

# **PARENTZONE DIRECTORY**

## **Term 3 2020**



*News and information on groups, programs and services being offered by Parentzone and Community Services to support families across the Gippsland region of Victoria.*

***Bass Coast, Baw Baw, East Gippsland, Latrobe,  
South Gippsland and Wellington***

## GIPPSLAND REGIONAL PARENTING SERVICES

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*Hello,*

Welcome to the term 3 edition of the Parentzone Newsletter.

Due to COVID-19, Parentzone Gippsland programs will be offered online. Please make contact with the Parentzone team to discuss what programs are currently on offer.

Programs and services included in this edition may have altered their delivery method or be on hold due to COVID-19. Please make contact directly with the provider and see what they are offering.

***What services or programs do you offer?***

To be included in the next Parentzone directory please complete the 'What's On Offer In Gippsland?' form (next page) and email it to us at [parentzone.gippsland@anglicarevic.org.au](mailto:parentzone.gippsland@anglicarevic.org.au)

***The deadline for term 4 entries is September 4<sup>th</sup> September 2020.***

***If you have a program requests for your area, please contact the Parentzone team on 5135 9555.***

In the meantime, stay safe and happy reading from the Parentzone team.

*Jacqui. Christine. Kim. Lisa & Anita*

### **Parentzone Gippsland**

190 Commercial Road, Morwell VIC 3840 P: (03) 51359555 E: [parentzone.gippsland@anglicarevic.org.au](mailto:parentzone.gippsland@anglicarevic.org.au)

### **Parentzone East**

47 - 51 Castella Street, Lilydale VIC 3140 P: (03) 97356134  
E: [parentzone.errd@anglicarevic.org.au](mailto:parentzone.errd@anglicarevic.org.au)

### **Parentzone North**

8 Hurtle Street, Lalor VIC 3075 P: (03) 86418900  
E: [parentzone.preston@anglicarevic.org.au](mailto:parentzone.preston@anglicarevic.org.au)

### **Parentzone Southern**

68 Main Street, Pakenham VIC 3810 P : 13 984 011  
E: [parentzone.southern@anglicarevic.org.au](mailto:parentzone.southern@anglicarevic.org.au)

Anglicare 60-64 Wells Street, Frankston VIC 3199 P: (03) 97816700

### What services or programs do you offer?

To be included in the Term 3 Parentzone directory please email this form to us at [parentzone.gippsland@anglicarevic.org.au](mailto:parentzone.gippsland@anglicarevic.org.au) by 4<sup>th</sup> September 2020

Name / Agency				
Contact Person				
Phone				
Program name				
Aim of your program / service				
Who can attend?				
Location etc				
Cost?				
<b>Please tick which category best suits your program / service</b>				
<input type="checkbox"/> Professional Development <input type="checkbox"/> Child and Family Services <input type="checkbox"/> General Parenting 0-5 years	<input type="checkbox"/> General Parenting 0-12 years <input type="checkbox"/> Sleep Units <input type="checkbox"/> Parents of Adolescents 12 to 18 years	<input type="checkbox"/> CALD Parents <input type="checkbox"/> Sole Parents <input type="checkbox"/> Step Families <input type="checkbox"/> Grief & Loss <input type="checkbox"/> Mental Health	<input type="checkbox"/> Dads <input type="checkbox"/> Family Violence <input type="checkbox"/> Special Needs <input type="checkbox"/> Vulnerable & Isolated Parents	<input type="checkbox"/> Drugs, Alcohol & Addictions <input type="checkbox"/> Child and Adolescent Programs <input type="checkbox"/> Other Community Support Groups

**Municipality:**

*Thank you for your contribution.  
We value your program information!*

# PROGRAM OVERVIEWS

Parentzone Gippsland is the Regional Parenting Service in Gippsland and receives a range of funding from DEECD and FaHCSIA FARS to provide parenting programs in Gippsland. Parentzone delivers a range of programs across Gippsland in local communities at **no cost**. Some of our many programs are detailed further below. If you would like to request a Parentzone facilitated program in your local community please complete the application form included in this newsletter and forward to Parentzone Gippsland.

## Parentzone Program Overviews

**Parents Building Solutions** is an evidenced based program that assists parents to build a foundation in parenting skills and strategies; to find solutions for everyday situations; and build positive family relationships. The content will be based around the needs and interests of the participants and may include any of the following topics - role of parents, parenting styles, children's development, developing a positive relationship with your children, self-esteem – theirs and yours, feelings, discipline and managing difficult behaviour.

**Supported Playgroup** targets families who have high and complex needs and is intended to improve parents' promotion of child health and development. Parents will help their children learn through play activities together, meet other parents and children and get help and encouragement with your parenting concerns.

**Breaking the Cycle** is a group for parents and carers whose adolescents are abusive or violent in the home.

An eight-week therapeutic program, that's supportive, informative and affirming, giving an opportunity to discuss all issues and learn new skills to better manage challenging situations.

**Kinship Support Group** is aimed at grandparents who are raising their grandchildren or who do not have access to their grandchildren. Meet with other grandparents who have had similar experiences; to share experiences, joys and concerns in a safe and confidential environment and develop positive and supportive networks.

**Homework Club** is a regular group with the aim to support parents in assisting their children with their homework. It is a relaxed learning environment where children can have fun reading or connecting with parents through other activities.

**Lift Up Your Family (LYFT)** is a program for parents and carers of younger people (aged 12-15 years) who have challenging behaviours and may also be using alcohol and other drugs in a problematic way.

Parentzone also facilitates specific focus programs such as **Tuning into Kids, Cyber Safety, Bullying, Tough Conversations with Teens, New Parents, Seasons for Growth and more**. Parenting programs can be tailored to meet the requirements of communities.

**Please contact Parentzone Gippsland for enquiries about our service and what we could offer on 03 5135 9555.**

# PARENTZONE GIPPSLAND

## TERM 3 PROGRAMS

**Storytime:**  
**Supported Playgroup**  
Join us online to enjoy songs, stories and fun activities each week.

Tuesdays  
14<sup>th</sup> July – 15<sup>th</sup> September  
10.30am – 11.30am

**Online via Zoom**

**Homework Club:**  
to assist your children with their homework or just have some fun reading and playing games.

Tuesdays  
14<sup>th</sup> July – 15<sup>th</sup> September  
3.30pm – 5:00pm

**Online via Zoom**

**Breaking The Cycle**  
For parents and carers of adolescents who are violent or abusive in the home

Thursdays  
30<sup>th</sup> July – 17<sup>th</sup> September  
5.30pm – 7.30pm

**Online via Zoom**

### **Let's Talk About Parenting**

Do you want to know how to talk to your children so they will listen?  
Understand what is normal children's behaviour?  
Communicate better with your child?  
Stay connected to your child?

**Program One:** Mondays 13<sup>th</sup> July – 10 August  
10.00am – 12.00noon

**Program Two:** Mondays 13<sup>th</sup> July – 10 August  
1.00pm – 3.00pm

**Program Three:** Fridays 7<sup>th</sup> August – 4<sup>th</sup> September  
10.30am – 12.30pm

**Online via Zoom**

For more information or to register-  
please contact –  
ParentZone Gippsland on 5135 9555  
or email [Parentzone.Gippsland@anglicarevic.org.au](mailto:Parentzone.Gippsland@anglicarevic.org.au)

**PARENTZONE**

REGION	DETAILS	WHEN & WHERE	CONTACT
<b>QUEEN ELIZABETH CENTRE</b>			
Gippsland	QEC programs support families to achieve better life outcomes for their children, transform and develop family resilience, community connections and develop stronger social capital, major determinants of individual and community health.	19a Hazelwood Road Morwell	5120 3444
<b>SAVE THE CHILDREN</b>			
Latrobe	Programs are free to children and families in need. Our support ranges from supported playgroups and literacy programs to fathering initiatives and family support for parents.	41 Prince Street Moe	5127 7270
<b>SAVE THE CHILDREN</b>			
Latrobe	Berry Street offer a range of programs including: Saver Plus - Financial Inclusion Program, Early Learning is Fun, Berry Street School, RISE, Victorian Certificate of Applied Learning, Registered Training Organisation, ChildFIRST, Foster & Kinship Care, Residential Care, Intensive Care Management, Adolescent Support Program, Residential Care	37 Elgin Street Morwell	5134 5971

	Case Management, Wilderness Program, Berry Big Adventure, L2P Learner Driver Program, Leaving Care, Mentoring and Positive Memory Bank.		
<b>ANGLICARE VICTORIA</b>			
Gippsland	Anglicare offices across Gippsland offers a range of services. These include: Legal Service, Financial Counselling, Koori Youth Justice, Reboot, Targeted Care Packages, Hippy, Integrated Family Services, Koori program, Latrobe Community Connect, Families First, Stronger Families, Teach, Children and Mothers in Mind, Safe Care, Children's Contact Service, Parentzone, Parenting Support and Caring Dads.	190 Commercial Road, Morwell  Shop 7-8/1 Billson Street, Wonthaggi  3 Barkly Street, Warragul (currently closed for renovations)  5A Church Street, Leongatha  347 Main Street, Bairnsdale	5135 9555  5671 0000  5622 8600  5662 4561  5662 4561
<b>QUANTUM</b>			
Gippsland	A wide range of services are available to those most vulnerable in the Gippsland community across five key areas: housing, tenant advocacy, homelessness, family violence, and community strengthening, foster care and youth work.	227 Princes Drive, Morwell 3840	5120 2000



**WOMEN'S LEGAL SERVICE VICTORIA**

All areas	Providing free and confidential legal information, advice, representation and referral to women in Victoria	Level 6 233 William Street Melbourne	8622 0600 <a href="http://www.womenslegal.org.au">www.womenslegal.org.au</a>
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**CATHOLIC CARE**

Baw Baw Latrobe Wellington	Provides family and relationship services, relationship courses, pastoral services, refugee and asylum seeker support, and school and education support. All services are offered to the whole community, regardless of religious belief or background. Services include: counselling, Parenting after separation, parenting orders program, pre marriage education.	19 Connor Street, Warragul Co located with Family Relationships Centre, 41 Grey Street, Traralgon Co located with Sale Neighbourhood House, 41 Leslie Street	5622 1500 or 9287 5555
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**CRADLE TO KINDER**

Latrobe Baw Baw	Cradle to Kinder (C2K) is an ante and post-natal support service that provides intensive family and early parenting support to vulnerable young families and their children. Support for the young parents and their family commences at pregnancy and continues until the child reaches 4 years of age. The target group for C2K is young pregnant mothers who are under 25 years of age.	190 Commercial Road Morwell  3 Barkly Street Warragul	5135 9555  5622 1610
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**THINK GROW CONNECT**

Latrobe	think.grow.connect provides a service where practitioners work together to meet the therapeutic needs of children, young people, adults and their families. Psychology, adult therapy and family and couple therapy .	3/24 Breed Street Traralgon admin@thinkgrowconnect.com.au	5176 4374
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**THE ORANGE DOOR**

Baw Baw Bass Coast Latrobe South Gippsland	The Orange Door is a new way for women, children and young people who are experiencing family violence or families that need assistance with the care and wellbeing of children to access the services they need to be safe and supported.	163 Princes Drive Morwell  9am—5pm Monday to Friday  iga@orangedoor.vic.gov.au	1800 319 354
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**SALVOCARE**

South Gippsland	We provide a range of support and recovery services including: Alcohol and other drug services, Chaplaincy, Homelessness support, Youth Services and out of home care.	2 Long Street Leongatha	13 SALVOS (13 72 58)
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**SAFE CARE**

Gippsland	SafeCare is an evidence-based, parent training program for parents of children aged 0-5 years. SafeCare educators work with families in the home to enhance skills in parent-child/infant	Anglicare Victoria 190 Commercial Road MORWELL	5135 9555
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	interaction, health and home safety.		
<b>TRAK FORWARD</b>			
Latrobe Baw Baw South Gippsland Bass Coast	The TRAK Forward program is for parents/carers, infants, children and young people who have been impacted by Family Violence and are ready to move forward with their lives.	Anglicare Victoria 190 Commercial Road MORWELL	5135 9555
<b>WELLWAYS</b>			
Baw Baw Bass Coast	We work with a diverse range of people living with mental health issues or various disabilities. We connect people, strengthen families and transform communities.	3/78 Smith Street, Warragul 99 Graham Street, Wonthaggi	5622 4100 5671 3900 Gippsland@wellways.org
<b>CHILDREN AND MOTHERS IN MIND (CMiM)</b>			
Gippsland	CMiM is a mother and child program specifically designed to meet the parenting needs of mothers who have experienced family violence and childhood abuse and have children four year and under. The 22 week program helps mothers learn ways to manage stress and other challenging feelings, foster healthy self-esteem and respond to their children in a sensitive, supportive and effective manner during this busy stage of life.	Anglicare Victoria 190 Commercial Road Morwell	5135 9555

**SCOPE VIC**

Gippsland	Disability Support Services for Children and Adults	3-5 Ann Street Morwell	Jenny Maffei 5623 1033
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**RELATIONSHIPS AUSTRALIA**

Gippsland	Focus on strengthening relationships and social connections for individuals and families, and in schools, workplaces and communities across all life stages. Programs include: Counselling, family dispute resolution, family mental health support, adoption service, Grandparents support group, women's therapeutic art course, women's self esteem course, post separation parenting course and community liaison and education.	59 Breed Street Traralgon	5175 9500 <a href="mailto:traralgon@rav.org.au">traralgon@rav.org.au</a>
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**NOAH'S ARK**

Gippsland	Noah's Ark Inc. offers a range of services and programs that support families who have a child with a disability or additional needs.	25 Chestnut Avenue Morwell	1800 819 140
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**UNITING**

Gippsland	We support families dealing with family breakdown, parents with alcohol and other drug dependence, financial pressures or housing	Level 6, 250 Victoria Parade East Melbourne	Head Office: 9192 8100
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	<p>challenges. Parents can get help developing their parenting skills or providing safe homes for children. We also support families trying to improve their relationships.</p>		
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**PAEDIATRIC ALLIED HEALTH SERVICE**

<p>Baw Baw Latrobe</p>	<p>This service helps improve your child's skills and ability to be part of community activities. The services available include one to one Physiotherapy, Occupational Therapy, Speech Pathology and Dietitian, or group therapy. For children up to 12 years of age, eligibility criteria apply for each type of therapy.</p>	<p>Allied Health Attn: Paediatric Service 41 Landsborough Street Warragul</p>	<p>5624 3548  kidsalliedhealth@wghg.com.au</p>
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DETAILS	CONTACT
<b>ASTHMA FOUNDATION OF VICTORIA</b>	
Asthma Australia and Asthma Foundations work collaboratively to improve the quality of life for people with asthma	Advice Line 1800 278 462 or 9326 7088 <a href="http://www.asthmaaustralia.org.au">www.asthmaaustralia.org.au</a>
<b>AUSTRALIAN MULTIPLE BIRTHS ASSOCIATION</b>	
Social and practical support about PND, babysitting, equipment hire, feeding, ant-nation information, social activities and babysitting club	1300 886 449 <a href="mailto:secretary@amba.org.au">secretary@amba.org.au</a> <a href="http://www.amba.org.au">www.amba.org.au</a>
<b>CHILDREN WITH PARENTS AFFECTED BY MENTAL ILLNESS</b>	
Resources and advices and subscribe to monthly newsletters.	<a href="http://www.copmi.net.au">www.copmi.net.au</a>
<b>EVERYDAY WAYS TO SUPPORT YOUR BABY AND TODDLER'S EARLY LEARNING</b>	
Advancing the proven power of early connections	<a href="http://www.zerotothree.org">www.zerotothree.org</a>
<b>MIRABEL FOUNDATION</b>	
Established in 1998 to assist children who have been orphaned or abandoned due to parental illicit drug use and are now in kinship care	<a href="http://www.mirabelfoundation.org.au">www.mirabelfoundation.org.au</a>
<b>THE RITE JOURNEY</b>	
An educational program designed to support teens in the development of self-awareness, vitality, responsibility, respect and resilience	<a href="mailto:andrew@theritejourney.com">andrew@theritejourney.com</a> <a href="http://www.ritejourney.com">www.ritejourney.com</a>
<b>PARENTING IDEAS</b>	
Michael Grose Presentations	<a href="http://www.parentingideas.com.au">www.parentingideas.com.au</a>
<b>PARENTLINK ACT</b>	
Fact sheets	13 34 27 <a href="http://www.parentlink.act.gov.au">www.parentlink.act.gov.au</a>
<b>PARENTING RESEARCH CENTRE</b>	
Victorian Parenting Centre	<a href="http://www.parentingrc.org.au">www.parentingrc.org.au</a>
<b>STEPDUCKS</b>	
The ultimate stepfamily	<a href="http://www.stepducks.com">www.stepducks.com</a>
<b>MAGGIE DENT</b>	
Building relationships and support adolescents to adulthood	<a href="http://www.maggiedent.com">www.maggiedent.com</a>
<b>NEW MENTAL HEALTH RESOURCES</b>	
Fact sheets in 21 languages	<a href="http://www.mhima.org.au">www.mhima.org.au</a> <a href="http://www.mentalhealth.gov.au">www.mentalhealth.gov.au</a>

**EVERY DAY WITH ADHD**

Resources for parents, teachers, carers, professionals and youth

[www.everydaywithadhd.com.au](http://www.everydaywithadhd.com.au)

**HEALTHY START**

improved health and wellbeing outcomes for children whose parents have learning difficulties

[www.healthystart.net.au](http://www.healthystart.net.au)

**RAISING CHILDREN NETWORK**

User friendly resource site which includes information, tools and resources on raising children in the pre-teen and early teen years.

[www.raisingchildren.net.au](http://www.raisingchildren.net.au)

### LATROBE

#### SUPPORTED PLAYGROUPS

<p>Latrobe</p>	<p>Join us for fun and play at a Supported Playgroup run by Parentzone Gippsland. This group will provide you and your child with the opportunity to: Connect through play, try new and fun ways to learn and meet other parents. The Supported Playgroup session will include strategies from the <i>smalltalk</i> program which helps promote children's development and learning.</p>	<p>Online during school term</p>	<p>Parentzone Gippsland on 5135 9555 or <a href="mailto:parentzone.gippsland@anglicarevic.org.au">parentzone.gippsland@anglicarevic.org.au</a></p>
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#### ALBERT STREET PLAYGROUP

<p>Latrobe</p>	<p>Supported Playgroups (smalltalk) offer a fun time for you to share with your child. This is also gives your child the chance to learn, grow and prepare for school. Lots of play activities, craft, music and story time, fun and friendship, support with parenting including strategies to help your child's early learning.</p>	<p>Thursdays (during school term)  Albert Street Primary School 9.00am—11.00am</p>	<p>Save the Children 5127 7270</p>
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## ST HILARY'S INTERGENERATIONAL PLAYGROUP

Latrobe	Learn, Play and make new friends. Intergenerational Playgroups are a great way to encourage friendships across generations, set in safe and suitable facility. Attendees are able to engage in a diverse array of play based learning activities and interactions.	Baptcare St Hilary's Aged Care Facility Playgroup 16 Elgin Street Morwell  Tuesdays 10.30am— 12.30pm	<a href="http://www.latrobe.vic.gov.au/playgroup">www.latrobe.vic.gov.au/playgroup</a> Or call Family Services on 1300 367 700
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## WANJANA LIDJ PLAYS

Latrobe	Wanjana Liji Plays is for children aged 0-5. All families are welcome.  Fun activities. Storytime.	The Gathering Place Morwell Fridays 10.30am— 1.30pm Transport Provided on request	5120 4300
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## TRARALGON PLAYGROUP

Latrobe	Now taking enrolments ages 0-5. New Groups and Individuals welcome	Mornings and afternoon available 7 days a weeks.	Ang on 0407 941 445 or <a href="mailto:traralgonplaygroup@y7mail.com">traralgonplaygroup@y7mail.com</a>
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## TRARALGON SUPPORTED SOCIAL AND PLAYGROUP

Latrobe	A friendly place for all ages and cultures. Have fun with your children or just come and meet new people in a relaxed atmosphere. You will have the opportunity to ask our trained staff any questions and receive support in parenting or other life issues.	Every Thursday From 10.00am— 12noon	Shupi Wadyehwata on 0409 966 325 or Anne Camier on 0419 547 766
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REGION	DETAILS	WHEN & WHERE	CONTACT
<b>BASS COAST</b>			
<b>SUPPORTED PLAYGROUP</b>			
Bass Coast	Bass Coast Health runs a number of Supported Playgroups across the Shire where parents and children can play together. Families are supported by a facilitator to encourage their child's learning and development through skills discussed in the sessions. There are opportunities to meet other parents and link with other relevant services and supports.	<p>10.00am— 12.00 noon during school terms</p> <p>Wonthaggi— Mondays and Fridays Wonthaggi Neighbourhood House 6 Murray Street</p> <p>Inverloch— Thursdays Inverloch Community Hub 16 A'Beckett Street</p> <p>Grantville— Thursdays Grantville Recreational Hall 1470 Bass Hwy</p> <p>Cowes— Fridays Cowes Uniting Church Hall 86 Chapel Street</p>	<p>Janine 0457 834 960</p> <p>Cath 0427 729 695</p>
<b>LETS TALK ABOUT PARENTING</b>			
Bass Coast	Facilitated by Parentzone Gippsland. The content will be based around the needs and interests of kinships and Foster Carers and may include: Factors that influence how we	<p>Online</p> <p>Mondays 13<sup>th</sup> July for 5 weeks 10am – 12 noon</p> <p>Or</p>	<p>Parentzone on</p> <p>5135 9555 or parentzone.gippsland@anglicarevic.org.au</p>

	parent, Child development, Developing a positive relationship with your children, Understanding causes of children’s behavior, ways to encourage cooperative behavior, Strategies to deal with difficult behavior, Self Esteem—theirs and yours and any other issues that are challenging you as a parent.	Mondays 13 <sup>th</sup> July for 5 weeks 1.00pm – 3pm  Or Fridays 7 <sup>th</sup> August for 5 weeks 10.30am – 12.30pm	
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## BAW BAW

### DADS MATTER—PARENTS BUILDING SOLUTIONS

Baw Baw	<p>Come and join other Dads to share experiences, learn new strategies and solutions on</p> <ul style="list-style-type: none"> <li>• Increasing your confidence as a Dad</li> <li>• Improving communication and closeness with your kids.</li> <li>• Creating a healthy environment for your children.</li> <li>• Learn strategies and tools that work.</li> <li>• Learning how to cope with stress, emotions and anger.</li> <li>• Parenting Beyond Separation.</li> </ul> <p>Facilitated by Parentzone Gippsland.</p>	<p>Phone and online</p> <p>Please register your interest.</p>	<p>Parentzone on</p> <p>5135 9555 or parentzone.gippsland@anglicarevic.org.au</p>
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### LETS TALK ABOUT PARENTING:

Baw Baw	Facilitated by Parentzone Gippsland. The content will be based	<p>Online</p> <p>Mondays 13<sup>th</sup> July for 5</p>	<p>Parentzone on</p> <p>5135 9555 or</p>
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	around the needs and interests of kinships and Foster Carers and may include: Factors that influence how we parent, Child development, Developing a positive relationship with your children, Understanding causes of children's behavior, ways to encourage cooperative behavior, Strategies to deal with difficult behavior, Self Esteem—theirs and yours and any other issues that are challenging you as a parent.	weeks 10am – 12 noon  Or  Mondays 13 <sup>th</sup> July for 5 weeks 1.00pm – 3pm  Or  Fridays 7 <sup>th</sup> August for 5 weeks 10.30am – 12.30pm	parentzone.gippsland@anglicarevic.org.au
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## LATROBE

### BREAKING THE CYCLE

Latrobe	<p>For parents and carers of adolescents who are violent or abusive in the home.</p> <ul style="list-style-type: none"> <li>• Do you feel threatened, frightened or even controlled by your son or daughter?</li> <li>• Are family members and younger siblings feeling scared?</li> <li>• Feeling anxious, isolated, ashamed, resentful?</li> </ul> <p>YES? Then join the 'Breaking the Cycle' group. It gives you an opportunity to discuss all issues and learn new skills to better manage challenging situations.</p>	<p>Online via ZOOM</p> <p>Thursdays 30<sup>th</sup> July – 17<sup>th</sup> September 5.30pm – 7.30pm</p>	<p>Parentzone</p> <p>5135 9555 or parentzone.gippsland@anglicarevic.org.au</p>
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### LETS TALK ABOUT PARENTING:

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	<p>parent, Child development, Developing a positive relationship with your children, Understanding causes of children’s behavior, ways to encourage cooperative behavior, Strategies to deal with difficult behavior, Self Esteem—theirs and yours and any other issues that are challenging you as a parent.</p>	<p>Mondays 13<sup>th</sup> July for 5 weeks 1.00pm – 3pm</p> <p>Or</p> <p>Fridays 7<sup>th</sup> August for 5 weeks 10.30am – 12.30pm</p>	
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**DADS MATTER—PARENTS BUILDING SOLUTIONS**

Latrobe	<p>Come and join other Dads to share experiences, learn new strategies and solutions on</p> <ul style="list-style-type: none"> <li>• Increasing your confidence as a Dad</li> <li>• Improving communication and closeness with your kids.</li> <li>• Creating a healthy environment for your children.</li> <li>• Learn strategies and tools that work.</li> <li>• Learning how to cope with stress, emotions and anger.</li> <li>• Parenting Beyond Separation.</li> <li>• Facilitated by Parentzone Gippsland.</li> </ul>	<p>Phone and online</p> <p>Please register your interest.</p>	<p>Parentzone on</p> <p>5135 9555 or parentzone.gippsland@anglicarevic.org.au</p>
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## HOMWORK CLUB

Latrobe	Come along to the Parentzone Homework Club for support to assist your children with their homework or just have some fun reading and playing board games with your child.	Online via ZOOM  Tuesday afternoons 3.30pm – 5.00pm during school terms	Anita at Parentzone on 0409 868 001  Or  Parentzone.gippsland@anglicarevic.org.au
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## SOUTH GIPPSLAND

### LETS TALK ABOUT PARENTING

South Gippsland	Facilitated by Parentzone Gippsland. The content will be based around the needs and interests of the participants and may include: Factors that influence how we parent, Child development, Developing a positive relationship with your children, Understanding causes of children's behavior, ways to encourage cooperative behavior, Strategies to deal with difficult behavior, Self Esteem—theirs and yours and any other issues that are challenging you as a parent.	Online via ZOOM  Mondays 13 <sup>th</sup> July for 5 weeks 10am – 12 noon  Or  Mondays 13 <sup>th</sup> July for 5 weeks 1.00pm – 3pm  Or  Fridays 7 <sup>th</sup> August for 5 weeks 10.30am – 12.30pm	Parentzone on 5135 9555 or parentzone.gippsland@anglicarevic.org.au
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### BREAKING THE CYCLE

Latrobe	For parents and carers of adolescents who are violent or abusive in the home. <ul style="list-style-type: none"> <li>Do you feel threatened, frightened or even controlled by your son or daughter?</li> <li>Are family members and younger siblings feeling scared?</li> </ul>	Online via ZOOM  Thursdays 30 <sup>th</sup> July – 17 <sup>th</sup> September 5.30pm – 7.30pm	Parentzone 5135 9555 or parentzone.gippsland@anglicarevic.org.au
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	<ul style="list-style-type: none"> <li>Feeling anxious, isolated, ashamed, resentful?</li> </ul> <p>YES? Then join the 'Breaking the Cycle' group. It gives you an opportunity to discuss all issues and learn new skills to better manage challenging situations.</p>		
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## WELLINGTON

### LETS TALK ABOUT PARENTING

Wellington	Facilitated by Parentzone Gippsland. The content will be based around the needs and interests of the participants and may include: Factors that influence how we parent, Child development, Developing a positive relationship with your children, Understanding causes of children's behavior, ways to encourage cooperative behavior, Strategies to deal with difficult behavior, Self Esteem—theirs and yours and any other issues that are challenging you as a parent.	<p>Online via ZOOM</p> <p>Mondays 13<sup>th</sup> July for 5 weeks 10am – 12 noon</p> <p>Or</p> <p>Mondays 13<sup>th</sup> July for 5 weeks 1.00pm – 3pm</p> <p>Or</p> <p>Fridays 7<sup>th</sup> August for 5 weeks 10.30am – 12.30pm</p>	Parentzone on 5135 9555 or <a href="mailto:parentzone.gippsland@anglicarevic.org.au">parentzone.gippsland@anglicarevic.org.au</a>
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### BREAKING THE CYCLE

Wellington	<p>For parents and carers of adolescents who are violent or abusive in the home.</p> <ul style="list-style-type: none"> <li>Do you feel threatened, frightened or even controlled by your son or daughter?</li> <li>Are family members and younger siblings feeling scared?</li> <li>Feeling anxious, isolated, ashamed, and resentful?</li> </ul>	<p>Online via ZOOM</p> <p>Thursdays 30<sup>th</sup> July – 17<sup>th</sup> September 5.30pm – 7.30pm</p>	<p>Parentzone</p> <p>5135 9555 or <a href="mailto:parentzone.gippsland@anglicarevic.org.au">parentzone.gippsland@anglicarevic.org.au</a></p>
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	YES? Then join the 'Breaking the Cycle' group. It gives you an opportunity to discuss all issues and learn new skills to better manage challenging situations.		
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## EAST GIPPSLAND

### LETS TALK ABOUT PARENTING

East Gippsland	Facilitated by Parentzone Gippsland. The content will be based around the needs and interests of the participants and may include: Factors that influence how we parent, Child development, Developing a positive relationship with your children, Understanding causes of children's behavior, ways to encourage cooperative behavior, Strategies to deal with difficult behavior, Self Esteem—theirs and yours and any other issues that are challenging you.	<p>Online via ZOOM</p> <p>Mondays 13<sup>th</sup> July for 5 weeks 10am – 12 noon</p> <p>Or</p> <p>Mondays 13<sup>th</sup> July for 5 weeks 1.00pm – 3pm</p> <p>Or</p> <p>Fridays 7<sup>th</sup> August for 5 weeks 10.30am – 12.30pm</p>	Parentzone on 5135 9555 or parentzone.gippsland@anglicarevic.org.au
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### BREAKING THE CYCLE

East Gippsland	<p>For parents and carers of adolescents who are violent or abusive in the home.</p> <ul style="list-style-type: none"> <li>• Do you feel threatened, frightened or even controlled by your son or daughter?</li> <li>• Are family members and younger siblings feeling scared?</li> <li>• Feeling anxious, isolated, ashamed, resentful?</li> </ul> <p>YES? Then join the 'Breaking the Cycle' group.</p>	<p>Online via ZOOM</p> <p>Thursdays 30<sup>th</sup> July – 17<sup>th</sup> September 5.30pm – 7.30pm</p>	<p>Parentzone</p> <p>5135 9555 or parentzone.gippsland@anglicarevic.org.au</p>
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REGION	DETAILS	WHEN & WHERE	CONTACT
<b>LATROBE</b>			
<b>TUNING INTO KIDS/TEENS</b>			
Latrobe	<p>Tuning into Kids could make a positive difference to your child's development. Tuning In To Kids is eight-week group program for parents of children aged 3-10 years and Tuning in to Teens, is designed for parents of adolescents aged 10-17 years. It can help you to teach your child/adolescent the skills of emotional intelligence.</p>	Berry Street 37 Elgin Street, Morwell	Denise Collis at Berry Street on 5134 5971
<b>RISKY BUSINESS: TOUGH CONVERSATIONS WITH TEENS</b>			
Latrobe	<p>Do you want to: Communicate better with your teen? Develop strategies to listen without judgment? Help your teen problem solve and make safe choices? Stay connected? Come along to this FREE session to learn strategies, share stories and take some time out for you!</p>	Please call and register your interest.	Parentzone Gippsland on 5135 9555 or <a href="mailto:parentzone.gippsland@anglicarevic.org.au">parentzone.gippsland@anglicarevic.org.au</a>

### LATROBE

#### VACCA PROGRAMS

Latrobe	Therapeutic residential care, crisis accommodation and support services for women and children experiencing family violence, youth services, family mental health services, justice worker, women's diversion service, Cradle to Kinder and Targeted care packages.	25-27 Rintoull Street Morwell	5135 6055 <a href="http://www.deadlystory.com">www.deadlystory.com</a>
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#### KOORI YOUTH JUSTICE

Latrobe	The Koori Youth Justice program seeks to reduce the numbers of young Koori people in the Latrobe Valley area coming into contact with the Police and Youth Justice system as a result of criminal activities. The target group consists of young Koori males and females aged between 10 and 20 years who are subject to Children's Court Youth Justice orders or are identified as being at risk of doing so.	Anglicare Victoria 190 Commercial Road Morwell	5135 9555
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REGION	DETAILS	WHEN & WHERE	CONTACT
<b>STEP FAMILY AUSTRALIA</b>			
All areas	Counselling, support groups, resources and tip sheets	Step Families Australia 100 Drummond Street Carlton	9663 6733 <a href="http://www.stepfamily.org.au">www.stepfamily.org.au</a>
<b>STEPPING UP - STEP FAMILIES</b>			
All Areas	Counselling, support groups, resources and tip sheets	Drummond Street Services 100 Drummond Street Carlton	9663 6733

REGION	DETAILS	WHEN & WHERE	CONTACT
<b>STATEWIDE</b>			
<b>THE AUSTRALIAN CENTRE FOR GRIEF AND BEREAVEMENT</b>			
State-wide	Education, workshops & training Programs include: - Kids Grieve Too - Younger Bereaved Partners	253 Wellington Road Mulgrave	2100 <a href="mailto:iinfo@grief.org.au">iinfo@grief.org.au</a> <a href="http://www.grief.org.au">www.grief.org.au</a>
<b>RED NOSE ( formerly SIDS AND KIDS )</b>			
All Areas	Counselling for the sudden and unexpected death of a child 20 weeks gestation to 6 years of age. Range of groups and activities for families including perinatal group, multiple birth bereavement, grandparents, siblings, subsequent pregnancy groups, fathers and creative memory groups	75 Lorimer Street, Docklands	24hr Crisis Help Line 1300 998 698 <a href="http://www.rednose.com.au">www.rednose.com.au</a>
<b>VERY SPECIAL KIDS</b>			
All areas  Offices in Malvern, Brunswick, Ballarat, Bendigo, Hastings, Pakenham, Port Fairy, Shepparton and Torquay	Professional support services for families caring for a child with a life-limiting condition, from diagnosis through to bereavement. Free-of-charge services include counselling, advocacy, sibling support, networking and peer activities, trained volunteers and specialist care at Very Special Kids Hospice, where families can access respite and end-of-life care.	321 Glenferrie Road Malvern	1800 888 875 <a href="http://www.vsk.org.au">www.vsk.org.au</a>

<b>GRIEF LINE COMMUNITY AND FAMILY SERVICE</b>			
All Areas	Free anonymous counselling for adults and children for any type of grief or loss		1300 845 745 <a href="http://www.griefline.org.au">www.griefline.org.au</a>
<b>OPEN DOORS</b>			
All Areas	Counselling re: Ectopic pregnancy, IVF losses and stillbirth. Established since 1984 in this area of grief	5 Greenwood Ave, Ringwood	9870 7044 <a href="http://www.opendoors.com.au">www.opendoors.com.au</a>

REGION	DETAILS	WHEN & WHERE	CONTACT
<b>REGIONAL</b>			
<b>MENSLINE AUSTRALIA - TALK IT OVER</b>			
All areas	Real time support using free video counselling (Skype) to help men with family and relationship concerns		1300 789 978 24/7 <a href="http://www.mensline.org.au">www.mensline.org.au</a>
<b>SUPPORT FOR FATHERS PROJECT</b>			
All areas	A national project which aims to support young men and fathers in their role as parents and partners.	Relationships Aust. Kew	Dom Alford 0437 305 881 Relationships Australia <a href="mailto:dalford@rav.org.au">dalford@rav.org.au</a>
<b>FREE LEGAL HELP WITH CHILD SUPPORT</b>			
All areas	Is independent from DHHS (Centrelink and Child Support)	Victoria Legal Aid	1300 792 387 <a href="http://www.legalaid.vic.gov.au/get-help">www.legalaid.vic.gov.au/get-help</a>
<b>DADSLINK YMCA</b>			
All areas	partnership between YMCA Victoria, Mensline Australia, Relationships Australia and the Life Is Foundation which provides information, activities and support for dads and kids		9403 5000 <a href="mailto:dadslink@ymca.org.au">dadslink@ymca.org.au</a>
<b>AUSTRALIAN DIRECTORY OF MEN'S SUPPORT SERVICES</b>			
All areas	The aim of the ADMSS is to create a website with the most up-to-date and relevant information about men's health and wellbeing programs and services in Australia		6230 6999 <a href="http://www.everyman.org.au">www.everyman.org.au</a>
<b>MEN'S REFERRAL SERVICE</b>			
All areas	Phone counselling service for men	Monday to Friday 8.00am to 9pm Weekends 9 – 5 pm	1300 766 491 <a href="http://www.mrs.org.au">www.mrs.org.au</a>
<b>MEN'S SHED METROPOLITAN AREAS</b>			
All areas		Contact website to find a group in your area	1300 550 009 <a href="http://www.mensshed.org.au">www.mensshed.org.au</a>

**PROGRAMS****DADS DO MATTER—PARENTS BUILDING SOLUTIONS**

Baw Baw Latrobe	Come and join other Dads to share experiences, learn new strategies and solutions on <ul style="list-style-type: none"><li>• Increasing your confidence as a Dad</li><li>• Improving communication and closeness with your kids.</li><li>• Creating a healthy environment for your children.</li><li>• Learn strategies and tools that work.</li><li>• Learning how to cope with stress, emotions and anger.</li><li>• Parenting Beyond Separation.</li></ul> Facilitated by Parentzone Gippsland.	Phone and online	Parentzone on 5135 9555 or parentzone.gippsland@anglicarevic.org.au
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### FOR WOMEN

#### SAFE STEPS FAMILY VIOLENCE RESPONSE CENTRE

State wide phone service 1800 015 188. 24 hour toll free line. [www.safesteps.org.au](http://www.safesteps.org.au)

#### TRAK Forward

The TRAK Forward program is for parents/carers, infants, children and young people who have been impacted by Family Violence and are ready to move forward with their lives. TRAK Forward services are located in the Inner Gippsland area. Services are available to families living in or connected to the Latrobe, Baw Baw, South Gippsland and Bass Coast Regions.

#### QUANTUM SUPPORT SERVICES

Staff work with women and children to assess, case plan and link in with a range of services to support them. Support includes identifying safety issues, developing safety plans, legal needs, short and long term accommodation options and accessing a range of support services including medical centres, counselling, emergency relief and education facilities. Phone: 1800 243 455

#### THE ORANGE DOOR

The Orange Door is a free service for adults, children and young people who are experiencing or have experienced family violence and families who need extra support with the care of children.  
163 Princes Dr, Morwell VIC 3840 Phone: 1800 319 354

#### GIPPSLAND CENTRE AGAINST SEXUAL ASSAULT - MORWELL

31 Buckley St, Morwell VIC 3840 - 5134 3922

#### VICTIMS ASSISTANCE COUNSELLING PROGRAM

Windermere—1300 946 337

#### SEXUAL ASSAULT CRISIS LINE (SACL) OUT OF HOURS CRISIS COUSELLING:

1800 806 292 (for after hours, weekends and public holidays)



REGION	DETAILS	WHEN & WHERE	CONTACT
<b>EARLY CHILDHOOD INTERVENTION AUSTRALIA (ECIA)</b>			
All Areas	ECIA's work assists children with developmental delays or disabilities, their families and the networks that support them. They provide information, professional development across the sector	2620 <a href="http://www.eciavic.org.au">www.eciavic.org.au</a>	
<b>DOWN SYNDROME AUSTRALIA</b>			
All Areas	Information, resources, encouragement and support for families. Club 21, peer support for adults 18-25 years. Groups in Melbourne and Geelong	18/71 Victoria Crescent, Abbotsford	658 873 <a href="mailto:info@dsav.asn.au">info@dsav.asn.au</a> <a href="http://www.downsyndromevictoria.org.au">www.downsyndromevictoria.org.au</a>
<b>SPELD VIC</b>			
All Areas	Support Group Association of parents and professionals interested in child and adults with specific learning difficulties. Provides diagnostic services, seminars, library and resources for sale	Donkey Wheel House Lvl3, 673 Bourke St Melbourne	9480 4422 <a href="http://www.speldvic.org.au">www.speldvic.org.au</a>
<b>MOVING FORWARD COUNSELLING AND LIFE COACHING</b>			
All Areas	Helping individuals and families living with ASD navigate the path to a more fulfilling life	Frossa Mrakas Clinical Counsellor 0418 174 545	
<b>ASSOCIATION FOR CHILDREN WITH A DISABILITY</b>			
All Areas	A state wide organisation which provides a range of information booklets including 'Through the Maze: A Guide to Benefits and	1/587 Canterbury Rd Surrey Hills 9880 7000 1800 654 013 <a href="http://www.yourshout.org.au">www.yourshout.org.au</a>	

	Services for Families of Children with a Disability' - also available in Arabic, Chinese and Vietnamese. 'Your Shout' a website for siblings of children with a disability <a href="http://www.acd.org.au">www.acd.org.au</a>		
<b>DEAF PARENTING SKILLS</b>			
All Areas	Pastoral care and counselling, outreach and life skills	John Pierce Centre 25-35 High Street, Prahran	1158 <a href="mailto:admin@jpc.org.au">admin@jpc.org.au</a> <a href="http://www.jpc.org.au">www.jpc.org.au</a>
<b>CEREBRAL PALSY SUPPORT NETWORK - State wide</b>			
All Areas	-help support group offering phone information and support via quarterly newsletters, information, seminars, workshops, support groups, recreational activities - brokerage available	High Street, Preston 9478 1001 or 1300 277 600 <a href="http://www.cpsn.org.au">www.cpsn.org.au</a>	
<b>EPILEPSY FOUNDATION OF VICTORIA</b>			
All Areas	Parent / carer education and informal lunchtime get together. Regular information sessions, counselling, advocacy, referrals, education at school	8809 0600 1300 761 487 free call <a href="mailto:epilepsy@epilepsyfoundation.org.au">epilepsy@epilepsyfoundation.org.au</a>  <a href="http://www.epilepsyfoundation.org.au">www.epilepsyfoundation.org.au</a>	
<b>PARENT SUPPORT NETWORK</b>			
All Areas	Groups held regularly in Camberwell, Croydon, Box Hill, Glen Waverley, Ferntree Gully and Mooroolbark	472 673 <a href="http://www.scopeaustralia.org.au">www.scopeaustralia.org.au</a>	
<b>AMAZE</b>			
All Areas	Parent support, books, newsletter, counselling and resources	506 Elizabeth Street Melbourne	308 699 <a href="http://www.amaze.org.au">www.amaze.org.au</a>
<b>STRENGTHENING PARENT SUPPORT PROGRAM</b>			
All Areas <b>ONLINE GROUP</b>	Aims to support the strong and healthy development of families with a child with a disability or developmental	in Lilydale, Chadstone, Ringwood,	Grace Parentzone <a href="mailto:strengtheningparentsupport@anglicarevic.org.au">strengtheningparentsupport@anglicarevic.org.au</a> 9735 6164 or 0438 646 744

	delay by connecting parents with each other and providing opportunities to share stories, frustrations, strategies and ideas	Vermont South and Online	
<b>GIFTED SUPPORT NETWORK - formally Bayside Young Active Minds - BYAMS</b>			
All Areas	Active network offering services to families with gifted children. Information evening with expert speakers covering issues related to the gifted. Comprehensive member's library. Quarterly newsletter containing professional articles	<a href="mailto:admin@giftedsupport.org">admin@giftedsupport.org</a> P.O. Box 2808, Cheltenham	
<b>DOGS FOR KIDS WITH DISABILITIES</b>			
All Areas	Provides support and training to families and children with special needs through the training and provision of a companion dog	0488 104 044 <a href="http://www.dkd.org.au">www.dkd.org.au</a>	
<b>INTERCHANGE VICTORIA</b>			
All Areas	Provides respite and recreational experiences for children with a disability	300 436 <a href="http://www.interchange.org.au">www.interchange.org.au</a>	
<b>VICTORIAN STATE DISABILITY PLACE 2017-2020</b>			
The Victorian State Disability Plan includes the Victorian Government's ideas to make life better for people with a disability, their families and carers. The plan is part of a set of three documents. Go to <a href="http://www.dhhs.vic.gov.au">www.dhhs.vic.gov.au</a>			
<b>ASPERGERS VICTORIA</b>			
All Areas	9845 2766 <a href="http://www.aspergersvic.org.au">www.aspergersvic.org.au</a>		
<b>AUTISM FRIENDLY LEARNING</b>			
All Areas	provides links to information about ASD, school supports and specific issues such as transitions <a href="http://www.education.vic.gov.au/about/programs/needs/Pages/autism.aspx">www.education.vic.gov.au/about/programs/needs/Pages/autism.aspx</a>		

## BASS COAST

### INVERLOCH & DISTRICT ASD SUPPORT GROUP

Bass Coast	Inverloch & District ASD Support Group Supporting parents and carers of children who have an Autism Spectrum Disorder (autism, Asperger's syndrome, pdd-nos)	Inverloch Hub, 16 Abeckett Street, Inverloch  Please contact for dates 10.30am – 12.30pm	Tona on 0407 622 949 or email <a href="mailto:tonaleo@me.com">tonaleo@me.com</a>  Join us on Facebook: Inverloch & District ASD Support Group <a href="https://www.facebook.com/groups/221088864683122/">https://www.facebook.com/groups/221088864683122/</a>
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	<p>etc)  All welcome to join us for a cuppa and a chat while the kids can play in the playground.  We provide support, information sharing and social get-togethers</p>		
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**MY TIME WONTHAGGI**

Bass Coast	<p>MyTime Wonthaggi provides support for parents/carers of a child under 16 years with a disability, who would like to connect with others in similar circumstances, share their experiences and find out about available community support. Each group is supported by three workers – a facilitator for the parent group and two play helpers who look after the children so parents/carers can spend time focusing on catching up with others.</p>	6 Murray Street Wonthaggi	Ashleigh Wilson at Noah’s Ark on 0439 150 399
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**BAW BAW**

**STRENGTHENING PARENT SUPPORT GROUP**

Baw Baw	<p>For parents of children with disability or developmental delay aged birth—18 years who live in Warragul and surrounds.</p>	Warragul Community House 138 Normanby Street Warragul	Yvonne—0430 209 641 or Yvonne.waite@noahsarkinc.org.au
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**EAST GIPPSLAND**

**STEPS ORBOST**

East Gippsland	<p>Do you have a child with special needs? The group share ideas give &amp; receive support &amp; experiences: plus Special Guests &amp; Pamper Days!</p>	Maternal and Child Health Centre 3 Ruskin Street, Orbost	Bronwyn – 0477 637 163 bron1969aaa@outlook.com
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## LATROBE

### SUPPAUT

Latrobe	<p><b>SuppAUT</b> is a <i>parent-run group</i> that aims to support one another as parents /families of a child/children with Autism. We share our own experiences, problems, joys, successes and support each other with a listening ear and understanding. It is a very informal gathering, sometimes a guest speaker is invited. Family members are welcome to attend and children/siblings are welcome too.</p>	<p>Call for 2020 dates. 10.30am – 12 noon Latrobe Special Developmental School, Hickox Street, Traralgon</p>	<p>Louise 0414540296 or email <a href="mailto:varsaci@aussiebb.com.au">varsaci@aussiebb.com.au</a></p>
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### MY TIME LATROBE

Latrobe	<p><b>MyTime Morwell</b> provides support for parents/carers of a child under 16 years with a disability, who would like to connect with others in similar circumstances, share their experiences and find out about available community support.</p>	<p>Noah's Ark Chestnut Avenue Morwell Every Wednesday 10am— 12.noon</p>	<p>Stephanie Collins at Noah's Ark on 5134 3284 or 0409 854 627</p>
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### KINSHIP SUPPORT GROUP

<p>Latrobe</p>	<p><b>Kinship Support Group</b> for grandparents and kinship carers who are raising their grandchildren or who do not have access to their grandchildren. Meet with other grandparents who have had similar experiences; to share experiences, joys and concerns in a safe and confidential environment.</p>	<p>Anglicare Victoria 190 Commercial Road Morwell</p>	<p>Parentzone Gippsland on 5135 9555 or <a href="mailto:parentzone.gippsland@anglicarevic.org.au">parentzone.gippsland@anglicarevic.org.au</a></p>
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### SOUTH GIPPSLAND

#### LEONGATHA / KORUMBURRA PARENT & CARERS GROUP

<p>South Gippsland</p>	<p>Are you interested in meeting another parent or carer who has a child with a disability or developmental delay? Would you like to be invited in a small group of parents who get together to share stories and learn from each other?</p>	<p>Thursdays Please contact for 2020 dates 9.30am— 11.00am</p>	<p>Yvonne Waite on 0430 209 641 <a href="mailto:yvonne.waite@noahsarkinc.org.au">yvonne.waite@noahsarkinc.org.au</a></p>
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