

PARENTZONE DIRECTORY

Term 4 2020



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

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

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Welcome to the term 4 edition of the Parentzone Newsletter.

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

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

What services or programs do you offer?

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

The deadline for term 1 entries is 8th January 2021.

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

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

Jacqui, Christine, Kim, Lisa & Anita

REGIONAL PARENTING SERVICES

Parentzone Gippsland

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

Parentzone East

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

Parentzone North

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

Parentzone Southern

68 Main Street, Pakenham VIC 3810 P : 13 984 011
E: parentzone.southern@anglicarevic.org.au
Anglicare 60-64 Wells Street, Frankston VIC 3199 P: (03) 97816700

PROGRAM OVERVIEWS

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

Parentzone Program Overviews

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

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

Breaking the Cycle is a group for parents and carers whose adolescents are abusive or violent in the home. An eight-week therapeutic program, that's supportive, informative and affirming, giving an opportunity to discuss all issues and learn new skills to better manage challenging situations.

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

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

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

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

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

PARENTZONE GIPPSLAND

TERM 4 PROGRAMS

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

Tuesdays
10:30am – 11:30am

Wednesdays
12:30pm – 1:30pm

Throughout school term
Online via Zoom

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

Tuesdays
3:30pm – 5:00pm

Throughout school term
Online via Zoom

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

Thursdays
15th October – 3rd December
10:30am – 12:30pm

Online via Zoom

Let's Talk About Parenting

Learn strategies, share stories and take some time out for you!

Morning: Fridays 16th October – 13th November, 10:30am – 12:30pm

Evening: Wednesdays 11th November – 9th September, 5:30pm – 7:30pm

Dads Matter: Fridays 20th November – 18th December, 10:30am – 12:30pm

Parenting Teens: Wednesdays 28th October – 2nd December, 10:30am – 12:30pm

Online via Zoom

Single sessions

Understanding Your Child's Behaviour: Wednesday 14th October, 10:30am – 12:30pm

Risky Business: Tough Conversations with Teens: Wednesday 21st October, 10:30am – 12:30pm

Parenting Preschoolers: Monday 30th November, 10:30am – 12:30pm

Parenting Anxious Kids: Monday 7th December, 10:30am – 12:30pm

Self-care for Parents: Monday 14th December, 10:30am – 12:30pm

Online via Zoom

For more information or to register please contact –
ParentZone Gippsland on 5135 9555
or email Parentzone.Gippsland@anglicarevic.org.au

PARENTZONE

What services or programs do you offer in Gippsland?

To be included in the Term 1 Parentzone directory please email this form to us at parentzone.gippsland@anglicarevic.org.au by 8th January 2021.

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

Municipality:

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

CHILD & FAMILY FOCUSED SERVICES

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

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

WOMEN'S LEGAL SERVICE VICTORIA

All areas	Providing free and confidential legal information, advice, representation and referral to women in Victoria	Level 6 233 William Street Melbourne	8622 0600 www.womenslegal.org.au
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CATHOLIC CARE

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

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

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

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

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

Gippsland	SafeCare is an evidence-based, parent training program for parents of children aged 0-5 years. SafeCare educators work with families in the home to enhance skills in parent-child/infant interaction, health and home safety.	Anglicare Victoria 190 Commercial Road MORWELL	5135 9555
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TRAK FORWARD			
Latrobe Baw Baw South Gippsland Bass Coast	The TRAK Forward program is for parents/carers, infants, children and young people who have been impacted by Family Violence and are ready to move forward with their lives.	Anglicare Victoria 190 Commercial Road MORWELL	5135 9555
WELLWAYS			
Baw Baw Bass Coast	We work with a diverse range of people living with mental health issues or various disabilities. We connect people, strengthen families and transform communities.	3/78 Smith Street, Warragul 99 Graham Street, Wonthaggi	5622 4100 5671 3900 Gippsland@wellways.org
CHILDREN AND MOTHERS IN MIND (CMiM)			
Gippsland	CMiM is a mother and child program specifically designed to meet the parenting needs of mothers who have experienced family violence and childhood abuse and have children four year and under. The 22 week program helps mothers learn ways to manage stress and other challenging feelings, foster healthy self-esteem and respond to their children in a sensitive, supportive and effective manner during this busy stage of life.	Anglicare Victoria 190 Commercial Road Morwell	5135 9555
SCOPE VIC			
Gippsland	Disability Support Services for Children and Adults	3-5 Ann Street Morwell	Jenny Maffei 5623 1033

RELATIONSHIPS AUSTRALIA

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

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

Gippsland	We support families dealing with family breakdown, parents with alcohol and other drug dependence, financial pressures or housing challenges. Parents can get help developing their parenting skills or providing safe homes for children.	Level 6, 250 Victoria Parade East Melbourne	Head Office: 9192 8100
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	We also support families trying to improve their relationships.		
PAEDIATRIC ALLIED HEALTH SERVICE			
Baw Baw Latrobe	This service helps improve your child's skills and ability to be part of community activities. The services available include one to one Physiotherapy, Occupational Therapy, Speech Pathology and Dietitian, or group therapy. For children up to 12 years of age, eligibility criteria apply for each type of therapy.	Allied Health Attn: Paediatric Service 41 Landsborough Street Warragul	5624 3548 kidsalliedhealth@wghg.com.au

FAMILY FOCUSED WEBSITES

DETAILS	CONTACT
ASTHMA FOUNDATION OF VICTORIA	
Asthma Australia and Asthma Foundations work collaboratively to improve the quality of life for people with asthma	Advice Line 1800 278 462 or 9326 7088 www.asthmaaustralia.org.au
AUSTRALIAN MULTIPLE BIRTHS ASSOCIATION	
Social and practical support about PND, babysitting, equipment hire, feeding, ant-nation information, social activities and babysitting club	1300 886 449 secretary@amba.org.au www.amba.org.au
CHILDREN WITH PARENTS AFFECTED BY MENTAL ILLNESS	
Resources and advices and subscribe to monthly newsletters.	www.copmi.net.au
EVERYDAY WAYS TO SUPPORT YOUR BABY AND TODDLER'S EARLY LEARNING	
Advancing the proven power of early connections	www.zerotothree.org
MIRABEL FOUNDATION	
Established in 1998 to assist children who have been orphaned or abandoned due to parental illicit drug use and are now in kinship care	www.mirabelfoundation.org.au
THE RITE JOURNEY	
An educational program designed to support teens in the development of self-awareness, vitality, responsibility, respect and resilience	andrew@theritejourney.com www.ritejourney.com
PARENTING IDEAS	
Michael Grose Presentations	www.parentingideas.com.au
PARENTLINK ACT	
Fact sheets	13 34 27 www.parentlink.act.gov.au
PARENTING RESEARCH CENTRE	
Victorian Parenting Centre	www.parentingrc.org.au
STEPDUCKS	
The ultimate stepfamily	www.stepducks.com
MAGGIE DENT	
Building relationships and support adolescents to adulthood	www.maggiedent.com
NEW MENTAL HEALTH RESOURCES	
Fact sheets in 21 languages	www.mhima.org.au www.mentalhealth.gov.au
EVERY DAY WITH ADHD	
Resources for parents, teachers, carers,	www.everydaywithadhd.com.au

professionals and youth	
HEALTHY START	
improved health and wellbeing outcomes for children whose parents have learning difficulties	www.healthystart.net.au
RAISING CHILDREN NETWORK	
User friendly resource site which includes information, tools and resources on raising children in the pre-teen and early teen years.	www.raisingchildren.net.au

GENERAL PARENTING 0 - 5 years

LATROBE			
PARENTING PRESCHOOLERS - PARENTS BUILDING SOLUTIONS SINGLE SESSION			
Baw Baw Bass Coast East Gippsland Latrobe South Gippsland Wellington	Do you have preschool aged children? Do you want to understand what is normal children's behaviour? Communication better with your child? Stay connected to your child?	Online via Zoom Monday 30 th November 10.30am – 12.30pm	Parentzone Gippsland on 5135 9555 or parentzone.gippsland@anglicarevic.org.au Free. Bookings are essential.
PARENTING ANXIOUS KIDS - PARENTS BUILDING SOLUTIONS SINGLE SESSION			
Baw Baw Bass Coast East Gippsland Latrobe South Gippsland Wellington	Help your child deal with anxious feelings? Help your child build resilience? Do you want to improve your child's confidence and self-esteem?	Online via Zoom Monday 7 th December 10.30am – 12.30pm	Parentzone Gippsland on 5135 9555 or parentzone.gippsland@anglicarevic.org.au Free. Bookings are essential.
SELF CARE FOR PARENTS – PARENTS BUILDING SOLUTIONS SINGLE SESSION			
Baw Baw Bass Coast East Gippsland Latrobe South Gippsland Wellington	Do you want to feel less overwhelmed and deal with anxious feelings? Want to improve your confidence and self-esteem? Build resilience for yourself and your family? Take time out for yourself?	Online via Zoom 14 th December 10.30am – 12.30pm	Parentzone Gippsland on 5135 9555 or parentzone.gippsland@anglicarevic.org.au Free. Bookings are essential.

UNDERSTANDING YOUR CHILD'S BEHAVIOUR – PARENTS BUILDING SOLUTIONS SINGLE SESSION

<p>Baw Baw Bass Coast East Gippsland Latrobe South Gippsland Wellington</p>	<p>Do you want to understand what normal children's behaviour is? Learn strategies to deal with behaviour? Communicate better with your child? Stay connected to your child?</p>	<p>Online via Zoom 14th October 10.30am – 12.30pm</p>	<p>Parentzone Gippsland on 5135 9555 or parentzone.gippsland@anglicarevic.org.au Free. Bookings are essential.</p>
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SUPPORTED PLAYGROUPS

<p>Latrobe</p>	<p>Join us for fun and play at a Supported Playgroup run by Parentzone Gippsland. This group will provide you and your child with the opportunity to: Connect through play, try new and fun ways to learn and meet other parents. The Supported Playgroup session will include strategies from the <i>smalltalk</i> program which helps promote children's development and learning.</p>	<p>Online via Zoom during school terms Tuesdays 10.30am - 11.30am Or Wednesdays 12.30pm – 1.30pm</p>	<p>Parentzone Gippsland on 5135 9555 or parentzone.gippsland@anglicarevic.org.au</p>
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ALBERT STREET PLAYGROUP

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

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

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

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

Latrobe	A friendly place for all ages and cultures. Have fun with your children or just come and meet new people in a relaxed atmosphere. You will have the opportunity to ask our trained staff any questions and receive support in parenting or other life issues.	Every Thursday From 10.00am— 12noon	Shupi Wadyehwata on 0409 966 325 or Anne Camier on 0419 547 766
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GENERAL PARENTING 0 - 12 years

REGION	DETAILS	WHEN & WHERE	CONTACT
PARENTING ANXIOUS KIDS			
Baw Baw Bass Coast East Gippsland Latrobe South Gippsland Wellington	A Parents Building Solutions Single Session. Help your child deal with anxious feelings? Help your child build resilience? Do you want to improve your child's confidence and self-esteem?	Online via Zoom Monday 7 th December 10.30am – 12.30pm	Parentzone Gippsland on 5135 9555 or parentzone.gippsland@anglicarevic.org.au Free. Bookings are essential.
SELF CARE FOR PARENTS			
Baw Baw Bass Coast East Gippsland Latrobe South Gippsland Wellington	A Parents Building Solutions Single Session. Do you want to feel less overwhelmed and deal with anxious feelings? Want to improve your confidence and self-esteem? Build resilience for yourself and your family? Take time out for yourself?	Online via Zoom 14 th December 10.30am – 12.30pm	Parentzone Gippsland on 5135 9555 or parentzone.gippsland@anglicarevic.org.au Free. Bookings are essential.
UNDERSTANDING YOUR CHILD'S BEHAVIOUR			
Baw Baw Bass Coast East Gippsland Latrobe South Gippsland Wellington	A Parents Building Solutions Single Session. Do you want to understand what normal children's behaviour is? Learn strategies to deal with behaviour? Communicate better with your child? Stay connected to your child?	Online via Zoom 14 th October 10.30am – 12.30pm	Parentzone Gippsland on 5135 9555 or parentzone.gippsland@anglicarevic.org.au Free. Bookings are essential.

RISKY BUSINESS: TOUGH CONVERSATIONS WITH TEENS

<p>Baw Baw Bass Coast East Gippsland Latrobe South Gippsland Wellington</p>	<p>A Parents Building Solutions Single Session. Do you want to: Communicate better with your teen? Develop strategies to listen without judgment? Help your teen problem solve and make safe choices? Stay connected?</p>	<p>Online via Zoom 14th October 10.30am – 12.30pm</p>	<p>Parentzone Gippsland on 5135 9555 or parentzone.gippsland@anglicarevic.org.au Free. Bookings are essential.</p>
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DADS MATTER—PARENTS BUILDING SOLUTIONS

<p>Baw Baw Bass Coast East Gippsland Latrobe South Gippsland Wellington</p>	<p>Come and join other Dads to share experiences, learn new strategies and solutions on</p> <ul style="list-style-type: none"> - Increasing your confidence as a Dad - Improving communication and closeness with your kids. - Creating a healthy environment for your children. - Learn strategies and tools that work - Learning how to cope with stress, emotions and anger. - Parenting Beyond Separation. <p>Facilitated by Parentzone Gippsland.</p>	<p>Online via ZOOM Fridays 20th November – 8th December 10.30am – 12.30pm</p>	<p>Parentzone on 5135 9555 or parentzone.gippsland@anglicarevic.org.au Free. Bookings are essential.</p>
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LETS TALK ABOUT PARENTING - PARENTS BUILDING SOLUTIONS

<p>Baw Baw Bass Coast East Gippsland Latrobe South Gippsland Wellington</p>	<p>Do you want to know how to talk so children will listen? Understand what is normal children's behaviour? Communicate better with your child? Stay connected with your child? Facilitated by Parentzone Gippsland.</p>	<p>Online via ZOOM</p> <p>Fridays 16th October for 5 weeks 10.30am – 12.30pm</p> <p>Or</p> <p>Wednesdays 11th November for 5 weeks 5.30pm – 7.30pm</p>	<p>Parentzone on 5135 9555 or parentzone.gippsland@anglicarevic.org.au</p> <p>Free. Bookings are essential.</p>
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BREAKING THE CYCLE

<p>Baw Baw Bass Coast East Gippsland Latrobe South Gippsland Wellington</p>	<p>For parents and carers of adolescents who are violent or abusive in the home.</p> <ul style="list-style-type: none"> • Do you feel threatened, frightened or even controlled by your son or daughter? • Are family members and younger siblings feeling scared? • Feeling anxious, isolated, ashamed, resentful? <p>YES? Then join the 'Breaking the Cycle' group. It gives you an opportunity to discuss all issues and learn new skills to better manage challenging situations.</p>	<p>Online via ZOOM</p> <p>Thursdays 15th October – 3rd December 2020</p> <p>10.30am 12.30pm</p>	<p>Parentzone</p> <p>5135 9555 or parentzone.gippsland@anglicarevic.org.au</p>
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CARERS KaFE – CARERS BUILDING SOLUTIONS

Baw Baw Bass Coast East Gippsland Latrobe South Gippsland Wellington	The content will be based around the needs and interests of kinships and Foster Carers and may include: Factors that influence how we parent, Child development, Developing a positive relationship with your children, Understanding causes of children's behavior, ways to encourage cooperative behavior, Strategies to deal with difficult behavior, Self Esteem—theirs and yours and any other issues that are challenging you as a parent. Facilitated by Parentzone Gippsland.	Online via ZOOM 19 th October 9.00am – 4.00pm	Parentzone on 5135 9555 or parentzone.gippsland@anglicarevic.org.au Bookings are essential.
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HOMEWORK CLUB

Latrobe	Come along to the Parentzone Homework Club for support to assist your children with their homework or just have some fun reading and playing board games with your child.	Online via ZOOM Tuesday afternoons 3.30pm – 5.00pm during school terms	Parentzone on 5135 9555 or parentzone.gippsland@anglicarevic.org.au Bookings are essential.
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PARENTING ADOLESCENTS 12 to 18 years

REGION	DETAILS	WHEN & WHERE	CONTACT
TUNING INTO KIDS/TEENS			
Latrobe	Tuning into Kids could make a positive difference to your child's development. Tuning In To Kids is eight-week group program for parents of children aged 3-10 years and Tuning in to Teens, is designed for parents of adolescents aged 10-17 years. It can help you to teach your child/adolescent the skills of emotional intelligence.	Berry Street 37 Elgin Street, Morwell	Denise Collis at Berry Street on 5134 5971
LETS TALK ABOUT PARENTING: TEENS			
Baw Baw Bass Coast East Gippsland Latrobe South Gippsland Wellington	Do you want to know how to talk so your teen will listen? Understand what is normal teenager behaviour? Communicate better with your teen? Stay connected with your teen? Come along to these 5 sessions to learn strategies, share stories and take some time out for you!	Online via ZOOM 28 th October – 2 nd December (no session 4 th November)	Parentzone on 5135 9555 or parentzone.gippsland@anglicarevic.org.au Bookings are essential.

RISKY BUSINESS: TOUGH CONVERSATIONS WITH TEENS

Baw Baw Bass Coast East Gippsland Latrobe South Gippsland Wellington	Do you want to: Communicate better with your teen? Develop strategies to listen without judgment? Help your teen problem solve and make safe choices? Stay connected? Come along to this FREE session to learn strategies, share stories and take some time out for you!	Online via Zoom 21 st October 10.30am – 12.30pm	Parentzone on 5135 9555 or parentzone.gippsland@anglicarevic.org.au Bookings are essential.
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HOMEWORK CLUB

Latrobe	Come along to the Parentzone Homework Club for support to assist your children with their homework or just have some fun reading and playing board games with your child.	Online via ZOOM Tuesday afternoons 3.30pm – 5.00pm during school terms	Parentzone on 5135 9555 or parentzone.gippsland@anglicarevic.org.au Bookings are essential.
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LYFT UP YOUR FAMILY

Latrobe	A program for Parents and Carers of younger people (aged 12-15 years) who have challenging behaviours and may also be using alcohol and other drugs in a problematic way. Are you concerned about your young person's risk taking behaviours? Are you struggling to communicate with your young person? Are you tired of yelling?	Phone and online	Parentzone Gippsland on 5135 9555 or parentzone.gippsland@anglicarevic.org.au
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ABORIGINAL & TORRES STRAIT ISLANDERS

LATROBE

VACCA PROGRAMS

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

Latrobe	The Koori Youth Justice program seeks to reduce the numbers of young Koori people in the Latrobe Valley area coming into contact with the Police and Youth Justice system as a result of criminal activities. The target group consists of young Koori males and females aged between 10 and 20 years who are subject to Children's Court Youth Justice orders or are identified as being at risk of doing so.	Anglicare Victoria 190 Commercial Road Morwell	5135 9555
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YARNING ABOUT FAMILY

<p>Baw Baw</p>	<p>Yarning About Family Group is a chance to meet up with others in community have a yarn , learn new skills and gain more knowledge around connecting and building strong relationships with children. In the group we participate in the “Bringing up Great kids” sessions and the “Tuning Into Kids” Sessions to help parents with tools to support them in their parenting journey.</p>	<p>Currently our yarning group is delivering our tuning into kids remotely</p> <p>Tuesdays 10.30am – 1.30pm</p>	<p>Contact Bec on 0429597719 Wanjana Lidj Aboriginal Child and Family Services</p>
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STEP & BLENDED FAMILIES

REGION	DETAILS	WHEN & WHERE	CONTACT
STEP FAMILY AUSTRALIA			
All areas	Counselling, support groups, resources and tip sheets	Step Families Australia 100 Drummond Street Carlton	9663 6733 www.stepfamily.org.au
CARERS KaFE – CARERS BUILDING SOLUTIONS			
Baw Baw Bass Coast East Gippsland Latrobe South Gippsland Wellington	The content will be based around the needs and interests of kinships and Foster Carers and may include: Factors that influence how we parent, Child development, Developing a positive relationship with your children, Understanding causes of children’s behavior, ways to encourage cooperative behavior, Strategies to deal with difficult behavior, Self Esteem—theirs and yours and any other issues that are challenging you as a parent. Facilitated by Parentzone Gippsland.	Online via ZOOM 19 th October 9.00am – 4.00pm	Parentzone on 5135 9555 or parentzone.gippsland@anglicarevic.org.au Bookings are essential.

GRIEF & LOSS

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

	respite and end-of-life care.		
GRIEF LINE COMMUNITY AND FAMILY SERVICE			
All Areas	Free anonymous counselling for adults and children for any type of grief or loss		1300 845 745 www.griefline.org.au
OPEN DOORS			
All Areas	Counselling re: Ectopic pregnancy, IVF losses and stillbirth. Established since 1984 in this area of grief	5 Greenwood Ave, Ringwood	9870 7044 www.opendoors.com.au

DADS

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

PROGRAMS**DADS MATTER—PARENTS BUILDING SOLUTIONS**

<p>Baw Baw Bass Coast East Gippsland Latrobe South Gippsland Wellington</p>	<p>Come and join other Dads to share experiences, learn new strategies and solutions on</p> <ul style="list-style-type: none">• Increasing your confidence as a Dad• Improving communication and closeness with your kids.• Creating a healthy environment for your children.• Learn strategies and tools that work.• Learning how to cope with stress, emotions and anger.• Parenting Beyond Separation. <p>Facilitated by Parentzone Gippsland.</p>	<p>Online via ZOOM</p> <p>Friday 20th October</p> <p>10.30am – 12.30pm</p>	<p>Parentzone on 5135 9555 or parentzone.gippsland@anglicarevic.org.au</p> <p>Free. Bookings are essential.</p>
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FAMILY VIOLENCE & ANGER MANAGEMENT

SAFE STEPS FAMILY VIOLENCE RESPONSE CENTRE

State wide phone service 1800 015 188. 24 hour toll free line. www.safesteps.org.au

TRAK Forward

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

QUANTUM SUPPORT SERVICES

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

THE ORANGE DOOR

The Orange Door is a free service for adults, children and young people who are experiencing or have experienced family violence and families who need extra support with the care of children.

163 Princes Dr, Morwell VIC 3840 Phone: 1800 319 354

GIPPSLAND CENTRE AGAINST SEXUAL ASSAULT - MORWELL

31 Buckley St, Morwell VIC 3840 - 5134 3922

VICTIMS ASSISTANCE COUNSELLING PROGRAM

Windermere—1300946337

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

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

PROGRAMS

BREAKING THE CYCLE

<p>Baw Baw Bass Coast East Gippsland Latrobe South Gippsland Wellington</p>	<p>For parents and carers of adolescents who are violent or abusive in the home. Do you feel threatened, frightened or even controlled by your son or daughter? Are family members and younger siblings feeling scared? Feeling anxious, isolated, ashamed, resentful? challenging situations.</p>	<p>Online via ZOOM Thursdays 15th October – 3rd December 2020 10.30am 12.30pm</p>	<p>Parentzone 5135 9555 or parentzone.gippsland@anglicarevic.org.au</p>
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SPECIAL NEEDS

REGION	DETAILS	WHEN & WHERE	CONTACT
EARLY CHILDHOOD INTERVENTION AUSTRALIA (ECIA)			
All Areas	ECIA's work assists children with developmental delays or disabilities, their families and the networks that support them. They provide information, professional development across the sector	2620 www.eciavic.org.au	
DOWN SYNDROME AUSTRALIA			
All Areas	Information, resources, encouragement and support for families. Club 21, peer support for adults 18-25 years. Groups in Melbourne and Geelong	18/71 Victoria Crescent, Abbotsford	658 873 info@dsav.asn.au www.downsyndromevictoria.org.au
SPELD VIC			
All Areas	Support Group Association of parents and professionals interested in child and adults with specific learning difficulties. Provides diagnostic services, seminars, library and resources for sale	Donkey Wheel House Lvl3, 673 Bourke St Melbourne	9480 4422 www.speldvic.org.au
MOVING FORWARD COUNSELLING AND LIFE COACHING			
All Areas	Helping individuals and families living with ASD navigate the path to a more fulfilling life	Frossa Mrakas Clinical Counsellor 0418 174 545	

ASSOCIATION FOR CHILDREN WITH A DISABILITY			
All Areas	A state wide organisation which provides a range of information booklets including 'Through the Maze: A Guide to Benefits and Services for Families of Children with a Disability' - also available in Arabic, Chinese and Vietnamese. 'Your Shout' a website for siblings of children with a disability www.acd.org.au	1/587 Canterbury Rd Surrey Hills 9880 7000 1800 654 013 www.yourshout.org.au	
DEAF PARENTING SKILLS			
All Areas	Pastoral care and counselling, outreach and life skills	John Pierce Centre 25-35 High Street, Prahran	1158 admin@jpc.org.au www.jpc.org.au
CEREBRAL PALSY SUPPORT NETWORK - State wide			
All Areas	-help support group offering phone information and support via quarterly newsletters, information, seminars, workshops, support groups, recreational activities - brokerage available	High Street, Preston 9478 1001 or 1300 277 600 www.cpsn.org.au	
EPILEPSY FOUNDATION OF VICTORIA			
All Areas	Parent / carer education and informal lunchtime get together. Regular information sessions, counselling, advocacy, referrals, education at school	8809 0600 1300 761 487 free call epilepsy@epilepsyfoundation.org.au www.epilepsyfoundation.org.au	
PARENT SUPPORT NETWORK			
All Areas	Groups held regularly in Camberwell, Croydon, Box Hill, Glen Waverley, Ferntree Gully and Mooroolbark	472 673 www.scopeaustralia.org.au	
AMAZE			
All Areas	Parent support, books, newsletter, counselling and resources	506 Elizabeth Street Melbourne	308 699 www.amaze.org.au
STRENGTHENING PARENT SUPPORT PROGRAM			
All Areas ONLINE GROUP	Aims to support the strong and healthy development of families with a child with a disability or developmental delay by connecting parents with each other and providing opportunities to share stories, frustrations, strategies and ideas	in Lilydale, Chadstone, Ringwood, Vermont South and Online	Grace Parentzone strengtheningparentsupport@anglicarevic.org.au 9735 6164 or 0438 646 744

GIFTED SUPPORT NETWORK - formally Bayside Young Active Minds - BYAMS

All Areas	Active network offering services to families with gifted children. Information evening with expert speakers covering issues related to the gifted. Comprehensive member's library. Quarterly newsletter containing professional articles	admin@giftedsupport.org P.O. Box 2808, Cheltenham
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DOGS FOR KIDS WITH DISABILITIES

All Areas	Provides support and training to families and children with special needs through the training and provision of a companion dog	0488 104 044 www.dkd.org.au
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INTERCHANGE VICTORIA

All Areas	Provides respite and recreational experiences for children with a disability	300 436 www.interchange.org.au
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VICTORIAN STATE DISABILITY PLACE 2017-2020

The Victorian State Disability Plan includes the Victorian Government's ideas to make life better for people with a disability, their families and carers. The plan is part of a set of three documents. Go to www.dhhs.vic.gov.au

ASPERGERS VICTORIA

All Areas	9845 2766 www.aspergersvic.org.au
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AUTISM FRIENDLY LEARNING

All Areas	provides links to information about ASD, school supports and specific issues such as transitions www.education.vic.gov.au/about/programs/needs/Pages/autism.aspx
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BASS COAST

INVERLOCH & DISTRICT ASD SUPPORT GROUP

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

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

STRENGTHENING PARENT SUPPORT GROUP

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

STEPS ORBOST

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

SUPPAUT

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

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

Latrobe	Kinship Support Group for grandparents and kinship carers who are raising their grandchildren or who do not have access to their grandchildren. Meet with other grandparents who have had similar	Anglicare Victoria 190 Commercial Road Morwell	Parentzone Gippsland on 5135 9555 or parentzone.gippsland@anglicarevic.org.au Online or phone support during COVID 7 th October 4 th November 9 th December 10.00am – 12.00 noon
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	experiences; to share experiences, joys and concerns in a safe and confidential environment.		
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SOUTH GIPPSLAND

LEONGATHA / KORUMBURRA PARENT & CARERS GROUP

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

REGION	DETAILS	WHEN & WHERE	CONTACT
REGIONAL			
IN HOME CHILDCARE			
All hours	A flexible form of child care where children can be cared for in their own home, by an approved EL educator. To be eligible for In Home Child Care, families must have no access to existing child care services and/or their circumstances mean that an existing child care service cannot meet their needs. Families must also meet one or more other criteria. www.australianhomechildcare.com.au		
WELLWAYS AUSTRALIA LTD.			
All areas	Support and information programs for families and friends of people with mental illness and dual diagnosis (mental illness and substance abuse) 1300 111 400 www.wellways.org		
VACRO			
All areas	Counselling and mentoring for children with a family member in contact with the criminal justice system	1/116 Hardware Street Melbourne	9605 1900 www.vacro.org.au