



Term 2 2022

# PARENTZONE

BETTER  
TOMORROWS

# Welcome to the ParentZone Northern Newsletter for Term 2 2022

Welcome to the Team Leader's report for term 2 2022! Firstly, in staff updates, we are very pleased to welcome Catherine Hadlow to a 12 month position in the team. Catherine brings experience in the family violence group work space and great optimism and enthusiasm for the work we do at PZ, which is always invigorating for everyone! I am also thrilled to have Jess Moran back from maternity leave, easing back in to the acting program co-ordinator role until the end of the year. We are now almost back to a full staffing complement, meaning greater opportunities for new group initiatives and for partnerships as well. For the first time this year, PZ collaborated cross regionally to deliver a broader suite of summer session tasters online. These sessions provide the opportunity for parents and carers to test the waters, and see whether a particular group may be exactly what they're after, or as an interim intervention when the group of interest may not be immediately available. The PZ pods have also been a great asset to this end, giving parents and carers a more immediate option, for issues or concerns they are facing now. Please see link here: [Click here for our ParentZone podcast – ParentZone Pods.](#)

Data is already beginning to emerge on the impacts of covid and lockdowns on mental health generally, and specifically for children and young people. While our sessions remain online for term 2, we have actively approached this issue with single sessions for parents and professionals to address concerns and fears re impact on children and young people. We have a team member currently receiving training in Circle of Security, so plan to offer that again more frequently as well. Of interest to us is delivery of a Parenting after Separation group, for families grappling with the often difficult task of co-parenting when no longer together. We would welcome facilitation partnership opportunities for this too. It is pleasing to see community events beginning to recommence in a face to face capacity and we look forward to taking part in more of these and community expos as well. Please find attached the term 2 timetable and remember to send in any information you would like shared in our newsletter to: [parentzone.northern@anglicarevic.org.au](mailto:parentzone.northern@anglicarevic.org.au)

Take care everyone!

Warm regards

Helen Slonek

Team Leader, PZ and BWCH

## What we do

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

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



# ParentZone Term 2 Professional Programs

## All sessions will run online

### Parents Building Solutions

A comprehensive framework for professionals who work with parents in any circumstances. Engage parents effectively in conversations about their parenting role by using a strength based, reflective approach. Articulate a comprehensive framework for parents based on family values, relationships and boundaries. Through individual, family or group work , support parents to:

- Develop known and agreed rules within their family
- Implement appropriate discipline, including the use of known consequences
- Develop appropriate expectations for the age and development stage of the child
- Help children deal with a range of feelings, and deal with their own feelings as adults
- Build positive family relationships and communication • Support resilience in children.

Thursday 5th May - 9th June  
9.30am - 1.30pm  
Online via Zoom

For bookings and inquiries contact Parentzone on 03 8641 8900 or 0458 550 071. Or email [parentzone.northern@anglicarevic.org.au](mailto:parentzone.northern@anglicarevic.org.au).  
For bookings: [trybooking.com/BUZYM](https://trybooking.com/BUZYM)

### Adolescent Development

This session will support professionals working with adolescents to better understand this stage of development and the changes young people are going through. During the session the areas of development will be discussed including social, emotional, intellectual, physical and language.

Tuesday 26th April  
10.00am - 12.00pm  
Online via Zoom

For bookings and inquiries contact Parentzone on 03 8641 8900 or 0458 550 071. Or email [parentzone.northern@anglicarevic.org.au](mailto:parentzone.northern@anglicarevic.org.au).  
Register: [trybooking.com/BUZXW](https://trybooking.com/BUZXW)

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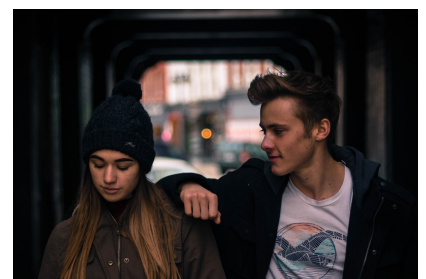
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# ParentZone Term 2 Parent Programmes - All sessions will run online

## Tuning in to Teens

Would you like to learn how to:

- Be aware and manage your emotions?
- Understand your teen's emotions?
- Build attachment and teaching through emotional experiences?
- Help your teen understand and manage their emotions?
- Develop skills to assist your teen in problem solving?

This course provides a number of skills and strategies to help with everyday parenting challenges, based on emotionally-tuned parenting.

Tuesday 3rd May - 7th June  
6.00pm - 7.30pm  
Online Via Zoom

For bookings and enquiries contact Parentzone on 03 8641 8900 or 0458 550 071. Or email [parentzone.northern@anglicarevic.org.au](mailto:parentzone.northern@anglicarevic.org.au).  
Register: [trybooking.com/BUZCE](http://trybooking.com/BUZCE)

## Tuning in to Kids

This 8 week program provides a number of skills and strategies to help with everyday parenting challenges, based on emotionally tuned parenting. For parents of children aged 6 years - 11 years.

Wednesday 4th May - 22nd June  
6.00pm - 7.30pm  
Online Via Zoom

For bookings and enquiries contact Parentzone on 03 8641 8900 or 0458 550 071. Or email [parentzone.northern@anglicarevic.org.au](mailto:parentzone.northern@anglicarevic.org.au).  
Register: [trybooking.com/BUZAQ](http://trybooking.com/BUZAQ)

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**Drummond  
Street  
Services**

# ParentZone Term 2 Parent Programmes - All sessions will run online

## **School Refusal - 'My child doesn't want to go to school what do I do'**

An ever-increasing issue for families, also with a pandemic lens:

- Dealing with social anxiety
- Dealing with safety and anxiety
- Building resilience and self-esteem
- Dealing with feelings
- Parents dealing with their own anxiety about child school refusal
- Parenting from love and compassion vs from fear and worry

Tuesday 10th May  
6.00pm - 7.30pm  
Online Via Zoom

For bookings and enquiries contact Parentzone on 03 8641 8900 or 0458 550 071. Or email [parentzone.northern@anglicarevic.org.au](mailto:parentzone.northern@anglicarevic.org.au). Register: [trybooking.com/BUZAX](https://trybooking.com/BUZAX)

## **Raising Resilient Kids**

In this workshop topics will include

- What is resilience?
- How can we build the resilience of our child and how to connect with and understand your children?

Parents will also be introduced to an evidence-based strategy to help build resilience.

Wednesday 11th May  
6.00pm - 7.30pm  
Online Via Zoom

For bookings and enquiries contact Parentzone on 03 8641 8900 or 0458 550 071. Or email [parentzone.northern@anglicarevic.org.au](mailto:parentzone.northern@anglicarevic.org.au). Register: <https://www.trybooking.com/BYNXI>

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# ParentZone Term 2 Parent Programmes - All sessions will run online

## **Baby and Play (Birth to to 18 months) Developmental Milestones**

During this session parents will explore what the development stages are in the first six months, how the environment, genes and parenting style can impact on this development and what parents can do to actively support child development.

Thursday 19th May  
10.00am - 11.30am  
Online Via Zoom

For bookings and enquiries contact Parentzone on 03 8641 8900 or 0458 550 071. Or email [parentzone.northern@anglicarevic.org.au](mailto:parentzone.northern@anglicarevic.org.au).  
Register: [trybooking.com/BUZBW](http://trybooking.com/BUZBW)

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## **Managing Screen Time**

Learn how to navigate the challenges of managing children's screen time.

This session will offer valuable information on the impacts of screen time on children's health and development.

Parents will also be provided strategies/tips on setting boundaries for screen usage

Thursday 7th June  
6.00pm - 7.00pm  
Online Webinar

For bookings and enquiries contact Parentzone on 03 8641 8900 or 0458 550 071. Or email [parentzone.northern@anglicarevic.org.au](mailto:parentzone.northern@anglicarevic.org.au).  
Register: [trybooking.com/BUZCO](http://trybooking.com/BUZCO)

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# ParentZone Term 2 Parent Programmes

## Art and Soul for Dads and Kids

You are invited to participate in a FREE school holiday program designed to provide fathers and their children with a fun and interactive environment in which to spend quality time together. The program will incorporate play, movement and art based activities, to encourage fun and attachment between families.

Wednesday 20th April

10.00am - 12.00pm

Anglicare Broadmeadows 32 Railway Crescent, Broadmeadows.

For inquiries or to register please contact: Cal at Anglicare Broadmeadows on 0447 113 513 or email [cal.revell@anglicarevic.org.au](mailto:cal.revell@anglicarevic.org.au)

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## Art and Soul

A FREE school holiday program, designed to provide mother's and children with a introductory experience to our 8-week Growing Connections group. Art & Soul is a fun, interactive and safe environment, designed for participants to spend quality time together.

Tuesday 19th April

10.00am - 12.30pm

Anglicare Broadmeadows 32 Railway Crescent, Broadmeadows.

For inquiries or to register please contact: Keklik Aydin at [keklikaydin@anglicarevic.org.au](mailto:keklikaydin@anglicarevic.org.au) or phone 9301 5250

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## Growing Connections

A FREE 8 week group aimed at nurturing and healing the relationship between mothers and children (aged 5-12) who are survivors of family violence.

Monday 2nd May - 29th June

10.00am - 12.00pm

Broadmeadows area. Address provided upon registration.

For inquiries or to register please contact: Keklik Aydin at [keklikaydin@anglicarevic.org.au](mailto:keklikaydin@anglicarevic.org.au) or phone 9301 5250

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# Northern Parent Educator Network

## NPEN Update

The Term 1 NPEN meeting was held on 24th February with a fantastic presentation on the Young Parents Project in Hume. Many thanks to Megan, Sarah and Shilpa for presenting.

The presentation generated an interesting discussion on the needs and lack of services tailored to the needs of young families in Hume. NPEN members also shared valuable program updates with the group. Thanks to all who attended.

The Term 2 NPEN meeting will be held on Thursday 19th May from 2pm-4pm online via Zoom. We have Samantha Bladon from Merri Health presenting on Family Foundations, an evidence-based program that aims to strengthen the parenting team. Family Foundations is a 10-session program that helps parents strengthen their relationship as a parenting team. The program helps couples (or those parenting with someone else like an ex-partner, a grandparent or friend) to work together and develop coping skills to manage the ups and downs of raising children.

We're really looking forward to Samantha's presentation and networking/information sharing with all NPEN members at our Term 2 meeting. If you would like to attend, please register on try booking: <https://www.trybooking.com/BYNXT>

## Family Services

Parentzone and Family Services will continue to work in partnership throughout 2021. We will continue to work in partnership through delivering Parents Building Solutions (PBS), Looking Forward, and Parenting After Violence together. We look forward to seeing more Family Services staff trained and delivering PBS as co-facilitators.

# Broadmeadows Women's Community House

## Term 2 Programmes

All enquiries – 9301 5250 or [womenshouse@anglicarevic.org.au](mailto:womenshouse@anglicarevic.org.au)

### **Let's Play Supported Playgroup**

Mondays

9:00am - 10:30am

### **Let's Play More Supported Playgroup**

Mondays

11:30am - 1:00pm

### **Out and About Seniors Group**

Tuesdays

10:00am - 1:00pm

### **Small Steps Supported Playgroup**

Tuesdays

9:00am - 10:30am

### **Little Steps Supported Playgroup**

Tuesdays

11:30am - 1:00pm

### **Ageing and Feeling Great Seniors Group**

Thursdays

10:00am - 1:00pm

### **Meadows Primary School Hub Playgroup**

Thursdays

10:00am - 11:00am

### **Women's Wellbeing Circle - Social Support Group**

Fridays

10:00am - 12:30pm



# Important Telephone Contacts

Police, Fire or Ambulance 000

Nurse on call 1300 60 60 24

National Home visiting Doctors 13 74 25 (13 SICK)

Poison Information Hotline 13 11 26

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

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

Darebin Community Mental Health Centre 03 9416 6300

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

Child Protection After Hours Service 131 278

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

Lifeline Crisis and Suicide Support 13 11 14

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

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

Aboriginal Family Violence Prevention and Legal Service 1800 105 303

Kids' Helpline 1800 55 1800

Mensline Australia 1300 78 99 78

Suicide Call Back Service 1300 659 467

Perinatal Anxiety and Depression Australia (PANDA) 1300 726 306

Parentline Victoria 13 22 89

DirectLine – drug & alcohol services 1800 888 236

Headspace 1800 650 890

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

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

# Resources

## ParentZone Pods | Podcast on Spotify



The ParentZone Pods, is a podcast series presenting parenting snapshots on key issues for parents needing a little bit more before joining a group, or simply those wanting an idea of what to expect from our distinctive group work style. Jump on Spotify to hear it all !