



ParentZone Southern Newsletter Term 3, 2023

Find out about our ParentZone Pods, Help Lines, other Anglicare programs, Communities for Children, and ParentZone programs being run in the Southern Region which include, but not limited to: Supported Playgroups; Transition Programs; Parenting Programs; and Workshops.

ParentZone Southern

P: (03) 9781 6767 or (03)9781 6710

Email: parentzone.southern@anglicarevic.org.au

75 Army Rd Pakenham

Pakenham 3810

PARENTZONE

**BETTER
TOMORROWS**

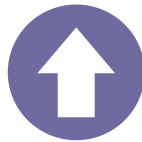
Welcome to Term 3 a longer and colder term, try and keep those bugs away. Some of our Programs do start early in the term.

ParentZone works with schools and other organisations in the Southern region, and we have numerous free programs and workshops planned for this term. You can choose both face to face groups and online options, including our free, supported playgroups: "Our Time" in Frankston North, facilitated by Iris, and "Play Circle" in the City of Greater Dandenong, facilitated by Erin, both of whom are Parent Resource Coordinators.

This newsletter includes the Term 3 sessions and programs which have been finalised thus far, but please keep checking our website for updates. We are also providing you with helpful links and details of help lines.

If you are unable to attend a program or session, or there is not one that is suited to your needs right now, remember the ParentZone pods (link below). These are a useful resource and provide parents and carers an immediate option for issues or concerns they are facing now.

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



ParentZone Southern Office

ParentZone Southern

P: (03) 9781 6767, 9781 6710, 9781 6700

75 Army Rd, Pakenham, 3810

email: parentzone.southern@anglicarevic.org.au

ParentZone Southern covers the Southern Area including:

City of Greater Dandenong; City of Casey; City of Cardinia; City of Frankston; Mornington Peninsula Shire.

Residents in the City of Bayside; Stonnington; Kingston and Port Phillip are welcome to contact us for parenting support and advice

While some of our programs are confined to a specific geographic area, many are open to anybody who is able either to travel to the venue, or join us online.

Other ParentZone Offices

ParentZone Gippsland

P (03) 5135 9555

101 Buckley Street,
Morwell, 3840

ParentZone Eastern

03 9735 4188

666 Mountain Highway,
Bayswater, 3153

ParentZone Northern

03 9465 0322

42 Mary Street,
Preston 3072

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Beyond The Violence Facilitator Training

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Linking Families and Youth Together (LYFT)

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PARENTZONE



Act Now. Get **\$250** in your pocket.

All Victorian households can apply for the \$250 Power Saving Bonus.

We can support you to apply. Call Anglicare's Energy Team on 1800 531 741.

Apply for your \$250 cash back **today**.*



**1. Check your
eligibility**



**2. Have your electricity bill
and bank details handy**



**3. Call
1800 531 741**



Scan here to
find out more.

*You must be a Victorian residential energy consumer (i.e. have a residential electricity account) and be the account holder. Only one payment is available per household.



Translating and
Interpreting
Services are
available

This program is
supported by the
Victorian State
Government



Parentzone Pods

Podcasts for parents, carers and those who support others with their parenting

The ParentZone Teams are delighted to bring you **TWELVE** ParentZone Pods for you and the families you support. Each Pod identifies and explores common issues parents bring to our parenting groups, and offers strategies to try in these situations.



Anglicare Victoria

PARENTZONE

PODS

Parenting is the toughest and most important job you will ever have.



Podcast Series 1

Episode 1: [Family Meetings](#) - click [here](#)

Episode 2: [Dealing with Anxiety](#) - click [here](#)

Episode 3: [Sibling Rivalry](#) - click [here](#)

Episode 4: [Getting Children to Listen](#) - click [here](#)

Episode 5: [How to Respond to Kids' Behaviour](#) - click [here](#)

Episode 6: [How to Stop Yelling at your Kids](#) - click [here](#)

Podcast Series 2

Episode 1: [Positive Discipline](#) - click [here](#)

Episode 2: [School Refusal](#) - click [here](#)

Episode 3: [Parenting our Teenagers](#) - click [here](#)

Episode 4: [Meltdowns vs Tantrums](#) - click [here](#)

Episode 5: [Couples Parenting Together](#) - click [here](#)

Episode 6: [Dads Parenting Today](#) - click [here](#)



ParentZone Pods can be found on our [website](#), [Apple](#) and via [Spotify](#)



PARENTZONE

Supported Playgroups

OUR TIME - SUPPORTED PLAYGROUP - Frankston area

A supported playgroup for pre-school children and their parents who have experienced mental health challenges

When Tuesdays

Dates 11th July -12th September

Runs during school term-welcome to join anytime

Time 9.30am - 11.30am

- Meet other parents and share ideas
- Build social connections, have some refreshments, learn parenting tips and access resources
- Help to feel closer to your child and understand what they need
- Play and have fun with your child
- Caring for ourselves

Venue

Aldercourt Primary School
Silver Ave, Frankston North VIC 3201



Bookings and Enquiries

Iris Guasch - Parent Resource Coordinator:

Email: iris.guasch@anglicarevic.org.au

Mobile: 0436 007 492

Call or text to book

Sarah Dickenson - FaPMI Coordinator

Email: fapmi@phcn.vic.gov.au

Text: 0439 336 808

Play Circle - Supported Play Group. Dandenong location which will be advised when booking

It is a Program in a safe and supported place with two trained facilitators - for mothers and their children (aged 0-5) who have experienced family violence, facing other parenting challenges, wanting to learn new ways to play with their children or seeking more opportunities to connect with those in their community.

An additional support that we are offering is some one on one Play Coaching – to assist those who may need some extra support in linking in to the program. These sessions are limited.

- Meet other families in the community
- Play and have fun with each other.
- Time out from lifes worries.

When Thursdays

Date 13th July-14th Sept

Time 10.00am to 11.30am



Iris Guasch - Parent Resource Coordinator:

Email: iris.guasch@anglicarevic.org.au

Mobile: 0436 007 492

Call or text to book



MISSION AUSTRALIA | together we stand

<https://www.facebook.com/groups/C4CDandenong>

Please scan the QR code to see Communities for Children Greater Dandenong's Facebook page

PARENTZONE

Baby Makes 3

Baby Makes 3

Baby Makes 3 helps couples maintain a healthy relationship after the arrival of their baby.

The program helps parents to:

- Understand what it means to become a parent and the impact it may have on their relationship
- Develop a greater respect for each other's roles and improve communication
- Share their experiences and hear from others who are going through the same journey

Venue - Cranbourne West Community Hub

A light meal is provided

Program One:

When Tuesdays

Date 11th, 18th, 25th July

Time 6pm - 8pm

Program Two:

When Tuesdays

Date 8th, 15th, 22nd August

Time 6pm - 8pm

For further information call Jasbir Singh Suropada on 0438 004 285



Enquiries: parentzone.southern@anglicarevic.org.au

PARENTZONE

PBS - Resilience and Self Esteem/School Refusal

RESILIENCE AND SELF-ESTEEM

Parents Building Solutions Programs

For parents, step-parents, grandparents, families and carers of children of all ages. One Session Workshop. Share ideas and feel supported. Free for all.

PARENTING IS ONE OF THE MOST DIFFICULT JOBS YOU WILL EVER DO!

Would you like to explore ways to

Improve communication with your children? Help your children to become more resilient? Support your children if they feel they are being bullied? Support your children to self-soothe? Help your child to develop healthy self-esteem?

Join us to explore positive parenting strategies to respond to these parenting challenges

Come and grab a cuppa after you have dropped your child(ren) at school

When

Thursday, 27th July
8.45 a.m. - 10.00 a.m

Venue

Ramleigh Park Primary School 34
Thoroughbred Drive Clyde North
FREE!

For more information, contact:

Carey Cole
0437 428 281
carey.cole@anglicarevic.org.au

Register using the QR code or this link:
<https://forms.office.com/r/TrGZ62AjYz>



SCHOOL REFUSAL - Online

PARENTS BUILDING SOLUTIONS

For parents, step-parents, grandparents, families and carers of children of all ages. A FREE 6 week online parenting program. These are interactive sessions with cameras on so we can't take any recording. Come along to share ideas, feel supported and learn some new things!

ARE YOU TIRED OF ALL THE YELLING?

How to communicate better within the family

DEALING WITH ANGER

Helping parents deal with anger in themselves and the kids

RESPONDING TO BEHAVIOUR

Understand why children behave the way they do

STRATEGIES THAT WORK

How can school refusal be handled



When

Monday 24th July-28th August

Time

1.00pm-2.30pm

Online - Zoom

For more information, contact:

Michelle Brown 0429 174 150
Michelle.brown@anglicarevic.org.au

Register using the QR code or this link

<https://forms.office.com/r/eV5Reh5au8>



Enquiries: parentzone.southern@anglicarevic.org.au

PARENTZONE

PBS - Proactive Parenting and Parenting Today- Online

PARENTING TODAY- ONLINE GROUP

PARENTS BUILDING SOLUTIONS

Free Weekly program for Mums, Dads, Step-Parents, Grandparents and Careers.
Join us ONLINE in an interactive program to share experiences, ideas and learn strategies to support your child.

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

Different topics each week:

- Setting boundaries and consequences.
- Communication with kids
- School refusal conversations
- Self-care
- Other interesting topics suggested by you



When Wednesdays

Time 10.00am -11.00am

ONLINE

BOOKINGS AND ENQUIRIES:

Iris Guasch- Parent Resource Coordinator:

Email iris.guasch@anglicarevic.org.au

Mobile: 0436 007 492

POSITIVE PARENTING STRATEGIES - Online

PARENTS BUILDING SOLUTIONS

Presented by Parentzone in collaboration with PRONIA

JOIN US FOR OUR "HOW TO..." PARENTING WORKSHOPS

Session One: Positive Discipline

- Understanding the difference between punishment and discipline
- Understanding the difference between natural, logical and illogical consequences
- Establishing rules and consequences that teach your child to make good choices

BACK BY POPULAR DEMAND

Session Two: Tantrums versus Meltdowns

- Difference between meltdowns and tantrums
- Helpful responses to your own, and your children's, big feelings



When Tuesday, 25th July (Session One)
Tuesday, 12th September (Session Two)

Time 12.15 p.m. - 1.30 p.m.

Online (Zoom)

Please note: this session will not be recorded

FREE!

For more information, contact:

Carey Cole - 0437 428 281

carey.cole@anglicarevic.org.au

Register once to attend one, or both, sessions

Use the QR code or this link:

<https://forms.office.com/r/f2grN0MBYP>

Registrations close at 4.30 p.m. the day before



Enquiries: parentzone.southern@anglicarevic.org.au

PARENTZONE

PBS - Proactive Parenting/Peaceful Parenting

PROACTIVE PARENTING STRATEGIES

PARENTS BUILDING SOLUTIONS

For parents, step-parents, grandparents, families and carers of children of all ages. One Session Workshop. Share ideas and feel supported. Free for all.

PARENTING IS ONE OF THE MOST DIFFICULT JOBS YOU WILL EVER DO!

Would you like to:

- Parent using positive strategies?
- Be proactive, rather than reactive?
- Improve your relationship with your children?
- Improve communication in your family?
- Learn strategies for responding to big feelings?
- Explore ways to establish healthy rules, boundaries and consequences?

If you answer is "yes" to any of these questions, or you would like to join a group of parents exploring strategies to respond to other parenting challenges, this is the group for you! The program will be designed based on what topics the participating parents request.

When Wednesdays

9th August, 16th August, 23rd August and 30th August

Time 10.30am - 11.30am

Venue

Women's Friendship Group
Mayonne-Bulluk Family and Community Centre, 66 Bradman Dr, Cranbourne West

For more information, contact:

Carey Cole - 0437 428 281
carey.cole@anglicarevic.org.au
OR

Marie Marzovilla - 0432 263 538
marie@wellspringsforwomen.com

PEACEFUL PARENTING

PARENTS BUILDING SOLUTIONS

For parents, step-parents, grandparents, families and carers of children of all ages. One Interactive online session. Share ideas and feel supported. Free for all.

Do you want to:

- Improve communication in your family?
- Explore ways to establish positive rules and consequences?
- Have more fun as a parent?

When: Tuesday 1st August

Time: 1 - 2.30pm

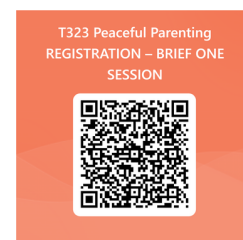
Where: Online - FREE

For more information, contact:

Michelle Brown 0429 174 150
Michelle.brown@anglicarevic.org.au
Click on QR for Registration



Enquiries: parentzone.southern@anglicarevic.org.au



PARENTZONE

PBS - Parenting Tweens and Teens

PARENTING TWEENS and Teens

PARENTS BUILDING SOLUTIONS

Open to parents and carers of Tweens and Teens. Come and share experiences and learn some new strategies. As these are interactive sessions, there are no recordings.

Feeling stuck or struggling with your tween or teenager? How to get them to listen without yelling!!

- Are you and your young people speaking a different language?
- How to help them with self-esteem and resilience
- How to create new positive rules and have their buy in to consequences



When: **Thursdays ONLINE (6 sessions)**
27th July to 31st August

Time: 1 - 2.30

Venue: Online
Bookings and Enquiries:

Michelle Brown
Parent Resource Coordinator:
Email
Michelle.brown@anglicarevic.org.au
Mobile: 0429 174 150



PARENTING TWEENS

PARENTS BUILDING SOLUTIONS

Hosted by the Parents and Friends Association of Berwick Lodge Primary School

PARENTING YOUR TWEEN CAN BE A BIT OF A MINE FIELD...!

- Are you finding that you and your tween seem to be speaking a different language?!
- Do you wonder how much independence is enough?
- Are you unsure whether your expectations of your tween are reasonable?
- Would it be helpful to explore strategies that work for other parents of tweens?



When

Monday, 14th August Single Session
9.15 a.m. - 11.00 a.m.

Venue

Berwick Lodge Primary School Library 139 -
145 Mansfield Street
Berwick

FREE!

[For more information, contact:](#)

Carey Cole - 0437 428 281
carey.cole@anglicarevic.org.au

OR

Register using the QR code or this link:
<https://forms.office.com/r/stuQ2kWJuU>



Enquiries: parentzone.southern@anglicarevic.org.au

PARENTZONE

PBS - Peaceful Parenting

PEACEFUL PARENTING

PARENTS BUILDING SOLUTIONS

Learn why teens behave like they do. Discover strategies to deal with conflict, anxiety and improve your relationship with your young person

PARENTING IS ONE OF THE TOUGHEST JOBS YOU WILL EVER DO ...

Do you sometimes feel as if you treading water as a parent, and reacting, rather than being proactive? If so, would you like to:

- Improve communication in your family?
- Explore ways to establish positive rules and consequences?
- Having more fun as a parent!

Come along to this interactive free zoom session.



Dealing with Feelings

- Does your child (or you) have difficulty expressing feelings in appropriate ways?
- Does your child often seem to be anxious, angry, frustrated, jealous or sad?
- Would it be helpful to explore what other parents are doing to support their children?

If your answer to any of these questions is "YES!" come along to join a discussion that explores positive responses to this parenting challenge, and to hear what works for other parents.

When: **Tuesday** 1st August

Time 1.00pm-2.30pm

Venue: Online-Via Zoom
Please note this will not be recorded

Bookings and Enquiries

Michelle Brown - 0429 174 150
michelle.brown@anglicarevic.org.au

Use the QR code or this link:
<https://forms.office.com/r/Y5miVAN1ET>



When: **Tuesday** 15th August

Time : 1- 2.30pm

Venue: Online-Via Zoom FREE!

Please note this will not be recorded

For more information, contact:
Michelle Brown - 0429 174 150
michelle.brown@anglicarevic.org.au
Register via or phone
Michelle

<https://forms.office.com/r/Y5miVAN1E><https://forms.office.com/r/Y5miVAN1ET>

Enquiries: parentzone.southern@anglicarevic.org.au

PARENTZONE

Dads Do Matter and Help Lines and Links for Dads

DADS DO MATTER - ONLINE ZOOM

Certificate of attendance awarded

PARENTS BUILDING SOLUTIONS

Open to all Dads, Step-Dads, Single Dads and Grand-Dads, come along to share experiences, learn new strategies & solutions.

- Safe space to voice your frustrations and feelings without judgment
- Connect with other Dads
- Improving your Confidence & Communication as a Dad
- Coping with stress and anger.
- Handling conflicts with respect
- Parenting Beyond Separation.

Click Here to listen to Anglicare Victoria Dads Parenting Today Podcast

Thursdays-13, 20, 27 July, 3, 10 & 17 August 2023

6.00pm to 8.00pm

FREE

Parent Resource Coordinator

Jasbir Singh Suropada

Call or Text 0438 004 285

Email: jasbir.suropada@anglicarevic.org.au

Click link below or scan QR Code to register:



<https://forms.office.com/r/uedWHWEf7K>

Men's Help lines and links

Men's Referral Service Phone: 1300 766 491

(8am to 9pm, Monday to Friday and 9am to 5pm, Saturday and Sunday)

Free, confidential expert support for people at risk of using family violence.

[Mensline Australia 1300 789 978](tel:1300789978)

Supports men and boys who are dealing with family and relationship difficulties. 24/7 telephone and online support an information service for Australian men.

[Victims of Violence towards Men 1800RESPECT](tel:1800RESPECT)

Hours: Available 24 hours

[Learn more](#)

[1800 737 732](tel:1800737732)

[Men'sline Australia 1300789978](tel:1300789978)

We provide free 24/7 help, support, referrals & counselling services for men via telephone, online and video.

[Contact Us](#)

[Access MensLine Australia free online counselling service today ...](#)



Enquiries: parentzone.southern@anglicarevic.org.au

Aboriginal Men's help-culturally safe call
To reach the Brother to Brother 24-hour Crisis Line for Aboriginal Men, 1800 435 799

Indigenous Men's Resource and Advisory Service 9416 4266

Programs and Referral

The Aboriginal Centre for Males Referral Service is a service that focuses on Family Violence & Homelessness which aims to culturally strengthen the family, bring awareness and responsibility to the male for their actions and their role as a father\husband\Partner, and to keep the family together.

Online mental Health foundation- Multicultural Men's Support Group -

online support group every second Monday of the month

Click **[HERE](#)** for group near you and other details.

PARENTZONE

Parents Building Solutions

Single Session Webinar funded by Communities for Children Frankston

* Free of Charge * Bookings Essential

PARENTS BUILDING SOLUTIONS - GIRaFfe!

Gender Identity Relationships and Fluidity for Everyone

Free one off interactive session online for Mums, Dads, Grandparents, Aunts, Uncles, adult carers to talk about this.

At this 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

Tuesday 12th September
Evening Webinar- 6.00pm-7.30pm

Enquiries and to Register

CFCCardinia@anglicarevic.org.au

0457 825 076

<https://us02web.zoom.us/join/9123456789>



LGBTIQ+ Community Help/Information Lines

Rainbow Door 1800 729 367 or text 0480 017 246

(10am to 5pm, 7 days a week)

Provides free specialist advice to LGBTIQ+ people and their friends and families.

Email: support@rainbowdoor.org.au



Better Pride 1800 531 919

Families (biological, social and chosen) – either together or separated/separating

Couples (together or separating or reconciling), Individuals, Young People

Elder/Senior people (individuals, couples, families – biological and chosen)

Reach out - LGBTQIA+ support services | Gender | ReachOut Australia

If you're not sure about your sex, sexuality or gender, you've been rejected or harassed, you feel alone or isolated or

you or someone you know needs to talk about sex, sexuality or gender.

Reach out for Parents

Drummond St Services "Queer Space"

Queerspace is an LGBTIQ+ health and wellbeing support service established in 2009 by LGBTIQ+ communities for LGBTIQ+ communities. Queerspace has a focus on relationships, families, parenting and young people and offers co-located services across the north-west metropolitan region of Victoria.

Enquiries: parentzone.southern@anglicarevic.org.au

PARENTZONE

Living with Autism - Parentzone - 6 week program

FREE interactive zoom sessions for parents and 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.



**Wednesdays 26 July to 30 August
(6 week program)**

1 - 2.30pm each session

Online and FREE

Please register via

<https://forms.office.com/r/HueHeME3uZ>

Michelle Brown

Parent Resource Coordinator

michelle.brown@anglicarevic.org.au

0429174150



**Association for
Children with a
Disability**

Double click to interact



Call 03 9880 7000 or 1800 654 013 (regional)

Support Line hours are Monday to Friday, 9am-5pm

If you need a language interpreter, please let us know and we will book one on your behalf.

If you are deaf or have a hearing or speech impairment, call the National Relay Service on 133 677.

If you need support after-hours, call Parentline on 13 22 89, 8am-12am, 7 days.

Getting Support at School

Find out what you can ask for at school, learn how to raise a concern, and get information on Individual Education Plans and Behaviour Support Plans.

Dates: 14 Aug; 15th Aug; 16th Aug and 17th Aug

Getting Support at School

Find out what you can ask for at school, learn how to raise a concern, and get information on Individual Education Plans and Behaviour Support Plans.

Dates: 14 Aug; 15th Aug; 16th Aug and 17th Aug

Teens and Beyond

A three-part series for families of children aged 13+ to build your knowledge and skills to support your child now and into the future.

Dates:

16 Oct, 23 Oct, 30 Oct

17 Oct, 24 Oct, 31 Oct

18 Oct, 25 Oct, 1 Nov

19 Oct, 26 Oct, 2 Nov

Family Violence for Women and Children

BEYOND THE VIOLENCE - City of Greater Dandenong



A FREE 8-Week program for women and their children who have been impacted by family violence.

- Are you dealing with the after-effects of family violence?
- Does your child's anger or anxiety worry you?
- Can you identify the warning signs in a new relationship?
- Do contact visits unsettle your child?
- Do you feel alone?

This group may be just what you and your children need to move forward together.



TERM 3 DATES

When Wednesdays- 26th July to 13th September 2023

Time 4.15 to 6.45pm
Food provided.

Venue Dandenong area.
Details given at time of booking.

Free! Bookings are essential.

All enquiries contact:
Ariane Hahn - on 0499 080 468 or
ariane.hahn@anglicarevic.org.au

BEYOND THE VIOLENCE - Rosebud-Mornington Peninsula

A FREE 8-Week program for women and their children who have been impacted by family violence.

- Are you dealing with the after-effects of family violence?
- Does your child's anger or anxiety worry you?
- Can you identify the warning signs in a new relationship?
- Do contact visits unsettle your child?
- Do you feel alone?

This group may be just what you and your children need to move forward together.



When Wednesdays- 26th July to 13th September 2023

Time 4.00 to 6.30pm
Food provided.

Venue Details given at time of booking.

Free! Bookings are essential.

For more information, and to register, contact

Contact: Iris Guasch
Email: iris.guasch@anglicarevic.org.au
Mobile: 0436 007 492

Enquiries: parentzone.southern@anglicarevic.org.au

PARENTZONE

Family Violence for Women and Children

PARENTS BUILDING SOLUTIONS with a Family Violence lens

FREE 6 Week program for parents who have experienced family violence

- Are you dealing with the after-effects of family violence?
- Does your child's anger or anxiety worry you?
- Can you identify the warning signs in a new relationship?
- Do contact visits unsettle your child?
- Do you feel alone?



When Tuesday 1st August to 5th September

Time 9:30am - 11:30am

Venue Dandenong Location - details provided at time of booking

For more information, and to register, contact

Erin Surrey

0438 459 891

erin.surrey@anglicarevic.org.au

TRAUMA-RESPONSIVE PARENTING PARENTS BUILDING SOLUTIONS

THIS IS A PROGRAM FOR PARENTS WHO HAVE EXPERIENCED FAMILY VIOLENCE

Would it be helpful to explore strategies to respond in a trauma-informed way to your child(ren)'s challenging behaviours?

Would you like to

- Re-establish trust in your family?
- Improve your relationship with your children?
- Improve communication in your family?
- Explore strategies for responding to big feelings?
- Help your children understand rules and establish boundaries?
- Explore strategies to respond to other parenting challenges?

Thursdays, 10th August to 14th September (inclusive)

12.00 p.m. - 2.00 p.m

Pakenham location

Address will be provided on registration

FREE!

For more information, and to register, contact

Carey Cole

0437 428 281

carey.cole@anglicarevic.org.au

The program will be co-designed with participating parents, based upon your parenting goals and challenges.

The program is open to parents of all genders who have experienced family violence.

It is appropriate for parents who have been unable to access Parentzone's Beyond the Violence program.

DID YOU KNOW: You can take time off work to attend under the new Family Violence leave entitlements?

Enquiries: parentzone.southern@anglicarevic.org.au

PARENTZONE

Family Violence Help Lines and links

The Orange Door 1800 015 188

A way for women, children and young people who are experiencing family violence or families who need assistance with the care and wellbeing of children to access the services they need to be safe and supported.

It is free to access help and support through The Orange Door and you do not need a referral.

The Orange Door is open in Barwon, Bayside Peninsula (this includes the whole Peninsula, across the City of Casey, which has other services), The Mallee and North Eastern Melbourne

<https://www.vic.gov.au/familyviolence/the-orange-door.html>

For confidential support and information call Safe Steps on: 1800 015 188

For Urgent assistance call Triple Zero 000

FOR ASSISTANCE IN OTHER AREAS in Southern Region not covered by Orange Door

Go to your local council area for Services

Cardinia Shire ; City Of Casey ; City of Greater Dandenong

WAYSS



For all people facing homelessness and family violence and they will support them to have a safe, secure and affordable home that enables them to live a better life. Formed in 1990's to provide responsive services for individuals and families in Greater Dandenong, Casey, Cardinia, Frankston and Mornington Peninsula.

HOMELESSNESS SERVICES-

WAYSS is the first point of contact for people experiencing homelessness in Greater Dandenong, Casey, Cardinia and Frankston.

FAMILY VIOLENCE

– **WAYSS family violence** specialists are able to assist with access to crisis accommodation, referral services including counselling, housing and legal.

HOMELESSNESS SERVICES FOR YOUTH-



assist 16-25 with housing options, living and life skills and private rental support. They also run a refuge offering crisis accommodation.

SAFE STEPS Phone: 1800 015 188

24/7 FAMILY VIOLENCE RESPONSE PHONE LINE

Email: safesteps@safesteps.org.au

You can also chat to us online between 9am and 9pm, Monday to Friday.

As a part of our COVID-19 service response, you will be asked some additional questions about any recent travel or contact with confirmed cases. Your answers will ensure we provide you with a responsible and appropriate service to meet your individual needs.

Enquiries: parentzone.southern@anglicarevic.org.au

PARENTZONE

Mental Health, Autism, Disabilities Help Lines and Links

Kids Help Line 1800 55 1800 also have Live Chat and Resources aged 5-25



Parentline 132289

Parentline is a phone service for parents and carers of children from birth to 18 years old. We offer confidential and anonymous counselling and support on parenting issues

Raising Children Network

Offers lots of resources

Beyond Blue 13200 22 4636 (24hrs)

Provides information and support to help everyone in Australia achieve their best possible mental health, whatever their age and wherever they live. Anxiety, depression and suicide prevention.

Parents/ Friends can ring for help.

If you need help - phone/use webchat- everything is confidential.

HEADSPACE Call 1800 650 890

Mental health and wellbeing support, information and services to young people aged 12 to 25 years and their families.

LIFELINE Call 13 11 14 (24 Hrs)

LifeLine is a national charity providing all Australians experiencing emotional distress with access to 24 hour crisis support and suicide prevention services.

SUICIDE CALL BACK SERVICE Call 1300 659 467 (24 Hrs)

If you have lost someone to suicide. suicide call back service is nationwide service providing 24/7 telephone and online counselling to

people affected by suicide. You can chat or look at the vast range of resources available.

Uniting Program -who have a parent with a mental health issue?

MIND AUSTRALIA 1300 286 463

Mind offers a range of specialised psychosocial support services and therapies to help you gain better mental health and improve the quality of your life, including:

- information and advice
- support coordination
- specialised assessments, counselling, coaching and learning
- in home and community support
- a variety of housing and support services
- recovery retreats
- sub-acute recovery care
- family and carer support

Site also has resources

IRABINA AUTISM SERVICES

Irabina is Australia's largest paediatric Autism specific service provider.

Registered Charity Irabina is a registered NDIS provider and a registered charity with the ACNC. We provide wrap-around support and education to individuals, siblings, parents, carers and other professionals

Workshops and Programs for Parents and Carers with children with Autism. [Click on link below](#)

<https://www.irabina.com/parent-carer-workshops>

Enquiries: parentzone.southern@anglicarevic.org.au

PARENTZONE

Mental Health, Autism, Disabilities Help Lines and Links

Association for Children with a Disability (ACDVic) (03) 9880 7000

Their vision for children with disability and their families to have the same rights and opportunities as other children and families. ACD supports all families in Victoria with children with disability aged 0 to 18 years old

For families and professionals links to what ACD Offer:

- [Support Line](#)
- [Workshops](#)
- [Information and resources](#)

Workshops coming up. Please phone to register or find out more details

NDIS Plan Reassessment- Two being ran this term

Gain useful information on how to make the most of your child's plan reassessment meeting. This includes terminology, preparation, and gathering supporting evidence.

2ND PROGRAM

5 Dec

6 Dec

Getting Support at School

Find out what you can ask for at school, learn how to raise a concern, and get information on Individual Education Plans and Behavior Support Plans.

- 14 Aug
- 15 Aug
- 16 Aug
- 17 Aug

Starting Prep

For families of children starting Prep in 2024. We cover how to support your child with the transition, building positive relationships with the school, and how school can support your child.

- 4 Sept
- 5 Sept
- 6 Sept
- 7 Sept

Teens and Beyond

A three-part series for families of children aged 13+ to build your knowledge and skills to support your child now and into the future.

- 16 Oct, 23 Oct, 30 Oct
- 17 Oct, 24 Oct, 31 Oct
- 18 Oct, 25 Oct, 1 Nov
- 19 Oct, 26 Oct, 2 Nov

First Steps to Support & Connection

For families of young children with developmental delay or disability. Gain practical information to help you decide where to start and what you need to support yourself and your family.

- 21 Nov
- 22 Nov
- 23 Nov

Enquiries: parentzone.southern@anglicarevic.org.au

PARENTZONE

Professional Development - for TERM 4

PARENTS BUILDING SOLUTIONS

Level 1 Accredited Training for Professionals

Parents Building Solutions provides an evidence-based comprehensive framework for any professional who works with parents, whether it be with individuals, couples or groups. Discover tools to support any parent or carer in any setting including sole parents, couples, step-parents, grandparents carers and family groups.

The 3-week full-day training includes:

Strength-based tools to effectively engage parents in reflective conversations about parenting.

Tips to Support parents with setting boundaries, understanding their child's development, emotional wellbeing, resilience, and positive family relationships

The Tools of the trade - a 390 page Parents Building Solutions e-manual with practical activities and insights to support the emerging needs of parents today.

Development of communication and facilitation skills to best support parents

Term 4, 2023 Training: Dates TBC

Please email for more information
parentzone.southern@anglicarevic.org.au

Cost: \$495. (Plus 10% GST) Includes PBS Manual-USB
Hardcopy PBS Manual is also available for purchase at \$115 (Plus 10% GST)

Level 1 PBS Assessment & Methodology:

The program is experiential - combining theory and practice wisdom to give participants fresh insights and practical tools they can use when working with families.

Upon completion of the training and assessment, all participants may be accredited to Level 1 PBS practitioner. The required assessment includes 90% attendance, demonstrated competence according to the PBS assessment matrix, completion of 5 program reflections which focus on the additional reading articles and/or weekly activities, and in pairs facilitation of an activity from the PBS manual to the wider group.

Who is this training for?

Anyone who works with parents! A wide variety of people have told us they really benefited from this training - social workers, teachers, psychologists, case managers, family services practitioners, volunteers, and residential staff.

"The training was both practical and reflective. I learned new ways to communicate with parents and feel more confident discussing tricky topics"- Family Services Worker



Training Application Form

PBS - Professional Training Application Form

Please complete and return this form to parentzone.southern@anglicarevic.org.au
or jasbir.suopada@anglicarevic.org.au

First Name		Surname	
Agency		Position	
Address			
Suburb		Postcode	
Phone		Email	
Dietary Requirements	Vegetarian <input type="checkbox"/>	Gluten Free <input type="checkbox"/>	Other <input type="checkbox"/>
Register For	Training only \$495 (plus 10% GST) <input type="checkbox"/>	Hard Copy of PBS manual \$115 (plus 10% GST) <input type="checkbox"/>	

Terms and Conditions

- Places are subject to availability. Places will be confirmed via return email.
- Fees will only be refunded if participants withdraw 10 days prior to the training date
- ParentZone cannot always guarantee dietary requirements. Individuals will be contacted prior to training if dietary requirements can not be accommodated

Invoice Details

Please complete the details below and our finance team will send an invoice to the relevant person

Name of organisation or individual	
Purchase order number	
Attention of	
Address	
Email	
Phone	

Beyond the Violence For Professionals



AIMS

Beyond The Violence (BTV) facilitator training will assist participants, through experiential learning, to develop the specialized skills and insight to facilitate the Beyond the Violence group program. All participants will receive a copy of the Beyond the Violence manual.

LEARNING OUTCOMES

The three day training will assist participants to:

- Understand the impacts of Family Violence on women and children
- Explore strength-based, participant driven group formats
- Identify techniques and strengths for group work, engagement and facilitation
- Increase skills and confidence in supporting families who have experienced violence
- Practice group work skills in a family violence context, within a parents', children's and combined family group

Participants will be provided with live supervision and debriefing.

Training will be delivered by Ariane Hahn from Anglicare Victoria, who has extensive experience in parent and community education and in working with women and children that have experienced family violence.

EXPRESSIONS OF INTEREST:

If you or your agency would like to partner with us to deliver the Beyond The Violence program contact Ariane Hahn: ariane.hahn@anglicarevic.org.au or phone 0499 080 468

Note: Priority for the facilitator training is given to those who are interested in co-facilitating one or more Beyond The Violence programs within the next 6 to 12 months.. The programs are scheduled during school terms in Dandenong, Frankston, Cardinia, and Mornington Peninsula municipalities..

BTV RUNS IN FRANKSTON, ROSEBUD & DANDENONG DURING THE YEAR

WHAT IS THE BEYOND THE VIOLENCE PROGRAM?

Beyond The Violence is an 8 week group for non-violent parents and children who have experienced or are experiencing Family Violence. The program helps families to establish safety, rebuild family relationships and move forward with their lives following Family Violence.

The emphasis of the group is on:

- Moving forward in a positive manner
- Re building family relationships
- Building skills - parenting skills and children's social skills
- Increasing safety and minimising risk

The program aims to allow a learning environment where participants are supported to:

- Acknowledge the past and it's impacts
- Establish or re-establish appropriate parent-child roles, relationships, responsibilities and trust
- Explore alternative approaches and behaviours that respect the rights of the individual and of others
- Feel safe
- Develop self-esteem and positive communication skills
- Accept responsibility for one's own actions
- Set and work toward family goals
- Build hope and trust
- Develop the life families want beyond the violence

Live supervision and regular debriefing will be available to all those who co-facilitate the eight week BTV program. Completing the 3-day BTV facilitator training is a prerequisite for facilitating the eight week BTV program.

BEYOND THE VIOLENCE - Term 3, 2023

Would you like to develop your skills when working with parents and children affected by family violence?



'Funded by the Australian Government Department of Social Services. See www.dss.gov.au for more information.'

This Training is suitable for:

- Professionals or tertiary students with existing group-work skills, and/or a background/passion for working with women and children impacted by family violence
- Professionals or tertiary students who would like the opportunity to learn group facilitation skills with a trauma-informed approach
- Those wishing to develop their skills and knowledge for working with families affected by family violence

FACILITATOR TRAINING - Frankston

Tuesdays

1st, August, 8th August and 15th August

9.00 a.m. - 4.30 p.m.

St Luke's Anglican Church

72 McMahon's Road, Frankston

COST: FREE!

BOOKINGS ARE ESSENTIAL

For more information, contact:

Carey Cole - 0437 428 281

carey.cole@anglicarevic.org.au

The training takes place over three days, all of which must be completed to attain BTV Level One Facilitator

Accreditation..hahn@anglicarevic.org.au

Mobile: 0499 080 468



Communities for Children Frankston is funded by the Australian Government Department of Social Services



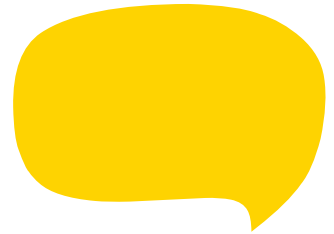
Parentzone PEER Networks

<p>City of Greater Dandenong</p> <p>Please Contact Jasbir for Dates and Time</p>	<p>Jasbir Singh Suropada 0431 203 177 or 9706 8568 Jasbir.suropada@anglicarevic.org.au</p>
<p>Frankston and Mornington Peninsula Frankston Conference Room or Online Anglicare Victoria-48Webb St, Frankston Level 2 Tuesdays 17th August 3.00pm-4.30pp</p>	<p>Michelle Brown 0429 174 150 michelle.brown@anglicarevic.org.au</p>

Great Networking
Opportunities

Bring your coffee, snacks and ideas to help us decide which programs best suit our community. Let us know what you and your workplace are up to.

Maybe we can work together



PARENTZONE HUB

FAMILIES GROWING TOGETHER

ParentZoneHub is a partnership between the Department of Education, Cardinia Shire and Anglicare Victoria and our Hub is situated on the grounds of Pakenham Hills Primary School in Army Road Pakenham. The Hub has been created as a multi-agency and community space for parents and children as well as the broader community of Cardinia.

We are able to offer the following services:

- Support & Referrals
- Parenting Groups
- Maternal & Child Health Service
- Community Computer Kiosk
- Community Programs
- Education Sessions
- Playgroup
- Community Room and Consult Room Hire



HUB Co Ordinator/Address

Deborah Reid
ParentZone Hub Coordinator
75 Army Road
Pakenham Vic 3810

@ Pakenham Hills

PARENTZONE

FREE Sing & Grow Music Therapy Program for newborns up to age 5

Music for young children an Autism Spectrum Disorder

Thursday 27th July

Music for daily activities , Music for social skills

10th August

Music for Language Development , Music for Motor Skills

24th August



Thursday Mornings: 27 July, 10 August, 24 August
10.00 - 11.00am

ParentZone Hub, 75 Army Road, Pakenham

For all enquires, please email or call Debbie Reid
ParentZoneHub@anglicarevic.org.au

97816710

Please phone or flyer can be found on face book-
use QR Code.

FLYER

Program is only open to Pakenham areas- please
phone and check if your area is covered by this
funding.

PARENTZONE

Communités for Children Cardinia



INQUIRIES

CFCCardinia@anglicarevic.org.au

or

call 0457 825 076

Watch out for Cardinia Communities for Children webinars for 2023.

You asked and we'll deliver!

Anglicare Victoria
Cardinia Communities for Children
The ParentZone Hub
75 Army Road Pakenham
03 9781 6710

Cardinia Communities for Children Facebook page

Find us on Facebook. Look for Cardinia Communities for Children or go to the link below. Send us fliers of your activities, events and groups.

Cardinia Communities for Children website

The Am I Safe? website has been building knowledge with local children since 2011. What does being unsafe feel like? Who can I talk to? Who do I call? and more



Anglicare Victoria also has a Communities for Children servicing the Frankston Area

Aug 02, 2023 - Aug 03, 2023

2 Day Peaceful Kids training by Wellbeing for Kids and Cfc Frankston

2 Day Face to Face Facilitator Training for the Peaceful Kids Mindfulness and Positive Psychology Program

[Click here to register](#)

Location

Functions By The Bay, Young St & Plowman Pl, Frankston, Australia

More information on Wellbeing for Kids or the Peaceful Kids Program can be found here

<https://www.peacefulkids.com.au/>

For other questions about the training please contact Emma Rafferty at CFC Anglicare via

emma.rafferty@anglicarevic.org.au or 0439 463 469

PARENTZONE



Cardinia Communities Speed Network 2023

For Education and Community Services

- Meet as many services as you can
- Launch of the new digital Cardinia Shire Community Services Directory
- Conversation topics: Fostering and Voluntary Respite; Gaming to Gambling; Financial Help; School Refusal; Natural Disasters, Trauma and Recovery; Neuro-diversity and inclusion.

Date: Wednesday 16th August, 2023

Time: 4:00 - 6pm

Where: Cardinia Cultural Centre, 40 Lakeside Blvd, Pakenham

ENQUIRIES:
CFCCardinia@anglicarevic.org.au
or call 0457 825 076

Register at:
<https://forms.office.com/r/Cytm6imy00>



or scan QR code

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

anglicarevic.org.au

BETTER
TOMORROWS

PARENTZONE

Family School Workers

We support families and their children with targeted family centered, child focused and culturally sensitive approaches to resources. We aim to improve Individual and family well-being, school engagement and educational outcomes.

- Increased safety and well-being 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.

“Based on campus at each school, the program’s school-based family workers take the time to get to know students, their needs and the challenges in their lives. They work with students in school and at home, providing highly individualised support, along with group activities and programs, that get them excited about school, inspired to continue studying and reconnected with learning and the school community.

Our schools-based family workers provide parents and families with easily accessible, one-on-one and group support, along with referrals to vital services to help address their needs. In the current climate, families are facing many complex issues for disengaged students, increased isolation, and the rising cost of living. All these issues are leading to higher rates of anxiety, depression, school refusal and absenteeism in vulnerable students.

Dromana Secondary School

Jodie Bradshaw

Jodie.bradshaw@anglicarevic.org.au

Karingal Heights Primary School

Sarah Carmody

Sarah.carmody@anglicarevic.org.au

Eastbourne Primary School

Annette Bailey

Annette.bailey@anglicarevic.org.au



Bittern Primary School

Natalie Everitt

Natalie.everitt@anglicarevic.org.au

Tootgarook Primary School

Sonia Sutcliffe

Sonia.sutcliffe@anglicarevic.org.au

LYFT UP YOUR FAMILY GROUP

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 behaviors?
- Are you struggling to communicate with your young person?
- Are you tired of yelling?

DATES:

Thursday
evenings for 6 weeks from 20th July until 24th
August 2023.

TIME:

6:00pm - 8:00pm

WHERE:

Online - via Microsoft Teams

FREE. Bookings essential

For bookings and enquiries contact:

KathBlommestein

LYFT Team Leader on 9781 6700

Linking Youth and Family Together (LYFT)

Linking Youth and Family Together (LYFT) provides a unique family-systems approach to the drug and alcohol treatment of young people aged 12 to 21 years. The program assists families to develop positive ways of communicating and problem solving. The notion of family is understood broadly and includes relatives and significant others. The work is conducted in settings that offer the greatest opportunity for engagement and learning.

Working together, young people can be supported to make positive choices about their alcohol and drug use and family relationships can be strengthened resulting in improved family functioning.

Southern Region | Frankston, Mornington Peninsula | 03 9781 6700

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

Foster Care Information Sessions

As a foster carer, you can choose from several different types of foster care placements ranging from emergency care right through to respite and longer-term care.

People from all walks of life can become carers. It doesn't matter whether you are in a relationship, older, younger, with or without kids, working or at home – everyone can make a positive difference in a child's life. We're dedicated to offering a supportive environment for both children and carers alike. This ensures better outcomes for everyone involved. Our carers are trained, provided with access to comprehensive ongoing support, and reimbursed for any out-of-pocket expenses related to care.

Anglicare Victoria has both 'in-person' and online options available for all stages of the Foster Care process. Find a FREE foster care information session near you.

To speak to someone about fostering or to start the application process, please fill out the expression of interest form below or contact us at:

- Eastern Melbourne Metro Region – 1300 889 335
- North Melbourne Metro Region – 03 9301 5200
- West Melbourne Metro Region – 03 9396 7400
- **Southern Melbourne Metro Region – 03 9293 8500**
- Bendigo & Loddon Region – 03 5440 1100
- Gippsland Region – 03 5135 9555

For more information on becoming a Carer and about Foster Care Click this link and to fill in an expression of interest form.

Alternatively, phone one of the team in your area. Details on page for other areas.



Foster Care | Fostering a Child in Victoria
Anglicare Victoria is the state's...
anglicarevic.org.au

Southern Metro Foster Care Information

Session

Date 20th July

Time: 7:00pm - 8:30pm

Price FREE. **Booking Essential.**

Contact: Southern Foster Care Team

Phone: 1800809722

Email: fostercare.southern@anglicarevic.org.au

The information session will run for approximately 1 hour and will provide an opportunity to learn more about the different types of foster care, the process of becoming a foster carer, and what being a foster carer involves. You will also get the opportunity to ask any specific questions you may have.



Crisis Lines and Links

Beyond Blue 13200 22 4636 (24hrs)

Provides information and support to help everyone in Australia achieve their best possible mental health, whatever their age and wherever they live. Anxiety, depression and suicide prevention. Parents/ Friends can ring for help. If you need help - phone/use webchat- everything is confidential.

HEADSPACE Call 1800 650 890

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Making Ends Meet

An information and resource guide to assist people managing on a tight budget. Contains information about free or low cost services, tips and advice on ways to stretch your budget further, and low cost alternatives for things to do with family and friends.

Making Ends Meet 2023.pdf (ciscranbourne.org.au)

A resource of Community Information and Support Cranbourne

NEIGHBOURHOOD HOUSES VICTORIA

For your local Community House please click here

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



Help Lines and Links 0-18 and Young People

Anglicare Victoria -

Parenting Program

Parenting Pods - on Website, Spotify, Apple

Parentzone also run Parenting Programs on line and face to face. See this newsletter and on our website for updates.

Not sure which program is right? Talk to one of our parent Resource Workers or email us at parentzone.southern@anglicarevic.org.au and one can get back to you.

Raisingchildren.net.au

The Australian Parenting Website

supported by the Australian Government.

Department of Social Services

Site set up to assist Parents with the hard roll of parenting in todays world. Tip sheets and Programs.

Topics include:

- Pregnancy and Grown ups
- Babies and Children
- Teens
- Austism & Disability



Children and Young People

Child protection South Division intake

To report children and young people whose safety is at risk.

During business hours call (check the Child protection contacts page for the areas covered)

South Division intake: 1300 655 795

After-hours call 13 12 78 (5pm to 9am, Monday to Friday, 24 hours on weekends and public holidays)

Kids Help Line 1800 551 800

Kids, Youth, Parents and Teachers.

Free, private and confidential, telephone and online counselling service specifically for young people aged between 5 and 25 in Australia. 7 days a week.



Enquiries: parentzone.southern@anglicarevic.org.au

PARENTZONE

Help Lines and links Indigenous communities

Indigenous Communities

Urban South (St Kilda), Frankston, Casey, Dandenong and Mornington Peninsula (Hastings)

To find out more about LANs and Gathering Places in these areas, contact, Megan Prout:

email: megan.prout@dpc.vic.gov.au

phone: 0467 578 030

This link will take you to details of gathering places and where they are in your area.

Casey Aboriginal Gathering Place in Doveton

A range of programs are being run from the gathering place for people of all ages. They are in response to feedback and the needs of the Aboriginal community. To find out more, visit the Casey Aboriginal Gathering Place Facebook page.

Nairn Marr Djambana, Frankston

is a welcoming safe place to improve Aboriginal health, cultural, recreation and social activities. It is a meeting place to provide opportunities to further advance and improve the health of Aboriginal people of all genders and ages. Other services also utilise the meeting spaces. Importantly, the local Aboriginal community in Frankston have worked tirelessly to open the doors and to keep them open.

Casey Aboriginal Gathering Place in Doveton

A range of programs are being run from the gathering place for people of all ages. They are in response to feedback and the needs of the Aboriginal community. To find out more, visit the [Casey Aboriginal Gathering Place Facebook page](#).

Newsletter is out on face book page.

[Yarn nights](#)

[Bingo nights](#)

[Homework groups](#)

[interactive gardening groups](#)

[and more.](#)



Willum Warrain, Mornington Peninsula

Willum Warrain provides:

information, support and referral services

health and wellbeing programs

art and culture programs

links between the Aboriginal community and the broader local community

To find out more, visit the [Willum Warrain Facebook page](#)

Help lines and links Culturally and Linguistically diverse Communities

Culturally and Linguistically diverse (CALD) COMMUNITIES

South Eastern Region Migrant and Refugee Resource Centre Multilingual Resources-[click here](#)

You can find information under the following topics:

- Citizenship Classes
- Health and Well being
- Learn and Grow Sisters Circle
- Disability and NDIS
- Mental Health
- Financial Issues
- Safety
- Directories and Search Engines
- Resources on our website



DANDENONG HQ
39 Clow St, Dandenong, VIC 3175
03 9767 1900
03 9706 8830
smrc@smrc.org.au

SELANDRA RISE COMMUNITY HUB
7/9 Selandra Blvd, Clyde Nth, VIC 3978

LYNBROOK COMMUNITY CENTRE
2 Harris St, Lynbrook, VIC 3975

LIVING & LEARNING PAKENHAM INC
6B Henry St, Pakenham, VIC 3810

SPRINGVALE COMMUNITY AID & ADVICE BUREAU
45 Osborne Ave, Springvale, VIC 3171

AMES Australia
60 Douglas St, Noble Park, VIC 3174

Cultural Playgroups

These playgroups are places where parents and carers meet to participate in activities that encourage their child's development and social skills; as well as interacting with people from similar cultural backgrounds.

[Playgroup Victoria Directory](#)

[VICSEG Supported Playgroups in Diverse Communities](#)

[Victorian Multicultural society](#)



Term 3, 2023 Programs

- Safety
- Mental Health
- The Learning Space:
 - English for Driving
 - Social Sewing
- Chay Khans's Men
- Youth Program:
 - Homework club
 - Youth Carer Support
 - Youth Advisory Group
 - School Holidays
- ACFE Pre-Accredited Weekly Classes
 - Read and write English
 - Conversational English
- Introduction to computers
- Employment xchange

Bakhtar Community Organisation

Provides A range of services to support individuals and communities . They aim to empower people with education, skills training, assist refugees and the Culturally Linguistically and Diverse communities.

- PO Box 4273 Narre Warren South VIC 3805
- (03) 9703 2555
- info@bakhtar.org.au
- Monday - Friday : 10am - 6pm

COOK4CALD

is a youth based, not for profit organisation. With a growing team of volunteers, COOK4CALD prepares and delivers culturally diverse meals for South East Melbourne.

Email: admin@cook4cald.org

Instagram: @COOK4CALD

Facebook: COOK4CALD

LinkedIn: COOK4CALD

CMY - Centre for Multicultural Youth

The Centre is for Multicultural Youth, based in Victoria providing specialist knowledge and support to young people from migrant and refugee backgrounds.

PARENTZONE

Help lines and links Culturally and Linguistically diverse Communities

Tuning in to Kids- Relationships Australia

Our Afghan-language Tuning into Kids program has been developed in consultation with the local Afghan community, and provides a longer version of the program to support parents to develop their emotional literacy and wellbeing prior to learning the parenting content.

Tuning in to Kids is an evidence-based, emotion-focused group parenting program of the University of Melbourne's Mindful Centre. It is delivered over 6 sessions. Tuning into Kids is most suited to parents who are having difficulties managing their children's behaviours; who want to better understand their children's emotional experiences; and create a stronger parent-child relationship. We will teach parents about –

- Emotional intelligence and why it's important
- The 5 steps of emotion coaching
- Different parenting styles
- Anger and conflict management
- Problem-solving
- Emotional self-care

TinK Afghan Women Cranbourne | Relationships Australia Victoria (relationshipsaustralia.org.au)

T3 Dates not known please phone.

Tink Afghan Dads Cranbourne | Relationships Australia Victoria (relationshipsaustralia.org.au)

Dates/times 8 x weekly 2-hour group sessions. Next dates not known, please phone

ring our office.

Relationships Australia-Cranbourne Office

No Dates for T3 2023 at this stage.

Please phone for Enquiries or to make a referral on behalf of a family, feel free to reply to this email or phone us on (03) 5990 1900.

Extended Families-

(Working together to support school-aged students on the autism spectrum)

Free Vietnamese Community Workshop

Positive Partnerships joins Extended Families to hold this workshop where you will have the opportunity to listen, share and learn with other families from the Vietnamese community who support school-aged children on the autism spectrum.

At this workshop, you will learn about:
Understanding autism and your child
Strategies and tools to support learning

It is for parents, full-time carers and grandparents.
This workshop will be facilitated in Vietnamese and English with Vietnamese interpretation.
A free morning tea and lunch will be provided.

Location:

Noble Park Community Centre
Ross Reserve, Memorial Drive
Noble Park 3174

Date and Time: Wednesday 19th July

2023 9:45 AM - 2:15 PM

To register, [click here](#)

For more information, contact: Julia Klieber (To speak English)

0481 955 551

Julia@extendedfamilies.org.au

Mai Thanh Nguyen(to speak Vietnamese)

0449 562 979

mai-

thanh.nguyen@extendedfamilies.org.au

PARENTZONE

Playgroups

Playgroup Victoria Site:

Updated information on Playgroups in your area. Resources. Online Playgroups, Stories, Podcasts and more. Find a Playgroup best suited to your child and their needs.

Baby
Montessori
Dads
Nature
Disability
Religious
Grandparents
Steiner
Indigenous
Christian
LGBTQI+
Culture Specific

Find a Playgroup near you/how to join/all contact details

[Playgroup link](#)

Play Circle - Supported Play Group.

Facilitated by ParentZone
funded by Mission Australia

OUR TIME- SUPPORTED PLAYGROUP

A supported playgroup for parents who have experienced mental health challenges and their preschool children



To Register in Programs, click
on QR provided or
contact Parent Resource Worker
listed.

Newsletter enquiries:
parentzone.southern@anglicarevic.org.au

PARENTZONE

Local Councils/Maternal Child Health/Early childhood Education

City of Casey Council

Ph: (03) 9705 5200

Email: caseycc@casey.vic.gov.au

Website: [Casey City Council Community Services](#)

Greater Dandenong City Council

Ph: (03) 8571 1000

Email: council@cgd.vic.gov.au

Parenting Support

Website: [Greater Dandenong City Council](#)

Frankston City Council

Ph: 1300 322 322

Email:

info@frankston.vic.gov.au

Parenting Support

Website: [Frankston City Council](#)

Cardinia Shire Council

Ph: 1300 787 624

Email:

mail@cardinia.vic.gov.au

Website: [Cardinia Shire Council](#)

Bayside City Council

Ph: (03) 9599 4444

Email:

enquiries@bayside.vic.gov.au

Website: [Bayside City Council](#)



Mornington Peninsula Shire Council Offices

Email: customerservice@mornpen.vic.gov.au

Website: [Mornington Peninsula Shire Council](#)

Parenting Support

Website: [Mornington Shire Council](#)

[Aboriginal and Torres Strait Islander Programs](#)

[Email](#)

customerservic@mornpen.vic.gov.au

Rosebud Office

90 Besgrove St

Rosebud

Mornington Office

2 Queen St Mornington

PH 5950 1000

Ph 1300 850 600

Hastings Office

21 Marine Pde Hastings



City Of Kingston

Ph: 1300 653 356

Email: info@kingston.vic.gov.au

Website: [Kingston City Council](#)

City of Stonnington

Ph: (03) 8290 1333

Email: council@stonnington.vic.gov.au

Website: [Stonnington City Council](#)

Maternal Child Health Services and Centers

PARENTZONE

Host a Workshop - contacts

Parents Building Solutions Programs for Mums, Dads, Carers or Professionals

Host a Workshop or Program



CONTACT US



If you are a School, service provider or parent support group you can support the families you connect with and host a ParentZone Interactive Workshop or Program Free. You provide the Venue and we can do the rest. We also can come to your Organisation or School and run a workshop with staff.

PLEASE TALK TO US OR EMAIL

E: parentzone.southern@anglicarevic.org.au with some details

Or

Contact one of our Parent Resource workers

City of Greater Dandenong and City of Cardinia

Dads Do Matter

Parents Building Solutions

Call / Text 0438 004 285

Jasbir Singh at Parentzone, Call / Text 0438 004 285 jasbir.suopada@anglicarevic.org.au or

City of Greater Dandenong

Beyond The Violence and Parents Building Solutions

Ariane Hahn

ph 9781 6725 or 0499 080 468

ariane.hanh@anglicarevic.org.au

City of Casey

Parents Building Solutions

City of Cardinia

Beyond The Violence isnt ran anymore in Casey-you can attend other areas and ring.

Carey Cole, Parentzone on: 03 9781 6767 or 0437 428 281

carey.cole@anglicarevic.org.au

City of Frankston & Mornington Peninsula

Beyond the Violence and Parents Building Solutions

Iris Guasch at Parentzone on 0436 007 492

Iris.Guasch@anglicarevic.org.au

City of Frankston & Mornington Peninsula.

Parents Building Solutions

Michelle Brown 0429174150

Michelle.Brown@anglicarevic.org.au

Beyond The Violence

Parents building Solutions

Play circle

Iris Guasch

Phone 0436 007 492

erin.surrey@anglicarevic.org.au

Iris Guasch

Beyond The Violence

Timeout Playgroup

General parents Building Solutions

Email iris.guasch@anglicarevic.org.au

Mobile: 0436 007 492

PARENTZONE

Online Safety

E Safety Commissioner Australia's national independent regulator and educator for online safety. Our mandate is to ensure Australians have safer and more positive experiences online, encourages technology companies to anticipate, detect and eliminate online risks so digital environments are safer and more inclusive. Webinars and tools for professionals and parents.



Webinars: Online safety sessions for parents and carers

Learn the knowledge, skills and tools to support your children to have safe online experiences.

Downloadable resources to help you start the chat about online safety issues and strategies with your child.

For online Safety Book in your language click on: [ONLINE SAFETY BOOK](#)

For Webinars coming up click on: [FIND OUT MORE](#)

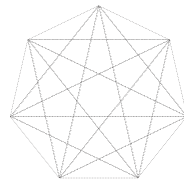
Understand the risks of being online and what you can do to have a safer experience.

Social media services and online chat are great ways to stay in touch and find new friends, but there are also risks. - Links explain each social media outlet via the E Safety Network (Government network)

The landscape of social media is evolving. Traditional social media services like [Facebook](#), [Instagram](#) and [Twitter](#) are great ways to stay in touch and keep across the latest news and trends. Private messaging apps like [WhatsApp](#), [Facebook Messenger](#) and [Snapchat](#) are also increasingly popular. Google Docs is even being used as a chat app by young people.

To find out more about each topic -click on link [HERE](#)

- **What are the risks?**
- **What can I do to have a safer experience while using social media and online chat?**
- **How do I control my privacy settings?**
- **What to do if things go wrong**
- **Information for parents and teachers**



If you would like to go on our mailing list.

OR

Be put on a waiting list for a Parenting Program or Training
Please email: parentzone.southern@anglicarevic.org.au

All of our Parenting Programs are Free!!

Reminder!

PARENTZONE