



ParentZone Southern Newsletter

Term 2, 2022.

News, updates and information about ParentZone programs Supporting Parents, Carers and Professionals within the South.

ParentZone Southern
P: (03)9781 6767 or 1300 984 200
75 Army Rd Pakenham (PO Box 774)
Pakenham 3810

PARENTZONE

**BETTER
TOMORROWS**

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ParentZone Southern Update

Welcome

The new year started with our new "Summer Series" online to help prepare Parents for another year. We ran :What is my parenting style?, How do we establish routines?, Now - how do we maintain our routines?! and How do I practice self-care?

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

Most of our programs during Term 1 were delivered online. Although successful, the team does miss interacting with families and professionals in person. We look forward to increasing the number of face to face Programs we facilitate over the coming term and will continue to run Programs online, recognising that this is easier for some people.

ParentZone Pods

The ParentZone Pods identify common issues parents bring to our parenting groups and explores these in detail. We not only discuss the issues and concerns parents bring, but also offer strategies parents can try in these situations. These podcasts recognise that parenting is the toughest and most important job there is! Children don't come with a manual, and sometimes parents seek guidance in ways to support their children and improve the family unit as a whole.

<https://www.anglicarevic.org.au/our-services/family-and-parenting-support/parentzone-pods/>



- Episode 1: Family meetings
- Episode 2: Dealing with anxiety
- Episode 3: Sibling Rivalry
- Episode 4: Getting our children to listen
- Episode 5: How to stop yelling at your kids
- Episode 6: How to respond to our kids behaviour



ParentZone Offices

ParentZone Southern

P: (03)9781 6767 or 1300 984 200

75 Army Rd Pakenham (PO Box 774) Pakenham 3810

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

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!!

If you need to speak to someone urgently, call Lifeline 13 11 14
or Suicide Call Back Service 1300 659 467.

PARENTZONE

Parenting Programs

Parents Building Solutions Programs for Mums, Dads, Carers

Parenting is the most important and challenging job in today's rapidly changing world – but children and young people don't come with a handbook.

ParentZone supports parents, carers and families to meet up, share and learn from each other.

Anglicare Victoria understands the potential of families to shape lives. We help families to work together and create positive and long-lasting change for themselves and the community around them.

PARENTZONE

Parenting challenges everyone.

At ParentZone, we offer all carers and parents a chance to develop and strengthen their parenting skills. For more about ParentZone, have a look via QR code.



"Beyond The Violence" For Mothers and Children

What mums are saying?

"safe space where I'm not scrutinized or judged. make a friend or two"

"Being able to speak freely and not being judged by anyone including the presenters and the other mothers and receiving a lot of great advice from both as well."

"Dads Do Matter"
Come along for some
Strategies in a non
judgemental space

GIRaFfE- Gender Identity Relationships and Fluidity for Everyone. Share ideas and experiences about how to best support children through change; Acknowledging how they and we are feeling; Communicating their needs to others.



Play Circle-a safe and supported space for parents and their preschool children in The City of Greater Dandenong.
Free to attend
2 trained facilitators run the group

Continue for Programs being ran this term by ParentZone Southern and more.

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

PARENTZONE



Play Circle - Supported Play Group

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

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

DATE: Thursday mornings.
28th April - 23rd June

TIME: 10.00am to 12.00pm

WHERE: Dandenong Library
225 Lonsdale St, Dandenong

COST: FREE booking essential



**MISSION
AUSTRALIA** | together
we stand

Please scan the QR code to see also,
Mission Dandenong Facebook.
<https://www.facebook.com/groups/C4CDandenong>

For bookings & enquiries contact:

Olivia McNeil

phone: 0409 316 620

Olivia.Reilly-McNeil@anglicarevic.org.au

The Communities for Children Initiative is supported by the Australian Government



PARENTS BUILDING SOLUTIONS

For parents, step-parents, grandparents, families and carers of children aged 3 - 13 years. Either at the school or online as needed.

Join us for a free interactive program to share ideas and experiences.

Are you tired of yelling?

How to get kids to listen, without having to yell

Dealing with feelings - anger, anxiety, sadness

Helping parents and kids deal with feelings appropriately

Encouraging positive behaviours

Understand why children behave the way they do

Strategies that work

How can parenting be more peaceful!
Creating family agreements together

DAY: Tuesday

TIME: 9.15am - 11.15am

WHEN: May 10, 17, 24, 31
June 7, 14 2022

WHERE: Mahogany Rise Primary School,
Jenkins Street, Frankston North

COST: FREE

INQUIRIES:

Michelle Brown 0429174150

Michelle.Brown@anglicarevic.org.au

Register via the QR or the link

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

[Wr_rEWsFhug7VRtt100Y1A0x0tAonHEA2a6L9xUNFVVOVlZrKcwTUJDRjhUOE1MSU1EMEpHRC4u](https://forms.office.com/Pages/ResponsePage.aspx?id=47VI-Wr_rEWsFhug7VRtt100Y1A0x0tAonHEA2a6L9xUNFVVOVlZrKcwTUJDRjhUOE1MSU1EMEpHRC4u)



PARENTZONE

ourplace
education is the key to the door

 MAHOGANY RISE
Primary School



Parents Building Solutions Cybersafety and Online Bullying



- Do you worry about how much time your child spends online?
- Would you like to share strategies about how to establish boundaries around screen time?
- Would you like strategies to support your children to make good choices when they are online?
- Do you worry about how to keep your children safe from online bullies?

DATE/TIME: Wednesday, 4 May
6.00 - 7.30 p.m. (left code)
OR
Monday, 9 May
9.15 - 10.45 a.m. (right code)

WHERE: Cranbourne West Primary School Library
110 Duff Street, Cranbourne West

For bookings & enquiries contact:

Carey Cole, Parentzone on: 03 9781 6767 or 0437 428 281
carey.cole@anglicarevic.org.au

Or register using the relevant QR Code:
LEFT - 4th May (evening)
RIGHT - 9th May (morning)

PARENTZONE



PARENTS BUILDING SOLUTIONS

For parents, step-parents, grandparents, families and carers of children aged 3 - 18 years. This will be held online. Join in for a free program to share ideas and experiences.



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DAY: Tuesday

TIME: 1 - 2.30pm

WHEN: May 10, 17, 24, 31
June 7, 14 2022

WHERE: Online

COST: FREE

INQUIRIES:

Michelle Brown 0429174150

Michelle.Brown@anglicarevic.org.au

Register via the QR or the link

<https://forms.office.com/r/seEy1Lqm4t>

PARENTZONE



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DAY: Thursday

TIME: 9.15am - 11.15am

WHEN: May 5, 12, 19, 26
June 2

WHERE: Kananook Primary School,
22 Wells Road, Seaford

COST: FREE

INQUIRIES:

Michelle Brown 0429174150

Michelle.Brown@anglicarevic.org.au

Register via the QR or the link
<https://forms.office.com/r/3VS6H7kjrX>

PARENTZONE



MOTHERS/GRANDMOTHERS/CARERS and DAUGHTERS

A FREE 4 week program for women and their daughters/foster daughters (aged 11 - 17 years) in the Cardinia Shire area

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

DATE: THURSDAYS - 12 May, 19 May, 26 May and 2 June

TIME: 5.30 - 7.30 p.m. (Tea and coffee will be provided)

WHERE: Pakenham Library, cnr John & Henry Streets, Pakenham

COST: Free! Bookings are essential

PARENTZONE



Casey
Cardinia
Libraries



Register using the QR code, or contact Carey Cole 0437 428 281 or carey.cole@anglicarevic.org.au



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For parents, step-parents, grandparents, families and carers of children aged 3 - 18 years. This will be held online. Join in for a free program to share ideas and experiences.



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DAY: Wednesday

TIME: 1 - 3.00pm

WHEN: May 4, 11, 18,25, June 8, 15, 2022

WHERE: The Corner, Wilsons Rd, Mornington Youth Centre

COST: FREE

INQUIRIES:

Michelle Brown 0429174150

Michelle.Brown@anglicarevic.org.au

Register via the QR or the link

<https://forms.office.com/r/seEy1Lqm4t>

PARENTZONE



Parents Building Solutions One Off Sessions in Term 2 2022

Free interactive sessions on ZOOM for parents, families and/or carers

Come and join others to explore:

SESSION 1: Encouraging Positive Behaviours

SESSION 2: Managing Technology

SESSION 3: Living With Autism

You are welcome to join any or all of the sessions, only one registration form is required. .



DATE: Thursday 5 May 2022
Thursday 19 May 2022
Thursday 2 June 2022

TIME: 1 - 2.30pm

WHERE: Online (Zoom)

For further information contact:

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

Please register using the QR Code or via the link

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

PARENTZONE



PARENTING TEENS

Parents Building Solutions

Open to Parents & Carers of Teenagers. Come & share experiences, ideas and learn strategies that work.

- How to get your teenager to listen, without having to yell?
- Building a better relationship with your teens.
- Feeling stuck or struggling with your teenager?
- Discuss and share strategies that work.
- What's happening emotionally, physically and socially with your teen?

Dates: **Wednesdays**
18, 25 May, 1, 8, 15, & 22 June 2022

Time: **9.30am -11.30am**

Venue: **Hampton Park Secondary College,**
58-96 Fordholm Road, Hampton Park
VIC 3976

To Register:- Call / Text 0438 004 285
Jasbir Singh at Parentzone, email:
jasbir.suropada@anglicarevic.org.au or
Harlin at 03 8795 9400, email:
Harlin.Gandhok@education.vic.gov.au

PARENTZONE



Cost-FREE



FINDING HOPE PARENTS BUILDING SOLUTIONS

A FREE 6 week program in the Cardinia Shire area for parents and carers of a child or young person with an eating disorder

Parenting is never an easy job, but if you have a child with an eating disorder, it is even more complex.

- Are you wondering what you can do to support your child?
- Are you finding the system difficult to navigate?
- Would you like to meet other parents who are experiencing similar challenges?

DATE: THURSDAYS - 28 July - 1 September

TIME: 5.00 - 7.00 p.m.
(Tea, coffee and light refreshments will be provided)

WHERE: Pakenham Library, cnr John & Henry Streets, Pakenham

COST: Free! Bookings are essential



Register using the QR code, or
Contact Carey Cole
0437 428 281 or
carey.cole@anglicarevic.org.au

PARENTZONE



Casey
Cardinia
Libraries



ONLINE - DADS DO MATTER (DDM)

PARENTS BUILDING SOLUTIONS

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

- Connect with other Dads
- Improving your Confidence & Communication as a Dad
- Learn strategies and tools that work
- Learn how to cope with stress, emotions and anger.
- Handling conflicts with respect

DATES: Wednesdays-18, 25, May, 1, 8, 15 & 22, June 2022 (6 weeks)

TIME: 6.00pm to 8.00pm

Join us Online Zoom with Laptop, Mobile Phone or iPad

REGISTRATION:

Call or Text **0438 004 285**

Jasbir Singh Suropada

Email: jasbir.suropada@anglicarevic.org.au

Certificate of attendance awarded

PARENTZONE



BEYOND THE VIOLENCE

AN 8 WEEK PROGRAM FOR MUMS AND THEIR CHILDREN WHO HAVE EXPERIENCED FAMILY VIOLENCE.

- Are you dealing with the effects of family violence?
- Does your child's anger or anxiety worry you?
- Are you tired of yelling?
- Do contact visits unsettle your child?

DATES: 3rd May - 21st June
TIME: 4pm - 6.30 pm
WHERE: Details given at booking
COST: Free! Bookings essential.

All enquiries contact:
Olivia Reilly-McNeil 0409 316 620 or email
Olivia.Reilly-McNeil@anglicarevic.org.au



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'The Communities for Children Initiative is supported by the Australian Government'



BEYOND THE VIOLENCE - FRANKSTON

A FREE 8-week program for women and their children who have been impacted by Family Violence.

- Are you dealing with the aftereffects 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?

DATES: Wednesday evenings
4th May - 22nd June

TIME: 4pm - 6.30pm
(refreshments provided)

WHERE: Details given at time of booking.

For bookings & enquiries contact:
Iris Guasch at Parentzone on 0436 007 492
Iris.Guasch@anglicarevic.org.au



PARENTZONE



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

Professional Development and Networks

PARENTS BUILDING SOLUTIONS PROFESSIONALS

FOR: Anyone who works with parents! Many people have told us they really benefited from this program: social workers, teachers, psychologists, case managers, children's services workers, family services practitioners, volunteers and residential staff.

Learning outcomes

- Engage parents effectively in conversations about their parenting role using a strengths-based, reflective approach
- Draw on evidence-based materials from the Parents Building Solutions manual to respond to the expressed needs of parents
- Articulate a comprehensive framework for parenting based on family values, relationships, and boundaries

Please Phone our Norther

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

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

A limited number of funded places are available free for volunteers, students, ACCO's and Anglicare Victoria staff
This is being ran by our Northern Parentzone Office this term.

ParentZone Northern
03 9465 0322
42 Mary Street,
Preston 3072

Parentzone.northern@anglicarevic.org.au

Parent, Engagement, Education & Resources

Great Networking Opportunities

What's new? Share new resources, programs and learning

What's needed? Gaps in services and how to fill them

What's happening? Share what we are doing

What's best practice? Professional development segment

City of Greater Dandenong. City of Casey and Cardinia.

Please email:

jasbir.suopada@anglicarevic.org.au or call or text
0431203177

City of Frankston and Mornington Peninsula

contact

Michelle Brown 0429174150

Michelle.Brown@anglicarevic.org.au

PARENTZONE

BEYOND THE VIOLENCE FACILITATOR TRAINING

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.

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

BTV RUNS IN FRANKSTON, CRANBOURNE & DANDENONG DURING THE YEAR

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.

EXPRESSIONS OF INTEREST:

If you or your agency would like to partner with us to deliver the Beyond The Violence program call Carol Abery on 0436 007 336 and 9781 6792 or email carol.abery@anglicarevic.org.au

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 Frankston, Cranbourne, Casey, Mornington Peninsula and Dandenong municipalities



BEYOND THE VIOLENCE - Term 2, 2022

FACILITATOR TRAINING - Dandenong

Do you want to increase your skills working with parents and children affected by Family Violence?

SUITABLE FOR:

- Professionals who have existing group work skills and experience, or a background working with women and children impacted by family violence.
- People wanting greater skills working with those affected by family violence.

DATES: 3rd, 10th and 17th May 2022

TIMES: 9:30 am to 4:15 pm - **Tuesdays**
Participation in all three sessions, and submitting reflections for each session is part of BTV accreditation.

(Morning Tea and Lunch provided.)

WHERE: St James Church Hall,
53 Langhome St, Dandenong
free on-site parking for some cars - arrive early to be sure

COST: FREE TRAINING

Bookings are **ESSENTIAL**.

Contact: Ariane Hahn 0499 080 468
ariane.hahn@anglicarevic.org.au

PARENTZONE



MISSION AUSTRALIA | together we stand

Communities for Children is funded by the Australian Government

Keep updated on our Programs

Please Check the Face book or AV Site for more Programs. New ones will be finalised.



**Some areas not confirmed at the time of this newsletter
Check Facebook, AV site or contact us for Details on these.**

**Dont hesitate to contact us if you would like to attend or run a program at your School,
Community Centre, Church or Online.**

Email: parentzone.southern@anglicarevic.org.au

Useful links for Parents

ParentZone
Kids Helpline
ReachOut
Beyond Blue
Better Pride



PARENTZONE

ParentZone HUB

PARENTZONE HUB
FAMILIES GROWING TOGETHER

@ Pakenham Hills

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 hub for parents, carers 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**

Enquires/Bookings

**Deborah.Reid@anglicarevic.org.au
Tel: 9781 6710
Mob 0428 654 824
bit of body text**



Family School Workers

FOR: 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 wellbeing, school engagement and educational outcomes.

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



Dromana Secondary School

Jodie Bradshaw

Jodie.bradshaw@anglicarevic.org.au

Tootgarook Primary School

Sonia Sutcliffe

Sonia.sutcliffe@anglicarevic.org.au

Rosebud Primary School

Natalie Everitt

Natalie.everitt@anglicarevic.org.au

ittle bit of body text



Karingal heights Primary School

Deborah Li

Deborah.Li@anglicarevic.org.au

Foster Care

Foster Care Information Sessions

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

Southern Metro | Foster Care Information Session

Time: 6:00pm - 7:30pm

Price: Free

FREE . Booking Essential.

Contact: Southern Foster Care Team

Phone: 1800 809 722

Email: fostercare.southern@anglicarevic.org.au



Southern Metro | Foster Care Information Session 2022

We invite you to join our community and attend one of our FREE ONLINE information sessions by registering your details below.

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.

Please visit our website to find out more about Foster Care at Anglicare Victoria

Please note the Southern Metro Region covers the following areas; Brighton, Sandringham, Caulfield, Dandenong, Cheltenham, Berwick, Cranbourne, Pakenham, Mornington and Bayside Peninsula.

If you live outside the following areas or have any questions, please contact us on 1800 809 722 to chat with a member of the team.

For more information on other sessions

For more information on becoming a Carer and about Foster Care



PARENTZONE

Communities for Children Cardinia

Cardinia Communities for Children is a community partnership building a safe and strong community for children within Cardinia Shire. Using a collaborative approach we are committed to strengthening deep community connection and supports; early childhood development (0-12 years); engagement with education; building parenting capacity and skills; social, emotional and mental well-being and hearing directly from children about what is important in their community



CARDINIA COMMUNITIES
SPEED NETWORKING Date: Wednesday 20th July 2022
EVENT Time: 4PM-6PM
Venue: Cardinia Cultural Centre,
40 Lakeside Blvd, Pakenham

A fun event for Cardinia community groups, services and educators!

Scan the QR code to register for this event.

It's been a long time since we met in person and many changes have occurred. This is your opportunity to meet as many community groups, service practitioners and educators you can in one fun speed networking event, plus a great late afternoon treat! Find those services you didn't know you needed to know and make connections.

0457 825 076 | CFCCardinia@anglicarevic.org.au | 

Click below to register
for Speed Networking Event
Cardinia Communities Speed
Networking Event



for Groups events, resources and activities for children, parents and families visit our Facebook Page [Communities for Children](#)

Click below to register
for these two Webinars

Building Children's Self Esteem

Gaming Safely for Children

Cardinia Communities Safe T Net



Cardinia Communities
Safe T Net

Am I safe?

www.cardiniasafetnet.com.au

 **Communities for Children Plus**
Anglicare Victoria

Communities for Children is funded by the Australian Government

A website created with children for children. A great resource for parents to discuss safety with children.
What does being unsafe feel like?
Who can you talk to?
Who can I call?
New sections!
What are Caring Friends, Caring Families and Caring Community like?

PARENTZONE



LYFT UP YOUR FAMILY GROUP

Term 2

A program for parents & carers of young people (aged 12-25 years) who have challenging behaviours and may also be using Alcohol & Other Drugs in a problematic way.

- Are you concerned about your young person's risk taking behaviours?
 - Are you struggling to communicate with your young person?
 - Are you tired of yelling?
- DATES:** 12th May, 19th May, 26th May, 2nd June, 9th June & 16th June
- TIME:** 6:00pm – 8:00pm
- WHERE:** Microsoft Teams
- COST:** Free
- BOOKINGS:** Bookings essential

For all bookings and enquiries contact:
Erin Platt 0477 594 262 Erin.Platt@anglicarevic.org.au
Jamie Bundock 0457 075 066 Jamie.Bundock@anglicarevic.org.au

LYFT.Southern@anglicarevic.org.au

Useful Help Lines and Links

Anxiety, Depression, Mental Health, Family Violence



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.

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)

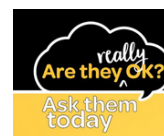
If you have lost someone to suicide. suicide call back service is nationwide service providing 24/7 telephone and online counselling to people affected by suicide. You can chat or look at the vast range of resources available.

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

CHAMPS Ran by Uniting

6 week program for children aged 8-12 who have a parent with a mental health issue including children who do not live with their birth parents

Family Violence



Orange Door

Regardless of your vaccination status, help and support is always available. Contact your local services.

Bayside Peninsula/Frankston 1800 319 353

9am to 5pm Monday to Friday (closed public holidays)

bpa@orangedoor.vic.gov.au

60-64 Wells Street, Frankston 3199

Southern Melbourne Dandenong 1800 271 170

9am to 5pm Monday to Friday (closed public holidays)

sma@orangedoor.vic.gov.au

- 311 Lonsdale Street, Dandenong 3175

<https://orangedoor.vic.gov.au/find-a-service-near-you>



Safe Steps Phone: 1800 015 188

Victoria's 24/7 family violence response centre for confidential crisis support, information and accommodation..

- Safe Steps with web chat support service available 9am to midnight, Monday to Friday

In Touch

a state-wide specialist family violence service that works with women from migrant and refugee backgrounds, their families and their communities in Victoria. We provide case management to women, training, conduct research, and run community-based projects in order to address the issue of family violence in the community.

Sexual Assault Crisis Line Phone: 1800 806 292 (24 hours a day, 7 days a week)

Crisis counselling service for people who have experienced both past and recent sexual assault.

Djirra 1800 105 303 (FREE CALL) Phone: 1800 105 202 (Free Call) 9am -10pm Mon-Fri

Djirra provides assistance to Aboriginal and Torres Strait Islander victims/survivors of family violence and sexual assault.

Facebook pages has resources and events

Useful Help Lines and Links



Disability

Association for Children with a Disability (03)9880 7000

Offer a support line and assistance to parents of children with a disability. site also has resources and they run online programs

Teens and Beyond

Teenagers do best with support from their family. This workshop series aims to help you navigate the teenage years with confidence. This is a workshop for parents and carers of children with disability aged 13+

What this workshop covers:

- Future Planning
- School and post-school options
- Getting the right NDIS support for your teen
- Wellbeing – friendships, behaviour support, communication and mental health

When:

- Option 1 – Tuesday 17, 24, 31 May 10:00 via Zoom
- Option 2 – Tuesday 17, 24, 31 May 07:30 pm via Zoom
- Option 3 – Wednesday 18, 25 May, 1 June 10:00 am via Zoom
- Option 4 – Thursday 19, 26 May, 2 June (regional focus) 10:00 am via Zoom'

How to join:

[Bookings available from 12 April](#)



Successful Secondary Years

Students do best when families and schools work together. This workshop aims to give you the skills and confidence to help your child get the support they need at secondary school. This is a workshop for parents and carers of children with disability in Year 7 and above

What this workshop covers:

- Reasonable adjustments at secondary school
- Social connections and wellbeing

How to join:

[Bookings available from 12th June:](#)



When:

- Tuesday 21 June 10:00 am via Zoom
- Wednesday 22 June 10:00 am via Zoom
- Thursday 23 June 10:00 am via Zoom

- **[Amaze](#) 1300 308 699**

Provides support and information to autistic people, families, professionals and the wider community.

[Support Groups](#)

[Resources](#)

Aspergers Victoria

provides support services across the lifespan from kids to adults, parents and carers, professionals and employers to support discovery of strengths, manage challenges, and empower by Aspies, for Aspies, with Aspies. Our Board all have lived experience as do all of our staff and our volunteers. We can share knowledge and lived experience of Aspergers, autism, or other similar neurodivergent profiles as peers, parents, carers, partners, friends, colleagues, or community members.

We are not a crisis support service and we are unable to provide crisis support. We do not operate a telephone support service and our peer volunteers are not mental health professionals.

<https://www.facebook.com/www.aspergersvic.org/>



PARENTZONE

Useful Help Lines and Links

Men's Help/Family Violence. Kids, LGBTIQ and Indigenous Communities



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

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 Crime Helpline Phone: 1800 819 817 or text 0427 767 891 (8am to 11pm every day) Information and support for adult male victims of family violence and victims of violent

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.

LGBTIQ+ Community

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.

Phone:

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 (including children from ages 5>)

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.



Useful Help Lines and Links

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](#).

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[April Newsletter is out on face book page.](#)

[Yarn nights](#)

[Bingo nights](#)

[Homework groups](#)

[interactive gardening groups](#)

[and more.](#)



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.



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](#)

[click for Djarra-Family Violence](#) and other assistance for Family violence



PARENTZONE

Local Councils/Maternal Child Health

Parenting Services

Link will take you to Parenting services page- Kindergartens/Playgroups/Maternal Child Health/Immunisation/Toy Libraries/Early Childhood Education Care Services/Youth Services/Parent Education Programs ran by the Council.

Bayside City Council

Ph: (03) 9599 4444
Email: enquiries@bayside.vic.gov.au
Website: Bayside City Council

Cardinia Shire Council

Ph: 1300 787 624
Email: mail@cardinia.vic.gov.au
Website: Cardinia Shire Council

Frankston City Council

Ph: 1300 322 322
Email: info@frankston.vic.gov.au
Parenting Support
Website: Frankston City Council

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

Mornington Peninsula Shire

Council Offices

Mornington

2 Queen St Mornington
PH 5950 1000
Ph 1300 850 600

Hastings

21 Marine Pde Hastings

Rosebud

90 Besgrove St
Rosebud

Parenting Support

Website: Mornington Shire Council

Aboriginal and Torres Strait Islander Programs

[Email](mailto:customerservic@mornpen.vic.gov.au)

customerservic@mornpen.vic.gov.au

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



City of Port Phillip

Ph: 1300 850 600
Email: customerservice@mornpen.vic.gov.au
Website: Mornington Peninsula Shire Council

PARENTZONE

PlayGroup Victoria

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



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!!

PARENTZONE