



## PARENTZONE

## SOUTHERN NEWSLETTER

Term 4, 2021

News, updates and information about ParentZone programs

Supporting Parents, Carers and Professionals within the South

**BETTER  
TOMORROWS**

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## 1. ParentZone Update

### Welcome

Another term in and out of lockdowns has passed and we have been busy supporting the community through the delivery of our parenting programs.

Most of our programs during Term 3 were delivered online. Although successful, we do miss interacting with families and professionals in person. So, with this and the current COVID-19 advice changing, we are aiming to test the waters and deliver some of our programs for Term 4 face to face!

The ParentZone team has been working on reviewing our Newsletter further to improve the content, readability, and information we provide to you. Recently we sent out a survey to gather your feedback. We have decided to extend the survey and allow more of you to tell us what you think, share your feedback, and provide us with ideas. We hope that our Newsletter will gradually be shaped by you. The look and content will be adjusted according to feedback, so please feel free to share your thoughts.

[Click here to tell us what you think](#)

### Meet our Southern Team

Hi!

I started volunteering with Anglicare in the “Beyond the Violence” program, whilst studying my undergraduate degree in Psychology. Naturally, I fell in love with the BTV program, and having the opportunity to be a part of all of the wonderful changes women and children made to their lives.

After finishing my degree, I continued to volunteer in the Beyond the Violence programs, whilst working as a psychosocial recovery coach in mental health. When the opportunity arose to apply for a position as a Parent Resource Coordinator, I remember telling everyone it was my dream job! They weren't surprised, having heard me talk about BTV for the years I volunteered.

I feel privileged to be given a daily opportunity to help empower others. Being able to work with children in both the BTV and Play Circle space is an absolute highlight of my role. I love the infectious joy and happiness that comes from being around fun, free-spirited children.

I love music, photography and art. When I am not working, you will often find me exploring many of the hidden gems in Melbourne and exploring new places outdoors. I thrive on time spent with my family and close friends, and love creating new memories with my nearest and dearest. ☺



*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 Programs for families



**PARENTS BUILDING  
SOLUTIONS**

#### **(ONLINE) 6 Sessions**

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

- How to get kids to listen & understand why they behave the way they do
- What you can do to help you deal with your child's and your frustrations, anger and/or anxiety
- How to cope with stress and emotions

**WHEN:** Thursday 14<sup>th</sup>, 21<sup>st</sup>, 28<sup>th</sup> October, 4<sup>th</sup>, 10<sup>th</sup> November 2021  
9.15 a.m. to 11.30 a.m.

**WHERE:** Mahogany Rise.  
Or Online via ZOOM if restrictions in.  
You will be advised if the venue changes to online

**COST:** Free!

**REGISTER:** Michelle Brown Ph. 0429 174 150  
Parent Resource Coordinator  
[Michelle.brown@anglicarevic.org.au](mailto:Michelle.brown@anglicarevic.org.au)



**PARENTS BUILDING  
SOLUTIONS**

#### **(ONLINE) Different topic each week, Book into one or more**

**FOR:** Mums, dads, grandparents, step-parents and adult carers of children aged 3-17 residing across the Southern Metro region.

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

**WHEN:** Thursday's 14<sup>th</sup>, 21<sup>st</sup>, 28<sup>th</sup> October, 4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup>, 25<sup>th</sup> November and 2<sup>nd</sup> December.  
10.00 a.m. to 11.00 a.m.

**WHERE:** Online with Zoom  
Support to access ZOOM is available. You will need a phone, laptop or IPAD

**COST:** Free!

**REGISTER:** Iris Guasch Ph. 0429 174 150  
Parent Resource Coordinator  
Book via text or email and leave your phone number, email address and the topic or date of the session/s you want to attend  
[Iris.Guasch@anglicarevic.org.au](mailto:Iris.Guasch@anglicarevic.org.au)



*All our ParentZone programs are updated on the Anglicare Victoria webpage.  
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## PARENTS BUILDING SOLUTIONS “Growing Great Kids”

### 6 Session Program

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

- Developing resilience in our kids
- Connect with other parents
- Looking after your family's mental health and wellbeing

**WHEN:** Fridays 5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup>, 26<sup>th</sup> November & 3<sup>rd</sup>, 10<sup>th</sup> December 2021  
10.00 a.m. to 11.30 a.m.

**WHERE:** ONLINE via ZOOM

**COST:** Free!

**REGISTER:** Jasbir Singh Ph. 0438 004 285  
Parent Resource Coordinator  
[Jasbir.suopada@anglicarevic.org.au](mailto:Jasbir.suopada@anglicarevic.org.au)



## PARENTS BUILDING SOLUTIONS

### 6 session program

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

- How to get kids to listen the first time
- Helping parents deal with frustration, anger and/or anxiety
- Discuss and share strategies that work
- Understand why children behave the way they do and how to cope with stress & emotions

**WHEN:** Wednesday 13<sup>th</sup>, 20<sup>th</sup>, 27<sup>th</sup> October and 3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup> November 2021,  
9.15 a.m. to 11.30 a.m.

**WHERE:** Aldercourt Primary School or online with ZOOM – **TO BE CONFIRMED**

**COST:** Free!

**REGISTER:** Michelle Brown Ph. 0429 174 150  
Parent Resource Coordinator  
[Michelle.brown@anglicarevic.org.au](mailto:Michelle.brown@anglicarevic.org.au)



## PARENTS BUILDING SOLUTIONS

### 6 session program

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

- How to get kids to listen & understand why they behave the way they do
- What you can do to help you deal with your child's and your frustrations, anger and/or anxiety
- How to cope with stress and emotions

**WHEN:** Thursday 14th, 21st, 28th October, 4th, 10th November 2021  
9.15 a.m. to 11.30 a.m.

**WHERE:** Mahogany Rise, or may have to be Online via Zoom. You will be advised

**COST:** Free!

**REGISTER:** Michelle Brown Ph. 0429 174 150  
Parent Resource Coordinator  
[Michelle.brown@anglicarevic.org.au](mailto:Michelle.brown@anglicarevic.org.au)



## PARENTS BUILDING SOLUTIONS

### "Kids Helping at Home"

#### Single Session Online

**FOR:** Parents, step-parents, grandparents, aunts, uncles and carers to talk about kids

- Do you feel 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?
- Join other parents exploring ways to get your kids involved around the house!

**WHEN:** Tuesday 26<sup>th</sup> October 2021  
10.30 a.m. to 12.00 p.m.

**WHERE:** ONLINE via ZOOM

**COST:** Free!

**REGISTER:** Carey Cole Ph. 0437 428 281  
Parent Resource Coordinator  
[Carey.Cole@anglicarevic.org.au](mailto:Carey.Cole@anglicarevic.org.au)



## PARENTS BUILDING SOLUTIONS

### "Self-Care for Parents and Carers"

#### Single Session Online

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

Did you know?

- You deserve to be valued and respected?
- You need to carer for yourself to care for your family?
- Your children learn about self-care and self-respect from you?
- Caring for yourself encourages others to respect and value you?

**WHEN:** Thursday 11<sup>th</sup> November 2021  
10.30 a.m. to 12.00 p.m.

**WHERE:** ONLINE via ZOOM

**COST:** Free!

**REGISTER:** Carey Cole Ph. 0437 428 281  
Parent Resource Coordinator  
[Carey.Cole@anglicarevic.org.au](mailto:Carey.Cole@anglicarevic.org.au)

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



## PARENTS BUILDING SOLUTIONS “Building Resilience in Kids”

### Single Session Online

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

- Developing resilience in our kids
- Connect with other parents
- Looking after our families' Mental Health & Well Being

**WHEN:** Tuesday 2<sup>nd</sup> November 2021  
10.00 a.m. to 11.30 a.m.

**WHERE:** ONLINE via ZOOM

**COST:** Free!

**REGISTER:** Jasbir Singh Ph. 0438 004 285  
Parent Resource Coordinator  
[Jasbir.suopada@anglicarevic.org.au](mailto:Jasbir.suopada@anglicarevic.org.au)



## PARENTS BUILDING SOLUTIONS “Dads and Emotions”

### Single Session Online

**FOR:** Dads, single dads and granddads

- Understanding the different feelings
- Regulating emotions
- Identifying anger triggers
- Mental Health & Wellbeing

**WHEN:** Wednesday 1<sup>st</sup> December 2021  
6.00 p.m. to 8.00 p.m.

**WHERE:** ONLINE via ZOOM

**COST:** Free!

**REGISTER:** Jasbir Singh Ph. 0438 004 285  
Parent Resource Coordinator  
[Jasbir.suopada@anglicarevic.org.au](mailto:Jasbir.suopada@anglicarevic.org.au)



## PARENTS BUILDING SOLUTIONS “Purposeful Parenting”

### (6 Sessions) Over 6 weeks

**FOR:** Parents, step-parents, grandparents, aunts, uncles and carers to help you respond to your children differently if you answer to any of these questions is “YES”

- Are you tired of shouting at your children?
- Would you like to explore strategies to deal with tricky feelings?
- Would you like to parent differently?

**WHEN:** Wednesday 20<sup>th</sup> October 2021  
12.30 p.m. to 2.45 p.m.

**WHERE:** Face to Face if possible in the City of Casey, Otherwise ONLINE via ZOOM.  
You will be advised

**COST:** Free!

**REGISTER:** Carey Cole Ph. 0437 428 281  
Parent Resource Coordinator  
[Carey.Cole@anglicarevic.org.au](mailto:Carey.Cole@anglicarevic.org.au)



## PARENTS BUILDING SOLUTIONS “Communication in the chaos”

### Single Session Online

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

- Tired of yelling?
- Want to discover ways to get your kids to listen?
- Here's a chance to connect with other parents and carers

**WHEN:** Thursday 28<sup>th</sup> October 2021  
6.30 p.m. to 8.00 p.m.

**WHERE:** ONLINE via ZOOM

**COST:** Free!

**REGISTER:** Jade Mitrevski Ph. 0429 454 693  
Parent Resource Coordinator  
[Jayde.mitrevski@anglicarevic.org.au](mailto:Jayde.mitrevski@anglicarevic.org.au)

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



## PARENTS BUILDING SOLUTIONS “Positive Rules for our Kids”

### Single Session Online

**FOR:** Parents, step-parents, grandparents, aunts, uncles and carers to talk about kids

- Struggling to create rules that work?
- Want to explore what works for others?
- Here's a chance to connect with other parents and carers

**WHEN:** Thursday 21<sup>st</sup> October 2021  
6.30 p.m. to 8.00 p.m.

**WHERE:** ONLINE via ZOOM

**COST:** Free!

**REGISTER:** Jade Mitrevski Ph. 0429 454 693  
Parent Resource Coordinator  
[Jayde.mitrevski@anglicarevic.org.au](mailto:Jayde.mitrevski@anglicarevic.org.au)







## PARENTS BUILDING SOLUTIONS

### Single Sessions - Expressions of interest!

During Term 4, 2021 we will be providing a number of sessions **ONLINE!**

**FOR:** Mums, dads, grandparents, step-parents, and adult carers of children aged 0-17 residing across the Southern Metro region.

Expressions of interest are now being taken. You may come to as many as you want to.

Click on the link below and fill out an 'expression of interest' form. Some of the topics are:

- Talking with your teen without feeling like yelling
- Dealing with anxiety - supporting children and parents
- How to deal with tantrums
- Sibling rivalry
- Supporting parents to help kids deal with anger

**Please let us know if there are other topics you would like us to add to our single session series!**

**To REGISTER:** click on the link and fill in form: <https://forms.office.com/r/NELwDPzxmW>

Enquiries [louise.anderson@anglicarevic.org.au](mailto:louise.anderson@anglicarevic.org.au)

**To fill out an Expression of Interest form for Term1 2022, please click on the link and fill in. One of our team will phone or email you.**

## BEYOND THE VIOLENCE PROGRAMS For families.



### BEYOND THE VIOLENCE – CRANBOURNE

**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:** Tuesdays. 12<sup>th</sup>, 19<sup>th</sup> 26<sup>th</sup> October, 9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup>, 30<sup>th</sup> November and 7<sup>th</sup> December (8 weeks) at 4.00 p.m. to 6.30 p.m. (No session on Cup day)

**WHERE:** ONLINE or Cranbourne area - COVID permitting  
Address provided upon booking

**COST:** Free  
Funded by Windermere, Communities for Children Cranbourne

**REGISTER:** Olivia  
Parent Resource Coordinator  
PH. 0409 316 620  
[Olivia.Reilly-McNeil@anglicarevic.org.au](mailto:Olivia.Reilly-McNeil@anglicarevic.org.au)



### PLAY CIRCLE PLAYGROUP - DANDENONG

**FOR:** Women and children  
A safe supported space for parents and their pre-school children

- Meet other families in the (virtual) community
- Additional support if required
- Explore Abecedarian 3a's
- All welcome!

**WHEN:** Thursdays 7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup>, 28<sup>th</sup> October, 4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup>, 25<sup>th</sup> November, 2<sup>nd</sup>, 9<sup>th</sup> December 2021 from 9.30 a.m. – 11.30 a.m.

**WHERE:** Dandenong area, COVID permitting  
Otherwise ONLINE, you will be advised when booking

**COST:** Free  
Funded by Mission Australia, Communities for Children Dandenong

**REGISTER:** Olivia  
Parent Resource Coordinator  
PH. 0409 316 620  
[Olivia.Reilly-McNeil@anglicarevic.org.au](mailto:Olivia.Reilly-McNeil@anglicarevic.org.au)





## BEYOND THE VIOLENCE – Frankston

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:** Monday 11<sup>th</sup>, 18<sup>th</sup>, 25<sup>th</sup> October, 1<sup>st</sup>, 8<sup>th</sup>, 15<sup>th</sup>, 22<sup>th</sup>, 29<sup>th</sup> November 2021

**WHERE:** Frankston Venue - to be advised when booking  
May change to online depending on restrictions

**COST:** Free

**REGISTER:** Iris Guasch Ph. 0436 007 492

Parent Resource Coordinator

[Iris.guasch@anglicare.vic.org.au](mailto:Iris.guasch@anglicare.vic.org.au)

Funded by Communities for Children



## More ParentZone Programs for families



### @ Pakenham Hills



#### Connecting through Creative Arts

**FOR:** Parents, grandparents and carers of children

- Connect with others
- Casual art session
- Opportunity to share your ideas about the types of activities that you would like to see on offer at the PARENTZONE HUB

**WHEN:** Wednesday 15<sup>th</sup> December  
2.00 p.m. – 3.00 p.m.

**WHERE:** ParentZone Hub  
75 Army Rd, Pakenham

**COST:** Free

**CONTACT:** PARENTZONE HUB Coordinator  
[ParentZoneHub@anglicarevic.org.au](mailto:ParentZoneHub@anglicarevic.org.au)



You will need access to a computer, laptop, tablet or smart phone and an internet connection if this is changed to Online due to COVID-19 restrictions. Support with ZOOM is available.

Deb will let you know if this is the case

### ParentZone HUB Facebook Page

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



#### Parent/Carer Catch-up

**FOR:** Parents, grandparents, carers living in the Pakenham Hills area with preschool aged children

A relaxed catch up to connect with other parents and carers local to the Pakenham Hills area during this quieter time.

**WHEN:** Wednesday's 13<sup>th</sup> October to 8<sup>th</sup> December, 9.30 a.m.

**WHERE:** ParentZone Hub/ Online

**COST:** Free

**Contact:** PARENTZONE HUB Coordinator  
[ParentZoneHub@anglicarevic.org.au](mailto:ParentZoneHub@anglicarevic.org.au)



#### Playgroup Hub Playgroup Online

**FOR:** Parents, grandparents, carers living in the Pakenham area with preschool aged children

- Connect with others
- Casual Playgroup Online

**WHEN:** Wednesday's 20<sup>th</sup> October to 1<sup>st</sup> December, 9.30 a.m. to 11.00 a.m.

**WHERE:** ParentZone Hub/Online

**COST:** Free

**Contact:** PARENTZONE HUB Coordinator  
[ParentZoneHub@anglicarevic.org.au](mailto:ParentZoneHub@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:** 21<sup>st</sup>, 28<sup>th</sup> October, 4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup>, 25<sup>th</sup> November 2021

**WHERE:** Online

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

**COST:** \$340 +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](mailto:jasbir.suropada@anglicarevic.org.au)

**OR**

Parentzone Southern  
[Parentzone.southern@anglicarevic.org.au](mailto: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](mailto:parentzone.southern@anglicarevic.org.au)



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Keep up to date with current programs by clicking [here](#)*

## Beyond the Violence Programs for Professionals



### BEYOND THE VIOLENCE FACILITATOR TRAINING Greater Dandenong (possibly ONLINE)

**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:** Thursday 14<sup>th</sup>, 21<sup>st</sup>, 28<sup>th</sup> October 2021  
9.15 a.m. to 4.15 p.m. (if face to face)

Thursday, 14<sup>th</sup>, 21<sup>st</sup>, 28<sup>th</sup> October and 4<sup>th</sup>, 11<sup>th</sup> and 18<sup>th</sup> November  
9.15 a.m. – 1.15 p.m. (if online)

**WHERE:** FACE TO FACE venue to be advised on registration or ONLINE with Zoom

**COST:** Free

**REGISTER:** Ariane Hahn  
Parent Resource Coordinator  
Ph. 0499 080 468  
[Ariane.hahn@anglicarevic.org.au](mailto:Ariane.hahn@anglicarevic.org.au)  
For an Expression of Interest form

*Funded by Mission Australia, Communities for Children Dandenong*



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## 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 4, 2021.

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 alongside families, whether one-on-one or in groups.



### Mornington Peninsula and City of Frankston

**Online** Tuesday 7<sup>th</sup> Sept., 10.00am to 11.30am

**Contact:** Michelle Brown Ph. 0429 174 150

Parent Resource Coordinator

[Michelle.brown@anglicarevic.org.au](mailto:Michelle.brown@anglicarevic.org.au)



### City of Greater Dandenong

**Online** Thursday 14<sup>th</sup> October 2021, 2.00pm to 4.00pm,

**Contact:** Jasbir Singh Suropada Ph. 0431 203 177 or 9706 8568

[Jasbir.suopada@anglicarevic.org.au](mailto:Jasbir.suopada@anglicarevic.org.au)



### City of Casey/Cardinia

**Online** Thursday 19<sup>th</sup> October 2021, 2.00pm to 4.00pm,

**Contact:** Jasbir Singh Suropada Ph. 0431 203 177 or 9706 8568

[Jasbir.suopada@anglicarevic.org.au](mailto:Jasbir.suopada@anglicarevic.org.au)



### 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.

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](https://fosteringconnections.com.au)



## Southern Online Foster Care Information Session

Join our virtual community and come along to our FREE ONLINE information session by registering. To find out more about foster care please visit our [Foster Caring web page](#)

**WHEN:** 22nd<sup>th</sup> September, 2021, 6.00pm-7.30pm

**WHERE:** Online

**COST:** Free

**REGISTER:** Essential

Foster Care Team

Ph. 03 9293 8500 or 0499 016 445

[fostercare.southern@anglicarevic.org.au](mailto:fostercare.southern@anglicarevic.org.au)

For enquiries or bookings

## Southern Region (Frankston) Foster Care Information Session

Join our virtual community and come along to our FREE ONLINE information session by registering. To find out more about foster care please visit our [Foster Caring web page](#)

**WHEN:** 20<sup>th</sup> October, 2021

**WHERE:** Online or Frankston Office 60-64 Wells St, Frankston

May need to be online, you will be advised.

**COST:** Free

**REGISTER:** Essential

Foster Care Team

Ph. 03 9293 8500 or 0499 016 445

[fostercare.southern@anglicarevic.org.au](mailto:fostercare.southern@anglicarevic.org.au)

For enquiries or bookings

## Dandenong/Online Foster Care Information Session

Join our virtual community and come along to our FREE ONLINE information session by registering. To find out more about foster care please visit our [Foster Caring web page](#)

**WHEN:** 17<sup>th</sup> November 2021, 6.00pm-7.30pm

**WHERE:** Dandenong Victoria Anglicare office 131-147 walker St, Dandenong. May change to online. Find out when booking

**COST:** Free

**REGISTER:** Essential

Foster Care Team

Ph. 03 9293 8500 or 0499 016 445

[fostercare.southern@anglicarevic.org.au](mailto:fostercare.southern@anglicarevic.org.au)

For enquiries or bookings

**Remember if you would like to be added to our mailing list please email**  
**[Parentzone.southern@anglicarevic.org.au](mailto:Parentzone.southern@anglicarevic.org.au)**

## 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](mailto:CFCFrankston@anglicarevic.org.au)

The **Term 3** program included:



### 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.

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

## 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. Some are running during the school holidays, and others during Term 4.

Please note registrations are required for all our workshops.

1. Parenting Anxious Kids (**for parents, carers and volunteers**), Tuesday 14 September 2021, 6:30 p.m. – 8.00 p.m.  
Register [Here](#)
2. Safer Communities for Children (professional development), Thursday 30 September 2021, 9.00 a.m. – 4.00 p.m. (**only 4 spots available!**)  
Register [Here](#)
3. Financial Capability (**Professional development**), Thursday 23 September 2021, 9.30 a.m. – 4.00 p.m.  
Register [Here](#)
4. When there is so much going on (**for parents, carers and volunteers**), Tuesday 12 October 2021, 6.30 p.m. – 8.00 p.m.  
Register [here](#)
5. Intersectionality of Mental Health, Gambling Harm and Family Violence (**Professional development**), Wednesday 20 October, 9.00 a.m. – 11.00 a.m. (**only 3 spots available**)  
Register [here](#)



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

For all enquiries contact [cfccardinia@anglicarevic.org.au](mailto:cfccardinia@anglicarevic.org.au)

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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

## 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 <a href="mailto:info@anglicarevic.org.au">info@anglicarevic.org.au</a>
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		

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