, who are already potentially struggling with disadvantage and dislocation, language barriers, social isolation, mental health issues, complex family dynamics and family violence. We recognise that families are under more pressure than ever, including the stress of the unknown and often also worrying about friends and family far away. We had an abrupt interruption to our term 1 group timetable, with social distancing measures put in place before groups were able to be completed in their usual format. The team went swiftly in to action, running closure groups online where possible and otherwise contacting all participants individually to provide closure and support and to detail what other supports we can provide now and in term 2. The feedback we received from parents was really positive and a lovely reminder of the immediate impact we have in the group work and support space.

At PZ we have developed an online group work timetable via the Zoom platform. It has, despite the challenges, been invigorating and exciting to explore new ways of providing support to our families in the current climate. I would really like to acknowledge the hard work and innovative way the team have embraced this task and the

creative solutions conceived and devised to make our group work as strength based, solution focussed and interactive as ever. I am always so impressed with the team's dedication and commitment to our parents, families and professional networks. We are focussing on single sessions, tailored according to the original term 2 timetable and adapted to a virtual setting. Please see timetable attached. We are taking registrations, as per usual, via the Parentzone duty line 8461 8900 or email

Parentzone.preston@anglicarevic.org.au.

We are also available via the above contact details to provide support to parent, families and professionals with any parenting issues they may be currently facing. The first NPEN for 2020 took place via Zoom last week without a hitch and the feedback was universally positive. Please refer Jo Templeton's update below.

From all the team here at PZ, we encourage everyone to stay in touch, look out for each other, share resources and make the most of what has been made available in the here and now. Stay well and remember to take care of yourselves and each other.

Helen Slonek, Team Leader, Parentzone and BWCH

What we do

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

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



ParentZone Term 2 Professional Programmes - All sessions will run online

Adolescent Development - Professionals

This session will support professionals working with adolescents to better understand this stage of development and the changes young people are going through.

During the session the areas of development will be discussed including social, emotional, intellectual, physical and language.

Tuesday 21st April
10.00am - 11.30am

Bookings are essential. To book call ParentZone on 03 8641 8900 or 0458 550 071 or email parentzone.preston@anglicarevic.org.au



Early Years Development - Professionals

This session will help workers to better understand the development needs of young children. We will explore brain development, expectations of ages and stages and managing our responses to their needs.

Thursday 30th April
10.00am - 11.30am

Bookings are essential. To book call ParentZone on 03 8641 8900 or 0458 550 071 or email parentzone.preston@anglicarevic.org.au



Play Together, Learn Together - Professionals

This session will help you support your clients to explore what play can look like in their home and current limited environment and help you to think outside the box with your practice. We will reference a playful resource that focuses on building parent/child relationships and understanding of children's learning

Thursday 7th May
10.00am - 11.30am

Bookings are essential. To book call ParentZone on 03 8641 8900 or 0458 550 071 or email parentzone.preston@anglicarevic.org.au



ParentZone Term 2 Professional Programmes

All sessions will run online

Adolescent Development - Professionals

This session will support professionals working with adolescents to better understand this stage of development and the changes young people are going through.

During the session the areas of development will be discussed including social, emotional, intellectual, physical and language.

Thursday 14th May
10.00am - 11.30am

Bookings are essential. To book call ParentZone on 03 8641 8900 or 0458 550 071 or email parentzone.preston@anglicarevic.org.au



Autism - Professionals

This session will give professionals the opportunity to discuss some key strategies and practical tips. There will be some interactive activities where you can share experiences and ideas.

Wednesday 20th May
10.00am - 11.30am

Bookings are essential. To book call ParentZone on 03 8641 8900 or 0458 550 071 or email parentzone.preston@anglicarevic.org.au



Early Years Development - Professionals

This session will help workers to better understand the developmental needs of young children. We will explore brain development, expectations of ages and stages and managing our responses to their needs.

Tuesday 26th May
10.00am - 11.30am

Bookings are essential. To book call ParentZone on 03 8641 8900 or 0458 550 071 or email parentzone.preston@anglicarevic.org.au



ParentZone Term 2 Professional Programmes

All sessions will run online

Play Together, Learn Together - Professionals

This session will help you support your clients to explore what play can look like in their home and current limited environment and help you to think outside the box with your practice. We will reference a playful resource that focuses on building parent/child relationships and understanding of children's learning.

Tuesday 2nd June
10.00am - 11.30am

Bookings are essential. To book call ParentZone on 03 8641 8900 or 0458 550 071 or email parentzone.preston@anglicarevic.org.au



Adolescent Development - Professionals

This session will support professionals working with adolescents to better understand this stage of development and the changes young people are going through.

During the session the areas of development that will be discussed include social, emotional, intellectual, physical and language.

Thursday 11th June
10.00am - 11.30am

Bookings are essential. To book call ParentZone on 03 8641 8900 or 0458 550 071 or email parentzone.preston@anglicarevic.org.au



Autism - Professionals

This session will give professionals the opportunity to discuss some key strategies and practical tips. There will be some interactive activities where you can share experiences and ideas.

Thursday 18th June
10.00am - 11.30am

Bookings are essential. To book call ParentZone on 03 8641 8900 or 0458 550 071 or email parentzone.preston@anglicarevic.org.au



Early Years Development - Professionals

This session will help workers to better understand the development needs of young children. We will explore brain development, expectations of ages and stages and managing our responses to their needs.

Thursday 25th June
10.00am - 11.30am

Bookings are essential. To book call ParentZone on 03 8641 8900 or 0458 550 071 or email parentzone.preston@anglicarevic.org.au



ParentZone Term 2 Parent Programmes

All sessions will run online

Raising Resilient Kids

This interactive session focuses on:

- exploring what resilience means
- identifying what influences resilience
- discussing the role you can have in building your kid's resilience

Wednesday 22nd April
1.30pm - 3.00pm

Bookings are essential. To book call ParentZone on 03 8641 8900 or 0458 550 071 or email parentzone.preston@anglicarevic.org.au



Pre-schooler's Challenging Behaviours

This interactive session focuses on:

- the feelings and needs that are underneath behaviour
- understanding your pre-schooler's brain development and how this links into their behaviour
- exploring ideas about discipline

Thursday 23rd April
10.00am - 11.30am

Bookings are essential. To book call ParentZone on 03 8641 8900 or 0458 550 071 or email parentzone.preston@anglicarevic.org.au



Dealing with our Kid's Anxiety

This interactive session focuses on:

- what are the typical fears, worries and anxieties that our children experience
- understanding and empathising with their experiences
- exploring ideas and responses that support them

Tuesday 28th April
10.00am - 11.30am

Bookings are essential. To book call ParentZone on 03 8641 8900 or 0458 550 071 or email parentzone.preston@anglicarevic.org.au



ParentZone Term 2 Parent Programmes

All sessions will run On-Line

Pre Teen Challenging Behaviours

This interactive 2 hour session focuses on:

- the feelings are needs that are underneath behaviour
- understanding what happens in the brain when we get overwhelmed
- sharing ideas about discipline and boundaries

Wednesday 29th April
1.30pm - 3.00pm

Bookings are essential. To book call ParentZone on 03 8641 8900 or 0458 550 071 or email parentzone.preston@anglicarevic.org.au



Living With Autism - Taster

This session will give parents the opportunity to discuss some key strategies and practical tips. There will be some interactive activities where you can share experiences and ideas.

Tuesday 5th May
10.00am - 11.30am

Bookings are essential. To book call ParentZone on 03 8641 8900 or 0458 550 071 or email parentzone.preston@anglicarevic.org.au



Raising Resilient Teens

This interactive session focuses on:

- exploring what resilience means
- identifying what influences resilience
- discussing the role you can have in building your teen's resilience

Wednesday 6th May
6.00pm - 7.30pm

Bookings are essential. To book call ParentZone on 03 8641 8900 or 0458 550 071 or email parentzone.preston@anglicarevic.org.au



ParentZone Term 2 Parent Programmes

All sessions will run online

Teen's Challenging Behaviours

This interactive session focuses on:

- the feelings and needs that are underneath behaviour
- understanding what happens in the brain when we get overwhelmed
- exploring how to navigate your changing relationship with your teen

Tuesday 12th May
6.00pm - 7.30pm

Bookings are essential. To book call ParentZone on 03 8641 8900 or 0458 550 071 or email parentzone.preston@anglicarevic.org.au



Dad's Building Solutions - taster

Dads Building Solutions is for fathers or male carers who want to come together to talk about parenting. In this session we will talk about what being a dad means to you, how to build resilience in your children, being a positive role model, and what it takes to raise healthy, happy kids.

Wednesday 13th May
6.00pm - 7.30pm

Bookings are essential. To book call ParentZone on 03 8641 8900 or 0458 550 071 or email parentzone.preston@anglicarevic.org.au



Communicating with your Kids

This interactive session focuses on:

- identifying what gets in the way of connecting with your kids
- exploring how to better manage your emotions when communicating with your kids
- share ideas about problem solving with your kids

Tuesday 19th May
1.30pm - 3.00pm

Bookings are essential. To book call ParentZone on 03 8641 8900 or 0458 550 071 or email parentzone.preston@anglicarevic.org.au



ParentZone Term 2 Parent Programmes

All sessions will run online

Dealing with Feelings

This interactive session focuses on:

- getting to know our own feelings and triggers
- exploring the feelings underneath our kid's behaviours
- exploring ways to better manage our responses to our kid's emotions

Thursday 21st May
10.00am - 11.30am

Bookings are essential. To book call ParentZone on 03 8641 8900 or 0458 550 071 or email parentzone.preston@anglicarevic.org.au



Talking with your Teens

This interactive session focuses on:

- identifying what gets in the way of connecting with your teen
- exploring how to better manage your emotions when communicating with your teen
- share ideas about problem solving with your teen

Wednesday 27th May
6.00pm - 7.30pm

Bookings are essential. To book call ParentZone on 03 8641 8900 or 0458 550 071 or email parentzone.preston@anglicarevic.org.au



Raising Resilient Kids

This interactive session focuses on:

- exploring what resilience means
- identifying what influences resilience
- discussing the role you can have in building your kid's resilience

Thursday 28th May
10.00am - 11.30am

Bookings are essential. To book call ParentZone on 03 8641 8900 or 0458 550 071 or email parentzone.preston@anglicarevic.org.au



ParentZone Term 2 Parent Programmes

All sessions will run online

Parenting now for your Child's future

This interactive session focuses on:

- our expectations of our children at different ages and stages
- how to provide opportunities for children to learn and develop
- your hopes for your child's future and how to work towards them

Wednesday 3rd June
10.00am - 11.30am

Bookings are essential. To book call ParentZone on 03 8641 8900 or 0458 550 071 or email parentzone.preston@anglicarevic.org.au



Dealing with Feelings - Arabic

This interactive session focuses on:

- getting to know our own feelings and triggers
- exploring the feelings underneath our kid's behaviours
- exploring ways to better manage our responses to our kid's emotions

Facilitated in Arabic

Thursday 4th June
10.00am - 11.30am

Bookings are essential. To book call Broadmeadows Women's House on 9301 5250 or womenshouse@anglicarevic.org.au



Dealing with our Kids Anxiety

This interactive session focuses on:

- what are the typical fears, worries and anxieties that our children experience
- understanding and empathising with their experiences
- exploring ideas and responses that support them

Thursday 4th June
6.00pm - 7.30pm

Bookings are essential. To book call ParentZone on 03 8641 8900 or 0458 550 071 or email parentzone.preston@anglicarevic.org.au



ParentZone Term 2 Parent Programmes

All sessions will run online

Understanding your Teen's Development

This interactive session focuses on:

- exploring your experiences of your teen as they develop
- helping you to identify how to best respond to your teen's needs
- reflecting on appropriate expectations of your teen for their age and stage

Tuesday 9th June
6.00pm - 7.30pm

Bookings are essential. To book call ParentZone on 03 8641 8900 or 0458 550 071 or email parentzone.preston@anglicarevic.org.au



Circle of Security info session

This session provides information and an introduction to Circle of Security - Parenting. For parents/caregivers with children between the age of 0-6 years. Circle of Security parenting program looks at how parents can build their relationship with their children and enhance attachment.

Wednesday 10th June
10.00am - 11.30am

Bookings are essential. To book call ParentZone on 03 8641 8900 or 0458 550 071 or email parentzone.preston@anglicarevic.org.au



Raising Resilient Teens

This interactive session focuses on:

- exploring what resilience means
- identifying what influences resilience
- discussing the role you can have in building your teen's resilience

Tuesday 16th June
6.00pm - 7.30pm

Bookings are essential. To book call ParentZone on 03 8641 8900 or 0458 550 071 or email parentzone.preston@anglicarevic.org.au



ParentZone Term 2 Parent Programmes

All sessions will run online

Living with Autism taster

This session will give parents the opportunity to discuss some key strategies and practical tips. There will be some interactive activities where you can share experiences and ideas.

Wednesday 17th June
10.00am - 11.30am

Bookings are essential. To book call ParentZone on 03 8641 8900 or 0458 550 071 or email parentzone.preston@anglicarevic.org.au



Dad's Building Solutions taster

Dads Building Solutions is for fathers or male carers who want to come together to talk about parenting. In this session we will talk about what being a dad means to you, how to build resilience in your children, being a positive role model, and what it takes to raise healthy, happy kids.

Tuesday 23rd June
6.00pm - 7.30pm

Bookings are essential. To book call ParentZone on 03 8641 8900 or 0458 550 071 or email parentzone.preston@anglicarevic.org.au



Communicating with your Kids

This interactive session focuses on:

- identifying what gets in the way of connecting with your kids
- exploring how to better manage your emotions when communicating with your kids
- share ideas about problem solving with your kids

Wednesday 24th June
2.00pm - 3.30pm

Bookings are essential. To book call ParentZone on 03 8641 8900 or 0458 550 071 or email parentzone.preston@anglicarevic.org.au



Northern Parent Educator Network

Despite the current climate the first NPEN meeting of 2020 was a huge success with our biggest attendance in recent times. Twenty six people signed on to ParentZone Northern's first ever professional Zoom meeting. Siri Gunawardana Training Coordinator for the Centre for Culture, Ethnicity & Health presented on Tools and Tips for working with parents from migrant and refugee backgrounds. The presentation was well received with many questions and discussion from the network. There was also adequate time for networking with many updating how they are functioning in the current climate and some of the concerns workers have with this.

The feedback, gathered through Survey Monkey was extremely positive. Many commented on the two tools which were shared and being able to connect with people in these times. Below are a few of the responses:

Great to connect with others and hear about other's experiences and how they are managing in these strange circumstances. Found Siri's presentation valuable, especially the culturagram.

The presentation was excellent but so was hearing what everyone is offering parents in these changed times, wow!

Thanks Jo for inviting me to this session. It is the most wonderful and professional one which I've attended it through the Zoom App so far.

The next meeting is scheduled for Thursday 18th June. We had planned for this to be the annual forum with the focus on inclusive practice when working with Aboriginal and Torres Strait Islander families. We have decided to postpone this until later in the year so we can come together face to face and showcase work happening in this space as well as hear from key workers in these communities.

On top of the June session we will run an additional session on Thursday 7th May from 2pm - 3pm. Members will be invited to suggest agenda items to be included and given the opportunity to share how they are working in the current climate. Invites will be sent out in the next few weeks.

Contact Jo for more details.

Broadmeadows Women's Community House

Zoom Groups Term 2

All enquiries - 9301 5250 or womenshouse@anglicarevic.org.au

Let's Play/Let's Play More

Monday

10.00am - 11.00am

English Classes

Monday

2.00pm - 3.00pm

Small Steps/Little Steps

Tuesday

10.00am - 11.00am

Out & About

Tuesday

1.00pm - 2.00pm

Meadow's Primary School Playgroup

Thursday

10.00am - 11.00am

Ageing & Feeling Great

Thursday

1.00pm - 2.00pm

Women's Wellbeing Circle

Friday

10.00am - 11.00am

What's happening elsewhere

Family Matters

Family Matters is a free Family counselling program. We work with a range of family issues, most particularly the challenges which parenting an adolescent brings. Often parents and adolescents present feeling frustrated, disconnected, hurt and exhausted. Parents hope for better connection and communication. Our experience shows that mostly kids want and need this too, particularly during adolescence.

We are mindful that due to the impact of the current climate that many families are experiencing increased pressure and uncertainty. They may also be cut off from their usual supports. With that in mind, support and resourcing from community services such as MATTERS may be timely and helpful.

The team can be contacted on 9450 4700. The program is based at the Berry Street Eaglemont office and will be using phone and Skype to deliver services to families during the period of shut down.



Believing In Children,
Young People, Families
& Their Future.

Important Telephone contacts

Police, Fire or Ambulance 000

Nurse on call 1300 60 60 24

National Home visiting Doctors 13 74 25 (13 SICK)

Poison Information Hotline 13 11 26

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

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

Darebin Community Mental Health Centre 03 9416 6300

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

Child Protection After Hours Service 131 278

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

Lifeline Crisis and Suicide Support 13 11 14

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

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

Aboriginal Family Violence Prevention and Legal Service 1800 105 303

Kids' Helpline 1800 55 1800

Mensline Australia 1300 78 99 78

Suicide Call Back Service 1300 659 467

Perinatal Anxiety and Depression Australia (PANDA) 1300 726 306

Parentline Victoria 13 22 89

DirectLine – drug & alcohol services 1800 888 236

Headspace 1800 650 890

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

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