



ParentZone Eastern Newsletter Term 4 2021

News and Information on Programs and Services to
Support Parents Across the Eastern Region of Melbourne

E: parentzone.eastern@anglicarevic.org.au

M: 666 Montain Hwy Bayswater 3153

P: (03) 9721 3646

**BETTER
TOMORROWS**

Table of Contents



What's New at ParentZone?	3
Term 4 Parenting Programs	4 - 7
Term 4 single information sessions and webinars	8 - 11
Support for parents of 0-6-year-olds (Early Years)	12 - 13
Support for parents of 7-11-year-olds (Middle Years)	14
Support for parents of 12-18-year-olds (Youth)	15 - 17
Disability or Developmental Delay Programs and Services	18 - 20
Aboriginal and Torres Strait Islander Support for Families	21
Culturally and Linguistically Diverse Families	22
Family Violence Support	23- 24
Support and Programs for Dads	25
Useful Contacts for Families	26 - 27
Professional Development Training	28
Partnering and Training with ParentZone	29

What's New at ParentZone?

Newsletter T4

Term 3 wasn't what anyone expected but thanks to the fantastic work of the team we were able to continue to provide all our groups to parents in the online space. We are all pros at this now. Unfortunately, our New Mums and Bubs group has had to be put on hold again but we are hopeful that things will change and we can run it at some point in term 4. There was great variety on what we offered from Raising Resilient Kids to Surviving Separation along with a couple of new one off sessions on Finding the Hope and Alleviating Anxiety which were received with such positivity we will be offering them again in term 4.

It was fantastic that we received additional funding from DFFH for the Strengthening Parent Support Program which led to us offering for the first time a Safe and Respectful program to families of children with a disability. Despite having to go from face to face to online after the first couple of sessions the group was a huge success and we not only have received great feedback from the families involved we will be setting up a support group going forward and hope to be able to offer this type of program to all families at some point.

We continue to work in partnership with the councils and this term we offered a hugely successful session to Boroondara community on Setting Boundaries. We hope to continue these partnerships moving forward with all councils as it is a great way to engage parents.

This term we have a huge suite of groups to offer parents. These include Raising Resilient Kids, Talking Teens, Dads Matter, Emotion Focused Parenting, Parenting our Preschoolers and Living with Autism. We will have single sessions throughout the term as well on the topics mentioned above as well as Play to Learn and Learn to Play, Teens and the Screens, Find the Hope as well as others. Michelle will continue to offer her support groups online and if allowed face to face. These include the new Living with Autism support group on a Tuesday night every fortnight and a Safe and Respectful support group of which times and dates will be announced later. We will continue to keep you informed of these throughout the term as they arise.

We would also like to take this opportunity to thank our student Annabelle Fyfield for all her wonderful work while with ParentZone and SPSP. Best wishes for your future Annabelle

This newsletter has some great information about other programs and services available in the Eastern Region, so please check it out and get in touch if you need any further information

Keep well!

From the ParentZone Eastern team

Jo, Sharon, Julia, Michelle, Laurie and Tamara

PARENTZONE

Term ParentZone Parenting Programs Term 4

**Free ParentZone parenting programs for parents living in the
Eastern Suburbs Melbourne**

Dads Matter

A Parents Building Solutions Program for fathers

Would you like to:

- Better understand your importance in your child's life?
- Have agreements that work?
- Improve your relationship with your child?

When:

Monday (6 evening sessions)
20th October to 24th November

Time: 7.00pm to 9.00pm

Bookings:

Julia at Parentzone
9721 3629 or 0400866 495

Living with Autism

6-week parenting program bringing together parents living with a child with Autism

Are you the parent or carer of a child who has a diagnosis of autism?

This free 6-week parenting program is an opportunity to ask questions about the autism spectrum and we will support you to consider different approaches/strategies to help with parenting

When:

Thursday (6 morning sessions)
21st October - 25th November 2021

TIME: 10am - 12pm

Bookings:

Joanne.Templeton@anglicarevic.org.au or
0428 296 573

Talking Teens

A Parents Building Solutions Program

Do you want to:

- Improve your relationship with your teenager?
- Improve communication with your teen and resolve family disputes?
- Understand why young people behave the way they do?
- Learn effective ways to deal with anger and anxiety - both yours and theirs

When: Wednesday evenings (6 weeks)

October 20th to November 24th

Time: 7.00pm - 9.00pm

Where: Online via Zoom

Bookings: Sharon.muir@anglicarevic.org.au



PARENTZONE

Term 4 ParentZone Parenting Programs

Free ParentZone parenting programs for parents living in the Eastern Suburbs Melbourne

Emotion Focused Parenting

A Parents Building Solutions Program

Would you like tips and strategies to:

- Better understand and talk with your child?
- Help your child learn to manage their emotions and deal with conflict?
- Manage challenging behaviours?
- Parent anxious children?

Children with emotional intelligence:

A Parents Building Solutions Program

- Have greater success with making and keeping friends
- Show improved concentration at school
- Have fewer illnesses

When: Mondays (6 afternoon sessions)

18th October - 29th November 2021

Where: Online via Zoom

Bookings: Call Julia on 9721 3629 or 0400 366 495

Parenting Our Pre-Schoolers

A Parents Building Solutions Program

Would you like to:

- Gain a better understanding of your preschooler's behaviour?
- Learn positive discipline strategies
- Improve communication with your preschooler?
- Get your preschooler to listen
- Encourage the skills of resilience?
- Deal with your own frustrations and anxiety as a parent?

When : Wednesdays (6 Sessions)

27th October - 1st December 2021 10am - 12pm

Where: Online - Via Zoom

Cost: Free (bookings essential)

Bookings:

Email Laurie to register your interest: laurie.arrowsmith@anglicarevic.org.au

Raising Resilient Kids

A Parents Building Solutions Program for parents of children aged 5 to 12 years

Would you like to:

- Discover strategies to help your child bounce back from adversity?
- Support your child to cope with change?
- Deal with anger and anxiety?
- Improve your communication and your relationship with your child?

When: Thursday afternoons, October 21st to November 25th 2021 (6 weeks)

Time: 1.00pm to 3.00pm

Where: Online via Zoom

Bookings: sharon.muir@anglicarevic.org.au



PARENTZONE

Term 4

Parenting Programs

Parent Child Mother Goose

Aa group for parent and children to enjoy an hour of songs, rhymes and stories facilitated by trained Parent Child Mother Goose Facilitators to support language development and Parent/Child attachment

Dates:

0-2 age group Mondays (11th October to 6th December)

2-4 age group Thursdays (14th October to 9th December)

Time: 10:00am - 11:00am

Where: 28 Freeman Street, Ringwood East

Phone: Shelley Neil - (03) 1038 6423

Email: cdtcorrespondence@each.com.au

Mummy & Me

Mummy & Me is a program for Mums who have little or no family or community support. For Mums in the Knox area with children from birth - 11 years old.

A volunteer mentor will go into the home to

- Give practical help in the home and be a trusted friend
- Help them gain competence in motherhood and share valuable life experience
- Encourage and support them to build confidence and self-esteem
- Build connections and help break social isolation
- Work together on reaching established goals
- Connection is for 1 - 2 hours on a weekly or fortnightly basis
- Program is for 6 weeks with an option to extend if required

Contact: Bronwyn (Mummy & Me Coordinator)

Phone: 9871 8900

Email: bronwyn.upton@citylife.care

Young Mums Group

This is a group for young mum's and children. During school terms FAN holds weekly gatherings/zoom sessions with the mums to do activities. These activities include art therapy, outings to cafes/parks/play centers, origami, knitting

Dates: Wednesdays (during school term)

Time: Wednesday - In person: 12pm -2pm, On Zoom 12pm to 1pm

Where: Burges Family Centre 15 Barwon St Box Hill North

Contact Person: Vanita Harris

Phone: 03 9890 2673

Email: vharris@fan.org.au

Mum's & Munchkins (Single Mum's Group)

An opportunity for Mum's with children from 0 - 11 years, to invest time into yourself and your family over a cuppa, whilst enjoying 'time out' from your busy schedule and your children play together.

- Improve your parental confidence and self esteem
- Share pearls of wisdom and practical tips to help simplify your life
- Build new friendships with those on a similar journey
- Explore parenting topics that help navigate issues you may struggle to deal with
- A fun, friendly environment with a Pre-school age children's program.

Where: CityLife Community Care. 1248 High Street Road Wantirna South.

When: 1st and 3rd Thursdays each month

Time: 10am - 11:30am

PARENTZONE

Term 4

Parenting Programs

COACH Mentoring

Come alongside individuals and families that are doing it tough for a period of 12 months or longer to provide support and to help them to make positive improvements to their lives.

Contact person: Christine Leong

Contact phone: 9871 8900

Email address: Christine.Leong@citylife.care

Triple P Parenting Program

The Triple P – Positive Parenting Program provides practical strategies to help parents raise happy, confident children; set family routines and rules that everyone can follow; and balance work and family life with less stress.

Free to attend online

Bookings: <https://www.triplep-parenting.net.au/vic-ukn/triple-p/>

Young Parents Group

A support group for young parents under the age of 25 years

When: Friday, weekly (except school holidays)

Time: 10:00am - 12:00pm

Contact: Michelle Pascoe 9298 8311

Email: Michelle.pascoe@knox.vic.gov.au

Relationships Australia Parenting Programs

<https://www.relationshipsvictoria.com.au/courses/relationship-education/category/1>

Courage to Heal Program

Family Violence Support Program

The Courage to Heal Program is a 12 month group therapy program for women who have experienced intimate-partner violence. The program runs weekly during school terms and breaks over school holidays. Across the 12 months we cover a different topic or module per term.

Topics include:

- Understanding Abuse
- Managing Strong Emotions
- Assertiveness & Healthy Boundaries
- Building Healthy Relationships

Who: The program provides post-crisis support. It is suitable for women who have experienced intimate-partner violence but are not longer in an abusive relationship and are able to commit to the 12 month program.

Cost: Free

Where: The Womens Centre

When: Starting Mid July - Tuesdays 11:00am - 1:30pm

Contact: Beth Taylor on 0423 911 428 or beth.taylor@crosswaylifecare.org.au

PARENTZONE

Parenting One off Sessions - information forums and webinars



Free interactive workshops programs for parents living in the Eastern Suburbs of Melbourne

Alleviate Your Child's Anxiety

Interactive Online Workshop

Join Laurie Arrowsmith from Eastern ParentZone for a 2-hour interactive parenting workshop.

Discover the causes of anxiety and learn a parent-led approach to alleviating your child's worries.

Learn the skills of resilience, and strategies to help your child obtain a more resilient mindset.

Suitable for parents and carers of children aged 5 to 12 year

When:

Monday 15th November 2021 online via Zoom

Time: 7:00pm to 8:30 pm

Bookings:

Email Laurie to register your interest

laurie.arrowsmith@anglicarevic.org.au

Teens and their Screens

A FREE online workshop for parents of children aged 12- 18 yrs

Would you like to:

- Learn how to help you teen better balance screen time and real life?
- Find strategies to help them switch off and re-engage in the world?
- Navigate online safety, rules and consequences?

Join us at this free interactive workshop to develop strategies to help your teen develop healthier screen time habits.

When:

Wednesday December 1st 2021

Time:

7.00pm - 9.00pm

Where:

Online via Zoom

Bookings:

Sharon.muir@anglicarevic.org.au

Please note: You will need a device that has access to video and audio, as well as a quiet child-free place to be able to participate.

PARENTZONE

Parenting One Off Sessions - information forums and webinars



Free interactive workshops programs for parents living in the Eastern Suburbs of Melbourne

Finding the Hope

Single Session for Parents and Carers

Would you like tips and strategies to:

- Manage better and survive during these uncertain times?
- Support our kids to cope during uncertainty?
- Manage expectations?
- Parent anxious children?

DATE: Monday 6th December 2021

TIME: 1.00pm - 2.30pm

WHO: Parents, Grandparents and Carers

WHERE: Online - Via Zoom

COST: Free of charge (Bookings essential)

BOOKINGS:

<https://www.trybooking.com/BUEVJ>

For enquiries contact:

ParentZone Eastern on (03) 9721 3646 or email

ParentZone.Eastern@anglicarevic.org.au

Please note: You will need a device that has access to video and audio, as well as a quiet child-free place to be able to participate.

Learn to Play! Play to Learn!

Connecting and Learning through Play in the Early Years

Do you want to:

- Understand how young children's play supports their learning?
- Nurture your child's early development?
- Discover a variety of low-cost activities to engage your child at home?
- Connect and have fun with your child?

DATE: Monday 1st November 2021

Time: 10.30am - 12.00 noon

WHO: Parents, Grandparents and Carers of Children aged 0-6 years

Where: Online via Zoom

Cost: Free of charge. Bookings essential.

Bookings: sharon.muir@anglicarevic.org.au

PARENTZONE

Parenting Sessions - information forums and webinars



Whitehorse Council Parenting Forums

<https://www.whitehorse.vic.gov.au/living-working/people-and-families/family-activities-and-resources/parenting-information-forums>

Parenting Anxious Children

Create an understanding of: the role of anxiety and normal childhood development; signs and symptoms to be aware of; different types of anxiety; strategies and methods to support your children; and provide information of where to go for further help, support and information.

When: Tuesday 24 August

Age range: Parents and Carers of School aged Children

Manningham City Council

<https://www.manningham.vic.gov.au/Parenting-Seminar-Series>

Knox City Council

Free Parent Workshops

<https://www.knox.vic.gov.au/parentworkshop>

Topics:

- Link to eSafety commissioner webinars
- Links to local parent support groups

Boroondara City Council

Free Parent Information Sessions:

<https://www.boroondara.vic.gov.au/community-support/boroondara-families/activities-families/activities-parents-and-caregivers>

Starting Solid Foods

- Tue 20 July 2021
- 1:00pm - 2:30pm
- Tue 20 July 2021 - Tue 12 October 2021
- Online Camberwell VIC 3124



PARENTZONE

Parenting Sessions - information forums and webinars

Maroondah City Council

<https://www.maroondah.vic.gov.au/Community-support-business/Children-and-families/Parenting-information-sessions>

Reach out and Connect:

The Suicide Conversation for Parents

Supportive connection is early prevention.

Join us for this webinar presented by Life Connect Neami National, to help recognise and support young people who may be at risk of suicide.

Topics:

- Suicide and suicidal thinking are more common than most people realise.
- Young people are at increased risk of suicidal thoughts and behaviours - understand why a young person might feel this way.
- Gain confidence in asking appropriate questions and listening with empathy.
- Learn how to play a part in community suicide and support the wellbeing of young people in your family.

When: Thursday 7th October

Time: 7pm -8pm

Booking:

<https://www.trybooking.com/events/landing?eid=760204&>

Taming the Technology :

Parenting in the cyber age

If you have recently felt like your child's device has become an extension of their body, had an argument about how much time they spend online or just had concerns about what they're accessing then you are in the majority of Australian parents and carers who feel exactly the same way!

This session is for parents and carers only; and will provide essential information and resources you can access to protect your children online and navigate the internet safely together.

When: Thursday 26th July

Time: 7pm - 8:30pm

Contact:

childrens.services.events@maroondah.vic.gov.au

Booking:

<https://www.trybooking.com/events/landing?eid=762080&>

Yarra Ranges Council

Free Family Webinars

<https://www.yarraranges.vic.gov.au/Community/Family/Family-Webinars>

Topics:

- Parenting through stress and isolation
- Mindful parents
- Connection based parenting
- reconnecting after trauma
- Taming the tiger
- Kinder and school transition/readiness

Monash City Council

Free Parent Services and Programs

<https://www.monash.vic.gov.au/Services/Children-Family/For-Parents/Parenting-Programs>

Topics:

- Family support services
- parenting adolescents programs
- Parenting workshops and resources

PARENTZONE

Support for Parents of 0 to 6-year-olds

Maternal & Child Health Centres

Boroondara MCH Centres

Bookings phone 9278 4606 or email
boroondara@boroondara.vic.gov.au

- 1 Cherry Road Balwyn (03)9836 8151
- 5 Anderson Rd, Hawthorn East (03) 9835 786121
- Strathalbyn St, Kew East
- 152 Pakington St, Kew (03) 9853 9466
- Kendall St, Canterbury VIC (03) 9836 2106



Knox MCH Centres

Bookings phone 9298 8741

- Billoo Park 40 Birchfield Crescent Wantirna
- Forest Road (Cnr. Stockton Ave) Ferntree Gully
- Knox CFC - 41 Phyllis Street Bayswater
- Knox CFC - 81 Argyle Way Wantirna Sth
- Knoxfield 81 Anne Road Knoxfield
- Liberty 77 Liberty Avenue Rowville
- Murrindal 100 Murrindal Drive Rowville
- Marie Chandler Park Crescent Boronia
- Wattlevue 17 Fuchsia Street Ferntree Gully

Monash MCH Centres

Bookings phone 9518 3662

- Batesford Hub: 94 Batesford Road, Chadstone
- Brandon Park: 7 Collegium Avenue Wheelers Hill
- Clayton Comm Centre, 9-15 Cooke Street Clayton
- Huntingdale: 59 Greville Street Oakleigh East
- Kerrie: 35 Boyanna Road Glen Waverley
- Mount Waverley: 35 Sherwood Road Mt Waverley
- Mulgrave: 55 Shaftsbury Drive Mulgrave
- Oakleigh: Link Centre, 8-10 Johnson St, Oakleigh
- Pinewood: 11 Pinewood Drive Mount Waverley

Manningham MCH Centres

Bookings phone 9840 9188 or
email mchadmin@manningham.vic.gov.au

- 5/7 Derreck Ave, Bulleen (03) 9840 9188
- 1/687 Doncaster Rd, Doncaster (03) 9840 9188
- 39 Mayfair Ave, Templestowe Lower (03) 9840 9188
- 510-518 Blackburn Rd, Doncaster East 9840 9188
- Tunstall Rd, Doncaster East (03) 9840 9188

Whitehorse MCH Centres

- Blackburn North Family Centre 9898 3611
- Box Hill South Family Centre 9889 8900
- Burgess Family Centre Box Hill North 9898 3611
- Forest Hill Family Centre 889 8900
- Mitcham Family Centre 9262 6332
- Vermont South Family Centre 92626332

Maroondah MCH Centres

- Arrabri House Bayswater North 9729 4017 90
- Bonnie View Road Croydon North 9294 5777
- Croydon Civic Square 9294 5540 or 9294 5541
- Norwood Centre, Ringwood 9870 7264 / 98798813
- 75 Patterson Street Ringwood East 9879 6583127
- Oban Rd, Ringwood North 9876 3307, 9879 0854
- Tarralla, 38 Gracedale Ave Ringwood Est, 9294 577

Yarra Ranges MCH Centres

Central Maternal Child Health 1300 368 333

• **Urban Maternal and Child Health Centres:**
Chirnside Park, Kilsyth, Lilydale, Mooroolbark,
Montrose, Mount Evelyn

• **Hills Maternal and Child Health Centres:**
Belgrave, Belgrave Sth, Monbulk, Selby, Upwey

• **Valley Maternal and Child Health Centres:**
Badger Creek, Coldstream, Healesville, Wandin,
Warburton, Woori Yallock, Yarra Glen, Yarra Junction

Support for Parents Early Years - 0 to 6 year olds

Maternal & Child Health Telephone Service

Confidential, 24-hour Maternal and Child Health Line provides information and advice about the care and health of your child (from birth to school age). Discuss your concerns about child health and nutrition, breastfeeding, your own health, and any parenting issues

Phone: 13 22 29

Child and Family Services Information, Referral and Support Teams (Child FIRST)

Easily accessible, community-based point of entry for children, young people, and families needing support.

Boroondara, Manningham, Monash, and Whitehorse

Phone: 1300 762 125

Knox, Maroondah, and Yarra Ranges

Phone: 1300 369 146

SmallTalk Supported Playgroups

Free facilitated playgroups for families with a child aged 0-6 years who have a current Health Care Card. The program provides strategies to support children's early learning and development.

Knox Council:

9298 8348 or play@knox.vic.gov.au

Monash Council:

playgroups@monash.vic.gov.au or 0466 026 290

Whitehorse Council:

supportedplaygroup@whitehorsevic.gov.au

Yarra Ranges Council:

earlyyears@yarraranges.vic.gov.au 1300 368 333

Early Parenting Services

Day stay, residential, and group services provided to enhance parent-child relationships and support parents with strategies for achieving their parenting goals. For parents children up to 4-years of age.

Where:

O'Connell Family Centre, Canterbury

Phone: (03) 8416 7600

Queen Elisabeth Centre, Noble Park

Phone: (03) 9549 2777

Tweedle Child and Family Health Service, Footscray

Phone: (03) 9689 1577

Australian Breastfeeding Association

The Breastfeeding Helpline is available 24hrs, 7 days a week, staffed by trained volunteer counselors who answer in their own homes. Phone: 1800 686 268

Local groups meet regularly to provide information, "mother to mother" support, and activities in community centres, cafes, local parks, and online.

Whether, pregnant, fully breastfeeding, partially breastfeeding, expressing or bottle-feeding all mothers will be welcomed.

Visit website to find local group meetings dates, times and locations.

www.breastfeeding.asn.au/contacts/groups

PANDA - Perinatal Anxiety and Depression Australia

Provides support, information, referral, and counseling to any new parent struggling during pregnancy or after the birth of their baby. Callers do not need to have a diagnosis of antenatal or postnatal depression to make contact with the helpline.

Phone: 1300 726 306

PARENTZONE

Support for Parents Middle Years - 7 to 11 year olds



S.T.A.R. KIDS

Shine & Thrive through Art & Relaxation, for Kids

A 6 week art therapy group for kids in grade 5 & 6, who have experienced or witnessed family violence

- Get creative, express self, have fun
- Gain self- confidence and self-esteem
- Learn to manage emotions
- Make new friends

When: Monday 8th November - 13th December

Time: 4.00pm - 6.00pm

Phone: Sonia on 9856 1500

Email: sonia.tomasiello@doncare.org.au

Child and Family Services Information, Referral & Support Teams (Child FIRST)

An easily accessible, community-based point of entry for children, young people, and families needing support.

Boroondara, Manningham, Monash, and Whitehorse

Phone: 1300 762 125

Knox, Maroondah, and Yarra Ranges

Phone: 1300 369 146

Eastern Child & Youth Mental Health Service (CYMHS)

Eastern Health CYMHS is one of thirteen Specialist Mental Health Services in Victoria for children and young people up to the age of 24 years who are displaying symptoms of psychiatric disorder or severe emotional and behavioral disturbance.

The service is available to families who live in the central and outer eastern region of Melbourne

1300 721 927 (Press Option 2)

After hours/weekends urgent enquires: 1300 721 927

Website: <https://www.easternhealth.org.au/site/item/99-child-youth-mental-health-service-cymhs>

PARENT**ZONE**

Support for Parents Youth - 12 to 18 year olds Term 4



Breaking the Cycle

A program for parents, stepparents, and carers of 10 to 18 years olds who are abusive or violent in the home.

When: Wed 13th October – 1st December 2021

Time: 6:30pm - 8:30pm

Where: Online.

Contact: Antoinette Veljanovski or Sally Thomson

Phone 03 9896 6322

Email: meridian@anglicarevic.org.au

Talking Teens

A Parents Building Solutions Program

Do you want to:

- Improve your relationship with your teenager?
- Improve communication with your teen and resolve family disputes?
- Understand why young people behave the way they do?
- Learn effective ways to deal with anger and anxiety - both yours and theirs

When: Wednesday evenings (6 weeks) October 20th to November 24th

Time: 7.00pm - 9.00pm

Where: Online via Zoom

Bookings: Sharon.muir@anglicarevic.org.au

Meridian Youth and Family Therapy - Anglicare Box Hill

Therapy for young people aged 10 - 23 and their families to address conflict arising from issues such as violence, anxiety, bullying, depression, eating disorders, family breakdown, gaming or internet misuse, grief, self-harm, suicidal thoughts, sexual or physical abuse, sexual identity & gender issues, school refusal, & social isolation.

Phone Meridian Intake on 03 9896 6322 or **Email:** meridian@anglicarevic.org.au

PARENTZONE

Activities & Support for Youth 12 to 18 years

Peaceful Warriors

A group mentoring program that aims to build positive relationships between men and boys.

The program believes that positive and consistent role models help boys grow into healthy adults. Volunteer mentors from the Peaceful Warriors help boys on their journey to becoming healthier men.

In term two the group will be offered to 13-16-year-olds in Yarra Ranges

Email: Peacefulwarriors@anglicarevic.org.au

Phone: 9735 6100

EV's Hangout

A drop-in program for young people aged 12-25. Each week young people have access to the pool, table tennis, video games, board games, food, and other activities. Young people can also connect with our youth workers for casual chat or to seek support.

When: Every Thursday 3:00 -6:00 pm

Contact person: Marcus Kelly

Contact phone: 0418 427 759

Email address:

youth@maroondah.vic.gov.au

<http://www.maroondahyouth.com.au/Programs-for-Young-People/Hangout>



Activities & Support for Youth 12 to 18 years

EACH Youth and Family

EACH Youth & Family are running several online and in person group social activities for young people aged 15- 25y/o in the coming months.

Programs include:

- **Just Vibing** - online safe and inclusive social group for young people aged 15 - 25 years to engage in fun activities
- **Just Shine** - therapeutic group program for young women aged 14-18 years
- **Youth & Family Craft Space** - group craft space for young people aged 15-25 years

Stay connected to upcoming EACH activities via their Youth & Family Facebook page.

<https://www.facebook.com/groups/eachyouthvic/>



Eastern Youth Services

Boroondara Youth Services

<https://www.boroondara.vic.gov.au/community-support/young-people/visit-our-youth-centre>
9278 4608

Knox Youth Services

<http://www.knox.vic.gov.au/youth>
9298 8000

Manningham Youth Services

<https://www.each.com.au/manninghamyouth/youth-programs/>
130000 EACH / (130000 3224)

Maroondah Youth Support Service

Realm Ringwood (M-F 9-5)

<http://www.maroondahyouth.com.au/Support-for-Young-People>

Email: youth@maroondah.vic.gov.au

Phone: Rachelle Jones **0418 488 279**

Monash Youth Services

<https://www.monashyouth.org.au/Programs>
9518 3900

Whitehorse Youth Services

<https://www.whitehorse.vic.gov.au/living-working/people-and-families/young-people/services-activities>

9898 9340

Yarra Ranges Youth Services

<https://www.yarraranges.vic.gov.au/Community/Youth>
1300 368 333

YSAS

Youth Support and Advocacy Service

<https://ysas.org.au/>
9415 8881

Headspace

Confidential and free mental health support for young people aged 12 to 25 years

<https://headspace.org.au/>

Knox - (03) 9801 6000

Hawthorn - (03) 9000 0500

PARENTZONE

Disability Programs for Parents

Living With Autism Support Group

Are you the parent or carer of a child who has a diagnosis of autism?

This free 7-week parenting program is an opportunity to ask questions about the autism spectrum and we will support you to consider different approaches/strategies to help with parenting

When:

Fortnightly Tuesday night's
Oct 5th & 19th, Nov 16th & 30th, Dec 14th

Time: 7.00pm - 8.30pm

Bookings:

To book please email Michelle.emeryevans@anglicarevic.org.au If you'd like more information feel free to contact Michelle on 0438 646 744

Safe and Respectful Support Group

Safe & Respectful is a supported space for parents to share and consider different approaches/strategies to help support their children in their developing identity, sexuality, sexual health and relationships. fortnightly via zoom

When:

Term 4 dates and times TBC.

Strengthening Parent Support Program

Mt Evelyn

Dates: October 22nd & November 26th

Time: 10.30 - 11.30am

Where: Mt Evelyn Community House, 50 Wray Cres, Mt Evelyn

Bayswater

Dates: Oct 13th, Nov 10th & Dec 8th

Time: 10.00 - 11.00am

Where: Glen Park Community Centre 30 Glen Park Rd, Bayswater Nth

Online Group

Dates: Oct 14th & 28th, Nov 11th & 25th and Dec 9th

Time: 10.30 - 11.30am via Zoom

BOOKINGS:

To book please email

Michelle.emeryevans@anglicarevic.org.au

If you'd like more information feel free to contact Michelle on 0438 646 744

Are you a parent or carer of a child with a disability or developmental delay (with or without a formal diagnosis)? Could you use a bit of support and connection with others who understand?

Come along and join other parents and carers at one of our monthly peer support groups. Share stories and strategies, and have a cuppa, a chat and some laughs with other supportive parents and carers in a casual and comfortable environment. You can come to one or as many groups as you like

PARENTZONE

Disability Programs for Parents

Tuning into Kids Online Course

A program for parents and carers of children with a disability

Tuning in to Kids is an evidence-based parenting program that focuses on the emotional connection between parents and children. In particular, the program teaches parenting skills in emotion coaching, which is to recognise, understand and respond to children's emotions in an accepting and supportive way.

This series of FREE online workshops are a partnership between EACH Family Relationship Support for Carers Service and Kate French, Clinical Psychologist at Side by Side Psychology.

Dates: Monday October 4, 11, 18, 25, November 1 and 8

Time: 6pm - 8pm

Book: <https://www.stickytickets.com.au/UUIDR>



PARENTZONE

Disability Contacts for Families



Association for Children with a Disability (ACD)

Support Line Monday to Friday 9:00 am-5:00 pm

Email: acdsupport@acd.org.au with your preferred day and time for a callback

Text: 0475 577 997 with your preferred day and time for a callback

Phone: 03 9880 7000 or 1800654 013 (regional)

AMAZE

Builds autism understanding in the community, influences policy change for autistic people and their families/supporters, and provides independent, credible information and resources.

(03) 9657 1600 Web: <https://www.amaze.org.au/>

Autism Counselling

Suite 2/171 Boronia Rd, Boronia 0414 487 509

Cerebral Palsy Support Network

A community that advocates for inclusion and self-determination of individuals with Cerebral Palsy
<https://cpsn.org.au/> 9478 1001

Deaf Victoria

Advocates to increase access to services and to educate the wider community on how to work, play, and study with deaf and hard of hearing people. <https://www.deafvictoria.org.au/> 0431 476 721

Down Syndrome Victoria

Provides families and people with Down syndrome with support, encouragement, information and resources.
Phone 1300 658 873 Email info@dsav.asn.au <http://www.downsyndromevictoria.org.au/>

Epilepsy Action Australia

Provider of epilepsy support and information nationwide. <https://www.epilepsy.org.au/>

Scope Australia

Support for people with physical, intellectual disabilities, and developmental delays to achieve their goals.
1300 472 673

VALID

Equipping and empowering people with a disability and their families using training tools, information, and resources. 130 Cremorne street, Richmond Vic 3132 03 94164003

Yooralla

provides quality services for people with disability across Victoria <https://www.yooralla.com.au/> 03 9666 4500

Aboriginal and Torres Strait Islander Support for Families



Djirra

<https://djirra.org.au/>
(03) 9244 3333

Where culture is shared and celebrated, and where practical support is available to all Aboriginal women and particularly to Aboriginal people who are currently experiencing family violence or have in the past.

Dardi Munwurro

<https://www.dardimunwurro.com.au/>
1800 435 799

Delivers a range of family violence, healing, and behaviour change programs and services.

Breaks the cycle of inter-generational trauma in Aboriginal families and communities, by empowering and inspiring individuals to heal the past, acknowledge the present and create a positive vision for the future.

The Healesville Indigenous Community Services Association

admin@hicsa.org.au
(03) 5962 2940

A welcoming and culturally affirming place in that provides information, services and programs that are focused on building a healthy, strong and skilled community.

Mullum Mullum Indigenous Gathering Place

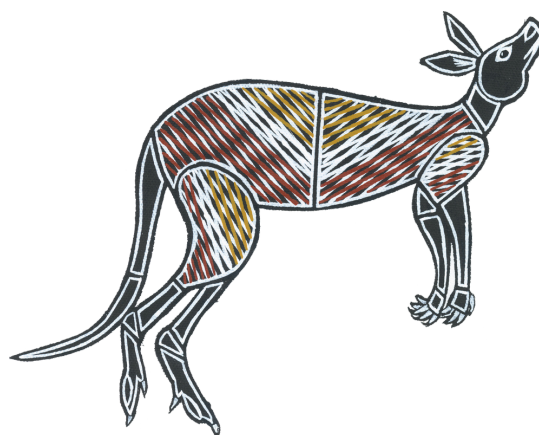
<https://www.mmigp.org.au/>
(03) 9725 2166

- Elders, Men's, Women's and Youth networks
- Burrai Playtime
- Food bank
- Access and support
- Aboriginal Health Promotion and Chronic Care Program (AHPACC)
- Indigenous Community Links

Boorndawan Willam Aboriginal Healing Centre

bwahs.com.au/
(03) 9212 0200

A culturally safe service that assists in their healing journey from the impact of family violence. Boorndawan Willam (Safe House) is a place where you can strengthen your family and relationships through our holistic Aboriginal cultural and spiritual approach.



Victorian Aboriginal Child Care Agency (VACCA)

vacca.vacca.org/
(03) 8727 8800

A state-wide Aboriginal Community Controlled Organisation servicing children, young people, families, and community members. The largest of its kind in Australia.

Culturally and Linguistically Diverse Families



Chinese Family Services

Uniting Connections offer a range of programs to support families living in Monash. Programs offered include:

- Chinese Playgroup
- Information sessions for Chinese parents
- Support for Chinese fathers

Phone: Joseph Jin - 0422008145 or 98754222

Email: Joseph.Jin@vt.uniting.org

Victorian Multicultural Commission

Strengthens cultural diversity in Victoria through consultation, advocacy, celebration, and promotion. Site list more than 1700 services including interfaith networks, language service providers, government agencies, language schools, and events

Phone: 7005 1267

<https://www.multiculturalcommission.vic.gov.au/>

Migrant Information Centre

The Migrant Information Centre (Eastern Melbourne) (MIC) assists families and children from migrant and refugee backgrounds residing in the eastern suburbs of Melbourne to understand Australian life, integrate into a multicultural community, and access services.

Term 2 Online Events:

<http://miceastmelb.com.au/whats-on/events/>

English Conversation Corner

Free online weekly sessions to practice your English skills in a relaxed supportive environment. Organised by volunteers with training through AMES. Conversation groups are for those over 18 years of age

For more information visit:

<https://www.ringwoodchurch.org.au/be-involved/community/>

Asylum Seeker Resource Centre

Provides material aid, housing, education support, legal aid, for people seeking asylum

<https://www.asrc.org.au/covid-19/>



PARENTZONE

Family Violence Support

Eastern Domestic Violence Services (EDVOS)

Support includes working with police and courts, housing assistance, counseling, and men's intake. Free and confidential service b/h 9259 4200

a/h Safe Steps: 1800 015 188 (24-hour crisis line)

edvos.edvos.org.au

The TRAK Forward Program

Supports people to move forward after family violence, Includes

- Safety Planning
- Child and Family Counselling
- Coaching in the home or refuge
- Support to access other services
- Access to peer support

People living in Manningham, Boroondara, Monash and Whitehorse can access the service free of charge. Intake **Phone:** 03 9896 6395

Email: trakeast@anglicarevic.org.au

Women's Self - Defence Course

4-week course for women who have experienced family violence

If you want to learn basic self-defence skills in a safe, empowering space, then this program is for you!

Cost: Free

When: Monday 10:00am -11:30am.

Dates: 4th Oct - 25th Oct

Location: Balwyn

Phone: Beth Taylor on 0423 911 428

Email: beth.taylor@crosswaylife care.org.au

You Matter

A Creative art therapy group for teens aged between 13-18 years who are living with or have lived with family violence

- Improve self-confidence and self esteem
- Learn about healthy relationships
- Form new friendships
- in a safe space that encourages listening and

When: Thursday, from the 29th July – 2nd September **Time:** 4pm – 6pm

Where: Doncare - Manningham City Square, suite 4 level 1/687 Doncaster Rd, Doncaster

There is **no cost** for this program, and all art materials will be provided. No artistic skills are necessary!!

To register your child or to find out more, please **contact Sonia on 9856 1500**

Re:SPECT - Doncare

The Women's Re:SPECT program utilises the visual arts, journaling and mindfulness for self-expression to explore themes relating to emotions, values and identity. Moving towards healing and recovery.

When: Tuesday 9th November -16th December

Time: 10am - 12pm

Where: Doncare - Manningham City Square, suite 4 level 1/687 Doncaster Rd, Doncaster

To register your child or to find out more, please **contact Sonia on 9856 1500**

PARENTZONE

Family Violence Support Term 4

Courage to Heal Program

The Courage to Heal Program is a 12 month group therapy program for women who have experienced intimate-partner violence. The program runs weekly during school terms and breaks over school holidays. Across the 12 months we cover a different topic or module per term.

When: We are now taking referrals for a new group commencing in Term 4 (starting 5th October) that will run on Tuesdays from 11am-1.30pm. Occasional child care available for pre-school aged children while their mums attend the program.

Phone: Beth Taylor on 0423 911 428

Email: beth.taylor@crosswaylife care.org.au

Cool Kids

Cool Kids is a therapeutic group for primary aged children with experience of family violence and/or homelessness who live in the Outer East region.

The group provides a safe space for children to come together, learning about emotions and respectful relationships whilst having some fun. There's a mixture of discussion, arts & craft, mindfulness, storytelling and outdoor play. We provide a healthy afternoon tea.

When: Monday - 4pm - 5:30pm

Where: Croydon

Cost: Free

Phone: 8870 4040

Email: pathwaystoresilienceoe@vt.uniting.org

Crossways Life Care

Supports women who have experienced family violence through counseling, mentoring, financial care, a women's centre, meals, and community groups. Based in the Whitehorse area.

Phone: (03) 9886 3899

Email: lifecare@crossways.org.au

Family Yoga

A partnership between Anglicare, TRAK FORWARD Inner East Program and EACH.

Practicing yoga as a family is a great way to exercise, relax and spend quality time together. The course will help strengthen the bond between you and your children whilst focusing on fun. Expect some games, yoga poses and relaxation activities. This course is aimed at all levels and abilities, no previous experience is needed.

Term 4 will be an online course where families will be emailed yoga activities every week for 8 weeks to do at home with their children. This will be followed up with a phone call from the facilitators to see how they went in the next few days.

Dates: Tuesdays 5th October- 23rd November 2021 (8 weeks). Cup weekend will either be sent the day before or the day after the public holiday.

Location: For you to do at home with your family, preferably on the same night at the same time to create some routine.

Facilitators: Sonya (yoga certified practitioner) and Clea (Family Violence Practitioner)

Cost: Free of charge

Contact: Team Leader at EACH Felicity on 0409376696 or email felicity.townsend@each.com.au

PARENTZONE

Support for Dads



Dads Online

Dads come in all shapes and sizes and many are part of a separated family. There is one distinct common thread that connects us, we love our children, we embrace fatherhood and intentionally make it a priority.

Dads Online are dedicated to these Dads. We providing relevant information and ideas that tap directly into the heart of topics that are most important to Dads.

Where: Online

Contact: www.dadsonline.com.au/contact

DadsLink

The DadsLink Meetup group is a space for all the Dads and Father figures in our community to connect, while also creating opportunities for them to enjoy healthy activities and camps with their children.

Where: Hocokah House in Canterbury.

Contact: dadslink@ymca.org.au

Dads Matter

A Parents Building Solutions Program for fathers

Would you like to:

- Better understand your importance in your child's life?
- Have agreements that work?
- Improve your relationship with your child?

When:

Monday (6 evening sessions)
20th October to 24th November

Time: 7.00pm to 9.00pm

Bookings:

Julia at Parentzone
9721 3629 or 0400866 495

Dads in Distress

<https://www.parentsbeyondbreakup.com/dids>

phone: 1300 853 437

PARENT**ZONE**



Useful Contacts for Families

National Help Lines

Police (24-hour stations) **000**

Lifeline Crisis Support, Suicide Prevention **13 22 89**

Homeless Crisis Line **1800 825 955**

Drug and Alcohol Services **1800 888 236**

Family Violence Help: **1800 015 188**

Kids Help Line Phone Counselling Service: **1800 551 800**

Parentline Victoria Counselling information Service **13 22 89**

Mensline Counselling Service **1300 78 99 78**

Q Line Counselling & Referral Service for LGBTI people **1800 184 527**

CENTRELINK

Carers 132 717

Families 136 150

Financial Information Service (FIS)
136 357 (FIS seminar booking)

Help in an Emergency 132 850

Indigenous Australians Call Centre
1800 136 388

Languages (Multilingual) 131 202

Low Income Healthcare Card
132 490

Online Support Hotline 132 307

myGov Help Desk 132 307

People With a Disability 132 717

EASTERN REGION COUNCIL OFFICES

Boroondara City Council

8 Inglesby Rd, Camberwell VIC 3124

(03) 9278 4444

<https://www.boroondara.vic.gov.au/>

Knox City Council

511 Burwood Highway, Wantirna South VIC 3152

(03) 9298 8000

<http://www.knox.vic.gov.au/>

Manningham City Council

699 Doncaster Rd, Doncaster VIC 3108

(03) 9840 9333

<https://www.manningham.vic.gov.au/>

Maroondah City Council

Braeside Avenue, Ringwood or Civic Square, Croydon

1300 88 22 33 or (03) 9298 4598

<https://www.maroondah.vic.gov.au/>

Whitehorse City Council

379-397 Whitehorse Rd, Nunawading 3131

(03) 9262 6333

<https://www.whitehorse.vic.gov.au/>

Yarra Ranges Council

15 Anderson Street Lilydale, VIC 3140

P 1300 368 333 (03) 9735 4249

<https://www.yarraranges.vic.gov.au/Home>

MEDICARE

General enquiries 132 011

Aboriginal and Torres Strait
Islander Line 1800 556 955

Australian Immunisation Register
Enquiries 1800 653 809

Compensation Recovery -
Medicare 132 127

Disaster Health Care Assistance
1800 660 026

myGov help desk 132 307

Pharmaceutical Benefits Scheme
132 290

Telephone claims 1300 360 460
Translating and Interpreting
Service (TIS National) 131 450



Eastern Region Community Services Contacts

ANGLICARE VICTORIA 1800 809 722 anglicarevic.org.au

Anglicare Bayswater (03) 9721 3688

666 Mountain Highway Bayswater VIC 3153

- Child FIRST
- Cradle to Kinder (C2K)
- Integrated Family Services
- Men's Behaviour Change Group
- ParentZone

Anglicare Box Hill (03) 9896 6322

7-11 Shipley Street Box Hill VIC 3128

- Adolescent Support, Youth Counselling and Mediation
- Crisis Accommodation for Young People
- Drug & Alcohol Services
- Family Counselling
- Family Services
- Financial Counselling
- Foster and Kinship Care
- Men's Behaviour Change Group
- Residential Care

Anglicare Wantirna (03) 9721 3650

1/603 Boronia Road, Wantirna South VIC, Australia

- Drug & Alcohol Services

Anglicare Lilydale (03) 9735 4188

47-51 Castella Street, Lilydale, Victoria, 3140

- Family Violence Support
- Foster Care Intake and Services
- Integrated Family Services
- Men & Boys Program
- TEACHaR

EACH Eastern Access Community Health

<https://each.com.au/services>

Phone: 1300 003224

- Assistance in accessing NDIS Services
- Childhood Intervention Services
- Speech Pathology
- Occupational Therapy
- Counselling
- Dietetics
- Oral Health
- Playgroups
- Psychology
- Child care
- Youth Clinic
- Youth Development
- Youth Counselling
- Youth Group programs
- Youth Mental Health support

DONCARE Manningham City Square, Suite 4 L1/687 Doncaster Rd, Doncaster (03) 9856 1500

- Information & Emergency Relief
- Counselling
- Family Services
- Family Violence Prevention and Recovery Services

BEYOND BLUE 1300 22 4636
Support for depression and anxiety

HEADSPACE YOUTH MENTAL HEALTH

Phone Counselling 1800 650 890
Hawthorn (03) 9815 0818
Knox (03) 9801 6088

INPSIRO COMMUNITY HEALTH

Lilydale · (03) 9738 8801
Belgrave (03) 9738 8853

RELATIONSHIPS AUSTRALIA
1300 364277

SANE AUSTRALIA 1800 18 7263
Mental illness and support information

UNITING
<https://www.vt.uniting.org/> Phone: 1300 003 224

Uniting Burwood East Phone: (03) 9803 3400

Emergency Relief: 9:30am to 3:35pm Counselling: By appointment

Uniting Connections Blackburn 9875 4222 Croydon 9724 2222

Child FIRST, Family Services, Home-Start Scheme, Parenting Assessment and Skills Development Service, Starting Out

Uniting Harrison Mount Waverley (03) 9051 3000

Crisis assistance, Family Mediation, Youth Support, Affordable Housing

Uniting Wesley Croydon (03) 9839 6100 Ringwood (03) 8870 4070

Foster Care, Adolescent Support, Family Violence, Homelessness & Crisis

Uniting Prahran Kew East (03) 9692 9400 Mt Waverley (03) 9692 9400
Mental Health Support, Personal Helpers and Mentor Service

Professional Development Training and Networking Term 4

Bringing Up Great Kids: Learning the basics for professionals who work one - on- one with parents

This session showcases BUGK resources and materials and demonstrates how the material can be used in everyday practice with parents.

Date: 1 October 2021

Time: 10:00am - 1:30pm

Where: Online

Contact: PJewell@childhood.org.au
<http://professionals.childhood.org.au/courses/bugk-working-with-parents/>

Bringing Up Great Kids for Kinship Carers

Learn how to facilitate a BUGK parenting group for kinship carers (and foster carers) by exploring their unique needs and strengths. Note: this is a variation of the Foundation Bringing Up Great Kids Program and you will need to have completed this prior to registering for this training.

Date: 14 October 2021

Time: 10:00am - 1:30pm

Where: Online

Contact: PJewell@childhood.org.au
<http://professionals.childhood.org.au/courses/bugk-kinship-carers/>



Bringing Up Great Kids in the First 1000 Days

Learn how to run the BUGK in the First 1000 Days as a way of promoting positive and nurturing relationships between adults involved in the pregnancy and care of the new baby/young child. Note: this is a variation of the Foundation Bringing Up Great Kids Program and you will need to have completed this prior to registration for this training

Date: 11 November 2021

Time: 10:00am - 1:30pm

Where: Online

Contact: PJewell@childhood.org.au
<http://professionals.childhood.org.au/courses/bugk-first-1000-days/>

PARENTZONE

Partnering and Professional Training with ParentZone

Parent Educators Network

The next **Parent Educators Network Meeting** will be on Tuesday the 12th October from 9:30 - 11:00 am on Zoom. Any professionals working with parents in the Eastern Region are welcome to join us in sharing resources, networking, and hearing from our informative guest speakers! This term we will hear Michelle Emery Evans from the Strengthening Parent Support Program speak about her new program recently funded by a carers grant. We will have time to connect, share resources, service updates and discuss emerging trends. Register for meeting link at <https://www.trybooking.com/BUDCT>

ParentZone offers **professional consults and training to professionals** working with parents on a variety of themes and covering all ages and stages.

If you would like to be on our **mailing list** to hear about future ParentZone events, or if you would like further information on training opportunities available through ParentZone please email: parentzone.eastern@anglicarevic.org.au

We look forward to hearing from you!
The ParentZone Eastern team,
Tamara, Sharon, Julia, Michelle, Laurie, and Jo



ParentZone Newsletter Submission Dates

What Are Your Plans for 2021?

As a Parent Resource Service, we are very interested in hearing from professionals who work with parents throughout the Eastern region of Melbourne.

What emerging needs have you identified?
What upcoming programs and services is your organisation offering or planning to offer?

To submit an entry into future ParentZone newsletters **please email** parentzone.eastern@anglicarevic.org.au **by the last day of each school term.**