



Parentzone Northern News

Term 1 2020



**BETTER
TOMORROWS**

Welcome to the Parentzone Northern Newsletter for Term 1 2020

Our aim is to provide a responsive, innovative and accessible Regional Parenting Resource Service. We use a strengths based, culturally-sensitive and gender-appropriate approach for families, carers and professionals with children aged 0 - 18 years of age within the LGA's of Whittlesea, Hume, Moreland, Nillumbik, Banyule, Darebin and Yarra.

Parentzone (Pz) Team Leader Report

2019 has been a year of growth and new initiatives for Pz Northern. Pz has been running regular parenting groups and trialling some new ones as well! Pz offers our flagship program Parents Building Solutions (PBS), Tuning in to kids, Tuning in to teens, Living with Autism, Circle of Security and a series of one off tasters and info sessions for parents and communities on request. PBS was again delivered in Arabic. Pz also trialled PBS in English, but with Arabic and Turkish speaking co-facilitators, for translation of key concepts. Our family violence groups were also well received this year, with a record number of participants and strong support networks and relationships emerging. Pz hosted a Week Without Violence event in term 4, to honour the strengths and resilience of the fantastic women we work with each year. PBS for carers was delivered in Mildura, together with Pz Southern, for Carer Kafé. Pz staff have been invited back to deliver PBS in regional Victoria in 2020. Pz continues to build on co-facilitation opportunities to work with dads and male caregivers as well. PBS for professionals ran at capacity twice this year, successfully recruiting a number of bilingual participants. PBS for professionals will also run twice in 2020, in collaboration with Whittlesea and Moreland Councils. Be sure to register early for this great training opportunity! The inaugural NPEN forum was well received and reflected our commitment to strength based work and inclusive practice. Program Co-ordinator Jo T has been invited to present at several council forums and parent expos this year, reflecting our growing profile and regard in the region. Pz continues to strengthen its collaboration with local schools and councils in Moreland, Hume, Whittlesea and will be collaborating with Darebin council in 2020 as well. Pz has also continued to forge strong and collaborative relationships with VAHS and VACCA and look forward to more co facilitation opportunities in 2020. We have developed a new relationship with Bridgehaven Uniting, and will be delivering PBS to residents in term1 next year. Pz will also be offering Bringing up great kids next year with Drummond St services and City of Whittlesea. We would also like to acknowledge the invaluable contribution our social work student has made to the team this term and wish her the very best in her career. She will be missed!

Please refer to attached timetable for upcoming groups, single sessions and events in term 1 next year and contact us with any questions or queries. Pz would also welcome the opportunity to co-facilitate more PBS groups next year, and build on our delivery in community languages and for dads and male carers. Please be in contact if your organisation would be keen to partner with us. Wishing everyone a safe, happy and restful break and a fabulous year ahead in 2020!

Helen Slonek, Team Leader, Parentzone and BWCH

What we do

Parentzone Northern News provides information on parenting programmes, parenting activities and support services that are available in the Northern Region to assist parents in their parenting role.

While Parentzone Northern provides the editorial support for this Newsletter, the intention is that it provides a voice for all parenting programmes in the North, in particular for the Northern Parent Educator's Network. We put out a warm welcome to all professionals in the Northern Region who work with the parents and families to attend the meetings and contribute to the Newsletter.



'NEW'

Summer Parents Building Solutions 'Taster' sessions

Dealing with Feelings

A single session on managing our own feelings, and understanding and responding to our children's feelings.

Thursday 9th January
10.00am - 12.00pm
Parentzone Lalor, 10 Hurtle Street, Lalor

Promoting Resilience

A single session on what resilience is, why it's important and how to promote our children's resilience.

Friday 17th January
10.00am - 12.00pm
Anglicare Broadmeadows, 32 Railway Crescent, Broadmeadows

Dealing with Feelings

A single session on managing our own feelings, and understanding and responding to our children's feelings.

Tuesday 14th January
10.00am - 12.00pm
Anglicare Preston, 42 Mary Street, Preston

Developmental Milestones in the Early Years

A single session for parents/carers of pre-preschoolers on how to foster healthy development in the early years.

Wednesday 15th January
10.00am - 12.00pm
Anglicare Broadmeadows, 32 Railway Crescent, Broadmeadows

For bookings and inquiries for any of these sessions contact Parentzone on 03 8641 8900 or 0458 550 071. Or email parentzone.preston@anglicarevic.org.au

'NEW'

Summer Parents Building Solutions 'Taster' sessions

Promoting Resilience

A single session on what resilience is, why it's important and how to promote our children's resilience.

Monday 20th January

1.00pm- 3.00pm

Connections@ Craigieburn, 120 Hothlyn Drive, Craigieburn

Communicating with your Teen

A single session for parents/carers of teens or pre-teens on how to communicate positively with your teenager.

Tuesday 21st January

10.00am - 12.00pm

Parentzone Lalor, 10 Hurtle Street, Lalor

For bookings and inquiries for any of these sessions contact Parentzone on 03 8641 8900 or 0458 550 071. Or email parentzone.preston@anglicarevic.org.au



Parentzone Term 1 Programmes

Tuning in to Teens

Would you like to help your teen to learn how to manage their emotions? Would you like to help prevent behavioral problems in your teen? Tuning in to Teens is a 6 week parenting programme that shows you how to help your teen develop emotional intelligence.

Monday - 10th February - 23rd March
6.30pm - 8.30pm
Northside Christian College, 31-61 McLeans Rd, Bundoora

For bookings and inquiries contact Family Services Education Officer, familytraining@whittlesea.vic.gov.au or 94048865

In Partnership with



**City of
Whittlesea**

Bringing Up Great Kids

Bringing Up Great Kids is an evidence-based parenting program that promotes and supports respectful, caring and nurturing relationships between parents and their children. Parents/carers are encouraged to become more reflective and mindful in their parenting approach. For parents and carers of children aged 2 years - 10 years.

Tuesday 18th February - 24th March
10.00am - 12.00pm
Orchard Road Community and Early Learning Centre,
121 Orchard Road, Doreen

For bookings and inquiries contact Family Services Education Officer, familytraining@whittlesea.vic.gov.au or 94048865

In Partnership with



**City of
Whittlesea**

Let's Talk About Kids (Parents Building Solutions)

Are you tired of yelling? Want to understand why children behave the way they do? Do you want to have a yarn about ideas that work? This 6 week parenting programme helps you come up with solutions to common parenting challenges.

For parents or carers of aboriginal children.

Wednesday 19th February - 25th March
10.00am - 12.00pm
VAHS Preston, 238-240 Plenty Rd, Preston

To register contact Roseanne or Bree on 9403 3300 or email breeanne.brown@vahs.org.au or roseanneduff@vahs.org.au

In Partnership with



Parentzone Term 1 Programmes

Living With Autism

Are you a parent of a child who has a diagnosis of Autism? This free 6 week programme is an opportunity to ask questions about the autism spectrum and will assist you to consider different approaches/strategies to help with parenting.

Wednesday 12th February - 25th March (no session on Wed 11th March)
10.00am - 12.00pm
Eltham War Memorial Hall, 905 Main Rd, Eltham

For bookings & inquiries contact Parentzone on 03 8641 8900 or 0458 550 071
Email parentzone.preston@anglicarevic.org.au



Parents Building Solutions

Are you tired of yelling? Want to understand why children behave the way they do? Do you want to discuss and share ideas that work? This 6 week parenting programme helps you come up with solutions to common parenting challenges.

Thursday 20th February - 26th March
10.00am - 12.00pm
Kildonan Uniting, 188 McDonalds Rd, Epping

For bookings and inquiries contact Parentzone on 03 8641 8900 or 0458 550 071. Or email Parentzone.Preston@anglicarevic.org.au

In Partnership with
Uniting



Wishing Away Worries

Fear and anxiety are part of a normal range of emotions, but there seems to be an increasing number of parents and carers who believe their children worry too much. What is normal and who is really doing all the worrying?

Tuesday 11th February
6:30pm - 8:30pm
Jindi Family and Community Centre, 48 Breadalbane Ave, Mernda

For bookings and inquiries contact Family Services Education Officer,
familytraining@whittlesea.vic.gov.au or 94048865

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**City of
Whittlesea**

Parentzone Term 1 Programmes

Parents Building Solutions - Arabic

Are you tired of yelling?

Want to understand why children behave the way they do?

Do you want to discuss and share ideas that work?

This 6 week parenting programme helps you come up with solutions to common parenting challenges. Delivered in Arabic.

Thursday 13th February - 19th March

10.00am - 12.00pm

Dallas Brooks Community Primary School Hub, 26-36 King Street, Dallas

Bookings: 9205 2556 or hume.vic.gov.au/parenting

In Partnership with



Parents Building Solutions - Resilience and our Kids

Want to build self-esteem and resilience in your kids? Come along for a yarn about: helping kids cope in a chaotic world, helping your kids feel positive and hopeful, maintaining a connection with your kids, & how to talk so your kids will listen.

For community members and staff who are raising or work with Aboriginal children or families.

Wednesday 12th February

10.00am - 12.00pm

VAHS Preston, 238-240 Plenty Rd, Preston

To register contact Roseanne or Bree on 9403 3300 or email breeanne.brown@vahs.org.au or roseanneduff@vahs.org.au

In Partnership with



Parents Building Solutions Taster Session

Are you tired of yelling? Do you want to better understand your children's behaviour?

This single session explores: how to get the kids to listen without having to yell; helping parents and kids, manage frustration and anger; understanding why children behave the way they do; sharing ideas and strategies that work for parents/carers.

Monday 16th March

6.00pm - 8.00pm

St Linus' Merlynston, corner of Glyndon Ave and Delta Ave, Merlynston

For bookings and inquiries contact Parentzone on 03 8641 8900 or 0458 550 071. Or email Parentzone.Preston@anglicarevic.org.au



Parentzone Term 1 Programmes

Wishing Away Worries

Fear and anxiety are part of a normal range of emotions, but there seems to be an increasing number of parents and carers who believe their children worry too much. What is normal and who is really doing all the worrying?

Monday 24th February

9.15am - 11.15am

Craigieburn South Primary School Hub, 102 Hothlyn Drive, Craigieburn

For bookings and inquiries contact Parentzone on 03 8641 8900 or 0458 550 071. Or email Parentzone.Preston@anglicarevic.org.au

In Partnership with



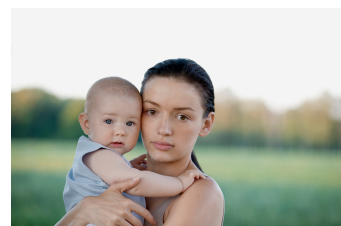
Parenting After Violence

Struggling to pick up the pieces after experiencing family violence? This group is for mothers who have left a family violence situation and want to support their children who are struggling in the aftermath. We will explore how to talk with your children about what's happened; how to cope with challenging behaviours; learn about how it can impact your relationship with your children and how to survive as a mum.

Thursday - 5th March - 26th March

10.00am - 1.00pm

Anglicare Lalor, 10 Hurtle Street, Lalor



For bookings and inquiries contact Genine or Tess on 8641 8900.

Parenting in the Early Years

Learn how your role plays a key part in a child's development.

Friday 13th March

10.00am - 12.00pm

Bluebird Way Preschool, Bluebird Way, Roxburgh Park

For bookings and inquiries contact Parentzone on 03 8641 8900 or 0458 550 071. Or email Parentzone.Preston@anglicarevic.org.au

In Partnership with



Parentzone Term 1 Programmes

Developmental Milestones

Parents will be supported to understand their child's expected milestones and their expectations for their children at that age. The group will discuss strategies to help their children achieve these.

Friday 20th March
10.00am - 12.00pm
Jindi Family and Community Centre, 48 Breadalbane Ave, Mernda

For bookings and inquiries contact Family Services Education Officer, familytraining@whittlesea.vic.gov.au or 94048865

In Partnership with



Autism Strategies

This session will briefly discuss the characteristics of autism and how it impacts daily life. The speaker will also discuss some key strategies which parents can use with their children. As well as a range of practical tips, there will be some interactive activities where participants can share their experiences and ideas.

Tuesday 24th March
10.30am - 12.30pm
Preston Shire Hall, 269-273 Gower St, Preston

For bookings and inquiries contact Parentzone on 03 8641 8900 or 0458 550 071. Or email Parentzone.Preston@anglicarevic.org.au

In Partnership with



Autism Strategies

This session will briefly discuss the characteristics of autism and how it impacts daily life. The speaker will also discuss some key strategies which parents can use with their children. As well as a range of practical tips, there will be some interactive activities where participants can share their experiences and ideas.

Thursday - 26th March
6.30pm - 8.30pm
Community Activity Centre, 36 Barry Road, Thomastown

For bookings and inquiries contact Family Services Education Officer, familytraining@whittlesea.vic.gov.au or 94048865

In Partnership with



Northern Parent Educator Network

ParentZone Northern are excited to continue to convene the quarterly NPEN meetings in 2020 and we look forward to building on our successes of 2019. During 2020 we will continue to meet at ParentZone Northern but will meet on the first THURSDAY of school holidays. We are trialing this to see if this works better as members are often unavailable during term time due to group commitments. We will spend the summer holidays researching topics and speakers and will get out early in 2020 the full schedule for the year. If you would like to be involved in the working group, would like to present or know of a topic you would like to be covered in these meetings, please contact Jo and let her know.

SAVE THE DATE: First meeting of 2020 will take place on Thursday 2nd April 2020

from 10am – 12pm. Topic to be announced early 2020.

Following on from the very successful inaugural forum, the meeting in term 2 will be again replaced with a forum and we are busily organising the theme, speakers and venue so watch this space! The forum topic will be based on the feedback from the first and the topics requested by those who attended.

Our last NPEN meeting of the year had guest speakers Jo and Vicky from Catholic Care Bendigo present on The 'My Kids and Me; strengthening relationships with kids in care' programme. This was a very informative session demonstrating practical activities from the seven week programme.

Parentzone and Family Services news

Family Services and Parentzone will continue to work in partnership throughout 2020 starting off in term one delivering 'Parenting After Violence' together in Lalor area. We will continue to work in partnership to deliver Parents Building Solutions and look forward to Family Services staff trained this year delivering PBS as co-facilitators.

Broadmeadows Women's Community House

Term 1 Programmes

All enquiries – 9301 5250 or womenshouse@anglicarevic.org.au

Let's Play & Let's Play More

Mondays

Cleveland Drive Child and Family Centre

24 - 26 Cnr Essex Way & Cleveland Drive, Craigieburn

Let's Play - 9.00am - 10.30am

Let's Play More - 11.00am - 12.30pm

Out and About

Tuesdays

Broadmeadows Women's Community House

2 Hadfield Court, Broadmeadows

10.00am - 1.00pm

Small Steps & Little Steps

Tuesdays

Broadmeadows Community Hub

Cnr Widford & Freda Streets, Broadmeadows

Small Steps - 9.15am - 10.45am

Little Steps - 11.30am - 1.00pm

Ageing and Feeling Great!

Thursdays

Broadmeadows Women's Community House

2 Hadfield Court, Broadmeadows

10.00am - 1.00pm

Meadow's Primary School Playgroup

Thursdays

Meadow's Primary School

Gerbert Street, Broadmeadows

9.30am - 11.30am

Culturally Inclusive Women's Social Support Group

Fridays

Broadmeadows Women's Community House

2 Hadfield Court, Broadmeadows

10.00am - 12.00pm

Hume City Council English and Emergency Learn and Prepare Classes

Mondays

Broadmeadows Women's Community House,

2 Hadfield Court, Broadmeadows

10.00am - 12.00pm

Snapshot of Parenting programmes in the North

Parent-Child Mother Goose Program

In this 2-day training workshop participants will:

- Learn about the Parent-Child Mother Goose Philosophy
- Learn how to run sessions and how to reach target audiences
- Learn rhymes, songs and storytelling techniques
- Receive a USB loaded with resources

Monday 3rd February & Tuesday 4th February

9.00am - 4.00pm both days

Jade Room, Darebin Intercultural Centre

59A Roseberry Ave, Preston

For bookings please contact,
office@parentchildmothergooseaustralia.org.au



Art and Soul for Dads and Kids

A free school holiday program, designed to provide father's and their children with a fun and interactive environment in which to spend quality time together.

Thursday 23rd January

10.00am - 1.30pm

Anglicare Broadmeadows, 32 Railway Crescent, Broadmeadows

For inquiries or to register please contact: Zenaida at Anglicare Broadmeadows on 03 9301 5262 or 0447 185 875



What's happening elsewhere

Bringing Baby Home

Bringing Baby Home is a workshop for parents transitioning to parenthood. The workshop focuses on:

- Deepening the friendship between you/your partner
- Strengthening communication in your relationship
- Maintaining intimacy
- Managing conflict

Couples with babies are very welcome!

Dates: 22nd February, 2nd May, 27th June, 3rd October, 21st November
9:30am-3:30pm

Book online: www.ccam.org.au

Cost \$85

Contact: 9287 5516



Caring Dads

A parenting-focussed family violence perpetrator intervention program for fathers. The program comprises of 3 individual assessment appointments, and then 17 weekly group sessions of 2 hours duration.

The program is open to fathers living in the North East and North West of Melbourne and is free.

The group starts:

30 January & 17 March

2 hours x 17 weekly group sessions

Accept both professional and self-referrals.

Pre-referral consultations can be completed by calling 1300 938 790.

<http://caringdads.org.au/current-programs/>



Tuning in to Kids for Dads

Tuning in to Kids is a 6 week program that shows you how to help your child develop emotional intelligence.

- Learn how to support your child as they learn and grow
- Help your child to manage their emotions
- Have a happier, more fulfilling family life

This is a free program for dads with children aged 0-3.

Wednesdays 19th February - 25th April

7.00pm - 9.00pm

location: Fawkner - to be confirmed

For inquiries contact Gabrielle Macdonald, Early Links Coordinator on 0438 849 234 or earlylinks@mcm.org.au



Parenting After Separation

A group program for parents to help them and their children adjust to family life after separation.

The Program includes:

- the reactions to separation for parents and children
- information and strategies for parents to support their children
- positive parenting techniques
- ways to develop a new working co-parenting relationship

Relationships Australia
VICTORIA

7th February, 17th April, 19th June, 7th August, 9th October, 27th November

One-day session from 9.30am - 3.00pm

Relationships Australia Victoria, Banyule Community Health, 25-33 Grimshaw Street, Greensborough

Cost: \$150 per person.

\$100 for Health Care Card holders (includes morning tea and lunch)

Bookings are essential as places are limited.

Email: enquiries@greensboroughfrc.org.au or call (03) 9404 7800 to find out more.

Koorie Families as First Educators

Koorie Families as First Educators is an exciting new program for families of young children being provided by the Victorian Aboriginal Child Care Agency (VACCA).

The program employs Koorie Educators to provide in-home support sessions with families or carers of Aboriginal children aged 0 to 5 years, including pregnant mums and partners. The Koorie Educators will work with families around ways they can support their child's learning and development and increase their confidence in their parenting skills. The program is available for families living in the Northern metropolitan Melbourne or LaTrobe regions.



VACCA
Connected by culture

If you would like to hear more about the Koorie Families as First Educators program or are interested in making a referral, please contact: Northern metro region, Olivia Donnini on 03 9287 8800 or oliviad@vacca.org

Important Telephone contacts

Police, Fire or Ambulance 000

Nurse on call 1300 60 60 24

National Home visiting Doctors 13 74 25 (13 SICK)

Poison Information Hotline 13 11 26

Safe Steps - Family Violence Response Centre
(24 hr service – Toll Free) 1800 015 188

Berry Street Northern Family & Domestic Violence Service 03 9450 4700 (Hume Moreland)
Orange Door 1800 319 355 (Banyule, Darebin, Nillumbik, Whittlesea and Yarra)

Darebin Community Mental Health Centre 03 9416 6300

InTouch Multicultural Centre Against Family Violence 03 9413 6500 or Free call: 1800 755 988
Telephone Interpreter Service (TIS) (24 hr) 131 450

Child Protection After Hours Service 131 278

Northern Centre Against Sexual Abuse
(NCASA) 03 9496 2240 or A.H 1800 806 292

Lifeline Crisis and Suicide Support 13 11 14

Beyondblue Information and support Line 1300 22 46 36
Crief Line 9935 7400

Women's Legal Service Victoria 03 8622 0600 or 1800 133 302

Aboriginal Family Violence Prevention and Legal Service 1800 105 303

Kids' Helpline 1800 55 1800

Mensline Australia 1300 78 99 78

Suicide Call Back Service 1300 659 467

Perinatal Anxiety and Depression Australia (PANDA) 1300 726 306

Parentline Victoria 13 22 89

DirectLine – drug & alcohol services 1800 888 236

Headspace 1800 650 890

Switchboard – LGBTIQ support (3pm – midnight only) 1800 184 527

Council of Single Mothers and their Children Victoria (CSMC) 03 9654 0622 or 1300 552 511 (outside Melbourne)