



PARENTZONE

SOUTHERN NEWSLETTER

Term 1, 2022

News, updates and information about ParentZone programs

Supporting Parents, Carers and Professionals within the South

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Please email parentzone.southern@anglicarevic.org.au

Would like to attend a Program in Term 2 2022 and be put on a wait list.

*All our ParentZone programs are updated on the Anglicare Victoria webpage.
Keep up to date with current programs by clicking [here](#)*

1. ParentZone Update

Welcome

Another term spent mainly in lockdown has passed. Well done to all the Parents, children and those helping during this difficult time.

During the term we have been busy supporting the community through the delivery of our parenting programs.

Most of our programs during Term 4 were delivered online. Although successful, we do miss interacting with families and professionals in person. At the time of completing the newsletter. We have planned face to face programs in Term 1 with some online Programs. If changes need to be made, participants will be advised.

Introducing 'ParentZone Pods' | A new podcast by ParentZone at AV

Parenting is a tough gig - which is why AV is excited to announce the launch of the 'ParentZone Pods' podcast!

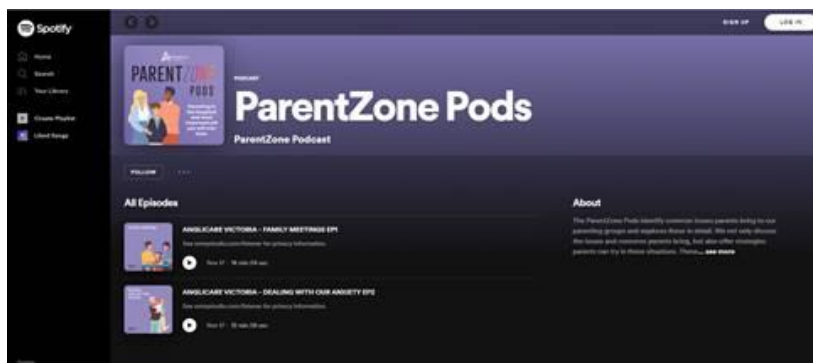
Topics such as dealing with anxious children and sibling rivalry are covered in this series of six, snappy episodes. The 'Parentzone Pods' aim to give helpful advice, provide tips, information and act as a general discussion forum about how to parent successfully.

The podcast is a great new resource for practitioner's right across the organisation, as well as any parents on our staff.

To find out more and to stream the first couple of episodes, visit <https://www.anglicarevic.org.au/our-services/family-and-parenting-support/parentzone-pods/>

Also found on Spotify

[ParentZone Pods | Podcast on Spotify](#)



All our ParentZone programs are updated on the Anglicare Victoria webpage. Keep up to date with current programs by clicking [here](#)

Meet our Southern Team

Hi!

I'm Carey, and I'm new to the Community services space - so lots to learn! Fortunately, I come with a growth mindset and a willingness to be reflective and seek (constructive) criticism, so hopefully I will learn the job quickly! By the way, I'm the older person in the photo – hehe!

I have done many jobs, but my pre-Anglicare role was as a teacher, so when I started at Anglicare at the beginning of 2020 (just pre-COVID), it was in TEACHaR. Concurrently, I started a Masters of Social Work. By the time you read this however, this epic chapter will be DONE, and I'll be on the downhill slope to graduation – to be honest, it cannot come soon enough!

I'm originally from South Africa, but my husband and I celebrated our "21st birthday" this year (2021), so we are almost Aussies! I still don't barrack for the Wallabies if they're playing the Springboks though – actually, I don't barrack for the Wallabies, period! But I have got sucked into AFL, and am an avid Tigers supporter (right from their wooden spoon days in the noughties) – I've missed being able to go to games over the last two years.

I am a parent of two adult children, and the grandparent of one very newly arrived little person, and as a parent I made plenty of mistakes. Consequently, it is a privilege to work in the ParentZone space and have the opportunity not only to use the amazing resources, and enjoy observing the process of empowerment and change for parents, but to be able to share (thoughtfully and selectively, of course!) some of my own learning from my parenting journey.

I feel blessed to be able to work for an organisation that makes a difference – not only for its clients, but also for its staff – in the way that it seeks to nurture empowerment, self-care and learning.



Keep up to date with our Programs

If you would like to get updates on ParentZone Southern programs as we announce them or

a link to the current newsletter

Please email: parentzone.southern@anglicarevic.org.au

Thanks

Louise

*All our ParentZone programs are updated on the Anglicare Victoria webpage.
Keep up to date with current programs by clicking [here](#)*

2. ParentZone Southern Parent/Carer Programs



PARENTS BUILDING SOLUTIONS-Summer Series during Term 1, 2022 ParentZone will be starting with NEW YEAR, NEW BEGINNINGS

Summer holidays are definitely a time to relax and enjoy warmer weather and family time, especially given the restrictions we have all lived through over the past eighteen months. However, those restrictions have also made parenting a very challenging job, and now we need to get back into “work-and-school-mode”, having got used to doing these things from home. Some of us, and/or the children are finding it difficult to get back into the routines of “normal life”, and like it or not, Term One will show up at the end of the summer holidays!

To support parents to prepare for the transition back to “normal”, we are offering four summer holiday sessions which focus on identifying how you parent (have you been watching “Parental Guidance” on Channel 9? We have!), setting and maintaining boundaries, and practicing self-care as a parent (something we too often forget to do!).

“REIMAGING Parenting in 2022

A NEW YEAR OFTEN PRESENTS US WITH NEW CHALLENGES

Come and join other parents to explore

- **SESSION 1:** What is my parenting style?
- **SESSION 2:** How do we establish routines?
- **SESSION 3:** Now - how do we maintain our routines?!
- **SESSION 4:** How do I practice self-care?

You are welcome to join any, or all, of the sessions.



DATES: Tuesday 11th January
Thursday 13th January
Thursday 18th January
Thursday 20th January

Time: 6.15pm to 7.45pm
Time: 6.15pm to 7.45pm
Time: 6.15pm to 7.45pm
Time: 6.15pm to 7.45pm

WHERE: ONLINE via ZOOM

COST: Free!

For bookings & enquiries contact:
Parent Resource Workers

Olivia McNeil - 0409 316 620
olivia.reilly-mcneil@anglicarevic.org.au

Iris Guasch - 0436 007 492
iris.guasch@anglicarevic.org.au

or Scan QR code to register



**All our ParentZone programs are updated on the Anglicare Victoria webpage.
Keep up to date with current programs by clicking [here](#)**

Parents Building Solutions Programs for families **ONLINE**

ParentZone Programs are Interactive and can run for 6 weeks to One Session depending on the Program. Beyond the Violence Programs run for 8 weeks

PARENTS BUILDING SOLUTIONS “Growing Great Kids” **6 Session Program Online**

FOR: Parents, step-parents, grandparents, aunts, uncles and carers with children aged from 0-11 years. Join us in an interactive Program to share experiences, ideas & learn strategies to support your child.

- Responding to behaviour
- How to deal with tantrums?
- How to get kids to listen without having to yell?
- Anxiety in us and our Kids
- Helping parents, helping kids deal with anger.

WHEN: Wednesdays 9th, 16th 23rd February, 2^{ne}, 9th, 16th March 2022
10.00am to 1.30am

WHERE: ONLINE via ZOOM

COST: Free!

REGISTER: Jasbir Singh Ph. 0438 004 285

Parent Resource Coordinator

Jasbir.suopada@anglicarevic.org.au

OR

Scan to Register



PARENTS BUILDING SOLUTIONS **(6 Sessions) Over 6 weeks Face to Face**

FOR: Parents, step-parents, grandparents, aunts, uncles and carers. Either at School or online as needed. Join us for a free interactive program to share ideas and experiences

- How to get kids to listen without having to yell.
- Helping parents deal with frustration, anger and/or anxiety
- Discuss and share strategies that work how parenting can be easier and more fun.
- Understand why children behave the way they do and how to cope with stress & emotions

WHEN: Thursdays 10th, 17th, 24th February and 3rd, 10th, 17th March 2022 1pm to 3pm

WHERE: Aldercourt Primary School, Silver Avenue, Frankston North

COST: Free!

REGISTER: Via the QR code or the link

Enquiries Michelle Brown Ph. 0429 174 150

Parent Resource Coordinator

Michelle.brown@anglicarevic.org.au

Scan to Register



Or click on link

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PARENTS BUILDING SOLUTIONS

(6 Sessions) Over 6 weeks

FOR: Parents, step-parents, grandparents, aunts, uncles and carers of children aged 3-13years. Either at the **School or online as needed**. Join us for a free interactive program.

- How to get kids to listen without having to yell.
- Helping parents and kids deal with anger and frustration
- Understand why children behave the way they do
- How can parenting be easier and more fun!

WHEN: Tuesdays 15th, 22 February, 1st, 8th, 15th, 22nd March 2022. 9am to 11am

WHERE: Kananook Primary School,
22 Wells Rd
Seaford

COST: Free!

REGISTER: *Via the QR code or the link*

Enquiries: Michelle Brown 0429174150
Parent Resource Coordinator
Michelle.brown@anglicarevic.org.au

Scan to Register



OR

Click on Link

https://forms.office.com/Pages/ResponsePage.aspx?id=47Vl-Wr_rEWsFhug7VRtt100Y1A0x0tAonHEA2a6L9xUQ1Y3TktXNkFGTU1STDRLWVQ2UEdXTIE1Ny4u



PARENTS BUILDING SOLUTIONS PARENTING TEENS

1 session. Please note that this is interactive and cameras need to be on.

Thanks

FOR: Parents, step-parents, grandparents, aunts, uncles and carers of children Join us in a free workshop as we explore?

- What is anxiety?
- What does anxiety look like in kids and adults?
- How can we manage and respond to anxiety

WHEN: Tuesday 8th March, 2022. 6.15pm to 7.45pm

WHERE: ONLINE-ZOOM

Zoom link will be sent upon receipt of completed registration.

COST: Free!

REGISTER: *Via the QR code or the link*

Enquiries: Michelle Brown 0429174150
Parent Resource Coordinator
Michelle.brown@anglicarevic.org.au

Scan to Register



Or

Contact Michelle



All our ParentZone programs are updated on the Anglicare Victoria webpage. Keep up to date with current programs by clicking [here](#)



PARENTS BUILDING SOLUTIONS

(6 Sessions) Over 6 weeks Online

FOR: Parents, step-parents, grandparents, aunts, uncles and carers of children aged 3 to 13years. Either at School or online as needed. Join us for a free interactive program to share ideas and experiences

- How to get kids to listen without having to yell.
- Helping parents deal with frustration, anger and/or anxiety
- Discuss and share strategies that work how parenting can be easier and more fun.
- Understand why children behave the way they do and how to cope with stress & emotions

WHEN: Tuesdays 22nd February, 1st, 8th, 22nd, 29th March 2022. 1pm to 2.30pm

WHERE: ZOOM

COST: Free!

REGISTER: Via the QR code

Enquiries Michelle Brown Ph. 0429 174 150

Parent Resource Coordinator

Michelle.brown@anglicarevic.org.au

Scan to Register or contact Michelle



PARENTS BUILDING SOLUTIONS

(6 Sessions) Over 6 weeks Face to Face

FOR: Parents, step-parents, grandparents, aunts, uncles and carers of children aged 3-13years. Either at the School or online as needed. Join us for a free interactive program.

- How to get kids to listen without having to yell.
- Helping parents and kids deal with anger and frustration
- Understand why children behave the way they do
- How can parenting be easier and more fun!

WHEN: Wednesday 23rd February, 2nd, 9th, 16th, 23rd, 30th March 2022. 1pm to 3pm

WHERE: School or online as needed.

Eastbourne Primary School,
Allambi Ave, Rosebud

COST: Free!

REGISTER: Via the QR code

Enquiries: Michelle Brown 0429174150

Parent Resource Coordinator

Michelle.brown@anglicarevic.org.au

Scan to Register or click on link



https://forms.office.com/Pages/ResponsePage.aspx?id=47VI-Wr_rEWsFhug7VRtt100Y1A0x0tAonHEA2a6L9xUMUxJQzNDQUE5UEVOV0syU0tTS0IKSFo5MC4u





PARENTS BUILDING SOLUTIONS Mothers/Grandmothers/ Carers and Daughters

4 week program Face to Face

FOR: Women and their daughters/foster daughters (aged 11-17years) in the Cardinia Shire area.

- Would you like to parent differently to the way you were parented?
- Would learning how other parents have built a trusting and respectful relationship be helpful?
- Do you worry about whether you can positively influence your daughter when she is making decisions?

WHEN: Thursdays 24th February, 3rd, 10th and 17th March 2022
5.30 to 7.30pm (tea and coffee will be provided)

WHERE: Pakenham Library
Corner of John St and Henry St,
Pakenham

COST: Free! Bookings are essential

REGISTER: Carey Cole
Parent Resource Coordinator
Register using the QR code, or
Ph. Carey on 0437 428 281
carey.cole@anglicarevic.org.au

Scan to Register



PARENTS BUILDING SOLUTIONS 'GREAT EXPECTATIONS' Kids

Helping at Home Interactive Workshop

FOR: Parents, step-parents, grandparents, aunts, uncles and carers of children

- Do you feel like you are doing everything yourself?
- Would you like your kids to help more around the house?
- Do you hear complaints and excuses when you ask for help?
- Would you like to teach your children to be more independent?

WHEN: Tuesday 22nd February 2022, 6.15 to 7.45pm

WHERE: Online (Zoom)

COST: Free! Bookings are essential

REGISTER: Carey Cole
Parent Resource Coordinator
Register using the QR code, or
Ph. Carey on 0437 428 281
carey.cole@anglicarevic.org.au

Scan to Register



PARENTS BUILDING SOLUTIONS

“Encouraging Good Behaviour in Pre-Teens”

(One Session Interactive Online Session)

FOR: Parents, step-parents, grandparents, aunts, uncles and carers of children aged 3 to 13years. Either at School or online as needed. Join us for a free interactive program to share ideas and experiences.

- What is good behaviours?
- How can we teach the children to be good? Practical ideas to encourage the behaviours you want to see in your child.

WHEN: Tuesdays 22nd February, 2022.
6.30pm to 8.00pm

WHERE: ZOOM

COST: Free!

REGISTER: Via the QR code

Enquiries CFCCardinia@anglicarevic.org.au
0457 825 076

Presented by
Michelle Brown and Jayde Mitrevski
Parent Resource Coordinators

ParentZone

Click on link to register

https://us02web.zoom.us/webinar/register/WN_iv55m8GdQW25saCU5SpELw

Funded By: **Communities For Children Plus**
CFC is funded by the Australian Government, Department of Social Services.
See www.dss.gov.au for more information.

PARENTS BUILDING SOLUTIONS

Free Weekly Interactive Online Workshops (4 dates)

FOR: Parents, step-parents, grandparents, aunts, uncles and carers of children. Join us for a free interactive program to share ideas and experiences.

Come along to one or more relaxed sessions to connect with others and share ideas.

- Dealing with feelings.
- Communicating with kids.
- Supporting kids with change.
- Caring for ourselves
- Other topics you come up with?

When: Thursday 10th February 10.00am to 11.00am
Thursday 17th February 10.00am to 11.00am
Thursday 24th February 10.00am to 11.00am
Thursday 31st February 10.00am to 11.00am

WHERE: ZOOM (support to Zoom access available)

COST: Free!

REGISTER: Iris Guasch
Parent Resource Coordinator
Ph. Or Text Iris on 0436 007 492
Iris.guasch@anglicarevic.org.au



PARENTS BUILDING SOLUTION “Communication that works well”
Single Session Online

FOR: Parents, Step-parents, grandparents, aunts, uncles and carers to talk about kids.

As a Parent, Do You:

- Feel as though you talk, but nobody in your family listens to you?
- Find yourself feeling frustrated and yelling?
- Wonder how to teach your children to communicate respectfully and listen to each other?

You are not alone! Communication in families is a challenge many parents face. This session offers you the opportunity to explore strategies to change communication patterns in your family

WHEN: Tuesday, 8th March 2022
6.15pm to 7.45pm

WHERE: ONLINE via ZOOM

COST: Free!

REGISTER: Carey Cole Ph. 0437 428 281

Or Scan the QR code

Parent Resource Coordinator

Carey.Cole@anglicarevic.org.au

Scan to Register



PARENTS BUILDING SOLUTION “GIRaFfe”
Gender identity Relationships and Fluidity for Everyone.
One Session

FOR: Interactive session online for Mums, Dads, Grandparents, Aunts, Uncles, adult carers to talk about this. At his session let’s share our ideas and experiences about:

- How to best support children through change
- Acknowledging how they and we are feeling
- Communicating their needs to others

WHEN: Tuesdays 22nd February. March 2022.
6.30pm to 8.00pm

WHERE: ZOOM

COST: Free!

REGISTER: Michelle Brown

Or Scan the QR code

Parent Resource Coordinator

ParentZone

Click on link to register

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OR

Scan to Register



PARENTS BUILDING SOLUTIONS “ Dealing with Feelings”

Single Session program- Online

FOR: Mums, dads, grandparents, aunties, uncles and adult carers in and around the Dandenong area, to talk about kids (all ages)

- Does your child seem angry, frustrated, jealous or sad?
- Would you like to support your child to express their feelings appropriately?
- Would it be helpful to explore what works for other parents?

WHEN: Wednesday 16th March 2022
10.00am-12.00am

WHERE: ONLINE ZOOM

COST: Free!

REGISTER: Jasbir Singh Ph. 0438 004 285

Parent Resource Coordinator

Or

Scan on Barcode or link below

Jasbir.suopada@anglicarevic.org.au



PARENTS BUILDING SOLUTIONS “ Living with Autisim” Single Session Interactive program- Online

FOR: Mums, dads, grandparents, aunties, uncles and adult carers living with a child who has been diagnosed as having Autism Spectrum Disorder (ASD)

- Strategies to consider different approaches to help with parenting children on the spectrum. How to help with social skills; managing changes and timing.
- Please note that this is an interactive session so cameras need to be on. Thanks. Would you like to support your child to express their feelings appropriately?

WHEN: Tuesday 22nd March 2022
6.15pm to 7.45pm

WHERE: ONLINE ZOOM

COST: Free!

REGISTER: J Michelle Brown

Parent Resource Coordinator

Michelle.brown@anglicarevic.org.au

ParentZone

Scan to Register



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PARENTS BUILDING SOLUTIONS “Dads Do Matter” 6 week Program

FOR: Program for all Dads, Step-Dads, Single Dads and Grand-Dads, come along to share experiences & learn more strategies in parenting.

- We listen without judgement Improving your Confidence & Communication
- Practical ideas for positive behaviour change
- Effects of Separation on Kids Modelling healthy emotions to children
- Learn how to cope with stress & anger

WHEN: Tuesday 1st, 8th, 15th, 22nd, 29th March and 5th April 2022. 6.00pm to 8.00pm

WHERE: ONLINE ZOOM (a laptop, iPad, or mobile phone is needed) help with Zoom is available

COST: Free!

REGISTER: Jasbir Singh Ph. 0438 004 285
Parent Resource Coordinator
Or
Scan on Barcode or link below
Jasbir.suopada@anglicarevic.org.au

Attendance certificate awarded



Managing Anxiety Workshop for Families 1 session. Please note that this is interactive and cameras need to be on. Thanks

FOR: Parents, step-parents, grandparents, aunts, uncles and carers of children Join us in a free workshop as we explore?

- What is anxiety?
- What does anxiety look like in kids and adults?
- How can we manage and respond to anxiety

WHEN: Tuesday 15th February 2022. 6.15pm to 7.45pm

WHERE: ONLINE-ZOOM

Zoom link will be sent upon receipt of completed registration.

COST: Free!

REGISTER: Via the QR code or the link
Enquiries: Michelle Brown 0429174150
Parent Resource Coordinator
Michelle.brown@anglicarevic.org.au

Scan to Register



OR
Click on Link

https://forms.office.com/Pages/ResponsePage.aspx?id=47VI-Wr_rEWsFhug7VRtt100Y1A0x0tAonHEA2a6L9xURUw1OFJIWDZVMFhQQUpNVzhaQTdKVzILRy4u

BEYOND THE VIOLENCE PROGRAMS For families.



BEYOND THE VIOLENCE – ROSEBUD-Face to Face

FOR: FOR: 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 anxiety or anger worry you?
- Can you identify the warning signs in a new relationship?
- Do contact visits unsettle your child?

WHEN: Thursday 10th, 17th, 24th February, 3rd, 10th 17th, 24th, 31st March 2022 (Mums and Kids)
4.00pm to 6.30pm.
Light Super Provided

WHERE: Rosebud Venue - to be advised when booking

COST: Free- bookings essential.

REGISTER: Iris Guasch Ph. 0436 007 492
Parent Resource Coordinator
Iris.guasch@anglicare.vic.org.au
Funded by Communities for Children



BEYOND THE VIOLENCE – Cardinia-Face to Face

FOR: FOR: 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 anxiety or anger worry you?
- Can you identify the warning signs in a new relationship?
- Do contact visits unsettle your child?

WHEN: Mondays 7th, 14th, 21st, 28th February, 7th, 21st, 28th March, 4th April 4.15pm to 6.45pm 2022
(None on labour day – 14th March)
Food Provided

WHERE: Cardinia Area - to be advised when booking

COST: Free- bookings essential.

REGISTER: Carey Cole Ph. 0437 428 281
Parent Resource Coordinator
Carey.Cole@anglicare.vic.org.au
*Funded by Communities for Children Plus
Communities for Children are funded by the Australian
Government Department of Social Services*



BEYOND THE VIOLENCE – Dandenong-Face to Face

FOR: FOR: 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 anxiety or anger worry you?
- Can you identify the warning signs in a new relationship?
- Do contact visits unsettle your child?

WHEN: Wednesday 16th, 23rd Feb, 2nd, 9th, 16th, 23rd, 30th March, 6th April.2022.
4.15 to 6.45pm
Light Super Provided

WHERE: Dandenong Area - to be advised when booking

COST: Free- bookings essential.

REGISTER: Arian Hahn ph 0499 080 468
Parent Resource Coordinator
Ariane.hahn@anglicarevic.org.au
Funded by: Mission Australia. Communities for Children
The Communities for Children Initiative is supported by the Australian Government



PlayCircle – Dandenong-Supported Playgroup

Face to Face

FOR: A safe and supported space for parents and their preschool children with two trained facilitators

- Meet other families in the community
- Play and have fun with each other
- Time out from life's worries

WHEN: Thursdays. 3rd, 10th, 17th, 24th February, 3rd, 10th, 17th, 24th, 31st March, 7th April.
9.30am to 4.00pm 2022

WHERE: Dandenong Library

COST: Free- bookings essential.

REGISTER: Olivia Reilly-McNeil
Parent Resource Coordinator
Ph. 0409 316 620

Olivia.Reilly-McNeil@anglicarevic.org.au

Funded by Mission Australia. Communities for Children
The Communities for Children Initiative is supported by the Australian Government



ParentZone HUB and Family School Workers



@ Pakenham Hills



CONTACT: PARENTZONE
HUB Coordinator

ParentZoneHub@anglicarevic.org.au

ParentZone HUB Facebook Page

<https://www.facebook.com/Parentzone-Hub-104403068540461>



Family School Workers



FOR: We support families and their children with targeted family centred, child focused and culturally sensitive approaches to resources. We aim to improve Individual and family wellbeing, school engagement and educational outcomes.

- Increased safety and wellbeing for vulnerable children and young people.
- Improved family relationships.
- Support parenting in skill building
- Increased referrals to the Orange Door and family connection to community supports services.
- Improved school attendance and educational outcomes for students.
- Enhance school based supports for families who are vulnerable.
- Support with transitioning from primary to high school.

Tootgarook Primary School Sonia Sutcliffe Sonia.sutcliffe@anglicarevic.org.au	Rosebud Primary School Natalie Everitt Natalie.everitt@anglicarevic.org.au
Karingal heights Primary School Deborah Li Deborah.Li@anglicarevic.org.au	Dromana Secondary School Jodie Bradshaw Jodie.bradshaw@anglicarevic.org.au

All our ParentZone programs are updated on the Anglicare Victoria webpage. Keep up to date with current programs by clicking [here](#)

ParentZone Southern Professional Programs Parents Building Solutions Programs for Professionals



PARENTS BUILDING SOLUTIONS PROFESSIONALS

FOR: Anyone who works with parents! Many 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.

Learning outcomes:

- Engage parents effectively in conversations about their parenting role 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

WHEN: Thursdays 24th Feb, 3rd, 10th, 17th, 24th, 31st March 2022.

WHERE: Online

TIME: 9.00 a.m. to 1.00 p.m.

COST: \$495.00 +10% GST
(PBS Manual supplied on USB)

Hard copy PBS Manual is available to purchase at \$93.50 (Pay via EFT Transfer)

A limited number of funded places are available free for volunteers, students, ACCO's and Anglicare Victoria staff

For more information, an Expression of Interest form and/or to register, contact:

Jasbir Singh Suropada
Senior Practitioner | Parentzone
M: 0438 004 285
jasbir.suropada@anglicarevic.org.au

OR

Parentzone Southern
Parentzone.southern@anglicarevic.org.au

Cant make Term 4 training?

FOR NEXT YEARS PBS FOR PROFESSIONALS WAITLIST
EMAIL:

PARENTZONE SOUTHERN
parentzone.southern@anglicarevic.org.au



*All our ParentZone programs are updated on the Anglicare Victoria webpage.
Keep up to date with current programs by clicking [here](#)*

Beyond the Violence Programs for Professionals



BEYOND THE VIOLENCE FACILITATOR TRAINING Frankston (Face to Face)

FOR: Professionals or tertiary students with existing group work skills and experience, with a background/passion for working with women and children impacted by family violence, and/or who are working with families affected by family violence and wanting to increase their skills and knowledge.

This training comprises 3 full days (face to face) or 6 half days (online), all of which must be completed to attain BTV Facilitator Accreditation.

WHEN: Tuesdays. 15th, 22nd February, 1st March. 9.30am to 4.00pm, 2022

WHERE: St John's Anglican church
27 Childers St. Cranbourne

COST: Free

REGISTER: Olivia Reilly-McNeil
Parent Resource Coordinator
Ph. 0409 316 620
Olivia.Reilly-McNeil@anglicarevic.org.au
For an Expression of Interest form

*Funded by Communities for Children-Windermere
Communities for Children is funded by the Australian Government*



*All our ParentZone programs are updated on the Anglicare Victoria webpage.
Keep up to date with current programs by clicking [here](#)*

PEER Networks for Professionals

ParentZone delivers 4 PEER networks across the Southern Region. These are a great networking opportunity and will be facilitated **ONLINE** during Term 1, 2022

Please let our facilitators know if you would like to attend.

These meetings are a fabulous space for all professionals, volunteers, student and others working with Parents and Families: Share resources, discuss programs; Identify gaps in services; Collaborative opportunities; what works well, what are the challenges?

Mornington Peninsula and City of Frankston

Online Thursday 24th March 2022, 3.00 to 4.30pm

Contact: Michelle Brown Ph. **0429 174 150**
Parent Resource Coordinator
Michelle.brown@anglicarevic.org.au

Guest Speaker

Alison Krusec – Trainer
Innovative Resources

Where: **ZOOM.**

<https://us06web.zoom.us/j/86421934936?pwd=NGQwWHNWWGMrdnY3TGovMFFyMEp2QT09>

City of Greater Dandenong

Online Thursday 17th February 2022, 2.00pm to 4.00pm 2022

Contact: Jasbir Singh Suropada Ph. 0431 203 177 or 9706 8568
Jasbir.suropada@anglicarevic.org.au

Where: **ZOOM.** Link will be given out

City of Casey/Cardinia

Online Tuesday 1st March 2022, 10.00am to 12.00pm 2022

Contact: Jasbir Singh Suropada Ph. 0431 203 177 or 9706 8568
Jasbir.suropada@anglicarevic.org.au

Where: **ZOOM** Link will be given out



*All our ParentZone programs are updated on the Anglicare Victoria webpage.
Keep up to date with current programs by clicking [here](#)*

3. Other Programs Being ran by Anglicare Victoria

ANGLICARE VICTORIA FOSTER CARE Info Sessions

Thinking of becoming a foster carer?

Children and young people in Victoria still continue to need care, and we require your support. This information session is aimed at those who live in the Southern Melbourne Metro Regions of Victoria including Dandenong, Frankston, Bayside Peninsula and surrounding areas. If you live outside these areas, we still encourage you to register below, and we will help you find the right information session close to your home.

To find out more about foster care please visit our Foster Caring web page:

<https://fosteringconnections.com.au/>

We encourage people considering foster care to attend a free [information session](#) in their area. Potential carers can ask questions, learn about the experience, and speak with existing carers. These are currently planned to be online and are free. Please follow link for up to date details.

For more information on becoming a foster carer, [download the Information for Prospective Carers Booklet](#)

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 Metro Region – 1300 889 335
- North West Metro Region – 03 9396 7400
- [Southern Metro Region – 0499 016 445](#)
- Bendigo & Loddon Region – 03 5440 1100
- Gippsland Region – 03 5135 9555

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

Anglicare Victoria Communities for Children – Cardinia Shire

There are a number of workshops lined up for parents, carers, volunteers and professionals. Please register, or share with your clients. Please Contact our Pakenham Office and ask for Communities for Children Plus for more details.

Please note registrations are required for all our workshops.



Safer Communities for Children Workshop

FOR: A program for parents & carers of young people (aged 12-25 years) who have children living in the City of Cardinia.

Presented by NAPCAN

- Based on 7 bush animal stories about safety
 - Reinforces community responsibility to
 - value and protect children
 - Elicits the voices of children on what makes them feel safe
 - Encourages adults to respond in meaningful ways relevant to children in community

WHEN: Wednesday 9th February 2022

WHERE: ParentZone Hub 75 Army Rd, Pakenham 3810

COST: Free

Register at: contact CFC: CFCCardinia@anglicavic.org.au

0457 825 076

CFC is funded by the Australian Government,
Department of Social Services.
See www.dss.gov.au for more information.



School Attendance Support Program- Transition to School

Presented by Abigail Ankers

Going to school is a big change for the whole family.

For all enquiries contact cfccardinia@anglicarevic.org.au

When: Tuesday 22 February 2022

Where: Online via Zoom

Time: 6:30 - 8pm

This information and much more can also be found on our Facebook page. To follow us on Facebook click [here](#).



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Anglicare Victoria Communities for Children – Frankston

Communities for Children run a number of workshops/webinars for parents and professionals in the City of Frankston and Mornington Peninsula. Please contact them for Term 4 details - CFCFrankston@anglicarevic.org.au

Keeping in mind that their programs change, In 2021 Communities for Children ran:



Modelling healthy emotional regulation to children

FOR: local sport and recreational groups, parents, carers and volunteers who are seeking information and practical strategies.

Presented by School Attendance Support Program (Uniting) and ParentZone (Anglicare Victoria).

- Tips and tools to support your own emotional regulation;
- Understanding our own triggers;
- Self-care;
- How to co-regulate well with children - at home and work;
- Strategies to assist children to develop these skills in themselves, alongside you;



Advocating for your child-parents/carer's workshop

FOR: designed for local sport and recreational groups, parents, carers and volunteers who are seeking information and practical strategies

Presented by the Association for Children with a Disability. This workshop will cover information for parents/carers:

- Rights of children with disability;
 - Student support groups;
 - Reasonable adjustments;
 - Learning and behaviour support plans;
 - Partnership with your school;
- What is advocacy?



'Supporting Neuro-divergent Children' - Deep dive series:

FOR: local sport and recreational groups, parents, carers and volunteers who are seeking information and practical strategies.

4 Webinars - Presented by the Association for Children with a Disability. This workshop will cover information for parents/carers:

- Rights of children with disability;
- Student support groups;
- Reasonable adjustments;
- Learning and behaviour support plans;
- Partnership with your school;
- What is advocacy?

Facilitated by Christina Keeble Consulting, with special guest Rebecca Perkins of My Special Child, this series will dive into theory and practice to support neuro-divergent kids -including Autism Spectrum, Attention Deficit Hyperactivity Disorder and other neuro-diverse conditions.

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Anglicare Victoria LYFT



LYFT – Lift up Your Family training

FOR: A program for parents & carers of young people (aged 12-25 years) who have challenging behaviours, and may also be using alcohol and other drugs in a problematic way.

- 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?

REGISTER: PH 9721 3688 and ask for the LYFT team

Cost: Free, but bookings are essential

Eligibility criteria

Families with a young person aged 12 to 25 who are using Alcohol and Other Drugs in a problematic way.

The young person must be willing to engage in the program.

Families who live, work or attend school in the following catchments. City of Frankston; Shire of Mornington Peninsula; Greater City of Dandenong;

LYFT.Southern@anglicarevic.org.au

Anglicare and ParentZone Offices

Pakenham	Frankston	Rosebud West
75 Army Rd Pakenham P: (03)9781 6767 or 1300 984 200 P O Box 774 Pakenham 3810	60-64 Wells St, Level 2 P: 9781 6700	1703 Point Nepean Hwy, Capel Sound P: 5986 9900 info@anglicarevic.org.au
Dandenong		
131-147 Walker St Dandenong, VIC 3175 ph: 03 9293 8500 f: 03 9792 5900		

PARENTZONE OFFICES

Parentzone Southern	Parentzone Eastern	Parentzone Northern
P: (03)9781 6767 or 1300 984 200 75 Army Rd Pakenham (PO Box 774) Pakenham 3810	03 9735 4188 666 Mountain Highway, Bayswater, 3153	03 9465 0322 42 Mary Street, Preston 3072
Parentzone Gippsland		
P (03) 5135 9555 101 Buckley Street, MORWELL, 3840		

Remember if you would like to be added to our mailing list please email Parentzone.southern@anglicarevic.org.au

All our ParentZone programs are updated on the Anglicare Victoria webpage. Keep up to date with current programs by clicking [here](#)

For those that Celebrate Christmas, Have a Merry Christmas and Happy New Year



Happy Festive Season to all and have a safe holiday period.

ParentZone Southern

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