



# ParentZone Southern

## Whats Happening in Term 1, 2024

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

ParentZone Southern

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

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

# PARENTZONE

**BETTER  
TOMORROWS**

# Welcome and News From ParentZone and Anglicare Victoria

Welcome to the summer holidays and the new year. Please note, some of our sessions are running during the January school holidays, while others will be starting early in February.

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

This newsletter includes the Term 1 sessions and programs which have been finalised thus far, but please keep checking our website for updates. We are also providing you with helpful links and details of help lines.

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

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



## ParentZone Southern Office

**ParentZone Southern**

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

**75 Army Rd, Pakenham, 3810**

**email: [parentzone.southern@anglicarevic.org.au](mailto:parentzone.southern@anglicarevic.org.au)**

## Anglicare Victoria Frankston Office

**ParentZone Southern Frankston and Mornington**

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

**60-64 Wells St, Frankston 3199**

**email: [parentzone.southern@anglicarevic.org.au](mailto:parentzone.southern@anglicarevic.org.au)**

ParentZone Southern covers the Southern Area including:

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

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

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

## Other ParentZone Offices

**ParentZone Gippsland**

**P (03) 5135 9555**

**101 Buckley Street,  
Morwell, 3840**

**ParentZone Eastern**

**03 9735 4188**

**666 Mountain Highway,  
Bayswater, 3153**

**ParentZone Northern**

**03 9465 0322**

**42 Mary Street,  
Preston 3072**



# PARENTZONE

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PARENTZONE

# Parentzone Pods

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

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



### Podcast Series 1

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

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

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

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

# PARENTZONE



# Supported Playgroups

## OUR TIME - SUPPORTED PLAYGROUP - Frankston area

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

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



**When:** Tuesday

**Dates:** Starting 30th January

**Time:** 9.30am - 11.30am

### Bookings and Enquiries

**Iris Guasch - Parent Resource Coordinator:**

**Email:** iris.guasch@anglicarevic.org.au

**Mobile:** 0436 007 492

**Call or text to book**

### Venue

**Aldercourt Primary School**

**Silver Ave, Frankston North VIC 3201**

**Sarah Dickenson - FaPMI Coordinator**

**Email:** fapmi@phcn.vic.gov.au

**Text:** 0439 336 808



## Play Circle - Supported Play Group Dandenong

A safe and supported space for parents and their children aged 0-5 with a trained facilitator. Meet other families in the community. Play and have fun with each other. Time out from life's worries. Also opportunity for one on one Play Coaching Sessions - please contact to enquire.

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

Also opportunity for one on one Play Coaching Sessions - please contact to enquire.

**When:** Thursdays

**Date:** 8th February-28th March 2024

**Time:** 10.00am to 11.30am

**For bookings & enquiries contact:**

**Erin Surrey 0438 459 891**

**Erin.Surrey@anglicarevic.org.au**



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

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

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# PARENTZONE

# Supported Playgroups

## BABY MAKES 3 (BM3)

### Maintaining Healthy Relationships during the transition to parenthood

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

The program helps parents to:

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

#### Parents Feedback

**"Learning how to go from a relationship of two to three and all the things in between"**

**"Very good program, would be good for every new relationship"**

**"It's very informative and a great way to transition into parenthood"**

**When** Wednesdays

**Date** 28th February, 6 & 13 March 2024

**Time** 6.00pm - 8.00pm (Light Meal Provided)

**Venue** Cranbourne West Community Hub , 4 Flicka Boulevard,  
Cranbourne West, VIC 3977

**Cost:** Free! Bookings are essential

#### Register Expression of Interest

<https://forms.office.com/r/R7NThpAXib>

OR using the QR code,

or contact Jasbir Singh Suropada

0438 004 285 or

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



In partnership with



Baby Makes 3-Winner of VicHealth's prestigious  
Outstanding Health Promotion Award for 2022



# PARENTZONE

# Parents Building Solutions

## POSITIVE PARENTING STRATEGIES PARENTS BUILDING SOLUTIONS

3 Workshops Presented by Parentzone in collaboration with PRONIA

**For parents, step-parents, grandparents, families and carers of children. Different Topics each session, come to as many as you want. Share ideas and feel supported. Free for all.**

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

#### **Session One - How to prepare for the school year**

Explore how to establish sustainable routines and support age-appropriate independence as your child begins the new school year

#### **Session Two - How to respond to school refusal**

Explore solutions to responding to your child's school refusal behaviour, and strategies to support their self-esteem and resilience

#### **Session Three - How to run family meetings**

Improve communication, establish family rules and consequences, and find solutions to problems - all these outcomes, and more, can be achieved with a well-run family meeting!



#### NOTE:

These parenting sessions are general in nature, and seek to create an environment where parents are learning from one another. We aim to equip parents with transferrable knowledge and skills, but the sessions do not address specific issues such as neurodiversity.

#### When

Tuesday, 16th January (Session One)

Tuesday, 13th February (Session Two)

Tuesday, 19th March (Session Three)

**Time** 12.15pm-1.30pm

Online (Zoom)

Please note: this session will not be recorded

FREE!

#### **For more information, contact:**

Carey Cole - 0437 428 281

carey.cole@anglicarevic.org.au

Register once to attend one, or all, sessions  
Use the QR code or this link:



<https://events.humanitix.com/parents-building-solutions-and-pronia-present-positive-parenting-strategies>

Registrations close at 4.00 p.m. the day before



# PARENTZONE



# Parents Building Solutions

## Parenting with a Purpose

**For parents, step-parents, grandparents, families and carers of children of all ages. Come join the online interactive 6 week group. Share ideas and feel supported. Free for all. There are no recordings of these sessions.**

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

- Improve communication in your family?
- Explore ways to establish positive rules and consequences?
- Have more peace and fun as a parent!
- Stop the yelling - yours and theirs!



**When** Tuesdays 6th February - 12th March 2024

**Time** 1.00 p.m. - 2.30 p.m ONLINE

**FREE!**

For more information, contact:  
michelle.brown@anglicarevic.org.au

Please register via the link or the QR code

<https://events.humanitix.com/parenting-with-purpose>



## SCHOOL REFUSAL - PARENTS BUILDING SOLUTIONS-Online

### ARE YOU TIRED OF ALL THE YELLING?

How to communicate better within the family

### DEALING WITH ANGER

Helping parents deal with anger in themselves and the kids

### RESPONDING TO BEHAVIOUR

Understand why children behave the way they do.  
Creating routines, positive rules and logical consequences

### STRATEGIES THAT WORK

How can school refusal be handled

**DATE:** Thursdays February 1, 8, 15, 22, 29 and March 7 2024

**TIME:** 10.30am-12.00pm

**WHERE:** Online via Zoom

**COST:** Free

Zoom link will be sent upon receipt of completed registration

To register use the link below or the QR code  
<https://events.humanitix.com/school-refusal>

Queries: Michelle Brown at  
michelle.brown@anglicarevic.org.au



# PARENTZONE



# Parents Building Solutions

## PARENTS BUILDING SOLUTIONS- Living with Autism

**FREE 6 week program** interactive zoom sessions for parents and carers living with a child who has been diagnosed as having Autism Spectrum Disorder (ASD). There are no recordings of these sessions.

Strategies to consider different approaches to help with parenting children on the spectrum. How to help with social skills; managing changes and transitions, responding to meltdowns.

Please note that these sessions are interactive so cameras need to be on.

**For more information, contact:**

**Michelle Brown at [michelle.brown@anglicarevic.org.au](mailto:michelle.brown@anglicarevic.org.au)**

**Online via ZOOM**



**When Tuesday**

Tuesdays 6, 13, 20, 27 February and 5, 12 March 2024

**Time** 10.30 - 12pm

**Online - FREE** Zoom link will be sent upon receipt of completed registration - register via QR or the link

**To register click link below or scan QR code**

<https://events.humanitix.com/living-with-autism>



## Association for Children with a Disability

Call 03 9880 7000 or 1800 654 013 (regional)

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

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

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

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



Double click to interact

# PARENTZONE

# Parents Building Solutions

## Positive Parenting Strategies

**For Parents and carers to join us for an interactive session to share experiences, ideas & learn strategies to support your child.**

Responding Positively to Parenting Challenges can be Tricky

- Would you like to explore strategies to
- respond differently to your child's behaviour?
- Would you like to know what works for other
- parents?
- Would you like the opportunity to let us know what parenting programs would be helpful for you?

If your answer to any of these questions is "Yes!", please join us for an information session about Parents Building Solutions programs and strategies



**Date:** Wednesdays March 13th 2024

**Time:** 9.15am-10.45am

**Where:** Cranbourne Carlisle Primary School  
15 Silky Oak Drive  
Cranbourne

**Cost:** Free

**For more information, contact:**

Carey Cole - 0437 428 281

carey.cole@anglicarevic.org.au

OR

**Register with below link**

**<https://events.humanitix.com/parentsbuilding-solutions-positive-parentingstrategies>**

**Registrations welcome on the day**

# PARENTZONE

# Parents Building Solutions

## Parenting Teens

**For Parents and carers to join us for an interactive session to share experiences, ideas & learn strategies to support your child.**

Do you want to:

- Learn how to talk so they will listen?
- Help your teen problem solve and resolve conflict?
- Communicate better with your teen?
- Stay connected?

Come along to these 6 sessions to learn strategies, share stories and take some time out for you! Please note these are interactive sessions and will not be recorded



**Date:** Wednesdays February 7, 14, 21, 28 and March 6, 13 2024

**Time:** 6.30pm-8.00pm

**Where:** Online via Zoom

**Cost:** Free

**For further information contact:**  
[michelle.brown@anglicarevic.org.au](mailto:michelle.brown@anglicarevic.org.au)

**Please register via the QR code or the link below**  
<https://events.humanitix.com/parenting-teens>



## GROWING RESILIENT KIDS PARENTS BUILDING SOLUTIONS

**WE KNOW THAT PARENTING IS ONE OF THE TOUGHEST AND MOST IMPORTANT JOBS YOU WILL EVER DO!**

No pressure...but did you know you have a very important part to play in your child becoming resilient and self-confident?

Come to this session to learn from other parents, and explore strategies you can use at home to help develop these important qualities in your child. We will explore things like:

- Setting routines and boundaries
- Promoting age-appropriate independence
- Learn to solve problems

**Date:** Wednesday 6th March 2024

**Time:** 2.00 - 3.00pm ( just before pick up)

**Where:** Ramleigh Park Primary School

34 Thoroughbred Drive, Clyde North

**Cost:** Free

**For more information, contact:**

Carey Cole - 0437 428 281  
[carey.cole@anglicarevic.org.au](mailto:carey.cole@anglicarevic.org.au)

**Use the QR code or this link to register:**  
<https://events.humanitix.com/growing-resilient-kids>



While registrations welcome on the day, they are preferred in advance

# PARENTZONE

# Support for Dads

## DADS DO MATTER - Online

PARENTS BUILDING SOLUTIONS

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

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



Certificate of attendance awarded

**Day** Thursdays

**Dates** 1st, 8th, 15th, 22nd, 29th Feb & 7th March  
(6weeks)

**Time** 6.00pm to 8.00pm

**FREE**

Parent Resource Coordinator

Jasbir Singh Suropada

Call or Text **0438 004 285**

Email: [jasbir.suropada@anglicarevic.org.au](mailto:jasbir.suropada@anglicarevic.org.au)

[Click link below or scan QR Code](#)  
to register\_

[https://events.humanitix.co  
m/dads-do-matter-ddm](https://events.humanitix.com/dads-do-matter-ddm)



## Men's Help Line 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 Violence towards Men 1800RESPECT**

Hours: Available 24 hours

Learn more

1800 737 732

**Men'sline Australia 1300789978**

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

Contact Us

Access MensLine Australia free online counselling service today ...

**Aboriginal Men's help**-culturally safe call

**To reach the Brother to Brother 24-hour Crisis Line for Aboriginal Men, 1800 435 799**

**Indigenous Men's Resource and Advisory Service 9416 4266**

Programs and Referral

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

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

online support group every second Monday of the month

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

# PARENTZONE



# Webinars Presented by Parentzone

## These Webinars are facilitated with Communities for Children Cardinia

### Children's Mental Health & Anxiety

Presented by Jasbir Singh Suropada

Parent Resource Worker

ParentZone

Why is our children's mental health & well-being important?

How does anxiety impact on our children and families?

Where do I go to get further assistance?



Tuesday, 13 February, 2024

1 - 2.30pm

Online via Zoom

#### ENQUIRIES:

CFCCardinia@anglicarevic.org.au

or call 0457 825 076

#### Register at:

[https://us02web.zoom.us/webinar/register/WN\\_SdsC9DbvSFaNaY7n8G6plw](https://us02web.zoom.us/webinar/register/WN_SdsC9DbvSFaNaY7n8G6plw)

Communities for Children Cardinia

0457 825 076

[cfccardinia@anglicarevic.org.au](mailto:cfccardinia@anglicarevic.org.au)

### Challenging Behaviours in Children

Presented by Jasbir Singh Suropada

- What are challenging behaviours?
- Is my child challenging me or feeling overwhelmed?
- Who do I call for support and assistance?



Day Tuesday

Dates 14th May 2024

Time 1.00pm-2.30pm

FREE

ONLINE VIA ZOOM

#### Enquiries

CFCCardinia@anglicarevic.org.au

or call 0457 825 076

#### Register at:

[https://us02web.zoom.us/webinar/register/WN\\_o3Sdv5dKTLqztchlOhrN0g](https://us02web.zoom.us/webinar/register/WN_o3Sdv5dKTLqztchlOhrN0g)



CFC is funded by the Australian Government,  
Department of Social Services.

See [www.dss.gov.au](http://www.dss.gov.au) for more information

# PARENTZONE

# Family Violence for Women and their children

## BEYOND THE VIOLENCE - for Women and their children

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

- Are you dealing with the after-effects of family violence?
- Does your child's anger or anxiety worry you?
- Are big feelings making family relationships difficult?
- Does your child struggle to make friends?
- Can you identify the warning signs in a new relationship?
- Do contact visits unsettle your child?
- Do you feel alone?
- A free, 8-week program for women and children who have been impacted by family violence.



## BEYOND THE VIOLENCE - Mornington Peninsula Location

**When:** Thursday, 8th February - 28th March  
(8weeks)

**Time:** 4.00 to 6.30pm

**Venue:** Details given at time of booking.

**Free! Bookings are essential.**

### BOOKINGS AND ENQUIRIES:

Iris Guasch - Parent Resource Coordinator

Email: [iris.guasch@anglicarevic.org.au](mailto:iris.guasch@anglicarevic.org.au) or Call/  
text 0436 007 492.

## BEYOND THE VIOLENCE - Dandenong Location

**When:** Wednesdays 7th Feb to 27th March (8weeks)

**Time:** 4:15pm - 6:45pm

**Venue:** Details given at time of booking.

**Free! Bookings are essential.**

### BOOKINGS AND ENQUIRIES:

Ariane Hahn

0499 080 468

[Ariane.Hahn@anglicarevic.org.au](mailto:Ariane.Hahn@anglicarevic.org.au)

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



The Communities for Children Initiative is supported by the Australian Government

# PARENTZONE

# PARENTS BUILDING SOLUTIONS with a Family Violence lens

## PARENTS BUILDING SOLUTIONS with a Family Violence lens Both ONLINE

**FREE 6 Week program for mums who've been impacted by family violence to talk about their kids.**

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



**When** Wednesday 14th February-20th March  
**Time** 10:00am - 11:30am  
**Venue** Online link will be sent to you

**For more information, and to register, contact**  
Erin Surrey - 0438 459 891  
Erin.Surrey@anglicarevic.org.au

**OR**

**When** Wednesday 14th February-20th March  
**Time** 10:00am - 11:30am  
**Venue** Online link will be sent to you

**For more information, and to register, contact**  
Iris Guasch  
0436 007 492  
Iris.guasch@anglicarevic.org.au



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# PARENTZONE

# Family Violence Support

**The Orange Door** 1800 319 353 (Bayside Peninsula) 1800 271 170 (Dandenong)

A way for women, children and young people who are experiencing family violence or families who need assistance with the care and wellbeing of children to access the services they need to be safe and supported. It is free to access help and support through The Orange Door and you do not need a referral.

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

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

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

For Urgent assistance call Triple Zero 000

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

**Go to your local council area for Services**

**Cardinia Shire; City Of Casey; City of Greater Dandenong**

**SAFE STEPS Phone: 1800 015 188**

**24/7 FAMILY VIOLENCE RESPONSE PHONE LINE**

Email: [safesteps@safesteps.org.au](mailto:safesteps@safesteps.org.au)

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

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

## **WAYSS**

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

- **WAYSS family violence specialists** are able to assist with access to crisis accommodation, referral services including counselling, housing and legal.
- **HOMELESSNESS SERVICES FOR YOUTH**- assist 16-25 with housing options, living and life skills and private rental support. They also run a refuge offering crisis accommodation.
- **HOMELESSNESS SERVICES**- WAYSS is the first point of contact for people experiencing homelessness in Greater Dandenong, Casey, Cardinia and Frankston.

**Do you need help or support due to homelessness or family violence? We're here for you: call (03) 9791 6111 (9am to 5pm Mon to Fri) or 1800 RESPECT (24/7) 1800 737 732**

**PARENT****ZONE**



# Beyond the Violence For Professionals



## AIMS

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

## LEARNING OUTCOMES

The three day training will assist participants to:

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

Participants will be provided with live supervision and debriefing.

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

## EXPRESSIONS OF INTEREST:

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

**Note:** Priority for the facilitator training is given to those who are interested in co-facilitating one or more Beyond The Violence programs within the next 6 to 12 months..

**BTV runs in Frankston, Rosebud, Pakenham & Dandenong throughout the year**

## WHAT IS THE BEYOND THE VIOLENCE PROGRAM?

Beyond The Violence is an 8 week group for non-violent parents and children who have experienced or are experiencing Family Violence.

The program helps families to establish safety, rebuild family relationships and move forward with their lives following Family Violence.

## The emphasis of the group is on:

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

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

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

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

# Beyond the Violence For Professionals

## BEYOND THE VIOLENCE

### FACILITATOR TRAINING

BEYOND THE VIOLENCE



'Funded by the Australian Government Department of Social Services. See [www.dss.gov.au](http://www.dss.gov.au) for more information.'

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

#### This Training is suitable for:

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



## CARDINIA

#### DATES:

Thursdays 29th February, 7th and 14th March 2024

#### TIME:

9.00am. - 4.30pm

#### WHERE:

Pakenham Location  
Details provided on registration

COST: Free Training

**Bookings are ESSENTIAL**

**Please register here:**

**<https://events.humanitix.com/copy-of-beyond-the-violence-facilitator-training>**

**Contact:** Carey Cole - 0437 428 281  
[carey.cole@anglicarevic.org.au](mailto:carey.cole@anglicarevic.org.au)

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

Funded by Cardinia Communities for Children



## FRANKSTON

#### DATES:

Tuesdays 20th and 27th February and 5th March 2024

#### TIME:

9.00 - 4.30pm

#### WHERE:

Frankston Location  
Details provided on registration

COST: Free Training

**Bookings are ESSENTIAL**

**Please register here:**

**<https://events.humanitix.com/beyond-the-violence-facilitator-training>**

**Contact:** Carey Cole - 0437 428 281  
[carey.cole@anglicarevic.org.au](mailto:carey.cole@anglicarevic.org.au)

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

Funded by Communities for Children, Frankston



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

# PARENTZONE

# Mental Health, Autism, Disabilities Help Lines and Links

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

**Parentline 132289**

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



**Raising Children Network**

Offers lots of resources

**Beyond Blue 13200 22 4636 (24hrs)**

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

Parents/ Friends can ring for help.

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

**HEADSPACE Call 1800 650 890**

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

**LIFELINE Call 13 11 14 (24 Hrs)**

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

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

If you have lost someone to suicide. suicide call back service is nationwide service providing 24/7 telephone and online counselling to people affected by suicide. You can chat or look at the vast range of resources available. Uniting Program -who have a parent with a mental health issue?

**MIND AUSTRALIA 1300 286 463**

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

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

**Site also has resources**

**IRABINA AUTISM SERVICES**

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

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

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

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

# PARENTZONE

# Mental Health, Autism, Disabilities Help Lines and Links

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

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

For families and professionals links to what ACD Offer:

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

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

## Early years First Steps to Support & Connection

How to find support for you and your family when starting out on your journey. • Respite and financial supports • Staying connected and supporting siblings • Counselling and looking after yourself

## School Age Student Support Group Meetings

What is a Student Support Group, and how to get the most out of the meetings. • Children's rights in education • How Student Support Group meetings can help your child • Reasonable adjustments • Advocacy and why it's important

## Advocating at School

Gain the skills and confidence to advocate for your child at school to get the support they need. • Rights of children with disability • Creating positive partnerships with school • Reasonable adjustments • Advocacy and why it's important

## NDIS Plan Reassessment-

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

## Teens and Beyond

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

For more - click [here](#)



# Peer Networks

## Parentzone PEER Networks

### City of Greater Dandenong

Online

Please Phone or Text Jasbir Singh Suropada

### City of Casey

Online

Please Phone or Text Jasbir Singh Suropada

Jasbir Singh Suropada

0431 203 177 or 9706 8568

Jasbir.suopada@anglicarevic.org.au

### Frankston and Mornington Peninsula

Online

Wednesday

31st January 2024

3.00pm to 4.30pm

Michelle Brown

0429 174 150 michelle.brown@anglicarevic.org.au

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

Maybe we can work together



# PARENTZONE

## PARENTZONE HUB

FAMILIES GROWING TOGETHER

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

### @ Pakenham Hills

For all enquires, please email or call Deb Reid  
[ParentZoneHub@anglicarevic.org.au](mailto:ParentZoneHub@anglicarevic.org.au)  
97816710



## Term 1, 2024 Playgroups

### Community Play Group

Casual community playgroup. Come along and connect with other families and carers in the area. We offer a safe and welcoming environment for play and interaction. Suitable for ages up to 5. BYO snack and water bottle

### Mother Goose Program

Strengthens attachment and interaction between parents or carers of young children through rhymes, songs and stories. Suitable for all children up to age 4.

**Day** Wednesday Mornings

**Time** (9.30am to 11:00am)

**Dates** 7th February to 27th March 2024

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

**Day** Friday Mornings

**Time** (10:00am to 11:00am)

**Dates** 9th February to 22nd March 2024

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

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

- Relevant current Government Vaccination requirements and guidelines will need to be met.
- Parents and carers are to stay with their children during sessions and are responsible for their own children at all times.

# Communities for Children Cardinia

## INQUIRIES

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

**Watch out for Cardinia Communities for Children webinars for 2023.**

**You asked and we'll deliver!**

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

## Cardinia Communities for Children Facebook page

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

## Cardinia Communities for Children website

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

## 2024 Webinars

For Webinars ran by CFC and Presented by Parentzone

Click on links for Dates, Registration links and contacts.

Children's Mental health & Anxiety Click [HERE](#)

Emotional Regulation Click [HERE](#)

Challenging Behaviours in Children Click [HERE](#)

## Early childhood developmental delays- Accessing Services

Presented by Nicole James (Link Health and Community), and Fiona Moseley (Monash Community Health)

- When would I be concerned about early childhood developmental delay?
- How do I go about accessing services?
- Where and to whom do I speak to if I have concerns?

**Date** Tuesday, 12th March, 2024

**Time:** 1.00pm - 2.30pm

**Where:**  
ONLINE via Zoom

**COST:**  
Free Training

**Enquiries**  
CFCCardinia@anglicarevic.org.au  
or call 0457 825 076

**Register at**

[https://us02web.zoom.us/webinar/register/WN\\_o3Sdv5dKTLqztchlOhrN0g](https://us02web.zoom.us/webinar/register/WN_o3Sdv5dKTLqztchlOhrN0g)



# PARENTZONE

# Family School Workers

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

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

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

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



## **Dromana Secondary School**

Jodie Bradshaw

Jodie.bradshaw@anglicarevic.org.au

## **Bittern Primary School**

Natalie Everitt

Natalie.everitt@anglicarevic.org.au

## **Karingal Heights Primary School**

Sarah Carmody

Sarah.carmody@anglicarevic.org.au

## **Tootgarook Primary School**

Sonia Sutcliffe

Sonia.sutcliffe@anglicarevic.org.au



# Communités for Children Frankston

## Supporting Primary School Children and Families with School Refusal and Resistance - A workshop by CFC Frankston

**Presented by Communities for Children Frankston and  
facilitated by John Chellew of The School Refusal Clinic**

Is your young person experiencing distress and reluctance at the idea of going to school? Are they having strong emotions when its time to leave for school in the morning?

This free, online workshop will provide information on:

- An introduction to school refusal and school resistance
- An understanding of the complex factors that influence school refusal and ways to address them
- An understanding of specific challenges that different children may face
- The different ways that school refusal can present
- Practical strategies that support the whole family to increase their child's attendance at school
- An understanding of holistic supports that can help children and families experiencing school refusal

**John Chellew is a mental health accredited Social Worker who is a leading clinician on school refusal in Melbourne. He runs the School Refusal Clinic in St Kilda which employs a holistic therapeutic approach to support families with school related issues including pet assisted therapy, play, exercise and group therapy as well as CBT.**

**Date** Wednesday 21st February 2024

**Time** 7.00pm - 8.30pm

**Venue** Online event via Zoom webinar

### Contact

Emma Rafferty

Cfc\_southern@anglicarevic.org.au

Phone 0439 463 469

**Register here:**

**[https://us02web.zoom.us/webinar/register/WN\\_mx05AjnzQraDmla7kmjs-g#/registration](https://us02web.zoom.us/webinar/register/WN_mx05AjnzQraDmla7kmjs-g#/registration)**



**CFC is funded by the Australian  
Government, Department of Social Services.  
See [www.dss.gov.au](http://www.dss.gov.au) for more information.**



**PARENTZONE**

# LYFT - LYFT UP YOUR FAMILY GROUP

**A program for parents & carers of young people (aged 12-25 years) who have challenging behaviours and may also be using alcohol and other drugs in a problematic way**

- Are you concerned about your young person's risk taking behaviors?
- Are you struggling to communicate with your young person?
- Are you tired of yelling?

Please contact Kath Blommestein for details

**WHERE:**

Online - via Microsoft Teams

FREE. Bookings essential

For bookings and enquiries contact:

KathBlommestein

LYFT Team Leader on 9781 6700

## **Linking Youth and Family Together (LYFT)**

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

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

**Southern Region | Frankston, Mornington Peninsula | 03 9781 6700**

### **ELIGIBILITY CRITERIA**

**Families with a young person aged 12 to 25 who are using Alcohol and Other Drugs in a problematic way.**

**The young person must be willing to engage in the program.**

**Families who live, work or attend school in the following catchments.**

- City of Frankston
- Shire of Mornington Peninsula
- Greater City of Dandenong

**PARENTZONE**

# Foster Care Anglicare Victoria

## Foster Care Information Sessions

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

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

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

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

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

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



### Foster Care | Fostering a Child in Victoria

Anglicare Victoria is the state's leading provider of out-of-home care services for children and young...

 Anglicare Victoria

### **Southern Metro Foster Care Information Session**

**FREE. Booking Essential.**

**Contact: Southern Foster Care Team**

**Phone: 1800809722**

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

**Enquire about 2024 Dates**

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.



# PARENTZONE

# Crisis Lines and Links

## **Beyond Blue 13200 22 4636 (24hrs)**

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

Parents/ Friends can ring for help.

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

## **HEADSPACE Call 1800 650 890**

Mental health and well-being 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?

## **Making Ends Meet - low income Resource Guide**

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

Making Ends Meet 2023.pdf ([ciscranbourne.org.au](https://ciscranbourne.org.au))

A resource of Community Information and Support Cranbourne

## **NEIGHBOURHOOD HOUSES VICTORIA**

For your local Community House please click here

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



# Help Lines and Links 0-18 and Young People

[Raisingchildren.net.au](https://raisingchildren.net.au)

**The Australian Parenting Website**

supported by the Australian Government.

Department of Social Services

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

Topics include:

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

## Children and Young People

### Child protection South Division intake

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

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

**South Division intake: 1300 655 795**

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

### Kids Help Line 1800 551 800

Kids, Youth, Parents and Teachers.

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



# PARENTZONE

# Help Lines and links Indigenous communities

## Indigenous Communities

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

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

email: [megan.prout@dpc.vic.gov.au](mailto:megan.prout@dpc.vic.gov.au)

phone: 0467 578 030

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

Casey Aboriginal Gathering Place in Doveton

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

### **Nairn Marr Djambana, Frankston**

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

### **Casey Aboriginal Gathering Place in Doveton**

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

### **Newsletter is out on face book page.**

Yarn nights

Bingo nights

Homework groups

interactive gardening groups

and more.

### **Willum Warrain, Mornington Peninsula**

Willum Warrain provides:

information, support and referral services

health and wellbeing programs

art and culture programs

links between the Aboriginal community and the broader local community

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



**RECONCILIATION**  
AUSTRALIA

**PARENT****ZONE**

# Help lines and links Culturally and Linguistically diverse Communities

## Culturally and Linguistically diverse (CALD) COMMUNITIES

### South Eastern Region Migrant and Refugee Resource Centre

#### Multilingual Resources-[click here](#)

You can find information under the following topics:

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

#### DANDENONG HQ

39 Clow St, Dandenong, VIC 3175

03 9767 1900

03 9706 8830

[smrc@smrc.org.au](mailto:smrc@smrc.org.au)

#### SELANDRA RISE COMMUNITY HUB

7/9 Selandra Blvd, Clyde Nth, VIC 3978

#### LYNBROOK COMMUNITY CENTRE

2 Harris St, Lynbrook, VIC 3975

#### LIVING & LEARNING PAKENHAM INC

6B Henry St, Pakenham, VIC 3810

#### SPRINGVALE COMMUNITY AID & ADVICE BUREAU

45 Osborne Ave, Springvale, VIC 3171

#### AMES Australia

60 Douglas St, Noble Park, VIC 3174

### Cultural Playgroups

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

#### [Playgroup Victoria Directory](#)

#### [VICSEG Supported Playgroups in Diverse Communities](#)

#### [Victorian Multicultural society](#)



#### Term 3, 2023 Programs

- Safety
- Mental Health
- The Learning Space:
  - English for Driving
  - Social Sewing
- Chay Khans's Men
- Youth Program:
  - Homework club
  - Youth Carer Support
  - Youth Advisory Group
  - School Holidays
- ACFE Pre-Accredited Weekly Classes

Read and write English

Conversational English

- Introduction to computers
- Employment xchange

#### Bakhtar Community Organisation

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

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

#### COOK4CALD

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

Email: [admin@cook4cald.org](mailto:admin@cook4cald.org)

Instagram: @COOK4CALD

Facebook: COOK4CALD

LinkedIn: COOK4CALD

#### CMY - Centre for Multicultural Youth

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

# PARENTZONE

# Help lines and links Culturally and Linguistically Diverse Communities

## Tuning in to Kids- Relationships Australia

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

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

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

**TinK Afghan Women Cranbourne | Relationships Australia Victoria ([relationshipsaustralia.org.au](http://relationshipsaustralia.org.au))**

**Tink Afghan Dads Cranbourne | Relationships Australia Victoria ([relationshipsaustralia.org.au](http://relationshipsaustralia.org.au))**

Dates/times - 8 x weekly 2-hour group sessions.

## Relationships Australia-Cranbourne Office

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

## Extended Families-

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

### Free Vietnamese Community Workshop

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

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

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

Location:

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

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

0481 955 551  
[Julia@extendedfamilies.org.au](mailto:Julia@extendedfamilies.org.au)

Mai Thanh Nguyen(to speak Vietnamese)

0449 562 979  
[mai-thanh.nguyen@extendedfamilies.org.au](mailto:mai-thanh.nguyen@extendedfamilies.org.au)

# PARENTZONE



# Playgroups

## Playgroup Victoria Site:

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

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

[Find a Playgroup near you/how to join/all contact details](#)

[Playgroup link](#)

## Play Circle - Supported Play Group.

Facilitated by ParentZone  
funded by Mission Australia

## OUR TIME- SUPPORTED PLAYGROUP

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

Newsletter enquiries/to subscribe or unsubscribe please  
contact us at:

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

PARENTZONE

# Local Councils/Maternal Child Health/Early Childhood Education

## Maternal Child Health Services and Centers

### **City of Casey Council**

Ph: (03) 9705 5200  
Email: [caseycc@casey.vic.gov.au](mailto: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](mailto:council@cgd.vic.gov.au)  
Parenting Support  
Website: [Greater Dandenong City Council](http://Greater Dandenong City Council)

### **Frankston City Council**

Ph: 1300 322 322  
Email: [info@frankston.vic.gov.au](mailto:info@frankston.vic.gov.au)  
Parenting Support  
Website: [Frankston City Council](http://Frankston City Council)

### **Cardinia Shire Council**

Ph: 1300 787 624  
Email: [mail@cardinia.vic.gov.au](mailto:mail@cardinia.vic.gov.au)  
Website: [Cardinia Shire Council](http://Cardinia Shire Council)

### **Bayside City Council**

Ph: (03) 9599 4444  
Email: [enquiries@bayside.vic.gov.au](mailto:enquiries@bayside.vic.gov.au)  
Website: [Bayside City Council](http://Bayside City Council)

### **Mornington Peninsula Shire Council Offices**

Email: [customerservice@mornpen.vic.gov.au](mailto:customerservice@mornpen.vic.gov.au)  
Website: Mornington Peninsula Shire Council

### **Parenting Support**

Website: [Mornington Shire Council](http://Mornington Shire Council)

### Aboriginal and Torres Strait Islander Programs

#### Email

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

### **Rosebud Office**

90 Besgrove St  
Rosebud

### **Mornington Office**

2 Queen St Mornington  
PH 5950 1000  
Ph 1300 850 600

### **Hastings Office**

21 Marine Pde Hastings



### **City Of Kingston**

Ph: 1300 653 356  
Email: [info@kingston.vic.gov.au](mailto:info@kingston.vic.gov.au)  
Website: Kingston City Council

### **City of Stonnington**

Ph: (03) 8290 1333  
Email: [council@stonnington.vic.gov.au](mailto:council@stonnington.vic.gov.au)  
Website: Stonnington City Council



# PARENTZONE

# Host a Session/Program

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

Host a Workshop or Program



CONTACT US



If you are a School, service provider or parent support group you can support the families you connect with and host a ParentZone Interactive Session or 6 week Program Free. You provide the Venue and we can do the rest. We also can come to your Organisation or School and run a session with Staff.

### PLEASE TALK TO US OR EMAIL

E: [parentzone.southern@anglicarevic.org.au](mailto:parentzone.southern@anglicarevic.org.au) with some details or contact one of our Parent Resource Coordinators

#### City of Greater Dandenong

##### Dads Do Matter and Parents Building Solutions

Jasbir Singh Suropada

Phone: 0438 004 285

[jasbir.suropada@anglicarevic.org.au](mailto:jasbir.suropada@anglicarevic.org.au)

##### Beyond The Violence and Parents Building Solutions

Erin Surrey

Phone: 9781 6700 or 0438 459 891

[erin.surrey@anglicarevic.org.au](mailto:erin.surrey@anglicarevic.org.au)

##### Play Circle

Iris Guasch

Phone: 0436 007 492

[iris.guasch@anglicarevic.org.au](mailto:iris.guasch@anglicarevic.org.au)

#### City of Cardinia

##### Parents Building Solutions

Jasbir Singh Suropada

Phone: 0438 004 285

[jasbir.suropada@anglicarevic.org.au](mailto:jasbir.suropada@anglicarevic.org.au)

##### Trauma Responsive Parenting

Carey Cole

0437 428 281

[carey.cole@anglicarevic.org.au](mailto:carey.cole@anglicarevic.org.au)

#### City of Casey

##### Parents Building Solutions

Carey Cole

Phone: 03 9781 6767 or 0437 428 281

[carey.cole@anglicarevic.org.au](mailto:carey.cole@anglicarevic.org.au)

#### City of Frankston & Mornington Peninsula

##### Beyond the Violence

Iris Guasch at Parentzone

Phone: 0436 007 492

[Iris.Guasch@anglicarevic.org.au](mailto:Iris.Guasch@anglicarevic.org.au)

OR

Carey Cole

Phone: 0437 428 281

[carey.cole@anglicarevic.org](mailto:carey.cole@anglicarevic.org)

##### Parents Building Solutions

Michelle Brown 0429174150

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

##### Our Time Playgroup

Iris Guasch

Phone: 0436 007 492

[iris.guasch@anglicarevic.org.au](mailto:iris.guasch@anglicarevic.org.au)

# PARENTZONE

# Online Safety

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



## Webinars: Online safety sessions for parents and carers

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

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

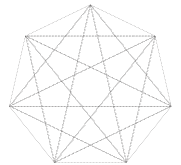
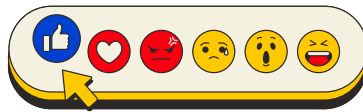
**For online Safety Book in your language click on:** [ONLINE SAFETY BOOK](#) in differing languages

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

## Term 1 Has lots of Programs First one Is:

**Safer Internet Day (6 February) eSafety 101: How eSafety can help**

Suitable for parents and carers of children and young people in primary and secondary school. Understanding how to support your child with online gaming Suitable for parents and carers of children and young people in primary and early secondary school. Understanding parental controls to safeguard your child Suitable for parents and carers of children and young people in primary school. Online safety and social media: TikTok, YouTube and Instagram Suitable for parents and carers of children and young people in primary and early secondary school.



**For Webinars coming up click on: FIND OUT MORE**

**2024 Schedule click on below link**

**<https://www.esafety.gov.au/sites/default/files/2023-12/2024-parent-carer-webinar-schedule.pdf>**

*Reminder*

If you would like to go on our mailing list/ Be taken off the Mailing list

OR

Be put on a waiting list for a Parenting Program or Training

Please email: [parentzone.southern@anglicarevic.org.au](mailto:parentzone.southern@anglicarevic.org.au)

All of our Parenting Programs are Free!!

# PARENTZONE