



Parenting in the East What's On Term 2 2024

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

PARENTZONE

**BETTER
TOMORROWS**

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What's new at ParentZone?

Welcome to the second edition of **What's on in the East** for 2024.

As we move into Easter School holidays, remember that it isn't all about Easter eggs, what your kids want most is your time! Make the most of the dry weather before winter sets in with free family fun - think bush walks, playgrounds, splash parks and scavenger hunts!

In Term 2, ParentZone Eastern are offering the following multi-session parenting programs, as always FREE of charge.

- Talking Teens
- Emotion Focused Parenting
- Circle of Security Parenting - Box Hill
- Dads Matter

We have Parenting Anxious Teens, a single session workshop for time poor parents, or for those who need some short snappy strategies. If you love it and want more, why not book in for our 6 weeks Talking Teens program?

We are also partnering with Maroondah, Whitehorse and Yarra Ranges Council to bring you a parenting forum on Managing Challenging Behaviours for 5 - 12 year olds.

For parents and carers who have a child with a disability or developmental delay we offer free support groups, both in person and online. We have in person groups in Bayswater and Lilydale for those looking to connect, support and share strategies. For those who can't get to an in person group, we also have a variety of online peer support groups to check out!

We'd love to hear from you about our parenting programs, including the best times/days to participate, whether you want to join a group online or in person and what themes you want to explore. [Click here to take the anonymous survey.](#)

Parenting can be hard, and we all need extra support and skills to break old habits and improve our relationships with our children. Come along to one of our groups, meet other like-minded parents, and find new ways to enjoy parenting.

We feel privileged to be walking alongside you on your parenting journey.

From the ParentZone Eastern Team
Tamara, Julia, Sharon, Michelle & Deborah



PARENTZONE

ParentZone Pods



Anglicare
Victoria

PARENTZONE PODS

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



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.

Podcast Series 1

- Episode 1: [Family Meetings](#)
- Episode 2: [Dealing with Anxiety](#)
- Episode 3: [Sibling Rivalry](#)
- Episode 4: [Getting Children to Listen](#)
- Episode 5: [How to Respond to Kids' Behaviour](#)
- Episode 6: [How to Stop Yelling at your Kids](#)

Podcast Series 2

- Episode 1: [Positive Discipline](#)
- Episode 2: [School Refusal](#)
- Episode 3: [Parenting our Teenagers](#)
- Episode 4: [Meltdowns vs Tantrums](#)
- Episode 5: [Couples Parenting Together](#)
- Episode 6: [Dads Parenting Today](#)

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



PARENTZONE

ParentZone Eastern Term 2 Parenting Programs



Dads Matter

A program for dads

Dates: Tuesdays (6 evening sessions)

14th May - 18th June 2024

Time: 6.00pm to 8.00pm

Venue: Online via Zoom

A program for dads to better understand the importance of their role in the lives of their children

Bookings: [Click here to register \(limited places\)](#)

Enquiries: Julia 9721 3629 or 0400 866 495

Circle of Security Parenting

Dates: Mondays (8 face-to-face daytime sessions)

22nd April - 17th June 2024

Time: 10.00am - 12 noon

Venue: Box Hill South Family Centre

Cnr Riversdale Road and Station Street, Box Hill.

Circles of Security Parenting looks at how parents can build their relationship with their children and enhance attachment, trust and a sense of safety. Parents can learn ways to enhance the development of their child's self-esteem, trust, and feelings of security. You can support the creation of a secure base from which your child feels able to explore their world, knowing there is a safe haven to return to. Research shows that the more secure children are, the more they are able to feel happier, have lasting friendships, have higher self esteem and trust themselves and the people they love.

Bookings: [Click here to register \(limited places\)](#)

Enquiries: Julia 9721 3629 or 0400 866 495

Talking Teens

For parents of 12 to 18 year olds

Dates: Tuesdays (6 evening sessions)

14th May - 18th June 2024

Time: 7.00pm to 9.00pm

Venue: Online via Zoom

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

Bookings: [Click here to register \(limited places\)](#)

Enquiries: Sharon 9721 3631 or 0438 693 049

Emotion Focused Parenting for Parents and Carers of school- aged children / teens

Dates: Mondays (6 evening sessions)

29th April to 3rd June

Time: 7:00 to 9:00 pm

Venue: Online via Zoom

A Parents Building Solutions parenting program exploring emotionally connected parenting, hands on strategies and the benefits of this parenting approach

Bookings: [Click here to register \(limited places\)](#)

Enquiries: Deborah on 9896 6363

deborah.trengove@anglicarevic.org.au

All parents are welcome at our FREE parenting programs, however priority is given to parents from the Eastern Region of Melbourne

PARENTZONE

ParentZone Eastern Term 2 Parenting Forums



Parenting Anxious Teens

An online workshop for parents of 12 to 18 year olds

Join this interactive online workshop to explore strategies which will include:

- Understanding anxiety and dealing with feelings in adolescence.
- Parenting strategies to improve communication and connection with your anxious teen
- Discovering local services, programs, and resources to support your anxious teen

Please note this is an interactive session and will not be recorded.

When: Monday 22nd April 2024

Time: 7.00pm to 9.00pm

Where: Online - Via Zoom

Cost: Free (Bookings are essential)

Register: [Click here](#)

Enquiries:

sharon.muir@anglicarevic.org.au

Please note: This is an interactive workshop. You will need to log in on a device with audio and video in order to participate.

A Zoom link will be sent to registered participants prior to the session.

PARENTZONE

ParentZone Eastern Term 2 Parenting Workshops



Managing Challenging Behaviour

An online forum for parents of 5 to 12 year olds

Children's behaviour can be challenging!

This can come in many forms - talking back, complying with expectations, fighting with siblings and more.

Parents and carers need a range of skills to understand and manage challenging behaviour and guide their children towards positive cooperation.

This session will explore what might underlie children's challenging behaviour and how parents and carers can develop effective and proactive approaches to family discipline

When: Tuesday 11th June 2024

Time: 7.00pm to 9.00pm

Where: Online - Via Zoom

Cost: Free (Bookings are essential)

Register: [Click here](#)

Enquiries:

parentzone.eastern@anglicarevic.org.au

Please note:

A Zoom link will be sent to registered participants prior to the session.

A recording will be made available to parents who attend.

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PARENTZONE

Term 2 Parenting Forums

Free forums in partnership with Maroondah, Whitehorse & Yarra Ranges Council



Avoiding Parental Burnout

Presented by Frances Bilbao – Mums Matter Psychology

Date: Thursday 18th April

Time: 7.00pm - 8.30pm

Ages: 0 - 16 years.

During this webinar you'll learn:

- what burnout is
- how burnout can show up in your life
- what's putting you at risk; and
- evidence-based skills to reduce your risk and start feeling better.

When the daily stress of parenting becomes chronic it can turn into parental burnout. According to new research, this is an intense exhaustion that leads parents to feel detached from their children and unsure of their parenting abilities, distinct from other forms of burnout.

Contact person: Whitehorse Council's Parenting Resource Officer on 9262 6175 or parentresource@whitehorse.vic.gov.au

[Register here](#)

Be ahead of the game: Talking to Young People about gaming

Supported by Maroondah, Whitehorse, Yarra Ranges & Knox Council

Date: Tuesday 14 May 2024

Time: 7.30pm to 8.45pm

Contact Person: Cathie Wills on 03 9294 5740 or email childrens.services.events@maroondah.vic.gov.au.

[Register here](#)

Join this FREE information session to understand how the blurred line between gambling and gaming is placing young people at risk of harm.

Discover the gambling-like tactics and features used by the designers of many popular online games played by young people and discover how parents and carers can help to keep them safe.

Children and young people are being exposed to gambling through gaming. This is an important presentation for parents of primary and secondary school aged children.



PARENTZONE

Term 2 Parenting Forums

Free forums in partnership with Maroondah, Whitehorse & Yarra Ranges Council



School Readiness - Presented by Anthony Semann, Semann & Slattery

Date: Thursday 21st May

Time: 7.00pm - 8.30pm

Ages: 3 - 5 years.

Starting school is a significant milestone. Understanding what matters when it comes to school readiness means you are well prepared to support your child in this important transition to school.

Contact person: Whitehorse Council's Parenting Resource Officer on 9262 6175 or parentresource@whitehorse.vic.gov.au
[Register here](#)

Managing Challenging Behaviours Presented by Deborah Trengove, ParentZone

Date: Tuesday 11th June 2024

Time: 7.00pm to 8.30pm

Ages: 5- 12 years

Children's behaviour can be challenging!

This can come in many forms - talking back, complying with expectations, fighting with siblings and more.

Parents and carers need a range of skills to understand and manage challenging behaviour and guide their children towards positive cooperation.

This session will explore what might underlie children's challenging behaviour and how parents and carers can develop effective and proactive approaches to family discipline

Contact person: Whitehorse Council's Parenting Resource Officer on 9262 6175 or parentresource@whitehorse.vic.gov.au
[Register here](#)

Information forums and webinars



Boroondara City Council

boroondara.vic.gov.au/community-support/boroondara-families/activities-families/activities-parents-and-caregivers

Knox City Council

knox.vic.gov.au/parentworkshop

Manningham City Council

manningham.vic.gov.au/Parenting-Seminar-Series

Maroondah City Council

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

Monash City Council

monash.vic.gov.au/Community/Children-Family/For-Parents/Parenting-Programs

Whitehorse City Council

whitehorse.vic.gov.au/living-working/people-and-families/family-activities-and-resources/parenting-information-forums

Yarra Ranges Council

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

PARENTZONE

Disability Support and Programs for Parents

Strengthening Parent Support Program

For parents & carers of children with a disability (including ASD, ADD)



Are you a parent or carer of a child with a disability or developmental delay (with or without a formal diagnosis)?

Could you use a bit of support and connection with others who understand?

Come along and join other parents and carers at one of our monthly peer support groups.

Share stories and strategies, and have a cuppa, a chat and some laughs with other supportive parents and carers in a casual and comfortable environment. You can come to one or as many groups as you like!

Free of charge.
Bookings are required.

Contact **Michelle** on **0438 646 744** or
StrengtheningParentSupport@anglicarevic.org.au

Online Group

Dates: Fortnightly on Thursdays during school term

Time: 10:30am - 11:30am

Location: Online via Zoom

Bayswater

Dates: 2nd Wednesday of every month during school term

Time: 10:30am - 11:30am

Location: Glen Park Community Centre - 30 Glen Park Rd, Bayswater North

Lilydale

Dates: 3rd Tuesday of every month during school term

Time: 10:30am - 11:30am

Location: Anglicare Victoria, 47-51 Castella Street, Lilydale

ADD/ADHD Support Group

Dates: Fortnightly on Thursdays during the school term

Time: 10.30am - 11:30am

Location: Online via Zoom

Foster Care/Grandparents Support Sessions

Dates: Thursdays - May 9th and May 16th

Time: 7.00pm - 8.00pm

Location: Online via Zoom

PARENTZONE

Parenting Support and Programs



Parentline Victoria

Counselling information Service for Victorian parents and carers of children 0-18 years.

Phone: 13 22 89

Webpage: www.parentline.vic.gov.au

The Orange Door

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

Boroondara, Manningham, Monash, and Whitehorse

Phone: 1300 354 322

Knox, Maroondah, and Yarra Ranges

Phone: 1300 271 150

Triple P Parenting Program

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

Bookings: triplep-parenting.net.au/vic-uk/en/triple-p/

Relationships Matters Parenting Programs

- Tuning into Kids
- Tuning into Teens
- Parenting after separation
- Keep Calm and Parent on
- Making stepfamilies work
- Roadworthy for dads

Website:

<https://relationshipmatters.com.au/program-category/parenting-programs/>

Relationships Australia Parenting Programs

We provide programs designed to improve the wellbeing and safety of children and young people, providing strategies for communication and emotional development.

Website: relationshipsaustralia.org.au/child-parenting-courses

PARENTZONE

Parenting Support and Programs



The Table Talk Project

Who We Are:

The Table Talk Project is a groundbreaking **FREE** Mental Health Wellbeing Social Enterprise dedicated to strengthening family relationships through the simple act of gathering around the dinner table. We provide evidence-based resources and support to help families foster meaningful conversations and enhance mental health and wellbeing.

How It Works:

When families join The Table Talk Project, they gain access to our innovative approach to family dinners. Through our website, families can engage with our "[Back at the Table](#)" feature, which guides them through a three-course meal of connection. Starting with an Entrée of recipes we provide, families can bond over cooking and sharing a meal together. Next, our Main course offers conversation starters on various topics, encouraging open and meaningful dialogue among family members. Finally, our Dessert course provides a check-in to ensure that everyone feels heard and supported before leaving the table.

Supporting Mental Health and Wellbeing:

At The Table Talk Project, we believe that regular family dinners can have profound effects on mental health and wellbeing. Studies have shown that gathering around the table leads to greater consumption of vital nutrients, reduced rates of obesity, and improved cardiovascular health in teenagers. Socially and emotionally, family dinners promote higher self-esteem, resilience, and positive outlooks on the future. Through our resources and support, we aim to empower families to build stronger connections and brighter futures together.

Join The Table Talk Project Today:

Are you ready to strengthen your family bonds and enhance mental health and wellbeing? Join The Table Talk Project today and experience the transformative power of conversation. Visit our website at thetabletalkproject.org to learn more and get started on your journey toward stronger, healthier family relationships.



WWW.THETABLETALKPROJECT.ORG

PARENTZONE

Parenting Support and Programs Mentoring

C.O.A.C.H. (Creating Opportunity And Casting Hope)

C.O.A.C.H. is a long-term mentoring program that equips mentors (volunteers) to walk alongside families or individuals who are doing it tough. It is a goal-oriented program and the mentor will help the client to achieve their goals and make positive improvements in their life. The mentor will support the client for approximately 12 months.

Cost: Free

When: All year round

Where: CityLife Community Care - 1248 High Street Road, Wantirna South

Contact Person: Christine Leong

Email: Christine.leong@citylife.care

Website: <https://www.citylife.care/>

Cire Reconnect Program

Reconnect can provide up to 18 months of mentorship and support for adults seeking to re-enter the workforce or training. Suitable for parents (aged 17-64) who have not been in education or employment for 6 months or more and want support to re-engage. In addition, any adults with lifetime experiences of Out of Home Care are eligible. Participation is free and voluntary – not tied to any Centrelink payments.

Contact: Erica German

Phone: 1800 835 235

Email: ericagerman@cire.org.au

Webpage:

<https://www.cire.org.au/reconnect/>

Mummy & Me

A mentoring program for Mums in the Knox area with children 0 - 11 years old who have little or no family or community support.

- Volunteer mentors help in the home for on a weekly or fortnightly basis for 1 - 2 hours
- Work together on reaching established goals, gain competence in motherhood and share valuable life experience
- Build confidence and self-esteem
- Build connections and help break social isolation
- The program is for 6 - 8 weeks with an option to extend if required

Contact: Bronwyn at CityLife Community Care

1248 High Street Road, Wantirna South

Phone: 9871 8900

Email: bronwyn.upton@citylife.care

COACH Community Mentoring (SBC/ABC)

Participants are matched with a volunteer mentor to meet for an hour a week for one year. Participants choose their own goals, which may include parenting, social connection, life skills, education, employment etc., Mentors provide supportive friendship to assist follow through. Bi-lingual mentors may be available.

When: Flexible

Cost: Free

Contact Person: Rosie Merrigan

Phone: 9803 9144

Email: rmerrigan@sb.org.au

Parenting Support and Programs Dads



Dads Matter

A Parents Building Solutions Program:

- Better understand your importance in your child's life
- Improve your relationship with your child

Bookings: [Click here to register \(limited places\)](#).

Enquiries:

Julia 9721 3629 or 0400 866 495

Dads in Distress

Supports dads experiencing trauma through family breakdown and separation. DID acknowledge the specific issue of father-child contact and custody battles commonly termed 'parental alienation', a factor closely linked to stress, separation anxiety, depression, isolation, and suicide in Australia.

Website: parentsbeyondbreakup.com/dids

Phone: 1300 853 437

Knox Dad's Playgroup - FREE

For Children 0 - 5 and their dads and father figures

Join to connect with other dads in Knox * Have some special time to play together with your child * Help your child develop social skills and confidence

When: Friday's during school terms

Time: 10.00am - 12.00pm

Contact: Knox Playgroup Team

Email: play@knox.vic.gov.au

Registration Link: <http://tix.yt/knox-dads-playgroup>

Dads Online

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

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

Where: Online

Contact: www.dadsonline.com.au/contact

DadsLink

DadsLink group is a space for all Dads and Father figures to connect, while also creating opportunities to enjoy healthy activities and camps with their children.

Where: Hocokah House in Canterbury.

Contact: dadslink@ymca.org.au

When: Saturday's during school terms

Time: 10.00am - 12.00pm

Contact: The Basin Playgroup Committee

Email: basinplaygroup@gmail.com

Registration Link: <http://tix.yt/knox-dads-playgroup-saturday>

PARENTZONE

Parenting Support and Programs Separated Parents



Family Dispute Resolution General Information Session

When: Weekly

Time: 10.00am - 11.00am OR 6.00pm - 7.00pm

Online via Zoom

Information for separated parents and other family members around Family Dispute Resolution and Parental Conflict.

Contact: Intake Worker

Phone: 9871 6300

Email: cso@each.com.au

Website (if applicable): www.ringwoodfrc.org.au

Supporting Children after Separation

Supporting Children after Separation program
The Supporting Children after Separation program provides support services for children and young people of all ages who need some help coping with and understanding their parents' separation. These services can help them to adjust to the changes that arise from separation and to express their feelings and thoughts about separation. The services use a range of age appropriate interventions, such as individual counselling or group work.

Children and young people under 18 can use the services delivered under the program at any time during, or after the separation process. Fees are payable for these services, with arrangements made for families on low incomes.

To find a local service under the Supporting Children after Separation program near you, call the [Family Relationship Advice Line](http://www.familyrelationships.gov.au) on 1800 050 321

Parents Beyond Breakup

Parents Beyond Breakup is a charity that supports parents experiencing trauma related to family breakdown and separation.

Helpline: 1300 853 437

www.parentsbeyondbreakup.com

Family Relationships Online

Information for all families - whether together or separated - about family relationship issues. Find out about a range of services to assist families manage relationship issues, including helping families agree on arrangements for children after parents separate.

Helpline: 1800 050 321

<https://www.familyrelationships.gov.au/>

Family Relationships Advice Line

The Family Relationship Advice Line is a national telephone service that helps families affected by relationship or separation issues, including information on parenting arrangements after separation. It can also refer callers to local services that provide assistance.

<https://www.familyrelationships.gov.au/talk-someone/advice-line>

PARENTZONE

Parenting Support and Programs Playgroups

Mums & Munchkins

(Support for Mums through challenge)

- Improve your confidence & self esteem
- Build new friendships with people on a similar journey
- Invest time into yourself
- Explore topics of interest with a parenting focus
- A play program will be provided for birth to pre-school aged children

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

When: 1st and 3rd Thursday each month during the school term.

Time: 10am - 11:30am

Contact: Bronwyn

Phone: 9871 8900

Email: bronwyn.upton@citylife.care

Knox Rainbow Family Playgroup

Council's early years' host playgroups for parents and carers of babies and children from birth to 5 years of age. Playgroup is having special time to play together, build relationships, meet new friends and gain a sense of community involvement. Playgroups usually meet on a regular basis once a week during school terms

The Knox Rainbow Family Playgroup is a safe space for LGBTQIA+ families and their children to build friendships, play, learn and have fun.

When: Wednesday's in School Terms

Where: Knox Playgroup Team

Time: 2.00pm - 4.00pm.

Contact: 9298 8499

Email: play@knox.vic.gov.au



Knox Young Parents Group

Supported group for young parents under the age of 25 years with a baby under the age of 1 facilitated by Knox Children's Services and Knox Youth Services.

When: Fridays

Time: 10:00am - 12:00pm

Where: Marie Chandler Playgroup room, 11-136 Park Cres, Boronia

Contact Person: Michelle Pascoe

Contact Number: 9298 8311

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

Knox Rainbow Family Playgroup

Council's early years' host playgroups for parents and carers of babies and children from birth to 5 years of age. Playgroup is having special time to play together, build relationships, meet new friends and gain a sense of community involvement. Playgroups usually meet on a regular basis once a week during school terms

The Knox Rainbow Family Playgroup is a safe space for LGBTQIA+ families and their children to build friendships, play, learn and have fun.

When: 2nd Saturday of the Month

Where: Billoo Park Playgroup Room, 40 Birchfield Cres, Wantirna

Time: 10.00am - 12.00pm.

Contact: 9298 8499

Email: play@knox.vic.gov.au

PARENTZONE

Parenting Support and Programs Early Years - 0 to 6 year olds



Mother Goose

An hour of songs, rhymes, and stories with your child. This group is aimed at strengthening the bond between parent and child, and developing group friendships. This is a free program.

0-2yrs Age Group

Mondays 10:00am - 11:00am

Term 1: 12th February to 25th March

Term 2: 22nd April to 24th June

Term 3: 22nd July to 16th September

Term 4: 14th October to 9th December

2-4yrs Age Group

Thursdays 10:00am - 11:00am

Term 1: 15th February to 28th March

Term 2: 2nd May to 27th June

Term 3: 25th July to 19th September

Term 4: 17th October to 12th December

Where: EACH Freeman St Meeting Room, 28 Freeman St, Ringwood East

Phone: 03 7038 6423

Contact: Shelley Neil

Email: cdtcorrespondence@each.com.au

<https://www.each.com.au/parent-child-mother-goose-program/>

Young Mums Group

This is a group for young mums (under 25) and children. Activities include art therapy, outings to cafes/parks/play centers, origami, knitting, cooking, etc.

When: Wednesdays

Time: 2:00pm - 3:30pm

Where: Box Hill Neighbourhood House - 47 Kitchener St Box Hill South

Contact Person: Oriana

Phone: 03 9890 2673

Email: fan@fan.org.au

Website: <https://www.fan.org.au/>

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

Where: O'Connell Family Centre, Canterbury

Phone: (03) 8416 7600

Queen Elizabeth Centre, Noble Park

Phone: (03) 9549 2777

Tweedle Child and Family Health Service, Footscray **Phone:** (03) 9689 1577

PARENTZONE

Parenting Support and Programs Early Years - 0 to 6 year olds

Maternal & Child Health Telephone Service

Confidential, 24-hour Maternal and Child Health Line provides information and advice about the care and health of your child (from birth to school age).

Discuss your concerns about child health and nutrition, breastfeeding, your own health, and any parenting issues

Phone: 13 22 29

SmallTalk Supported Playgroups

To be eligible for Smalltalk a family member must hold a Health Care Card or equal and have a child aged between 0 - 5 years.

At a Smalltalk supported playgroup you can:

- get tips & strategies to support your child's learning & language development
- interact in fun, engaging activities & experiences
- meet other families with young children in your local area
- gain support in the development of parenting skills

Dates: Multiple days during school terms

Times: Multiple sessions

Contact person: Knox Playgroup Team

Contact phone: 9298 8499

Email address: play@knox.vic.gov.au

Little Stars Playgroup

Facilitated playgroup for preschoolers and their carers.

Dates: Each Tuesday during the school term

Time: 10:00 - 11.30am

Where: 13 Bedford Road Ringwood

Phone: 9870 8169

Contact: Tiffany Gilmour, Playgroup Coordinator

Email: playgroup@ringwoodchurch.org.au

Webpage: www.ringwoodchurch.org.au/be-involved/kids-families/



PANDA - Perinatal Anxiety and Depression Australia

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

Phone: 1300 726 306

ForWhen

A judgment free mental health referral service. Mental health support for expecting and new parents.

We connect parents that are struggling to navigate the complex waters of pregnancy and new parenthood to the critical mental health services they need.

ForWhen is a national support line for new and expecting parents, mums, dads and guardians. It is a national support line that connects you to the right service that can help you understand what you're feeling and provide the guidance and support you need at the right time.

You can call our free national helpline number at **1300 242 322** to speak to a local specialist

PARENTZONE

Parenting Support and Programs Early Years - 0 to 6 year olds

Australian Breastfeeding Association

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

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

Find local group meetings dates, times, and locations;
www.breastfeeding.asn.au/contacts/groups



Bookaburra Story Time

Bookaburra Volunteer Storytellers run FREE interactive sessions including stories, rhymes and fun (excluding school holidays). No booking required!

These sessions are open to all families with children aged 0-5 years.

When: Monday-Friday mornings

Where: Variety of locations across Yarra Ranges

Contact: Michelle Lehmann

Phone: 1300 368 333

Email: earlyyears@yarraranges.vic.gov.au

Kindergarten Outreach Program for Culturally and Linguistically Diverse Families

The Kindergarten Outreach Program, run by Maroondah City Council, supports children and families from culturally and linguistically diverse backgrounds to enrol and participate in kindergarten.

Bilingual staff are available to support families, and interpreters are available if required.

The program supports children and families that have recently arrived in Australia:

- to enrol and participate in 3-year-old and 4-year-old kindergarten
- to transition into primary school
- to engage in other early childhood support services

Enquiries: 1300 882 233 / 9294 5939 or outreach.program@maroondah.vic.gov.au

More information: Visit the Maroondah City Council website
<https://www.maroondah.vic.gov.au/Community-support-business/Children-and-families/Kindergarten-Outreach-Program-CALD>



PARENTZONE

Parenting Support and Programs Early Years - 0 to 6 year olds

Story and Craft Time - FREE

When:

Friday April 19th
Friday May 3rd
Friday May 17th
Friday May 31st
Friday June 14th

Time: 10.00am - 11.00am

Where: 230-234 Serpells Road, Templestowe

Join us with your little one for a magical adventure in storytelling and crafting for Preschoolers!

Spark creativity, imagination and fun in a safe and engaging environment.

Contact person: Cathy
Contact phone: 9842 7634
Email: secretary@scbtemplestowe.catholic.edu.au
www.stcharlestemplestowe.org

School Readiness

Presented by Anthony Semann, Semann & Slattery.
FREE Online forum, in partnership with Maroondah & Yarra Ranges Council

When: Tuesday 21 May 2024

Time: 7.00pm - 8.30pm

Age Range: 3 - 5 years

Starting school is a significant milestone. Understanding what matters when it comes to school readiness means you are well prepared to support your child in this important transition to school.

Webpage:

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

Safe Care

Safe Care is a parenting program for parents and caregivers of Children aged 0 to 5 years. Safe Care educators work with families to increase positive interactions they have with their child, keep their child healthy and make their home safe.

Safe Care educators conduct weekly home visits, with the program being completed in 18-20 weeks. The Safe Care Topics are:

Parent/Child Interaction/Parent Infant Interaction:

To increase positive interactions they have with their children during play and daily activities. PCI can also help to reduce challenging behaviours in young children.

Health: This module helps parents and caregivers to prepare for when their child is sick or injured and recognise when symptoms need emergency care, a doctor's appointment or cared for at home.

Home Safety: This module helps parents and caregivers to identify and remove common household hazards and understand the importance of child supervision.

Contact Person; Genna Hatcher

Phone: 9735 6100

Email: genna.hatcher@anglicarevic.org.au

Parenting Support and Programs Young People - 10yrs +

Meridian

Youth and Family Therapy

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

Phone: Meridian Intake on 03 9896 6322

Email: meridian@anglicarevic.org.au

Partners in Parenting (PiP)

For parents or guardians of teenagers aged 12-17 years.

Monash University and Prevention United are offering FREE access to an evidence-based online parenting program to make sense of adolescence and raise their teenager with confidence.

PiP+ includes features such as:

- An online community with other parents of teens
- Personalised feedback about parenting, and well-being of the parent and teenager
- 10 user-friendly interactive online modules (15-25mins each) for parents to do in their own time
- A world-leading research project

Website: partnersinparenting.com.au

Email: med-pip-plus@monash.edu or

Phone: 0492 476 075



Artventurers

Artventurers is a free fortnightly art program for young people aged 10-14 years.

Explore new ways of creating art, access artist supplies, and connect with other young people in a safe and supported environment.

Dates: Fortnightly on a Wednesday (4.30-6.30pm) at EV's Youth Centre in Croydon.

Enquiries: 9294 5704 or youth@maroondah.vic.gov.au

<https://www.maroondah.vic.gov.au/Community-support-business/Youth-Services/Youth-programs-and-support/Artventurers>

Kids of Gold Camps

BOOK NOW TO AVOID DISAPPOINTMENT

Building self-esteem and confidence for children in Grades 4-6. Level 1 Beginners

Date: Friday 17th - Sunday 19th May

Time: Friday 7:30 pm to Sunday 3:30 pm

Where: Lyrebird Park Campgrounds
510 Beenak Road, Yellingbo 3139.

Cost: \$85.00 for the weekend.

Contact person: Gary Parsons

Contact phone: 0415 427 396

Email: kidsofgold@outlook.com

Website: www.kidsofgold.org.au

PARENTZONE

Services for Young People Mental Health



Eastern Child & Youth Mental Health Service (CYMHS)

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

Contact: 1300 721 927 (Press Option 2)

Website:

[www.easternhealth.org.au /site/item/99-child-youth-mental-health-service-cymhs](http://www.easternhealth.org.au/site/item/99-child-youth-mental-health-service-cymhs)

Animal Assisted Therapy for Child and Family Counselling

EACH is now providing Animal Assisted Therapy for all families who access the Child and Family counselling services based in Ringwood East.

Child and Family Counselling uses family therapy interventions with the assistance of a therapy dog (Bailey) to engage in counselling and support families to find solutions together.

A first appointment requires a parent/s only session to determine the needs of the family and assess the suitability of the service.

Contact: 1300 003 224

When: Monday, Tuesdays, Wednesdays

Where: 75 Patterson St Ringwood East

PARENTZONE

Services for Young People

Eastern Youth Services

Boroondara Youth Services

Website: www.boroondara.vic.gov.au/community-support/young-people/visit-our-youth-centre
Phone: 9278 4608

Knox Youth Services

Website: knox.vic.gov.au/youth
Phone: 9298 8000

Manningham Youth Services

Website: each.com.au/manninghamyouth/youth-programs/
Phone: 130000 EACH / (1300 00 3224)

Maroondah Youth Support Service

Website: <https://www.maroondah.vic.gov.au/Community-support-business/Youth-Services/Youth-programs-and-support/Youth-Support-sessions>.
Email: youth@maroondah.vic.gov.au
Phone: 9294 5704

Monash Youth Services

Website: monashyouth.org.au/Programs
Phone: 9518 3900

Whitehorse Youth Services

Website: whitehorse.vic.gov.au/living-working/people-and-families/young-people/services-activities
Phone: 9898 9340

Yarra Ranges Youth Services

Website: yarraranges.vic.gov.au/Community/Youth
Phone: 1300 368 333

YSAS

Youth Support and Advocacy Service

Website: ysas.org.au
Phone: 9415 8881

Headspace

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

Website: headspace.org.au
Phone:
Knox - 9801 6088
Hawthorn - 9006 6500

PARENTZONE

Services for Young People Youth Groups

EACH Youth and Family

EACH Youth & Family is running several online and in-person group social activities for young people aged 15- 25 years

Programs include:

- Just Vibing - an inclusive social group for 15 - 25-year-olds to engage in fun activities.
- Just Shine - therapeutic group program for young women aged 14-18 years.
- Youth & Family Craft Space - group craft space for young people aged 15-25 years

More information:

EACH Youth & Family Facebook page
[facebook.com/groups/eachyouthvic](https://www.facebook.com/groups/eachyouthvic)

EV's Hangout

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

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

Contact: Maroondah Youth and Children's Services

Enquiries: 9294 5704 or
youth@maroondah.vic.gov.au

More information: visit the Maroondah City Council website:
<https://www.maroondah.vic.gov.au/Community-support-business/Youth-Services/Youth-programs-and-support/EVs-Hangout>

Maroondah City Council - Sage

Sage provides a safe space for young LGBTIQ+ people (aged 14-18 years) who live, work, study or play in Maroondah to connect with peers, discuss different topics, eat snacks and have fun!

When: Runs fortnightly every Monday at EV's Youth Centre in Croydon.

Enquiries: 9294 5704 or
youth@maroondah.vic.gov.au

More information: visit the Maroondah City Council website
<https://www.maroondah.vic.gov.au/Community-support-business/Youth-Services/Youth-programs-and-support/SAGE>

Maroondah City Council - MY Pride

MY Pride is a fortnightly group for young people aged 10 - 13 who identify as LGBTIQ+ or who are exploring their identity.

MY Pride provides a safe space for young people who live, work, study or play in Maroondah to connect with peers, discuss different topics, eat snacks and have fun!

When: Runs fortnightly every Monday at EV's Youth Centre in Croydon. .

Enquiries: 9294 5704 or
youth@maroondah.vic.gov.au

More information: visit the Maroondah City Council website:
<https://www.maroondah.vic.gov.au/Community-support-business/Youth-Services/Youth-programs-and-support/MY-Pride>

Parenting Support and Programs Disability



Association for Children with a Disability

ACD supports all families in Victoria with children with disability aged 0 to 18.

They provide information and resources on a number of topics such as:

- How to access the NDIS
- Early intervention
- School and education support
- Supporting teen independence
- Workshops for families and professionals

A free support line is available Monday to Friday, 9am-5pm

Support line: 9880 7000

Support line (regional): 1800 654 013

Support email: acdsupport@acd.org.au

Website: acd.org.au

EACH Family Relationship Support for Carers Program

Carer workshops, information sessions, and events with topics relevant to carer needs.

- Tuning Into Kids and Tuning Into Teens- these programs are facilitated by a trained psychologist in this field. There is no cost, but bookings are required.
- Wills & Estate Planning, including Disability Trust information.
- Carer Wellness events.

Short-term counseling support. (Individual, couples & family sessions)

For further information please contact EACH on **1300 303 346** or frsc@each.com.au

PARENTZONE

Parenting Support and Programs Disability

Association for Children with a Disability (ACD)

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

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

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

Phone: 03 9880 7000 or 1800654 013 (regional)

AMAZE

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

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

Autism Counselling

Suite 2/171 Boronia Rd, Boronia 0414 487 509

Cerebral Palsy Support Network

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

Deaf Victoria

Advocates to increase access to services and to educate the wider community on how to work, play, and study with deaf and hard of hearing people.

Phone: 0431 476 721 **Website:** <https://www.deafvictoria.org.au/>

Down Syndrome Victoria

Provides families and people with Down syndrome with support, encouragement, information and resources. **Phone** 1300 658 873 **Email** info@dsav.asn.au

Website: <http://www.downsyndromevictoria.org.au/>

Epilepsy Action Australia

Provider of epilepsy support and information nationwide.

Website: <https://www.epilepsy.org.au/>

Scope Australia

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

VALID

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

Phone: 03 9416 4003

Yooralla

Provides quality services for people with disability across

Victoria **Phone:** 03 9666 4500 **Website:**

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

PARENTZONE

Parenting Support and Programs Aboriginal and Torres Strait Islander

Mullum Mullum Indigenous Gathering Place

Elders, Men's, Women's and Youth networks

- Burrai Playtime
- Food bank
- Access and support
- Aboriginal Health Promotion and Chronic Care Program (AHPACC)
- Indigenous Community Links

Website: mmigp.org.au

Phone: (03) 9725 2166

Djirra

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

Website: djirra.org.au

Phone: (03) 9244 3333

Dardi Munwurro

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

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

Website: dardimunwurro.com.au

Phone: 1800 435 799

Boorndawan Willam Aboriginal Healing Centre

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

Website: bwahs.com.au

Phone: (03) 9212 0200

Victorian Aboriginal Child Care Agency (VACCA)

A state-wide Aboriginal Community Controlled Organisation servicing children, young people, families, and community members.

The largest of its kind in Australia.

Website: vacca.org **Phone:** (03) 8727 8800

Oonah Health & Community Services Aboriginal Corporation

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

Website: oonah.org.au **Phone:** (03) 5962 2940



Culturally and Linguistically Diverse Families

Migrant Information Centre

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

Website: miceastmelb.com.au

Chinese Family Services

Uniting Connections offers a range of programs to support families living in Monash.

Programs offered include:

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

Phone: Joseph Jin - 0422 00 8145
or 03 9875 4222

Email: Joseph.Jin@vt.uniting.org

Victorian Multicultural Commission

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

Phone: (03) 7005 1267

Website:
multiculturalcommission.vic.gov.au



Asylum Seeker Resource Centre

The ASRC has a food bank and can provide material aid, healthcare, housing support, education support, and legal aid for refugees and asylum seekers residing in Australia.

Phone: 03 9326 6066

Website: asrc.org.au

English Conversation Corner

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

Website: ringwoodchurch.org.au/be-involved/community

Parenting Support and Programs Drugs and Alcohol



Parent Support Group

Anglicare's Parent Support Group is for parents who are supporting someone with drug or alcohol issues.

- Improve your knowledge of alcohol and drugs
- Develop communication skills to improve your family relationships
- Develop strategies to manage your own stress and tension
- Improve your parental/carer confidence and self-esteem

When: Every Tuesday

Time: 5.30pm-7.30pm

Where: Anglicare Box Hill, Level 2/ 37-41 Prospect Street, Box Hill 3128

Cost: Free of charge - bookings essential

Contact: Leigh or Stacey

- leigh.davidson@anglicarevic.org.au
- stacey.caldwell@anglicarevic.org.au

Family Drug Support

Family Drug Support runs peer support group meetings at a range of locations in Victoria as well as online.

This group is open to anyone who has a family member that uses drugs or alcohol. It is non-religious, non-judgmental, and safe.

When: Wednesday and Thursday fortnightly

Where: Currently, all groups are held online.

Cost: Free

Contact: Chloe on 0448 177 083

Webpage: please click [here](#), or copy the URL www.fds.org.au/meetings-events

Parenting Support and Programs Family Violence

DAWN Mentoring Program

DAWN provides long-term support to women recovering from the ramifications of domestic violence. This is done through a mentoring process, where volunteers are matched with a client to provide social support, assistance with practical issues and companionship.

Participants can be referred by family support workers, counsellors, emergency relief workers, women's refuges, police, and other services. The DAWN program is delivered by Doncare.

If you would like to find out more about the DAWN program or query eligibility, please call.

Phone: 03 9856 1500

Webpage: doncare.org.au/the-dawn-program

Doncare

Counselling services for people who have experienced family violence, including children and young people.

Contact Person: Intake Co-ordinator

Phone: 9856 1500

Email: intake@doncare.org.au

Website: <https://doncare.org.au/>

Crossways Life Care

Offers support to women and children who have experienced family violence through various group programs, counseling, mentoring, financial care, food pantry and community events.

Phone: (03) 9886 3899

Email: lifecare@crosswaylifecare.org.au



TRAK Forward - Anglicare

Provides FREE therapeutic recovery and healing for adults and kids following their experience of family violence.

- Individualised Trauma and Family Violence informed recovery focused counselling for adults, parents & children and young people.
- Recovery focused groups
- Connections to others with lived experience

If you live, work or study in Manningham, Boroondara, Monash and Whitehorse contact-

Intake Phone: 03 9896 6395

Email: trakeast@anglicarevic.org.au

Free From Family Violence

Previously called: Eastern Domestic Violence Services (EDVOS)

Support includes working with police and the court system, housing assistance, counselling, and men's family violence intake.

Services are free and confidential.

Phone: 9259 4200

Safe Steps Phone: 1800 015 188

(24-hour crisis line)

Website: <https://www.fvree.org.au/>

PARENTZONE

Parenting Support and Programs Family Violence



Courage to Heal

The Courage to Heal Program is a 12 month group therapy program for women who have experienced intimate-partner violence.

Courage to Heal covers topics including understanding abuse, managing emotions, healthy boundaries and healthy relationships. The program aims to create community connections, empower and support women as they heal and recover from the impacts of family violence.

Occasional child care is available for pre-school aged children while their mums attend the program

Who: the program provides post-crisis support. It is suitable for women who have experienced intimate-partner violence but are no longer in an abusive relationship and are able to commit to the 12-month program.

When: Please contact us for upcoming program dates.

Where: Waratah House, a confidential location within City of Whitehorse

Cost: Free

Bookings: email FVPrograms@crosswaylifecare.org.au or call 9886 3899

Website: <https://www.crosswaylifecare.org.au/our-services/family-violence-programs/>

The Art Of Choice Art Therapy group

The Art of Choice is an Art Therapy group for women who have experienced family violence. The group aims to provide a safe space for women to explore their experiences in a creative way and strengthen their ability to make choices in a supportive environment. No art experience required. In preparation for the sessions, an information session will be held prior to the commencement of the group on:

Thursday 12th October, 19th Oct, 26th Oct, 2nd Nov, 9th Nov and 16th Nov 2023

Time: 10.00am – 12.00pm

Venue: To be provided upon registration.

Cost: Free of charge

Contact: EACH intake to register your interest on 1300 003 22

PARENTZONE

Parenting Support and Programs Family Violence



Breaking The Cycle

“Breaking the Cycle’ is an 8 week therapeutic groupwork program for parents/caregivers experiencing adolescent violence in the home

Dates: Wednesdays in Term 2

Time: 10.00am - 12.00pm (face to face)

Venue: Anglicare Victoria, Level 2, 37 - 41 Prospect st Box Hill 3128

Contact: Meridian Intake

Phone: 9896 6322

Email: meridian@anglicarevic.org.au

PARENTZONE

Parenting Support and Programs Family Violence

CAREing Connections

A weekly peer support group that provides women a safe, relaxed space to connect and discuss participant-identified topics (such as resilience and wellbeing) over a cup of tea.

When: Wednesdays during term starting week 2

Time: 12:00pm - 2:00pm

Where: Doncare at Manningham City Square, Doncaster Road, Doncaster 3108

Cost: Free

Contact: Anglicare TRAK Forward Intake

Phone: 03 9896 6395

Email: trakeast@anglicarevic.org.au

You Matter

A Creative Art therapy group for Teens ages 13-18 who have experienced Family Violence

Where young people can form new friendships, let go of things they can't change, and rebuild their self worth.

When: Mondays, During School Term

Time: 4:00pm - 6:00pm.

Where: Doncare, Suite 4, Level 1, MC2, 687 Doncaster Road, Doncaster 3108

Cost: Free

Contact: Anglicare TRAK Forward Intake

Phone: 03 9896 6395

Email: trakeast@anglicarevic.org.au

Re:SPECT

Re:SPECT is a 6 week creative art therapy group for women who have experienced family violence. Providing a Safe space to Pause, Express, Connect and Thrive.

When: Tuesdays, Durign School Term

Time: 10:00am - 12:00pm.

Where: Doncare, Suite 4, Level 1, MC2, 687 Doncaster Road, Doncaster 3108

Cost: Free

Contact: Anglicare TRAK Forward Intake

Phone: 03 9896 6395

Email: trakeast@anglicarevic.org.au

Family Yoga

A fun non-conversational Family violence recovery program for Women and their children aged 4 - 10 years. Sibling groups welcome

Family Yoga creates a safe place to re-build physical and emotional safety and strengthen parent / child connections through co-regulation, and play.

*Please note

No yoga experience required.

All materials provided.

When: Wednesdays During School term

Time: 4.30pm-5.30pm

Where: Anglicare Box Hill

Cost: FREE

Contact: Anglicare TRAK Forward Intake

Phone: 03 9896 6395

Email: trakeast@anglicarevic.org.au

S.T.A.R Kids

Is a FREE art therapy group for kids in grades 4-6 who have experienced or witnessed family violence.

This program is designed to help children:

- Get creative, express themselves, and have fun with their peers.
- Gain self-confidence and self-esteem.
- Learn to manage emotions.
- Make new friends.

When: Tuesdays During School term

Time: 4:00pm - 6:00pm

Where: Suite 4, Level 1, 687 Doncaster Road, Doncaster 3108

Cost: Free

Contact: Anglicare TRAK Forward Intake

Phone: 03 9896 6395

Email: trakeast@anglicarevic.org.au

Parenting Support and Programs Financial Counselling



Anglicare Victoria Financial Counselling Program

- Unable to pay your bills?
- Struggling to pay your debts?
- Thinking about bankruptcy?
- Struggling with paying your mortgage or rent?
- Do you have debts as a result of family violence?

Financial Counselling is free and confidential to anyone living in the Inner Eastern Metropolitan Region experiencing financial hardship.

Free services to anyone living in the Boroondara, Manningham, Monash, and Whitehorse local government areas.

You can see a Financial Counsellor over the phone, at our Box Hill office, or at an outreach location in Glen Waverley.

To make an appointment to see a Financial Counsellor please call 9896 6322

Financial Counsellors can work with you to establish payment plans for:

- Utilities
- Credit Cards
- Loan repayments
- Telecommunication providers
- Fines

Financial Counsellors can:

- Provide options and explain the consequences of each option.
- Offer details of government concession and other assistance
- Support you with Centrelink matters
- Provide information on the bankruptcy process
- Refer you to other services that may be able to assist

Useful Contacts for Families Maternal & Child Health Centres

Boroondara MCH Centres

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

- 1 Cherry Road Balwyn (03)9836 8151
- 5 Anderson Rd, Hawthorn East (03) 9835 7861
- 21 Strathalbyn St, Kew East
- 152 Pakington St, Kew (03) 9853 9466
- Kendall St, Canterbury VIC (03) 9836 2106

Manningham MCH Centres

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

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

Maroondah MCH Centres

- Arrabri House Bayswater North 9729 4017
- 90 Bonnie View Road Croydon North 9294 5777
- Croydon Civic Square 9294 5540 or 9294 5541
- Norwood Centre, Ringwood 9870 7264 / 9879 8813
- 75 Patterson Street Ringwood East 9879 6583
- 127 Oban Rd, Ringwood North 9876 3307, 9879 0854
- Tarralla, 38 Gracedale Ave, Ringwood East 9294 5777

Yarra Ranges MCH Centres

Central Maternal Child Health 1300 368 333

Urban Maternal and Child Health Centres:

- Chirnside Park, Kilsyth, Lilydale, Mooroolbark,
- Montrose, Mount Evelyn
-

Hills Maternal and Child Health Centres:

- Belgrave, Belgrave Sth, Monbulk, Selby, Upwey
-

Valley Maternal and Child Health Centres:

- Badger Creek, Coldstream, Healesville, Wandin, Warburton, Woori Yallock, Yarra Glen, Yarra Junction

Knox MCH Centres

Bookings: phone 9298 8741

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

Monash MCH Centres

Bookings: phone 9518 3662

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

Whitehorse MCH Centres

- Bookings phone: 9837 1116

Child Health and Development checks up to 4 years, Enhanced Home Visiting, Lactation Clinic, Sleep and Settling program and New Parent Groups.

Whitehorse Youth Services

- Bookings phone: 9898 9340

Email: youth.workers@whitehorse.vic.gov.au

Facebook: www.facebook.com/YouthConneXions

Instagram: YC Connexions (@youthconnexions)

PARENTZONE

Useful Contacts for Families

Help Lines

Police (24-hour stations) 000
Lifeline Crisis Support. Suicide Prevention 13 11 14
Parentline Victoria Counselling Service 13 22 89
Family Violence Help: 1800 015 188
Kids Help Line Phone Counselling Service: 1800 551 800
Homeless Crisis Line 1800 825 955
Drug and Alcohol Services 1800 888 236
Mensline Counselling Service 1300 78 99 78
Q Line Counselling & Referral for LGBTI people 1800 184 527
1800 Respect: 1800 737 732

Eastern Region Councils

Boroondara City Council

8 Inglesby Rd, Camberwell VIC 3124
(03) 9278 4444
<https://www.boroondara.vic.gov.au/>

Knox City Council

511 Burwood Highway, Wantirna South VIC
3152 (03) 9298 8000
<http://www.knox.vic.gov.au/>

Manningham City Council

699 Doncaster Rd, Doncaster VIC
3108 (03) 9840 9333
<https://www.manningham.vic.gov.au/>

Maroondah City Council

Braeside Avenue, Ringwood or Civic Square,
Croydon
1300 88 22 33 or (03) 9298 4598
<https://www.maroondah.vic.gov.au/>

Whitehorse City Council

379-397 Whitehorse Rd, Nunawading
3131 (03) 9262 6333
<https://www.whitehorse.vic.gov.au/>

Yarra Ranges Council

15 Anderson Street Lilydale, VIC 3140
P 1300 368 333 (03) 9735 4249
<https://www.yarraranges.vic.gov.au/Home>

Centrelink

Carers 132 717
Families 136 150
Financial Information Service (FIS) 136 357 (FIS seminar booking)
Help in an Emergency 132 850
Indigenous Australians Call Centre 1800 136 388
Languages (Multilingual) 131 202
Low Income Healthcare Card 132 490
Online Support Hotline 132 307
myGov Help Desk 132 307
People With a Disability 132 717

Medicare

General enquiries 132 011
Aboriginal and Torres Strait Islander Line 1800 556 955
Australian Immunisation Register Enquiries 1800 653 809
Compensation Recovery - Medicare 132 127
Disaster Health Care Assistance 1800 660 026
myGov help desk 132 307
Pharmaceutical Benefits Scheme 132 290
Telephone claims 1300 360 460
Translating and Interpreting Service (TIS National) 131 450

Eastern Region

Community Services Contacts

ANGLICARE VICTORIA

1800 809 722 anglicarevic.org.au

Anglicare Box Hill - (03) 9896 6322

37-41 Prospect Street, Box Hill VIC 3128

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

Anglicare Lilydale - (03) 9735 4188

47-51 Castella Street, Lilydale, Victoria, 3140

Family Violence Support

Foster Care Intake and Services

Integrated Family Services

Men & Boys Program

TEACHaR

Integrated Family Services

Child FIRST

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EACH

Eastern Access

Community Health

each.com.au/services

Phone: 1300 003 224

- Assistance in accessing NDIS Services
- Childhood Intervention Services and therapy
- Counselling
- Playgroups
- Psychology
- Youth services including Counselling, Group programs & Mental Health support

DONCARE

Manningham City Square, Suite

4 L1/687 Doncaster Rd,

Doncaster

[Low-cost Counselling in](#)

[Doncaster | Doncare](#)

(03) 9856 1500

- Emergency Relief
- Family Services
- Child and Youth Counselling
- Men's Wellbeing Counselling
- Couples Counselling
- Generalist Counselling
- Family Violence Specialist Counselling and Groups
- Doncare's Counselling programs offer low-cost counselling.

Temcare

03 9877 7729

www.temcare.org.au

- Respite Foster Care - regular care in the home of a volunteer 1 weekend a month 2-12 years old
- Mates Mentoring - 1:1 mentoring support for teenagers 11-16
- Youth Workers - outreach youth support
- Integrated Family Support - support for families - parenting/case management/advocacy/NDIS access/mental health/court support/referral support
- Counselling for children - Play therapy /outreach in their school or creche / 3-12 years old / Evidence based psychotherapy promoting healing and growth for trauma/mental health and disability in children.

BEYOND BLUE 1300 22 4636

Support for depression and anxiety

HEADSPACE YOUTH MENTAL HEALTH

Phone Counselling 1800 650 890

Hawthorn (03) 9815 0818

Knox (03) 9801 6088

INPSPIRO COMMUNITY HEALTH

Lilydale (03) 9738 8801

Belgrave (03) 9738 8853

RELATIONSHIPS AUSTRALIA

1300 364277

SANE AUSTRALIA 1800 18 7263

Mental illness and support information

UNITING

Email: www.vt.uniting.org Phone: 1300 003 224

Uniting Burwood East Phone: (03) 9803 3400

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

Uniting Connections Blackburn 9875 4222 Croydon 9724 2222

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

Uniting Harrison Mount Waverley (03) 9051 3000

Crisis assistance, Family Mediation, Youth Support, Affordable Housing

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

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

Uniting Prahran Kew East (03) 9692 9400 Mt Waverley (03) 9692 9400

Mental Health Support, Personal Helpers and Mentor Service



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. Discover tools to support any parent in any setting including sole parents, couples, step-parents, and family groups.

The 6-week program 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

"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

Contact:

Sharon Muir

Phone: 9721 3631

Email: sharon.muir@anglicarevic.org.au

Term 2, 2024 Program:

When: Mondays 29th April - 3rd June
(6-week program)

Time: 9.30am - 1.00pm

Where: Anglicare, 47/51 Castella st, Lilydale

(Directions and parking details will be provided upon registration).

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.

[Click here](#) to express interest in this program



PARENTZONE

Professional Training with Australian Childhood Foundation



Bringing Up Great Kids: Face to Face Facilitator Training

This practical workshop provides participants with the opportunity to learn how to successfully establish and run the Bringing Up Great Kids Parenting Program

Date: 23rd April 2024

Time: 9.30am - 4.00pm

Where: Face to Face, ACF Office, Level 1, 675 Victoria st, Abbotsford Vic 3067

Cost: \$297

Contact person: Pat Jewell

Phone: 1300 381 581

Email address: PJewell@childhood.org.au

Website:

<https://professionals.childhood.org.au/training-development/>

Bringing Up Great Kids: For Kinship and Foster Carers

This practical workshop provides participants with skills and knowledge to facilitate a BUGK parenting group for kinship and foster carers. It provides participants with everything they need to know about this version of BUGK as well all access to the manual, handouts and other resources.

Date: 26th June 2024

Time: 1 Session 10:00am - 1:30pm

Where: Online

Cost: \$165

Contact person: Pat Jewell

Phone: 1300 381 581

Email address: PJewell@childhood.org.au

Bringing Up Great Kids variations available this term:

- Kinship and Foster Carers
- In the first 1000 Days
- for Aboriginal & Torres Strait Islander Families
- Parenting after family violence
- Parenting adolescents
- One on one

Website:

<https://professionals.childhood.org.au/course/bugk>

PARENTZONE

Partner with ParentZone

Parent Educators Network

The next Parent Educators Network Meeting will be on the 23rd of April 9.30am - 11.30am at City Life Community Care. If you would like an invite to this meeting please book. We are always pleased to see new faces!

Any professionals working with parents in the Eastern Region are welcome to join us in sharing resources, networking, and hearing from our informative guest speakers!

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

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

We look forward to hearing from you!

The ParentZone Eastern team,

Tamara, Julia, Michelle, Deborah, and Sharon.

parentzone.eastern@anglicarevic.org.au
Level 2, 37 - 41 Prospect Street, Box Hill
(03) 9721 3646



Newsletter Submissions What Are Your Plans for 2024?

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

What emerging needs have you identified?

What upcoming programs and services is your organization offering or planning to offer?

To submit an entry into future ParentZone newsletters please email
parentzone.eastern@anglicarevic.org.au