



ParentZone Northern News

Term 4 2020

PARENTZONE

**BETTER
TOMORROWS**

Welcome to the ParentZone Northern Newsletter for Term 4 2020

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

Welcome to the Team Leader update for term 4! The team at PZ have become accustomed to the online group delivery platform and have received some wonderful feedback from participants this term, many of whom have said that this platform can make it easier to attend. There has been a noticeable uptake in out of region enrolments, which we welcome if the groups are not available in other PZ areas or with other regional parenting services. We have also observed increased enquiries from professionals and community members all looking for additional services in the current climate, while many services, at least initially, were providing phone / email support only. The term 3 online groups booked out in about two days! As well as a range of parenting groups, we were excited to run Circle of Security online for the first time in 3rd term, for which the feedback was outstanding. In term 4 we are delighted to be offering PBS for rainbow families for the first time and we will also be facilitating PBS for Professionals training online in addition to our suite of parenting groups. Please contact us for further information. Parenting after Violence is also being delivered, however, please note that it is already completely booked out. Another new initiative in term 4, in partnership with local councils, is a PBS style parenting support group for new mums, who may be isolated from regular supports and services in the current climate, please refer timetable attached.

NPEN meetings both went extremely well this term, please refer Jo's update and contact duty if you would like to be added to mailing list. As always hoping you enjoy a restful break,

Helen Slonek, Team Leader, ParentZone and BWCH

What we do

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

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



ParentZone Term 4 Professional Programmes - All sessions will run online

Parents Building Solutions - Professionals

A comprehensive framework for professionals who work with parents in any circumstances.

The programme is experiential-combing theory and practice wisdom to give participants fresh insights and practical tools they can use when working with families. The programme is based on the Parents Building Solutions model, developed by Parentzone Southern.

COST: \$350- includes USB with PBS manual.

Wednesdays 21st October – 25th November
10.00am – 1.30pm

To register contact Jo Templeton on 0386418910 or 0447113513
or joanne.templeton@anglicarevic.org.au



Managing Anxiety and Building Resilience - Professionals

Are you a professional working with parents and children in these current times? Are you struggling with how to support their anxieties as well as manage your own?

Join us in this session to explore how we can build resilience to better manage anxieties for ourselves, children and parents.

Monday 12th October
11.00am - 12.30pm



Bookings for all sessions is essential. To book call ParentZone on
03 8641 8900 or 0458 550 071
or email ParentZone.Northern@anglicarevic.org.au

ParentZone Term 4 Parent Programmes - All sessions will run online

Living With Autism

Are you a parent of a child who has a diagnosis of Autism?
This free 8 week programme is an opportunity to ask questions about the autism spectrum and will assist you to consider different approaches/strategies to help with parenting.

Thursday 22nd October – 10th December
10.00am – 11.30am



Parents Building Solutions - Rainbow

A parenting program for LGBTIQ+ parents and caregivers.
Are you tired of yelling? Want to understand why children behave the way they do? Do you want to discuss and share ideas that work? This 8 week parenting programme helps you come up with solutions to common parenting challenges, as well as exploring unique challenges for LGBTIQ+ Rainbow Families. It will provide a safe space to explore parenting and caregiving with other LGBTIQ+ parents and caregivers.

Thursday 22nd October – 10th December
10.00am – 11.30am



Tuning In To Kids

This programme provides a number of skills & strategies to help with everyday parenting challenges, based on emotionally tuned parenting.
For parents of children aged 6 years - 11 years

Monday 19th October – 7th December
11.00am – 12.30pm



Bookings for all sessions is essential. To book call ParentZone on
03 8641 8900 or 0458 550 071
or email ParentZone.Northern@anglicarevic.org.au

ParentZone Term 4 Parent Programmes - All sessions will run online

Tuning In To Teens

Would you like to help your teen to learn how to manage their emotions?
Would you like to help prevent behavioural problems in your teen?
Tuning in to Teens is an 8 week parenting programme that shows you how to help your teen develop emotional intelligence.

Tuesday 13th October – 8th December
6.00pm - 7.30pm



Healthier Gaming and Screentime

Gamblers Help City and Inner North will support parents with:

- The role of gaming for young people
- The relationship between gaming and gambling
- Being able to identify gambling features within games
- Identifying signs of gambling harm
- Helpful conversation starters if you are concerned (let's talk about how that intersects with your material)
- Tips on co-selecting games

ParentZone Northern will support parents to consider:

- Effective ways to communicate with their children about technology
- Developing effective and agreed boundaries and what to do when these are broken
- Sharing ideas on healthy screen time within the whole family

Wednesday 30th September

1:00pm – 2:30pm

And

Wednesday 28th October

6:00pm – 7:30pm

Each session is a one off so choose the session which suits you best

In Partnership with



Bookings for all sessions is essential. To book call ParentZone on
03 8641 8900 or 0458 550 071
or email ParentZone.Northern@anglicarevic.org.au

ParentZone Term 4 Parent Programmes - All sessions will run online

New Mums & Bubs in COVID

Have you had your first baby this year? Feeling a little isolated? Then join us in this online Zoom group to meet other new mums and chat about what's going on for you at home, learn about what's important in a baby's development and share some helpful resources.

Monday 26th October - 30th November
11.00am - 12.30pm



Managing Change - Teens

We all know that teens, and adults, have had to deal with a lot of change in 2020. This interactive session is an opportunity to hear from other parents. We will explore some of the fears and worries our teens have around change and how we can respond to these. We will discuss a range of resilience skills and strategies that may be helpful to support your children during this period of change. This session is for parents of pre-teens and teenagers.

Wednesday 30th September
11.00am - 12.30pm



Managing Change - Pre-School/Primary

We all know that children, and adults, have had to deal with a lot of change in 2020. This interactive session is an opportunity to hear from other parents. We will explore some of the fears and worries our children have around change and how we can respond to these. We will discuss a range of resilience skills and strategies that may be helpful to support your children during this period of change. This session is for parents of pre-school and primary school aged children.

Thursday 1st October
11.00am - 12.30pm



Bookings for all sessions is essential. To book call ParentZone on
03 8641 8900 or 0458 550 071
or email ParentZone.Northern@anglicarevic.org.au

What's happening elsewhere

Dad's Circle of Security

Dad's Circle of Security is an 8 week online Parenting Education Program for fathers with children 0-5. It will increase your understanding of your child's needs and emotions as well as assist you to develop skills that will enhance the development of your child's self-esteem, trust and sense of security.

Wednesday 14th October - 2nd December
6.00pm - 8.00pm

For bookings contact Donna on 0409 006 126 or email
delcheikh@kidsfirstaustralia.org.au



**KIDS
FIRST™**

Bringing Up Great Kids

Bringing Up Great Kids is a free parenting program promoting respectful and caring relationships between parents/carers and their children from 12 months to 8 years.

Bringing Up Great Kids will help you as parents and carers to:

- Reflect on your parenting style
- Learn about child brain development and its influence
- Understand and respond mindfully to your children's behaviour
- Build effective communication with your children
- Consider ways to take care of yourself and find support

Runs on 4 Wednesdays starting October 14
10.00am - 11.30am



**drummond
street services**
wellbeing for life

Northern Parent Educator Network

Term 3 saw our NPEN meeting invite Andrew King present on engaging fathers in the online space. Although the main focus was fathers, there were some excellent strategies which were extremely useful for the online space which we are now much more familiar with. As well as some excellent resources Andrew discussed Generativity and how it can support that essential connection. Again, thankfully due to the online space we were able to host 30 professionals to attend this session. Something we may not have been able to do due to room restrictions, we will certainly consider continuing this platform ongoing for these types of meetings.

Andrew was very generous in sharing resources for the network to use in their online space in the future.

Next term the final NPEN meeting for the year will take place on Thursday 10th December at 2pm. We're delighted to have Karen Bedford from Innovative Resources to present a fun and interactive session showcasing how to use their resources online. More information and invitation to follow soon.

ParentZone and Family Services News

ParentZone Northern and Anglicare Family Service teams continue to work closely during 2020. We were delighted to have a team member from Lalor Family Services Co Facilitate the PBS programme for parents of teens in term 3 and look forward to working together with future programmes in term 4 with the PBS Rainbow session. We hope to see more of the Family Service team members attend the online training for professionals in term 4.

Broadmeadows Women's Community House

Term 4 Programmes - Online Zoom Groups

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

Let's Play & Let's Play More Playgroups

Mondays

10.00am - 11.00am



Out and About Seniors Group

Tuesdays

1.00pm - 2.00pm



Small Steps & Little Steps Playgroups

Tuesdays

10.00am - 11.00am

Ageing and Feeling Great Seniors Group

Thursdays

1.00pm - 2.00pm



Meadow's Primary School Playgroup

Thursday

10.00am - 11.00am

Women's Wellbeing Circle - Social Support Group

Fridays

10.00am - 11.00am



HCC English Class

Wednesdays

11.30am - 1.00pm

Important Telephone Contacts

Police, Fire or Ambulance 000

Nurse on call 1300 60 60 24

National Home visiting Doctors 13 74 25 (13 SICK)

Poison Information Hotline 13 11 26

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

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

Darebin Community Mental Health Centre 03 9416 6300

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

Child Protection After Hours Service 131 278

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

Lifeline Crisis and Suicide Support 13 11 14

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

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

Aboriginal Family Violence Prevention and Legal Service 1800 105 303

Kids' Helpline 1800 55 1800

Mensline Australia 1300 78 99 78

Suicide Call Back Service 1300 659 467

Perinatal Anxiety and Depression Australia (PANDA) 1300 726 306

Parentline Victoria 13 22 89

DirectLine – drug & alcohol services 1800 888 236

Headspace 1800 650 890

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

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