



# ParentZone Eastern Newsletter Term 3 2020

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

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**PARENTZONE**

**BETTER  
TOMORROWS**

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# What's Happening At ParentZone Eastern?

## Welcome to ParentZone Eastern's Term 3 Newsletter!

Term 2 has had some very unique challenges for ParentZone and for parents alike! We saw many changes in the way programs and families work and as a result, we had more parents wanting to connect with our service than ever before. Throughout this time, ParentZone has continued to run, albeit in virtual ways - such as online via Zoom, many fantastic sessions including some one-off sessions specifically relating to parenting during COVID-19 which were hugely successful, and we hope to bring more to you during this upcoming term.

We have continued to revitalise our newsletter and our library of over 400 resources, which can be accessed by both parents and professionals.

We are excited to offer some fantastic **online parenting programs in Term 3**, including ParentZone's own Parents Building Solutions programs - Dad's Matter, and Talking Teens, as well as Surviving Separation and Calm Parents Happy Kids!

Our **Strengthening Parents Support Program** continues to provide free peer support groups online for parents or carers of a child with a disability or developmental delay. We will also be offering a face to face group, adhering to social distancing requirements for those who can't connect online. Locations include Bayswater and Mount Evelyn. Get in touch for details and to book:  
[strengtheningparentsupport@anglicarevic.org.au](mailto:strengtheningparentsupport@anglicarevic.org.au)

**The Parent Educators Network Meeting** hosted by ParentZone is scheduled for Tuesday 28th of July. Places are limited, please RSVP to [parentzone.errd@anglicarevic.org.au](mailto:parentzone.errd@anglicarevic.org.au) for further details including location and speaker.

We look forward to continuing to connect with parents and parent educators during term 3 2020!



Best Wishes from the ParentZone team

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



## National Help Lines

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

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

**Homeless** Crisis Line **1800 825 955**

**Drug and Alcohol** Services **1800 888 236**

**Family Violence** Help: **1800 015 188**

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

**Parentline** Counselling information Service **13 22 89**

**Mensline** Counselling Service **1300 78 99 78**

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

## CENTRELINK

Carers 132 717

Families 136 150

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

Help in an Emergency 132 850

Indigenous Australians Call Centre  
1800 136 388

Languages (Multilingual) 131 202

Low Income Healthcare Card  
132 490

Online Support Hotline 132 307

myGov Help Desk 132 307

People With a Disability 132 717

## EASTERN REGION COUNCIL OFFICES

### Boroondara City Council

8 Inglesby Rd, Camberwell VIC 3124  
(03) 9278 4444  
<https://www.boroondara.vic.gov.au/>

### Knox City Council

511 Burwood Highway, Wantirna South VIC 3152  
(03) 9298 8000  
<http://www.knox.vic.gov.au/>

### Manningham City Council

699 Doncaster Rd, Doncaster VIC 3108  
(03) 9840 9333  
<https://www.manningham.vic.gov.au/>

### Maroondah City Council

Braeside Avenue, Ringwood or Civic Square, Croydon  
1300 88 22 33 or (03) 9298 4598  
<https://www.maroondah.vic.gov.au/>

### Whitehorse City Council

379-397 Whitehorse Rd, Nunawading 3131  
(03) 9262 6333  
<https://www.whitehorse.vic.gov.au/>

### Yarra Ranges Council

15 Anderson Street Lilydale, VIC 3140  
P 1300 368 333 (03) 9735 4249  
<https://www.yarraranges.vic.gov.au/Home>

## MEDICARE

### General enquiries 132 011

Aboriginal and Torres Strait  
Islander Line 1800 556 955

Australian Immunisation Register  
Enquiries 1800 653 809

Compensation Recovery -  
Medicare 132 127

Disaster Health Care Assistance  
1800 660 026

myGov help desk 132 307

Pharmaceutical Benefits Scheme  
132 290

Telephone claims 1300 360 460

Translating and Interpreting  
Service (TIS National) 131 450

## PARENTING RESOURCES DURING COVID-19

### Raising Children - Australian Government resource

<https://raisingchildren.net.au/guides/coronavirus-covid-19-guide>

### Family Law during Coronavirus

<https://www.familyrelationships.gov.au/covid-19>

### Emerging Minds - Day to day living during the pandemic

<https://emergingminds.com.au/resources/supporting-children-during-the-coronavirus-covid-19-outbreak/>

### Supporting mental health during COVID-19

<https://safeguardingchildren.acu.edu.au/practice-tools/safeguarding-children-during-covid-19>



# Eastern Region Community Services Contacts

## ANGLICARE VICTORIA

[www.anglicarevic.org.au](http://www.anglicarevic.org.au) Phone: 1800 809 722

### Anglicare Bayswater (03) 9721 3688

666 Mountain Highway Bayswater VIC 3153

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

### Anglicare Box Hill (03) 9896 6322

7-11 Shipley Street Box Hill VIC 3128

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

### Anglicare Wantirna (03) 9721 3650

1/603 Boronia Road, Wantirna South VIC, Australia

Drug & Alcohol Services

### Anglicare Lilydale (03) 9735 4188

47-51 Castella Street, Lilydale, Victoria, 3140

Family Violence Support, Foster Care Intake and Services, Integrated & Intensive Family Services, Men & Boys Mentoring

## EACH - Eastern Access Community Health

<https://each.com.au/services> Phone: 1300 003 224

- NDIS access assistance
- Childhood Intervention Services
- Speech Pathology
- Occupational Therapy
- Counselling
- Dietetics
- Oral Health
- Family Services
- Playgroups
- Psychology
- Child Care
- Youth Clinic
- Youth Development
- Youth Counselling
- Youth Group Programs
- Youth Mental Health Support

## UNITING

<https://www.vt.uniting.org/> Phone: 1300 003 224

### Uniting Burwood East (03) 9803 3400

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

### Uniting Connections Blackburn 9875 4222 Croydon 9724 2222

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

### Uniting Harrison Mount Waverley (03) 9051 3000

Crisis assistance, Family Mediation, Youth Support, Affordable Housing

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

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

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

Mental Health Support, Personal Helpers and Mentor Service

## DONCARE

[www.doncare.org.au](http://www.doncare.org.au)

(03) 9856 1500

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

## TEMCARE

[www.temcare.org.au](http://www.temcare.org.au)

Phone: 9877 7729

- Mates Mentoring - adolescents
- Integrated Family Support : parenting, mental health, family violence, alcohol and substance misuse, housing, court support, NDIS access

## USEFUL PHONE-LINE & WEB RESOURCES

### INPSIRO COMMUNITY HEALTH

Lilydale · (03) 9738 8801

Belgrave (03) 9738 8853

[www.inspiro.org.au](http://www.inspiro.org.au)

### CARRINGTON COMMUNITY HEALTH

Box Hill - (03) 9890 2220

[www.carringtonhealth.org.au](http://www.carringtonhealth.org.au)

### HEADSPACE

Youth Mental Health

Phone Counselling 1800 650 890

Hawthorn (03) 9815 0818

Knox (03) 9801 6088

[www.headspace.org.au](http://www.headspace.org.au)

### BEYOND BLUE

Support for depression and anxiety

1300 224 636

### SANE AUSTRALIA

Mental illness and support information

1800 187 263

### RELATIONSHIPS AUSTRALIA

1300 364 277

### HEAD TO HEALTH

Digital mental health resources & referrals

[www.headtohealth.org.au](http://www.headtohealth.org.au)

# Term 3 Parenting Programs

## Calm parents - Happy Kids Online, via Zoom

A 5-week program for parents in developing skills to better understand what drives parental anger, reduce frustration and friction in the home, let go of guilt and shame, and develop valuable behaviour management strategies to better engage with your children

Wednesdays (5 morning sessions)

July 15 - August 19, 10.00am - 11.30am

**Phone: Laurie 0488 501 204**

[Laurie-Lee.Arrowsmith@anglicarevic.org.au](mailto:Laurie-Lee.Arrowsmith@anglicarevic.org.au)

## Strengthening Parent Support Program Limited groups face to face

Monthly peer support groups for parents who have a child with a disability or developmental delay aged between 0 - 18yrs. One hour sessions have recommended during school terms at Mount Evelyn and Bayswater.

**Phone Michelle 0438 646 744**

**Email:**

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

## Free of Charge Bookings Essential



## Talking Teens Online, via Zoom

A 5-week program for parents exploring how to improve relationships with your teenager, improve communication, reduce disputes, understand why young people behave the way they do, and explore effective ways to deal with anger and anxiety in yourself & your teenager

Wednesdays (5 evening sessions)

July 22 - August 19, 7.00pm - 8.30pm

**Phone: Sharon 0438 683 049**

[Sharon.Muir@anglicarevic.org.au](mailto:Sharon.Muir@anglicarevic.org.au)

## Strengthening Parent Support Program - Online

Weekly peer support groups for parents who have a child with a disability or developmental delay aged between 0 - 18yrs. One hour sessions run during school terms

Weekly on Tuesday nights, 7pm - 8pm

**Phone Michelle 0438 646 744**

**Email:**

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



# Term 3 Parenting Programs

## Multi Week Groups and Programs

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### Multiple Locations SmallTalk Supported Playgroups

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

Knox Council: 9298 8348 or [play@knox.vic.gov.au](mailto:play@knox.vic.gov.au)  
Monash Council: [playgroups@monash.vic.gov.au](mailto:playgroups@monash.vic.gov.au) 0466 026 290  
Whitehorse Council: [supportedplaygroup@whitehorsevic.gov.au](mailto:supportedplaygroup@whitehorsevic.gov.au)  
Yarra Ranges Council: [earlyyears@yarraranges.vic.gov.au](mailto:earlyyears@yarraranges.vic.gov.au) 1300 368 333

### Inner East - Virtual Groups Doncare (contact to confirm dates)

Doncare are running a variety of focus groups through term 3:

- MindCalm - mindfulness & meditation. Mondays & Wednesdays
- Thriving - Strategies to promote good self-care. Fridays
- Thriving for Parents with school-aged children. Thursdays
- Managing Sleep issues. Days TBC

Contact: 9856 1500 or email [katinka.pal-zimny@doncare.org.au](mailto:katinka.pal-zimny@doncare.org.au)

### Eastern Region - Virtual Courses

Relationship Matters hosts many situation-specific parenting groups & programs, both broadly and with individual family units:

- Tuning into Teens - a 6 week program focusing on managing your own, and your adolescent's emotions and reducing conflict whilst maintaining a positive relationship with open communication
- Parenting After Separation - a 2 session program exploring how to manage through a separation such as parenting from a distance, dealing with conflict, and supporting children's responses
- Making Step Families Work - for couples in the process of forming a blended family or currently living as a step-family, exploring the challenges associated with the 'blending experience' and providing practical advice to strengthening the family unit
- Keep Calm & Parent On - a practical program exploring the triggers of anger, and strategies to manage your responses to children in a calm and regulated manner. Suitable for parents with children of all ages
- Bringing Baby Home - exploring the transition into parenthood, having good communication and learning about shared family values

For more information and to confirm when each of the programs are running contact: Ginnelle Mullins on 1300 543 396 or [gmullins@relationshipmatters.com.au](mailto:gmullins@relationshipmatters.com.au)  
<https://relationshipmatters.com.au/program-category/parenting-programs/>

### MAROONDAH & YARRA RANGES - Lilydale Mums Guiding Kids Forward

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

Where: Anglicare in Lilydale, or online via Zoom  
When: Wednesdays, July 22nd - September 9. 10am - 12pm  
Contact: Kate Harrower or Karen Angrove. 9735 6100  
[Kate.Harrower@anglicarevic.org.au](mailto:Kate.Harrower@anglicarevic.org.au) or [Karen.Angrove@anglicarevic.org.au](mailto:Karen.Angrove@anglicarevic.org.au)

### KNOX - Online Parenting After Separation Series

Learn strategies and information around how to help your children successfully adjust to separation & divorce.

Cost: \$110 for three, 2-hour sessions  
When: Phone Relationships Australia 03 9725 9964 for a confirmation of dates and session times during August  
Website: [www.relationshipsaustralia.com.au/courses/relationship-education/course/46/1](http://www.relationshipsaustralia.com.au/courses/relationship-education/course/46/1)

### Eastern Region - Virtual Seminars Triple P: Positive Parenting Program

This 3-week program acts as a toolbox in supporting you with practical ideas to everyday parenting questions. Practical solutions such as simply routines and small changes to assist with common behaviour and emotional issues children face.

Starts Wednesday, 29th July for 3 weeks, 8.00pm - 9.00pm  
Costs: \$60  
Bookings: <https://www.eventbrite.com.au/e/triple-p-positive-parenting-seminar-series-tickets-109430866668?aff=erelpanelorg>

### KNOX & MONASH - VIRTUALLY C.O.A.C.H Parenting Mentors

COACH Mentoring aims to support both males and females who would like a friendship with a purpose. Trained volunteer mentors are then matched to empower & support their mentee with parenting, self-care, life skills, accessing resources and managing stress & relationships

Cost: Free weekly program for 12-months  
Contact in Monash: Rosie Merrigan on 9803 9144 or [rmerrigan@sb.org.au](mailto:rmerrigan@sb.org.au)  
Contact in Knox: [info@citylife.care](mailto:info@citylife.care) or 9871 8900



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

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## Maternal and Child Health Services Offer:

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

## Boroondara MCH Centres

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

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

## Knox MCH Centres - Phone 9298 8741

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

## Manningham MCH Centres

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

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

## Maroondah MCH Centres

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

## Monash MCH Centres - Phone 9518 3662

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

## Whitehorse MCH Centres

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

## Yarra Ranges Centres

**Central Maternal Child Health 1300 368 333**

### Urban Maternal and Child Health Centres:

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

### Hills Maternal and Child Health Centres:

Belgrave, Belgrave Sth, Monbulk, Selby, Upwey

### Valley Maternal and Child Health Centres:

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





# Early Years (0 to 6 years) Parenting Support Services

## ALL AREAS - VICTORIA WIDE

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

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

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

Knox, Maroondah and Yarra Ranges Phone: 1300 369 146

## ALL AREAS - VICTORIA WIDE

### Maternal and Child Health Telephone Service Phone: 13 22 29

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

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

## ALL AREAS - Victoria Wide

### Post and Antenatal Depression Association (PANDA)

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

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

Post and Antenatal Depression Association

Phone: 1300 726 306



## ALL AREAS - Victoria Wide

### Breast Feeding Help Line Australia Breastfeeding Association

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

Website: [breastfeeding.asn.au](http://breastfeeding.asn.au) Phone: 1800 686 268

## Multiple Locations

### SmallTalk Supported Playgroups

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

Knox Council: 9298 8348 or [play@knox.vic.gov.au](mailto:play@knox.vic.gov.au)

Monash Council: [playgroups@monash.vic.gov.au](mailto:playgroups@monash.vic.gov.au) 0466 026 290

Whitehorse Council: [supportedplaygroup@whitehorsevic.gov.au](mailto:supportedplaygroup@whitehorsevic.gov.au)

Yarra Ranges Council: [earlyyears@yarraranges.vic.gov.au](mailto:earlyyears@yarraranges.vic.gov.au) 1300 368 333

## KNOX - Wantirna South & Virtually Mummy & Me Mentoring

A short-term mentoring programs for mothers with newborns, young babies or pre-schoolers who are going through a period of challenge and have little or no family nor community support at home. Together with a mentor, participants identify and set goals then set out to achieve them whilst receiving practical support, breaking isolation and growing as a mother in a safe and supportive space

Run by CityLife Community Care, Knox.

Contact: 9871 8900 or email 9871 8900

## Useful Early Years Websites

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

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

First Five years - <https://www.firstfiveyears.org.au>

Information on early development, child well being, early learning and parenting



# Early Years (0 to 6 years) Groups, Forums & Workshops

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## MAROONDAH & KNOX - Bayswater North Paediatric First Aid

An interactive 3-hour session conducted by a qualified Paramedic who will answer any questions and provide up-to-date practical information. Topics covered include infant/toddler CPR, choking, allergies, basic first aid and immunisations

When: Monday 24 August, 7.00pm - 10.00pm. Cost: \$25 / \$40 per couple  
Bookings essential, contact Arrabri Community House on 9720 0877 or email [admin@arrabri.org](mailto:admin@arrabri.org)

## EASTERN REGION - Online Webinars AMAZE - Early days

Four online webinars for carers of young children (0-7yrs) who have an Autism diagnosis or are undergoing assessment for an ASD diagnosis

- My Child and Autism - 3-part series
- Understanding Behaviour - 3-part series
- Progression to School - 2-part series
- Encouraging Interaction through play & social learning - 2-part series

Contact: 1300 308 699 or [earlydays@amaze.org.au](mailto:earlydays@amaze.org.au) to confirm dates  
Bookings at: <https://www.eventbrite.com.au/o/amaze-1495837779>

## EASTERN REGION - Virtual Learn to Eat. Love to Eat

Do you want better life outcomes for your children, through creating and enjoying happier mealtimes? Learn to Eat run 2 programs to support parents introduce their babies to solids and supporting fussy eaters

- Starting Solids Workshop. July 14 or August 12, 10.00am - 11.30am
- Fussy Eating Workshop. July 21 or August 20, 7.30pm - 10.00pm

All workshops = \$45, with tickets needing to be purchased on the website  
For more information visit: [www.learntoeat.com.au/upcomingworkshops](http://www.learntoeat.com.au/upcomingworkshops)

## INNER EAST - Doncaster (Online) Doncare Focus Groups

Parenting and carer multiple-date and single-date focus sessions are running virtually during term 3

- MindCalm - online mindful & meditation group  
Mondays 7pm-8pm & Wednesdays 10am-11am
- Thriving for parents - online self-care focus  
Fridays 10am - 11.30am for 4x consecutive weeks
- Managing Sleep Issues - both online & face-to-face groups  
Dates TBC

For further details, contact Katinka Pal-Zimny on:  
9856 1500 or [Katinka.Pal-Zimny@doncare.org.au](mailto:Katinka.Pal-Zimny@doncare.org.au)  
[www.doncare.org.au](http://www.doncare.org.au)

## YARRA RANGES - Upper Yarra Linking Families Service

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

Phone: Naomi Ween - 0467 814 223

Email: [earlyyears@yarraranges.vic.gov.au](mailto:earlyyears@yarraranges.vic.gov.au)

Webpage:

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

## KNOX- Wantirna Knox Young Parents Group

A supportive group for parents under the age of 25 with a baby under 1 year of age

Where: Knox Youth Information Centre Knox Ozone

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

Ph: Michelle Pascoe 9298 8311





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



## Eastern Regional Libraries

### Toddlers Story Times - 1 to 3 years

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

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

## Eastern Regional Libraries

### Tiny Tots Story Times - 0 to 12 months

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

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

## Eastern Regional Libraries

### Preschoolers Story Times - 3 to 6 years

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

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

## YARRA RANGES - Multiple Locations & Times Bookaburra Story Time

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

Contact: Michelle Lehmann - 1300 368 333

[earlyyears@yarraranges.vic.gov.au](mailto:earlyyears@yarraranges.vic.gov.au)

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

## MAROONDAH & KNOX - Ringwood East or Ferntree Gully EACH Child Development

Support in helping children reach their potential and to learn behavioural and social skills. A range of services offered and are run by Occupational Therapists, Speech Pathologists and Dieticians, inclusive of Parent Talks, Group Therapy and Individual Therapy for any child not receiving NDIS funding.

Contact: Shelley Neil on 9837 3900 or [CDTCorrespondance@each.com.au](mailto:CDTCorrespondance@each.com.au)

## Maroondah, Boroondara & Manningham Parent-Child Mother Goose Programs

A time of connection through rhymes, songs and stories for parents & children

Children 0 - 4yrs, Monday & Thursday mornings, 20 July - 10 September

Where: St Stephens Hall: 28 Freeman St Ringwood East

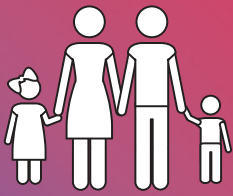
Contact: Shelley Neil. 9837 3900 or [cdt.info@each.com.au](mailto:cdt.info@each.com.au)

Children 18 months - 3yrs, Thursday and Friday mornings at 10.30am

Where: Groups conducted online via Microsoft TEAMS

Contact: Joanna Jones. 9978 8658 or [Mother.Goose@accesshc.org.au](mailto:Mother.Goose@accesshc.org.au)





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

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## ALL AREAS - VICTORIA WIDE

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

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

Boroondara, Manningham, Monash and Whitehorse

Phone: 1300 762 125

Knox, Maroondah and Yarra Ranges Phone: 1300 369 146

## MAROONDAH - Ringwood Girlfriends Incorporated

Hosted by the Salvation Army in Ringwood, an inclusive and supportive group for young mothers of primary school aged children to meet and partake in a variety of activities, in a stress-free, partner-free, housework-free and child-free environment. Activities might include attending a bowling alley, cinema or going out for dinner

Where: Boroondara City Council, 8 Inglesby Road, Camberwell

When: 2nd Thursday of every month, 7.30pm-9.30pm

Phone: 9870 0720

## YARRA RANGES - Chirnside Park & Yarra Junction LEGO Group

Weekly fun challenges inspiring creativity for parents, carers, grandparents or significant others to spend time and connect with their child whilst having fun and connecting with like-minded families within the community

Date: Tuesdays & Fridays commencing 14/07/2019, 4pm - 5pm

Cost: Per term and per family, \$50 / \$35 concession

Contact: 1300 835 235 or [reception@cire.org.au](mailto:reception@cire.org.au)

[www.cire.org.au/course/lego-group/](http://www.cire.org.au/course/lego-group/)

## EASTERN REGION - Virtually Online Life Skills Group

Featuring an online suite to up-skill in key parenting and well being topics. Topics include helping your child to build self-confidence, manage their emotions, build resilience, connect through empathy, develop physical awareness and equip them with mindfulness

Cost: \$79 per module, or register for monthly unlimited subscriptions

Contact: 1300 889 018 or email [Marisa@lifeskillsgroup.com.au](mailto:Marisa@lifeskillsgroup.com.au)

[www.lifeskillsgroup.com.au/parent-resources](http://www.lifeskillsgroup.com.au/parent-resources)

## EASTERN REGION - Online Parenting Children with ADHD Workshop

Providing a foundation from which to begin to better understand ADHD and better navigate your family's reality. The goal of this workshop is to empower carers to work together with their child to cope with the challenges associated with having ADHD, and offers practical, workable strategies that will make a difference in all family members lives

Date: Sunday 20 September 2020, 1:00 PM - 5:00 PM

Cost: \$45 per person

Contact: Vivian Dunstan at [vivian@adhd-supportaustralia.com.au](mailto:vivian@adhd-supportaustralia.com.au)

Book Online: [www.adhd-supportaustralia.com.au/events](http://www.adhd-supportaustralia.com.au/events)

## EASTERN REGION - Online Course Tuning into Kids - Emotionally Intelligent Parenting

A program teaching parents and carers to help their children aged 6 to 11 years to develop emotional intelligence - a skill that can help them better cope with their emotions, become more aware and assertive, and have more stable and satisfying relationships as adults.

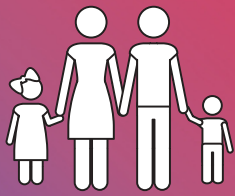
When: TBD, 6-week program on Tuesdays, from 6.30pm - 8.30pm

Cost: \$250

Contact: 9261 8700 or email [kew@rav.org.au](mailto:kew@rav.org.au)

[www.relationshipsvictoria.com.au/courses/relationship-education/](http://www.relationshipsvictoria.com.au/courses/relationship-education/)





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

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## YARRA RANGES - Yarra Junction

### All the Feels - Therapeutic Art Program

A hands-on therapeutic art program to support primary-aged children to understand and manage big feelings, self-esteem and relationships.

Location: CIRE Community Hub, 2463 Warburton Hwy, Yarra Junction  
Contact: Bec Filliponi at [rebeccafilliponi@gmail.com](mailto:rebeccafilliponi@gmail.com)

Dates & Booking information: Monday July 27th - Monday September 14th

Grades 1 - 3, 3.45pm - 4.45pm. <https://www.trybooking.com/BJUHO>

Grades 4 - 6, 4.45pm - 5.45pm. <https://www.trybooking.com/BJUHP>

\*All social distancing precautions will take place including limiting attendees

## EASTERN REGION

### FaPMI Online Martial Arts group

An 8-week martial arts therapy program for young people aged between 8yrs - 12yrs whom have a parent / caregiver with a mental illness. The program combines the basics of behaviour management with the principles of martial arts. No cost to attend.

Dates: Please make contact to confirm group engagement during term 3

Contact: Bronwyn Sanders - 9871 3964 or [fapmi@easternhealth.org.au](mailto:fapmi@easternhealth.org.au)

<https://www.easternhealth.org.au/services/item/204-families-where-a-parent-has-a-mental-illness-fapmi>

## EASTERN REGION

### Little Dreamers

Little Dreamers provide support and improve quality of life for young people who provide unpaid care for a family member with disability, illness or addiction across a range of direct support programs including mentoring, granting dreams, school holiday programs, camps, and an online hub created by young carers for young carers

Contact online or over the phone: 1800 717 515 [www.littledreamers.org.au](http://www.littledreamers.org.au)

## EASTERN REGION - Virtual

### Life Skills Group

Life Skills run virtual online programs primarily for children aged 5yrs - 12yrs focusing on mindfulness, social emotional learning and movement.

Fun and engaging programs run as school holiday programs and weekly, on Wednesdays during school term and are filled with fun & engaging challenges, run by expert teachers

Cost: \$7.50 - \$15 per module

Contact: 1300 889 018 or email [Marisa@lifeskillsgroup.com.au](mailto:Marisa@lifeskillsgroup.com.au)

[www.lifeskillsgroup.com.au/parent-resources](http://www.lifeskillsgroup.com.au/parent-resources)

## EASTERN REGION - Camberwell

### Leap for Kids

As well as being a psychology and counselling provider for children, Leap for Kids also run group programs targeting specific areas:

- The Best of Friends (7-11yrs) - develops confidence and skills to manage emotions, set and achieve positive goals and show empathy for others
- LEAP Zone (6-8yrs) - supports & develops emotional regulation
- Cool Kids (7-12yrs) - supports children with how to better manage anxiety

Contact: 0405 389 422 or [contact@leapforkids.com.au](mailto:contact@leapforkids.com.au)

[www.leapforkids.com.au/book-programs-online](http://www.leapforkids.com.au/book-programs-online)

## EASTERN REGION - Wantirna

### Connecting Kids

As well as being a psychology and counselling provider for children, Connecting Kids also run group programs targeting specific attributes:

- Secret Agents Society - development of social skills and emotions
- Peaceful Kids - mindfulness and positive psychology-based program to reduce anxiety and stress in children

Contact: 0438 088 940 or visit: [www.connectingkids.com.au/services/](http://www.connectingkids.com.au/services/)

## MANNINGHAM - Wonga Park

### Lego Group

A 6-week interactive Lego workshop run by an experienced Occupational Therapist (OT) for children aged 8yrs - 10yrs

Dates: Wednesdays, 5th August - 9th September, 4pm - 5.30pm

Venue: Wonga Park Community Cottage

Cost: \$325 for 6wks, however if a child has NDIS funding, costs then may be able to be claimed back

Contact: 9722 1944 or [wpcc@bigpond.com](mailto:wpcc@bigpond.com)

## YARRA RANGES - Healesville

### Peaceful Warriors

Peaceful Warriors is an 8 week program which aims to build positive relationships between men and boys, aged 8yrs - 11yrs. It involves developing healthy understandings of masculinity through engaging in conversations and actively participating in activity-based workshops such as outdoor activities, camping, fishing and group games

For updates to confirm the group is going ahead, please contact Steve on 9735 4188 or [steven.smith@anglicarevic.org.au](mailto:steven.smith@anglicarevic.org.au)



# Adolescence (12 to 24)

## Groups and Programs to Support Parents

### EASTERN REGION

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

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

Boroondara, Manningham, Monash and Whitehorse

Phone: 1300 762 125

Knox, Maroondah and Yarra Ranges Phone: 1300 369 146

### KNOX

#### Parent Support Group

For Parents Supporting LGBTIQ+ young people

This monthly program provides support for parents and includes group discussions and a variety of engaging guest speakers

When: Monthly on Tuesdays, 7pm - 8.30pm

Where: To be confirmed

Contact: Julia Gray or Madeleine Power on 9298 8000

Julia.Gray@know.vic.gov.au or www.knox.vic.gov.au/rainbow

### EASTERN REGION

#### Meridian Youth and Family Therapy

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

Phone Meridian Intake on: 03 9896 6322 or

Email: meridian@anglicarevic.org.au

### EASTERN REGION

#### Breaking the Cycle - Online parenting group

A group for mothers, fathers, stepparents and carers whose adolescents are abusive or violent in the home.

When: Wed AM group (10am - 12 noon)

8 week program: 22/7/20 - 9/9/20

COST: Gold coin donation

Phone Meridian Intake on: 03 9896 6322 or

Email: meridian@anglicarevic.org.au

### KNOX - Wantirna

#### Parent Support Group

For Parents Supporting Someone with Drug or Alcohol Issues

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

When: TBD, possibly virtually online via Zoom

Cost: Free of Charge. Bookings Essential

Contact: Leigh on 0427 975 071 or Leigh.Davidson@anglicarevic.org.au

### EASTERN REGION - Online Course

#### Tuning into Teens

A program teaching parents and carers to help their teens aged 12 to 16 years to develop emotional intelligence - a skill that can help them better cope with their emotions, become more aware and assertive, and have more stable and satisfying relationships as adults.

When: TBD, 6-week program on Wednesdays, from 6.30pm - 9.30pm

Cost: \$250

Contact: 5990 1900 or email cranbourne@rav.org.au

www.relationshipsvictoria.com.au/courses/relationship-education/

### PREVENTION UNITED - VIRTUAL

#### Partners in Parenting

#### Supporting adolescent mental health

A free 9-module program helping parents to raise resilient teenagers and protect their mental well being, as well as to reduce their risk of experiencing depression and anxiety. This program provides practical strategies and can help develop a closer connection with your adolescent

Contact: med-pip@monash.edu

www.preventionunited.org.au/programs-and-resources/pip/

### Reach Out Website

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

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



# Support for Youth & Families (12 to 24 years)

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## EASTERN REGION

### Child & Youth Mental Health Service (CYMHS)

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

1300 721 927 (Press Option 2)

After hours/weekends urgent inquiries: 1300 721 927

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

## OUTER EASTERN REGION

### New Online Resource - ConnectUS

Find information on health and well-being support, community groups and agencies, recreation options, education, programs, and much more

Visit the website: [connectus.serviceseeker.com.au](http://connectus.serviceseeker.com.au)

## MAROONDAH TAC L2P Program

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

Phone: Alysha Dixon- 9294 5723

Email: [L2P@maroondah.vic.gov.au](mailto:L2P@maroondah.vic.gov.au)

Webpage: [www.maroondahyouth.com.au/L2P](http://www.maroondahyouth.com.au/L2P)

## Mates mentoring

1:1 mentoring for teenagers residing in the Eastern suburbs, aiming to support adolescents with general life skills, creating positive social networks, and making positive career choices

Phone: Naomi Manderson - 9877 7729

Email: [Naomi@temcare.org.au](mailto:Naomi@temcare.org.au)

## MAROONDAH YOUTH SERVICES

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

[rachelle.jones@maroondah.vic.gov.au](mailto:rachelle.jones@maroondah.vic.gov.au)

[www.maroondahyouth.com.au/Support-for-young-people](http://www.maroondahyouth.com.au/Support-for-young-people)

## Hangout - Croydon

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

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

Contact: 9294 5703 Email: [Marcus.Kelly@maroondah.vic.gov.au](mailto:Marcus.Kelly@maroondah.vic.gov.au)

## EASTERN REGION

### Headspace

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

Phone Counselling 1800 650 890

Hawthorn (03) 9815 0818

Knox (03) 9801 6088

## KNOX - Wantirna South / Virtually

A combined service provided by Knox City Council Youth Services and Headspace Knox offering 4 different groups for LGBTQ+ young people aged 11yrs - 25yrs

For more information, contact Madeleine Power

[Madeleine.Power@knox.vic.gov.au](mailto:Madeleine.Power@knox.vic.gov.au) or 9298 8028.

Alternatively visit their website: <https://www.knox.vic.gov.au/rainbow>

## INNER EASTERN REGION - Doncare

Stress Less Anxiety group is for teenagers aged 12yrs - 15yrs and is currently an online 4-week program running Wednesdays, 4pm - 5pm

Contact: 9856 1500 or email [katinka.pal-zimny@doncare.org.au](mailto:katinka.pal-zimny@doncare.org.au)

## KNOX

### Headspace - Free & Online Activities via Zoom

#### Iso-Lates - Mondays from 4pm

Iso-lates is an opportunity to get connected and get active, making self-care a priority through a group Pilates and stretch class

#### Dungeons & Dragons Adventurer's Guild

Embark on a treacherous journey through the lands of Gaelaria with your guild mates in order to stop the surviving world from being engulfed

Contact Caity Cox on 9801 6088 or [Caity.Cox@headspaceknox.com.au](mailto:Caity.Cox@headspaceknox.com.au)

## EASTERN REGION

### FaPMI Online Blog Space

A new outlet for young people aged 12yrs - 18yrs whom have a caregiver with a mental illness, to come together virtually with peers in a shared and safe environment

Contact: Bronwyn Sanders - 9871 3964 or [fapmi@easternhealth.org.au](mailto:fapmi@easternhealth.org.au)

<https://www.easternhealth.org.au/services/item/204-families-where-a-parent-has-a-mental-illness-fapmi>



## ALL AREAS - VICTORIA WIDE SERVICE

### Council of Single Mothers and their Children

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

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

Support Phone Line: Melbourne metro – 9654 0622

## ALL AREAS - VICTORIA WIDE SERVICE

### Step Families Australia

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

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

## MAROONDAH - Bayswater

### Parents Beyond Breakup

Specialised and gender-specific peer support and referral network for parents going through the trauma of family breakdown.

Dads In Distress, Tuesday, 7.30pm at Glen Park Community Centre

Contact: Phil Lamport on 0413 594 711

Mums In Distress: weekly on Monday evenings

Contact: Dani on 0437 559 945

[www.parentsbeyondbreakup.com](http://www.parentsbeyondbreakup.com)

## MAROONDAH - Ringwood

### Parenting Orders Program

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

EACH 1300 00 3224

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



# Aboriginal and Torres Strait Islander Family Services



## Victorian Aboriginal Child Care Agency (VACCA)

20 Fletcher Road Chirnside Park VIC 3116

(03) 8727 0200

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

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

## YARRA RANGES - Lilydale

### Boorndawan Willam Aboriginal Healing Centre

289 Swansea Rd, Lilydale VIC 3140

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

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

## YARRA RANGES - Healesville

### The Healesville Indigenous

### Community Services Association (HICSA)

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

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





# Linguistically and Culturally Diverse Family Support

## **EASTERN REGION** **Migrant Information Centre**

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

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

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

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

## **VICTORIA WIDE** **Victorian Multicultural Commission**

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

Phone: 03 7005 1267

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



## **MONASH AREA** **Chinese Family Services**

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

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

For more information contact Joseph Jin - 0422008145 or 98754222

Email: [Joseph.Jin@vt.uniting.org](mailto:Joseph.Jin@vt.uniting.org)



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

The Cool Kids and Rainbows program is a therapeutic children's program that utilizes craft and play to help newly arrived primary school aged children adjust to their new life in Australia and make new friends.

The program is held over 8 weeks and children who attend the program are invited to participate in our holiday programs.

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





## EASTERN REGION CONTACTS

### AMAZE

Builds autism understanding in the community, influences policy change for autistic people and their families/supporters, and provides independent, credible information and resources to individuals, families, professionals, government and the wider community.

(03) 9657 1600 Web: <https://www.amaze.org.au/>

### Autism Counselling

Suite 2/171 Boronia Rd, Boronia 0414 487 509

### Cerebral Palsy Support Network

A community of members that puts inclusion and self-determination of individuals with Cerebral Palsy at the forefront of everything we do.

<https://cpsn.org.au/> 9478 1001

### Deaf Victoria

Deaf Victoria advocates to increase access to services and to educate the wider community on how to work, play and study with Deaf and hard of hearing people. Deaf Victoria also represents Deaf and hard of hearing people in both state government and disability groups.

<https://www.deafvictoria.org.au/> 0431 476 721

### Down Syndrome Victoria

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

### Epilepsy Action Australia

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

### Scope Australia

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

### Spectrum Journeys

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

### Yooralla

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

## STATE-WIDE - Multiple Webinars Understanding the NDIS

Are you wondering what the NDIS and NDIS-ECEI is all about or what it could mean for your child? Plumtree runs 4x webinars focusing on 'NDIS - The Basics', 'Kickstarting your child's NDIS plan', 'NDIS Plan Review' and 'NDIS Self-Management'

Fortnightly & free webinars on various aspects & stages of the NDIS focusing on children aged 0yrs - 8yrs old

Contact Plumtree Children's Services on [info@plumtree.org.au](mailto:info@plumtree.org.au)

Bookings: [www.eventbrite.com.au/o/plumtree-childrens-services-11076086651](http://www.eventbrite.com.au/o/plumtree-childrens-services-11076086651)

## STATE-WIDE

### Little Dreamers - Young Carer Support

Little Dreamers are children and adolescents whom provide care for a family member affected by disability, illness or addiction

Children: Camps, holiday programs, mentoring, dreamers hub

Teenagers: a 6-month Personal Development program for young carers aged 13-18yrs to empower, develop resilience and have the opportunity for building new skills and finding hidden talents. Includes mentoring, workshops and two retreats

For more information visit: [www.littledreamers.org.au](http://www.littledreamers.org.au)

## EASTERN SUBURBS

### Association for Children with a Disability

ACD supports children with disability and their families around Victoria led by, and for, families of children with disability. ACD aims to empower families with knowledge and skills, advocate for children and their families, educate service providers and influence government and public policy to advance the rights of children with disability.

Programs include peer mentoring, workshops and a support hotline

Website: <https://acd.org.au>

Contact: (03) 9880 7000 or [mail@acd.org.au](mailto:mail@acd.org.au)

## STATE-WIDE - Online Webinar A Parent's Guide to Autism

Dr Justin Coulson & Dr Michelle Garnett will be conducting a webinar on how to connect, build affection, and manage emotions in your ASD child, and is for every parent who has ever wondered "What am I doing wrong?!"

When: Monday, 20 July 8.00pm - 9.00pm

Cost: \$30 per person

<https://www.eventbrite.com.au/e/a-parents-guide-to-autism-tickets-110239882456?aff=ebdssbonlinesearch>



## EASTERN REGION

### EASTERN DOMESTIC VIOLENCE SERVICES (EDVOS)

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

b/h 9259 4200

a/h 1800 015 188 (crisis line)

[www.edvos.org.au](http://www.edvos.org.au)

## YARRA RANGES Lilydale

### Mum's Guiding Kids Forward

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

Where: Anglicare in Lilydale, or online via Zoom

When: Wednesdays, July 22nd - September 9. 10am - 12pm

Contact: Kate Harrower or Karen Angrove. 9735 6100

[Kate.Harrower@anglicarevic.org.au](mailto:Kate.Harrower@anglicarevic.org.au) or [Karen.Angrove@anglicarevic.org.au](mailto:Karen.Angrove@anglicarevic.org.au)

## YARRA RANGES - Chirnside Park

### Footsteps

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

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

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

Morning tea will be provided

Phone 8870 4040 for more information

## MANNINGHAM - Doncaster

### DAWN Mentoring Program - Doncare

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

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

## WHITEHORSE - Burwood East

### Crossways Life Care

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

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

[lifecare@crossways.org.au](mailto:lifecare@crossways.org.au)

## WHITEHORSE - Box Hill

### The TRAK Forward Program

Supports people to move forward after family violence, Includes

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

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

E: [trakeast@anglicarevic.org.au](mailto:trakeast@anglicarevic.org.au)

## ALL EASTERN REGION - located in Whitehorse

### Courage to Heal - commencing term 4

A 12-month group therapy program lead by Psychologists and Counsellors for women whom have experienced family violence. This is a post-crisis recovery program focusing on empowering women in their journey of healing and recovery. Case management support also available

When: Thursdays, 10am - 12.45pm

Where: Address will be supplied upon referral.

For enquiries, please contact: Beth Taylor on 0423 911 428

Email: [womenscentre@crosswaylifecare.org.au](mailto:womenscentre@crosswaylifecare.org.au)

[www.crosswaylifecare.org.au/our-services/domestic-violence-recovery/](http://www.crosswaylifecare.org.au/our-services/domestic-violence-recovery/)

## EASTERN REGION - Online Program

### Repair-Enting for Dads

#### Family Violence Therapeutic Intervention Program

A structured group program for Dads who have used violence in their relationships and whom are currently parenting a child on a part-time or full-time basis, or are hoping to redevelop a relationship with their children

When: 9-week program on Thursdays, from 6.30pm - 9pm, Dates TBC

Cost: free of charge

Contact: 5990 1900 or email [cranbourne@rav.org.au](mailto:cranbourne@rav.org.au)



## Getting in touch

### We come to you!

We are always on the lookout for schools, community houses and other local venues throughout the Eastern Region who may like to host one of our popular and free parenting education events or groups. Please contact: [parentzone.errd@anglicarevic.org.au](mailto:parentzone.errd@anglicarevic.org.au) if you have a venue and would like to host a group for your local community.

ParentZone offer professional consults and training to professionals working with parents on a variety of themes and covering all ages and stages.

ParentZone also offer an accredited training, based on the Parents Building Solutions parenting package. This training is low cost and offers practical and empowering tools for working with parents both one on one and in groupwork.

**If you would like to be on our mailing list to hear about future ParentZone events, or if you would like further information on training opportunities available through ParentZone please email:**  
[parentzone.errd@anglicarevic.org.au](mailto:parentzone.errd@anglicarevic.org.au)

We look forward to hearing from you!



### ParentZone Newsletter Submission Dates What Are Your Plans for 2020?

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

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

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

Term 2 deadline - Friday 27th March 2020

Term 3 deadline - Friday 26th June 2020

Term 4 deadline - Friday 18th September 2020

We look forward to hearing from you!