



PARENTZONE SOUTHERN DIRECTORY

Term 3, 2020

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



Hello all,

Welcome to Term 3 2020! It's been a hectic start to the year, we hope you and your families have stayed safe as we navigate new ways of connecting.

While our services have changed a little, we are still running our *Parents Building Solutions* programs, *Beyond the Violence* programs and resourcing parents, families and professionals **ONLINE**.

Our staff from Pakenham and Frankston offices are currently working remotely; you can still phone through and we will be able to assist you on 03 9781 6767 or email us at parentzone.southern@anglicarevic.org.au

ParentZone Hub at Pakenham Hills Primary School - Would like your ideas!

To get involved, please register your interest by contacting the Parentzone Hub Coordinator: Deb Davey 0428 654 824; or email: deb.davey@anglicarevic.org.au

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

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

<p>LGBTIQ+ Legal Outreach Fitzroy Legal Service inc. Operates a free monthly family law advice clinic for LGBTIQ+ clients This clinic can help with a range of family law matters, including parenting and property advice</p>	<p>To book an appointment Call 9419 3744 Email enquiries@fitzroy-legal.org.au</p>
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WHAT'S ON IN YOUR REGION?

Please send us details of any programs, workshops or support groups that you plan to run in Term 4, 2020. parentzone.southern@anglicarevic.org.au or contact us on:

NEW NUMBER 9781 6767

ONLINE PROGRAMS FACILITATED BY PARENTZONE IN TERM 3 2020

ALL PARENTING PROGRAMS ARE FREE

Several ONLINE Programs are being facilitated this term by Parentzone, co-designed with participants to best meet the current needs of families. These include single sessions, 6 session programs and 8 session specialist programs

City of Cardinia in Term 3, 2020

REMINDER: ONLINE: USING ZOOM

You will need access to a desktop computer, laptop, tablet or smartphone and an internet connection.

PARENTS BUILDING SOLUTIONS - 'GROWING GREAT KIDS' in CARDINIA

A Program for mums, dads, step-parents, grandparents & carers

Join us online with your mobile phone or computer to share experiences, ideas and learn strategies that work

- How to get your kids to listen without having to yell?
- Are you feeling isolated at home parenting kids?
- Recognising and responding to your children's feelings
- Building resilience & confidence
- Learning strategies to make parenting easier and more fun!

<p>DAY: Tuesdays DATES: 21, 28 July, 4,11,18,35 August TIME: 10.00am-11.30am WHERE: Online with ZOOM</p> <p>Facilitated by Parentzone in collaboration with Nar Nar Goon Primary School; Garfield Primary School</p>	<p>Online Registration Virginia Meredith-59425311 nar.nar.goon.ps@education.vic.gov.au</p> <p>John Barkley 56292274 garfield.ps@education.vic.gov.au</p> <p>Jasbir Singh Suropada- Parentzone jasbir.suopada@anglicarevic.org.au</p> <p>Call or Text 0431203177 to register</p>
<p>DAY: Thursdays DATES: 6, 13,20,27 August, 3 & 10 Sept 2020 TIME: 7.00pm - 8.30pm WHERE: Online with ZOOM</p> <p>Facilitated by Parentzone in collaboration with Pakenham Hills Primary School</p>	<p>Online Registration Jacinta Gunton-59 977 261 Jacinta.Gunton@education.vic.gov.au</p> <p>Rachel Mauger or Admin- 5941 4436 pakenham.hills.ps@education.vic.gov.au</p> <p>Jodie Mattingley-59988323 Jodie.mattingley@education.vic.gov.au</p> <p>Jasbir Singh Suropada- Parentzone jasbir.suopada@anglicarevic.org.au</p> <p>Call or Text 0431203177 to register</p>

City of Casey in Term 3, 2020

REMINDER: **ONLINE: USING ZOOM**

You will need access to a desktop computer, laptop, tablet or smartphone and an internet connection.

PARENTS BUILDING SOLUTIONS in City of Casey

A Program for mums, dads, step-parents, grandparents & carers

Join us online with your mobile phone or computer to share experiences, ideas and learn strategies that work.

- How to get your kids to listen without having to yell
- Better understand why kids behave the way they do
- Recognising and responding to your children's feelings
- Building resilience & confidence
- Learning strategies to make parenting easier and more fun!

DAY: Monday evenings x 6 weeks DATES: July 27 th to 31 st August TIME: 6.30pm-8.00pm WHERE: Online with ZOOM	BOOKINGS AND ENQUIRIES CONTACT: Sandra Phillips at ParentZone Call / text 0447 500 355 or email sandra.phillips@anglicarevic.org.au
DAY: Thursday Mornings x 6 weeks DATES: August 6 th to September 10 th TIME: 9.30am – 11.00am WHERE: Online with ZOOM	BOOKINGS AND ENQUIRIES CONTACT: Sandra Phillips at ParentZone Call / text 0447 500 355 or email sandra.phillips@anglicarevic.org.au
DAY: Tuesday Afternoons x 6 weeks DATES: August 11 to September 15 th TIME: 1.00pm-3.00pm WHERE: Online with ZOOM	BOOKINGS AND ENQUIRIES CONTACT: Sandra Phillips at ParentZone Call / text 0447 500 355 or email sandra.phillips@anglicarevic.org.au

City of Frankston and Shire of Mornington Peninsula in Term 3, 2020

REMINDER: ONLINE: USING ZOOM

You will need access to a desktop computer, laptop, tablet or smartphone and an internet connection.

PARENTS BUILDING SOLUTIONS [City of Frankston](#) and [Mornington Peninsula Shire](#)

Free 3 week program online for Mums, Dads, Grandparents, Aunties, Uncles, adult carers
Join us online with your mobile phone or computer to share experiences, ideas and learn strategies that work.

- How to get your kids to listen without having to yell
- Better understand why kids behave the way they do
- Recognising and responding to your children's feelings
- Building resilience & confidence
- Learning strategies to make parenting easier and more fun!

<p>DAY: Wednesdays DATES: 26th August, 2nd and 9th Sept TIME: 6.30 - 8- pm WHERE: Online with ZOOM This group is in collaboration with Carrum Downs schools and Peninsula Health</p>	<p>BOOKINGS AND ENQUIRIES CONTACT: Michelle Brown - Parent Resource Co-ordinator 0429 174 150 Email: michelle.brown@anglicarevic.org.au</p>
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Free 6 week program for Mums, Dads, Grandparents, Aunties, Uncles, adult carers to talk about kids

THERE ARE 3 OF THESE PROGRAMS RUNNING THIS TERM. CHOOSE THE ONE THAT SUITS.

<p>DAY: Thursdays DATES: July 23, 30 Aug 6, 13, 20,27 TIME: 6.30 – 8.00pm WHERE: Online with Zoom</p>	<p>BOOKINGS AND ENQUIRIES CONTACT Michelle Brown - Parent Resource Co-ordinator 0429 174 150 Email: michelle.brown@anglicarevic.org.au</p>
<p>DAY: Tuesdays DATES: August 4th,11th,18th,25th,Sept 1st,8th TIME: 10.00am-11.30am WHERE: ZOOM Online</p>	<p>BOOKINGS AND ENQUIRIES CONTACT Michelle Brown - Parent Resource Co-ordinator 0429 174 150 Email: michelle.brown@anglicarevic.org.au</p>
<p>DAY: Wednesdays DATES: July 22, 29 Aug 5, 12, 19,26 TIME: 1.00pm to 2.30pm WHERE: Online with Zoom</p>	<p>BOOKINGS AND ENQUIRIES CONTACT Michelle Brown - Parent Resource Co-ordinator 0429 174 150 Email: michelle.brown@anglicarevic.org.au</p>

City of Greater Dandenong in Term 3, 2020

REMINDER: ONLINE: USING ZOOM

You will need access to a desktop computer, laptop, tablet or smartphone and an internet connection.

PARENTS BUILDING SOLUTIONS - 'GROWING GREAT KIDS' in Dandenong

A Program for mums, dads, step-parents, grandparents & carers

Join us online with your mobile phone or computer to share experiences, ideas and learn strategies that work.

- How to get your kids to listen without having to yell?
- Are you feeling isolated at home parenting kids?
- Recognising and responding to your children's feelings
- Building resilience & confidence
- Learning strategies to make parenting easier and more fun!

<p>DAY: Wednesdays DATES August 5,12,19,26,& September 2,9 TIME: 1.00pm – 2.30pm WHERE: Online with ZOOM</p> <p>Facilitated by Parentzone in collaboration with Yarraman Oaks Primary School and Keysborough Primary School</p>	<p>ONLINE REGISTRATION Elissa Sewell- 9792 4406 Yarraman Oaks Primary School sewell.elissa.j@edumail.vic.gov.au</p> <p>Kristine Moores 97984764 Keyborough Primary School Kristine.Moores@education.vic.gov.au</p> <p>Jasbir Singh Suropada- Parentzone jasbir.suopada@anglicarevic.org.au</p> <p>Call or Text 0431203177 to register</p>
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PARENTS BUILDING SOLUTIONS - 'Parenting in Australia' in Dandenong

<p>DAY: Fridays DATES July 31, August 7,14,21,28, September 4 TIME: 10.00am-11.30am WHERE: Online with ZOOM</p> <p>Facilitated by Parentzone in collaboration with Athol Rd Primary School and Spring Park Primary School.</p>	<p>ONLINE REGISTRATION Natasha Moshinsky-95471224 Athol Road Primary School moshinsky.natasha.a@edumail.vic.gov.au</p> <p>Kate Hill- 9546 6402 Spring Parks Primary School Kate.Hill@education.vic.gov.au</p> <p>Jasbir Singh Suropada- Parentzone jasbir.suopada@anglicarevic.org.au</p> <p>Call or Text 0431203177 to register</p>
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BEYOND THE VIOLENCE PROGRAM FOR WOMEN AND THEIR CHILDREN - Dandenong

BEYOND THE VIOLENCE



Facilitated by Parentzone Anglicare Victoria, funded by Communities for Children Dandenong/Mission Australia

REMINDER: **ONLINE: USING ZOOM**

You will need access to a desktop computer, laptop, tablet or smartphone and an internet connection.

A **FREE** 8-week program for women and their children who have been impacted by Family Violence.

- Are you dealing with the after effects of family violence?
- Does your child's anger or anxiety worry you?
- Can you identify the warning signs in a new relationship?
- Do contact visits unsettle your child?

DAY Wednesdays	FREE of Charge
DATES 22 ND July for 8 consecutive weeks	Bookings essential.
TIME 4.00pm to 6.30pm	All inquiries please call, text or e-mail:
	Ariane Hahn: 9781 6725 or 0499 080 468
	Ariane.Hahn@anglicarevic.org.au

If you would like to explore a group specifically for fathers/carers/other, please contact us for general enquiries on 9781 6729

Professional Development in Term 3, 2020

BEYOND THE VIOLENCE - FACILITATOR TRAINING

BEYOND THE VIOLENCE



Do you want to increase your skills in working with parents and children affected by Family Violence?

SUITABLE FOR:

Professionals who have existing group work skills and experience, or a background working with women and children impacted by family violence

REMINDER: **ONLINE: USING ZOOM**

You will need access to a desktop computer, laptop, tablet or smartphone with camera and microphone functions and an internet connection.

City of Frankston

6 sessions over 3 weeks

Funded by Communities for Children/AV Frankston and facilitated by Parentzone

All six sessions need to be attended to be accredited.

DAY/DATE/TIME Wednesday 5 th August & Thursday 6 th August Wednesday 12 th August & Thursday 13 th August Wednesday 19 th August & Thursday 20 th August 9.30am – 1.30pm	BOOKINGS ESSENTIAL Call Erin Surrey 0438 459 891 or email Erin.Surrey@anglicarevic.org.au
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City of Casey

6 half day sessions over 3 weeks

Funded by Communities for Children/Windermere and facilitated by Parentzone

All six sessions need to be attended to be accredited.

DAY/DATE/TIME Monday 24 th August & Tuesday 25 th August Monday 31 st August & Tuesday 1 st September Monday 7 th September & Tuesday 8 th September 4.00pm to 8.00pm	BOOKINGS ESSENTIAL. Call Alison Krusec 0409 316 620 or email Alison.Krusec@anglicarevic.org.au
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Carers Building Solutions with CARER KAFE

THE KINSHIP CARER AND FOSTER CARER EXPERIENCE

Funded by Foster Care Association of Victoria and facilitated by Parentzone

Connect with other carers

Join a supportive space where you can share the challenges, joys and unique experiences of kinship and foster care, while enjoying warm connections with one another and expanding ideas to enhance relationships and respond to the needs of the children in your care. You will expand your understanding of:

- child development, milestones and the impact of trauma
- developing feelings of safety, health and happiness in children in care
- how to respond to concerning behaviours and enhance communication

This session will occur over **2 half day sessions** as follows:

Day 1

Day Tuesday
Date 21st July
Time 9:30am – 1pm

Day 2

Day Tuesday
Date 28th July
Time 9:30am – 1pm

REMINDER: ONLINE: USING ZOOM

You will need access to a desktop computer, laptop, tablet or smartphone with camera and microphone functions and an internet connection.

Register: <https://www.carerkafe.org.au/training/event/507-carers-building-solutions-online>

(Please ignore the automated email saying it is in person when you book through Carer KaFE!)
ZOOM links will be emailed to you closer to the session date.

ENQUIRIES CONTACT:

Michelle Brown - Parent Resource Co-ordinator 0429 174 150

Email: michelle.brown@anglicarevic.org.au

OTHER ANGLICARE VICTORIA PROGRAMS – Lift up Your Family (LYFT)

ONLINE: USING ZOOM

A Program for parents and carers of young people (aged 12-25 years) who have challenging behaviours and May also be using alcohol and other drugs in a problematic way.

- ARE YOU CONCERNED ABOUT YOUR YOUNG PERSON'S RESK TAKING BEHAVIORS?
- ARE YOU STRUGGLING TO COMMUNICATE WITH YOUR YOUNG PERSON?
- ARE YOU TIRED OF YELLING?

<p>DATES: 21 July to 25 August, 2020 (6 week program) TIME: 6:00pm - 8:00pm WHERE: Zoom platform (You will need access to a desktop computer, laptop, tablet or smartphone and an internet connection) COST: FREE BOOKINGS: Bookings essential</p>	<p>For bookings and enquiries contact: Inta Gebert on 0438 014 387 or Inta.Gebert@anglicarevic.org.au Lucinda Bray on 0417 416 748 or Lucinda.Bray@anglicarevic.org.au Erin Platt on 0438 812 131 or Erin.Platt@anglicarevic.org.au</p>
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Communities for Children Frankston and Cardinia Plus Community Workshop Series: Understanding Childhood Trauma

Anglicare Victoria

Communities for Children is funded by the Australian Government Department of Social Services.
Presented in collaboration with Australian Childhood Foundation

Designed for local sport and recreational groups, parents and carers who are seeking information and practical strategies

- How to recognise and respond to trauma based behaviour in Children
- How to apply practical strategies in a variety of settings, including clubs, homes and education settings
- Where to seek further information and support
- Presented by the Australian Childhood Foundation this workshop will equip attendees with a greater understanding of:

Understanding Childhood Trauma – Tuesday 21st July 2020 from 6.30-8.30pm,
registrations at: https://us02web.zoom.us/webinar/register/WN_CWGz42piSIKMic96KvFHsg

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

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

Reach Out

It's been a stressful time all around the world as we deal with coronavirus (COVID-19) and the uncertainty it brings. What life will look like over the next few months has changed and you might be feeling anxious about what this means. Here are some resources to help you manage your wellbeing through all this

https://au.reachout.com/collections/coping-during-coronavirus?qclid=EAlalQobChMI7IXX5OC86gIV0HwrCh3KbQJZEAAAYASAAEqJvKvD_BwE

Department Of Health and Human Sevices

For updates on Covid19, tips on how to stay safe and resources to help you get through.

<https://www.dhhs.vic.gov.au/coronavirus>

PEER NETWORKS

These will now be facilitated on ZOOM! Please let our facilitators know if you would like to attend, these meetings are a fabulous space for all professionals, volunteers, students and others working alongside families, either 'one on one' or in groups.

Also, if you are interested in having a Program facilitated for the parents at your School/Community Centre etc please contact the person below for your area.

Our networks for parent educators are always a great place to discuss parent engagement, share resources and get to know what's happening in your region. Parentzone operates 4 PEER networks across the Southern Region

Region	Contact	Venue	Dates
Cardinia Shire	Jasbir Singh Suropada 0431 203 177 Jasbir.suopada@anglicarevic.org.au	Anglicare Victoria Level 1, 66-68 Main St Pakenham	Ring for details
City of Casey	Sandra Phillips 0447 500 355 sandra.phillips@anglicarevic.org.au	Contact Sandra on 9781 6767 to acknowledge attendance or email	Online via Zoom 9.30 am to 11.00 Date 23 rd July 2020
City of Greater Dandenong	Jasbir Singh Suropada 0431 203 177 or 9706 8568 Jasbir.suopada@anglicarevic.org.au	Dandenong Anglicare Victoria Suite 12, 131-147 Walker St Dandenong	Ring for details
Frankston and Mornington Peninsula	Michelle Brown 9781 6700 or 0429 174 150 michelle.brown@anglicarevic.org.au	The Corner Youth Services Building Wilsons Rd, 'Mornington	Phone Michelle for further details if required.

PARENTZONE OFFICES

DURING COVID OUR PROGRAMS ARE BEING FACILITATED VIA ZOOM

YOU CAN STILL CONTACT THE OFFICE AND SPEAK TO SOMEONE BY PHONE, EMAIL OR ONLINE

<p>ParentZone Southern (2 offices) Phone: (03) 9781 6767 75 Army Rd Pakenham, Vic, 3810 Level 2, 60-64 Wells Street Frankston Parentzone.southern@anglicarevic.org.au</p>	<p>ParentZone Eastern 03 9721 3646 666 Mountain Hwy Bayswater 3153 CAN PHONE DURING COVID Parentzone.errd@anglicarevic.org.au</p>	<p>ParentZone Northern 03 8470 9999 42 Mary Street, Preston CAN PHONE DURING COVID Parentozone.preston@anglicarevic.org.au</p>
<p>ParentZone Gippsland 03 5133 9555 188-190 Commercial Road, Morwell VIC 3840, Australia Parentzone.gippsland@anglicarevic.org.au</p>		

Raising Children’s Network and Online Resources

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

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

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

Includes topics such as: Pregnancy; Newborns; Babies; Toddlers; Pre Schoolers; School Age; Pre Teens; Teens; Grown Ups; Autism; Disability
<http://raisingchildren.net.au/>

ANGLICARE VICTORIA FOSTER CARE Info Sessions

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

We encourage people considering foster care to attend a free **information session** in their area. Potential carers can ask extensive questions, learn about the experience, and speak with existing carers. For more information on becoming a Foster Carer, **ring one of the offices below**. To become a foster carer all applicants must read and sign a number of documents and complete background checks. To start the application process, please contact us:

Eastern Melbourne Metro Region – 1300 889 335

North Melbourne Metro Region – 9301 5200

West Melbourne Metro Region – 03 9396 7400

Southern Melbourne Metro Region – 03 9293 8500

Bendigo & Loddon Region – 03 5440 1100

Gippsland Region – 03 5135 9555

Dandenong | Foster Care Information Session online

Contact: Foster Care Team

Phone: 03 9293 8500

Email: fostercare.southern@anglicarevic.org.au

For all other areas in Victoria, please contact the Centre for Excellence in Child & Family Welfare on 1800 013 088 or visit fosteringconnections.com.au

Time: 6:00 - 7:00 pm

Price: Free. Bookings essential.

Venue: ONLINE

Contact: Foster Care Team

Phone:

03 9293 8500

Email:

fostercare.southern@anglicarevic.org.au

FAMILY VIOLENCE ORANGE DOOR

STILL OPERATING DURING THE CORONAVIRUS (COVID 19) OUTBREAK. [CONTACT YOUR LOCAL SERVICES FOR SUPPORT](#)
IN AN EMERGENCY DIAL 000

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

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

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

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

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

For Urgent assistance call Triple Zero 000

FOR ASSISTANCE IN OTHER AREAS in Southern Region not covered by Orange Door

Go to your local council area for Services

[Cardinia Shire](#) ; [City Of Casey](#) ; [City of Greater Dandenong](#)

WAYSS

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

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

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

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

SAFE STEPS

24/7 FAMILY VIOLENCE RESPONSE PHONE LINE

Phone: 1800 015 188

Email: safesteps@safesteps.org.au

You can also chat to us online between 9am and 9pm, Monday to Friday.

As a part of our COVID-19 service response, you will be asked some additional questions about any recent travel or contact with confirmed cases. Your answers will ensure we provide you with a responsible and appropriate service to meet your individual needs.

NEIGHBOURHOOD HOUSES VICTORIA

Some of these may not be opened during COVID 19

For your local Community House please click on this link

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

DRESS FOR SUCCESS

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

- Help women feel and look their best by providing a free one-on-one dressing service in our Boutique
- Provide coaching and advice on interview skills and techniques
- Support women to build personal and work related skills through our free workshops and
- Provide mentoring and ongoing support after they get a job.

We are staffed by volunteers who have received in-house training.

We are part of Dress for Success Worldwide that assists women in 30 countries. Our service is one of 5 affiliates in Australia. Since we commenced our service in 2008 our volunteers have delivered assistance to over 5000 women in and around the regions of Frankston and the 'Mornington Peninsula. We have new an online booking service for dressings at: <https://calendly.com/dfsmp-dressings> Or Career Centre Workshops at: <https://celendly.com/dfsmp-cc>

If you have any trouble accessing these sites pleased contact our office on 9770 0220

Homework Support Dandenong Enquiries 9767 1900

Enquiries Crystal Youth Engagement Worker 9767 1900

GROUPS AND PROGRAMS

City of Bayside

Group / Program	Contact	Address	Details/ Other
<p>We are still here for you during the COVID-19 crisis</p> <p>Australia's essential COVID-19 policies have a dangerous impact on the frequency and severity of family violence incidents. Google searches on domestic violence increased by 75% in one State alone since the COVID-19 pandemic. Family and domestic violence services expect an increase in demand to flow, which we anticipate will only grow over time.</p> <p>The Salvation Army is committed to keeping our family and domestic violence services accessible whilst addressing the COVID-19 restrictions. We are also advocating for increased funding and support to respond to the consequences of isolation policies in violent relationships.</p> <p>Please contact us if you need to. If secure and private digital communication is an issue, have a look at these tips first. https://www.esafety.gov.au/key-issues/covid-19/advice-women-domestic-violence</p> <p>If you are in Australia and you feel unsafe right now, or hear fighting, shouting or noises that sound like violence, call the police on Triple Zero (000) or contact 1800RESPECT (1800 737 732)</p>			
<p>General Community information during COVID-19</p> <p>Please do not attend any Bayside City Council facilities or services if you are unwell or have been exposed to a confirmed or suspected case of COVID-19. If you have any concerns or queries you can call us on (03) 9599 4444 or Contact Us Online</p> <p>https://www.bayside.vic.gov.au/children-and-teens-bayside-libraries</p> <p>the council site has several resources and details of programs running ONLINE during COVID19</p>			
<p>Care packages Free care packages are available for residents with no access to food and essential supplies under a program introduced by the Victorian Department of Health and Human Services to support people in mandatory self-isolation, who have little or no food, and no network of family and friends to support them. Call 1800 675 398 to order a care package.</p> <p>BayCISS provides emergency relief by offering food parcels and/or vouchers, information, advocacy, casework and referral services to residents experiencing isolation or financial difficulty. Please visit the agency located at 12 Katoomba Street, Hampton East or give us a call on 9555 9910. Opening hours are 10am to 2pm each weekday. If you are unable to get through on the phone, you can email manager@bayciss.org.au or via their website</p>			

City of Bayside

Other services and support AVAILABLE DURING COVID 19

While our libraries are closed, our [online library](#) is still open with a vast array of online books, magazines, videos and more.

The [Australian Government's Head to Health website](#) includes a range of online mental health support tips and advice including information on how to access support.

The [Victorian Department of Health and Human Services website](#) features tool, tips, videos and other resources to help you look after your mental health during the COVID-19 pandemic.

https://www.bayside.vic.gov.au/sites/default/files/children_and_family/covid-19_update_information_for_parents_-_27_march_2020_accessible.pdf

Maternal and Child Health Care access is different

Parents are understandably concerned about the risks of exposure to COVID-19 for their children and are unsure whether to attend maternal and child health appointments, or group sessions.

To limit the spread of COVID-19 in the community, Maternal and Child Health (MCH) services are adopting alternative modes of service delivery including telephone or electronic consultations but will continue to provide services to families. Group sessions will cease until further notice.

Please contact your local MCH service for local information on change of service delivery and remember the 24- hour MCH Line is always available on 13 22 29.

Watch Storytime at Bayside Libraries DURING COVID Unfortunately you can't come to Storytime at the moment, so we're bringing Storytime to you.

On Tuesdays at 10.30am, Wednesday at 10:30am and Thursdays at 10.30am you can find our Librarians, Nan and Sam and Mel, on [Bayside Library's Facebook Live](#) or watch them on the council site.

Follow the below link and you will find several story times to look at.

<https://www.bayside.vic.gov.au/watch-storytime-bayside-libraries>

For children and teens at Bayside libraries DURING COVID

While our Libraries may be shut, our online resources, including books, magazines, newspapers and movies, are always open to you for free for all the family to enjoy.

Find our guides to accessing Bayside Library Services from home:

<p>How to create your log in Educate and entertain your children Watch Storytime online</p>	<p>Search our catalogue Renew your loans</p>		
<p>SAFE STEPS The safe steps response phone line connects women (this includes anyone who identifies as female including trans and gender diverse individuals) and their children with specialist support workers who can help them explore their options, develop a safety plan and access supports that allow them to live safe from family violence.</p> <p>Emergency Accommodation If you are at risk and need to leave your home environment, safe steps can arrange immediate safe accommodation for you and your children.</p> <p>safe steps has a range of accommodation options available dependent on your circumstances</p>	<p>To talk to a safe steps support worker, call 1800 015 188. The safe steps phone line is open 24 hours a day, 7 days a week, every day of the year including public holidays.</p> <p>If you have been threatened or you are fearful for yourself, a child or family member – call 000 Emergency or Police</p> <p>MORE ABOUT ACCOMODATION ASSISTANCE OFFERED</p> <p>To talk to a specialist family violence support worker about accommodation options, call safe steps now on 1800 015 188.</p>	<p>As a part of our COVID-19 service response, you will be asked some additional questions about any recent travel or contact with confirmed cases. Your answers will ensure we provide you with a responsible and appropriate service to meet your individual needs. Phone: 1800 015 188</p> <p>Email: safesteps@safesteps.org.au</p> <p>You can also chat to us online between 9am and 9pm, Monday to Friday.</p> <p>What happens when you call safe steps</p>	<p>Please Phone</p>

The information above has been confirmed as continuing during this period

PLEASE NOTE: THE BELOW SERVICES MAY NOT RUN THE WAY THEY USUALLY DO DURING COVID.

Please phone the Council or the numbers given to see what arrangements each organisation has in place during this time.

<p>AUSLAN STORY TIME Experience a visual language in this interactive session with our storyteller and an Ulsan interpreter signing some favourite stories</p>	<p>Bayside City Council Ph. 9599 4444 or see www.bayside.vic.gov.au for further details and bookings https://www.bayside.vic.gov.au/watch-storytime-bayside-libraries</p>	<p>Bayside Library Services 14 Wilson Street, Brighton Tel 9591 5900</p>	<p>Ulsan Storytime is being incorporated into our regular Thursday preschool sessions at Brighton Library. Please Phone for details During COVID-19</p>
<p>CARING MUMS In the challenging first months of your baby's life, a trained volunteer provides you with one on one emotional support. Through weekly visits, together you navigate the new and exciting road of motherhood</p>	<p>NCJWA Victorian Multicultural Commission caringmums@ncjwa.org.au ph. 9044 5405 or 0481 081 242 www.caringmums.org.au</p>	<p>Bubup Nairn Family and Children's Centre 998 Carlisle St, St Kilda Please Phone for details During COVID-19</p>	<p>The program is free of charge, nonjudgmental and confidential. Women in the Cities of Yarra, Kingston, Port Phillip, Gen Eira, Bayside and Stonnington are eligible for the served for up to one year Please Phone for details During COVID-19</p>

<https://www.familylife.com.au/news/supporting-the-community-during-covid-19/>

Please check site and ring before attending any Family life Programs during Covid.

<p>Peaceful Parenting Positive ideas to help you manage your child's behaviour and result in positive change.</p>	<p>Family Life Bookings essential Contact Sharon from the Shine team at Family Life 9770 0341 info@familylife.com.au</p>	<p>Level 1, 450 Nepean Hwy, Chelsea</p>	<p>Date Please phone Time 10.00-3.00pm Cost Free but booking is essential Please Phone for details During COVID-19</p>
<p>Time For Me Parenting Group</p>	<p>Family Life and Bayside City Council Contact Courtney or Belinda from the Community Bubs Team 9782 7800</p>	<p>Fern St Children's Centre Corner of Fern St & Bluff Rd, Black Rock</p>	<p>Day Every Tuesday Dates During School Term Time 10.00 – 12pm Free, light refreshments provided Please Phone for details During COVID-19</p>
<p>COMMUNICATING WITH YOUR ADOLESCENT 4-week workshop that will support parents by targeting personal effectiveness in communication skills to enhance your relationship with your child. You will explore the origins of your communication style, better understand the communication styles used by others and develop personal communication skills. For parents of children aged 10 to 17</p>	<p>Family Life For more info, email heartlinks@familylife.com.au or call (03) 8599 5488</p>	<p>Family Life meeting room, 197 Bluff Rd, Sandringham</p>	<p>Please phone or check web site. Please Phone for details During COVID-19</p>

City of Bayside

Group / Program	Contact	Address	Details/ Other
<p>MATERNAL CHILD & HEALTH CHILD SERVICES</p> <p>Phone your closest centre to see what they offer or visit Maternal and child health</p> <ul style="list-style-type: none"> • Baby capsule hire service • Breastfeeding and lactation advice • Home cleaning service for new parents • Child health and development • Maternal health • Parent child relationships • Safety and injury prevention • Immunisation • Nutrition • Family planning • Other local support services and resources <p>Advice and information is also available on the maternal and Child health Service 24 hour line. Phone 13 22 29 This is being delivered differently during COVID. Please get in contact with them for further information.</p>			
<p>The Orange Door</p>	<p>Phone: 1800 319 353 Email bpa@organgedoor.vic.gov.au</p>	<p>60-64 Wells St Frankston</p>	<p>Please Phone 9.00-5.00 5 days a week. The Orange Door Ring 000 if you need immediate assistance or are in danger DURING COVID PLEASE PHONE FIRST OR PHONE 000</p>

City of Bayside

Group / Program	Contact	Address	Details/ Other
Playgroups & Playhouses			
Visit Playgroups and playhouses or phone 9599 4444 for more info			
Group / Program	Contact	Address	Details/ Other
<p>KOORIE FAMILY GATHERING Are you, your children or the children you care for Aboriginal and/or Torres Strait Islander? Do you live in the City of Bayside, Glen Eira, Kingston or Stonnington? Would you like to connect with other Koorie families to have a yarn and a cuppa? Join our fun activities including storytelling and singing. Term 1, Would you like to connect with other Koorie families to have a yarn and a cuppa? Join our fun activities including storytelling and singing</p>	<p>City Of Bayside City Of Kingston City of Stonnington City Glen Eira Southern Melbourne Partnership For more information, contact: Chris 0402 311 989 cedmonds@smpcp.org.au</p>	<p>Derrimut Weelam Gathering Place Mordialloc Life Saving Club, 199 Beach Road, Mordialloc</p>	<p>Please Phone for details During COVID</p>
<p>SHARC provides high quality and effective drug treatment and care services</p>	<p>https://www.bayside.vic.gov.au/communitydirectory/self-help-addiction-resourcecentre-inc Phone 9573 1700</p>	<p>Mailing Address 140 Grange Rd Carnegie 3163</p>	<p>Please Phone for details During COVID</p>
<p>Dementia Carer Support Group For carers of people with dementia</p>	<p>Marlee Creaser 8256 9699 mcreaser@aol.com</p>	<p>15 Black St, Brighton Melways 97 B1</p>	<p>Please Phone for details</p>

<p>Brighton Carer Support Group For people caring for aged relatives or those with dementia</p>	<p>Girrawheen Day Centre Enquiries to Intake 9575 5322</p>	<p>Girrawheen Day Centre 3 Murphy St Brighton Mel Ref 67E7</p>	<p>Please phone for details during COVID</p>
<p>Making Choices A course for women who wish to learn how to make choices and re-gain some control over their lives in a safe and supportive atmosphere</p>	<p>Family Life 8599 5433 Open to City of Kingston, Bayside, Glen Eira and Port Phillip</p>	<p>Service Address 197 Bluff Rd, Sandringham</p>	<p>Please Phone for details</p>
<p>Creating Connections An 8 week support group for women who have already attended a family violence group or counselling, such as "Making Choices".</p>	<p>Family Life 8599 5433 Family Life 85995433</p>	<p>Please phone for details when booking</p>	<p>Please phone for details</p>
<p>Who's In Charge? An 8 week program for parents for carers of young people (aged 11 to 18) who are beyond control, violent or defiant.</p>	<p>Family Life Tom 9782 7800 tmulvaney@familylife.com.au</p>	<p>Family Life 197 Bluff Rd, Sandringham RSVP Tom 97827800</p>	<p>Please Phone for details</p>
<p>Live Your Community Program Provides flexible volunteer based inclusion support for children with disabilities who experience barriers to participation in sport, recreation and leisure. For children aged 6-17yrs with a diagnosed disability</p>	<p>Extended Families Mornington Peninsula and Frankston Phone: 03 5950 1055 Email: peninsula@extendedfamilies.org.au Southern – South East areas Phone: 03 9285 4839 Email: southern@extendedfamilies.org.au</p>	<p>Please phone for details</p>	<p>Please Phone for details</p>

Group / Program	Contact	Address	Details/ Other
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<p>HEARTLINKS</p> <p>Heartlinks offers professional, confidential and quality counselling for individuals, young people, couples and families.</p> <p>Qualified and experienced counsellors have expertise in a range of areas and counselling support will be tailored to your individual concerns. We offer welcoming, private counselling rooms and child-friendly play-based therapy rooms at our convenient Sandringham location</p>	<p><u>Family Life</u></p> <p>For more info, email heartlinks@familylife.com.au or call (03) 8599 5488</p> <p>They run Positive Parenting After Separation</p> <p>Parenting Anxious and Sensitive Children Workshops</p> <p>Successful Step Parenting and Blended Families</p> <p>1-2-3 magic and Emotion coaching workshops</p> <p>Engaging Adolescents workshop</p> <p>Positive Parenting after Separation workshop</p>	<p>Family Life meeting room, 197 Bluff Rd, Sandringham</p>	<p>Please contact Family Life At the time of Printing information wasn't available.</p> <p>Please Phone for details DURING COVID</p>
<p>Making Choices</p> <p>A course for women who wish to learn how to make choices and re-gain some control over their lives in a safe and supportive atmosphere</p>	<p><u>Family Life</u></p> <p>8599 5433</p> <p>Open to City of Kingston, Bayside, Glen Eira and Port Phillip</p>	<p>Service Address 197 Bluff Rd, Sandringham</p>	<p>Please Phone for details DURING COVID</p>
<p>Chelsea Carer Support Group</p> <p>For carers of frail older people and those with disabilities. The Carers only not the person with the disability or who is old.</p>	<p>(03) 8587 0194</p> <p>Leanne.Mill.@monash.org</p>	<p>335-337 Nepean hwy Parkdale</p>	<p>Check throughout COVID 19</p>

<p>SUPPORT GROUP FOR DEPRESSION</p> <p>Our Support Group for Depression provides support for sufferers, their family members and carers. Through group discussion we focus on the symptoms of depression and how to manage them to promote better mental health. The caring and sharing of the group offers relief from isolation and loneliness.</p> <p>We encourage family members and friends to attend the sessions in order to have enough awareness about the illness and how to support their loved ones.</p>	<p>MENTAL HEALTH FOUNDATION</p> <p>For information about group session please contact supportgroup@mhfa.org.au or phone 9826 1422</p> <p>Click on link to register</p> <p>https://www.mhfa.org.au/uploads/files/Depression_A5.jpg</p>	<p>Suite J, 450 Chapel St Sth Yarra</p>	<p>Check throughout COVID 19</p>
<p>Mood Disorders Support Group</p> <p>Provides friendship and support to those with a mood disorder, their family and friends. Uni-polar, bi polar, general anxiety and depressive illnesses</p>	<p>Mental Health Victoria</p> <p>If you plan to attend, we strongly encourage you to register. Email: admin@mhfa.org.au Ph 1300 643 287 Web www.mhfa.org.au</p> <p>Or click on link for registration https://www.mhfa.org.au/uploads/files/MoodDisorder_A5.jpg</p>	<p>Suite J, 450 Chapel Street South Yarra, VIC, 3141 (Enter via Wilson Street. Parking is available at Jam Factory - 500 Chapel Street)</p>	<p>Check throughout COVID 19</p>
<p>ASD Coffee Group</p> <p>Support for parents of children with autism</p>	<p>MOIRA</p> <p>Kerri Rolfe - Parent Support Coordinator for Southern Region 8552 2222</p>	<p>Highbury Neighbourhood community house 2 Livingston Street Highbury</p>	<p>Check throughout COVID 19</p>

<p>Sandringham Reach Respite Program for Carers For carers of the elderly and those with dementia</p>	<p>Sandybeach Centre www.sandybeach.org.au contact 9598 2155</p>	<p>Sandybeach Centre 2 Sims St, Sandringham Melways 76 G10</p>	<p>Check throughout COVID 19</p>
<p>Family Violence</p>			
<p>Creating lasting connections A 9 week Group that provides a safe, supportive and nurturing environment were mothers and their infants can connect, bond and attach as part of their recovery from Family Violence</p>	<p>Family Life Hopscotch Contact Annalise: 0428 574 251 www.familylife.com.au</p>	<p>Keith St community House 12 Keith St Hampton East</p>	<p>Check throughout COVID 19</p>
<p>ORANGE DOOR Men's Referral Service Men's Referral Service provides an anonymous and confidential phone counselling, information and referrals service on 1300 766 491 for: men who might be using violent and controlling behaviour towards a partner or family member men who have been victimized by a partner or family member women wishing to find information about male family violence friends, family or colleagues of people who are using or experiencing family violence. Professionals wishing to support a male or female client using or experiencing family violence.</p> <p>Victims Support Agency The Victims Support Agency provides support and information to help adult male victims of family violence and victims of violent crime. The service guides victims through the legal process and helps manage the effects of crime through practical assistance and counselling. Call the Victims of Crime helpline on 1800 819 817 or use the text service via 0427 767 891 (8am to 11pm, 7 days a week).</p> <p>Aboriginal Family Violence Prevention and Legal Service (FVPLS) This is an Aboriginal community-run organization providing assistance to Aboriginal and Torres Strait Islander victim survivors of family violence and sexual assault. You can call FVPLS on 1800 105 303.</p>			<p>Website: https://www.vic.gov.au/family-violence/the-orange-door.html</p> <p>For Confidential support and information call Safe Steps 1800 015 188 For Urgent assistance call Triple Zero 000 Still operating click on link ORANGE DOOR</p>

Group / Program	Contact	Address	Details/ Other
<p>Man & Fathers</p>			

<p>MATES – (MEN’S BEHAVIOUR CHANGE GROUP) MATES - Men's behaviour change group. Making Changes - Women's group. Groups for men, women and children that have been involved with or witnessed family violence. Individual counselling also available. Groups run in the evening and during the day. Male and Female, Late nights - Tues and Thurs. Other groups provided: Creating Connections - Women's Group.</p>	<p>Family Life</p> <ul style="list-style-type: none"> • Ph: 03 8599 5433 • E: info@familylife.com.au • W: Visit website 	<p>Please note that due to COVID-19 we are not able to facilitate these group services face to face.</p> <p>We are exploring ways to deliver this service online and look forward to updating you soon. Whilst our physical service centres are closed, we are still available via phone or email for you to access our services. Phone: +61 3 8599 5433 Email: info@familylife.com.au</p>	<p>Check throughout COVID 19 If in need of this, please phone service</p>
<p>Men’s SHED Members of Men's Shed come from all walks of life. The bond that unites them is that they are people with time on their hands and they would like to do something meaningful with that time. Members are able to work on meaningful projects at their own pace, in their own time and in the company of others. A key focus is to advance the well-being and health of its members & to encourage social inclusion.</p>	<p>0412 553 150 David Hill Email baysidemensshed@gmail.com Website www.BaysideMensShed.com</p>	<p>36 Bonanza Road, Beaumaris 3193</p>	<p>Check throughout COVID 19 Not running during Covid</p>
<p>THE BBQ BOYS Support group for male carers, offering peer support, fun and relaxing social activities, a space to talk about bloke’s carer issues, as well as information, referral and support.</p>	<p>Respite South See Frankston Area For Information On this</p>	<p>Check throughout COVID 19</p>	

Children, Youth & Families

BAYSIDE TOY LIBRARY	Phone: 0447 985 221 baysidetoylibrary.com	212 Dendy St East Brighton	Libraries on line throughout Covid 19. Several resources and stories.
DUNKLY ESTATE HIGHETT BREAKFAST CLUB Provides cooked breakfast for estate residents.	Contact Marilyn 8559 5433	Dunkley Estate Highett. Phone for further details.	Check throughout COVID 19
DUNKLY ESTATE HIGHETT AFTER SCHOOL CLUB A good opportunity for children to complete homework and join in some activities.	Contact Tim. M. or Louise. A. 8559 5433	Dunkley Estate Highett. Phone for further details.	Check throughout COVID 19
DADS PLAYGROUP . A chance to mix with other Dads (or grandfathers, uncles and male carers) while spending time playing and caring for your children in a supportive environment	Highett Neighbourhood community house	Highett Neighbourhood Community House: 2 Livingston Street Highett	Check throughout COVID 19
Group / Program	Contact	Address	Details/ Other
SOUTH EASTERN MULTIPLE BIRTH ASSOCIATION (SEMBA) A support group for multiple birth families, run by parents with multiples.	New Parent Contact: sembanewparent@hotmail.com President: sembapresident@hotmail.com	South East of Melbourne, covering the main areas of Bayside, Glen Eira and Kingston Councils. http://semba.amba.org.au/index.html	Check throughout COVID 19
HAMPTON COMMUNITY CENTRE Various Playgroups including French, German, Jolly Gymbuks & Tambourine Time	9598 2977 www.hamptoncommunitycentre.com.au	Hampton Community Centre 14 Willis St Hampton	Check throughout COVID 19

<p>YOUNG MUMS SUPPORTED PLAYGROUP For mothers under the age of 25 and with children up to 5 years.</p>	<p>BGLLEN Bayside City Council Maternal Child and health 9599 4755</p>	<p>Highett Maternal Child and Health Care Centre Community room</p>	<p>Check throughout COVID 19</p>
<p>IMPACT PROGRAM For young people 20 – 25, pick an area you've interested in, get some work experience and then design a project that will make a real contribution.</p>	<p>BGKLLN Sandy beach 9598 2155 ask to speak to Andrea</p>	<p>Sandy Beach Centre 2 Sims St, Sandringham</p>	<p>Check throughout COVID 19</p>
<p>REACH OUT For children who have a significant member of their family with a mental illness</p>	<p>Commonwealth Carer Respite Centre, Southern Mental Health carers@smha.org.au hgeerts@smha.org.au Heather - 9585 5677</p>	<p>Cheltenham area</p>	<p>Check throughout COVID 19</p>
<p>HAMPTON COMMUNITY CENTRE Various Playgroups including French, German, Jolly Gymbuks & Tambourine Time</p>	<p>9598 2977 www.hamptoncommunitycentre.com.au</p>	<p>Hampton Community Centre 14 Willis St Hampton</p>	<p>Check throughout COVID 19</p>
<p>YOUNG MUMS SUPPORTED PLAYGROUP For mothers under the age of 25 and with children up to 5 years.</p>	<p>BGLLEN Bayside City Council Maternal Child and health 9599 4755</p>	<p>Highett Maternal Child and Health Care Centre Community room</p>	<p>Check throughout COVID 19</p>

<p>POPCORN PRODUCTIONS FReeZA COMMITTEE Help plan, organise, deliver and evaluate events such as the Push Start Battle of the Bands and the Youth Art Exhibition.</p>	<p>Bayside Youth Services www.bayside.vic.gov.au/youth 9599 4446</p>	<p>Peterson Youth Centre Highett Corner of Peterson St and Highett Rd Highett</p>	<p>Online services and School programs during COVID 19 https://www.bayside.vic.gov.au/youth</p>
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<p>PETERSON YOUTH CENTRE DROP IN Free use of pool and table tennis tables, Nintendo Wii, internet access, food and drinks. Counselling and individual support can also be arranged</p>	<p>Bayside Youth Services www.bayside.vic.gov.au/youth 9599 4446</p>	<p>Peterson Youth Centre Highett Corner of Peterson St and Highett Rd Highett</p>	<p>Check throughout COVID 19</p>
<p>PFLAG (Parents and Friends of Lesbians and Gays)</p>	<p>BGKLEN Call PFLAG 9660 3960. <i>This is a message bank and is checked daily</i> www.pflagvictoria.org.au</p>	<p>Sol Green Community Centre Cnr. Montague and Coventry Streets South Melbourne</p>	<p>Check throughout COVID 19</p>
<p>Tamborine Time A fun session offering an introduction to music. Classes are relaxed and entertaining, with participation encouraged in all aspects, including singing with the guitar, dancing to popular songs and rhymes and instrument playing</p>	<p>Ph. 9598 2977 admin@hampcomm.org Monday classes are not scheduled this year (we need a minimum of 5 participants to run a class) but if you are interested please email admin@hampcomm.org and if there is enough demand a Monday class will be offered</p>	<p>Hampton Community Centre 14 Willis Street, Hampton Vic 3188</p>	<p>Check throughout COVID 19</p>

City of Bayside

Group / Program	Contact	Address	Details/ Other
<p>Playgroups and Pre-School At our pre-school groups lasting friendships form for both the parents/ carers and children. A support network develops which is so important particularly when living away from family.</p> <p>Playgroups are held in our craft room (or hall) with access to our beautiful large garden with play equipment, outside toys and sandpit. Art supplies are also supplied. All groups are self-led classes and have the same cost.</p> <p>Hampton Community Centre</p> <p>Hampton Community Centre Ph. 9598 2977 admin@hampcomm.org</p>			
<p>UK PLAYGROUP Expats from the British Isles, this playgroup is for you. Come and enjoy a cup of tea or coffee and help build your social network.</p> <p>Featuring songs and rhymes from the UK & Ireland</p> <p>SPANISH FOR PRE SCHOOLERS Fun, dynamic and creative activities for 3 to 5 year old children, to introduce them to the Spanish and Latin American culture.</p> <p>SPANISH Playgroup Native Spanish speakers will enjoy this friendly network</p>	<p>Hampton Community Centre</p> <p>Ph. 9598 2977 admin@hampcomm.org</p>	<p>Hampton Community Centre</p> <p>14 Willis Street, Hampton Vic 3188</p>	<p>Check throughout COVID 19</p>

Cardinia Shire

Group / Program	Contact	Address	Details/ Other
PARENTZONE PARENTING PROGRAMS			
<p>GROWING GREAT KIDS A Program for mums, dads, step-parents, grandparents & carers Join us online with your mobile phone or computer to share experiences, ideas and learn strategies that work</p> <p>How to get your kids to listen without having to yell? Are you feeling isolated at home parenting kids? Recognising and responding to your children's feelings Building resilience & confidence</p>	<p>Parentzone Anglicare Victoria in collaboration with Nar Nar Goon Primary School; Garfield Primary School</p> <p>Online Registration Virginia Meredith-59425311 nar.nar.goon.ps@education.vic.gov.au</p> <p>John Barkley 56292274 garfield.ps@education.vic.gov.au</p> <p>Jasbir Singh Suropada- Parentzone jasbir.suopada@anglicarevic.org.au</p> <p>Call or Text 0431203177 to register</p>	<p>ONLINE You will need a mobile phone or computer. Join us online. More details will be given when you register.</p>	<p>DAY: Tuesdays DATES 21, 28 July, 4,11,18,35 August TIME: 10.00am-11.30am WHERE: Online with ZOOM</p>
<p>GROWING GREAT KIDS A Program for mums, dads, step-parents, grandparents & carers Join us online with your mobile phone or computer to share experiences, ideas and learn strategies that work</p> <p>How to get your kids to listen without having to yell?</p>	<p>Parentzone Anglicare Victoria in collaboration with Nar Nar Goon Primary School; Garfield Primary School</p> <p>Online Registration Virginia Meredith-59425311 nar.nar.goon.ps@education.vic.gov.au</p> <p>John Barkley 56292274</p>	<p>ONLINE You will need a mobile phone or computer. Join us online. More details will be given when you register.</p>	<p>DAY: Tuesdays DATES 21, 28 July, 4,11,18,35 August TIME: 10.00am-11.30am WHERE: Online with ZOOM</p>

<p>Are you feeling isolated at home parenting kids? Recognising and responding to your children's feelings Building resilience & confidence</p>	<p>garfield.ps@education.vic.gov.au Jasbir Singh Suropada- Parentzone jasbir.suopada@anglicarevic.org.au Call or Text 0431203177 to register</p>		
<p>GROWING GREAT KIDS A Program for mums, dads, step-parents, grandparents & carers Join us online with your mobile phone or computer to share experiences, ideas and learn strategies that work</p> <p>How to get your kids to listen without having to yell? Are you feeling isolated at home parenting kids? Recognising and responding to your children's feelings Building resilience & confidence There are 2 of these running different days and times.</p>	<p>Parentzone Anglicare Victoria in collaboration with Pakenham Hills Primary School</p> <p>Online Registration Jacinta Gunton-59 977 261 Jacinta.Gunton@education.vic.gov.au</p> <p>Rachel Mauger or Admin- 5941 4436 pakenham.hills.ps@education.vic.gov.au</p> <p>Jodie Mattingley-59988323 Jodie.mattingley@education.vic.gov.au</p> <p>Jasbir Singh Suropada- Parentzone jasbir.suopada@anglicarevic.org.au Call or Text 0431203177 to register</p>	<p>ONLINE You will need a mobile phone or computer. Join us online. More details will be given when you register.</p>	<p>DAY: Thursdays DATES: 6, 13,20,27 August, 3 & 10 Sept 2020 TIME: 7.00pm - 8.30pm WHERE: Online with ZOOM</p>

Cardinia Shire

Group / Program	Contact	Address	Details/ Other
PARENTZONE PARENTING PROGRAMS			
<p>PARENTS BUILDING SOLUTIONS taking expressions of Interest in this Group For Parents, Step Parents, grandparents, & carers of children aged 0-17years. ARE YOU FEELING OVERWHELMED AT HOME PARENTING THE KIDS? WOULD YOU LIKE TO BE ABLE TO CONNECT WITH OTHER PARENTS FOR SUPPORT DURING THIS TIME? Join us face to face or online with your mobile phone or computer to share experiences, ideas and strategies that work.</p>	<p>Parentzone Anglicare Victoria in collaboration with Pakenham Hills Primary School</p> <p>CONTACT DEB Ph 0428 654 824 OR Email Deb.Davey@anglicarevic.org.au</p>	<p>TO BE DECIDED Onsite at the ParentZone Hub..(availability to be confirmed) OR Online at a time to suit you</p> <p>You will need a mobile phone or computer for online. Phone if interested or for more details.</p>	<p>Phone Deb and arrange.</p>
<p>PARENTS BUILDING SOLUTIONS taking expressions of Interest in Programs</p> <p>If you would like to explore a group specifically for fathers/carers/other, please contact us for general enquiries on 9781 6729</p>			

<p>READING FOR LIFE Free English classes to help your children read. 2hrs per week for 10 weeks. Transport available. Held at 2 Venues with different dates and times.</p>	<p>To enrol please phone 5941 2389 Funded by Victoria State Government Bestchance; Community college and Neighbourhood House, Living and Learning Inc</p>	<p>To Be confirmed</p>	<p>Check throughout COVID 19</p>
<p>KINDERGARTENS Kinders Together</p>	<p>The Kinders Together cluster operate a variety of Kindergarten programs throughout Cardinia Shire. Visit www.kinderstogether.com.au or phone 03 5629 2067 for more information. Further information can also be found on the Cardinia Shire Website - http://www.cardinia.vic.gov.au/Page/Page.aspx?Page_Id=4544 Check throughout COVID 19</p>		
<p>MATERNAL AND CHILD HEALTH SERVICE</p>	<p>Cardinia Shire Please note all centres and sessions are by appointment only. Please phone 5945 4250 to arrange an appointment at specific centres: Andrews Centre; Beaconsfield Centre; Beaconsfield Upper Centre; Bunyip Centre; Cockatoo Centre; Emerald Centre; Hollings Centre; Home Garth Centre; Koo Wee Rup Centre; Lakeside Centre; Lang Lang Centre; Nar Nar Goon Centre Or visit http://www.cardinia.vic.gov.au/Page/Page.aspx?Page_Id=1480&nc=5 Advice and information is also available on the Maternal and Child Health Service 24-hour line - phone 13 22 29 Please phone. MCHS running slightly differently during COVID</p>		
<p>VOLUNTEER CARERS NEEDED Wesley Mission Victoria is seeking local residents from all walks of life with a spare bedroom to become volunteer foster carers of children aged 0-18 years who are unable to live with their families and require a safe and nurturing home environment for varying periods of time. For further details, call Wesley Mission Victoria on 9794 3000. Check throughout COVID 19</p>			

DADS

Group / Program	Contact	Address	Details/ Other
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<p>MEN'S SHED A drop in for men. Open to all men over 18yrs.</p>	<p>Koo Wee Rup Regional Health Services Brian Harlow 03 5997 9679 Harlowb@hrhs.net.au</p>	<p>Koo Wee Rup Regional Hospital 215 Rossiter Road Koo Wee Rup</p>	<p>Check throughout COVID 19 Not running when printed Open Wednesday and Thursday Time 10.00am – 3pm</p>
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FAMILY VIOLENCE, CHALLENGING BEHAVIOURS, DISABILITIES, GRIEF, SEPARATION AND OTHER

<p>COUPLES HEAVY M.E.T.A.L GROUP This program is for men and women who want to stop hurting their loved ones, and are prepared to learn new ways to express themselves</p>	<p>Heavy Metal Group (Men's Education Towards Anger & Life) David Nugent 0401 766 877 www.heavymetalgroup.com.au</p>	<p>Outlook Community Centre Pakenham Phone for women's anger Program.</p>	<p>Check throughout COVID 19</p>
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WINDERMERE SERVICES DURING COVID.

UPDATE TILL 22 JULY

CHECK SITE OR PHONE

As a precaution and in the interest of public health we are taking the step to close all Windermere sites and suspend all in person/face to face appointments as of 5 pm Monday 22nd June. Our work sites are now closed and are scheduled to re-open on 22 July.

During this time our staff will continue to work from home and provide supports to you in alternative ways – we are not stopping services only temporally closing our sites to assist in the government's aim of reducing possible further transmission of COVID-19.

We have not made this decision lightly and feel it is the most responsible thing to do.

What happens now?

Should you have any in-person/face to face appointments scheduled during the next two weeks your case worker, if they haven't already, will be in touch with you to reschedule.

We will continue to monitor the situation and take advice from the government and relevant authorities and keep you updated with any new information as it arises.

Should you have any questions or need to contact any of our team please call 1300 946 337.

<p>LITTLE MONKEYS- A supported playgroup for children 0-6 years old. Activities are designed specially to accommodate all abilities in a welcoming and supportive environment</p>	<p>Windermere Booking essential 9709 6900</p>	<p>Hollins Children’s Centre 10 Atlantic Drive Pakenham</p>	<p>Should you have any questions or need to contact any of our team please call 1300 946 337.</p>
<p>NARCOTICS ANONYMOUS If you are faced with a narcotic problem.</p>	<p>Living and Learning Centre NA Hotline 9525 2833 Find someone to talk to or search for meetings. 1300 652 820 or 0488 811 247 This service works best from an unblocked mobile number as it will SMS you meetings info if you request it.</p>	<p>Living Learning Centre Pakenham</p>	<p>D Should you have any questions or need to contact any of our team please call 1300 946 337ay</p>
<p>ALCOHOLICS ANONYMOUS If you are faced with a drinking problem</p>	<p>Living and Learning Centre Phone Living and Learning Telephone (03) 5941 2389</p>	<p>Living and Learning in Cardinia. PB Ronald Pavilion 6B Henry St, Pakenham Old basketball and squash courts</p>	<p>Check throughout COVID 19</p>
<p>HILLS AUTISM AND SPECIAL NEEDS SUPPORT GROUP For parents of people with additional needs. For any age group, children or adults. Have a chat & enjoy others company with coffee</p>	<p>Barb Brown 0400 596 961 Email: brum-bs-4ever@live.com</p>	<p>Meets in Emerald for lunch</p>	<p>Check throughout COVID 19</p>
<p>GRIEF SUPPORT GROUP A group for people who have experienced loss, helping to understand & manage your grief in a friendly, local environment</p>	<p>Living Learning Centre Pakenham 5941 2389</p>	<p>Living Learning Centre, 68 Henry St Pakenham</p>	<p>Check throughout COVID 19</p>

Cardinia Shire

Group / Program	Contact	Address	Details/ Other
<p>HILLS AUTISM GROUP AND EMERALD COMMUNITY HOUSE iPad Training for Special needs students, those who support them: their parents, carers, clients & staff of Day Services</p>	<p>Emerald Community House 5968 3881 Please phone for dates and further information 356-358 Belgrave-Gembrook Road, Emerald</p>	<p>Please call Emerald Community House to confirm dates and register attendance</p> <p>Please refer to the website: www.emeraldcommunityhouse.org.au For other programs and short courses available</p>	
<p>Respect and Protect Yourself Information sessions to build knowledge about safe and respectful relationships and behaviours, positive and informed decision making, and self-awareness. Any school class groups in year 10, year 11 and year 12</p>	<p>Windermere Contact Katrina Herbert Can be booked directly with the Schools availability. 9705 3200</p>	<p>At your school</p>	<p>Should you have any questions or need to contact any of our team please call 1300 946 337.</p>
<p>PAL (Play and Learn) Playgroup: Supported playgroup. Koo Wee Rup Primary Koo Wee Rup Primary School and Playgroup Victoria</p>	<p>Facebook PAL PLAYGROUP Enquiries Lisa Butera 0413 098 582 Or Chelsea O'Neill 0401 098 369</p>	<p>Koo Wee Rup Primary School Gym. Moody St, Koo Wee Rup</p>	<p>Check throughout COVID 19</p>
<p>YOUNG MUMS GROUP For young mums with babies aged up to 12months or Pregnant women. Infant health; playing and interacting with your infant and the introduction of food all covered.</p>	<p>Living Learning Centre Contact Kaylie 5945 4351 or 0408 701 332 k.sinnbeck@cardinia.vic.gov.au</p>	<p>Living Learning Centre 6B Henry St Pakenham</p>	<p>Check throughout COVID 19</p>

<p>CARDINIA KIDS IN ACTION Free School Holiday activities for families with children 0-12 years.</p>	<p>Cardinia Shire Council For dates and times of sessions please visit www.cardinia.vic.gov.au</p>	<p>Various locations throughout the Cardinia Shire Council</p>	<p>www.playgroup.org.au</p>
<p>COMMUNITY PLAYGROUPS</p>	<p>Cardinia Shire Various playgroups operate throughout Cardinia Shire. Visit http://www.cardinia.vic.gov.au/Directories/AgencyList.aspx?S3Key=445 or phone 1300 787 624 for more information about Playgroup locations, times and contact numbers. Further information can also be found at www.playgroup.org.au</p>		<p>www.playgroup.org.au</p>
<p>TOY LIBRARY Toy library offers parents & children a chance to borrow toys & puzzles, plus a variety of kids craft activities.</p>	<p>Upper Beaconsfield Community Centre Inc office@ubcc.org.au www.ubcc.org.au 5944 3484</p>	<p>Upper Beaconsfield Community Centre Inc 10 Salisbury Rd Upper Beaconsfield</p>	<p>https://www.cclc.vic.gov.au/change-in-library-services-due-to-coronavirus-covid-19-pandemic/</p>
<p>HEALTHY CHILDREN INITIATIVE- Achievement Program. Available to all schools and early childhood services and those wishing to support these settings.</p>	<p>Cardinia Shire Council. Julia Hobbs 59454454 j.hobbs@cardinia.vic.gov.au</p>	<p>Cardinia Shire</p>	<p>https://www.cclc.vic.gov.au/change-in-library-services-due-to-coronavirus-covid-19-pandemic/</p>

Cardinia Shire

Group / Program	Contact	Address	Details/ Other
<p>TINIES' TIME A special Rhyme Time suitable for babies and Toddlers up to the age of 3. Runs during School Terms.</p>	<p>Casey-Cardinia Library Corporation 5941 2036 www.cclc.vic.gov.au FREE- no bookings required</p>	<p>Pakenham Library Ph.: 5940 6200 Emerald Library Ph.: 5949 4600</p>	<p>https://www.cclc.vic.gov.au/change-in-library-services-due-to-coronavirus-covid-19-pandemic/</p>
<p>THE MUMS AND BUBS PROGRAMS Single women aged between 18-25 years who are homeless or at risk of homelessness. The program can currently accommodate one children under five years of age. Windermere Housing Intake worker 9705 3200 Windermere Child and Family Services 3-6 months accommodation and support for young single mothers (18-25 years) facing homelessness. Please call for further information and referrals Should you have any questions or need to contact any of our team please call 1300 946 337</p>			
<p>AFTER SCHOOL PROGRAM designed for students in years 5, 6, 7 and 8. Kids can join in different games and craft activities and enjoy a tasty and healthy afternoon tea.</p>	<p>Brain Harlow harlowb@krhs.net.au call 03 59979687</p>	<p>Men's shed in Koo Wee Rup. Phone for details</p>	<p>Please call during covid</p>
<p>MUSIC FOR GROWTH Music therapy program for children 0-5 and their parents/carers.</p>	<p>Uniting Contact Bronwyn Atkin 5990 8400</p>	<p>Outlook Community Centre 24 Toomuc-Valley Rd Pakenham</p>	<p>Please call during covid School term</p>

<p>PRE-SCHOOL-STORYTIME Story time can be a special sharing time with your child as well as being great fun. Story time provides an introduction to a wide range of children's books, stimulates new ideas and interests, and provides children with an opportunity to socialise. Most suited for 3 to 5 year olds</p>	<p>Casey-Cardinia Library Corporation 5941 2036 www.cclc.vic.gov.au FREE- no bookings required Runs during School Terms</p>	<p>Pakenham Library Ph.: 5940 6200 Emerald Library Ph.: 59 494 600</p>	<p>https://www.cclc.vic.gov.au/change-in-library-services-due-to-coronavirus-covid-19-pandemic/</p>
<p>BABY RHYME TIME Join other new mums, dads and carers and learn about the importance of singing and reading to your baby. Discover songs and rhymes that babies love and learn about books your baby will enjoy. Babies aged 0-12months. Held weekly during School term and is free.</p>	<p>Casey-Cardinia Library Corporation 5941 2036 https://www.cclc.vic.gov.au/events/baby-rhyme-time/ FREE- no bookings required Runs during School Terms</p>	<p>Pakenham Library Ph. 5940 6200 Emerald Library Ph. 59 494 600</p>	<p>https://www.cclc.vic.gov.au/change-in-library-services-due-to-coronavirus-covid-19-pandemic/</p>
<p>KOORIE KIDS PLAYGROUP- VACCA Gather and meet other Koorie families, sing and dance, play with other Koorie Kids, listen to stories and learn about culture.</p>	<p>Victorian Aboriginal Child Care Agency (VACCA) Playgroup worker ss 9701 4200 0408 948 755</p>	<p>Arena Child and Family Centre 22 Curran Dve, Officer</p>	<p>call during covid</p>
<p>SMALLTALK Playgroups A free program for families who hold a</p>	<p>Cardinia Shire Council Sashi Prasad Playgroup Facilitator</p>	<p>Henry Family Children's Centre 145 Henry Rd, Pakenham Pakenham Springs Primary School Livingstone Blvd, Pakenham VIC 3810</p>	<p>https://www.cardinia.vic.gov.au/info/20057/coronavirus_covid-19_online_help_hub/769/ https://www.cardinia.vic.gov.au/info/20057/coronavirus_covid-19_online_help_hub/769/</p>

<p>Health Care or Pensioner Concession Card, are refugees, Aboriginal families, or are caring for children in kinship care.</p> <p>L2P Learner Driver Program Koo Wee Rup Regional Health is a joint initiative between Kooweerup Regional Health Service and Cardinia Shire that assists learner drivers gain the minimum 120 hours needed to get their license.</p>	<p>Phone: +61 3 5943 4317 0466350160 Families must be referred</p> <p>Koo Wee Rup Regional Health Email Brian on harlowb@krhs.net.au or phone 03 5997 9687</p>	<p>Pakenham Hills Primary School 15 Kennedy Rd, Pakenham VIC</p>	<p>https://www.cardinia.vic.gov.au/info/20057/coronavirus_covid-19_online_help_hub/769/</p>
		<p>Homegarth Community Centre 9A Dunbarton Dr, Pakenham</p>	<p>https://www.cardinia.vic.gov.au/info/20057/coronavirus_covid-19_online_help_hub/769/</p>
		<p>Hollins Children's Centre 10 Atlantic Drive, Pakenham</p>	<p>https://www.cardinia.vic.gov.au/info/20057/coronavirus_covid-19_online_help_hub/769/</p>
		<p>Please phone for details</p>	<p>Please phone during covid</p>
<p>IRIBANA Autism Services Irabina's community hub in Pakenham provides individual and group programs to families and organisations</p>	<p>Email - autism@irabina.com or (03) 9720 1118</p>	<p>Cardinia Branch: 9A Dumbarton Drive Pakenham</p> <p>Ph.: 03 8658 6636</p>	<p>Please phone during covid</p>
COMMUNITY HELP AND GROUPS			
<p>THE COMMUNITY GROCER PAKENHAM Affordable food access, every week, everyone welcome, 30% cheaper than supermarket, BYO shopping bag, volunteer run, non-profit, zero waste, community baste</p>	<p>Living Learning Centre Cardinia food movement, community grocer. Contact Leila 0420 329 320 or Hello@THECOMMUNITYGROCE R.COM.AU">Hello@THECOMMUNITYGROCE R.COM.AU</p>	<p>Living Learning Centre 6B Henry St Pakenham</p> <p>VOLUNTEERS NEED FOR THIS PROGRAM</p>	<p>Please phone during covid</p>

<p>COMMUNITY GARDEN Brings people together to grow and harvest fresh food. A great place to come for some physical activity and to meet other like-minded locals.</p>	<p>Email Brian on harlowb@krhs.net.au or phone 03 5997 9687</p>	<p>Ring for venue Koo Wee Rup area.</p>	<p>Please phone during covid</p>
<p>Free Fellowship and Community Cook up</p>	<p>PC3 Senior Citizens Free community meals for all</p>	<p>38 James St Pakenham Senior Citizens Hall</p>	<p>Please call during covid</p>
<p>FOOD, FRIENDSHIP AND MORE Free Community Meals Portable showers and laundry by clean as Casper</p>	<p>Follow Baptist Church</p>	<p>Bourke Park Pakenham Cnr Railway Ave and Henry St Near Pakenham Train Station</p>	<p>Please call during covid</p>

City Of Casey

Group / Program	Contact	Address	Details/ Other
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PARENTZONE AND ANGLICARE ARE OPERATING DURING COVID 19.

ONLINE PROGRAMS ARE BEING HELD VIA ZOOM THIS TERM.

PARENTS BUILDING SOLUTIONS – Ran by ParentZone are interactive programs to share experiences and ideas, and learn strategies to support your child
ARE YOU TIRED OF YELLING? -How to get kids to listen, without having to yell; **DEALING WITH ANGER** - Helping parents, and kids, deal with anger
 And frustration. **RESPONDING TO BEHAVIOUR**- Better understand why children behave the way they do. **STRATEGIES THAT WORK** - How can parenting be easier and
 more fun! Our Parenting Programs are free to attend and ran in the Southern Local Government Areas.

<p>PARENTS BUILDING SOLUTIONS/ City of Casey For parents, step-parents, grandparents and carers of children aged 3 - 17 years. How to get kids to listen the first time ARE YOU TIRED OF YELLING? How to get kids to listen, without having to yell DEALING WITH ANGER Helping parents, and kids, deal with anger and frustration RESPONDING TO BEHAVIOUR Better understand why children behave the way they do STRATEGIES THAT WORK How can parenting be easier and more fun!</p>	<p>ParentZone Anglicare Victoria BOOKINGS AND ENQUIRIES CONTACT: Sandra Phillips at ParentZone Call / text 0447 500 355 or email sandra.phillips@anglicarevic.org.au</p>	<p>ONLINE: USING ZOOM You will need access to a desktop computer, laptop, tablet or smartphone and an internet connection CHOOSE FROM A Monday evening Thursday Morning Or Tuesday Afternoon.</p>	<p>DAY: Monday evenings x 6 weeks DATES: July 27th to 31st August TIME: 6.30pm-8.00pm WHERE: Online with ZOOM</p> <hr/> <p>DAY: Thursday Mornings x 6 weeks DATES: August 6th to September 10th TIME: 9.30am – 11.00am WHERE: Online with ZOOM</p> <hr/> <p>DAY: Tuesday Afternoons x 6 weeks DATES: August 11 to September 15th TIME: 1.00pm-3.00pm WHERE: Online with ZOOM</p>
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ParentZone Parenting Programs Family Violence

Group / Program	Contact	Address	Details/ Other
<p>BEYOND THE VIOLENCE AFREE 8 week program for Women and their children who have experienced Family Violence Are you dealing with the effects of family violence? Does your child's anger or anxiety worry you? Are you tired of yelling? Do contact visits unsettle your child?</p>	<p>Anglicare Victoria Windermere Beyond the Violence BOOKINGS: Alison Krusec on 0409 316 620 Alison.Krusec@anglicarevic.org.au Funded through Windermere and CFC Cranbourne</p>	<p>BEING OFFERED ONLINE ONLINE BEYOND THE VIOLENCE AT THE FRONT.</p>	<p>Should you have any questions or need to contact any of our team please call 1300 946 337</p>
<p>FAMILY VIOLENCE BY REFERRAL FOR Baby Makes 3 by MCCH</p>			
<p>BABY MAKES 3- is part of your first time Parent Groups program. Program for first time parents. Information provided by facilitators. This program is designed to help couples maintain healthy relationships after the birth of baby. Its aim is to promote equal and respectful relationships between men and women during the transition to parenthood. Attendance is by Referral only. See your MCH centre or nurse for details.</p>	<p>Anglicare Victoria: ParentZone Windermere The Communities for Children initiative is funded by the Australian Federal Government Jasbir Singh Suropada- Parentzone jasbir.suropada@anglicarevic.org.au Call or Text 0431203177 to register</p>	<p>You will get details when booking through your Maternal Child Health First Time Parent Facilitator. TBA – May be face to face program or online</p>	<p>Please talk to your Maternal Child Health First Time Parent facilitator or contact Jasbir Suropada</p>

City Of Casey

Group / Program	Contact	Address	Details/ Other
Parenting Programs			
<p>CITY OF CASEY SERVICES Maternal and Child Health; Childcare; Family and Children’s centres; immunisation; kindergartens; parent information sessions; playgroups; best start; dads matter programs; Youth Services; Community Support; Casey Directory; disability Services; libraries; Other services are available, some different languages. DADS MATTER Cooking under DADS Programs Telephone: 9705 5200 Fax: 9704 9544 Email: caseycc@casey.vic.gov.au www.casey.vic.gov.au</p> <p>City of Casey 03 9705 5200 (Hearing Impaired TTY Line) 03 9705 5568 Emergency outside normal working hours 03 9705 5200 Telephone Interpreter Service 13 14 50</p>			
<p>CISS COVID-19 has put a strain on many communities across Australia, including Casey. If you or your family is struggling, know that you are not alone and support is available. CISS is still supporting our community and we would like to advise you of some important changes. Due to the advice about the COVID-19 virus and limiting social contact, CISS will be providing a phone only service until further notice. If you require ANY assistance or support, please phone us on 5996 3333 between 9:30 am and 4:00 pm Monday to Friday. It is likely we will be busy, so please be patient as we continue to provide our services in a slightly different way. (see below announcement) http://cranbourneiss.org.au/</p>			
<p>CISS and BALLA BALLA COMMUNITY CENTRE Have partnered to offer limited counselling and financial counselling services by appointment. If you would like to see a worker, please call the office on 5996 3333 between 9.30am and 4pm.</p>			
<p>CASEY NORTH COMMUNITY INFORMATION & SUPPORT SERVICE INC. (CISS) is one of the many organisations in Casey who can provide support to families or individuals. CISS offers a range of services such as crisis support, counselling, financial counselling, support services, and no interest loan schemes, just to name a few.</p>			

If you live in the North of Casey and require support, please phone CISS on 03 9705 6699 between 9:30 am and 4:40 pm Monday to Friday or visit <https://hes32-ctp.trendmicro.com:443/wis/clicktime/v1/query?url=https%3a%2f%2fwww.caseynorthciiss.com.au&umid=1aaf7183-6ba5-430e-abcf-71836aca7956&auth=96c4d4f911ef2b3e007f0ee246d839d9ce23c6c9-a2615d127a9e4529d804b35020f931286cdc3e38> for more information.

Social isolation, economic insecurity, loss of work and increased alcohol consumption are just some factors that exacerbate family violence. However, there is never an excuse for violence, and it is important to know that support is available.

THE ANDREWS CENTRE provides many services including crisis food, clothing, financial assistance, a food co-operative, legal and psychological counselling, support groups, no interest loans, just to name a few.

If you live in Doveton and Endeavour Hills and require any assistance or support, please phone the Andrews Centre on 03 9700 4944 or visit <https://hes32-ctp.trendmicro.com:443/wis/clicktime/v1/query?url=https%3a%2f%2fandrewscentre.org.au&umid=1aaf7183-6ba5-430e-abcf-71836aca7956&auth=96c4d4f911ef2b3e007f0ee246d839d9ce23c6c9-35617bcc03d49ffd0ff6284c44cb3e2ae8b24f0b> for more information.

FAMILY VIOLENCE can affect anyone...

It is not limited to physical or sexual. It includes emotional, financial, and social abuse, and any threatening, coercive, or controlling behaviour.

In the wake of COVID-19, we are seeing new forms of abuse such as restricting movements within the household, using COVID-19 to frighten and control, and not allowing someone to use hand sanitiser or seek medical attention if required.

If you or someone you know needs help call 000 if it's an emergency, or call the 1800RESPECT National Helpline on 1800 737 732 or visit <https://hes32-ctp.trendmicro.com:443/wis/clicktime/v1/query?url=https%3a%2f%2fwww.1800respect.org.au&umid=1aaf7183-6ba5-430e-abcf-71836aca7956&auth=96c4d4f911ef2b3e007f0ee246d839d9ce23c6c9-dd3dbe4955390629c2759a466b26dfbc5367cd42>

#NoExcuseForAbuse

SALVATION ARMY

The Salvation Army is working hard to continue providing essential assistance and services to communities across Australia. We've had to adapt some of our services based on government directives and for the safety of our community; we're now providing take-away instead of sit-down meals, and using phone and video calls, rather than always meeting face-to-face.

Ultimately, our aim is to continue to serve our community, especially as hardship escalates.

Financial problems can affect anyone, anywhere, at any time. With debt building up, paying your rent or even buying food for your family can feel overwhelming.

Money troubles may leave people feeling lonely, embarrassed and isolated. If your financial situation gives you more of an icy shiver than a warm sense of safety, help is at hand. There are many services to help you get back on your feet.

URGENT HELP

If you find yourself in a sudden crisis, call us. We'll listen and support you with immediate basic needs

Cranbourne [tel:\(03\) 5995 1433](tel:(03)59951433)

Berwick <tel:0397041940>

Narre Warren, Clyde and Hampton Park are temporarily closed

RELATIONSHIPS VICTORIA

We are continuing to deliver many of our services through telephone, online and videoconferencing, however face-to-face services are currently unavailable. Please note that some opening hours have changed as a result of COVID-19.

If it is an emergency phone 000

Cranbourne Office (03)5990 1900 Closes at 5.00pm

Narre Warren and Cranbourne North (03) 5911 5400 closes at 5.00pm

<mailto:cranbournenorth@rav.org.au>

Berwick Office Ph. 8768 4111

Email: enquiries@berwickfrc.org.au

[Relationships Victoria](#)

City Of Casey

Group / Program	Contact	Address	Details/ Other
Parenting Programs			
<p>DUE TO COVID 19 SOME OF THE BELOW PROGRAMS AND SERVICES MAY NOT BE OPERATING. Or SOME WILL BE OPERATING VIA THE PHONE/WEBINARS/ZOOM ETC. Please contact the Organisation</p>			
<p>TUNING INTO KIDS Group for parents/carers with children aged 0-10yrs to help them tune into the child in their care. As a parent or carer of a teenager, you are invited to our 6 session program, designed to give you tools and tips to strengthen and grow your relationship.</p>	<p>Uniting Contact group workers 5990 8400</p>	<p>Uniting Connections 55 Webb St Narre Warren</p>	<p>Please phone during Covid</p>
<p>RE CONNECT PROGRAM is a program for people aged 20-64 who are long term unemployed, not engaged in education or training and with no prior accredited qualifications. They may have multiple barriers to education and find it hard to navigate the system. We work with them to help reduce the barriers and re-engage them in education / training to meet their employment goals in the future. This is offered in</p>	<p>Brotherhood of St Laurence Learning Support Officer – Reconnect Program The Brotherhood of St Laurence Level 2, 1-7 Langhorne St, Dandenong 3175 T 03 8752 8552 Contact Beata Wasiak 0491 505 614 Or Lara Taylor 0491 050 613</p>	<p>Please phone for assistance</p>	<p>Please phone during Covid</p>

<p>the City of Greater Dandenong and the City of Casey.</p>	<p>BSLReconnectDandenong@bsl.org.au</p>		
<p>READY SET SCHOOL The group is designed to teach and support the development and practice of skills needed in preparation for school. Following a structured routine, maintaining attention during mat time, following instructions, literacy skills, numeracy skills, fine motor skills, taking turns, waiting for turns, managing sensory Needs and social communication development. We cover all of these learning areas as standard, but in addition, we are able to tailor the program to benefit your child</p>	<p>Windermere To access this program or find out more, contact one of our team. phone 1300 946 337 Please note. Parents are required to attend all sessions with their child. Please bring a snack drink hat and comfortable footwear. Families must supply own food in compliance with Windermere’s no nut policy</p>	<p>Berwick 26 Parkhill Drive, Berwick Berwick 26 Parkhill Drive, Berwick Cranbourne 75-81 Willora Crescent, Cranbourne</p>	<p>Please phone during Covid</p>

<p>STEP FAMILY SURVIVAL STRATEGIES WORKSHOP A practical guide to help parents navigate themselves, their children and stepchildren through the exciting, difficult and rewarding journey in a stepfamily.</p>	<p>Berwick Office Ph. 8768 4111 Email: enquiries@berwickfrc.org.au</p>	<p>Berwick Family Relationship Centre 38 Clyde Road Berwick</p>	<p>Berwick Office Ph. 8768 4111 Email: enquiries@berwickfrc.org.au Please phone. Services are operating slightly differently</p>
<p>DARI, FARSI AND ENGLISH STORYTIME Join us for stories shared in Dari, Farsi and English and a fun craft activity! Dari is one of Casey's fastest growing home languages. Home languages play an important role in engaging children in rich language environments, supporting their literacy development and nurturing connections to culture. Everyone is welcome!</p>	<p>Casey Cardinia Libraries ccl.vic.gov.au</p>	<p>Casey Complex (Cranbourne Library) Berwick Cranbourne Rd</p>	<p>https://www.cclc.vic.gov.au/change-in-library-services-due-to-coronavirus-covid-19-pandemic/</p>
<p>FAIRHAVEN SUPPORTED PLAYGROUP For children 0-5years with a special focus on families with a CALD background. All families welcome.</p>	<p>Windermere Group Co-ordinator on 9705 3200 Email: groups@windermere.org.au Or 1300 946 337</p>	<p>Fairhaven Family & Children Centre Community Room 42-52 Fairhaven Boulevard Cranbourne West</p>	<p>Should you have any questions or need to contact any of our team please call 1300 946 337.</p>

City Of Casey

Group / Program	Contact	Address	Details/ Other
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Group / Program	Contact	Address	Details/ Other
<p>KOORIE KIDS PLAYGROUP- Gather and meet other Koorie families, sing and dance, play with other Koorie Kids, listen to stories and learn about culture. Includes healthy morning tea and lunch.</p>	<p>Victorian Aboriginal Child Care Agency Playgroup Team Anglicare Victoria ParentZone 0408 949 755 Or 9701 4200</p>	<p>Cranbourne Community House 49 Valepark Cres Cranbourne</p>	<p>Contact VACCA for more details</p>
<p>KOORIE KIDS PLAYGROUP- Gather and meet other Koorie families, sing and dance, play with other Koorie Kids, listen to stories and learn about culture. Includes healthy morning tea and lunch.</p>	<p>Victorian Aboriginal Child Care Agency Playgroup Team Anglicare Victoria ParentZone 0408 949 755 Or 9701 4200</p>	<p>Coral Drive children's Centre 187-191 Coral Dve Hampton Park</p>	<p>Contact VACCA for more details</p>
MENS PROGRAMS			
<p>DADS TUNING INTO KIDS FOR Parents of children aged 0-12yrs A 6-week course supporting parents to manage difficult behaviour in their children. Strengthen your parenting skills Recognise and learn strategies to regulate yours and your child's emotions Discover ways to better connect with your child.</p>	<p>Relationships Australia To access this program or find out more, contact Relationships Australia Victoria's Cranbourne Centre (03) 5990 1900 or email cranbourne@rav.org.au This program is a Communities for Children initiative supported by the Australian Government.</p>	<p>Relationships Australia Victoria 2/199 South Gippsland Highway Cranbourne</p>	<p>Ring for 2020 dates and to be put on the list Time 5.30pm to 7.30pm Cost Free</p>

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Group / Program	Contact	Address	Details/ Other
<p>READ-PLAY-MAKE NARRE WARREN – DADS MATTER PROGRAM</p> <p>The Read – Play – Make program develops strong relationships between dads and children through story-telling and activities. Held all year including school holidays</p>	<p>Contact City of Casey To register contact City of Casey on 9705 5200 or email dadsmatter@casey.vic.gov.au</p> <p>· Must book</p>	<p>Narre Warren Library - Bunjil Place, Patrick North East Drive, Narre Warren 3805</p>	<p>Contact Casey Council for up date Cost No cost Registration essential</p>
<p>DADS MATTER –COOK IT WITH DAD</p> <p>The Cook it with Dad program is an opportunity for fathers and children to experience cooking together. Spending quality time and strengthening relationships.</p>	<p>CITY OF CASEY</p> <p>To register contact City of Casey on 9705 5200 or email dadsmatter@casey.vic.gov.au</p>	<p>Selandra Family and Children's Centre 45 Haflinger Avenue, Clyde North</p>	<p>Please contact the City of Casey via phone to see if this is being ran</p>
<p>BEING DAD</p> <p>An interactive group for fathers of children aged 0-17 designed to help us be the dad we want to be.</p>	<p>Uniting Sid Ashby – 5990 8400 Jonathon Gonsalvez – 5945 3900</p>	<p>Uniting To be advised</p>	<p>Please ring during Covid.</p>
<p>COOK IT WITH DAD – DAD'S MATTER PROGRAM</p> <p>The Cook it with Dad program is an opportunity for fathers and children to experience cooking together.</p>	<p>Contact City of Casey 9705 5200 or email dadsmatter@casey.vic.gov.au</p>	<p>Selandra Family and Children's Centre 45 Haflinger Ave, Clyde North Melways Ref 134 H4</p>	<p>Please ring during Covid.</p>
<p>TIME FOR A CHANGE</p> <p>Men's behaviour change program designed to help men address those issues & stop using any forms of abuse & violence in their relationships with others.</p>	<p>Relationships Australia Cranbourne Centre 03 5990 1900</p>	<p>Kalimna Building – 67-69 Webb Street, Narre Warren, Victoria 380</p>	<p>Please ring during Covid.</p>

<p>DADS LITTLE BUILDERS The Dad's Little Builder program has been designed to encourage dads and children to connect through creating and building.</p>	<p>City of Casey Contact: City of Casey Email: dadsmatter@casey.vic.gov.au Telephone: 9705 5200</p>	<p>Arbourlea Family and Children's Centre 75 Wheelers Park Dve Cranbourne North Melways Ref 130 K10</p>	<p>Please ring during Covid.</p>
<p>THE BBQ BOYS A carer support group especially for men who are in a caring role and would like to have better access to self-care & respite opportunities. A carer is a person who provides unpaid care and support to family members and friends who have a disability, mental illness, dementia or who are frail aged. The BBQ BOYS was established to address a gap in services by reducing social isolation, promoting carer wellbeing and providing "some ME time" for male carers. The group offer carers a variety of activities to assist them to maintain life balance and care responsibilities. Membership criteria:</p> <ul style="list-style-type: none"> ☐ Male and caring for someone who has a disability, mental illness, dementia or who is frail aged 	<p>Respite South The BBQ Boys Carers Inc. Ring one of the committee members on Peter-0404 044 283 Honk – 0455 179 692 Bill 0447 985 327 or Sandy – 0439 530 413 Enquiries: Please send us an email about your enquiries Email: info.bbq.boys@gmail.com</p>	<p>This is now held in Frankston. Frankston NEAMI office. 1 Douglas Grove, Frankston</p>	<p>Please ring during Covid.</p>

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Group / Program	Contact	Address	Details/ Other
CHALLENGING BEHAVIOURS, DISABILITIES, GRIEF, ALCOHOL & DRUGS, MENTAL HEALTH, SUICIDE, AND OTHER			
<p>SEASONS FOR GROWTH Change affects everyone differently, as does grief. It's the impact of the change, not the event itself that our group focuses on. Held over four weeks, you will. Explore the range of emotions that accompany loss. Share the challenges. Learn strategies to assist you to manage grief Explore the importance of feelings, memories, forgiveness, choices and support networks in your life</p>	<p>To find out more or to enrol Contact the groups team on 03 5990 8400 Uniting Connections</p>	<p>Uniting connections 55 Webb St Narre Warren</p>	<p>Please ring during Covid.</p>
<p>KEEPING IT TOGETHER Free program for women over the age of 18 learn skills to strengthen yourself and your relationships. Improved Self Esteem. Implementing Self Care and more</p> <p><u>Intake has started.</u> <u>Please contact Sancha for more information</u></p>	<p>For more information and intakes, please contact Sancha Phone no: 97056699 Email : snoranho@caseynorthciss.com.au</p>	<p>Hallam Community Learning Centre 56 Kay's Ave Hallam</p> <p>Also in Pakenham. See Cardinia</p>	<p>Please ring during Covid.</p>

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Group / Program	Contact	Address	Details/ Other
<p>CHAMPS 6 week program for children aged 8-12 who have a parent or parents with a mental health issue including children who do not live with their birth parents</p>	<p>Uniting Monash Health The Bouverie Centre The Victoria FaPMI Program.(Families where a Parent has a Mental Illness) Bookings essential For more information, or to book your place please contact Megan Clarke 03 5990 8400 Or Nicole Moraes 03 9554 9233 connections.org.au</p>	<p>Uniting 55 Webb St Narre Warren</p>	<p>Please ring during Covid.</p>
FAMILY VIOLENCE			
<p>WHO'S IN CHARGE? Who's in Charge? A 7-week program for parents or carers of young people (8 to 18) who are beyond control, violent or defiant.</p>	<p>Uniting Connections Group Workers 5990 8400 connections.org.au</p>	<p>Uniting 55 Webb St Narre Warren</p>	<p>Please ring during Covid.</p>
<p>REPAIR-ENTING A structured group program for dads who have used violence in their relationships. A program for men who have completed a men's behaviour change program in the past year, and who are currently parenting children on a part- or full-time basis, or are hoping to redevelop a relationship with their children</p>	<p>Relationships Australia Victoria's Cranbourne Centre on (03) 5990 1900 or email cranbournenorth@rav.org.au www.rav.org.au/RepairentingCranbourneNorth</p>	<p>Relationships Australia Victoria 2/199 South Gipps land Highway Cranbourne</p>	<p>Please ring during Covid.</p>

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Group / Program	Contact	Address	Details/ Other
<p>HEALTHY WOMEN HEALTHY RELATIONSHIPS FOR Women living in the Casey, Cardinia and Greater Dandenong areas, who have experienced family violence in their relationships. A 7 week program for women affected by family violence On completion of the program, you will:</p> <ul style="list-style-type: none"> • Have greater awareness and understanding of what is family violence • Understand the impacts of family violence and support available to aid your recovery from the trauma • Be able to identify signs of healthy and unhealthy relationships • Establish ways for you to form respectful relationships • Develop skills to establish and maintain appropriate boundaries • Develop strategies to build your resilience and connection to your self 	<p>Windermere Group coordinator 48 Webb Street Narre Warren VIC Phone: 1300 946 337 Fax: (03) 9705 3200</p>	<p>Windermere Head Office 48 Webb Street, Narre Warren</p>	<p>Should you have any questions or need to contact any of our team please call 1300 946 337.</p>
<p>MAKING CHANGES NEW BEGINNINGS Making Changes for New Beginnings is a therapeutic support group for women who have experienced family violence. Topics covered include; cycle of violence, difference between anger and violence, healthy and unhealthy relationships.</p>	<p>Uniting Megan 5990 8400 connections.org.au</p>	<p>Uniting Connections 55 Webb St Narre Warren</p>	<p>Please ring during Covid.</p>

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Group / Program	Contact	Address	Details/ Other
<p>THE INCREDIBLES A group for kids aged 7-10 who have experienced or witnessed family violence.</p>	<p>Uniting Connections Samantha Sacco 8792 8999 connections.org.au</p>	<p>To be announced Please phone</p>	<p>Please ring during Covid.</p>
SEPARATION			
<p>PARENTING AFTER SEPARATION A 4 week program to help parents to better understand the effects of separation on their children and learn useful strategies for helpg children to adjust. For: Separating and Separated parents Note: only one person from a separated couple can attend each group</p>	<p><u>Windermere Windermere Narre Warren Office</u> Phone: 1300 946 337 Fax: (03) 9796 7650 Group Coordinator 9705 3200 Email: groups@windermere.org.au</p>	<p><u>Windermere Narre Warren Office</u> 48 Webb Street Narre Warren VIC 3805</p>	<p>https://www.windermere.org.au/services/for-parents-families/ For all Program updates Please ring during Covid.</p>
<p>BEREAVEMENT SUPPORT GROUP This group is for people who have been bereaved within the past two years</p>	<p>Cardinia Casey Community Health (03) 5990 6789</p>	<p>Cardinia-Casey Community Health Service 140-154 Sladen St Cranbourne</p>	<p>Please phone during Covid</p>

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Group / Program	Contact	Address	Details/ Other
<p>SELF-REPRESENTATION IN COURT 2017 Community Legal Education Session Series</p> <p>This free information session is presented by Andrea Videon, Child Support Lawyer at the Springvale Monash Legal Service. It covers: understanding the risks and benefits of representing yourself in court; preparing documents; the stages of a hearing.</p>	<p>Family Relationships Centre / Relationships Australia – Victoria</p> <p>Ph: 8768 4111 or email: enquiries@berwickfc.org.au</p>	<p>Berwick Family Relationship Centre 38 Clyde Road Berwick</p>	<p>Phone, operating via phone and online.</p>
<p>FAMILY SUPPORT GROUP</p> <p>For families and friends impacted by another’s drug and or alcohol use.</p>	<p>Stepping up & SHARC</p> <p>Please phone Kerry on 1800 828 466</p>	<p>Stepping up 61 High St Cranbourne</p>	<p>Please phone during Covid</p>
<p>e.motion21</p> <p>A high quality dance and fitness program for children and young adults with Down syndrome. Classes for all ages; Kinder, Primary, Teens and Adults.</p>	<p>Ph.: 9853 2121 www.emotion21.org.au</p>	<p>Cranbourne Senior Citizens Club 1 Codrington Street Cranbourne</p>	<p>Please phone during Covid</p>
<p>GROW</p> <p>Provides a peer supported program for growth and personal development to people with a mental illness and those experiencing difficulties in coping with life’s challenges.</p>	<p>GROW Vic</p> <p>1800 558 268 www.grow.net.au free call 1800 558 268 for the current times and locations of Group Meetings.</p>	<p>Balla Balla Centre 65 Berwick Cranbourne Road Cranbourne</p>	<p>Please phone during Covid Balla Balla are providing some supports</p>
		<p>Berwick N’hood Centre 112 High St, Berwick (Mel: 111 D8)</p>	<p>Please phone during Covid</p>

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Group / Program	Contact	Address	Details/ Other
<p>CASEY ASPERGER SUPPORT GROUP (CASS) –runs regular support group meetings for parents/carers. We operate activity groups for children’s of all ages and their siblings. We also hold regular workshops and information sessions. Primary school social group; Tweens social group; Teenage social group; Aspie Girls Group; Creative Arts Group and more. View website for information and upcoming events www.thecass.com.au CASS Headquarters 20 Agonis St Doveton Please email for further details and to register for events. Find on Facebook. info@thecass.com.au</p> <p>ASEY ASPERGER SUPPORT GROUP (CASS) –runs regular support group meetings for parents/carers. We operate activity groups for children’s of all ages and their siblings. We also hold regular workshops and information sessions. Primary school social group; Tweens social group; Teenage social group; Aspie Girls Group; Creative Arts Group and more. View website for information and upcoming events www.thecass.com.au CASS Headquarters 20 Agonis St Doveton</p>			
<p>CRANBOURNE ADHD SUPPORT GROUP Having a child with ADHD can be challenging, exhausting and emotional. Parents face issues on a daily basis regarding this hidden disability. Facilitated by Cranbourne Information & Support Service this support group provides you with the opportunity to share your experiences, stories and knowledge and be supported by other parents who truly understand the struggles of life that families and their children go through every day. Set within a relaxed and non-judgmental environment, meetings are open to parents and families from Cranbourne and surrounding suburbs.</p>	<p>Cranbourne Information & Support Service Contact: Flora or Ann 59 963 333</p> <p><i>The Communities for Children initiative is supported by the Australian Government</i></p> <p>Please email for further details and to register for events. Find on Facebook. info@thecass.com.au</p>	<p>Cranbourne Community House 49 Valepark Crescent Cranbourne</p>	<p>Please phone during Covid</p>

<p>WOMEN FOR CHANGE A women’s discussion group. A chance to release your passion and have your say and maybe make a difference. We discuss current issues and world affairs in</p>	<p>Balla Community Centre www.ballaballa.com.au ph. 5990 0900</p>	<p>Balla Community Centre Casey Indoor Leisure Complex 65 Berwick Cranbourne Rd, Cranbourne East</p>	<p>Some activities are happening. Phone during COVID</p>
<p>FAMILY DRUG/ALCOHOL SUPPORT Ran by family members for family members and focuses on the well-being of the family</p>	<p>Call Toll Free 1300 660 068</p>	<p>Balla Community Centre Casey Indoor Leisure Complex 65 Berwick Cranbourne Rd, Cranbourne East.</p>	<p>Please phone during Covid</p>
<p>CONVERSATION PLUS For Non English Speaking Background people. Learn to deal with bill paying, appointments, school notices and local services. Fun, friendly classes.</p>	<p>Hallam Community Learning Centre Rita 9703 1688 Childcare available Wednesdays only</p>	<p>Hallam Community Learning Centre 56 Kays Avenue Hallam</p>	<p>Please phone during Covid</p>
<p>KEEPING IT TOGETHER Free program for women over the age of 18 learn skills to strengthen yourself and your relationships. Improved Self Esteem. Implementing Self Care and <u>Intake has started.</u></p>	<p>For more information and intakes, please contact Sancha Phone no: 97056699 Email : snoranho@caseynorthciss.com.au <u>Please contact Sancha for more information</u></p>	<p>Hallam Community Learning Centre 56 Kay’s Ave Hallam Also in Pakenham. See Cardinia</p>	<p>Please phone during Covid</p>

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

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

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Group / Program	Contact	Address	Details/ Other
<p>CRANBOURNE WEST SUPPORTED PLAYGROUP Meet other local families, learn about your child's development and parenting through the Smalltalk program.</p>	<p>City Of Casey Free supported playgroups City of Casey customer service. 03 9705 5200 Or email playgroupReferral@casey.vic.gov.au</p>	42-52 Fairhaven Boulevard. Cranbourne West	Please phone during Covid
<p>STRATHAIRD WEDNESDAY or Thursday SUPPORTED PLAYGROUP Meet other local families, learn about your child's development and parenting through the Smalltalk program. Please phone or email the council to book in</p>	<p>City Of Casey Free supported playgroups City of Casey customer service. 03 9705 5200 Or email playgroupReferral@casey.vic.gov.au</p>	106-108 Strathaird Dve Narre Warren South	Please phone during Covid
<p>LITTLECROFT SUPPORTED PLAYGROUP Meet other local families, learn about your child's development and parenting through the Smalltalk program.</p>	<p>City Of Casey Free supported playgroups City of Casey customer service. 03 9705 5200 Or email playgroupReferral@casey.vic.gov.au</p>	51 The Strand Narre Warren South	Please phone during Covid
<p>CORAL DRIVE PLAYGROUP Meet other local families, learn about your child's development and parenting through the Smalltalk program</p>	<p>City Of Casey Free supported playgroups City of Casey customer service. 03 9705 5200 Or email playgroupReferral@casey.vic.gov.au</p>	187 -191 Coral Dve Hampton Park	Please phone during Covid

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Group / Program	Contact	Address	Details/ Other
HALLAM GARDENS – Mon. pm Meet other local families, learn about your child's development and parenting through the Smalltalk program	City Of Casey Free supported playgroups City of Casey customer service. 03 9705 5200 Or email playgroupReferral@casey.vic.gov.au	26-28 Nettle Dve Hallam	Please phone during Covid
HALLAM GARDENS- Tues. pm Meet other local families, learn about your child's development and parenting through the Smalltalk program	City Of Casey Free supported playgroups City of Casey customer service. 03 9705 5200 Or email playgroupReferral@casey.vic.gov.au	26-28 Nettle Dve Hallam	Please phone during Covid
BOYS ON THE BOUNCE A 10-week program strengthening cultural, community and educational engagement in Aboriginal and Torres Strait Islander boys 'For: Aboriginal and Torres Strait Islander boys in Grades 5 & 6 at Cranbourne primary schools. Ran by a male Aboriginal worker from Dandenong & District Aborigines Co-Op	Ran with Mission Australia And Windermere To access this program or find out more, contact Graeme Bux (03) 9794 5933 The program is run by a male Aboriginal worker from Dandenong & District Aborigines Co-Op.	Ran in various Venues across in coordination with Primary Schools in Cranbourne and Dandenong	Please phone during Covid
CONVERSATION PLUS	Hallam Community Learning Centre Rita 9703 1688 Childcare available Wednesdays only	Hallam Community Learning Centre 56 Kays Avenue Hallam	Please phone during Covid
BABY BEARS PLAYGROUP For disadvantaged families with complex needs.	Merinda Park Learning & Community Centre 5996 9056 www.merindapark.com.au admin@merindapark.com.au	Annex Building 149 Endeavour Dr Cranbourne	Please phone during Covid

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Group / Program	Contact	Address	Details/ Other
<p>BALLA BALLA CENTRE</p> <p>Balla Balla Community Centre is open and adhering to the restrictions set down by the State Government and Department of Health. Our activities will be of a limited nature for some time yet and we ask the community for their patience. Health and safety is extremely important for everyone attending the centre.</p> <p>Social distancing is in place Number limits in place – as per room size or maximum of 20 If you are feeling unwell please do not come into the Centre</p> <p>Balla Centre Ph. 5990 0900 You are required to sign in on entry</p>			
<p>PLAYGROUP – FACILITATED Meet other local families, learn about your child’s development</p>	<p>Balla Centre Ph. 5990 0900</p>	<p>Balla Casey Indoor Leisure complex 65 Berwick-Cranbourne Rd, Cranbourne East</p>	<p>Please phone during COVID TO CHECK FOR DETAILS</p>
<p>CRANBOURNE COMMUNITY HOUSE PLAYGROUP For culturally and linguistically diverse children and their families, especially for those recently arrived.</p>	<p>Cranbourne Community House Contact Cheri 5996 2941</p>	<p>Cranbourne Community House 49 Valepark Drive Cranbourne</p>	<p>Please phone during COVID TO CHECK FOR DETAILS</p>
<p>Koori Play Spot Playgroup For Indigenous families. Each playgroup runs a Story, Song and Dance time at the end of each session</p>	<p>Contact 0459 026825</p>	<p>Autumn Place Kindergarten 29 Autumn Place Doveton</p>	<p>T Please phone during COVID TO CHECK FOR DETAILS</p>

<p>PARKERS PLAYGROUP – For disadvantaged families with complex needs.</p>	<p>Cranbourne Park Primary Natasha 5996 1142 Lauren 5995 4655</p>	<p>Cranbourne Park Primary School. Tucker Street, Cranbourne</p>	<p>Please phone during COVID TO CHECK FOR DETAILS</p>
<p>OPEN UP – Community Lunch Cuppa and a chat from 10.30am onwards. Playground for Littlies.</p>	<p>Hampton Park Uniting Church Ph.: 9799 7994</p>	<p>Hampton Park Uniting Church 1 Coral Drive, Hampton Park</p>	<p>Please phone during COVID TO CHECK FOR DETAILS</p>
<p>BUSH PLAYGROUP A Culturally safe and meaningful early years learning environment for Aboriginal & TSI children and their careers and families.</p>	<p>Jo Fyfe ph.: 59 902 206 Joanne.fyfe@rbg.vic.gov.au Jaffa Richardson ph.: 0418 766 281 Janine.richardson@rbg.vic.gov.au</p>	<p>Royal Botanic Gardens Stringy Bark Picnic Area Cnr Ballarto Road & Botanic Drive Cranbourne</p>	<p>Please phone during COVID TO CHECK FOR DETAILS</p>
<p>MyTime Playgroup For parents with children under 5 who have a disability or chronic medical condition</p>	<p>Contact Genevieve O'Connor 1800 171 882 Contact Lindy 0447 520543</p>	<p>Casey Locations Endeavour Hills, Cranbourne, Narre Warren, Berwick, Narre Warren South</p>	<p>Please phone during COVID TO CHECK FOR DETAILS</p>
<p>SIMPLE PLEASURES PLAYGROUP For parents suffering from Post Natal Depression and their children.</p>	<p>Contact Wendy Beamish 0414916963</p>	<p>St Andrews Uniting Church 46 Wilson St Berwick</p>	<p>Please phone during COVID TO CHECK FOR DETAILS</p>
<p>YOUNG Parents GROUP For mums 25 years or under with children aged under 2 years.</p>	<p>City of Casey Youth Services Phone 9705 5200</p>	<p>Cranbourne Youth Information Centre Shop 58 Centro Shopping Centre High St Cranbourne</p>	<p>Please phone during COVID TO CHECK FOR DETAILS</p>
<p>CRANBOURNE TOY LIBRARY</p>	<p>Cranbourne Library Contact Maree 59 900 900 cranbournetoylibrary@hotmail.com</p>	<p>Cranbourne Library Administration Building 65 Cranbourne-Berwick Rd Cranbourne</p>	<p>Please phone during COVID TO CHECK FOR DETAILS</p>

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Group / Program	Contact	Address	Details/ Other
<p>BALEE KOOLIN BUBUP BUSH PLAYGROUP</p> <p>A supported playgroup for aboriginal and Torres Strait islander children up to 5ears, their Carers and families to have fun together with live music, singing, dancing, instrument play and culturally diverse events. Set within a culturally safe and meaningful early years learning environment. Where indigenous Elders, artists and cultural educators come along to share traditional cultural knowledge, stories and language with families in the bush playgroup. Also include planned playgroup excursions at Cranbourne's Library's Koori Kids Library events.</p>	<p>Windermere</p> <p>The program is run by our facilitating partner Casey-Cardinia Library Corporation in conjunction with Cranbourne Royal Botanic Gardens</p> <p>To access this program or find out more, contact: Trish Magree Email: trish.magree@rbg.vic.gov.au Phone: 03 5990 2206</p> <p>Jaffa Richardson Email: janine.richardson@rbg.vic.gov.au Phone: 0418 138 346</p>	<p>Stringybark Picnic Area Royal Botanic Gardens, Victoria, Cranbourne</p>	<p>Please phone during COVID TO CHECK FOR DETAILS</p>
<p>Pre School -STORYTIME</p> <p>Storytime introduces children to a wide range of children's books, stimulates new ideas and interests, helps develop language skills and provides a chance to socialise. Songs, rhymes, stories and activity suitable for pre-schoolers aged 3-5years</p>	<p>Casey-Cardinia Library Corporation 5941 2036 www.cclc.vic.gov.au Cranbourne 5990 0150 Narre Warren 9704 7696 Doveton 9792 9497 Endeavour Hills 8782 3400</p>	<p>Held at Cranbourne, Narre Warren, Hampton Park, and Endeavour Hills. Pakenham and Cardinia Mobile Library at Beaconsfield, Cockatoo and Gembrook</p>	<p>Please phone during COVID TO CHECK FOR DETAILS</p>
<p>BERWICK TOY LIBRARY</p> <p>Timbarra Community Centre</p>	<p>Timbarra Community Centre Phone 0423 744 816 berwicktoylibrary@gmail.com</p>	<p>Timbarra Community Centre Parkhill Drive Berwick</p>	<p>Please phone during COVID TO CHECK FOR DETAILS</p>

City Of Casey

Group / Program	Contact	Address	Details/ Other
<p>Pre School -STORYTIME Storytime introduces children to a wide range of children's books, stimulates new ideas and interests, helps develop language skills and provides a chance to socialise. Songs, rhymes, stories and activity suitable for pre-schoolers aged 35years</p>	<p>Casey-Cardinia Library Corporation 5941 2036 www.cclc.vic.gov.au Cranbourne 5990 0150 Narre Warren 9704 7696 Doveton 9792 9497 Endeavour Hills 8782 3400</p>	<p>Held at Cranbourne, Narre Warren, Hampton Park, and Endeavour Hills. Pakenham and Cardinia Mobile Library at Beaconsfield, Cockatoo and Gembrook</p>	<p>Please phone during COVID TO CHECK FOR DETAILS</p>
<p>SUPPORTED PLAYGROUP- For families with children aged 0-5. Join us and have fun together with live music, singing, dancing, instrument play, morning tea and culturally diverse events.</p>	<p>Windermere Child and Family Services Integrated Family Services Intake Worker 9705 3200</p>	<p>Fairhaven Family and children's centre, community room. 42-52 Fairhaven Boulevard Cranbourne West</p>	<p>Please phone during COVID TO CHECK FOR DETAILS</p>

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Group / Program	Contact	Address	Details/ Other
<p>BABY RHYME TIME Join with other new mums, dads and carers. Discover and learn songs and rhymes that babies enjoy. NOTE: This program does NOT run during school holidays</p>	<p>Casey-Cardinia Library Corporation 5941 2036 www.cclc.vic.gov.au Cranbourne 5990 0150 Narre Warren 9704 7696 Doveton 9792 9497 Endeavour Hills 8782 3400 Casey-Cardinia Library Corporation 5941 2036</p>	<p>Bunjil Place Patrick Northeast Drive, Narre Warren Ph. 8782 3300 Cranbourne Casey Complex 65 Berwick-Cranbourne Road Ph. 5990 0150 Emerald 400B Belgrave-Gembrook Road Ph. 5949 4600 Endeavour Hills 10 Raymond McMahon Boulevard Ph. 8782 3400 Hampton Park 22</p>	<p>Please phone during Covid Operating online with some Programs</p>
<p>LITTLE RAYS SUPPORTED PLAYGROUP We provide a developmentally enriched environment for children to play and learn. Activities are designed specifically to accommodate all abilities in a welcoming and supportive environment This group is available to Windermere ECDS families and others eligible for Early childhood intervention Services. Parents with children aged 0-6. . Siblings are very welcome.</p>	<p>Windermere Child and Family Services Integrated Family Services Intake Worker 9705 3200</p>	<p>Chisholm –Berwick Campus Building C 25 Kangan Dve Berwick</p>	<p>Please phone during Covid</p>

City Of Casey

Group / Program	Contact	Address	Details/ Other
<p>TINIES TIME A special Rhyme Time for Babies and toddlers up to age 3</p> <p>NOTE: This program does NOT run during school holidays</p>	<p>Casey-Cardinia Library Corporation</p> <p>5941 2036 www.cclc.vic.gov.au Cranbourne 5990 0150 Narre Warren 9704 7696 Doveton 9792 9497 Endeavour Hills 8782 3400 https://www.cclc.vic.gov.au/events/tinies-time/ CHECK TIMES</p>	<p>Held at Cranbourne, Narre Warren, Hampton Park and Endeavour Hills and Pakenham</p>	<p><u>Operating on line with some programs during Covid 19 please phone</u></p>
<p>FUN WITH FRIENDS This fun social skills group programs assists children aged 6-8yrs old needing to develop social skills.</p> <ul style="list-style-type: none"> • expand their social interaction with children of a similar age • build friendships • support children with their emotional regulation, such as controlling emotions and reacting in appropriate ways • Develop social skills needed to navigate successfully through life. 	<p>Windermere</p> <p>Phone: 1300 946 337 Fax: (03) 9796 7650 Email: info@windermere.org.au</p> <p>To access this program or find out more, contact one of our team</p>	<p>Windermere Berwick 26 Parkhill Drive, Berwick</p>	<p>Please Phone during COVID 19 Please do not bring nuts or nut products. Please let us know if you child has anaphylaxis on enrolment.</p>

City Of Casey

Group / Program	Contact	Address	Details/ Other
<p>AFGHANI WOMEN'S LITERACY CLASS This class is especially designed for women who speak Hazara, Dari or Pashto and need help with daily activities such as doctor's appointments and understanding road rules. Get helpful information about citizenship, shopping in Australia and more</p>	<p>Hampton Park Community House / Learning Centre Please contact Reception on 97990708 for when next course starts</p>	<p>Hampton Park Community House, 16-20 Stuart Avenue, Hampton Park.</p>	<p>Please phone during Covid</p>
<p>Department of Justice and Regulation</p>	<p>Cranbourne Justice Service Centre 176 Sladen Street Cranbourne Ph: 1300 292 936</p>	<p>Cranbourne Justice Service Centre 176 Sladen Street Cranbourne</p>	<p>Please phone during Covid</p>
<p>Play 2 Learn A weekly play group sessions run in school terms that incorporate early childhood learning through play and family support for parents with children aged 0 - 5 years</p>	<p>Please contact Rei Kori (Team Leader, Casey Programs) for Term 4 Program schedule, referrals and enquiries at rei.kori@savethechildren.org.au Ph 03 8765 0146</p>	<p>Save the Children Australia Doveton College 62 Tristania Street, Doveton VIC 3177</p>	<p>Please phone during Covid</p>
<p>Small Talk A 10 week supported play group sessions and fortnightly in Home Support Visits for eligible participants of the playgroup, which incorporate parenting interventions for creating positive home learning environments for parents with children aged 0 - 5 years</p>	<p>Please contact Rei Kori (Team Leader, Casey Programs) for Term 4 Program schedule, referrals and enquiries at rei.kori@savethechildren.org.au Ph. 03 8765 0146</p>	<p>Save the Children Australia Doveton College 62 Tristania Street, Doveton VIC 3177</p>	<p>Please phone during Covid</p>

City Of Casey

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

City of Frankston

Group / Program	Contact	Address	Details/ Other
ANGLICARE PARENTING PROGRAMS			
<p>PBS PARENTING BUILDING SOLUTIONS – Frankston and Mornington Peninsula Free 6 week program for Mums, Dads, Grandparents, Aunties, Uncles, adult carers to talk about kids</p> <p>A free 6 week program for parents and carers of children. Come and have a cuppa and talk about kids Share experiences and ideas and learn strategies to support your children</p> <p>ARE YOU TIRED OF YELLING? How to get kids to listen the first time</p> <p>DEALING WITH FEELINGS Helping parents deal with frustration, anger and/or anxiety</p> <p>STRATEGIES Discuss and share strategies that work</p> <p>CHILDREN'S BEHAVIOURS Understand why children behave the way they do</p> <p>SELF CARE How to cope with stress & emotions</p> <p>FEELING ISOLATED DURING COVID?</p>	<p>Parentzone Southern/Anglicare Victoria In collaboration with Carrum Downs schools and Peninsula Health</p> <p>BOOKINGS AND ENQUIRIES CONTACT: Michelle Brown - Parent Resource Co-ordinator 0429 174 150 Email: michelle.brown@anglicarevic.org.au</p>	<p>ONLINE You will need a mobile phone or computer. Join us online. More details will be given when you Register.</p> <p>3 DIFFERENT TIMES TO CHOOSE FROM. PICK ONE THAT SUITS YOU. ALL RUN FOR 6 WEEKS.</p>	<p>Afternoon Program DAY: Wednesdays DATES: July 22, 29 Aug 5, 12, 19,26 TIME: 1.00pm to 2.30pm WHERE: Online with Zoom</p> <hr/> <p>Night Program DAY: Thursdays DATES: July 23, 30 Aug 6, 13, 20,27 TIME: 6.30 – 8.00Pm WHERE: Online with Zoom</p> <hr/> <p>Morning Program DAY: Tuesdays DATES: August 4,11,18,25 Sept 1st,8th TIME: 10.00am-11.30am WHERE: ZOOM Online</p>

City of Frankston

Group / Program	Contact	Address	Details/ Other
<p>PBS PARENTING BUILDING SOLUTIONS – Free 3 week program for Mums, Dads, Grandparents, Aunties, Uncles, adult carers to talk about kids A free 6 week program for parents and carers of children. Come and have a cuppa and talk about kids Share experiences and ideas and learn strategies to support your children</p> <p>ARE YOU TIRED OF YELLING? How to get kids to listen the first time</p> <p>DEALING WITH FEELINGS Helping parents deal with frustration, anger and/or anxiety</p> <p>STRATEGIES Discuss and share strategies that work</p> <p>CHILDREN'S BEHAVIOURS Understand why children behave the way they do</p> <p>SELF CARE How to cope with stress & emotions</p> <p>FEELING ISOLATED DURING COVID?</p>	<p>Anglicare Victoria ParentZone Southern BOOKINGS AND ENQUIRIES CONTACT Michelle Brown - Parent Resource Co-ordinator 0429 174 150 Email: michelle.brown@anglicarevic.org.au</p>	<p>ONLINE You will need a mobile phone or computer. Join us online. More details will be given when you register.</p>	<p>DAY: Wednesdays DATES: 26th August, 2nd and 9th Sept TIME: 6.30 - 8- pm WHERE: Online with ZOOM</p>

<p>LYFT UP YOUR FAMILY</p> <p>A program for parents & carers of young people (aged 12-25 years) who have challenging behaviours and may also be using alcohol and other drugs in a problematic way</p> <p>Are you concerned about your young person's risk taking behaviours?</p> <p>Are you struggling to communicate with your young person?</p> <p>Are you tired of yelling?</p>	<p>Anglicare Victoria LYFT Team Frankston. YSAS</p> <p>For referrals please contact ANY OF THE PEOPLE LISTED</p> <p>Inta Gebert on 0438 014 387 Inta.Gebert@anglicarevic.org.au</p> <p>Lucinda Bray on 0417 416 748 or Lucinda.Bray@anglicarevic.org.au</p> <p>Erin Platt on 0438 812 131 or Erin.Platt@anglicarevic.org.au</p>	<p>ONLINE</p> <p>You will need a mobile phone or computer. Join us online. More details will be given when you register.</p>	<p>Date 21st July to 25th August (6 weeks)</p> <p>Time 6.00pm to 8.00pm</p> <p>Cost Free</p> <p>Bookings</p>
<p>KARINGAL HEIGHTS PRIMARY SCHOOL PLAYGROUP</p> <p>A fun-filled facilitated playgroup for WHEN: children 0-5 years and their parents/carers to come together to play and interact. Join us for play based activities, arts and crafts, stories and songs, conversation and laughter</p>	<p>Anglicare Victoria Karingal Heights Primary School</p> <p>Enquiries: For more information, please contact Naomi on 0438 280 375 or email: naomi.law@anglicarevic.org.au</p> <p>Our playgroup is open to ALL local families, not just KHPS families! No need to pre-register, just come along and join in the fun</p>	<p>Karingal Heights Primary School Havana Crescent Frankston</p>	<p>Please phone or email During Covid 19 Service may be altered or not running</p>

City of Frankston

Group / Program	Contact	Address	Details/ Other
PARENTING PROGRAMS			
<p>CITY OF FRANKSTON PO Box 490 Frankston 3199 Tel: 1300 322 Frankston City Council provides a range of services to Parents, for more information, visit http://www.frankston.vic.gov.au/Our_Community/Family_Services</p>			
<p>PARENT EDUCATION PROGRAM The Maternal Child Health Service run programs to assist with the problems you can confront when bringing up children. Ran at different Maternal Child Health Centres throughout the year Post baby core strength Sleep and settling newborns Sleep and settling 3-6mths Foods for baby 4-12mths Sleep and settling 7-12mths Newborn communication</p>	<p>Please phone or email During Covid 19 Service may be altered or not running</p>	<p>Frankston City council Maternal and Child Health service Parent Education Program Please ph. 9784 1754 Programs are run at various locations: Ebdale Community Hub and Learning Centre, 20 Ebdale St Frankston Mahogany Rise MCHC, 24 Jenkins St Frankston Nth Botany Park Maternal and Child Health Centre, 53 Lyrebird Dve, Carrum Downs Seaford MCHC, 41 Railway Pde, Seaford Montague Park MCHC, Bentley Place, Frankston Cube 37, next to Frankston Arts Centre, Davey St, Frankston Lakewood Child and Family Centre, 107-109 Raphael Cres, Frankston</p>	

<p>PARENTING GROUPS AND PROGRAMS AS PART OF THE FSFI</p> <p>Programs and groups held in conjunction with local Schools.</p> <p>Available to Parents outside the schools or inside.</p> <p>Contact school for dates and times</p>	<p>Please phone or email During Covid 19 Service may be altered or not running</p> <p>Frankston School & Family Initiative (FSFI)</p> <p>Karingal Heights Primary – Phone: (03) 9789 3288 Email: karingal.heights.ps@edumail.vic.gov.au</p> <p>Naranga School - Phone (03) 9788 2222 E-mail -naranga.ss@edumail.vic.gov.au</p> <p>Kingsley Park Primary School - Telephone 03 9789 0077 Email: kingsley.park.ps@edumail.vic.gov.au</p> <p>Mahogany Rise Primary School – phone (03) 9786 3211</p>
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City of Frankston

Group / Program	Contact	Address	Details/ Other
<p>MINDFUL PARENTING</p> <p>A 3 week small group program for parents/expectant parents up to 25.</p> <p>headspace@headspacefrankston.org.au www.facebook.com/headspacefrankston</p> <p>EMPOWER YOUTH</p> <p>Inviting young people 14-18 to come along and build the skills you need to help you on your way. Explore your goals, Boost your health, fitness and wellbeing, kick start your career, and resume writing, budgeting and cooking</p>	<p>Head Space 62 Playne St Frankston Office details 9769 6419 contact for expressions of interest: bwatson@headspacefrankston.org.au Phone 9769 6419</p>	<p>Contact for location</p>	<p>https://headspace.org.au sight has some Covid 19 Resources Contact Head Space.</p>
<p>PLAYGROUP FOR CHILDREN WITH ADDITIONAL NEEDS</p>	<p>Michelle Windt 0413 972 286</p>	<p>Nepean School Special Education School 33 Klauer St, Seaford</p>	<p>Please phone During Covid 19</p>

City of Frankston

Group / Program	Contact	Address	Details/ Other
MY TIME – for parents and carers of a children with a disability	Michelle Windt 0413 972 286	Nepean School Special Education School 33 Klauer St, Seaford	Please phone during Covid19
CHALLENGING BEHAVIOURS, DISABILITIES, ALCOHOL & DRUGS, FAMILY VIOLENCE, MENTAL HEALTH, CARER SUPPORT GROUPS AND OTHER			
MAKING CHOICES GROUP A group for women who are living in, or have lived in an abusive relationship.	Family Life Bree L or Amanda H 9770 0341 info@familylife.com.au	Family Life Level 1, 146 Young St, Frankston	Please phone during Covid19
KEEPING FAMILIES SAFE- A 10 week program for parents and adolescents (12-17) to attend where adolescents are violent or abusive in the home. Opportunities to develop strategies for behaviour change with a focus on rebuilding trusting, respectful family relationships.	Peninsula Community Health Access – 1800 655 781 For next program dates Agency referral/self-referrals accepted, interview prior to registration www.peninsulahealth.org.au Chris Blakey	Frankston Integrated Health Centre	Please phone during Covid19
CHAMPS A free, peer-support group program for 8-12yo children who have a parent with a mental illness. Parents also welcome. Kids and parents can meet others in a similar situation, learn about mental health and self-care, all through lots of fun games and activities!	Peninsula Health Peninsula Health FaPMI Coordinator (Families where a Parent has a Mental Illness) MHFaPMI@phcn.vic.gov.au 9784 6999 Sarah	Locations Varies	Please phone during Covid19

City of Frankston

Group / Program	Contact	Address	Details/ Other
FREE ALL GIRLS BOXING CLASS For girls aged 13 to 18	Head Space Contact the office on 9781 0188	Where: Fit Body Fit Mind 1 / 35 Playne Street Frankston	Please phone during Covid19
SPACE 4 US An 8 week free peer support group for 13 to 18 year olds living in the Mornington Shire region who have a parent or other close family member with a mental illness.	Peninsula Health. Mornington Peninsula Shire Peninsula Health FaPMI Coordinator (Families where a Parent has a Mental Illness) MHFaPMI@phcn.vic.gov.au 9784 6999/0439336608s	The Corner 91 Wilsons Rd Mornington	Please phone during Covid19

ORANGE DOOR click link for information

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

For Confidential support and information call Safe Steps 1800 015 188
For Urgent assistance call Triple Zero 000

Men's Referral Service

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

Victims Support Agency

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

Aboriginal Family Violence Prevention and Legal Service (FVPLS)

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

InTouch: Multicultural Centre against Family Violence

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

City of Frankston

Group / Program	Contact	Address	Details/ Other
DADS PROGRAMS and SUPPORT			
<p>WINDOOK DADS GROUP For all Aboriginal & Torres Strait Islander children and their Fathers, Carers, Uncles, and Granddad's where: men can safely come and connect with other dad, uncles, community members and Elders in a culturally safe, inviting and empowering environment for men. Group activities, Parenting Information and workshops, craft activities for the children and cultural Wellbeing.</p>	<p>Southern VACCA Dandenong Office Please contact Uncle Kevin 0429 364 505</p>	<p>Nairm Marr Djambana Corner of Nursery Ave and Craig St Frankston</p>	<p>Please phone during Covid19</p>
<p>MEN'S GROUP A support and information group for men who feel isolated and those wanting to change their behaviour to find more positive ways to interact with partners, children, family and friends. Lunch provided with individual counselling available on the day (by appointment only).</p>	<p>Adam B (Family Life) 9784 0650</p>	<p>Family Life Community House, 10 Carmichael Street, Tootgarook 3941</p>	<p>Please phone during Covid19</p>
<p>DIDS (DADS IN DISTRESS) A safe forum for men going through the trauma of divorce, separation or relationship breakdown to express their grief. Help in navigating the future and understanding the past.</p>	<p>Orwill St Community House Ph: 1300 853 437 Email: info@orwilst.org.au</p>	<p>Orwil Street Community House 16 Orwil Street, Frankston</p>	<p>Please phone during Covid19</p>

City of Frankston

Group / Program	Contact	Address	Details/ Other
<p>GRANDPARENTING AFTER SEPARATION</p> <p>A group or individual workshop to support grandparents. Phone for further details Must book</p>	<p>Lifeworks</p> <p>Frankston Office Reception or phone 9783 7611</p> <p>For more details or bookings, please call</p> <p>You can also register online or via email W www.lifeworks.com.au https://lifeworks.com.au/</p> <p>Lifeworks Relationship Counselling & Education Service</p>	<p>Lifeworks</p> <p>345 Nepean Hwy, Frankston</p>	<p>Please phone for further details and to book</p>
<p>PINES COMMUNITY MENS SHED</p>	<p>PH: 9786 1008</p>	<p>14 Stringybark Cres Frankston Nth 3200</p>	<p>Please phone for days</p>
<p>DADS IN FAMILY FOUNDATION</p> <p>Assists males 16 years and over to understand the importance of the role of men within the family and to deal with the consequences of their actions. A nondenominational, faith based organisation.</p>	<p>Dads in Family Foundation Phone: 0417 009 667 or 9781 4343 dadsinfamiliesfoundation@hotmail.com</p>	<p>Church of Christ</p> <p>130 Cranbourne Rd, FRANKSTON</p>	<p>Please phone during Covid19</p>

City of Frankston

Group / Program	Contact	Address	Details/ Other
<p>THE BBQ BOYS-</p> <p>The BBQ BOYS is a carer support group especially for men who are in a caring role and would like to have better access to self-care & respite opportunities. A carer is a person who provides unpaid care and support to family members and friends who have a disability, mental illness, dementia or who are frail aged. The BBQ BOYS was established to address a gap in services by reducing social isolation, promoting carer wellbeing and providing “some ME time” for male carers. The group offer carers a variety of activities to assist them to maintain life balance and care responsibilities.</p>	<p>The BBQ Boys Carers Inc.</p> <p>Respite South</p> <p>Ring one of the committee members on Peter-0404 044 283 Honk – 0455 179 692 Bill 0447 985 327 or</p> <p>Enquiries: Please send us an email about your enquiries Email: info.bbq.boys@gmail.com This is now held in Frankston. Frankston NEAMI office. 1 Douglas Grove, Frankston</p>	<p>Now Held</p> <p>38 Valetta St</p> <p>Carrum</p>	<p>Please phone during Covid19</p>
<p>LIFEWORKS PROGRAMS NOT LISTED: Lifeworks run many programs, some are listed. Others include: Relationship, Parenting and Individual Programs. Men’s Programs, Pre-Marriage; Women’s; Relationships; Anger management; Step Parenting and more Please contact them or visit their web page: phone 9783 7611 www.lifeworks.com.au or email lifeworks@lifeworks.com.au</p>			

City of Frankston

Group / Program	Contact	Address	Details/ Other
<p>MEN'S BEHAVIOUR CHANGE PROGRAM-</p> <p>Designed for men who are committed to changing their patterns of abusive behaviour. It is particularly relevant to men who behave violently at home. Conducted over thirteen weeks and provides intensive work to enable men to accept responsibility for their behaviour and to learn to handle strong emotions and conflict with understanding, confidence and self-control.</p>	<p>Life works phone 9783 7611 www.lifeworks.com.au or email lifeworks@lifeworks.com.au Register 1300 543 396</p>	<p>345 Nepean Hwy, Frankston Lifeworks Frankston</p>	<p>Please phone during Covid19</p>
MARRIAGE/SEPARATION/RELATIONSHIPS AND SUPPORT			
<p>SUPPORTING CHILDREN AFTER SEPARATION</p> <p>For families requiring assistance after separation.</p>	<p>Family Mediation Centre 345 Nepean Hwy Frankston ph. 9783 7611</p>	<p>Please phone for details of programs. Also available in other locations</p>	<p>Please phone during Covid19</p>
<p>PARENTING IN A STEP FAMILY</p> <p>6 session activity based program is for primary and early secondary school aged kids who are struggling with sadness because of loss through death or family changes</p>	<p>Lifeworks www.lifeworks.com.au or Register at Frankston Office or phone 9783 7611</p>	<p>Lifeworks 345 Nepean Hwy, Frankston</p>	<p>Please phone during Covid19</p>

City of Frankston

Group / Program	Contact	Address	Details/ Other
<p>ALL ABOUT RELATIONSHIPS Are there relationships in your life that pull you down, leaving you feel empty, distressed, angry, sad or frustrated? We discuss, explore and understand how to learn better ways to deal with relationship conflicts. Topics are: effective Communication, conflict resolution skills, anger management, stress reduction techniques, how to repair and build meaningful relationships.</p>	<p>Orwill St Community House Phone 9783 5073 Email: info@orwilst.org.au</p>	<p>Orwil St Community House, 16 Orwil St Frankston</p>	<p>Please phone during Covid19</p>
<p>GRANDPARENTING AFTER SEPARATION A group or individual workshop to support grandparents. Phone for further details Must book</p>	<p>Lifeworks Frankston Office Reception or phone 9783 7611 www.lifeworks.com.au or email lifeworks@lifeworks.com.au Lifeworks Relationship Counselling & Education Service Booking at Frankston Office Reception or phone 9783 7611</p>	<p>Lifeworks 345 Nepean Hwy, Frankston</p>	<p>Please phone during Covid19</p>

City of Frankston

Group / Program	Contact	Address	Details/ Other
<p>PARENTING AFTER SEPARATION</p> <p>A group workshop to support parents. Lifeworks are unable to enrol ex-partners in the same program.</p> <p>There are intensive weekly programs; weekend programs; weekly programs</p> <p>Several Programs coming up, check Details and other for all.</p>	<p>Lifeworks</p> <p>Frankston Office Reception or phone 9783 7611</p> <p>www.lifeworks.com.au or email lifeworks@lifeworks.com.au</p> <p>Lifeworks Relationship Counselling & Education Service</p> <p>Booking at Frankston Office Reception or phone</p> <p>9783 7611</p>	<p>Lifeworks</p> <p>345 Nepean Hwy, Frankston</p>	<p>Please phone during Covid19</p>
<p>ALL ABOUT RELATIONSHIPS</p> <p>Are there relationships in your life that pull you down, leaving you feel empty, distressed, angry, sad or frustrated? We discuss, explore and understand how to learn better ways to deal with relationship conflicts. Topics are: effective communication, conflict resolution skills, anger management, stress reduction techniques, how to repair and build meaningful relationships.</p>	<p>Orwill St Community House</p> <p>Phone 9783 5073</p> <p>Email: info@orwilst.org.au</p>	<p>Orwil St Community House, 16 Orwil St Frankston</p>	<p>Please phone during Covid19</p>

City of Frankston

Group / Program	Contact	Address	Details/ Other
DISABILITIES, CHALLENGING BEHAVIOURS, MENTAL HEALTH, GRIEF/LOSS and OTHER			
<p>POST NATAL DEPRESSION SUPPORT GROUP</p> <p>Provides support for women who are overcoming the challenges of Post Natal Depression and strengthen the relationships between mum's and their children along with other family members.</p>	<p>Frankston City Council For further information please contact Julie O'Brien 9293 7117 or Catriona Cochrane on 9293 7119</p>		
<p>STEPS TO WHOLENESS – ANXIETY & DEPRESSION GROUP</p> <p>Offering support, understanding and caring within a safe and non-judgmental environment. The program offers members strategies which may assist in recovery through group activities incorporating a creative approach.</p>	<p>Orwill St Community House Phone 9783 5073 Mon – Friday Facilitator Margaret Devis Orwil Street Community House Inc Community Service Frankston</p>	<p>Orwil St Community House 16 Orwil St, Frankston</p>	<p>Please phone during Covid19</p>
<p>LIVE YOUR COMMUNITY PROGRAM</p> <p>Provides flexible volunteer based inclusion support for children with disabilities who experience barriers to participation in sport, recreation and leisure. For children aged 6-17yrs with a diagnosed disability</p>	<p>Extended Families www.extendedfamilies.org.au</p>	<p>Contact Rachel De Summa Ph. 9285 4839 or 0438 752 126 Email Rachel@extendedfamilies.org.au</p>	<p>Please phone during Covid19</p>
<p>PARENT/CARERS SUPPORT & RESOURCE GROUP</p> <p>Are you the parent of a child or adult with a disability? Gain support, friendship and information.</p>	<p>Orwil Street Community House Contact: Lani Peach 59 719 100</p>	<p>Orwil St Community House 16 Orwil St, Frankston</p>	<p>Please phone during Covid19</p>

City of Frankston

Group / Program	Contact	Address	Details/ Other
<p>ASSERTIVENESS COACHING</p> <p>A 3hr workshop. Learn how to find your voice, express yourself respectfully and improve communication in all your relationships.</p>	<p>Lifeworks Relationship Counselling & Education Service 9783 7611 Or Register on line At www.lifeworks.com.au</p>	<p>Lifeworks 345 Nepean Hwy Frankston</p>	<p>Please phone during Covid19</p>
<p>KINSHIP CARER SUPPORT GROUP</p> <p>Are you a kinship carer who is caring for a child that is not your own on a fulltime basis? Attend a social group to gain information, share ideas and have fun in an informal setting.</p>	<p>Orwil Street Community House</p> <p>Contact: Sue Gale 9212 5600</p>	<p>Orwil St Community House 16 Orwil St, Frankston</p>	<p>Please phone during Covid19</p>
<p>AUTISM FRIENDSHIP GROUP (BALLAM PARK)</p>	<p>MOIRA Kerri Rolft – Parent Support Coordinator Ph: 8552 2222</p>	<p>Ballam Park Primary School Belar Avenue Frankston</p>	<p>Please phone during Covid19</p>

City of Frankston

Group / Program	Contact	Address	Details/ Other
<p>MENTIS ASSIST</p> <p>If you need support and a source of food, Pantry Plus is opening their doors for people in need. <i>By Appointment: Contact Peninsula Christian Care 5971 4877</i></p> <p><i>When: 10am – 2pm Tuesday</i></p> <p><i>No postcode restrictions</i></p> <p><i>Assessed case by case</i></p> <p>Basic Emergency food relief</p> <p>When: Tuesday – Thursday, 10am – 3pm</p> <p>where: 252 Frankston Flinders Rd, Frankston</p> <p>Call office prior to visit</p> <p>Food Vouchers not available</p> <p>You may be provided with suitable frozen and refrigerated, dry and packaged goods, and limited toiletries after a brief assessment with the interview team.</p> <p>On a visit you will be asked to show identification proving residency in our local area.</p> <p>Majority of the food relief stock is sourced through the generosity of donations from individuals, Peninsula City Church, local suppliers, and with the assistance of other larger food relief agencies.</p> <p>Please phone during Covid19</p> <p>All enquiries for Pantry Plus can be directed to 5971 4877</p>			
<p>HEADSPACE- Frankston is a health service for young people living in the Frankston and Mornington Peninsula region. We collocate with YSAS (Youth Support and Advocacy Service), SalvoCare, MIND, PSS, Skills plus and have access to other youth services. We also outreach to Shed11 in Hastings and Y-Lounge in Rosebud. If you wish to access any of our services, give us a call on (03) 9769 6419. All services offered at headspace Frankston are free and confidential.</p> <p><i>If you are experiencing any mental health issues, want to reduce your use of alcohol and other drugs, are trying to find somewhere to live, need support getting into work or study, need an STI check or have anything else going on in your life you need support with, we can help.</i></p> <p>Sexual Health services; youth reference group, youth early psychosis program, work and study services; mental health services; alcohol and drug services, youth programs and more. Please contact them. Your information is confidential</p> <p>Opening Hours - Mon –Fri 9.00am-5.00pm</p> <p>Intake workers - Mon - Friday: 11am – 4pm</p> <p>Programs offered below. Please phone and talk to intake worker for further details and bookings.</p> <p>Email: headspace@peninsulaheadspace.org.au</p> <p>Web: https://headspace.org.au/headspace-centres/frankston</p> <p>Some of these are in Frankston and some run in Hastings and Rosebud.</p>			

City of Frankston

Group / Program	Contact	Address	Details/ Other
<p>HEADSPACE- Frankston is a health service for young people living in the Frankston and Mornington Peninsula region. We collocate with YSAS (Youth Support and Advocacy Service), SalvoCare, MIND, PSS, Skills plus and have access to other youth services. We also outreach to Shed11 in Hastings and Y-Lounge in Rosebud. If you wish to access any of our services, give us a call on (03) 9769 6419. All services offered at headspace Frankston are free and confidential.</p> <p>If you are experiencing any mental health issues, want to reduce your use of alcohol and other drugs, are trying to find somewhere to live, need support getting into work or study, need an STI check or have anything else going on in your life you need support with, we can help.</p> <p>Sexual Health services; youth reference group, youth early psychosis program, work and study services; mental health services; alcohol and drug services, youth programs and more. Please contact them. Your information is confidential</p> <p>Opening Hours - Mon –Fri 9.00am-5.00pm Intake workers - Mon - Friday: 11am – 4pm Programs offered below. Please phone and talk to intake worker for further details and bookings. Email: headspace@peninsulaheadspace.org.au Web: https://headspace.org.au/headspace-centres/frankston Some of these are in Frankston and some run in Hastings and Rosebud.</p>			
<p>FAMILY, CHILDREN & YOUTH SUPPORT</p>			
<p>THE HANGOUT-YOUTH SUPPORT, INFORMATION AND REFERRAL Offers general support, information and referrals to young people aged 12 to 24 and their families.</p>	<p>Imogen 0439 351 433 Tennille 0488 592 621</p>	<p>Please phone for further details or if In need of help.</p>	<p>Please phone during Covid19</p>

City of Frankston

Group / Program	Contact	Address	Details/ Other
<p>WHIZZ KIDS supported playgroup Getting there By car – car parking Bus NO.779 Belvedere to Frankston CBD NO. 778 Carrum Downs to Kananook station No. 832 Carrum Downs to Frankston DBD No 780 which goes Frankston to Carrum via Seaford. Train Easy walk from Kananook Station Transport provided in extreme circumstances</p>	<p>Anglicare Victoria Contact Christine Or 0458 750 071 Anglicare 9781 6700</p>	<p>Kananook Kinder Building 6-8 Buna Ave Seaford Please call for details during COVID-19</p>	<p>Day Thursdays Date School Term Time 10.00am to 12noon Please bring: Nappies, Bottles etc. Sunscreen and Hat. We provide morning tea, coffee, tea for cuppa</p>
<p>SWITCH BOARD SPORTS For youth 12 to 17yrs. Come and enjoy board sports, design workshops, life skill classes and community projects.</p>	<p>Lyrebird Community Centre 9768 1366 As Above Booking essential</p>	<p>Lyrebird Community Centre Carrum Downs</p>	<p>Please phone for details</p>
<p>MULTICULTURAL PLAYGROUP For parents that have recently arrived in Australia or who was born outside Australia, share your cultures and make new friends.</p>	<p>Frankston City Council Contact Jo 8786 6650</p>	<p>Karingal Place 103 Ashleigh Ave Frankston</p>	<p>Please phone for details</p>

City of Frankston

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

City of Frankston

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

City of Frankston

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

City of Frankston

Group / Program	Contact	Address	Details/ Other
GATEWAY PLAYGROUP Is a community based playgroup run by Gateway Church (Australia) Ltd. We are members of Playgroups Victoria and cater for families with children aged between 0-4 years of age	Gateway Church Sally Jones (Children's Pastor) Ph.: 9785 7500	Gateway Worship and Performing Arts Centre in Seaford (Mel Ref: 99 G5). Parking is available at the rear of the building at 14 Heversham Drive, Seaford	Please phone for details
WEEKLY STORYTIME Tiny Tots 0-2 years Preschool 3-5 years	Frankston City Libraries Phone: 9784 1020	Frankston, Carrum Downs, Seaford, Belvedere Community centre, Frankston North Community Centre, Langwarrin Customer Service Centre, Karingal PLACE	Please phone for further details
KARINGAL PLACE NEIGHBOURHOOD CENTRE Has many ongoing classes but can also arrange new courses or programs so please contact us if you have any ideas on classes we can run. We welcome new ideas.	03 8786 6650	Karingal Place Neighbourhood Centre 103 Ashleigh Avenue Frankston	Please phone for details
MY TIME PLAYGROUP, SEAFORD For parents and families with children who have a chronic illness or disability.	Contact Tina P. 0409 542 238	Belvedere Community Centre 36 Belvedere Rd Seaford	Please phone for further details
YOUNG MUM'S PLAY AND LEARN GROUP- For mums 25 and under looking for any or all of these: Friendship for your or your baby. Some time with other like-minded young mums, support.	Orwill St community House Facilitator: Danielle Loogman 03 9783 5073 http://www.orwilst.org.au/	16 Orwill St Frankston	Please phone for details Please phone for details

City of Frankston

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

City of Glen Eira

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

FAMILY VIOLENCE

[ORANGE DOOR](#) **click on link**

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

For Confidential support and information call Safe Steps 1800 015 188

For Urgent assistance call Triple Zero 000

Men's Referral Service

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

Victims Support Agency

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

Aboriginal Family Violence Prevention and Legal Service (FVPLS)

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

InTouch: Multicultural Centre against Family Violence

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

City of Glen Eira

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

City of Glen Eira

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

City of Glen Eira

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

<p>CARING MUMS In the challenging first months of your baby's life, a trained volunteer provides you with one on one emotional support. Through weekly visits, together you navigate the new and exciting road of motherhood</p>	<p>NCJWA Victorian Multicultural Commission caringmums@ncjwa.org.au ph. 9044 5405 or 0481 081 242 www.caringmums.org.au</p>	<p>Bubup Nairm Family and Children's Centre 998 Carlisle St, St Kilda</p>	<p>Please phone during COVID</p>
<p>THE SUPPER CLUB A new support group for families dealing with grief and loss due to alcohol and /or drug overdose or related illness.</p>	<p>Family Drug Help Ph. 9573 1789 fdh@Share.org.au</p>	<p>Family Drug Help 140 Grange Rd, Carnegie</p>	<p>Please phone during COVID</p>
<p>WOMEN RECLAIMING THEIR LIVES GROUP 9 week group for women who have experienced or are experiencing violence at home.</p>	<p>Monash link Community Health Service 568 Neerim Rd Hughesdale Jennifer or Helen 1300 552 509</p>	<p>Monash link Community Health Service City of Monash Location to be advised upon booking</p>	<p>Please phone during COVID</p>
<p>South Eastern Multiple Birth Association A support group for multiple birth families, run by parents with multiples. Programs ran, so please contact. http://semba.amba.org.au/index.html</p>	<p>SEMBA New Parent Contact: sembanewparent@hotmail.com President: sembapresident@hotmail.com</p>	<p>South East of Melbourne, covering the main areas of Bayside, Glen Eira and Kingston Councils.</p>	<p>Please phone during COVID details</p>

City of Glen Eira

Group / Program	Contact	Address	Details/ Other
SOME SPACE FOR ME a support group to assist Women with Self Esteem.	Trish Parker 9690 9144 or Sandra Peachy 9525 1300	South Port Centre 341 Coventry St. South Melbourne	Please phone during COVID details
YUMI SUPPORTED PLAYGROUPS For Women experiencing emotional difficulties since the birth of their baby.	Moongala Women's Community House House Co-ordinators: Julie & Jude Ph.: 9570 3468 moongala@optusnet.com.au	Moongala Women's Community House 824 Centre Road East Bentleigh	Please phone during COVID details
MUM FOR MUM PROGRAM MUM is a non-denominational program of the National Council of Jewish Women of Australia (Vic) that provides women who have a child less than one year of age with emotional support. Women can self-refer or may be referred through health professionals such as their maternal and child centre nurse, GP, obstetrician or counsellor. Check out: http://port-phillip-leader.whereilive.com.au/news/story/glen-eira-outreach-service-to-keep-mum-happy/ Website too: www.mumformum.org.au Phone 9523 0535			Please phone during COVID details

City of Greater Dandenong

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

<p>HELP FOR PARENTS AND CHILDREN Ph 9767 0817 talk to your Maternal Child Health Nurse</p>	<p>Offers many services: Maternal and child health; children’s centres; occasional care- short term flexible child care for children aged 6mths to 5yrs.; Childhood immunisation; family and children’s publications; playgroups and toy libraries; training and support for parents/guardian’s/grandparents/ playgroup attendees and early childhood educators. Special assistance is available for children with: disabilities, developmental difficulties, from Aboriginal or Torres Strait islander Families.</p> <p>http://www.greaterdandenong.com/section/25485/your-council-services Gives you main page</p> <p>http://www.greaterdandenong.com/section/84/families-children Family Day Care; Maternal Child and Health; Kindergarten & childcare; Family Support & counselling; Playgroups; Toy Libraries; child and Family Partnership; After Hours Help and Advice...</p> <p>The Council also offers other services. youth.greaterdandenong.com/ youth Services available. Update for programs in 2016 please call Telephone: 03 9793 2155. Hours: 9am - 5pm, Monday – Friday</p>
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<p>YOUNG PARENTS EDUCATION PROGRAM YPEP YPEP offers students equivalent Year 12 and industry Certificate II qualifications. Young people that are pregnant or parenting can continue their education in an inclusive education setting where babies (up to 1 one year of age) are welcome and parents are offered a wide range of learning that includes parent-child attachment through rhyme, songs and stories alongside health, wellbeing and practical living skills. A wide selection of incursions and excursions are built into the program that place emphasis on young parents building community connections, knowledge and service information. YPEP Learning Hubs are located near public transport and recreational facilities and enrolments are ongoing. We currently have places available</p>	<p>Cranbourne contact: Contact Jill Konig on 0410 490 007 or Natalie Lees on 0447 940 446 to enquire or visit.</p> <p>Narre Warren Contact – contact Tina Bampton or Melinda Brown on 9704 7388</p> <p>Dandenong Contact Contact Jill Konig or Sali Shayia on 0427 959 498.</p>	<p>Cranbourne YPEP, now located at Casey Stadium & Cranbourne Community House</p> <p>Narre Warren YPEP located at Foundation Learning College (former NCLC)</p> <p>And the new Dandenong YPEP located at Skill invest on Thomas St.</p>	<p>Cost Free Please phone and talk to someone and book in.</p>
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CHALLENGING BEHAVIOURS, DISABILITIES, GRIEF, Drug & Alcohol dependency, CALD AND OTHER

Group / Program	Contact	Address	Details/ Other
<p>FAMILY SUPPORT Alcohol and/or drug use impacting on family</p>	<p>Connections-Alliance Family Counselling Group Lynn 8792 8999</p>	<p>9 Maralinga Ave Keysborough Maralinga Primary School</p>	<p>Please phone for further details</p>

<p>FRIENDSHIP GROUP Extended Families Vietnamese Family Friendship Group. Larger groups for children with a disability and their families meet regularly for fun, friendship and social development</p>	<p>Extended Families 03 9285 4838 Vietnamese speaking workers available</p>	<p>Please Phone for further details</p>	<p>Please phone for further details</p>
<p>NEXT STEP Develop your potential and get ready to take that next step in life.</p>	<p>Dandenong Neighbourhood House Please phone and book 9792 5298</p>	<p>Dandenong Neighbourhood House 34 King St</p>	<p>Please phone for further details</p>
<p>KINSHIP CARE- A CHANCE FOR CARERS Grandparents, aunts, uncles, friends and any significant other(who care for children when their parents are unable to), to get together and have a cuppa, some lunch, listen to a guest speaker but mainly have time to talk to each other about what's happening for you.</p>	<p>Wesley Mission For more information please call Ivanka Kisvardai, Family Support Worker on 9794 3000 Guest speakers attend</p>	<p>Wesley Mission 280 Thomas St Dandenong</p>	<p>Please phone for further details</p>
<p>NEW LIFE A recovery program for women with problems of addiction. Join this friendly support group.</p>	<p>9792 5298 email dynhouse@satlink.com.au</p>	<p>34 King St, Dandenong Neighbour House</p>	<p>Please phone for further details</p>
<p>NARCOTICS ANONYMOUS A support group for those recovering from drug & alcohol dependency.</p>	<p>Neighbourhood House Matt 0431 024 838 Neighbourhood House 9792 5298</p>	<p>34 King St, Dandenong</p>	<p>Please phone for further details</p>

City of Greater Dandenong

Group / Program	Contact	Address	Details/ Other
MENS AND FATHERS PROGRAMS			
MEN FACING TODAY'S CHALLENGES. Dandenong Neighbourhood House We look at strategies for dealing with issues in our lives & developing new life skills	Dandenong Neighbourhood House 9792 5298	34 King St dynhouse@satlink.com.au	Please Phone for details
THE BBQ BOYS- A support group for male carers living in the southern region of Melbourne. It offers peer support, fun and relaxing social activities, a space to talk about bloke's carer issues, as well as information, Referral and support. SEE PAGE 6	RESPIRE SOUTH Ring Nathan 9212 3006 Or 0417 1233 189 or email n.diep@alfred.org.au	Ring Nathan. Venues change	Please phone for further details
FAMILY VIOLENCE			
<p><u>Services and organisations in The City of Greater Dandenong</u></p> <p>Domestic/family violence crisis and outreach services</p> <ul style="list-style-type: none"> • 1800 Respect 1800 737 732, www.1800respect.org.au 24 hours a day, 7 days a week service for those experiencing sexual assault or family violence • Safe Steps Family Violence Response Centre 1800 015 188, www.safesteps.org.au 24 hours a day, 7 days a week response line for victims of family violence providing emergency accommodation and referral to local support services • InTouch Multicultural Centre Against Family Violence 1800 755 988, www.intouch.asn.au Support and advice for culturally and linguistically diverse women 			

- **Centre's Against Sexual Assault** (CASA) 9635 3610 (Counselling and support line),
www.thewomens.org.au/SexualAssault 24 hours a day, 7 days a week crisis and support line for survivors of sexual assault

Information and Resource Agencies

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

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

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

TIME 9am-5pm

LOCATION JC Mills Reserve 176-188 Cleeland St, Dandenong (Opposite Dandenong Oasis) Free event for young people aged 12-25 years.

Divisions: Under 25's Female

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

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

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

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

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

City of Greater Dandenong

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

City of Greater Dandenong

Group / Program	Contact	Address	Details/ Other
Music Together. Music therapy program for children 0-5 years and their parents/carers.	Uniting Bronwyn Atkin 5990 8400	Springvale Uniting church 47 Balmoral Ave, Springvale	Please phone for further details
MY TIME PLAYGROUP For special needs children. Playgroup.	Extended Families Southern Region 5950 1055 peninsula@extendedfamilies.org.au Phone Thuy Cal 0405 015 445	11 Morwell Parade, Springvale visit www.mytime.net.au For your closest group	Please phone for further details
PLAYGROUP For children aged 0-5yrs	Jan Wilson Community Centre Contact Doris Wong Ph. 9767 0826 dwong@cgd.vic.gov.au	Jan Wilson Community Centre Halton Road, Noble Park North. Ph. 97959279	Please phone for further details
TINY MINY MUSLIMS PLAYGROUP a Program packed full of joyful educational experiences for children and Mums, including play activities and a Mothers discussion group. All welcome	Please contact Doris Wong for up to date information Ph. 9767 0826 dwong@cgd.vic.gov.au		Please phone for further details
KEYSBOROUGH PS 3 Yr. old PLAY GROUP 8 Weeks	For more information please call: Pat Hill, Keysborough Primary School on 9798 4764 or Vanja Flett on 0429 454 693	Community Room Keysborough Primary School 33 Coomoora Rd, Springvale South	Please phone for further details

City of Greater Dandenong

Group / Program	Contact	Address	Details/ Other
KOORIE KIDS PLAYGROUPS Wonderful creative ideas to build our muscles, coordination and develop our pencil grips, ready for kinder and school next year	Koori Kids Playgroup Team 9706 6383	Please Phone for further details	Please Phone for further details
FAMILY, CHILDREN & YOUTH SUPPORT			
PLAY STEPS This 8 week program builds parenting skills with the emphasis of learning and connecting through play. It is designed to improve parent-child interaction by assisting parents develop a positive relationship with their child. 0-3 years.	Queen Elizabeth Centre Ph: 9549 2777	QEC 53 Thomas St Noble Park	Please phone for further details

ARE YOU AN ACCREDITED INTERPRETER OR SKILLED BI-LINGUAL WORKER

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

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

City Of Kingston

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

City of Kingston

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

City of Kingston

Group / Program	Contact	Address	Details/ Other
FAMILY VIOLENCE			
<p>ORANGE DOOR click on link for COVID 19 details Or Website: https://www.vic.gov.au/familyviolence/the-orange-door.html For Confidential support and information call Safe Steps 1800 015 188 For Urgent assistance call Triple Zero 000</p> <p>Men's Referral Service Men's Referral Service provides an anonymous and confidential phone counselling, information and referrals service on 1300 766 491 for: men who might be using violent and controlling behaviour towards a partner or family member men who have been victimized by a partner or family member women wishing to find information about male family violence friends, family or colleagues of people who are using or experiencing family violence Professionals wishing to support a male or female client using or experiencing family violence.</p> <p>Victims Support Agency The Victims Support Agency provides support and information to help adult male victims of family violence and victims of violent crime. The service guides victims through the legal process and helps manage the effects of crime through practical assistance and counselling. Call the Victims of Crime helpline on 1800 819 817 or use the text service via 0427 767 891 (8am to 11pm, 7 days a week).</p> <p>Aboriginal Family Violence Prevention and Legal Service (FVPLS) This is an Aboriginal community-run organisation providing assistance to Aboriginal and Torres Strait Islander victim survivors of family violence and sexual assault. You can call FVPLS on 1800 105 303.</p> <p>InTouch: Multicultural Centre against Family Violence This is a state-wide organisation specialising in services, programs and responses to family violence in migrant and refugee communities. You can call InTouch on 1800 755 988.</p>			

City of Kingston

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

City of Kingston

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

City of Kingston

Group / Program	Contact	Address	Details/ Other
LIVE YOUR COMMUNITY PROGRAM Provides flexible volunteer based inclusion support for children with disabilities who experience barriers to participation in sport, recreation and leisure. For children aged 6-17yrs with a diagnosed disability.	Extended Families Contact Rachel De Summa Ph. 9285 4839 or 0438 752 126 Email Rachel@extendedfamilies.org.au www.extendedfamilies.org.au		Please phone for further details.
MOVEMENT DISORDERS COMMUNITY SUPPORT GROUP For carers of people with neurological disorders. A respite care group occurs at the same time to enable carers to attend	Church of Christ Barbara Winkler 9265 1481	Church Of Christ 2-12 Chesterville Rd Cheltenham	Please phone for further details.
A FAMILY GROUP	Taskforce/Odyssey House Taskforce Community Agency/Odyssey House 9532 0811	421 South Road Moorabbin Booking essential	Please phone for further details.
KIDS CARE Mind Victoria A group for young people aged 8-12 who have a parent with mental illness. This monthly group focuses on fun activity with peer support and staff who are able to provide support and leadership to those young people. Phone Mind Victoria 9093 5977 For more details. Please phone for further details.			

City of Kingston

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

CITY OF KINGSTON YOUTH –

For young people aged 12-25 as well as their families and partners. They also develop, promote and run events, gigs and local youth mag. www.kyfs.org.au
1300 369 436
Please phone for further details.

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

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

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

Phone 9581-4863 or email smalltalk@kingston.vic.gov.au
Please phone for further details.

<p>SOUTH EASTERN MULTIPLE BIRTH ASSOCIATION A support group for multiple birth families, run by parents with multiples.</p> <p>Expectant Parents Sessions, Playgroups, Parent's Nights Out, Family Events</p>	<p>SEMBA New Parent Contact: Maxine Morley</p> <p>Phone:0409 200310</p> <ul style="list-style-type: none"> • http://www.semba.amba.org.au • Facebook:https://www.facebook.com/sembavic 	<p>South East of Melbourne, covering the main areas of Bayside, Glen Eira and Kingston Councils.</p> <p>http://semba.amba.org.au/index.html</p>	<p>Please phone for further details.</p>
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City of Kingston

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

<p>RHYTHM FACTORY Dance, music and movement, classes for children 15months to 8 years</p>	<p>Chelsea Heights Community Nicky Reisinger 9588 1564 0408 667 058 www.rhythmfactory.com.au</p>	<p>Beazley Reserve 160 Thames Promenade</p>	<p>Please phone for further details.</p>
<p>KIDS COOKING CLASSES-KIDS SAY YUM Great for children 5-12 years</p>	<p>Chelsea Heights Community Centre Maddie Race 0487 427 398 www.kidsayyum.com.au</p>	<p>Beazley Reserve 160 Thames Promenade</p>	<p>Please phone for further details.</p>
<p>PLAYGROUP Recently won an award from playgroup Victoria for 30 years of play grouping. Great way to start the day, meet your neighbours whilst having fun with your Children. Lots of toys, fun and good company</p>	<p>Chelsea Heights Community Centre Ru 0425 160 025</p>	<p>Beazley Reserve 160 Thames Promenade</p>	<p>Please phone for further details.</p>
<p>LITTLE CHEFS For 6-10yr olds.</p>	<p>Cheltenham Community Centre www.chelt.com.au 9583 0095</p>	<p>8 Chesterville Rd, Cheltenham</p>	<p>Please phone for further details.</p>
<p>MULTICULTURAL GRANDPARENTS PLAYGROUP- Come along and socialize whilst your grandchildren are drawing, playing, & meeting other children</p>	<p>Clarinda Community Centre 8551 1200 or Migrant Resource Centre 9563 4130</p>	<p>Clarinda Community Centre 58 Viney St Clarinda</p>	<p>Please phone for further details.</p>

City of Kingston

Group / Program	Contact	Address	Details/ Other
HOMEWORK CLUB- Kids & parents can enjoy a healthy snack, start homework early & get help with assignments.	Family Life Giovanna or Marilyn 8599 5433	Community Hall Dunkley Ave Highett	Please phone for further details.
BREAKFAST CLUB- Come along each Wednesday and enjoy a healthy & nutritious breakfast	Family Life Giovanna or Marilyn 8599 5433	Community Hall Dunkley Ave Highett	Please phone for further details.
CREATING CAPABLE COMMUNITIES Do you care for a child under 10? Come and join us for coffee & a chat about supporting each other, and sharing information	Family Life Marilyn 8599 5433	Keith Street Community House Please phone to check details with Family Life Keith Street Community House	Please phone for further details.
DADS			
SATURDAY DAD'S SUPPORTED PLAYGROUPS-	City Of Kingston Ph 9581 4863 or email playgroup@kingston.vic.gov.au	Parkdale Family and Children's Centre 122 Warren Rd Parkdale	Please phone for further details.

<p>DAD, POP AND ME PLAYGROUPS No booking is required. Suits Dads, Grandads and Pre-School Children</p>	<p>City Of Kingston Contact no 1300 764 807</p>	<p>Edithvale Family and Children's Centre 122 Edithvale Rd Edithvale</p>	<p>Please phone for further details.</p>
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Mornington Peninsula Shire

Group / Program	Contact	Address	Details/ Other
PARENTZONE PARENTING PROGRAMS			
<p>PBS PARENTING BUILDING SOLUTIONS – Frankston and Mornington Peninsula Free 6 week program for Mums, Dads, Grandparents, Aunties, Uncles, adult carers to talk about kids</p> <p>A free 6 week program for parents and carers of children. Come and have a cuppa and talk about kids Share experiences and ideas and learn strategies to support your children</p> <p>ARE YOU TIRED OF YELLING? How to get kids to listen the first time</p> <p>DEALING WITH FEELINGS Helping parents deal with frustration, anger and/or anxiety</p> <p>STRATEGIES Discuss and share strategies that work</p> <p>CHILDREN'S BEHAVIOURS Understand why children behave the way they do</p> <p>SELF CARE How to cope with stress & emotions</p> <p>FEELING ISOLATED DURING COVID?</p>	<p>Parentzone Southern/Anglicare Victoria In collaboration with Carrum Downs schools and Peninsula Health</p> <p>BOOKINGS AND ENQUIRIES CONTACT: Michelle Brown - Parent Resource Co-ordinator 0429 174 150 Email: michelle.brown@anglicarevic.org.au</p>	<p>ONLINE You will need a mobile phone or computer. Join us online. More details will be given when you Register.</p> <p>3 DIFFERENT TIMES TO CHOOSE FROM. PICK ONE THAT SUITS YOU. ALL RUN FOR 6 WEEKS.</p>	<p>Afternoon Program DAY: Wednesdays DATES: July 22, 29 Aug 5, 12, 19,26 TIME: 1.00pm to 2.30pm WHERE: Online with Zoom</p> <p>DAY: Thursdays DATES: July 23, 30 Aug 6, 13, 20,27 TIME: 6.30 – 8.00pm WHERE: Online with Zoom</p> <p>DAY: Tuesdays DATES: August 4th,11th,18th,25th,Sept 1st,8th TIME: 10.00am-11.30am WHERE: ZOOM Online</p>

<p>PBS PARENTING BUILDING SOLUTIONS – Free 3 week program for Mums, Dads, Grandparents, Aunties, Uncles, adult carers to talk about kids A free 6 week program for parents and carers of children. Come and have a cuppa and talk about kids Share experiences and ideas and learn strategies to support your children</p> <p>ARE YOU TIRED OF YELLING? How to get kids to listen the first time</p> <p>DEALING WITH FEELINGS Helping parents deal with frustration, anger and/or anxiety</p> <p>STRATEGIES Discuss and share strategies that work</p> <p>CHILDREN'S BEHAVIOURS Understand why children behave the way they do</p> <p>SELF CARE How to cope with stress & emotions</p> <p>FEELING ISOLATED DURING COVID?</p>	<p>Anglicare Victoria ParentZone Southern</p> <p>BOOKINGS AND ENQUIRIES CONTACT Michelle Brown - Parent Resource Co-ordinator 0429 174 150 Email: michelle.brown@anglicarevic.org.au</p>	<p>ONLINE You will need a mobile phone or computer. Join us online. More details will be given when you register.</p>	<p>DAY: Wednesdays DATES: 26th August, 2nd and 9th Sept TIME: 6.30 - 8- pm WHERE: Online with ZOOM</p>
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PARENTING & FAMILY SUPPORT

SHIRE OF MORNINGTON

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

Due to Covid 19 many services are not available and School holiday programs are not running

Please phone the organisation before attending any Programs or activities. Covid 19 is changing all the time and when this goes out our restrictions may have got stricter.

Please stay safe

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

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

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

For **YOUTH Programs** phone 5950 1666

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

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

See web site for more.

<p>SPACE 4 US An 8 week free peer support group for 13 to 18 year olds living in the Mornington Shire region who have a parent or other close family member with a mental illness.</p>	<p>Peninsula Health. Mornington Peninsula Shire Peninsula Health FaPMI Coordinator (Families where a Parent has a Mental Illness) 9784 6999 MHFaPMI@phcn.vic.gov.au</p>	<p>Locations Vary</p>	<p>2020 dates and details to be Confirmed. Please phone Please contact the FaPMI Coordinator to see when this group is next running, or to add a young person to the waitlist. www.space4us.org.au</p>
<p>LEGO CHAMPIONS For all primary school aged kids. Let your imagination take over and build Lego masterpieces.</p>	<p>Good Shepherd http://www.goodshepherd.org.au/ 5970 7000</p>	<p>Wallaroo Community Centre Good Shepherd Community House, 6 Wallaroo Place, Hastings 3915</p>	<p>Day Thursdays Date School Term Time 3.20pm – 4.20pm</p>
<p>KOORIE KIDS PLAYGROUP-VACCA Gather and meet other Koorie families, sing and dance, play with other Koorie</p>	<p>Victorian Aboriginal Child Care Agency (VACCA) Playgroup worker 9701 4200</p>	<p>Wallaroo Community House 6 Wallaroo Place Hastings</p>	<p>Day Fridays Date During School Term Time 10.30 – 1.00pm</p>
<p>KOORIE KIDS PLAYGROUP-VACCA Gather and meet other Koorie families, sing and dance, play with other Koorie Kids, listen to stories and learn about culture.</p>	<p>Victorian Aboriginal Child Care Agency (VACCA) Playgroup worker 9701 4200 04 For further information please don't hesitate to call the play group worker 08 948 755</p>	<p>Seawinds Community Hub 11 Allambi Ave Capel Sound</p>	<p>Day Friday Time 10.30-1.00pm Date School Term Cost Free</p>
<p>CHAMPS A free, peer-support group program for 8-12yo children who have a parent with a mental illness. Parents also welcome. Kids and parents can meet others in a similar situation, learn about mental health</p>	<p>Peninsula Health Peninsula Health FaPMI Coordinator (Families where a Parent has a Mental Illness) MHFaPMI@phcn.vic.gov.au</p>	<p>Locations Varys</p>	<p>2020 dates and details to be Confirmed. Please phone Please contact the FaPMI Coordinator to see when this group is next running, or to add a family to the waitlist.</p>

and self-care, all through lots of fun games and activities	9784 6999		
FAMILY CASE MANAGEMENT Designed to assist families to address issues that are impacting on their day to day lives. A Family Case Management Worker can help families with everything from budgeting and household bills, to getting connected to specialist support services for with a specific identified need.	Southern Peninsula Community Support and Information Centre Contact Family Case Management Worker Ph 5986 1285 admin@spsic.org	878 Point Nepean Rd Rosebud	Ring for details
MOTHER GOOSE The Program aims to teach mums new ways to interact with their infants through songs and rhymes, and is run in a safe and supportive environment.	Good Shepherd Australia New Zealand Contact: Isle Tlozek 5971 9444 or Simone Cranage 5971 9114.	Good Shepherd Wallaroo Community Centre, Hastings.	Please ring for details
PREMMIES ON THE PENINSULA A parent & child program and information session run once a month. Open to any premmie children born prior to 36 weeks and under 2years of age and their parents. Siblings are welcome	Biala Please phone 5975 1820	1 Elizabeth St, Mornington Behind the information Centre with adjacent car parking	Please ring for details
YOUTH ADVISORY GROUP For people aged 10-25. If you want to have a say and care about what's going on around you. Come and make a difference, doing our youth advisory group.	MPYS Mornington Peninsula Youth Services ph. Jackie 5950 1666 jackie.rickard@mornpen.vic.gov.au www.mpys.com.au	Mornington Council Offices	Please ring for details
ANGLICARE VICTORIA – Volunteer Tutoring Program	Anglicare Victoria Mel Wyatt 0499 027 753 OR Rosebud Office ph. 59 86 99 00	Seawinds Community Hub 11A Allambi Ave, Rosebud West	Please ring for details

<p>A free program which supports children from Grade 4 – year 10 who have been educationally disadvantaged.</p>			
<p>UNDER THE RAINBOW- Gay, lesbian, bisexual, span sexual, transgender, gender queer, straight EVERYBODY WELCOME. For young people aged 12 to 18. Inspirational workshops, activities</p>	<p>Headspace Peninsula Pride-A Queer Straight Alliance Shine, Headspace Frankston Mornington Peninsula Youth Services Ph. Seb ON 9769 6419 www.facebook.com/peninsulapride</p>	<p>YLounge Rosebud And Shed 11 Hastings</p>	<p>Please ring for details</p>
<p>YOUTH ADVISORY GROUP For people aged 10-25. If you want to have a say and care about what's going on around you. Come and make a difference, doing our youth advisory group.</p>	<p>MPYS Mornington Peninsula Youth Services ph. Jackie 5950 1666 jackie.rickard@mornpen.vic.gov.au www.mpys.com.au</p>	<p>Mornington Council Offices</p>	<p>Please ring for details</p>
<p>http://mpchildandyouthdirectory.com.au/youthdirectory/listing Great resource to check for this area.</p>			

FAMILY VIOLENCE

ORANGE DOOR

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

For Confidential support and information call Safe Steps 1800 015 188

For Urgent assistance call Triple Zero 000

Men's Referral Service

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

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

member men who have been victimized by a partner or family member women wishing to

find information about male family violence

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

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

MEN'S PROGRAMS AND SUPPORT (Sheds)

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

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

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

Please ring for details

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

CHALLENGING BEHAVIOURS, DISABILITIES, GRIEF, CARERS SUPPORT AND OTHER

<p>New) PARENCRAFT Workshops facilitated to explore Parenting today</p>	<p>GAYE HART – Group Coordinator contact@seigaiha.com.au Phone 0409 174 128 Please phone to book and for more information.</p>	<p>Flexible venues: Mornington Peninsula. Contact to check where the next one is being held</p>	<p>Please ring for details</p>
<p>RESOURCE SUPPORT GROUP LIVING WITH AUTISM SPECTRUM. For parents/carers supporting each other. Discovering and sharing information. Supporting the capacity of people with autism and their families to exercise choice and control in working under the new National Disability Insurance Scheme (NDIS).</p>	<p>GAYE HART - Group Coordinator gayehart@seigaiha.com.au Phone 0409 174 128 Please phone Gaye Hart to register/refer and for more information</p>	<p>Good Shepherd Wallaroo Community Centre. 6 Wallaroo Place Hastings.</p>	<p>Please ring for details</p>
<p>WOMEN, WISDOM, WELLNESS, PERSONAL DEVELOPMENT An 8 week women’s wellbeing course. Using a variety of researched approaches in art therapy, story (narrative) and mindfulness. Exploring Self-care, changes in daily life, transitions and moving forward.</p>	<p>GAYE HART - Group Coordinator gayehart@seigaiha.com.au Phone 0409 174 128 Please phone Gaye Hart to register/refer and for more information</p>	<p>Good Shepherd Wallaroo Community Centre. 6 Wallaroo Place Hastings</p>	<p>Please ring for details</p>
<p>BIALA @ BENTONS – PLAYING PARTNERS- open to all early intervention and community children</p>	<p>Benton’s Community Centre Marlene Fox 5975 1820</p>	<p>Benton’s Community Centre Benton’s Square Mornington</p>	<p>Please ring for details</p>

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

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

City of Port Phillip

Group / Program	Contact	Address	Details/ Other
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CHALLENGING BEHAVIOURS, DISABILITIES, GRIEF, VIOLENCE AND OTHER

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

City of Port Phillip

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

Accommodation Options for Families (Launch Housing)

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

City of Stonington

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

City of Stonington

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

FAMILY VIOLENCE

ORANGE DOOR

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

City of Stonington

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

MEN'S AND FATHERS PROGRAMS

City of Stonington

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

City of Stonington

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

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

<p>SUPPORT GROUP FOR ANXIETY</p> <p>If your life feels like it is on a downward trajectory and you are struggling to cope, perhaps a support group might help. Our support group sessions offer sufferers and carers the opportunity to discuss their anxiety and help them learn how to deal with their fears, knowing they are not alone. The caring and sharing of the group offers relief from isolation and loneliness</p>	<p>MENTAL HEALTH FOUNDATION</p> <p>For information about group session please contact supportgroup@mhfa.org.au or phone 9826 1422</p> <p>Click on link to register https://www.mhfa.org.au/uploads/files/Anxiety_A5.jpg</p>	<p>Suite J, 450 Chapel St Sth Yarra</p>	<p>Please ring for details</p>
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Telephone Help Lines

Name	Description	Contact
<p>ADEC (Action on Disability in Ethnic Communities)</p>	<p>A community-based organisation which represents the rights and needs of people of non-English speaking background with a disability and their carers.</p>	<p>1800 626 078 info@adec.org.au www.adec.org.au Address: 175 Plenty Road, Preston Victoria 3072 Phone: 03 9480 7000</p>
<p>Aboriginal Housing Victoria</p>	<p>Manages the Victorian Aboriginal Rental Housing Program Provides low cost rental housing and housing support to eligible Aboriginal and Torres Strait Islander families. Eligibility: Aboriginal and Torres Strait Islander people resident in Victoria.</p>	<p>Narrandjeri House 125-127 Scotchmer Street Fitzroy North 3068 Phone: 9403 2100 www.ahvic.org.au</p>

<p>AFGHAN AUSTRALIAN ASSOCIATION OF VICTORIA INC.</p>	<p>Peak Group for Afghan community organisations in Victoria. Provides Social, welfare and educational Support to members of its community Level 1/73 Walker St, Dandenong.</p>	<p>Phone 9562 1289 AH 9794 9133 BH</p>
<p>AMAZE (formerly Autism Victoria)</p>	<p>A first point of contact for everything related to Autism Spectrum Disorder, putting the individuals and their families at the forefront of everything they do.</p>	<p>1300 308 699 www.amaze.org.au Address: 24 Drummond Street, Carlton Victoria 3053 Phone: 03 9657 1600</p>

Telephone Help Lines

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

Telephone Help Lines

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

Telephone Help Lines

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

Telephone Help Lines

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

Telephone Help Lines

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

Telephone Help Lines

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

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Have a great 1st Term and 2020 from all of us at Parentzone.

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

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

Page number

Group

Details

This newsletter is updated each term.

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

Email: Parentzone.southern@anglicarevic.org.au

Thanks