



**PARENTZONE SOUTHERN**

**DIRECTORY**

Term 4,

, 2020

Information on groups

and programs offered by Parentz

one and

Community Services across the Southern Region of Melbourne.

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**Bayside,**

**Cardinia, Casey, Greater Dandenong, Frankston, Glen Eira, Kingsto**

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Welcome to Spring!

We at ParentZone Southern hope you have all kept well through these trying and difficult times.

We are able to continue providing online Programs in Term 4, for Parents and Professionals.

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

It is our intention to provide a voice for all Parenting Programs. We put out a warm welcome to all professionals in the Southern Region who work with the parents and families to attend the meetings and contribute to the Newsletter.

**What People are saying about a Program they have attended**

“Open discussion, supportive and respectful Communication, very helpful reading Material.

Life can be better at home. That parenting can improve with this program.”

“Loved the print out of all the activities. Good to come away with things.

PBS (Parents Building Solutions) Parenting) Tantrums Tears and trouble really helpful.

Until I came to the program I didn’t know how to handle tantrums. This helped me a lot

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. ⁠ ⁠

Our staff from Pakenham and Frankston offices are still working remotely; we are all answering our phones and emails. You can phone 03 9781 6767 or email us at[parentzone.southern@anglicarevic.org.au](mailto:parentzone.southern@anglicarevic.org.au)

# **PARENTZONE SOUTHERN PROGRAMS FOR TERM 4**

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.

**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

**REMINDER:** **ONLINE: USING ZOOM** you will need access to a desktop computer, laptop, tablet or smartphone and an internet connection. **Support to access Zoom is available**

**A number of these are being offered this term:**

# **PARENTZONE SOUTHERN PROGRAMS FOR TERM 4**

**Parents Building Solutions City of Casey**

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| For parents, step**‐**parents, grandparents and carers of children aged 3 - 17 years residing in  **Join us online in an interactive program 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 | 1st Program  Day Tuesday mornings  Time 9.30am - 11.00am  Dates 13th Oct to 24th Nov (6- weeks)  (No session held on Cup Day)  2nd Program  Day Thursday afternoons  Time 1.00pm - 2.30pm  Dates 15th Oct to 26th Nov (6- weeks)  (No session held on 29th October)  BOOKINGS AND ENQUIRIES:  Sandra Phillips at ParentZone  Call / text 0447 500 355 or email  sandra.phillips@anglicarevic.org.au |

**Parents Building Solutions**

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| For Parents, Step Parents, grandparents, aunts, uncles and carers of children aged 3-17 years. Join us online for a free and interactive program 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 | **Day** Wednesday NIGHTS  **Date** 21,28 October, 4,1,18,25 November 2020  **Time** 6.15-7.45pm  **Registration and Enquiries**  Michelle Brown at ParenZone  Call/text 0429 174 150  [**Michelle.brown@anglicarevic.org.au**](mailto:Michelle.brown@anglicarevic.org.au) |

**Parents Building Solutions- GIRaFfE - Gender Identity Relationships and Fluidity for Everyone**

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| GIRaFfE is a free one off interactive session online for Mums, Dads, Grandparents, Aunts, Uncles, adult carers to talk about Gender identity relationships and fluidity for everyone;. Join us online for a free and interactive program to share experiences and ideas and learn strategies to support your child |  |
| At this session let’s share ideas and experiences about:   * How to best support children through change * Acknowledging how they and we are feeling * Communicating their needs to others | **Day** Monday  **Date** 26th October 2020  **Time** 6.15-7.45pm  **Bookings and Enquiries**  Michelle Brown at ParenZone  Call/text 0429 174 150  [**Michelle.brown@anglicarevic.org.au**](mailto:Michelle.brown@anglicarevic.org.au)  **Please book via text or email and leave your phone number and email address. Thanks** |

**PARENTS BUILDING SOLUTIONS - Parenting In Australia**

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| Open to all Dads, Step-Dads, Single Dads and Grand-Dads, come along and join other Parents and trained facilitators who can help you parent in a way that really works for you. Share experiences, learn new strategies. Online Zoom with Laptop, Mobile Phone or Ipad |  |
| Looking for parenting support in today's Australia?  Kids using too much technology?  You're not alone! | **Day** Wednesday  **Date** 14th, 21st, 28th Oct, 4th, 11th, 18th November 2020  **Time** 5.00pm-6.30pm  **Registration:**  Call or Text 0447 500 342  Jasbir Singh Suropada  Email**:**[**Jasbir.suropada@anglicarevic.org.au**](mailto:Jasbir.suropada@anglicarevic.org.au) |

**PARENTS BUILDING SOLUTIONS – Dealing With Feelings**

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| Open to all Dads, Step-Dads, Single Dads and Grand-Dads, come along and join other Parents and trained facilitators who can help you parent in a way that really works for you. Share experiences, learn new strategies. Online Zoom with Laptop, Mobile Phone or Ipad |  |
| Helping Parents, helping kids to deal with emotions.  Recognising the causes and triggers for anger  **ParentZone Rosewood Downs Primary School** | **Day** Tuesday  **Date** 20th October  **Time** 10am-11.30am  **Registration:**  Deborah Lucas - 9795 3744  [Deborah.Lucas@education.vic.gov.au](mailto:Deborah.Lucas@education.vic.gov.au)  Or  Call or Text 0447 500 342  Jasbir Singh Suropada  Email**:**[**Jasbir.suropada@anglicarevic.org.au**](mailto:Jasbir.suropada@anglicarevic.org.au) |

**PARENTS BUILDING SOLUTIONS – Tantrums Tears And Troubles**

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| PARENTS BUILDING SOLUTIONS – Tantrums Tears and Troubles, Open to all Dads, Step-Dads, Single Dads and Grand-Dads of 0-5yrs old children, in the Cardinia Shire. come along and join other Parents and trained facilitators who can help you parent in a way that really works for you. Share experiences, learn new strategies |  |
| **Come along, learn and share about:**   * How to get kids to listen without having to yell. * Understand why children behave the way they do. | **Day** Thursday  **Date** 19th November 2020  **Time** 10am – 11.30am  **Where.** Online Zoom with Laptop, Mobile Phone or Ipad  **Registrations**  Call or Text 0447 500 342  Jasbir Singh Suropada  Email**:**[**Jasbir.suropada@anglicarevic.org.au**](mailto:Jasbir.suropada@anglicarevic.org.au) |

**PARENTS BUILDING SOLUTIONS Dads Do Matter**

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| Open to all Dads, Step-Dads, Single Dads and Grand-Dads, come along to share experiences, learn new strategies. Join us Online Zoom with Laptop, Mobile Phone or iPad |  |
| Connect with other DADS  Improving your Confidence & Communication as a Dad  Effects of Separation on your Kids  Learn strategies and tools that work  Learn how to cope with stress  Emotions and anger amid COVID 19  A CERTIFICATE IS HANDED OUT AT THE END | **Day** Wednesday  **Date** 14th, 21st, 28th Oct, 4th, 11th, 18th November 2020  **Time** 5.00pm-6.30pm  **Registration:**  Call or Text 0447 500 342  Jasbir Singh Suropada  Email**:** [**Jasbir.suropada@anglicarevic.org.au**](mailto:Jasbir.suropada@anglicarevic.org.au) |

**PLAYCIRCLE – PLAYGROUP ONLINE**

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| **A Safe and supported space for parents and their preschool children.**  Meet other families in the virtual community  Play and have fun with each other.  Explore Abecedarian 3a's  Read a story together and do some crafty activity together  Let’s have a snack together |  |
| **REMINDER: ONLINE: USING ZOOM. Details will be given at time of Booking** You will need access to a desktop computer, laptop, tablet or smartphone with camera and microphone functions and an internet connection.  *Additional support if required* | Day Thursday Mornings  Date School Term  Time 9.30am to 10.30am  Enquiries and Registering:  Alison 0409 316 620  [Alison.krusec@anglicarevic.org.au](mailto:Alison.krusec@anglicarevic.org.au)  [Ariane.hahn@anglicarevic.org.au](mailto:Ariane.hahn@anglicarevic.org.au)  **ParentZone**  **Mission Australia**  **The communities for Children initiative is supported by the Australian Government** |

**PARENTZONE SOUTHERN BEYOND THE VIOLENCE PROGRAMS AND PLAYCIRCLE**

**BEYOND THE VIOLENCE Program for Mums and Children – Cranbourne and Frankston**

**REMINDER: ONLINE: USING ZOOM. Details will be given at time of Booking** You will need access to a desktop computer, laptop, tablet or smartphone with camera and microphone functions and an internet connection. **This training runs for six half days which must all be completed to attain** BTV Facilitator Accreditation **FREE of Charge**

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| 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?   **Funded by Communities for Children (Casey)** | **Day** Tuesdays  **Dates** 13th October to 1st December for 8 consecutive weeks  **Time** 12.30-2.30pm  **Bookings essential**  All enquiries contact:  Alison Krusec 0409 316 620 or email  Alison.Krusec@anglicarevic.org.au |
| 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?   **Funded by Communities for Children (Frankston)** | **Day** Wednesdays  **Dates** 14th October to 2nd Dec for 8 consecutive weeks  **Time** 11.00am to 1.00pm  **Where Zoom Details given at time of booking**  **FREE of Charge**  FREE of Charge Bookings essential  All inquiries please call, text or e-mail:  Erin Surrey 0438 459 891 or  Erin.Surrey@anglicarevic.org.auBookings essential |

ParentZone Hub at Pakenham Hills Primary School

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| **Our Pakenham office is located at:**  **ParentZone Centre at Pakenham Hills Primary School**  75 Army Rd Pakenham  It is the yellow building Near the Gym  Phone (03) 9781 6767 | **Our ParentZone Hub Co Coordinator - Would like your ideas!**  ParentZone at Pakenham Hills P.S. Would like your ideas! (Parents Building To get involved, please register your interest by Contacting:  Deb on 0428 654 824 or emailing: deb.davey@anglicarevic.org.au |

**ParentZone Hub Events happening Online**

**You will need Access to Zoom; Laptop with webcam or mobile. Support is available with Zoom you can attend all sessions or one. All events are FREE**

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| PARENTZONE HUB ONLINE  FAMILIES GROWING TOGETHER a time for Pakenham Hills Primary School Families to connect with other families during the School Holidays |  |
| Take some time out for you!  Come along to one or more, casual sessions to connect with other parents/carers over the school holidays through a range of creative arts online.  There will also be an opportunity to share your ideas about the types of activities, groups & services you would like to see on offer at the PARENZONE HUB | Date Tues 22nd September  Date Tues 29th September  Time both at 7.00-8.00pm  ONLINE VIA ZOOM  Enquiries and Registering:  ParentZone Hub co coordinator  Deb on 0428 654 824  Or  Email [deb.davey@anglicarevic.org.au](mailto:deb.davey@anglicarevic.org.au) |
| PARENTZONE HUB ONLINE  FAMILIES GROWING TOGETHER a time for Pakenham Hills Primary School Families to connect with other families during the School Holidays |  |
| Come along to relax and shred sessions. A qualified Yoga Instructor will take you and your family through some gentle moves for well-being  Please take note of special information guidelines available in the online session prior to undertaking activity | Date Tues 23rd September  Date Tues 30th September  Time both at 7.00pm  ONLINE VIA ZOOM  Enquiries and Registering:  ParentZone Hub co coordinator  Deb on 0428 654 824  Or Email deb.davey@anglicarevic.org.au |

**PEER NETWORKS (Parent, Engagement, Education & Resources)**

**These will continue to be facilitated on ZOOM**

Parentzone operates 4 PEER networks across the Southern Region are a Great Networking Opportunity.

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

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| * Come and share new resources, * Programs or learning. * What are the Gaps in services and how * To fill them? * What’s happening? – * Share what we are doing. * A professional development segment * With guest speakers. * COVID19-Challenges in providing * Services to communities. * For more information or to attend one,   please contact one of our Parent Resource Co coordinators |  |

**PEER NETWORK DATES/TIMES**

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| Cardinia Shire | Jasbir Singh Suropada  0431 203 177  Jasbir.suropada@anglicarevic.org.au | Join Zoom Meeting  <https://zoom.us/j/98241654812>?  pwd=Y3UzUUhpY0NRdW80RlZMVHZsZ2l3  dz09  Meeting ID: 982 4165 4812  Passcode: 748170 |
| City of Casey | Sandra Phillips 0447 500 355  sandra.phillips@anglicarevic.org.au | Contact Sandra on 9781 6767 to  Join Zoom meeting. Register with Sandra and a link will be sent for network meeting. |
| City of Greater Dandenong | Jasbir Singh Suropada  0431 203 177 or 9706 8568  Jasbir.suropada@anglicarevic.org.au | Join Zoom Meeting  <https://zoom.us/j/98008704000>?  pwd=TDg5L1Q5OFNaREViUENSdUVCMDg5  dz09  Meeting ID: 980 0870 4000  Passcode: 547941 |
| Frankston and Mornington Peninsula | Michelle Brown  9781 6700 or 0429 174 150 michelle.brown@anglicarevic.org.au | Join Zoom Meeting  Register with Michelle and a link will be sent for network meeting |

# **ParentZone Offices**

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

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| **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](mailto:Parentzone.southern@anglicarevic.org.au) | **ParentZone Eastern**  03 9721 3646  666 Mountain Hwy  Bayswater 3153  [Parentzone.errd@anglicarevic.org.au](mailto:Parentzone.errd@anglicarevic.org.au) | **ParentZone Northern**  03 8470 9999  42 Mary Street, Preston  [Parentozone.preston@anglicarevic.org.au](mailto:Parentozone.preston@anglicarevic.org.au) |
| **ParentZone Gippsland**  03 5133 9555  188-190 Commercial Road, Morwell VIC 3840, Australia  [Parentzone.gippsland@anglicarevic.org.au](mailto:Parentzone.gippsland@anglicarevic.org.au) | | **Our ParentZone Offices are running online Programs during the Coronavirus.**  **Please phone or email offices**. |

**WHAT’S ON IN YOUR REGION?**

Please send us details of any programs, workshops or support groups that you plan to run in Term 1, 2021 and which section you would like it to appear it before the end of term 4. [parentzone.southern@anglicarevic.org.au](mailto:parentzone.southern@anglicarevic.org.au)

louise.anderson@anglicarevic.org.au

Ph. 9781 6767

# **Professional Development Term 4 2020**

**PARENTS BUILDING SOLUTIONS PROFESSIONAL TRAINING**

(FORMERLY PHILOSOPHY OF PARENTING – POP)

A comprehensive framework for professionals who work with parents. This core training

Will develop practical tools and strategies that professionals can use with parents in any

Circumstance.

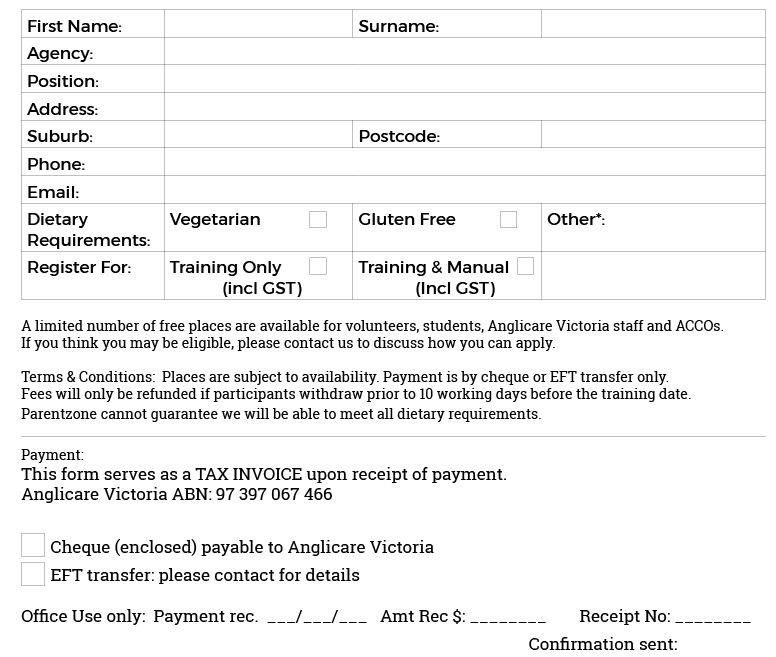
“This whole training was fantastic and I have learned a lot. It’s something I will use with the

Families I work with.” - Family Services Worker

**WHO THIS PROGRAM IS FOR**: Anyone who works with parents! A wide variety of people have told us they really benefited from this program – social workers, teachers, psychologists, case managers, children’s services workers, family services practitioners, volunteers and residential staff.

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| **LEARNING OUTCOMES**  Engage parents effectively in conversations about their parenting role by using a strengths based, reflective approach  Draw on evidence-based materials from the Parents Building Solutions manual to respond to the expressed needs of parents  Articulate a comprehensive framework for parenting based on family values, relationships, and boundaries  Through individual, family or group-work, support parents to:   * Develop known and agreed rules with their family * Implement appropriate discipline, including the use of known   and agreed consequences   * Develop appropriate expectations for the age and * Help children deal with a range of feelings, and deal with * Build positive family relationships and communication * Support resilience in children   **METHODOLOGY**  The program is experiential – combining theory and practice wisdom to give participants fresh insights and practical tools  they can use when working with families.  The program Parents Building Solutions, developed by ParentZone, is an evidence based program. | WHEN Wednesdays - 14/10, 21/10,  28/10, 04/11, 18/11, 25/11  TIME 9:30am - 1:30pm  WHERE Online via Zoom  COST $340.00 + 10% GST  (includes PBS Manual-USB)  A limited number of funded places are available free for  Volunteers, students, ACCOs & Anglicare Victoria staff.  Please contact ParentZone for information on the application process.  Participants will receive an electronic copy of the Parents  Building Solutions manual. Hard copies of the manual are available for $93.50 each.  TO REGISTER  please complete the registration form on the next page and email to [michelle.brown@anglicarevic.org.au](mailto:michelle.brown@anglicarevic.org.au)  Following the training, ParentZone may be able to support your organisation to implement learnings from the training  Through co-facilitating parenting groups.  FOR MORE INFORMATION CONTACT:  Michelle Brown – 0429 174 150  michelle.brown@anglicarevic.org. |

2020 PROFESSIONAL DEVELOPMENT PROGRAMS - APPLICATION FORM To register for a Parentzone professional development program, please complete and return this form to [michelle.brown@anglicarevic.org.au](mailto:michelle.brown@anglicarevic.org.au) Places will be confirmed via return email



# **BEYOND THE VIOLENCE FACILITATOR TRAINING – Dandenong**

# **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 with camera and microphone functions and an internet connection. **This training runs for six half days which must all be completed to attain** BTV Facilitator Accreditation



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| |  |  | | --- | --- | | 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 | **Dates:** Mondays 12th, 19th, 26th October and 9th, 16th, 23rd November 2020  (No session the week of Melbourne Cup)  **Time:** 2.00pm-6.00pm  **Where:** Online using Zoom  **COST:** FREE TRAINING  **Bookings essential.**  All inquiries please call, text or e-mail For an expression of interest form  Ariane Hahn: 9781 6725 or 0499 080 468  Ariane.Hahn@anglicarevic.org.au |   **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** 10th November  **Time** 9:30am – 1pm  **Day 2**  **Day** Tuesday  **Date** 17th November  **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](mailto:michelle.brown@anglicarevic.org.au) |

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### **Crisis support and Help Lines**

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| LifeLIne  Anyone having person crisis | 13 11 14 lifeline.org.au |
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| Suicide Call back Service | 1300 656 467 suicidecallbackservice.org.au |
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| 1800 RESPECT | 1800 737 732 beyondblue.org.au |
|  |  |
| Aboriginal Men’s 24hour Crisis Support Hotline | 1800 435 421 |
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| Safe Steps 24/7 Family Violence Crisis Service | 1800 015 188 |
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| Orange Door (Bayside Peninsula/Frankston) | 1800 819 917 |
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| Police Assistance Line to report public gatherings of over 2 persons, non-compliance to social distancing or mandatory isolation | 13 44 44 |
|  |  |
| Beyond Blue | 1300 22 4636 beyondblue.org.au |
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| Kids Helpline Counselling for young people aged 5-25 | 1800 55 1800 kidshelpline.com.au |
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| MensLine Australia | 1300 78 99 78 mensline.org.au |
|  |  |
| Open Arms  Veterans and Families Counselling | 1800 011 046 openarms.com.au |
|  |  |
| Sexual Assault Crisis Line | 1800 806 292 |
|  |  |
| Parent line (8.00am to midnight everyday) | 13 22 89 |
|  |  |
| Victims of Crime 98.00am-11.00pm) | 1800 819 817 |
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| Grief Line ( daily 12 noon-3am) | 1300 845 745 |
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**Brother of ST Laurance Transition to Work Program for the South East and North West areas**  <https://www.bsl.org.au/services/getting-a-job/transition-to-work/>

**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](https://www.anglicarevic.org.au/events/?category=foster-care) 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 955

**OTHER ANGLICARE VICTORIA PROGRAMS**

**Lift up Your Family (LYFT) ONLINE: USING ZOOM**

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| **Lift up Your Family (LYFT)** 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 Risk Taking Behaviours? * Are You Struggling To Communicate With Your Young Person?   Are You Tired Of Yelling? | DATES: 20th Oct to 1st Dec, 2020 (6 sessions. Excluding Cup day)  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  **For bookings and enquiries contact:**  Lucinda Bray on 0417 416 748 or [Lucinda.Bray@anglicarevic.org.au](mailto:Lucinda.Bray@anglicarevic.org.au)  Erin Platt on 0438 812 131 or [Erin.Platt@anglicarevic.org.au](mailto:Erin.Platt@anglicarevic.org.au) |

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| **Nairm Marr Djambana’s Mens program -MEN’S BUSINESS** Stay connected with our weekly cultural activities.  Facilitated by Shane Wright | STARTS: 9th October 2020  TIME: 1pm to 3pm  BOOKINGS: Bookings essential. Call the office  **0448 511 521** |

**Communities for Children plus Cardinia**

**Anglicare Victoria- Communities for Children is funded by the Australian Government Department of Social Services.**

**Presented in collaboration with Australian Childhood Foundation**

“CFC Frankston and Cardinia run a variety of community based workshops/webinars that are aimed at addressing the needs of vulnerable children and families through community capacity building. Please contact [CFC\_Southern@anglicarevic.org.au](mailto:CFC_Southern@anglicarevic.org.au) for all enquiries and upcoming events”?

|  |  |
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| **NDIS HOT TIPS** Does a child in your care have a  Disability?  Are you finding the National disability  Insurance Scheme (NDIS) difficult to  Navigate?  Nicole Peresso, from Windermere, has  hints and tips about accessing NDIS, the  planning process and individualised  Support services available to you.  You can ask questions and Nicole will  Have answers! | Date 13 October  Time 6:30 PM- 8 PM  Venue: Online Via Zoom  Cost Free. Booking essential  Booking contact:  Email: CFCCardinia@anglicarevic.org.au  Phone: 0457825076  Register at:  <https://us02web.zoom.us/webinar/register/WN_cX73-X-QTX69ay2A2bI3dg>  click on link for Flier  [**Flier**](https://anglicarevictoria.cmail20.com/t/d-l-cjtadt-tylllyjhhu-f/)  **Communities for Children Plus Cardinia**  **Windermere** |

**CfC Frankston Community Workshop Series and Webinars**

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

**Assisting Kids to build Healthy Relationships**

CfC Frankston Community Workshop Series: Designed for local sport and recreational groups, parents, carers and volunteers who are seeking information and practical strategies

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| **Assisting Kids to build Healthy Relationships**  Presented by Trinity Kids this workshop  will equip attendees with a greater  understanding of:  What is a healthy relationship?  The role of culture in the development of  identity and how the culture of your club or  setting can impact  Resilience, self-esteem, self-awareness, and  how they prevent bullying behaviour  The importance of boundaries and why  they are essential in relationships | DATE Tuesday 6th October  TIME: 6.30-8.30pm  WHERE: Zoom Webinar  FREE: Pre registration essential  All enquiries contact:  [CFC\_Southern@anglicarevic.org.au](mailto:CFC_Southern@anglicarevic.org.au)  Contact to book. Click on link for Flier  [Flier](https://anglicarevictoria.cmail20.com/t/d-l-cjtadt-tylllyjhhu-o/)  Trinity Kids and Communities for Children Frankston |



**ADHD, neuro-diversity and additional needs**

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| Presented by Rebecca Perkins of My Special Child, this workshop will equip attendees with an understanding of:  Attention Deficit Hyperactivity  Disorder (ADHD)  The impact of combined diagnoses  and additional behavioural  challenges  Strategies for assisting ADHD kids to  thrive  Where to find appropriate resources and gain assistance. | **DATES:** Thursday 10th December 2020  **TIME:** 6.30pm -8.30pm  **WHERE:** Zoom Webinar  Contact to book or get a flyer  Please email for a form to registerpre-register by  [CFC\_Southern@anglicarevic.org.au](mailto:CFC_Southern@anglicarevic.org.au)  My Special Child and Communities for Children Frankston |

# **Covid 19 (Coronavirus) Update/Links on some services**

# **Department Of Health and Human Services**

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

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

# **Raising Children’s Network and Online Resources**

**There is a Coronavirus Family Section**

**Please follow link for this and resources on** topics such as: Pregnancy; Newborns; Babies; Toddlers; Pre Schoolers; School Age; Pre Teens; Teens; Grown Ups; Autism; Disability <http://raisingchildren.net.au/>

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.

**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?gclid=EAIaIQobChMI7IXX5OC86gIV0HwrCh3KbQJZEAAYASAAEgJvKvD\_BwE**](https://au.reachout.com/collections/coping-during-coronavirus?gclid=EAIaIQobChMI7IXX5OC86gIV0HwrCh3KbQJZEAAYASAAEgJvKvD_BwE)

# Services Hotlines and links

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| **Service/Details** | Phone/Website/Links/Other Details |
| **FAMILY VIOLENCE ORANGE DOOR**  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.  Orange Door is open in Barwon, Bayside Peninsula (this includes  the whole Peninsula  Across the City of Casey, has other services | Phone: 1800 015 188  Website <https://www.vic.gov.au/familyviolence/the-orange-door.html>  For Urgent assistance call Triple Zero 000  STILL OPERATING DURING THE CORONAVIRUS (COVID 19) OUTBREAK. [CONTACT YOUR LOCAL SERVICES FOR SUPPORT](https://orangedoor.vic.gov.au/find-a-service-near-you) IN AN EMERGENCY DIAL 000 |
| **SAFE STEPS (**24/7 FAMILY VIOLENCE RESPONSE PHONE LINE)  For confidential support and information call Safe Steps on Phone  **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.** | 1800 015 188  Email: safesteps@safesteps.org.au  You can also chat to us online between 9am and 9pm, Monday to Friday |
| **DVRCV (DOMESTIC VIOLENCE RESOURCE CENTRE VICTORIA)**  (Preventing violence, promoting respect)  Resources and listings of support | <https://www.dvrcv.org.au/support-services/victorian-services> |
| **ASK SOMEONE**  This website can help direct you to family violence support in  the region south of Melbourne (Bayside, Melbourne South East  and Peninsula) | Website [www.asksomeone.org.au](http://www.asksomeone.org.au/) |

Services Hotlines and links

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| Service/Details | Phone/Website Links/ other Details |
| **WHISE**  Women's Health in the South East works to improve the health and  wellbeing of women in the Southern Metropolitan Region of Melbourne, with a focus on the prevention of violence | Phone (03) 9794 8677  Website [www.whise.org.au](http://www.whise.org.au/)  Address Level 1, 70 St Kilda Road, St Kilda, VIC 3182 |
| **WAYSS (**Greater Dandenong, Casey, Cardinia, Frankston)  WAYSS supports people who are at risk of, or experiencing,  homelessness or family violence due to family violence in:  Dandenong, Casey, Cardinia,  Mornington Peninsula & Frankston.  **This service's Family Violence specialists can assist with:**   * Access to crisis accommodation * Information on future housing options * Information and support * Safety planning * Advocacy * Referral to services, including counselling, housing, material aid, health, legal and court support * Limited financial assistance. * WAYSS also offers after hours response to women and their children who have been placed in emergency accommodation or require support within Greater Dandenong, Casey or Cardinia | Phone Numbers for each Area  Women’s Services Dandenong (03) 9791 6111  Women’s Services Frankston (03) 9770 286  Women’s Services Casey Cardinia (Berwick & Pakenham) (03) 9703 0044  Women’s Services Cranbourne (03) 5996 3333  Website <http://www.wayss.org.au/>  Email [info@wayss.org.au](mailto:info@wayss.org.au)  Operates Monday-Friday, 9-5. |

Services Hotlines and links

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| Service/Details | Phone/Website Links/ other Details |
| **Support Groups**  **ADHD; Dementia; Men’s Sheds; Drugs And Alcohol etc.**  Due To COVID 19 a lot of these are not running at the moment, while others are offering online help and assistance. | **Please phone City Councils to find out.** |
| **SIKHS AUSTRALIA**  Provide freshly cooked vegetarian meals for those in need of support, delivered.  Free Food home delivery service for the elderly, single mums, homeless people, unemployed, self-isolated, health workers, international students and those facing hardship due to covid 19  Delivery areas include:  Aspendale, Aspendale Gardens, Baxter, Braeside, Berwick, Bittern, Bonbeach, Carrum, Carrum downs, Chelsea Heights, Clayton, Clyde North, Chelsea, Cranbourne, Dandenong, Hampton Park, Hastings, Junction Village, Keysborough, Lynbrook, Lyndhurst, Mordialloc, Mentone, Mornington, Mount Elia, Moorooduc, Narre Warren, Nobel Park, Parkdale, Seaford, Skye, Somerville, Springvale, Tooradin, Tyabb | Phone or text your order before 12pm each day  0423 359 279  0401 509 236  [www.sikhvolunteersaustralia.org](http://www.sikhvolunteersaustralia.org)  <https://www.facebook.com/sikhvolunteers.australia/>  Delivery Times 5pm to 7pm Daily |

NEIGHBOURHOOD HOUSES VICTORIA Some of these may not be opened during COVID 19 Stage 4 restrictions. For your local Community House please click on this link

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

# Parenting Programs and Family Support in Local Government Area’s (Covid 19 Update)

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| **Salvation Army Offices** Some of these may have different operating hours during Covid 19 Stage 4 lockdown. Op Shops are closed, but you can shop online to keep supporting the salvation army. At the time of making these lists this was correct. ‘  Please phone first, some services are over the phone and appointments need to be made  These Stores are closed due to covid 19 restrictions. Go to Website via link to check if they have opened yet.  As of 20/09/2020  <https://www.salvationarmy.org.au/need-help/>  Clyde North; Cranbourne North; Hastings  **Details and Phone numbers for some of the Community Welfare Salvation Army Offices that are ABLE TO HELP,** | | |
| **Salvation Army** In certain areas, we have been able to shift our service delivery to phone and video calls. While we recognise that this interrupts an essential component of our service – close social connection and engagement – it ensures we are still able to provide the physical and emotional support needed in these times.  In other areas, we have made adjustments to ensure we can keep supporting the most vulnerable while following guidelines to help contain the spread of COVID-19.    It’s best to Phone.  **Salvos Op Shops**  **Community Support Services**  You can continue to shop and support Salvos Stores by visiting our [online store](https://www.salvosstores.com.au/shop/), with hundreds of new items being listed from stores across the country each day.  Salvation Army In certain areas, we have been able to shift our service delivery to phone and video calls. While we recognise that this interrupts an essential component of our service – close social connection and engagement – it ensures we are still able to provide the physical and emotional support needed in these times.  In other areas, we have made adjustments to ensure we can keep supporting the most vulnerable while following guidelines to help contain the spread of COVID-19.  It’s best to Phone.  Salvos Op Shops  You can continue to shop and support Salvos Stores by visiting our [online store](https://www.salvosstores.com.au/shop/), with hundreds of new items being listed from stores across the country each day. | **Keep updated here**  <https://www.salvationarmy.org.au/need-help/> **13 SALVOS (13 72 58)**  **Bentleigh community Support Services**  87 Robert Street BENTLEIGH VIC 3204  (03) 9557 2644  **Berwick Community Welfare**  (03) 9704 1940  Corner Parkhill Drive & Ernst Wanke Rd BERWICK VIC 3806  **Cranbourne Community Support Services**  Phone (03) 5995 0133  **Carrum Downs Community Support**  2a Firth Close  Carrum Downs  Ph. 9775 1915  **Dandenong Community Support**  147-151 Foster Street DANDENONG VIC 3175  Ph. (03) 9484 3500  **Dandenong Money Care Financial Services**  147-151 Foster Street DANDENONG Vic 3175  (03) 9794 3507  **Frankston North Community Support**  Corner Forest Dve and Stringybark Cres  Frankston North 3200  9776 8456 | **September 20 2020 update. Contact Details**  <https://www.salvationarmy.org.au/need-help/> **13 SALVOS (13 72 58)**  Noble Park Support Services  14-16 Buckley St  Noble Park 3174  Ph. 9547 8629  **Pakenham Community Support Services**  51 Bald Hill Rd  Pakenham Vic  (03) 5941 4906  **Peninsula**  **SalvoCare Eastern Homelessness & Support Services**  37 Ross Smith Avenue East FRANKSTON VIC 3199  **SalvoCare Eastern Homelessness & support Services (Peninsula – Rosebud**)  17-19 Ninth Ave  Rosebud Vic 3939  Ph. (03) 5986 0000 |
| **Australian Red Cross** Provision of care packages (primarily food) to isolated and vulnerable members of the community via Crisis hotline registration. We are delivering food and relief packages to the door through our partners at Australia Post. | <https://www.redcross.org.au>   1300 606 833  All enquiries and requests for emergency food and essential relief packages please call the COVID-19 hotline 1800 675 398. [www.dhhs.vic.gov.au/coronavirus](http://www.dhhs.vic.gov.au/coronavirus) | Please contact and register. |
| **DADS ONLINE PROGRAMS AND WEBINARS** | | |
| **DDM (Dads Do Matter)**  **ONLINE Program**  Connect with other DADS  Improving your Confidence & Communication as a Dad  Effects of Separation on your Kids  Learn strategies and tools that work  Learn how to cope with stress  Emotions and anger amid COVID 19  A CERTIFICATE IS HANDED OUT AT THE END | **Registration:**  Call or Text 0447 500 342  Jasbir Singh Suropada  Email**:** [**Jasbir.suropada@anglicarevic.org.au**](mailto:Jasbir.suropada@anglicarevic.org.au) | **Day** Wednesday  **Date** 14th, 21st, 28th Oct, 4th, 11th, 18th November 2020  **Time** 5.00pm-6.30pm  Online please ring and register with Jasbir.  Via ZOOM. You will need a mobile phone, computer or IPAD |
| **DadStuff**  **Online Webinars** are now running. One Offs  Book in: Shared is 7 types of dads; healthy family relationships, bonding with your kids, connecting with other dads, dads at work, and more.  These book out early, so if interested phone and book. | Three Session times are left. Click on link to book  [**https://www.trybooking.com/book/event?embed&eid=640319**](https://www.trybooking.com/book/event?embed&eid=640319) | Day Wednesday  Date 21 October  Time 3.00pm  Day Friday  Date 21 October  Time 3.00PM  Day Wednesday  Date 16 December  Time 3.00PM |
| **Tuning into Kids**  Please note we are working remotely due to COVID-19 restrictions.  We have launched a re-designed website and are in the process of adding final touches - please let us know if you encounter any issues. |  | For all enquiries please email [tik-info@unimelb.edu.au](mailto:tik-info@unimelb.edu.au)  <https://tuningintokids.org.au/parents/> |

# GROUPS AND PROGRAMS

# **City of Bayside**

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| **Program/Service** | | | **Contac/Link/Websites** | | | | **Dates/Times/Venues** |
| **Bayciss is** a registered not for profit community charity that provides a range of services for community members living in Bayside & parts of Kingston.  Bayciss are open week day during Covid-19 stage 4 lockdown for anyone seeking assistance. They encourage people to call and speak to one of their volunteers who are there to assist! All services available including Family Counselling, casework, legal advice, NILS applications, utility assistance information, referrals, advocacy and support. During COVID they are also offering home delivery to encourage people to stay home and safe! | | | <https://www.facebook.com/bayciss/>  <https://bayciss.org.au/>  Castlefield Centre 9598 0662  Hampton East Centre  9555 6560 or 9555 9910 | Opening hours during COVID Please ring  Days Weekdays  Times 10.00am to 4.00pm | | | |
| **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**](https://hes32-ctp.trendmicro.com:443/wis/clicktime/v1/query?url=https%3a%2f%2fwww.dhhs.vic.gov.au%2fcoronavirus&umid=65a8332b-425c-40c3-8c7c-0bcb0ff75967&auth=96c4d4f911ef2b3e007f0ee246d839d9ce23c6c9-ccb380f9964c01f943c83b3bf2fef1c88ec89b89) 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.  [**BayCISS**](https://hes32-ctp.trendmicro.com:443/wis/clicktime/v1/query?url=https%3a%2f%2fbayciss.org.au&umid=65a8332b-425c-40c3-8c7c-0bcb0ff75967&auth=96c4d4f911ef2b3e007f0ee246d839d9ce23c6c9-0e346c51c3d6d3958cad7cbc87c7b6e9803a17a4)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**](tel:0395559910).  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**](mailto:manager@bayciss.org.au) or via their **website** | | | | | | | |
| **Bayside City Council**  General Community information during COVID-19  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. the council site has several resources and details of programs running ONLINE during COVID19  **Sharps Collection**  For assistance with sharps collection | | [**(03) 9599 4444**](tel:0395994444) or [**Contact Us Online**](https://hes32-ctp.trendmicro.com:443/wis/clicktime/v1/query?url=https%3a%2f%2fwww.bayside.vic.gov.au%2fcontact%2dus&umid=65a8332b-425c-40c3-8c7c-0bcb0ff75967&auth=96c4d4f911ef2b3e007f0ee246d839d9ce23c6c9-228b9d15edc08249095a6621b90746760df9da15)  <https://www.bayside.vic.gov.au/children-and-teens-bayside-libraries>  **Environmental Health Department**  9599 4417 to make an appointment | | | All events scheduled have been cancelled or postponed. Keep an eye on Council’s Facebook and Twitter pages for more information on any changes to scheduled events.  Please Phone for appointment for Sharp Collection | | |
| **Program/Service** | | **Contac/Link/Websites** | | | | **Dates/Times/Venues** | |
| **Council support in your home** We provide a range of services designed to support older residents, or the person you care for, to stay active and independent for as long as possible:   * Meals and shopping; Transport; Cleaning assistance; * Showering and hygiene assistance Safety related home maintenance; Respite care   Our staff adhere to strict health and hygiene guidelines as outlined by the Department of Health and Human Services  **Assistance with Finance** NILS is offered by 170 local community organisations in over 600 locations across Australia.  Chances are there’ll be a local NILS provider near you or one who can help over the phone.  Household items like fridges, washing machines, TVs and furniture  Medical procedures and dental services Education essentials such as computers and text books  Car repairs or registration  Some other items as requested.  Household items like fridges, washing machines, TVs and furniture  Medical procedures and dental services Education essentials such as computers and text books  Car repairs or registration  Some other items as requested | Contact us on 9599 4444 t  o find out more about these services.  Call 1800 675 398 to order a care package.  <https://www.bayside.vic.gov.au/covid-19-and-bayside-city-council-services-facilities>  Contact us on 9599 4444 to  find out more about these services.  Call 1800 675 398 to order a care package.  <https://www.bayside.vic.gov.au/covid-19-and-bayside-city-council-services-facilities> | | | | Please contact the council if you need these services and you meet the criteria.  They can also assist you register for priority online shopping services and pharmacy deliveries.  LINK FOR MORE DETAILS.  <https://nils.com.au/#about> | | |
| **Program/Service** | **Contac/Link/Websites** | | | | **Dates/Times/Venues** | | |
| **Bayside Libraries are currently closed.**  Please hold onto your books as we have extended all borrowings until after Stage 4 restrictions are scheduled to expire.  Please check with Library on updates when restrictions are eased, this will change. | **Bayside Libraries are currently closed.**  Please hold onto your books as we have extended all borrowings until after Stage 4 restrictions are scheduled to expire.  Please check with Library on updates when restrictions are eased, this will change. | | | | **Bayside Libraries are currently closed.**  Please hold onto your books as we have extended all borrowings until after Stage 4 restrictions are scheduled to expire.  Please check with Library on updates when restrictions are eased, this will change. | | |
| **Kids cooking with Jeanette** It’s not Jamie Oliver but Janet.  Cooking with Kids.  2 Yummy Snacks that are Fun to Make and Eat.  **What you will need:**  Clean Hands  TREAT 1  Celery stalk – cut into 6 cm long tubes by an adult.  Yogurt; Grapes – red or green; Blueberries; Spoon  TREAT 2  Pretzels; Hummus or Nutella  Mini Chocolate Chips or Carrot grated by an adult | **Bayside Libraries**Click on link for services [**Bayside Library Service**](https://www.facebook.com/baysidelibraryservice/) <https://www.facebook.com/baysidelibraryservice/live/> Public · Hosted by [Bayside Library Service](https://www.facebook.com/baysidelibraryservice/)  Online Event | | | | Day Wednesday  Date September 30, 2020  Time 10:30 AM UTC+10 – 11 AM UTC+10 | | |
| **Program/Service** | **Contac/Link/Websites** | | | | **Dates/Times/Venues** | | |
| **Storytime.** you will find Lots of recordings are there for you to sit down and look at with the kids.  You can find our Librarians, Nan and Sam and Mel, on Bayside Library's Facebook page. Check them out telling stories, just like you were at the library.  There are lots of stories on there.  https://www.facebook.com/pg/ baysidelibraryservice/videos/?ref= page internal | **Bayside Library Service**  https://www.facebook.com/pg/ baysidelibraryservice/videos/?ref= page internal | | | | **Day** Tuesdays  **Time** 10.30am  **Where** On the Bayside Library Facebook Page  **These stay on the Facebook page. So you can watch them over again.** | | |
| **AUSLAN STORY TIME**  Experience a visual language in this interactive session with our storyteller and an Ulsan interpreter signing some favourite stories | **Bayside City Council**  Ph. 9599 4444 or see [www.bayside.vic.gov.au](http://www.bayside.vic.gov.au/) for further details and bookings  [https://www.bayside.vic.gov.au/watch-storytime-bayside-libraries](https://hes32-ctp.trendmicro.com:443/wis/clicktime/v1/query?url=https%3a%2f%2fwww.bayside.vic.gov.au%2fwatch%2dstorytime%2dbayside%2dlibraries&umid=65a8332b-425c-40c3-8c7c-0bcb0ff75967&auth=96c4d4f911ef2b3e007f0ee246d839d9ce23c6c9-b3b4a9db5f7f6f2b443e6a383f8bfdfc271f0bc4) | | | | ON WEBSITE  [**Bayside Library Service**](https://www.facebook.com/baysidelibraryservice/) | | |
| **BAYSIDE FAMILY VIOLENCE** | | | | | | | |
| <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. | | | | | | | |
| **The Orange Door In Bayside Peninsula** (includes Frankston)  Still operating during the Coronavirus (Covid-19) outbreak.  Tell a worker if you use communication aids or require an interpreter, including Auslan. | | 1800319353  [bpa@orangedoor.vic.gov.au](mailto:bpa@orangedoor.vic.gov.au)  60-64 Wells St  Frankston  : [www.orangedoor.vic.gov.au](https://www.orangedoor.vic.gov.au/)  1800 319 353 | | | | This service is available during all stages of Covid. | |
| **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.  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.  safe steps has a range of accommodation options available dependent on your circumstances | | 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.  **If you have been threatened or you are fearful for yourself, a child or family member – call 000 Emergency or Police**  MORE ABOUT ACCOMODATION ASSISTANCE OFFERED  To talk to a specialist family violence support worker about accommodation options, call safe steps now on 1800 015 188. | | | | 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   * **Email:** [safesteps@safesteps.org.au](mailto:safesteps@safesteps.org.au)   You can also [chat to us online](https://www.safesteps.org.au/our-services/services-for-women-children/family-violence-webchat-support/) between 9am and 9pm, Monday to Friday.   * [What happens when you call safe steps](https://www.safesteps.org.au/our-services/services-for-women-children/247-family-violence-response-phone-line/) | |
| **Peninsula - Family Violence Support Services**  Good Shepherd The Peninsula Family Violence Program supports women and children experiencing or recovering from family violence.  As part of the program, we offer casework, counselling and links to legal support, housing services and support groups. Staff also work with women to plan their safety.  Safe refuge and emergency accommodation is arranged for women and children at immediate risk.  Good Shepherd’s Peninsula Family Violence Refuges are accessible through the Safe Steps Family Violence Response Centre. | | Contact If you need family violence support, please call 03 5971 9444. If you need emergency accommodation, please call 1800 015 188.  Unit 1 & 6, 184 Salmon Street Hastings, Victoria 3915 03 5971 9444 [hastings@goodshep.org.au](mailto:peninsula@goodshep.org.au) | | | | Please phone. | |
| **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.  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. | | **We are still here for you during the COVID-19 crisis**  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](https://hes32-ctp.trendmicro.com:443/wis/clicktime/v1/query?url=https%3a%2f%2fwww.esafety.gov.au%2fkey%2dissues%2fcovid%2d19%2fadvice%2dwomen%2ddomestic%2dviolence&umid=afa9d5a2-b02c-412b-90eb-cab21379eb80&auth=96c4d4f911ef2b3e007f0ee246d839d9ce23c6c9-5833225a6582751ae140633d3b113a00d07dfd8b)  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 | | | |  | |
| Other Bayside Services Contact Service or City Council to see if they are open or operating during Stage 4 restrictions.  For SHARC (addiction) check with directory.[**https://www.bayside.vic.gov.au/communitydirectory/self-help-addiction-resourcecentre-inc**](https://www.bayside.vic.gov.au/community-directory/self-help-addiction-resource-centre-inc) Phone 9573 1700  Playgroups please contact Playgroups Victoria  Koorie Gatherings for: 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 | | | | | | | |

## **Cardinia Shire**

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| |  |  |  | | --- | --- | --- | | **Program/Service** | **Contac/Link/Websites** | **Dates/Times/Venues** | | | |
| **Myplace Youth Services and youth facilities** | **Cardinia Shire Council**  Contact the team during business hours (8.30am to 5pm) on 1800 496 884 or myplace@cardinia.vic.gov.au  [**https://www.cardinia.vic.gov.au/info/20057/coronavirus\_covid-19\_online\_help\_hub/769/changes\_to\_council\_services\_due\_to\_covid-19#youth**](https://www.cardinia.vic.gov.au/info/20057/coronavirus_covid-19_online_help_hub/769/changes_to_council_services_due_to_covid-19#youth)  Contact the team during business hours (8.30am to 5pm) on 1800 496 884 | To Register For any of these and for further details:  call 1800 496 884  Or Email [myplace@cardinia.vic.gov.au](mailto:myplace@cardinia.vic.gov.au) |
| **MyPLace** **Perceptions** enjoy some out of the box conversation. To join contact My Place Youth Facility and we will email you to the Zoom link  **Myplace Rhyme, Read and Play** New for young parents aged up to 24 years with children 0-3 years old. To join contact My Place Youth Facility and we will email you to the Zoom link  **Myplace Youth Services and youth facilities** | Day Mondays  Time 4-6pm  Day Tuesdays  Time 4-5pm  Day Wednesdays  Time 11.00-12noon |
| **Cardinia Follow Bless Collective Food Van and Care Packages**  aims to strengthen the community by providing collective services, programs, | <https://www.facebook.com/theblesscollective/>  To request a care pack  Email [info@follow.church](mailto:info@follow.church)  - | Please include your full name, phone number, address, Health Card -card number with expiry date (if you have one), and how many dependent children are living with you.  Please state in the email the reason for your application so we can respond to you as quickly as possible |
| **SIKHS Australia -**Gurudwara Baba Budha Sahib Ji Providing freshly cooked vegetarian meals for those in need of support | Phone or text your order before 12pm each day 0469 826 283 or 0433 483 335  [**SIKHS Australia**](#_Covid_19_(Coronavirus)) | SIKHS Australia -Gurudwara Baba Budha Sahib Ji Providing freshly cooked vegetarian meals for those in need of support |
| **Living & Learning Pakenham** appreciates this second lockdown may be particularly challenging for the community, During this Covid 19 second lockdown:  If you are feeling overwhelmed, having relationship problems, family difficulties, work stresses, financial strains or just feel like having a confidential phone chat or Zoom meeting with our trained and qualified counsellor, you are welcome | phone reception on 5941 2389  Email. [admin@livinglearning.org.au](mailto:admin@livinglearning.org.au).  OR on our Facebook page  Website <https://www.livinglearning.org.au/> | **Any member of the Community who may require telephone counselling or general support can contact our wellbeing manager via phone or email for a free initial consultation. ( A small charge may apply for ongoing counselling** |
| **Shire of Cardina COVID-19 Youth Services Directory.** Food, financial or housing support, employment, mental health support, general health, family violence and sexual health support, education, general services | <https://www.cardinia.vic.gov.au/youthservicesdirectory>  If you can’t find it in the directory call  1800 496 884 | If you can’t find it in the directory call  1800 496 884 and speak to someone from the Youth Services Team |
| **Neighbourhood Houses and Community Centres**  Council suggests you contact these. Link will take you to A-Z records of Neighbourhood Houses and Community Centres in the Area. | These are closed at the moment.  With the easing of restrictions some services with alter. | <https://www.cardinia.vic.gov.au/directory/25/neighbourhood_houses_and_community_centres> |
| **Echo Cockatoo Youth and Family Services Food aid, financial services, youth mentoring, playgroups, school chaplaincy and digital mentoring to support young people and their families.** Echo is currently offering food aid for people in need across the Hills at The Food Store in Cockatoo every Monday. Please call St Luke's Church in Cockatoo on 5968 8459 and leave a message that you need food. You will be contacted to arrange a pick-up time (in line with physical distancing requirements). Echo-Cockatoo NILS The No Interest Loan Scheme (NILS) provides individuals and families on low incomes with access to safe, fair, and affordable credit. Loans are available for up to $1,500 for essential goods and services such as car repairs, new fridges or washing machines, and medical procedures. Repayments are set up at an affordable amount usually over a 12 month period.  To be eligible for NILS you must hold a Centrelink Health Care Card or a Pensioner Concession Card or earn less than $45,000 a year after tax ($60,000 for couples or people with dependants).  No Fees – No Charges – No Interest – No Credit check is required for this loan  What can I use it for?  NILS helps people to avoid high interest loans and it can be used for items such as education expenses, laptops, health expenses, car repairs and registration, household appliances and furniture. It cannot be used for cash, holidays, rent or fines.  support and genuine love to those who are undervalued, isolated and disadvantaged within the Cardinia Shire and beyond (via a food van & care packs)  Care packs for people who are unable to get support from family and friends.  Priority will be given to you if you: have suddenly lost your job and are waiting on Centrelink payments; are aged 60 and over; are isolated and aged 16 to 24 are in mandatory isolation due to returning from overseas/interstate  Are unwell; on VISAs unable to receive Centrelink; refugees | Email [info@follow.church](mailto:info@follow.church)  - please include your full name, phone number, address, Health Card card number with expiry date (if you have one), and how many dependent children are living with you.  <https://echo.org.au/nils/>  Email [info@follow.church](mailto:info@follow.church)  - please include your full name, phone number, address, Health Card card number with expiry date (if you have one), and how many dependent children are living with you. | Please call St Luke's Church in Cockatoo on 5968 8459 and leave a message that you need food. You will be contacted to arrange a pick-up time (in line with physical distancing requirements).  Contact a NILS worker by phone on 0427 895 596 (Weekdays 9am to 5pm) or email [nils@echo.org.au](mailto:nils@echo.org.au)  Please state in the email the reason for your application so we can respond to you as quickly as possible. |

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| **CITY OF CASEY AND CITY OF CARDINIA LIBRARIES UPDATE** | | |
| **Program/Service** | **Contac/Link/Websites** | **Dates/Times/Venues** |
| Our libraries are located at Bunjil Place (Narre Warren) Cranbourne, Doveton, Emerald, Endeavour Hills, Hampton Park and Pakenham, with the Cardinia Mobile Library providing weekly service to Beaconsfield, Bunyip, Cockatoo, Garfield, Gembrook, Koo Wee Rup, Lang Lang, Maryknoll, Nar Nar Goon, Tynong and Upper Beaconsfield. Libraries are CLOSED at the moment due to COVID 19. The library has lots of resources, videos, Storytime happening on their Web Site to keep the kids busy. [**Spring\_Digital\_Booklet-2020**](https://anglicarevictoria.cmail19.com/t/d-l-cjioil-tylllyjhhu-yh/) of activities in the libraries across these two Local Government areas. | | |
| **DARI, FARSI, SINHALESE, HINDI, ARABIC, TURKISH, AND ENGLISH STORYTIME**  **Join us on our website for stories 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**! | **Casey Cardinia Libraries**  <https://www.cclc.vic.gov.au/multilingual-storytimes/> | On Web Site  Where On Website follow link  <https://www.cclc.vic.gov.au/multilingual-storytimes/> |
| **TINIES TIME VIDEOS** A special Rhyme Time aimed at Babies and toddlers up to age 3 . Discover how your library can help support your baby’s growth and development. Learn how easy it is to share books and songs with your baby and the importance of these early literacy years. | **Casey Cardinia Libraries**  On Web Site  [**https://www.cclc.vic.gov.au/early-literacy/**](https://www.cclc.vic.gov.au/early-literacy/) | On Web Site  Videos and links on site  [**https://www.cclc.vic.gov.au/early-literacy/**](https://www.cclc.vic.gov.au/early-literacy/) |

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| **Program/Service** | **Contact/Link/Websites** | | **Dates/Times/Venues** | |
| **EARLY PARENTING UNIT**  Kooweerup Regional Health Service  Day program for parents with children 012 months focussing on sleep settling and feeding issues.  PARENTING SUPPORT  DURING COVID  Staff are continuing to support parents with extended phone consultations and increase outreach and postnatal care. Please continue to contact the Early Parenting unit for support. Our infant feedingprogram continues to be available for phone consults | **Kooweerup Regional Health Service**  5997 9674  [www.kooweeruphospital.net.au](http://www.kooweeruphospital.net.au/) | | DURING COVID  STILL ABLE TO HELP.  PHONE CONSULTATIONS HAPPENING.  Please phone | |
| **MATERNAL AND CHILD HEALTH SERVICE** | **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 Centre; 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 | | | |
| **KINDERGARTENS**  Please check the council Website or phone. Services are different during Covid 19. | The Kinders Together cluster operate a variety of Kindergarten programs throughout Cardinia Shire. Visit [www.kinderstogether.com.au](http://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 | | | |
| |  |  |  | | --- | --- | --- | | **Program/Service** | **Contact/Link/Websites** | **Dates/Times/Venues** | | | | | |
| **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. | | | | |
| **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. | | **Victorian Aboriginal Child Care Agency**    (VACCA) Playgroup worker  9701 4200  0408 948 755 | | PleasPlease Phone VACCA to see what services they may be offereing |
| **IRIBANA Autism Services**  Irabina’s community hub in Pakenham provides individual and group programs to families and organisations | | Email - autism@irabina.com or  Irabina (03) 9720 1118  Pakenham Branch  Ph.: 03 8658 6636 | | Please phone IRABINA during covid |

## **City Of Casey**

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| **ParentZone Parenting Programs Family Violence** | | |
| **Program/Service** | **Contact/Link/Websites** | **Dates/Times/Venues** |

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| **FOR ONLINE PARENTING PROGRAMS RAN BY PARENTZONE PLEAS GO TO FRONT OF NEWSLETTER. THERE IS A LISTING OF ALL ONLINE PROGRAMS THAT ARE AVAILABLE THIS TERM**. | | |
| **CISS** (Cranbourne for Casey Residents) We would like to assure all our clients that CISS is still supporting our community and we would like to advise you of some important changes.  Regular updates on Facebook.  **Covid 19 (Coronavirus) Update on some services CISS**  Due to the advice about the COVID-19 virus and limiting social contact, CISS will be providing a phone only service until further notice.  Our aims are to protect our community and to continue to provide Emergency Relief and other services to those who need it. All ER interviews, counselling and financial counselling support will be delivered via phone or email. | Phone/Web Site/FaceBook updates(03) 5996 3333 http://www.cranbourneiss.org.au/images/at-symbol.png[ciss@cranbourneiss.org.au](mailto:ciss@cranbourneiss.org.au) Facebook updated by Centre | Ph. (03) 9784 5000 Fax (03) 9783 8232  156 Sladen Street, Cranbourne  <https://www.facebook.com/cranbourneiss>  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. |

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| **Program/Service** | **Contact/Link/Websites** | **Dates/Times/Venues** |
| **BALLA BALLA COMMUNITY CENTRE**  Will be conducting programs and activities in accordance with Government guidelines. • Activities planned will be conducted online. • Subscribe to our weekly newsletter email. • Centre will re-open to the Public when Government guidelines authorises us to. • Sanitization stations available. • Sign in on entry required. • Places may be limited for some activities. Some include:  Men’s Discussion group each week  Cuppa and chat theme Days  Ageing in your home  Safe Seats Safe Kids  NBN Scams Awareness | <https://www.ballaballa.com.au/wp-content/uploads/2020/09/BBCC-Term-4-2020-trifold.pdf>  Ph: 5990 0900  Email [admin@ballaballa.com.au](mailto:admin@ballaballa.com.au)  [www.ballbballa.com.au](http://www.ballbballa.com.au) | Please follow link to Program Guide for Term 4 2020  If you wish to join our online activities and require some help using Zoom, please call us or let us know when registering your interest. Zoom links will be emailed to you once you have enrolled. |
| **CASEY CONNECT LEARN**  Find the perfect activity, class or group for you right on your doorstep. Follow link, put in activity and the site does the work. Not everything is in here, but it has a lot. | <https://caseyconnectlearn.com.au/> | Click on link |
| **Program/Service** | **Contact/Link/Websites** | **Dates/Times/Venues** |
| 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.** | 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](mailto:enquiries@berwickfrc.org.au) | |
| **PLAYGROUPS**  To see when these are running again please keep updated via the council link | **City Of Casey Free supported playgroups**  City of Casey customer service.  03 9705 5200 Or email  [**playgroupReferrral@casey.vic.gov.au**](mailto:playgroupReferrral@casey.vic.gov.au) | |
| **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. | **Victorian Aboriginal Child Care Agency**  9701 4200 | Not running with Covid Restrictions. Phone as they change. |

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| **City Of Casey** |  | |  | |  | |
| **Program/Service** | | | **Contact/Link/Websites** | | **Dates/Times/Venues** | |
| **PLAYGROUPS**  To see when these are running again please keep updated via the council link | | | **City Of Casey Free supported playgroups**  City of Casey customer service.  03 9705 5200 Or email  [**playgroupReferrral@casey.vic.gov.au**](mailto:playgroupReferrral@casey.vic.gov.au) | | **PLAYGROUPS**  To see when these are running again please keep updated via the council link | |
| **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. | | | **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](mailto:cranbourne@rav.org.au)    This program is a Communities for Children initiative supported by the Australian Government. | | **Please contact during Covid 19 restrictions.** | |
| **Program/Service** | | | **Contact/Link/Websites** | | **Dates/Times/Venues** | |
| **DADS MATTER**  **READ-PLAY-MAKE NARRE WARREN –**  **DADS MATTER PROGRAM** | | | Contact **City of Casey**  To register contact City of Casey on 9705  5200 or email [dadsmatter@casey.vic.gov.au](mailto:dadsmatter@casey.vic.gov.au)  . | | **Please phone or email during Covid 19** | |
| **TIME FOR A CHANGE**  Men’s behaviour change program designed to help men address those issues & stop using any forms of abuse & violence in their relationships with others.  **ONLINE COUNSELLING**  Provides the opportunity for to access professional support from an experienced counsellor, when and where it suits you. Our counsellors listen to your concerns, and provide practical advice and resources to support you to find ways to manage your situation. | | | **Relationships Australia**  Cranbourne Centre  03 5990 1900  https://www.relationshipsvictoria. com.au/assets/PDFs/Flyers/Online-Counselling -Flyer-W18019-PC.pdf | | **PhONE TO SEE IF MEN’S BEHAVIOUR CHANGE PROGRAM IS RUNNING**  **ONLINE COUNSELLING IS AVAILABLE**  **PLEASE PHONE OR GO TO LINK** | |
| **Department of Justice and Regulation** | | | Cranbourne Justice Service Centre  176 Sladen Street  Cranbourne  Ph.: 1300 292 936 | | Please phone during Covid | |

**City of Frankston**

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| **Program/Service** | | **Contact/Link/Websites** | **Dates/Times/Venues** | | |
|  | **ANGLICARE PARENTING PROGRAMS** | | |  |  |
| PARENTZONE ARE RUNNING A NUMBER OF ONLINE PROGRAMS THIS TERM. PLEASE GO TO THE FRONT OF THE NEWSLETTER FOR ALL DETAILS OF EACH ONE | | | | | |
| **KARINGAL HEIGHTS PRIMARY SCHOOL PLAYGROUP**  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 | | **Anglicare Victoria**  **Karingal Heights Primary School**  Enquiries: For more information, please contact Naomi on 0438 280 375 or  email: naomi.law@anglicarevic.org.au 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 | Please phone as restrictions are lifted. | | |

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| **Frankston City Council** | | | | | | | | |
| **Frankston City Council**  Parent and Guardian Education Programs  Council's Parent Education Program offers friendly sessions which are free for local families including:  **Coronavirus update**:  Council’s Maternal and Child Health services are operating at reduced capacity.  All New Parent Groups and Parent Education Sessions are cancelled until further notice | | | | | Frankston City Council provides a range of services to Parents, for more information,  visit <http://www.frankston.vic.gov.au/Our_Community/Family_Services>  PO Box 490 **Frankston** 3199  Tel: 1300 322 | | | |
| . **Frankston City Council**  Parent and Guardian Education Programs  Keep an eye on Web site for when these are running again. Phone Council to see if you can get your name on a waiting list | | | Frankston City Council  Links to Programs. Keep a look out   * [Baby Cues](https://www.frankston.vic.gov.au/Our_Community/Family_Services/Parent_Education_Programs#BabyCues) * [Baby Makes 3](https://www.frankston.vic.gov.au/Our_Community/Family_Services/Parent_Education_Programs#BabyMakes3) * [Boost Up Blues - 8 Week Program](https://www.frankston.vic.gov.au/Our_Community/Family_Services/Parent_Education_Programs#Boostupblues) * [Early Parenting - Books and Babes](https://www.frankston.vic.gov.au/Our_Community/Family_Services/Parent_Education_Programs#EarlyParenting-BooksandBabes) * [Foods For Babies](https://www.frankston.vic.gov.au/Our_Community/Family_Services/Parent_Education_Programs#FoodsForBaby4-12Months) * [Infant Massage 0-6 months](https://www.frankston.vic.gov.au/Our_Community/Family_Services/Parent_Education_Programs#InfantMassage0-6months) * [Sleep and Settling 0-4 months Newborns](https://www.frankston.vic.gov.au/Our_Community/Family_Services/Parent_Education_Programs#SleepandSettling-Newborns0-6months) * [Sleep and Settling 6-8 Months](https://www.frankston.vic.gov.au/Our_Community/Family_Services/Parent_Education_Programs#SleepandSettling6-12Months) * [Sleep and Settling Toddler 12+ Months](https://www.frankston.vic.gov.au/Our_Community/Family_Services/Parent_Education_Programs#Sleep%20and%20Settling%20-%20Toddler%2012+%20Months) * [Play Ideas for Toddlers](https://www.frankston.vic.gov.au/Our_Community/Family_Services/Parent_Education_Programs#ToddlerPositivePlayandBehaviour2-5yrolds) * [Toilet Training](https://www.frankston.vic.gov.au/Our_Community/Family_Services/Parent_Education_Programs#ToiletTraining1-4yrs) | | | Keep an eye on Web site for when these are running again. Phone Council to see if you can get your name on a waiting list | | |
|  | **Crisis Service, Support/Challenging Behaviours and Community Centres** | | | | | |  |  |
| **Program/Service** | | **Contact/Link/Websites** | | | | **Dates/Times/Venues** | | |
| **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 | | | | | Please phone or email  During Covid 19  Service may be altered or not running  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 Jenkens 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 | | | |
| **PARENTING GROUPS AND**  **PROGRAMS AS PART OF THE FSFI**  Programs and groups held in conjunction with local Schools.  Available to Parents outside the schools or inside.  Contact school for dates and times | | | | **Frankston School & Family Initiative (FSFI)**  **Karingal Heights Primary –** Phone: (03) 9789 3288 Email: [karingal.heights.ps@edumail.vic.gov.au](mailto:karingal.heights.ps@edumail.vic.gov.au)  **Naranga School -** Phone (03) 9788 2222 E-mail [-naranga.ss@edumail.vic.gov.au](mailto:-naranga.ss@edumail.vic.gov.au)  **Kingsley Park Primary School -** Telephone 03 9789 0077 Email: [kingsley.park.ps@edumail.vic.gov.au](mailto:kingsley.park.ps@edumail.vic.gov.au)  **Mahogany Rise Primary School –** phone (03) 9786 3211 | | Please phone or email  During Covid 19  Service may be altered or not running | | |
| **MINDFUL PARENTING**  A 3 week small group program for parents/expectant parents up to 25.  **EMPOWER YOUTH**  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 | | | | [headspace@headspacefrankston.org.au](mailto:headspace@headspacefrankston.org.au)  [www.facebook.com/headspacefrankston](http://www.facebook.com/headspacefrankston)  Phone 9769 6419 | | sight has some Covid 19 Resources  Contact Head Space to see what online programs and assistance they have.  Follow links | | |

**City of Frankston**

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| **Program/Service** | | **Contact/Link/Websites** | | **Dates/Times/Venues** |
| **Belvedere Community Centre** Seaford would like to hear what you, your family and your neighbours need as we emerge from COVID-19. The information you provide will be used alongside other data to help us identify local needs and help us shape our programming in 2021.  With the ever-changing restrictions, BCC is again closed until we have permission to reopen.    We will continue to run some of our adult education programs online but at this stage all our other programs have been cancelled.  ​ | | **Belvedere Community Centre Seaford**  Phone: 9776 8922 (you will need to leave a message but we will try to get back to you as soon as possible)  Email: [centre\_manager@belvedere.org.au](mailto:centre_manager@belvedere.org.au)  [Web: www.belvedere.org.au](https://www.belvedere.org.au/)  [www.facebook.com/Belvedere CommunityCentreInc/](http://www.facebook.com/Belvedere%20CommunityCentreInc/) | | **Updated late September** Keep an eye on our Facebook page and our newsletters to see what initiatives we will be offering while we are closed  Please check the Web or Facebook page for further up dates |
| **Community Support Frankston**  **This service is still operational during The Covid 19 pandemic.**  CSF will however be offering Frankston residents a telephone and email-based assistance service. You will be able to speak with an interviewer, who will assess your current needs and discuss how we can provide Emergency Relief and essential supports to you.  **Pantry items; food parcels; pre made meals; bread; fruit &vegetables; personal hygiene products; laundry vouchers; payment of bills.**  **Tax Help (July — October)** People earning under $50,000 per year, who fit ATO criteria, may receive help filling out their tax return from Tax Help volunteers at the Centre. | | **CSF (Community Support Frankston)**  [csf@frankston.net](mailto:csf@frankston.net)  9783 7284  Telephones will be manned by  our volunteer workers during  the following hours:  Monday to Friday 9.30am - 3.30pm  Please ring 9783 7284 to check if you are eligible for Tax Help and to make an appointment. | | Please Phone for any other details and keep up to date on the Web site for changes to services during Covid 19 |
| **Program/Service** | | **Contact/Link/Websites** | | **Dates/Times/Venues** |
| **St Vincent De Paul**  At a time of self-isolation, the St Vincent de Paul Society will continue to meet the needs of people in need of support, while ensuring the community and our members, volunteers and staff are safe.  Frankston services include assistance with food, clothing, and furniture.  Our services to the community are NOT closed. But there are some changes to the way we go about our business because of COVID-19  .  There will be more telephone and web-based contact.  The Society will continue to monitor the situation and provide as much assistance as we can.  We hold concerns for the most vulnerable people in our communities at this time and we are in dialogue with governments to design how to continue to offer support.   Please call us as you normally would, but please be patient. Some things have changed.  We can no longer visit you in your home. We can stay in touch by phone or social media platforms like FaceTime and Skype.  We are taking advice from the relevant government authorities. | | **St Vincent De Paul**  Ph. 9769 6060  Ring for an appointment | | **St Vincent De Paul**  Ph. 9769 6060  Ring for an appointment and Services. |
| **Program/Service** | | **Contact/Link/Websites** | | **Dates/Times/Venues** |
| **Crisis Services- Salvation Army have a great list of resources for Services.**  **Click on link; type in Suburb, tick what you are after and a list of services available with contacts and maps come up.** | | **http://cris.crisisservices.org.au//** | | If you can’t find what you need, try this link |
| **Lyrebird Community Centre**  **Apart from** **Occasional Childcare**- this is **OPEN Lyrebird Community Centre** Is **CLOSED**  For Operation Until Further Notice.  Bookings Are Essential. If You Have A Booking And The Door Is Locked, Please Ring The Doorbell | | **Lyrebird Community Centre**  For any urgent matters, please email us at [admin@lyrebird.org.au](mailto:admin@lyrebird.org.au)  Phone 03 9782 0133 | | Phone and book for Occasional Care which is Open. For any Urgent matters, please email or phone |
| Ebdale Community Centre Maternal and Child Health services and Immunisation Sessions  **Please note:** Due to the evolving situation surrounding COVID-19 and the announcements by Federal and State Government regarding public health and safety, Council has **closed**Ebdale Hub and Community Learning Centre until further notice. | | For any information about Maternal and Child Health services and Immunisation sessions at this centre please contact 9784 1756.  For urgent enquiries please contact Frankston City Council 1300 322 322 | | Ebdale Hub is closed.  Keep checking with Frankston City council as Covid 19 restrictions change |
| **CHAMPS**  A free, peer-support group program for 812yo 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)  **9784 6999 Sarah**    **MHFaPMI@phcn.vic.gov.au** | | Please follow link or call |
| **Program/Service** | | **Contact/Link/Websites** | | **Dates/Times/Venues** |
| **Karingal Place Community Centre**  **Please note:** Due to the evolving situation surrounding COVID-19 and the announcements by Federal and State Government regarding public health and safety, Council has **closed**  Karingal PLACE Neighbourhood Centre is a multi-service children's and family services hub located in the heart of Karingal.  The centre offers many services including Maternal Child Health, Kindergarten, Frankston City Library and Story Time. | | For urgent enquiries please contact Frankston City Council 1300 322 322.  For any information about Maternal and Child Health services and Immunisation sessions at this centre please contact 9784 1756. | | Phone the Frankston City Council for further updates as Covid 19 restrictions change stages. |
| **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](http://www.peninsulahealth.org.au/) | | Chris Blakey  Contact for COVID changes |
| **Frankston Library Branches Update** | | | | |
| Just recently the Library updated there Website to::  We are currently offering a contactless Click and Collect service from Frankston, Carrum Downs and Seaford libraries. The return chutes will also be open at these locations. If you need help accessing our online library please call the team 9am-5pm Monday to Friday and 10am-4pm Saturday and Sunday on 9784 1020 and we're also available on the website Live Chat.  During this time,  [**online eBooks, eAudiobooks, music and movie streaming services**](https://www.facebook.com/FrankstonCityLibraries) are available 24 hours a day, and our events and programs plus our popular FrankTALKS and Storytime Live on Facebook each Tuesday and Thursday at 11am will continue.  We’ve just launched our Friday Night Flicks and Sunday Kids Films on Facebook, so if you can make it, we’d love you to join us on [Kanopy](https://studiosity.com/connect/clients/frankston-city-libraries/authenticate) for each event and know we’re still kind of together – but apart. You can check out [Kanopy HERE](https://frankston.kanopy.com/).  Also, if you need help with home schooling, we’ve just launched [Studiosity](https://studiosity.com/connect/clients/frankston-city-libraries/authenticate). You’ll hear more about it soon, but it’s a free online, on-demand 24/7 tutoring platform. It can also help you with job seeking. Jump on our website and check it out [HERE](https://studiosity.com/connect/clients/frankston-city-libraries/authenticate).  If you need help accessing our online library during this time or have questions about our online events and programs, you can call the team 10am-4pm Monday to Friday on 9784 1020 and we're also available on Live Chat via our website.  All due dates on library items have been extended until at least 4 November. Any item returned this week will remain in quarantine and also on your library card over this period. But don't worry, we know you've returned the item and you will not incur a fine.  Most importantly, please stay safe. We look forward to getting back into the library as soon as we can and hope you enjoy all our online library, programs and events have to offer in the meantime!   For the latest updates please check our [**website**](https://library.frankston.vic.gov.au/Home) or [**follow Frankston City Libraries on Facebook**](https://www.facebook.com/FrankstonCityLibraries). | | | | |
| Bedtime Story Time Bedtime Storytime is pre-recorded and the videos will remain online during this time, so you can use them every night if you wish! Bedtime Storytime is perfect for 0-5 year olds. | Frankston City Library  <https://www.facebook.com/FrankstonCityLibraries> | | Day Wednesday nights  Time 6.30pm  Dates 16th Sept-23 Nov 2020  Free  On FaceBook page. Please follow link  For further details go to face book page. | |
| Storytime Live Join Kerry, Bev and Monica LIVE from Frankston Library on Facebook.  Sometimes in these unsettling times, it's nice to see a familiar face. We hope you can join us | Frankston City Library  Right here on Facebook: Go to our Facebook page when we go live at 11am!  [**Frankston City Libraries**](https://www.facebook.com/FrankstonCityLibraries/) | | Days Tuesdays and Thursdays  Time 11am-11,39am  Date 8th Sept to 22nd Oct | |
| **Program/Service** | **Contact/Link/Websites** | | **Dates/Times/Venues** | |
| Bugs Storytime live Recommended for ages: 0- 5 Years  We love stories and rhymes about creepy, crawly backyard bugs that scramble, soar and buzz. Don’t you?  Our Live Online Storytime is all about BUGS. Which bug is your favourite? | Frankston City Library  Right here on Facebook:  [**Frankston City Libraries**](https://www.facebook.com/FrankstonCityLibraries/) | | Day Thursday  Date 11.00amUTC+10 to 11.30am  Date October 1st  Free | |
| Grassheads Recommended for ages: 5- 12 Years  This gardening project is perfect for Spring. Kids will love watching their grass heads sprout hair and keep growing. Kerry will take us through, step by step, in creating these hairy little friends!  You will need:  Stockings, plastic cup or small yoghurt pot, scissors, markers, coloured paper, craft glue, Sphagnum Moss or potting mix, grass seeds, rubber band, pipe cleaner, goggle eyes (optional) and a spray bottle with water. | Frankston City Library  Right here on Facebook:  [**Frankston City Libraries**](https://www.facebook.com/FrankstonCityLibraries/) | | Day Friday,  Date October 2, 2020  Time 11 AM – 11:30 AM  FREE  ON FACEBOOK | |

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| [**ORANGE DOOR**](#_FAMILY_VIOLENCE_ORANGE) **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](http://www.ntvmrs.org.au/) 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. |

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| Group / Program | Contact | Address | Details/ Other |
| **GRANDPARENTING AFTER**  **SEPARATION**  A group or individual workshop to support grandparents. Phone for further details Must book | **Lifeworks**  Frankston Office Reception or phone 9783  7611  For more details or bookings, please call  You can also register online or via email W [www.lifeworks.com.au](http://www.lifeworks.com.au/) <https://lifeworks.com.au/>  Lifeworks Relationship Counselling &  Education Service | Lifeworks  345 Nepean Hwy, Frankston | Please phone for further details and to book |
| **PINES COMMUNITY MENS SHED** | PH: 9786 1008 | 14 Stringybark Cres  Frankston Nth 3200 | Please phone for days |
| **DADS IN FAMILY FOUNDATION**  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. | **Dads in Family Foundation** Phone: 0417 009 667 or 9781 4343 dadsinfamiliesfoundation@hotmail.com | Church of Christ  130 Cranbourne Rd,  FRANKSTON | Please phone during Covid19 |

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| Group / Program | Contact | Address | Details/ Other |
| **THE BBQ BOYS**-  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. | The BBQ Boys Carers Inc.  **Respite South**  Ring one of the committee members on  Peter-o404 044 283  Honk – 0455 179 692 Bill 0447 985 327 or 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 | Now Held  38 Valetta St  Carrum | Please phone during Covid19 |
| **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](http://www.lifeworks.com.au/)  or email lifeworks@lifeworks.com.au | | | |

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| Group / Program | Contact | Address | Details/ Other |
| **MEN’S BEHAVIOUR CHANGE**  **PROGRAM-**  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. | **Life works**  phone 9783 7611 [www.lifeworks.com.au](http://www.lifeworks.com.au/)  or email lifeworks@lifeworks.com.au  Register 1300 543 396 | 345 Nepean Hwy, Frankston  Lifeworks Frankston  <https://relationshipmatters.com.au/our-resources/covid-19-resources/> | Please phone during Covid19 |
|  | **MARRIAGE/SEPARATION/RELATIONSHIPS AND SUPPORT** | |  |
| **SUPPORTING CHILDREN AFTER SEPARATION**  For families requiring assistance after separation. | **Family Mediation Centre**  345 Nepean Hwy Frankston ph. 9783 7611 | Please phone for details of programs. Also available in other locations | Please phone during Covid19 |
| **PARENTING IN A STEP FAMILY**  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 | **Lifeworks** [www.lifeworks.com.au](http://www.lifeworks.com.au/) or  Register at Frankston Office or phone 9783 7611 | Lifeworks  345 Nepean Hwy, Frankston | Please phone during Covid19 |

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| Group / Program | Contact | Address | Details/ Other |
| **PARENTING AFTER SEPARATION**  A group workshop to support parents. Lifeworks are unable to enrol ex-partners in the same program.  There are intensive weekly programs; weekend programs; weekly programs Several Programs coming up, check Details and other for all. | **Lifeworks**  Frankston Office Reception or phone  9783 7611  [www.lifeworks.com.au](http://www.lifeworks.com.au/)  or email lifeworks@lifeworks.com.au  Lifeworks Relationship Counselling & Education Service  Booking at Frankston Office Reception or phone  9783 7611 | Lifeworks  345 Nepean Hwy, Frankston | Please phone during Covid19 |
| **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. | **Orwill St Community House**  Phone 9783 5073    Email: info@orwilst.org.au | Orwil St Community House,  16 Orwil St  Frankston | Please phone during Covid19 |
| **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. | **Orwill St Community House**  Phone 9783 5073    Email: info@orwilst.org.au | Orwil St Community House,  16 Orwil St  Frankston | Please phone during Covid19 |

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| Group / Program | Contact | Address | Details/ Other |
| **DISABILITIES, CHALLENGING BEHAVIOURS, MENTAL HEALTH, GRIEF/LOSS and OTHER** | | | |
| **POST NATAL DEPRESSION SUPPORT GROU**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. | **Frankston City Council**  For further information please contact Julie O’Brien 9293 7117 or Catriona Cochrane on 9293 7119 | | |
| **STEPS TO WHOLENESS – ANXIETY & DEPRESSION GROUP**  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. | **Orwill St Community House**  Phone 9783 5073  Mon – Friday  Facilitator Margaret Devis  [Orwil Street Community House Inc Community Service Frankston](https://www.orwilst.org.au/) | Orwil St Community House  16 Orwil St, Frankston | Please phone during Covid19 |
| **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** [www.extendedfamilies.org.au](http://www.extendedfamilies.org.au/) | Contact Rachel De Summa  Ph. 9285 4839 or 0438 752 126  Email Rachel@extendedfamilies.org.au | Please phone during Covid19 |
| **PARENT/CARERS SUPPORT &**  **RESOURCE GROUP**  Are you the parent of a child or adult with a disability?  Gain support, friendship and information. | **Orwil Street Community House**    Contact: Lani Peach  59 719 100 | Orwil St Community House  16 Orwil St,  Frankston | Please phone during Covid19 |

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| Group / Program | Contact | Address | Details/ Other |
| **ASSERTIVENESS COACHING**  A 3hr workshop. Learn how to find your voice, express yourself respectfully and improve communication in all your relationships. | **Lifeworks** Relationship Counselling &  Education Service 9783 7611  Or Register on line  At [www.lifeworks.com.au](http://www.lifeworks.com.au/) | Lifeworks  345 Nepean Hwy Frankston | Please phone during Covid19 |
| **KINSHIP CARER SUPPORT GROUP**  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. | **Orwil Street Community House**    Contact: Sue Gale  9212 5600 | Orwil St Community House  16 Orwil St,  Frankston | Please phone during Covid19 |
| **AUTISM FRIENDSHIP GROUP (BALLAM PARK)** | **MOIRA**  Kerri Rolft – Parent Support Coordinator  Ph.: 8552 2222 | Ballam Park Primary School  Belar Avenue  Frankston | Please phone during Covid19 |

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| **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. 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. 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  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. |

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| Group / Program | Contact | Address | Details/ Other |
| **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 | **Anglicare Victoria**    Anglicare 9781 6700 | Kananook Kinder Building  6-8 Buna Ave  Seaford | Please call for details during COVID-19  To see what is happening as restrictions ease |
| **SWITCH BOARD SPORTS**  For youth 12 to 17yrs. Come and enjoy board sports, design workshops, life skill classes and community projects. | **Lyrebird Community Centre**  9768 1366 As Above  Booking essential | Lyrebird Community Centre  Carrum Downs | Please phone for details |
| **MULTICULTURAL PLAYGROUP**  For parents that have recently arrived in  Australia or who was born outside Australia, share your cultures and make new friends. | **Frankston City Council**  Contact Jo  8786 6650 | Karingal Place  103 Ashleigh Ave  Frankston | Please phone for details |
| **TRANSITION TO WORK**  Are you aged 15 – 21 and looking for work, but don’t know where to start? We can help. | **Brotherhood of St Laurence**  Ph.: 1800 719 404  TTWFrankston@bsl.org.au | High Street Centre  24 – 26 High Street  Frankston | Phone for further information and 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](https://www.familylife.com.au/contact-us/)  [Twitter](http://www.twitter.com/familylifeAU) | [Facebook](http://www.facebook.com/pages/Family-Life/49949567157) | [YouTube](http://www.youtube.com/user/FamilyLife001/videos) | 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](https://www.familylife.com.au/contact-us/)  [Twitter](http://www.twitter.com/familylifeAU) | [Facebook](http://www.facebook.com/pages/Family-Life/49949567157) | [YouTube](http://www.youtube.com/user/FamilyLife001/videos) | Family Life Community House, 10  Carmichael Street, Tootgarook 3941 | Please phone for details |

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| 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 House16 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](https://www.familylife.com.au/contact-us/)    [Twitter](http://www.twitter.com/familylifeAU) | [Facebook](http://www.facebook.com/pages/Family-Life/49949567157) | [YouTube](http://www.youtube.com/user/FamilyLife001/videos) | Family Life Community House, 10  Carmichael Street, Tootgarook 3941 | Please phone for further details |
| **KOORIE KIDS PLAYGROUP** VACCA  A facilitated playgroup for all Koorie families | **VACCA**  9706 6383 |  | Please phone for details |

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| 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 |

## **City of Glen Eira**

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| Group / Program | Contact | Address | Details/ Other |
| **PARENTING** | | | |
| **GLEN EIRA 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](http://www.gleneira.vic.gov.au/)    NEW PARENTS GROUP    not running as at 23 September. Please contact council as restrictions change  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 9524 3403.  The six week program covers the following topics:  Development: Understanding Sleep; maternal health and wellbeing; Infant health; Safety; Introducing solids and community supports. | | | |
| **FAMILY VIOLENCE** | | | |
| [**ORANGE DOOR**](#_FAMILY_VIOLENCE_ORANGE) **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](http://www.ntvmrs.org.au/) 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**

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| 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 Maternal Child and health are running differently due to COVID 19 |
| **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](http://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 |

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| Group / Program | Contact | Address | Details/ Other |
| **DISABILITIES, CHALLENGING BEHAVIOURS,ALCOHOL & DRUGS, MENTAL HEALTH** | | | |
| **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. | **Association for Children with a**  **Disability** [www.trybooking.com/32010](http://www.trybooking.com/32010) or ph. 9818 2000  Rural callers 1800 654 013 email mail@acd.org.au [www.acd.org.au](http://www.acd.org.au/) | Please contact for details | Please phone during COVID |
| **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 during COVID |
| **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). | **Gambler’s Help Southern**  9575 5353  Gamblershelpsouthern.org.au | Clarinda Community Centre  Free parking  Please phone for details | Please phone during COVID |

**City of Glen Eira**

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| Group / Program | Contact | Address | Details/ Other |
| **WELLWAYS-**  Run programs through MI Fellowship Victoria and other partner organisations for families and friends of people with a mental illness. | **Wellways**  276 Heidelberg Rd Fairfield  03 8486 4200  Enquiries: enquiries@mfellowship.org www.mfellowship.org | Please phone 9784 6800 for further information. | Please phone during COVID |
| **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 | | | |
| **FAMILY SUPPORT** | | | |
| **PLAYGROUPS** | **Playgroup Victoria** [www.playgroup.org.au](http://www.playgroup.org.au/) | Check website for locations | Please phone during COVID |
| **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. | 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 | Derrimut Weelam Gathering Place  Mordialloc Life Saving Club,  199 Beach Road,  Mordialloc | Please phone during COVID |
| 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](http://www.caringmums.org.au/) | Bubup Nairm Family and Children’s  Centre  998 Carlisle St,  St Kilda | Please phone during COVID |
| **THE SUPPER CLUB**  A new support group for families dealing with grief and loss due to alcohol and /or drug overdose or related illness. | **Family Drug Help** Ph. 9573 1789 fdh@Share.org.au | Family Drug Help 140 Grange Rd, Carnegie | Please phone during COVID |
| **WOMEN RECLAIMING THEIR LIVES**  **GROUP**  9 week group for women who have experienced or are experiencing violence at home. | **Monash link Community Health Service**  568 Neerim Rd Hughesdale Jennifer or  Helen  1300 552 509 | Monash link Community Health Service City of Monash Location to be advised upon booking | Please phone during COVID |
| **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> | **SEMBA**  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. | Please phone during COVID details |

**City of Greater Dandenong**

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| Service/Program | | | Contact/Links/WebSite | Details/ Other |
| The **Help is Here campaign** provides information on **support** services available to anyone affected by domestic and family violence, to **help** them access the **support**they need, when they need it. For urgent medical or police **help** freecall Triple Zero (000). This covers all areas.  Link | | | [Help is Here campaign | Department of Social Services, Australian Government](https://hes32-ctp.trendmicro.com:443/wis/clicktime/v1/query?url=https%3a%2f%2fwww.dss.gov.au%2fwomen%2fhelp%2dis%2dhere%2dcampaign&umid=8a496982-1338-4a50-be50-fe1cccdff679&auth=96c4d4f911ef2b3e007f0ee246d839d9ce23c6c9-9c96e102aefe2a6930c0a70c6693704fff2d5108) |  |
| **WELLSPRINGS** During Stage 4 restrictions, all classes will be run online for at least the remainder of term 3.  If you are already enrolled, your Tutor will be contacting you via phone and connecting with you for classes via Zoom.  If you need any help, our Women’s Support Team are available to help you in any difficult situation. Please call the office and it will be diverted to one of our staff on a mobile phone. Leave a message and someone will get back to you as soon as possible. (In an emergency, always dial 000)  Hopefully, we can see you all in Term 4 for some much needed face-to-face learning.  Stay safe, stay well and stay at home. Keep up to date as restrictions change. | | | ( 03) 9701 3740 | Contact Wellsprings for Women: (03) 9701 3740  As COVID-19 continues to affect our community, if you need support with material aid or food, please click one of the below links to see the list of services that can help: |
| COVID-19 Information in Community Languages:  [**Department of Home Affairs website –**](https://hes32-ctp.trendmicro.com:443/wis/clicktime/v1/query?url=https%3a%2f%2fwww.dss.gov.au%2fwomen%2fhelp%2dis%2dhere%2dcampaign&umid=8a496982-1338-4a50-be50-fe1cccdff679&auth=96c4d4f911ef2b3e007f0ee246d839d9ce23c6c9-9c96e102aefe2a6930c0a70c6693704fff2d5108)[**https://www.homeaffairs.gov.au/news-media/current-alerts/novel-coronavirus**](https://hes32-ctp.trendmicro.com:443/wis/clicktime/v1/query?url=https%3a%2f%2fwww.homeaffairs.gov.au%2fnews%2dmedia%2fcurrent%2dalerts%2fnovel%2dcoronavirus&umid=8a496982-1338-4a50-be50-fe1cccdff679&auth=96c4d4f911ef2b3e007f0ee246d839d9ce23c6c9-815febc4bd2732dc0af78e41516cdda8d4d04f04)  [**Department of Health website –**](https://hes32-ctp.trendmicro.com:443/wis/clicktime/v1/query?url=https%3a%2f%2fwww.dss.gov.au%2fwomen%2fhelp%2dis%2dhere%2dcampaign&umid=8a496982-1338-4a50-be50-fe1cccdff679&auth=96c4d4f911ef2b3e007f0ee246d839d9ce23c6c9-9c96e102aefe2a6930c0a70c6693704fff2d5108)[**https://www.health.gov.au/news/health-alerts/novel-coronavirus-2019-ncov-health-alert**](https://hes32-ctp.trendmicro.com:443/wis/clicktime/v1/query?url=https%3a%2f%2fwww.health.gov.au%2fnews%2fhealth%2dalerts%2fnovel%2dcoronavirus%2d2019%2dncov%2dhealth%2dalert&umid=8a496982-1338-4a50-be50-fe1cccdff679&auth=96c4d4f911ef2b3e007f0ee246d839d9ce23c6c9-570d882420e4cd90ab98bb7987d52c3d07539e62)  [**Australian Government portal –**](https://hes32-ctp.trendmicro.com:443/wis/clicktime/v1/query?url=https%3a%2f%2fwww.dss.gov.au%2fwomen%2fhelp%2dis%2dhere%2dcampaign&umid=8a496982-1338-4a50-be50-fe1cccdff679&auth=96c4d4f911ef2b3e007f0ee246d839d9ce23c6c9-9c96e102aefe2a6930c0a70c6693704fff2d5108)[**https://www.australia.gov.au/**](https://hes32-ctp.trendmicro.com:443/wis/clicktime/v1/query?url=https%3a%2f%2fwww.australia.gov.au&umid=8a496982-1338-4a50-be50-fe1cccdff679&auth=96c4d4f911ef2b3e007f0ee246d839d9ce23c6c9-cfdf436d94c5b9a969efee3fdffdac5ed0b5da2e)  [**Written information in in a number of community languages is also available on the Victorian Government’s health department website at**](https://hes32-ctp.trendmicro.com:443/wis/clicktime/v1/query?url=https%3a%2f%2fwww.dss.gov.au%2fwomen%2fhelp%2dis%2dhere%2dcampaign&umid=8a496982-1338-4a50-be50-fe1cccdff679&auth=96c4d4f911ef2b3e007f0ee246d839d9ce23c6c9-9c96e102aefe2a6930c0a70c6693704fff2d5108)[**https://www.dhhs.vic.gov.au/translated-resources-coronavirus-disease-covid-19**](https://hes32-ctp.trendmicro.com:443/wis/clicktime/v1/query?url=https%3a%2f%2fwww.dhhs.vic.gov.au%2ftranslated%2dresources%2dcoronavirus%2ddisease%2dcovid%2d19&umid=8a496982-1338-4a50-be50-fe1cccdff679&auth=96c4d4f911ef2b3e007f0ee246d839d9ce23c6c9-3ba68524421cc6e0aa66c8794635cb1b717e9a37)  [**Further, SBS has recently launched a new multilingual online portal on COVID-19 in 63 languages at**](https://hes32-ctp.trendmicro.com:443/wis/clicktime/v1/query?url=https%3a%2f%2fwww.dss.gov.au%2fwomen%2fhelp%2dis%2dhere%2dcampaign&umid=8a496982-1338-4a50-be50-fe1cccdff679&auth=96c4d4f911ef2b3e007f0ee246d839d9ce23c6c9-9c96e102aefe2a6930c0a70c6693704fff2d5108)[**https://www.sbs.com.au/language/coronavirus**](https://hes32-ctp.trendmicro.com:443/wis/clicktime/v1/query?url=https%3a%2f%2fwww.sbs.com.au%2flanguage%2fcoronavirus&umid=8a496982-1338-4a50-be50-fe1cccdff679&auth=96c4d4f911ef2b3e007f0ee246d839d9ce23c6c9-79e2d2cb7dc0019401bc43bf06631a428b6bcc02) | | | | |
| **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.    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 the City of Greater Dandenong and the City of Casey. | | **Brotherhood of St Laurence** Skills for work  Dandenong 3175  T 03 8752 8552 M 0491 050 613  janette.witt@bsl.org.au [www.bsl.org.au](http://www.bsl.org.au/)  Please ask for details when phoning the office    Dandenong  3175 **I** T 03 8752 8552 **I** M 0491 050  613 | | Please phone regarding this and other help.    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. |
| **Anxiety Recover Centre Victoria Support** group for people that been affected by anxiety disorders, that have similar experiences. Family friends and members are welcome | | **Anxiety Recover Centre** 1300 269 438 | | Contact Anxiety Recover Centre 1300 269 438 |
| **CONFIDENT LIVING PROGRAM**  A creative arts & social integration program for people with progressive MS& other neurological disorders. | **Multiple Sclerosis Australia**  Jenny Murray  9845 2772 | | Noble Park Community Centre,  Ross Reserve, Memorial Drive, Noble  Park  (Melways Ref 80 E12) | Please phone for details |
| **HELP FOR PARENTS AND CHILDREN**  Ph. 9767 0817 talk to your Maternal Child Health Nurse | 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.  <http://www.greaterdandenong.com/section/25485/your-council-services>Gives you main page <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...  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 | | | |

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| **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 | Cranbourne contact:  Contact Jill Konig on 0410 490 007 or Natalie Lees on 0447 940 446 to enquire or visit.    Narre Warren Contact  – contact Tina Bampton or Melinda Brown on 9704 7388    **Dandenong Contact**  **Contact Jill Konig or Sali Shayia on 0427 959 498.** | Cranbourne YPEP, now located at  Casey Stadium & Cranbourne  Community House      Narre Warren YPEP located at  Foundation Learning College (former  NCLC)    **And the new Dandenong YPEP located at Skill invest on Thomas St.** | Cost Free  Please phone and talk to someone and book in. |
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| **CHALLENGING BEHAVIOURS, DISABILITIES, GRIEF, Drug & Alcohol dependency, CALD AND OTHER** | | | |

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| Group / Program | Contact | | Address | | Details/ Other |
| **FAMILY SUPPORT**  Alcohol and/or drug use impacting on family | **Connections**-Alliance  Family Counselling Group Lynn 8792 8999 | | 9 Maralinga Ave Keysborough  Maralinga Primary School | Please phone for further details | |
| **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 | **Extended Families**  03 9285 4838  Vietnamese speaking workers available | Please Phone for further details | | Please phone for further details | |
| **NEXT STEP**  Develop your potential and get ready to take that next step in life. | **Dandenong Neighbourhood House**  Please phone and book  9792 5298 | Dandenong Neighbourhood House 34 King St | | Please phone for further details | |
| **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. | **Wesley Mission**  For more information please call Ivanka  Kisvardai, Family Support Worker on 9794  3000  Guest speakers attend | Wesley Mission  280 Thomas St  Dandenong | | Please phone for further details | |
| **NEW LIFE**  A recovery program for women with problems of addiction. Join this friendly support group. | 9792 5298  email dynhouse@satlink.com.au | 34 King St,  Dandenong Neighbour House | | Please phone for further details | |
| **NARCOTICS ANONYMOUS**  A support group for those recovering from drug & alcohol dependency. | **Neighbourhood House**  Matt 0431 024 838  Neighbourhood House 9792 5298 | 34 King St,  Dandenong | | Please phone for further details | |
| **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 | |

**City of Greater Dandenong**

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| Group / Program | Contact | Address | Details/ Other |
|  | **MENS AND FATHERS PROGRAMS** | |  |
| **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 | **RESPITE 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** | |  |
| ***Services and organisations in The City of Greater Dandenong***  **Domestic/family violence crisis and outreach services**   * 1800 Respect 1800 737 732, [www.1800respect.org.au](http://www.1800respect.org.au/)    1. 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](http://www.safesteps.org.au/)    1. 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 Violen**ce1800 755 988, [www.intouch.asn.au](http://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](http://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 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 | | | |

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| Group / Program | Contact | Address | Details/ Other |
| **FAMILY, CHILDREN & YOUTH SUPPORT** | | | |
| **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** | | | |
| **CONVERSATIONAL ENGLISH.**  A supportive group for women of varies backgrounds to come together and practise their English conversations skills | 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 | Wellsprings for Women Inc.  79 Langhorne Street  Dandenong Vic 3175 | Please phone for further details |
| **CULTURLLY DIVERSE PLAYGROUP**  **This playgroup offers opportunities to:**  *Promote your children/grandchildren’s skills through cooperative play*  Encourage children to share play with others  *Develop your children’s cognitive, social, emotional, and physical skills*  Provide health information, parenting, early learning and healthy eating  *Share information and experiences and discuss issues of interest in a friendly environment* | For more information please contact:  Email : Sayanti (VICSEG) - sbhatta@vicsegnewfutures.org.au or  Phone : South East Community Links - 9791 8344 | Venue:  South East Community Links  186 Foster Street East,  Dandenong Vic 3175  Vic– 3175 | Please phone for further details |
| **LIVING AND LEARNING TOGETHER.**  A supportive group for CALD women | **Wellsprings for Women**  9701 3740  [www.wellspringsforwomen.com](http://www.wellspringsforwomen.com/)  wells@satlink.com.au | Wellsprings for Women 79 Langhorne St Dandenong | Please phone for further details |
| **DIVERSE CARE**  A social enterprise of Southern Migrant and Refugee Centre. Care workers who speak your language.  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. | **Southern Migrant and Refugee Centre**  For further information  Southern Migrant and Refugee centre  39 clow st Dandenong  Ph. 97671900  Email [smrc@smrc.org.au](mailto:smrc@smrc.org.au)  [www.smrc.org.au](http://www.smrc.org.au) | 39 clow st Dandenong | Please phone for further details |
| **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 | **City Of Greater Dandenong** Youth Services 9793 2155 | Youth Area  Dandenong Library  225 Lonsdale St  Dandenong | See the library WebSite and Facebook Page |
| **REFUGEE & SETTLEMENT PROGRAM**  Provides family relationship counselling, mediation, loss & grief programs for children, marriage preparation program & personal support program & School  Refusal program | **Centre care Catholic** Family Services  Contact Details  T.8710 9600  E.rspdandenong@ccam.org.auentacareme  lbourne.org.au | 224 Thomas Street  Dandenong, VIC 3175 | Please phone for further details |
| **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 |
| **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 |

**City of Greater Dandenong**

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|  | **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 They may be offering some online or phone services |

**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**

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| Group / Program | Contact | Address | Details/ Other |
| PARENTING | | | |
| **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).  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.  <https://www.facebook.com/cityofkingston> phone 1300 653 356 info@kingston.vic.gov.au  Please contact Council for any of the Above. The site also has a range of other services that are available. | | | |
| **Parenting Support Groups**  **Positive Parenting Service**  **Information and Referral**  **Case Management** | **Kingston Youth Services**  For more information about this service please contact the Family Support Services  Coordinator on 9581 4860 | Southland – Shop 1137 Southland  Shopping Centre , Nepean Highway,  Cheltenham  And  Aspendale Gardens Community Centre  103-105 Kearney Drive  Aspendale Gardens | Please phone for further details |
| **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](http://www.caringmums.org.au/) | Bubup Nairm Family and Children’s  Centre  998 Carlisle St,  St Kilda | Please phone for further details |

**City of Kingston**

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| 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** | |  |
| **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**

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| Group / Program | Contact | Address | Details/ Other |
| **FAMILY VIOLENCE** | | | |
| [**ORANGE DOOR**](#_FAMILY_VIOLENCE_ORANGE)  click on link fpr 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  **Men's Referral Service**  [Men’s Referral Service](http://www.ntvmrs.org.au/) 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.  **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 Kingston**

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| 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. |
| Group / Program | Contact | Address | Details/ Other |
| **CHELTENHAM 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 Jenny 9518 3900 | Monash Youth & Family Services  (MYFS)  Batesford Community Hub,  94 Batesford Rd, Chadstone | Please phone for next session. |
| **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. vgili@cgd.vic.gov.au** | For more information and referrals  Please contact Vanessa | Please phone for further details. |

**City of Kingston**

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| Group / Program | Contact | Address | Details/ Other |
| **CHELTENHAM 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. |
| **ODDESSY 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**

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| 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](http://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. |

**City of Kingston**

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| Group / Program | Contact | Address | Details/ Other |
| **A FAMILY GROUP** | **Taskforce/Odyssey House**  Taskforce Community Agency/Odyssey  House  9532 0811 | 421 South Road Moorabbin  Booking essential | Please phone for further details. |
| **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. | **City of Kingston**  Family support 8551 1202 | Clarinda community Centre 58 Viney St, Clarinda | Please phone for further details. |
| **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 | 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 | Derrimut Weelam Gathering Place  Mordialloc Life Saving Club,  199 Beach Road,  Mordialloc | Please phone for further details. |
| **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.su](http://www.kyfs.org.su/)  1300 369 436  Please phone for further details. | | | |

# **Mornington Peninsula Shire**

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| Group / Program | Contact | Address | Details/ Other |
| **PARENTZONE PARENTING PROGRAMS** | | |  |
| **PBS PARENTING BUILDING SOLUTIONS PARENTZONE PROGRAMS ARE AT THE BEGINNING OF THE NEWSLETTER. WE ARE RUNNING SEVERAL ONLINE PROGRAMS.–**   |  |  |  | | --- | --- | --- | | 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 | **SHIRE OF MORNINGTON**  <https://www.mornpen.vic.gov.au/Home> | **Please check the councils web site.** |   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 Program | | | |
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| **PARENTING & FAMILY SUPPORT** | | | |
| **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) 9784 6999    MHFaPMI@phcn.vic.gov.au | 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](http://www.space4us.org.au/) Locations Vary | Please contact as Covid Restrictions ease |
| **LEGO CHAMPIONS**  For all primary school aged kids. Let your imagination take over and build Lego masterpieces. | **Good Shepherd**  <http://www.goodshepherd.org.au/>  5970 7000 | Wallaroo Community Centre  Good Shepherd Community  House, 6 Wallaroo  Place, Hastings 3915 | Please contact as Covid Restrictions ease |
| **KOORIE KIDS PLAYGROUP- VACCA**  Gather and meet other Koorie families, sing and dance, play with other Koorie | **Victorian Aboriginal Child Care Agency**    (VACCA) Playgroup worker  9701 4200 | Wallaroo Community House  6 Wallaroo Place  Hastings | Please contact as Covid Restrictions ease |
| **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. | **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 | Seawinds Community Hub  11 Allambi Ave  Capel Sound | Please contact as Covid Restrictions ease |
| **CHAMPS**  A free, peer-support group program for 812yo 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** | Locations Varys | Please contact as Covid Restrictions ease |
| **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@spcsic.org | 878 Point Nepean Rd  Rosebud | Please contact as Covid Restrictions ease |
| **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 contact as Covid Restrictions ease |
| **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 contact as Covid Restrictions ease |
| **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](http://www.mpys.com.au/) | Mornington  Council Offices | Please contact as Covid Restrictions ease |
| **ANGLICARE VICTORIA – Volunteer**  **Tutoring Program**  A free program which supports children from Grade 4 – year 10 who have been educationally disadvantaged. | **Anglicare Victoria**  Mel Wyatt 0499 027 753  OR  Rosebud Office ph. 59 86 99 00 | Seawinds Community Hub  11A Allambi Ave,  Rosebud West | Please contact as Covid Restrictions ease |
| **UNDER THE RAINBOW-**  Gay, lesbian, bisexual, span sexual, transgender, gender queer, straight  EVERYBODY WELCOME. For young  people aged 12 to 18. Inspirational workshops, activities | **Headspace**  Peninsula Pride-A Queer Straight Alliance  Shine, Headspace Frankston Mornington  Peninsula Youth Services Ph. Seb ON  9769 6419  [www.facebook.com/peninsulapride](http://www.facebook.com/peninsulapride) | YLounge Rosebud  And Shed 11 Hastings | Please contact as Covid Restrictions ease |
| **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](http://www.mpys.com.au/) | Mornington  Council Offices | Please contact as Covid Restrictions ease |
| <http://mpchildandyouthdirectory.com.au/youthdirectory/listing>  Great resource to check for this area. | | | |

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| **FAMILY VIOLENCE** |
| [**ORANGE DOOR**](#_FAMILY_VIOLENCE_ORANGE)  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](http://www.ntvmrs.org.au/) 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. |
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| **CHALLENGING BEHAVIOURS, DISABILITIES, GRIEF, CARERS SUPPORT AND OTHER** | | | |
| **BIALA @ BENTONS –**  PLAYING PARTNERS- open to all early intervention and community children | **Benton’s Community Centre**  Marlene Fox  5975 1820 | Benton’s Community Centre Benton’s  Square  Mornington | Please contact as Covid Restrictions ease |
| **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 | For further information &/or to register your  interest contact **Biala Peninsula** administration.  Phone: 59751820 email:  admin@bialapeninsula.org.au | Biala Peninsula, 1 Elizabeth Street Mornington. | Please contact as Covid Restrictions ease |
| **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. | **Extended Families**  +Contact Michelle  0416 007 631  Morning tea provided  Siblings welcome  Newsletters | Cerberus Cottage,  HMAS Cerberus  Must phone and book | Please contact as Covid Restrictions ease |
| **FAMILY MENTAL HEALTH SUPPORT**  **SERVICE (FMHSS)**  Provides support to vulnerable families with children & young people who are at risk of developing a mental illness. | FMC MEDITATION AND COUNSELLING  VICTORIA  PH: 9784 0698  Tina Biro  Tina.Biro@mediation.com.au |  | Please contact as Covid Restrictions ease |
| **KINSHIP CARER SUPPORT GROUP**  **ROSEBUD WEST**  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 | Seawinds Community Hub  11a Allambie Ave, Rosebud West  Next to Eastbourne Primary School | Please contact as Covid Restrictions ease |
| **Y LOUNGE ROSEBUD**  Provides a safe space to drop in hang out with your friends or make new ones. | Staffed by qualified youth workers and fully supervised 5986 3585 | 1 Nepean Plaza, Rosebud. Corner of Ninth Ave. | Please contact as Covid Restrictions ease |
| **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 contact as Covid Restrictions ease |
| **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 contact as Covid Restrictions ease |
| **GIRRINGON WIMBI**  **(SWEET WALLABY) PLAYGROUP** | **Good Shepherd**  5960 7000 or 0408 948 755 | Good Shepherd Community House | Please contact as Covid Restrictions ease |
| **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](http://www.portphillip.vic.gov.au/)  **MATERNAL AND CHILD HEALTH CENTRE** 9209 6766 AH 13 2229 171 Chapel St, St Kilda | | | |

## City of Port Phillip

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| Group / Program | Contact | Address | Details/ Other |
|  | **CHALLENGING BEHAVIOURS, DISABILITIES, GRIEF, VIOLENCE AND OTHER** | |  |
| **WINDANA PARENTING PROGRAM** | [www.windana.org.au](http://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](http://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**

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| Group / Program | Contact | Address | Details/ Other |
| **WELLWAYS**- run programs through MI Fellowship Victoria and other partner organisations for families and friends of people with a mental illness. | Wellways  276 Heidelberg Rd Fairfield | Please phone 9784 6800 for further information. | Please ring for details |
| **MOTHER SUPPORT PROGRAM**  Home-based Outreach support & rehabilitation for mothers with a mental illness who have dependent children in their care | **Prahran Mission**  Damien Russell  9692 9400 | Prahran Mission  15 Cromwell Rd, South Yarra | Please ring for details |
| **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 | | | |

[**Accommodation Options for Families (Launch Housing)**](http://childandyouthdirectory.com.au/youthdirectory/service/index/id/50174)

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

# **City of Stonington**

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| Group / Program | Contact | Address | Details/ Other |
| **PARENTING** | | | |
| **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](http://www.stonnington.vic.gov.au/Live)  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. | | | |
| **MATERNAL AND CHILD HEALTH CENTRE** | Contact council or check out their website. [www.stonnington.vic.gov.au](http://www.stonnington.vic.gov.au/) 8290 1333 | | |
| **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. | **City Of Stonnington**  **For information and bookings**    Stonnington.vic.gov.au/parent-education | Malvern Town hall Banquet hall | Phone to see if running |
| **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). | **Star Health**  **Odyssey House**    To Book call  Kathy: 90 66 1478    offered as part of the Communities that Care  Stonnington initiative |  | Star Health  240 Malvern Rd  Prahran |
| **MOTHER GOOSE**  A supported group of singing and rhymes once  a week for 0-4 year olds | **Maternal Child Health**  Sue 0409 500 657 |  | THE HUB  BEHIND 259 MALVERN RD  Sth Yarra |
| **STONNINGTON YOUNG PARENTS**  **PROGRAM**  Maternal Child Health -Parents aged under 25 given an opportunity to meet other young parents. | **Stonington MCH**  Michelle Mason  8290 7028 |  | Princess Gardens MCH  22 Lt Chapel St  Prahran |

**City of Stonington**

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| Group / Program | Contact |  | Address | Details/ Other |
|  |  | **FAMILY VIOLENCE** | |  |
| [**ORANGE DOOR**](#_FAMILY_VIOLENCE_ORANGE) **click on link for covid update on Orange door**  Go to “ FAMILY VIOLENCE REFORM” on page 12 for details OR <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](http://www.ntvmrs.org.au/) 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.  **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 Stonington**

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| 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 |
| **WELLWAYS**  Run programs through MI Fellowship Victoria and other partner organisations for families and friends of people with a mental illness. | **Wellways**  276 Heidelberg Rd Fairfield | Please phone 9784 6800 for further information. | Phone for current programs 9784 6800 |
| **MOTHER SUPPORT PROGRAM** –  Home-based Outreach support & rehabilitation for mothers with a mental illness who have dependent children in their care | **Prahran Mission**  Damien Russell  9692 9400 | Prahran Mission  15 Cromwell Rd  South Yarra | Please ring for details |

**City of Stonington**

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| **FAMILY SUPPORT** | | | |
| **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 | 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 | Derrimut Weelam Gathering Place  Mordialloc Life Saving Club,  199 Beach Road,  Mordialloc | Please ring for details |
| **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 | **O’Connell Family Centre** 8416 7600 [www.mercy.com.au](http://www.mercy.com.au/)  email: ofc\_reception@mercy.com.au | 6 Mont Albert Road  Canterbury, 3136 | Please phone for details |
| **AFRICAN MUMS PLAYGROUP** | **City Of Stonington**  Sarah Day  8290 7025 | Princes Gardens MCH Centre Prahran and South Yarra | Please phone for further details |
| **YOUNG MUM’S GROUP**  For Mum’s under 25 to meet and share and engage in a range of activities | **City Of Stonington**  Sarah Day  8290 7025 | Princes Gardens MCH Centre Prahran and South Yarra | Please phone for further details |
| **MANDARINE SPEAKING PARENTS**  **AND BABY GROUP**  Babies up to 12 months old | **Phoenix park Neighbourhood House** & **Phoenix Park MCHC** 9530 4397 | Phoenix Park Neighbourhood House 22 Rob Roy Rd, East Malvern. | Please phone for further details |
| **YOUNG MUMS GROUP**  For parents 25 & under to meet to share outings and opportunities. | **St Kilda Youth Services**  Dave Wells  9696 5340 | 62 Pickles St South Melbourne | Receive a certificate at the end. Please phone for further details |
| **MAKING STEPFAMILIES WORK.**  Courses for couples | **Stepfamily Association of Victoria**  Zoe 9639 2576 www.stepfamily.org.au | Malvern, Flemington Doncaster & Carlton | Please phone for details of dates/venues & times |
| **YOUNG MUMS GROUP**  For parents 25 & under to meet to share outings and opportunities. | **St Kilda Youth Services**  Dave Wells  9696 5340 | 62 Pickles St South Melbourne | Receive a certificate at the end. Please phone for further details |
| **SUPPORT GROUP FOR ANXIETY**   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 | MENTAL HEALTH FOUNDATON  For information about group session please contact [supportgroup@mhfa.org.au](mailto:supportgroup@mhfa.org.au) or phone **9826 1422**  **Click on link to register**  [**https://www.mhfa.org.au/uploads/files/Anxiety\_A5.jpg**](https://www.mhfa.org.au/uploads/files/Anxiety_A5.jpg) | Suite J, 450 Chapel St  Sth Yarra | Please ring for details |

## **Telephone Help Lines**

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| **Name** | **Description** | **Contact** |
| **ADEC (Action on Disability in**  **Ethnic Communities)** | A community-based organisation which represents the rights and needs of people of non-English speaking background with a disability and their careers. | 1800 626 078 info@adec.org.au [www.adec.org.au](http://www.adec.org.au/)  **Address:** [175 Plenty Road, Preston Victoria 3072](https://www.bing.com/local?lid=YN3724x13846027282169212634&id=YN3724x13846027282169212634&q=ADEC&name=ADEC&cp=-37.7460784912109%7e145.005599975586&ppois=-37.7460784912109_145.005599975586_ADEC&FORM=SNAPST)  **Phone:** 03 9480 7000 |
| **Aboriginal Housing Victoria** | 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. | Narrandjeri House 125-127 Scotchmer Street Fitzroy North 3068 Phone: 9403 2100 [www.ahvic.org.au](http://www.ahvic.org.au/) |
| **AFGHAN AUSTRALIAN**  **ASSOCIATION OF VICTORIA INC.** | 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. | Phone 9562 1289 AH  9794 9133 BH |

**Telephone Help Lines**

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| **Name** | **Description** | **Contact** |
| **AMAZE (formerly Autism Victoria)** | A first point of contact for everything related to Autism Spectrum Disorder, 1300 308 699 putting the individuals and their families at the forefront of everything they do. www.amaze.org.au  **Address:** [24 Drummond Street, Carlton Victoria 3053](https://www.bing.com/local?lid=YN3851x300183853&id=YN3851x300183853&q=Autism+Victoria&name=Autism+Victoria&cp=-37.8064193725586%7e144.967895507812&ppois=-37.8064193725586_144.967895507812_Autism+Victoria&FORM=SNAPST)  **Phone:** 03 9657 1600 | **AMAZE (formerly Autism Victoria)** |
| **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 |

**Telephone Help Lines**

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| **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](http://www.csmc.org.au/) |
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| **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](http://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](http://www.ghsouthern.org.au/) |
| **Gamblers Help Youth line** | 24hour help for problem gamblers and their families and friends. | 1800 262 376  Responsiblegamlingvic.gov.au |

**Telephone Help Lines**

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| **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](http://www.hanover.org.au/) |

**Telephone Help Lines**

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| **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**

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| **Name** | **Description** | **Contact** |
| **SANE** | Information and referral service for Carers and Consumers | 1800 187 263 [www.sane.org](http://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](http://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](http://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**

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

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Have a great 4th Term 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](mailto:Parentzone.southern@anglicarevic.org.au)

Thanks