



PARENTZONE SOUTHERN DIRECTORY

Term 1, 2021

Information on groups and programs offered by Parentzone and Community Services across the Southern Region of Melbourne. **Bayside, Cardinia, Casey, Greater Dandenong, Frankston, Glen Eira, Kingston, Mornington Peninsula, Stonnington, Shire of Port Phillip.**

PARENTZONE

**BETTER
TOMORROWS**

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ParentZone welcomes you to an update on 2021

We will continue providing online Programs in Term 1 during 2021 for Parents and Professionals. We will continue to further develop our programs and hope to move towards face to face in the near future as the COVID restrictions continue to ease.

This **ParentZone Southern News Directory** provides a summary of programs that will be available to parents, carers and professionals throughout Term1 2021. Programs may be added throughout the term depending on community needs.

It also includes additional Information about groups and programs offered by Community Services across the Southern Region of Melbourne. This includes Bayside, Cardinia, Casey, Greater Dandenong, Frankston, Glen Eira, Kingston, Mornington Peninsula, Stonnington, Shire of Port Phillip.

It is our intention to provide a voice for all Parenting Programs. We put out a warm welcome to all professionals in the Southern Region who work with the parents and families to attend the meetings and contribute to the Newsletter.

What People are saying about a Program they have attended

“Open discussion, supportive and respectful Communication, very helpful reading Material.

Life can be better at home. That parenting can improve with this program.”

“Loved the print out of all the activities. Good to come away with things.

PBS (Parents Building Solutions) Parenting) Tantrums Tears and trouble really helpful.

Until I came to the program I didn't know how to handle tantrums. This helped me a lot!

Our staff from Pakenham and Frankston offices are working remotely and will transition back to the office in during 2021. You can contact us via phone 03 9781 6767 or email us on parentzone.southern@anglicarevic.org.au


PARENTZONE SOUTHERN PROGRAMS FOR TERM 1 2021

At Anglicare we are committed to ensuring that diversity and inclusivity are embedded throughout our operations for the benefit of all clients, volunteers and staff.


PROGRAMS ARE FREE Several ONLINE Programs are being facilitated this term by Parentzone, co-designed with participants to best meet the current needs of families. These include single sessions, 6 session programs and 8 session specialist programs.

We will deliver our programs online using ZOOM – you will need access to a desktop computer, laptop, tablet or smartphone and an internet connection. **Support to access Zoom is available**


Parents Building Solutions City of Casey

<p>For parents, step-parents, grandparents and carers of children aged 3 - 17 years residing in the City of Casey.</p> <p>Join us online in an interactive program to share experiences and ideas, and learn strategies to support your child</p> <p>Running 2 times throughout term.</p>	
<p>ARE YOU TIRED OF YELLING? How to get kids to listen, without having to yell</p> <p>DEALING WITH ANGER Helping parents, and kids, deal with anger and frustration</p> <p>RESPONDING TO BEHAVIOUR Better understand why children behave the way they do</p> <p>STRATEGIES THAT WORK How can parenting be easier</p>	<p>1st Program Day Thursday afternoons Dates 11th Feb to 18th March 2021 (6 weeks) Time 1.00pm - 2.30pm</p> <p>2nd Program Day Tuesday mornings Dates 16th Feb to 23rd March 2021 (6 weeks) Time 10.00am-11.30am</p> <p>BOOKINGS AND ENQUIRIES: Sandra Phillips at ParentZone Call / text 0447 500 355 or email sandra.phillips@anglicarevic.org.au</p>


Parents Building Solutions

<p>For Parents, Step Parents, grandparents, aunts, uncles and carers of children aged 3-17 years.</p> <p>Join us online for a free and interactive program to share experiences and ideas and learn strategies to support your child</p>	
<p>ARE YOU TIRED OF YELLING? How to get kids to listen, without having to yell</p> <p>DEALING WITH ANGER Helping parents, and kids, deal with anger and frustration</p> <p>RESPONDING TO BEHAVIOUR Better understand why children behave the way they do</p> <p>STRATEGIES THAT WORK How can parenting be easier and</p>	<p>ONLINE Taking bookings and expressions of interest.</p> <p>Please phone for the next Program Michelle Brown at ParentZone Call/text 0429 174 150 Michelle.brown@anglicarevic.org.au</p>


Parents Building Solutions- GIRaFfE - Gender Identity Relationships and Fluidity for Everyone

<p>GIRaFfE is a free one off interactive session online for Mums, Dads, Grandparents, Aunts, Uncles, adult carers to talk about Gender identity relationships and fluidity for everyone</p> <p>Join us online for a free and interactive program to share experiences and ideas and learn strategies to support your child</p>	
<p>At this session let's share ideas and experiences about:</p> <ul style="list-style-type: none"> • How to best support children through change • Acknowledging how they and we are feeling • Communicating their needs to others 	<p>ONLINE Taking bookings and expressions of interest.</p> <p>Please phone for the next Program Michelle Brown at ParentZone Call/text 0429 174 150 Michelle.brown@anglicarevic.org.au</p>

PARENTS BUILDING SOLUTIONS - Parenting Teens


<p>Open to all Dads, Step-Dads, Single Dads and Grand-Dads.</p> <p>Come along and join other Parents and trained facilitators who can help you parent in a way that really works for you. Share experiences, learn new strategies. Online Zoom with Laptop, Mobile Phone or iPad</p>	
<p>Looking for parenting support in today's Australia?</p> <p>Kids using too much technology?</p> <p>You're not alone!</p>	<p>Date and Time TBC</p> <p>Bookings and expressions of interest: Call or Text 0447 500 342 Jasbir Singh Suropada Email: Jasbir.suropada@anglicarevic.org.au</p>

PARENTS BUILDING SOLUTIONS Dads Do Matter

<p>Open to all Dads, Step-Dads, Single Dads and Grand-Dads.</p> <p>Come along to share experiences, learn new strategies. Join us Online Zoom with Laptop, Mobile Phone or iPad</p>	
<p>Connect with other DADS Improving your Confidence & Communication as a Dad Effects of Separation on your Kids Learn strategies and tools that work Learn how to cope with stress Emotions and anger amid COVID 19</p> <p><i>*Certificates issues for this program</i></p>	<p>Date and Time TBC</p> <p>Bookings and expressions of interest Call or Text 0447 500 342 Jasbir Singh Suropada Email: Jasbir.suropada@anglicarevic.org.au</p>

PLAYCIRCLE – Playgroup ONLINE

Stay connected and have some fun



<p>A Safe and supported space for parents and their preschool children</p> <p>Meet other families in the virtual community Explore Abecedarian 3a's Planned visits into the library and local park COVID 19 Permitted.</p>	
<p>ONLINE: USING ZOOM.</p> <p>Details will be provided at time of Booking You will need access to a desktop computer, laptop, tablet or smartphone with camera and microphone functions and an internet connection. <i>Additional support is available if required</i></p>	<p>Day Please phone or email Alison for details Date School Term Time 9.30am to 10.30am</p> <p>Enquiries and Registering Alison 0409 316 620 Alison.krusec@anglicarevic.org.au Ariane.hahn@anglicarevic.org.au</p> <p>ParentZone Mission Australia The communities for Children initiative is supported by the Australian Government</p>

PARENTZONE SOUTHERN BEYOND THE VIOLENCE PROGRAM
for Mothers and their Children

This is a **FREE 8 Week**, online program for women and their children how have been impacted by Family Violence.

Please let get in touch if you have questions. **BEYOND THE VIOLENCE Program for Mums and Children**

REMINDER: Program is ONLINE: USING ZOOM. Details will be given at time of Booking. Access to a desktop computer, laptop, tablet or smartphone with camera and microphone functions and an internet connection are required.

 <p>Anglicare Victoria ParentZone Funded by Mission Australia</p>	
<p>A FREE 8-week program for women and their children who have been impacted by Family Violence.</p> <ul style="list-style-type: none"> • 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? <p>Funded by Mission Australia-A Communities for Children (Casey) initiative Ran by ParentZone (Anglicare Victoria)</p>	<p>Day Monday 8th Feb 2021 (8 consecutive weeks)</p> <p>Mums Program 12:00pm - 2.00pm Kids Program 4.30pm - 5.30pm</p> <p>Online details provided upon booking</p> <p>Bookings essential All enquiries contact: Ariane Hahn Phone, text or email Ph 9781 6725 or 0499 080 468 Ariane.hahn@anglicarevic.org.au</p>

ParentZone Hub at Pakenham Hills Primary School

<p>Our Pakenham office is located at: ParentZone Centre at Pakenham Hills Primary School 75 Army Rd Pakenham It is the yellow building Near the Gym Phone (03) 9781 6767</p>	<p>Our ParentZone Hub Co Coordinator - Would like your ideas! ParentZone at Pakenham Hills P.S. Would like your ideas! (Parents Building To get involved, please register your interest by Contacting: Deb on 0428 654 824 or emailing: deb.davey@anglicarevic.org.au</p>
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Events at the ParentZone Hub T1 2021.

Limited places available – bookings essential!

<p>PARENTZONE HUB - FAMILIES GROWING TOGETHER</p> <p>PREP Parents Coffee Morning</p> <p>Call in for a coffee & chat to meet new & returning parents to Pakenham Hills Primary School for 2021!</p> <p>Don't miss an opportunity to check out the PARENTZONE HUB onsite at Pakenham Hills Primary School!</p>	<p>Day Mon Date 1st February Time 9.00 -10.00am Venue PARENTZONE Hub</p> <p>Enquiries and Registering PARENTZONE HUB Coordinator: Deb on 0428 654 824 or email deb.davey@anglicarevic.org.au</p>
<p>PARENTZONE HUB together with “RECLICK” FAMILIES GROWING TOGETHER Community walking Group</p> <p>Take some time out for you! Meet up for casual community walking group sessions for wellbeing and as a way to connect with other community members of the Pakenham Hills Area.</p>	<p>Day Thursdays Term 1 2021 Date Starts Term 1 2021 Time lunch time between 1.30 and 2.00pm Meet at ParentZone Hub</p> <p>Enquiries and Registering ParentZone Hub co coordinator Deb on 0428 654 824 Or Email deb.davey@anglicarevic.org.au</p>

<p>PARENTZONE HUB ONLINE FAMILIES GROWING TOGETHER Families Connecting through Yoga</p> <p>Come along to a relaxed & shared session for families of Pakenham Hills Primary School in Term One!</p> <p>A qualified Yoga Instructor will take you, and your children, through some gentle moves for well-being.</p> <p>*Please take note of special information guidelines in the session prior to undertaking activity.</p>	<p>Date Wed 10th March Time 3.15pm to 4.45pm Venue PARENTZONE Hub</p> <p>Taking expressions of interest. Please phone for details and to book.</p> <p>ParentZone Hub co coordinator Deb on 0428 654 824 Or Email deb.davey@anglicarevic.org.au</p>
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<p>PARENTZONE HUB ONLINE FAMILIES GROWING TOGETHER</p> <p>PLAYGROUP IN THE PARK</p> <p>Come along to a casual 'PLAYGROUP in the PARK' session as a way to connect with other families of students from Pakenham Hills Primary School.</p> <p>There will also be an opportunity to share ideas about the types of activities that you would like to see on offer at the PARENTZONE HUB.</p>	<p>Date Wednesday 24th Feb Time 9.30am to 11.00am Venue Deep Creek Reserve ,Cameron Way Pakenham.</p> <p>CONTACT PARENTZONE HUB Coordinator: Deb on 0428 654 824 or email deb.davey@anglicarevic.org.au for further information & to register ...</p>
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PEER NETWORKS (Parent, Engagement, Education & Resources)

These will continue to be facilitated on ZOOM

Parentzone operates 4 PEER networks across the Southern Region are a Great Networking Opportunity.

Please let our facilitators know if you would like to attend, these meetings are a fabulous space for all professionals, volunteers, students and others working alongside families, either 'one on one' or in groups.

Also, if you are interested in having a Program facilitated for the parents at your School/Community Centre etc. please contact the person below for your area.

Our networks for parent educators are always a great place to discuss parent engagement, share resources and get to know what's happening in your region

- Come and share new resources,
 - Programs or learning.
 - What are the Gaps in services and how
 - To fill them?
 - What's happening? –
 - Share what we are doing.
 - A professional development segment
 - With guest speakers.
 - COVID19-Challenges in providing
 - Services to communities.
 - For more information or to attend one,
- please contact one of our Parent Resource Co coordinators



PEER NETWORK DATES/TIMES Join Zoom meeting.

Register with Facilitators for a link to ONLINE network meeting.

Cardinia Shire	Jasbir Singh Suropada 0431 203 177 Jasbir.suopada@anglicarevic.org.au	Join Zoom Meeting Phone Jasbir
City of Casey	Sandra Phillips 0447 500 355 or 97816767 sandra.phillips@anglicarevic.org.au	Day Thursday Date 4 th Feb 2021 Time 9.30am-11.30am
City of Greater Dandenong	Jasbir Singh Suropada 0431 203 177 or 9706 8568 Jasbir.suopada@anglicarevic.org.au	Join Zoom Meeting Phone Jasbir
Frankston and Mornington Peninsula	Michelle Brown 9781 6700 or 0429 174 150 michelle.brown@anglicarevic.org.au	Join Zoom Meeting Please phone Michelle for further details

ParentZone Offices

YOU CAN STILL CONTACT THE OFFICE AND SPEAK TO SOMEONE BY PHONE, EMAIL OR ONLINE

<p>ParentZone Southern (2 offices)</p> <p>Phone: (03) 9781 6767</p> <p>75 Army Rd Pakenham, Vic, 3810</p> <p>Level 2, 60-64 Wells Street Frankston</p> <p>Parentzone.southern@anglicarevic.org.au</p>	<p>ParentZone Eastern</p> <p>03 9721 3646</p> <p>666 Mountain Hwy</p> <p>Bayswater 3153</p> <p>Parentzone.errd@anglicarevic.org.au</p>	<p>ParentZone Northern</p> <p>03 8470 9999</p> <p>42 Mary Street, Preston</p> <p>Parentozone.preston@anglicarevic.org.au</p>
<p>ParentZone Gippsland</p> <p>03 5133 9555</p> <p>188-190 Commercial Road, Morwell VIC 3840, Australia</p> <p>Parentzone.gippsland@anglicarevic.org.au</p>		<p>Our ParentZone Offices are running online Programs during the Coronavirus.</p> <p>Please phone or email offices.</p>

WHAT'S ON IN YOUR REGION?

Please send us details of any programs, workshops or support groups that you plan to run in Term 2, 2021 and which section you would like it to appear in before the end of term 4.

parentzone.southern@anglicarevic.org.au

louise.anderson@anglicarevic.org.au

Ph. 9781 6767

Professional Development Term 1 2021

PARENTS BUILDING SOLUTIONS PROFESSIONAL TRAINING

(FORMERLY PHILOSOPHY OF PARENTING – POP)

A comprehensive framework for professionals who work with parents. This core training Will develop practical tools and strategies that professionals can use with parents in any Circumstance.

“This whole training was fantastic and I have learned a lot. It’s something I will use with the Families I work with.” - Family Services Worker

WHO THIS PROGRAM IS FOR: Anyone who works with parents! A wide variety of people have told us they really benefited from this program – social workers, teachers, psychologists, case managers, children’s services workers, family services practitioners, volunteers and residential staff.

<p>LEARNING OUTCOMES</p> <p>Engage parents effectively in conversations about their parenting role by using a strengths based, reflective approach</p> <p>Draw on evidence-based materials from the Parents Building Solutions manual to respond to the expressed needs of parents</p> <p>Articulate a comprehensive framework for parenting based on family values, relationships, and boundaries</p> <p>Through individual, family or group-work, support parents to:</p> <ul style="list-style-type: none"> • Develop known and agreed rules with their family • Implement appropriate discipline, including the use of known and agreed consequences • Develop appropriate expectations for the age and • Help children deal with a range of feelings, and deal with • Build positive family relationships and communication • Support resilience in children <p>METHODOLOGY</p> <p>The program is experiential – combining theory and practice wisdom to give participants fresh insights and practical tools they can use when working with families. The program Parents Building Solutions, developed by ParentZone, is an evidence based program.</p>	<p>WHEN Tuesdays</p> <p>DATES 9,16,23 Feb, 2,9,16 March2021 (6 sessions)</p> <p>TIME 1.00pm-4.00pm</p> <p>WHERE Online via Zoom</p> <p>COST \$340.00 + 10% GST (includes PBS Manual-USB)</p> <p>A limited number of funded places are available free for Volunteers, students, ACCOs & Anglicare Victoria staff. Please contact ParentZone for information on the application process. Participants will receive an electronic copy of the Parents Building Solutions manual. Hard copies of the manual are available for \$93.50 each.</p> <p>TO REGISTER please complete the registration form on the next page and email to michelle.brown@anglicarevic.org.au</p> <p>Following the training, ParentZone may be able to support your organisation to implement learnings from the training Through co-facilitating parenting groups.</p> <p>FOR MORE INFORMATION CONTACT:</p> <p>Michelle Brown – 0429 174 150 michelle.brown@anglicarevic.org.au or Louise Anderson 03 9781 6729 Louise.anderson@anglicarevic.org.au</p>
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2021 PROFESSIONAL DEVELOPMENT PROGRAMS - APPLICATION FORM

First Name:		Surname:	
Agency:			
Position:			
Address:			
Suburb:		Postcode:	
Phone:			
Email:			
<p>To register. Complete form and email to: michelle.brown@anglicarevic.org.au or louise.anderson@anglicarevic.org.. Places will be confirmed with an email</p>			
Register For:	Training Only <input type="checkbox"/> (incl GST)	Training & Manual <input type="checkbox"/> (Incl GST)	

A limited number of free places are available for volunteers, students, Anglicare Victoria staff and ACCOs. If you think you may be eligible, please contact us to discuss how you can apply.

Terms & Conditions: Places are subject to availability. Payment is by cheque or EFT transfer only. Fees will only be refunded if participants withdraw prior to 10 working days before the training date. Parentzone cannot guarantee we will be able to meet all dietary requirements.

Payment:

This form serves as a TAX INVOICE upon receipt of payment.
 Anglicare Victoria ABN: 97 397 067 466

- Cheque (enclosed) payable to Anglicare Victoria
- EFT transfer: please contact for details

Office Use only: Payment rec. ___/___/___ Amt Rec \$: _____ Receipt No: _____
 Confirmation sent:

What is BEYOND THE VIOLENCE FACILITATOR TRAINING

AIMS

Beyond The Violence 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 six sessions of training will assist participants to:

- Understand the impacts of Family Violence on women and children
- Explore strength-based, participant driven group formats both in the community and the online space
- 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 in the online platform and debriefing.
- Training will be delivered by Alison Krusec from Anglicare Victoria. Alison has extensive experience in parent and community education working with women and children that have experienced family violence.

WHAT IS THE BEYOND THE VIOLENCE PROGRAM?

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

The emphasis of the group is on:

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

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

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

BTV is delivered online

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

If you or your agency would like to partner with us to deliver the Beyond The Violence program call Carol on 03 9781 6792 or email Carol.Abery@anglicarevic.org.au

Note: Priority for the facilitator training will be given to professionals who are interested in co-facilitating one or more Beyond The Violence programs during 2021 - 2022. The programs are being scheduled during the school terms in Cranbourne, Dandenong and Frankston.

BEYOND THE VIOLENCE FACILITATOR TRAINING

6 sessions over 3 weeks

Parentzone Anglicare Victoria, funded by Communities for Children Frankston

REMINDER: ONLINE: USING ZOOM

You will need access to a desktop computer, laptop, tablet or smartphone with camera and microphone functions and an internet connection. **This training runs for six half days which must all be completed to attain BTV Facilitator Accreditation**



BEYOND THE VIOLENCE



<p>Do you want to increase your skills in working with parents and children affected by Family Violence?</p> <p>SUITABLE FOR Professionals who have existing group work skills and experience, or a background working with women and children impacted by family violence</p>	<p>Dates Wed 10th Mar & Thurs 11th Mar Wed 17th Mar & Thurs 18th Mar Wed 24th Mar & Thurs 25th Mar</p> <p>Time 9.30am – 1.30pm Where Online using Zoom COST FREE TRAINING</p> <p>Bookings essential. All inquiries please call, text or e-mail Call Erin Surrey 0438 459 891 or email Erin.Surrey@anglicarevic.org.au</p>
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BEYOND THE VIOLENCE FACILITATOR TRAINING – Online

6 4hr Sessions

Parentzone Anglicare Victoria, funded by Communities for Children Windermere

ONLINE: VIA ZOOM

You will need access to a desktop computer, laptop, tablet or smartphone with camera and microphone functions and an internet connection. **All six sessions need to be attended to be accredited. More details on page 2. Priority given to those working in City of Casey.**

PARENTZONE



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

SUITABLE FOR

Professionals who have existing group work skills and experience, or a background working with women and children impacted by family violence

Dates Fri 5 Feb, Fri 12 Feb, Fri 19 Feb , Fri 26 Feb, Fri 5 Mar and Fri 12 Mar 2021

Time 9.30am – 1.30pm

Where Online using Zoom

COST FREE TRAINING

Bookings essential.

Call Alison Krusec 0409 316 620 or email Alison.Krusec@anglicarevic.org.au

Crisis support and Help Lines

LifeLine Anyone having person crisis	13 11 14	lifeline.org.au
Suicide Call back Service	1300 656 467	suicidecallbackservice.org.au
1800 RESPECT	1800 737 732	beyondblue.org.au
Aboriginal Men's 24hour Crisis Support Hotline	1800 435 421	
Safe Steps 24/7 Family Violence Crisis Service	1800 015 188	
Orange Door (Bayside Peninsula/Frankston)	1800 819 917	
Police Assistance Line to report public gatherings of over 2 persons, non-compliance to social distancing or mandatory isolation	13 44 44	
Beyond Blue	1300 22 4636	beyondblue.org.au
Kids Helpline people aged 5-25	Counselling for young 1800 55 1800	kidshelpline.com.au
MensLine Australia	1300 78 99 78	mensline.org.au
Open Arms Veterans and Families Counselling	1800 011 046	openarms.com.au
Sexual Assault Crisis Line	1800 806 292	
Parent line (8.00am to midnight everyday)	13 22 89	
Victims of Crime 98.00am-11.00pm)	1800 819 817	
Grief Line (daily 12 noon-3am)	1300 845 745	

Anglicare Victoria FOSTER CARE Info Sessions

Can you offer a child in need a home-cooked meal, a warm bed and the security of an adult's care? Foster care is a way of offering children a safe, secure and nurturing place to stay while their family is unable to care for them. As a foster carer, you can choose from several different types of 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 encourage people considering foster care to attend a free **information session** in their area. Potential carers can ask extensive questions, learn about the experience, and speak with existing carers. For more information on becoming a Foster Carer, **ring one of the offices below**. To become a foster carer all applicants must read and sign a number of documents and complete background checks. To start the application process, please contact us:

Eastern Melbourne Metro Region 1300 889 335

North Melbourne Metro Region 9301 5200

West Melbourne Metro Region 03 9396 7400

Gippsland Region 03 5135 955

Southern Melbourne Metro Region 03 9293 8500

Bendigo & Loddon Region 03 5440 1100

ANGLICARE VICTORIA FINANCIAL WELLNESS PROGRAM

The Financial Wellness Program aims to support people experiencing financial difficulty. It can help analyse and assess clients' financial situation, provide budgeting support, help clients' access utility and telecommunications companies' hardship programs and government concessions, provide information on financial rights and help with financial literacy, among other supports.

Tracey Grinter, Program Manager, Community Services reflected on the opening of the service.


"Many people experiencing financial difficulty are struggling to adapt to changed circumstances as a result of COVID. This may be the first time that people have sought help from an agency like AV. We aim to provide a compassionate service that delivers effective, practical support".

Using online communication platforms and telephone to work with their clients, the Financial Wellness Program is now fully operational. The program is staffed by a team of new AV employees as part of the Working for Victoria initiative. The team responded to more than 44 calls in their first week of service.

Enquiries and email referrals can be made by providing client contact details and their location to: financial.wellness@anglicarevic.org.au

OTHER ANGLICARE VICTORIA PROGRAMS

Lift up Your Family (LYFT) May be ONLINE

<p>Lift up Your Family (LYFT) A Program for parents and 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.</p> <ul style="list-style-type: none"> • Are You Concerned about Your Young Person's Risk Taking Behaviours? • Are You Struggling To Communicate With Your Young Person? <p>Are You Tired Of Yelling?</p> 	<p>DATES: Please contact the LYFT team. Not confirmed at this stage. This will be happening.</p> <p>COST: FREE</p> <p>BOOKINGS: Bookings essential</p> <p>For bookings and enquiries contact: Lucinda Bray on 0417 416 748 or Lucinda.Bray@anglicarevic.org.au</p> <p>Erin Platt on 0438 812 131 or Erin.Platt@anglicarevic.org.au</p>
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Communities for Children plus Cardinia

Anglicare Victoria- Communities for Children is funded by the Australian Government Department of Social Services.

Presented in collaboration with Australian Childhood Foundation

“CFC Frankston and Cardinia run a variety of community based workshops/webinars that are aimed at addressing the needs of vulnerable children and families through community capacity building. Please contact for all enquiries and upcoming events”?

These details will be released at a later date:

Throughout 2020 some of these included

NDIS HOT TIPS (CFC Cardinia) ran With ParentZone

Does a child in your care have a Disability?
 Are you finding the National Disability?
 Insurance Scheme (NDIS) difficult to Navigate?

THRIVING AT HOME DURING THE HOLIDAYS

Developing resilience as a family
Managing emotions.
Maintaining the family's mental health and well being

UNDERSTANDING CHILDHOOD TRAUMA

How to recognise and respond to trauma based behaviour in children
How to apply practical strategies in a variety of settings, including clubs, homes and education settings
Where to seek further information and support

PARENT'S GUIDE TO ONLINE GAMING. WEBINAR

AUTISM SPECTRUM DISORDER. WEBINAR FOR THE AFRICAN COMMUNITY.

CfC Frankston Community Workshop Series and Webinars

Designed for local sport and recreational groups, parents, carers and volunteers who are seeking information and practical strategies?

These details will be released at a later date:

Runs similar webinars and workshops as CFC Cardinia for the City of Frankston area.

Throughout 2020 some of these included

Assisting Kids to build Healthy Relationships (CFC Frankston)

Presented by Trinity Kids this workshop was an information session on equip attendees with a greater understanding of:

What is a healthy relationship?

The role of culture in the development of identity and how the culture of your club or setting can impact

Resilience, self-esteem, self-awareness, and how they prevent bullying behaviour

The importance of boundaries and why they are essential in relationship

ADHD, neuro-diversity and additional needs

Attention Deficit Hyperactivity

Disorder (ADHD)

The impact of combined diagnoses and additional behavioural challenges

Strategies for assisting ADHD kids to thrive

Where to find appropriate resources and gain assistance.

FROM JANUARY THEY SHOULD BE ABLE TO ASSIST WITH WHAT IS RUNNING IN 2021
CFC_Southern@anglicarevic.org.au

[Update/Links on some services](#)

Department Of Health and Human Services

For updates on Covid19, tips on how to stay safe and resources to help you get through.

<https://www.dhhs.vic.gov.au/coronavirus>

Raising Children's Network and Online Resources

There is a Coronavirus Family Section

Please follow link for this and resources on topics such as: Pregnancy; Newborns; Babies; Toddlers; Pre Schoolers; School Age; Pre-Teens; Teens; Grown Ups; Autism; Disability <http://raisingchildren.net.au/>

Up-to-date, evidence-based, scientifically validated information about raising children and caring for yourself as a parent or carer. It gathers this information and translates it into everyday language with plenty of real-life examples.

Based on the evidence, it describes and explains various parenting methods and options and let people choose for themselves, depending on what suits their circumstances. It gives people tools and practical ideas to apply in their own situations – it doesn't tell them what to do.

It offers facts without a hidden agenda. If the science is unclear, or if there's evidence for more than one approach to an issue, it lets people know about the different approaches and their risks and benefits.

Reach Out

It's been a stressful time all around the world as we deal with coronavirus (COVID-19) and the uncertainty it brings. What life will look like over the next few months has changed and you might be feeling anxious about what this means. Here are some resources to help you manage your wellbeing through all this https://au.reachout.com/collections/coping-during-coronavirus?qclid=EAlaIQobChMI7lXX5OC86qIV0HwrCh3KbQJZEAYASAAEgJvKvD_BwE

Service/Details	Phone/Website/Links/Other Details
<p>FAMILY VIOLENCE ORANGE DOOR Orange Door is 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.</p> <p>It is free to access help and support through The Orange Door and you do not need a referral.</p> <p>Orange Door is open in Barwon, Bayside Peninsula (this includes the whole Peninsula).</p>	<p>Phone: 1800 015 188 Website https://www.vic.gov.au/familyviolence/the-orange-door.html</p> <p>For Urgent assistance call Triple Zero 000</p> <p>STILL OPERATING DURING THE CORONAVIRUS (COVID 19) OUTBREAK. <u>CONTACT YOUR LOCAL SERVICES FOR SUPPORT IN AN EMERGENCY DIAL 000</u></p>
<p>SAFE STEPS (24/7 FAMILY VIOLENCE RESPONSE PHONE LINE) For confidential support and information call Safe Steps on Phone 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.</p>	<p>1800 015 188 Email: safesteps@safesteps.org.au You can also chat to us online between 9am and 9pm, Monday to Friday</p>
<p>DVRCV (DOMESTIC VIOLENCE RESOURCE CENTRE VICTORIA) (Preventing violence, promoting respect) Resources and listings of support</p>	<p>https://www.dvrcv.org.au/support-services/victorian-services</p>
<p>ASK SOMEONE This website can help direct you to family violence support in the region south of Melbourne (Bayside, Melbourne South East and Peninsula)</p>	<p>Website www.asksomeone.org.au</p>

Services Hotlines and links

Service/Details	Phone/Website Links/ other Details
<p>WHISE Women's Health in the South East works to improve the health and wellbeing of women in the Southern Metropolitan Region of Melbourne, with a focus on the prevention of violence</p>	<p>Phone (03) 9794 8677 Website www.whise.org.au Address Level 1, 70 St Kilda Road, St Kilda, VIC 3182</p>
<p>WAYSS (Greater Dandenong, Casey, Cardinia, Frankston) WAYSS supports people who are at risk of, or experiencing, homelessness or family violence due to family violence in: Dandenong, Casey, Cardinia, Mornington Peninsula & Frankston.</p> <p>This service's Family Violence specialists can assist with:</p> <ul style="list-style-type: none"> • Access to crisis accommodation • Information on future housing options • Information and support • Safety planning • Advocacy • Referral to services, including counselling, housing, material aid, health, legal and court support • Limited financial assistance. • WAYSS also offers after hours response to women and their children who have been placed in emergency accommodation or require support within Greater Dandenong, Casey or Cardinia 	<p>Phone Numbers for each Area Women's Services Dandenong (03) 9791 6111 Women's Services Frankston (03) 9770 286 Women's Services Casey Cardinia (Berwick & Pakenham) (03) 9703 0044 Women's Services Cranbourne (03) 5996 3333</p> <p>Website http://www.wayss.org.au/ Email info@wayss.org.au</p> <p>Operates Monday-Friday, 9-5.</p>

Services Hotlines and links

Service/Details	Phone/Website Links/ other Details
<p>Support Groups ADHD; Dementia; Drugs And Alcohol etc. On line help available. Some groups may not be happening at the moment and others are under Covid safe plans.</p>	<p>Please check with City Council Areas</p> <p>Bayside https://www.bayside.vic.gov.au/ Cardinia Shire https://www.cardinia.vic.gov.au/ Casey https://www.casey.vic.gov.au/ Frankston https://www.frankston.vic.gov.au City of Glen Eira https://www.gleneira.vic.gov.au City of Kingston https://www.kingston.vic.gov.au Mornington Peninsula shire https://knowyourcouncil.vic.gov.au/councils/mornington-peninsula</p> <p>City of Port Phillip www.portphillip.vic.gov.au City of Stonnington https://www.stonnington.vic.gov.au/Home</p>
<p>Men's Sheds Victoria Victorian Men's Shed association has a list of men's Sheds operating in Victoria. Opening times, contact numbers and new Covid19 opening guidelines. Some of these are open and operating. Resources for Men are also available on the site</p>	<p>https://www.vmsa.org.au/</p> <p>0408 465 228</p> <p>vmsa@vmsa.org.au</p>
<p>SIKHS AUSTRALIA Provide freshly cooked vegetarian meals for those in need of support, delivered. Free Food home delivery service for the elderly, single mums, homeless people, unemployed, self-isolated, health workers, international students and those facing hardship due to covid 19 Delivery areas include:</p>	<p>Phone or text your order before 12pm each day</p> <p>0423 359 279</p> <p>0401 509 236 www.sikhvolunteersaustralia.org https://www.facebook.com/sikhvolunteers.australia/</p>

Aspendale, Aspendale Gardens, Baxter, Braeside, Berwick, Bittern, Bonbeach, Carrum, Carrum downs, Chelsea Heights, Clayton, Clyde North, Chelsea, Cranbourne, Dandenong, Hampton Park, Hastings, Junction Village, Keysborough, Lynbrook, Lyndhurst, Mordialloc, Mentone, Mornington, Mount Elia, Moorooduc, Narre Warren, Nobel Park, Parkdale, Seaford, Skye, Somerville, Springvale, Tooradin, Tyabb	Delivery Times 5pm to 7pm Daily
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NEIGHBOURHOOD HOUSES VICTORIA **these have to open with Covid Safe Plans so some may be closed. Please Phone..** For your local Community House please click on this link

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

Updated 20/12/2020

Salvation Army Offices Due to COVID-19, many of our locations are operating differently to normal. Please call your local Centre before visiting to ensure it is open and able to assist you. These Stores are closed due to covid 19 restrictions. Go to Website via link to check if they have opened yet. As of 20/09/2020

<https://www.salvationarmy.org.au/need-help/>

_Clyde North; Cranbourne North; Hastings

Details and Phone numbers for some of the Community Welfare Salvation Army Offices that are ABLE TO HELP,

Salvation Army CHRISTMAS LUNCH BALD HILL PAKENHAM OFFICE: This year, The Salvation Army will be offering a Christmas Day Community Lunch for anyone that would otherwise be lonely or have nowhere to go for lunch –everyone is welcome!

WHERE: The lunch will be held at The Salvation Army, 51 Bald Hill Rd, Pakenham

WHEN: Friday 25 December between 11.30am-1pm.

Numbers are limited and bookings are preferred. Please contact John Cooper at The Salvation Army on 5941 4906 or 0457 077 099 for further details or to book. Thank you to John, Amanda and The Salvation Army team for continuing to support our local community.

Salvation Army In certain areas, we have been able to shift our service delivery to phone and video calls. While we recognise that this interrupts an essential component of our service – close social connection and engagement – it ensures we are still able to provide the physical and emotional support needed in these times.

It's best to Phone.

**Salvos Op Shops
Community Support Services**

You can continue to shop and support Salvos Stores by visiting our [online store](#), with hundreds of new items being listed from stores across the country each day.

Salvation Army In certain areas, we have been able to shift our service delivery to phone and video calls. While we recognise that this interrupts an essential component of our service – close social connection and engagement – it ensures we are still able to provide the physical and emotional support needed in these times.

In other areas, we have made adjustments to ensure we can keep supporting the most vulnerable while following guidelines to help contain the spread of COVID-19.

It's best to Phone.

Keep updated here
<https://www.salvationarmy.org.au/need-help/>
13 SALVOS (13 72 58)

Bentleigh community Support Services
87 Robert Street
BENTLEIGH VIC 3204
(03) 9557 2644

Berwick Community Welfare
(03) 9704 1940
Corner Parkhill Drive & Ernst Wanke Rd
BERWICK VIC 3806

Cranbourne Community Support Services
Phone (03) 5995 0133

Carrum Downs Community Support
2a Firth Close
Carrum Downs
Ph. 9775 1915

Dandenong Community Support
147-151 Foster Street
DANDENONG VIC 3175
Ph. (03) 9484 3500

Dandenong Money Care Financial Services

September 20 2020 update. Contact Details

<https://www.salvationarmy.org.au/need-help/> **13 SALVOS (13 72 58)**

Noble Park Support Services
14-16 Buckley St
Noble Park 3174
Ph. 9547 8629

Pakenham Community Support Services
51 Bald Hill Rd
Pakenham Vic
(03) 5941 4906

Peninsula SalvoCare Eastern Homelessness & Support Services
37 Ross Smith Avenue East
FRANKSTON VIC 3199

SalvoCare Eastern Homelessness & support Services (Peninsula – Rosebud)
17-19 Ninth Ave

<p>Salvos Op Shops You can continue to shop and support Salvos Stores by visiting our online store, with hundreds of new items being listed from stores across the country each day. Most should be open now.</p>	<p>147-151 Foster Street DANDENONG Vic 3175 (03) 9794 3507</p> <p>Frankston North Community Support Corner Forest Dve and Stringybark Cres Frankston North 3200 9776 8456</p>	<p>Rosebud Vic 3939 Ph. (03) 5986 0000</p>
<p>Australian Red Cross Provision of care packages (primarily food) to isolated and vulnerable members of the community via Crisis hotline registration. We are delivering food and relief packages to the door through our partners at Australia Post.</p>	<p>https://www.redcross.org.au</p> <p>1300 606 833 All enquiries and requests for emergency food and essential relief packages please call the COVID-19 hotline 1800 675 398. www.dhhs.vic.gov.au/coronavirus</p>	<p>Please contact and register.</p>

Programs and Support in each Local Government Area

City of Bayside

Program/Service	Contac/Link/Websites	Dates/Times/Venues
<p>Bayciss is a registered not for profit community charity that provides a range of services for community members living in Bayside & parts of Kingston. Bayciss are open week days during for anyone seeking assistance. They encourage people to call and speak to one of their volunteers who are there to assist! All services available including Family Counselling, casework, legal advice, NILS applications, utility assistance information, referrals, advocacy and support. During COVID they are also offering home delivery to encourage people to stay home and safe! This of course may have changed. Phone first.</p>	<p>https://www.facebook.com/bayciss/ https://bayciss.org.au/ Castlefield Centre 9598 0662 Hampton East Centre 9555 6560 or 9555 9910</p>	<p>Opening hours during COVID Please ring first Updated December 2020 Days Weekdays Times 10.00am to 4.00pm</p>
<p>Care packages Free care packages are available for residents with no access to food and essential supplies under a program introduced by the Victorian Department of Health and Human Services to support people in mandatory self-isolation, who have little or no food, and no network of family and friends to support them. Call 1800 675 398 to order a care package.</p>		
<p>BayCISS provides emergency relief by offering food parcels and/or vouchers, information, advocacy, casework and referral services to residents experiencing isolation or financial difficulty. Please visit the agency located at 12 Katoomba Street, Hampton East or give us a call on 9555 9910. Opening hours are 10am to 2pm each weekday. If you are unable to get through on the phone, you can email manager@bayciss.org.au or via their website</p>		
<p>Bayside City Council General Community information during COVID-19 Please do not attend any Bayside City Council facilities or services if you are unwell or have been exposed to a confirmed or suspected case of COVID-19. the council site has several resources and details of programs running ONLINE during COVID19 Sharps Collection For assistance with sharps collection</p>	<p>(03) 9599 4444 or Contact Us Online https://www.bayside.vic.gov.au/children-and-teens-bayside-libraries Environmental Health Department 9599 4417 to make an appointment</p>	<p>All events scheduled have been cancelled or postponed. Keep an eye on Council's Facebook and Twitter pages for more information on any changes to scheduled events. Please Phone for appointment for Sharp Collection</p>

Program/Service	Contac/Link/Websites	Dates/Times/Venues
<p>Council support in your home We provide a range of services designed to support older residents, or the person you care for, to stay active and independent for as long as possible:</p> <ul style="list-style-type: none"> • Meals and shopping; Transport; Cleaning assistance; • Showering and hygiene assistance Safety related home maintenance; Respite care <p>Our staff adhere to strict health and hygiene guidelines as outlined by the Department of Health and Human Services</p> <p>Assistance with Finance NILS is offered by 170 local community organisations in over 600 locations across Australia.</p> <p>Chances are there'll be a local NILS provider near you or one who can help over the phone.</p> <p>Household items like fridges, washing machines, TVs and furniture</p> <p>Medical procedures and dental services Education essentials such as computers and text books</p> <p>Car repairs or registration</p> <p>Some other items as requested.</p> <p>Household items like fridges, washing machines, TVs and furniture</p> <p>Medical procedures and dental services Education essentials such as computers and text books</p> <p>Car repairs or registration</p> <p>Some other items as requested</p>	<p>Contact us on 9599 4444 t to find out more about these services.</p> <p>Call 1800 675 398 to order a care package.</p> <p>https://www.bayside.vic.gov.au/covid-19-and-bayside-city-council-services-facilities</p> <p>Contact us on 9599 4444 to find out more about these services.</p> <p>Call 1800 675 398 to order a care package.</p> <p>https://www.bayside.vic.gov.au/covid-19-and-bayside-city-council-services-facilities</p>	<p>Please contact the council if you need these services and you meet the criteria.</p> <p>They can also assist you register for priority online shopping services and pharmacy deliveries.</p> <p>LINK FOR MORE DETAILS. https://nils.com.au/#about</p>

Program/Service	Contac/Link/Websites	Dates/Times/Venues
<p>Bayside Libraries are currently closed. Do need to make a reservation due to number limit</p> <p>No bookings are required, however there is a limit of 40 people in the library at any given time, so there may be a slight delay before you can enter. In keeping with safety requirements, staff will greet you in the foyer and collect your contact details</p> <p>Online learning/ videos, book chats, clubs and other things available online or on face book page.</p>	<p>Bayside Libraries. In keeping with the State Government’s Roadmap for Reopening a reservation is needed to pick books up. FACEBOOK https://m.facebook.com/baysidelibraryservice/</p> <p>WEB SITE https://www.bayside.vic.gov.au/watch-storytime-bayside-libraries</p>	<p>As of December 2020 Reservations can now be collected from Hampton, Beaumaris and Brighton Library between Time 10am-6pm Monday-Friday without needing to make an appointment.</p>
<p>Storytime You will find Lots of recordings are there for you to sit down and look at with the kids. You can find our Librarians, Nan and Sam and Mel, on Bayside Library's Facebook page. Check them out telling stories, just like you were at the library. There are lots of stories on there.</p> <p>https://www.facebook.com/pg/baysidelibraryservice/videos/?ref= page internal</p>	<p>Bayside Library Service https://m.facebook.com/baysidelibraryservice/</p>	<p>Day Tuesdays Time 10.30am</p> <p>Where On the Bayside Library Facebook Page</p> <p>These stay on the Facebook page. So you can watch them over again.</p>
<p>TOY LIBRARY Not open at time of printing this due to COVID restrictions.</p> <p>However Facebook has some great video’s with activities for the Kids.</p>	<p>Bayside Toy library and links to others can be found on the Bayside Toys Face Book Page: https://m.facebook.com/BaysideToys/</p>	<p>Go to face book link provided or phone the City Council.</p>

<p>AUSLAN STORY TIME Experience a visual language in this interactive session with our storyteller and an Ulsan interpreter signing some favourite stories</p>	<p>Bayside City Council Ph. 9599 4444 or see www.bayside.vic.gov.au for further details and bookings https://www.bayside.vic.gov.au/watch-storytime-bayside-libraries</p>	<p>ON WEBSITE Bayside Library Service</p>
<p>BAYSIDE FAMILY VIOLENCE</p>		
<p>https://www.familylife.com.au/news/supporting-the-community-during-covid-19/ Please check site and ring before attending any Family life Programs during Covid.</p>		
<p>The Orange Door In Bayside Peninsula (includes Frankston) Still operating during the Coronavirus (Covid-19) outbreak. Tell a worker if you use communication aids or require an interpreter, including Auslan.</p>	<p>1800319353 bpa@orangedoor.vic.gov.au 60-64 Wells St Frankston : www.orangedoor.vic.gov.au 1800 319 353</p>	<p>This service is available during all stages of Covid. Free Service Opening Hours 9am-5pm 5 days a week.</p>
<p>SAFE STEPS The safe steps response phone line connects women (this includes anyone who identifies as female including trans and gender diverse individuals) and their children with specialist support workers who can help them explore their options, develop a safety plan and access supports that allow them to live safe from family violence. Emergency Accommodation If you are at risk and need to leave your home environment, safe steps can arrange immediate safe accommodation for you and your children.</p>	<p>To talk to a safe steps support worker, call 1800 015 188. The safe steps phone line is open 24 hours a day. 7 days a week, every day of the year including public holidays. If you have been threatened or you are fearful for yourself, a child or family member – call 000 Emergency or Police</p>	<p>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. Phone: 1800 015 188 Email: safesteps@safesteps.org.au</p>

<p>safe steps has a range of accommodation options available dependent on your circumstances</p>	<p>MORE ABOUT ACCOMODATION ASSISTANCE OFFERED</p> <p>To talk to a specialist family violence support worker about accommodation options, call safe steps now on 1800 015 188.</p>	<p>You can also chat to us online between 9am and 9pm, Monday to Friday.</p> <p>What happens when you call safe steps</p>
<p>Peninsula - Family Violence Support Services Program supports women and children experiencing or recovering from family violence. As part of the program, we offer casework, counselling and links to legal support, housing services and support groups. Staff also work with women to plan their safety. Safe refuge and emergency accommodation is arranged for women and children at immediate risk. Good Shepherd's Peninsula Family Violence Refuges are accessible through the Safe Steps Family Violence Response Centre.</p>		<p>Good Shepherd Contact If you need family violence support, please call 03 5971 9444. If you need emergency accommodation, please call 1800 015 188. Unit 1 & 6, 184 Salmon Street Hastings, Victoria 3915 03 5971 9444 hastings@goodshep.org.au</p>
<p>The Salvation Army is committed to keeping our family and domestic violence services accessible whilst addressing the COVID-19 restrictions. We are also advocating for increased funding and support to respond to the consequences of isolation policies in violent relationships.</p> <p>Australia's essential COVID-19 policies have a dangerous impact on the frequency and severity of family violence incidents. Google searches on domestic violence increased by 75% in one State alone since the COVID-19 pandemic. Family and domestic violence services expect an increase in demand to flow, which we anticipate will only grow over time.</p> <p>Please contact us if you need to. If secure and private digital communication is an issue, have a look at these tips first. https://www.esafety.gov.au/key-issues/covid-19/advice-women-domestic-violence</p>		<p>If you are in Australia and you feel unsafe right now, or hear fighting, shouting or noises that sound like violence, call the police on Triple Zero (000) or contact 1800RESPECT (1800 737 732)</p>

Other Bayside Services Contact Service or City Council to see what there restrictions are.
 For SHARC (addiction) check with directory. <https://www.bayside.vic.gov.au/communitydirectory/self-help-addiction-resourcecentre-inc> Phone 9573 1700
 Koorie Gatherings for: City Of Bayside; City Of Kingston; City of Stonnington; City Glen Eira Southern Melbourne Partnership

For more information, contact:
 Chris
 0402 311 989
 cedmonds@smpcp.org.au

<p>PLAYGROUPS</p> <p>Please phone or go to link for Play group Victoria.</p> <p>A number of Online ZOOM events are happening throughout January</p>	<p>Playgroup Victoria</p> <p>Dates Times and bookings</p> <p>www.playgroup.org.au</p> <p>For at Home with baby resources click on link https://www.playgroup.org.au/playgroup-at-home/baby-playgroup/</p>	<p>Check website for locations and online ZOOM events over the Holiday season and other times.</p>	<p>Please phone for 2021</p> <p>Jan 2021</p> <p>Dates 10,5,7,8,11,12,14,15,18,19, 21, 22, 25, 26, 28,29th Jan.</p> <p>Please click on link for further details and to book.</p>
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Cardinia Shire

Parenting Programs		
Program/Service	Contact	Other Details
<p>Anglicare Victoria ParentZone</p> <p>Is running several programs in Term 1 2021. For all details see the beginning of the newsletter.</p>	<p>Anglicare Victoria ParentZone</p> <p>Jasbir Suropada</p>	
<p>Uniting</p> <p>, Connections run various groups through Cardinia, Casey and Greater Dandenong</p>	<p>Uniting</p>	
<p>Cardinia Follow Bless Collective Food Van and Care Packages</p> <p>aims to strengthen the community by providing collective services, programs,</p>	<p>https://www.facebook.com/theblesscollective/</p> <p>To request a care pack Email info@follow.church</p>	
<p>Feeling is Thinking Programs assist children aged 6 – 12 years with their relationships and expressing their feelings.</p> <p>Girls World - Programs are to assist with self-esteem and personal development for year 8 girls.</p> <p>Music Together is a music therapy program for pre-school children and their parents/carers.</p> <p>Seasons for Growth is a program for children, young people or adults who have experienced significant change or loss.</p>	<p>Connections Pakenham</p> <p>Several Offices Pakenham 03 5945 3900</p> <p>Also on face book and twitter https://www.unitingconnections.org.au/contact-us/office-listings/pakenham# https://www.unitingconnections.org.au/contact-us/office-listings/pakenham#</p>	<p>Level 2, 50 Station Street Pakenham VIC 3810</p> <p>Please phone. Programs may still be online. Details not known at this stage.</p>

Shire of Cardinia

Turning into Kids is a group for parents/carers of children up to 10 years of age, to help them tune into the child in their care.		
School Focussed Youth Service		
Family Violence Programs and Support		
Program/Service	Contact	Other Details
Safe Steps Kids Helpline: 1800 55 180	24/7 Family Violence crisis service 1800 015 188	
1800 RESPECT 1800 737 732	1800 737 732	
Police Assistance Line:	13 44 44	
Windermere: 1300 946 337		
Making changes group is for women of all ages who are experiencing or have experienced intimate partner family violence.	Connections	
Who's in Charge? 7 week program for parents or carers of young people (8 to 18) who are beyond control, violent or defiant.		
Community Relief/support for all ages		
Program/Service	Contact/Link/Websites	Dates/Times/Venues
Myplace Youth Services and youth facilities updated Covid details. Click on link https://www.cardinia.vic.gov.au/info/20057/coronavirus_covid-19_online_help_hub/785/	Cardinia Shire Council Contact the team during business hours (8.30am to 5pm) on 1800 496 884 or myplace@cardinia.vic.gov.au	To Register For any of these and for further details: call 1800 496 884 Or Email myplace@cardinia.vic.gov.au

Shire of Cardinia

<p>MyPlace Perceptions enjoy some out of the box conversation. To join contact My Place Youth Facility and we will email you to the Zoom link</p> <p>Myplace Rhyme, Read and Play New for young parents aged up to 24 years with children 0-3 years old. To join contact My Place Youth Facility and we will email you to the Zoom link</p> <p>Myplace Youth Services and youth facilities</p>	<p>https://www.cardinia.vic.gov.au/info/20057/coronavirus_covid-19_online_help_hub/785/</p> <p>Contact the team during business hours (8.30am to 5pm) on 1800 496 884</p>	<p>Day Mondays Time 4-6pm</p> <p>Day Tuesdays Time 4-5pm</p> <p>Day Wednesdays Time 11.00-12noon</p>
<p>Cardinia Follow Bless Collective Food Van and Care Packages aims to strengthen the community by providing collective services, programs,</p>	<p>https://www.facebook.com/theblesscollective/ To request a care pack Email info@follow.church -</p>	<p>Please include your full name, phone number, address, Health Card -card number with expiry date (if you have one), and how many dependent children are living with you. Please state in the email the reason for your application so we can respond to you as quickly as possible</p>

Community Relief and Support

Program/Service	Contac/Link/Websites	Dates/Times/Venues
<p>SIKHS Australia -Gurudwara Siri Guru Nanak Darbar Providing food relief to members of the community. Delivers twice a week freshly cooked vegetarian meals for</p>	<p>SIKHS Australia To register or for more information: Email: info@sgnd.com.au Ph: 0421 061 177</p>	<p>SIKHS Australia -Gurudwara Baba Budha Sahib Ji Providing freshly cooked vegetarian meals for those in need of support</p>

Shire of Cardinia

<p>Living & Learning Pakenham appreciates this second lockdown may be particularly challenging for the community, During this Covid 19 second lockdown:</p> <p>If you are feeling overwhelmed, having relationship problems, family difficulties, work stresses, financial strains or just feel like having a confidential phone chat or Zoom meeting with our trained and qualified counsellor, you are welcome</p>	<p>phone reception on 5941 2389</p> <p>Email. admin@livinglearning.org.au.</p> <p>OR on our Facebook page</p> <p>Website https://www.livinglearning.org.au/</p>	<p>Any member of the Community who may require telephone counselling or general support can contact our wellbeing manager via phone or email for a free initial consultation. (A small charge may apply for ongoing counselling</p>
<p>St Luke’s Cockatoo</p> <p>In association with Food Bank Vic are running a food bank service each week for local residents</p>	<p>To register or for more information, call Ph: 5968 8459</p>	<p>Need to register. Phone for more details</p>
<p>Shire of Cardina COVID-19 Youth Services Directory.</p> <p>Food, financial or housing support, employment, mental health support, general health, family violence and sexual health support, education, general services</p>	<p>https://www.cardinia.vic.gov.au/youthservicesdirectory</p> <p>If you can’t find it in the directory call 1800 496 884</p>	<p>If you can’t find it in the directory call 1800 496 884 and speak to someone from the Youth Services Team</p>
<p>Neighbourhood Houses and Community Centres</p> <p>Council suggests you contact these. Link will take you to A-Z records of Neighbourhood Houses and Community Centres in the Area.</p>	<p>These are closed at the moment. With the easing of restrictions some services with alter.</p>	<p>https://www.cardinia.vic.gov.au/directory/25/neighbourhood_houses_and_community_centres</p>

Shire of Cardinia

Echo Cockatoo Youth and Family Services Food aid, financial services, youth mentoring, playgroups, school chaplaincy and digital mentoring to support young people and their families.

Echo is currently offering food aid for people in need across the Hills at The Food Store in Cockatoo every Monday. Please call St Luke's Church in Cockatoo on 5968 8459 and leave a message that you need food. You will be contacted to arrange a pick-up time (in line with physical distancing requirements).

Echo-Cockatoo NILS The No Interest Loan Scheme (NILS) provides individuals and families on low incomes with access to safe, fair, and affordable credit. Loans are available for up to \$1,500 for essential goods and services such as car repairs, new fridges or washing machines, and medical procedures. Repayments are set up at an affordable amount usually over a 12 month period.

To be eligible for NILS you must hold a Centrelink Health Care Card or a Pensioner Concession Card or earn less than \$45,000 a year after tax (\$60,000 for couples or people with dependants).

No Fees – No Charges – No Interest – No Credit check is required for this loan

What can I use it for?

NILS helps people to avoid high interest loans and it can be used for items such as education expenses, laptops, health expenses, car repairs and registration, household appliances

Echo

Email info@follow.church

- please include your full name, phone number, address, Health Card card number with expiry date (if you have one), and how many dependent children are living with you

<https://echo.org.au/nils/>

Email info@follow.church

- please include your full name, phone number, address, Health Card card number with expiry date (if you have one), and how many dependent children are living with you.

Please call St Luke's Church in Cockatoo on 5968 8459 and leave a message that you need food. You will be contacted to arrange a pick-up time (in line with physical distancing requirements).

Contact a NILS worker by phone on 0427 895 596 (Weekdays 9am to 5pm) or email nils@echo.org.au

Please state in the email the reason for your application so we can respond to you as quickly as possible.

Priority will be given to you if you: have suddenly lost your job and are waiting on Centrelink payments; are aged 60 and over; are isolated and aged 16 to 24 are in mandatory isolation due to returning from overseas/interstate Are unwell; on VISAs unable to receive Centrelink; refugees

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<p>and furniture. It cannot be used for cash, holidays, rent or fines.</p> <p>support and genuine love to those who are undervalued, isolated and disadvantaged within the Cardinia Shire and beyond (via a food van & care packs) Care packs for people who are unable to get support from family and friends.</p>		
Community Relief and Support		
Program/Service	Contac/Link/Websites	Dates/Times/Venues
<p>Bunyip and District community House Provisions of free food and material aid to those in need</p>	<p>Ph 0481 895 509</p>	<p>Mondays and Wednesdays Time 9.00am-12pm Beswick St, Garfield</p>
<p>CASI (Community Activation and Social Isolation Initiative) If you are feeling lonely or isolated due the COVID-19 pandemic you can access social, emotion or practical support by contacting the Cardinia Shire Council’s Community Connector. The Community Connector can link you in with services to help meet your needs</p>	<p>Shire of Cardinia The Community Connector Ph 1300 787 624</p>	<p>Please phone the community Connector if you are feeling isolated.</p>
<p>Meals on Wheels. Meal delivery service to people aged over 65+ within the Cardinia Shire. For aboriginal and Torres Strait islander people, this service is available for those aged 50+ within Cardinia Shire.</p>	<p>Ph 03 8573 4960</p>	<p>There may be a small Cost for this service dependent upon individual circumstances</p>

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<p>PLANET SHAKERS</p> <p>Emergency Food Relief Centre, including toiletries and baby products, for anyone facing serious food insecurity.</p>	<p>Planet Shakers</p> <p>Ph 03 9896 7999</p>	<p>RCS Products, 12 Bormar Drive, Pakenham. Sundays 10.30am to 3pm</p> <p>Identification is required on arrival for check in</p>
<p>HEADSPACE PAKENHAM</p> <p>Free services you young people aged 12 to 25 needing mental health support, primary health and drug and alcohol support.</p> <p>Reduced staff on site and other measures taken to help protect visitors and staff from COVID-19. So please phone.</p>	<p>Headspace</p> <p>Corner Main St & McGregor Road, Pakenham 1800 367 968</p> <p>Website: https://headspace.org.au/headspace-centres/pakenham/</p> <p><u>Group chats</u></p> <p><u>Connect with a clinician e headspace online support and counselling</u></p>	<p>Opening hours</p> <p>Days Tuesday to Thursday Time 10am to 6pm</p> <p>When we are closed please contact Headspace Narre Warren</p>
<p>BETTER PLACE AUSTRALIA</p> <p>Free or low-cost mediation and psychology/financial counselling services.</p> <p>Although face-to-face services have been suspended due to COVID-19, Better Place are still delivering a range of services to young people and families in Cardinia Shire via phone or video link.</p>	<p>Better Place</p> <p>https://www.betterplaceaustralia.com.au/</p> <p>Phone 1800 862 363 No referral needed.</p>	<p>Day Monday to Friday, TIME 9am to 5pm; limited after-hours appointments available</p>

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Mental Health		
Program/Service	Program/Service	Program/Service
<p>YSAS(Youth Support and Advocacy Service)</p> <p>YSAS engages, supports and strengthens highly vulnerable and high-risk young Victorians affected by, or at risk of being affected by, alcohol, drugs, mental health issues and social disconnection.</p> <p>YSAS continues to provide support over the phone. There is no face-to-face contact during COVID-19.</p> <p>Young people and their families already engaged with YSAS can still contact workers directly</p>	<p>YSAS</p> <p>https://www.ysas.org.au/</p>	<p>Ph: 9701 3488 (drug and alcohol outreach team)</p> <p>Ph: 9701 3688 (youth support service)</p>
<p>Reach OUT</p> <p>For under 25's.</p> <p>Click on link for services</p> <p>There is information on Taking care of yourself; how to delay with uncertainty; stories from young people during covid; dealing with bad news; how to talk to your teen ager about covid, Staying socially connected and more</p>	<p>REachout</p> <p>https://au.reachout.com/collections/coping-during-coronavirus</p> <p>Online forums link</p> <p>https://forums.au.reachout.com/</p>	
<p>Turning Point Church Koo Wee Rup</p>	<p>Turning Point Church</p> <p>Ph: 03 5997 2217</p>	<p>Please Phone</p>

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Food service preparation and provision is running. Pick up only Services are provided BY APPOINTMENT ONLY. KWR also offers health and welfare assistance		
ERMHA Easter Regions Mental Health Association	PH: 1300 376 421	Please Phone
Providing services for people facing challenges resulting from disability, mental illness, trauma or substance abuse.		
Aboriginal and Torres Strait Islanders Support		
Aboriginal Men's 24 Hour Crisis support hotline	Ph: 1800 435 799	Please phone
Talking it over. Brother to Brother – call Dardi Munwurro to discuss family violence issues, parenting issues, communication, separation, relationship stress.		
Bunurong Health Service	Bunurong health Service	Please Phone
Aboriginal Health Service. Culturally appropriate health and wellbeing care.	Ph: 03 9794 5933	
Dardi Munwurro women's online support group	Ph: 0428 987 905 or 0419 550 981	When: Every Monday in August Time: 1:00–3:00pm Registration: Please contact the team in the Dardi Munwurro women's unit for the Zoom link. Please Phone
online support group is an empowering service that supports women who are assisting children with remote learning.		
Elizabeth Hoffman House	Ph 1800 796 112	Please Phone, if you can't get them and are in danger phone 000
Support and counselling services for Aboriginal women and their children experiencing family violence		

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Casey Cardinia Libraries Updates and Dates for December 2020 and January 2021

All libraries are open again, with density limits in place.

7 to 20 December 2020

Monday to Friday: Emerald and Pakenham 10am to 6pm

Mobile library: normal hours and route.

Saturday 12 and 19 December 2020

Emerald: 10am to 2.30pm for click and collect

Pakenham: 10am to 4pm for click and collect.

Mobile library: normal hours at Bunyip

21 December 2020 to 3 January 2021

Monday to Friday: Branches open 9am to 4pm

Mobile library: Last stop at 3.30pm each day, check [Casey Cardinia Libraries website](#) for full timetable.

Saturday 2 January 2021

Emerald: 10am to 2.30pm for click and collect

Pakenham: 10am to 4pm for click and collect.

Mobile library: Normal hours at Bunyip.

4 January to 30 January 2021

Monday to Friday: Branches open 9am to 6pm

Saturday: Normal opening hours at all locations

From 31 January 2021

Normal opening hours including weekends.

- **'Click and collect' of binge bags and collection of items on hold available:** You can place holds for items via the [catalogue](#) or [app](#) then once you've been notified the hold is available, bring your library card to the library during opening hours to collect.
- [Free home delivery services](#) are available.
- [The mobile library](#) is running its regular route again and is also running every Saturday.
- Return chutes open 24/7 (but please do not use them if you do not feel well).
- [Online library events](#) are taking place.

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Shire of Cardinia and City of Casey Libraries

CITY OF CASEY AND Shire OF CARDINIA LIBRARIES UPDATE

Program/Service	Contac/Link/Websites	Dates/Times/Venues
<p>Our libraries are located at Bunjil Place (Narre Warren) Cranbourne, Doveton, Emerald, Endeavour Hills, Hampton Park and Pakenham, with the Cardinia Mobile Library providing weekly service to Beaconsfield, Bunyip, Cockatoo, Garfield, Gembrook, Koo Wee Rup, Lang Lang, Maryknoll, Nar Nar Goon, Tynong and Upper Beaconsfield. Casey Cardinia Libraries is a member of the Libraries Victoria Consortium which includes 25 Victorian public library services.</p> <p>Updated 20/12/2020</p> <p>This system allows you to search our entire collection, as well as place holds on books, magazines, DVDs, CDs, audiobooks and plenty of other material, including in other languages.</p> <p>You can also download eBooks, eAudioBooks, eMagazines and other digital content. https://www.cclc.vic.gov.au/browse/</p>		
<p>DARI, FARSI, SINHALESE, HINDI, ARABIC, TURKISH, AND ENGLISH STORYTIME</p> <p>Join us on our website for stories and a fun craft activity! Dari is one of Casey’s fastest growing home languages. Home languages play an important role in engaging children in rich language environments, supporting their literacy development and nurturing connections to culture. Everyone is welcome!</p>	<p>Casey Cardinia Libraries https://www.cclc.vic.gov.au/multilingual-storytimes/</p>	<p><u>On Web Site</u></p> <p>Where On Website follow link</p> <p>https://www.cclc.vic.gov.au/multilingual-storytimes/</p>
<p>TINIES TIME VIDEOS A special Rhyme Time aimed at Babies and toddlers up to age 3 . Discover how your library can help support your baby’s growth and development. Learn how easy it is to share books and songs with your baby and the importance of these early literacy years.</p>	<p>Casey Cardinia Libraries</p> <p><u>On Web Site</u></p> <p>https://www.cclc.vic.gov.au/early-literacy/</p>	<p><u>On Web Site</u></p> <p><u>Videos and links on site</u></p> <p>https://www.cclc.vic.gov.au/early-literacy/</p>

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Program/Service	Contact/Link/Websites	Dates/Times/Venues
<p>EARLY PARENTING UNIT Kooweerup Regional Health Service Day program for parents with children 012 months focussing on sleep settling and feeding issues. PARENTING SUPPORT DURING COVID Staff are continuing to support parents with extended phone consultations and increase outreach and postnatal care. Please continue to contact the Early Parenting unit for support. Our infant feeding program continues to be available for phone consults</p>	<p>Kooweerup Regional Health Service 5997 9674 www.kooweeruphospital.net.au</p>	<p>PHONE CONSULTATIONS HAPPENING. Please phone</p>
<p>MATERNAL AND CHILD HEALTH SERVICE Please phone. MCHS running slightly differently</p>	<p>Cardinia Shire Please note all centres and sessions are by appointment only. Please phone 5945 4250 to arrange an appointment at specific centres: Andrews Centre; Beaconsfield Centre; Beaconsfield Upper Centre; Bunyip Centre; Cockatoo Centre; Emerald Centre; Hollings Centre; Home Garth Centre; Koo Wee Rup Centre; Lakeside Centre; Lang Centre; Nar Goon Centre Or visit http://www.cardinia.vic.gov.au/Page/Page.aspx?Page_Id=1480&nc=5 Advice and information is also available on the Maternal and Child Health Service 24-hour line - phone 13 22 29</p>	
<p>KINDERGARTENS Information about applying for kindergartens for families in Cardinia Shire https://www.cardinia.vic.gov.au/kindergarten</p>	<p>The Kinders Together cluster operate a variety of Kindergarten programs throughout Cardinia Shire. Visit www.kinderstogether.com.au or phone 03 5629 2067 for more information. Kindergartens Victoria https://www.vic.gov.au/kinde</p>	

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Program/Service	Contact/Link/Websites	Dates/Times/Venues
<p>WINDERMERE SERVICES DURING COVID.</p> <p>UPDATE TILL 22 JULY</p> <p>CHECK SITE OR PHONE</p> <p>As a precaution and in the interest of public health we are taking the step to close all Windermere sites and suspend all in person/face to face appointments as of 5 pm Monday 22nd June. Our work sites are now closed and are scheduled to re-open on 22 July.</p> <p><i>During this time our staff will continue to work from home and provide supports to you in alternative ways – we are not stopping services only temporally closing our sites to assist in the government’s aim of reducing possible further transmission of COVID-19.</i></p> <p>We have not made this decision lightly and feel it is the most responsible thing to do.</p> <p>What happens now?</p> <p>Should you have any in-person/face to face appointments scheduled during the next two weeks your case worker, if they haven’t already, will be in touch with you to reschedule.</p> <p>We will continue to monitor the situation and take advice from the government and relevant authorities and keep you updated with any new information as it arises. Should you have any questions or need to contact any of our team please call 1300 946 337.</p>		
<p>KOORIE KIDS PLAYGROUP- VACCA Gather and meet other Koorie families, sing and dance, play with other Koorie Kids, listen to stories and learn about culture.</p>	<p>Victorian Aboriginal Child Care Agency (VACCA) Playgroup worker 9701 4200 0408 948 755</p>	<p>Please Phone VACCA to see what services they may be offering</p>
<p>IRIBANA Autism Services Irabina’s community hub in Pakenham provides individual and group programs to families and organisations</p>	<p>Email - autism@irabina.com or Irabina (03) 9720 1118 Pakenham Branch Ph.: 03 8658 6636</p>	<p>Please phone IRABINA during covid</p>

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ParentZone Parenting Programs Family Violence

Program/Service	Contact/Link/Websites	Dates/Times/Venues
<p>Parents Building Solutions Ran by ParentZone Program details at the beginning of the newsletter. Dates/times/contact</p>	<p>Anglicare Victoria ParentZone</p>	
<p>Feeling is Thinking Programs assist children aged 6 – 12 years with their relationships and expressing their feelings.</p>	<p>Connections Cranbourne Several Offices</p>	<p>184 Sladen Street PO Box 5636 Cranbourne VIC 3977 Please phone. Programs may still be online.</p>
<p>Girls World Programs are to assist with self-esteem and personal development for year 8 girls.</p>	<p>Cranbourne 03 5990 8400</p>	
<p>Music Together is a music therapy program for pre-school children and their parents/carers.</p>	<p>Also on face book and twitter https://www.unitingconnections.org.au/contact-us/office-listings/cranbourne#</p>	<p>Details not known at this stage. For other areas go to correct section.</p>
<p>Seasons for Growth is a program for children, young people or adults who have experienced significant change or loss.</p>	<p>https://www.unitingconnections.org.au/contact-us/office-listings/cranbourne#</p>	
<p>Turning into Kids is a group for parents/carers of children up to 10 years of age, to help them tune into the child in their care.</p>		
<p>CISS (Cranbourne Information & Support Services) a not-for-profit information and referral organisation that provides support services to the Casey South community. We are staffed by trained volunteers and paid, professional staff. Services and programs provided by CISS include:</p> <ul style="list-style-type: none"> • Information and referral 	<p>Phone/Web Site/FaceBook updates (03) 5996 3333 @ciss@cranbourneiss.org.au Facebook updated by Centre</p>	<p>Ph. (03) 9784 5000 Fax (03) 9783 8232 156 Sladen Street, Cranbourne https://www.facebook.com/cranbourneiss Due to the advice about the COVID-19 virus and limiting social contact, CISS will be</p>

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<ul style="list-style-type: none"> • Crisis support • Counselling • Financial counselling • Case management • Advocacy and negotiation • No Interest Loan Scheme (NILS) • Education assistance program • Tax Help See Less 	<p>If you require ANY assistance or support, please phone us on 5996 3333 between 9:30 am and 4:00 pm Monday to Friday</p>	<p>providing a phone only service until further notice.</p> <p>Our aims are to protect our community and to continue to provide Emergency Relief and other services to those who need it. All ER interviews, counselling and financial counselling support will be delivered via phone or email.</p> <p>. It is likely we will be busy, so please be patient as we continue to provide our services in a slightly different way.</p>
<p>Casey North CISS a not-for-profit information and referral organisation that provides support services to the Casey North community. We are staffed by trained volunteers and paid, professional staff. Services and programs provided by CISS include:</p> <p>Community information Emergency Relief Support Services Crisis Support Counselling Emergency Relief Financial counselling No Interest Loan Scheme Financial Literacy Program Tax help Keeping it Together Resources on Web Site</p>		<p>Casey North CISS</p> <p>No. 2, 30-32 Verdun Drive</p> <p>Narre Warren, VIC 3805</p> <p>Phone 03 9705 6699, 03 9705 6699</p> <p>Email cnciss@caseynorthciss.com.au</p> <p>https://www.caseynorthciss.com.au/</p>

ParentZone Parenting Programs

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Program/Service	Program/Service	Program/Service
<p>KEEPING IT TOGETHER WEB SERIES are held. Please contact for 2021 Programs.</p> <p>One of Novembers 2020 Programs included COPING WITH THE HOLIDAYS 2020 has been a very difficult and stressful year, with many families doing it tough! A presentation for women in the Casey, Cardinia and surrounding areas to support themselves and their families.</p>	<p>Casey North CISS To register or for further information please contact Vicky Desouza P 9705 6699 E vdesouza@caseynorthciss.com.au</p>	<p>To register use link https://www.caseynorthciss.com.au/pub/1fa2a3c2/editor-uploaded-image/KIT%20online%2029th%20Oct%202020.jpg</p> <p>For 2021 Programs please contact.</p>
<p>TUNING INTO KIDS (Cranbourne) ONLINE</p> <p>Develop and enhance your parenting skills, focusing on building your relationship with your child. 6 sessions per group that run for 1.5hrs each. Group is delivered online via Zoom Webinar.</p> <p>Do you Have a child aged three to seven years? Have difficulty managing your child's behaviour? Want to strengthen your parenting skills? Want to learn ways to better connect with your child? Feel concerned about the level of conflict in your home?</p>	<p>Relationships Australia https://www.relationshipsvictoria.com.au/courses/relationship-education/category/8 Cranbourne Office (03)5990 1900 Closes at 5.00pm</p>	<p>Running Term 1 2021. Bookings open.</p> <p>Day Wednesday Date 3, 10, 17, 24 Feb and 3, 10 March Time 9.30-11.30am</p> <p>Term 2 2021. Bookings open Day Wednesday Date 21, 28 April, 5, 12, 19 May 2021 Time 9.30-11.30am</p> <p>A brief telephone assessment will held prior to the group, to confirm that this group is suitable for your circumstances.</p> <p>Please note: only parents attend this program. Children cannot be accommodated in groups.</p>

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<p>BALLA BALLA COMMUNITY CENTRE</p> <p>Will be conducting programs and activities in accordance with Government guidelines.</p> <ul style="list-style-type: none"> • Activities planned will be conducted online. • Subscribe to our weekly newsletter email. • Centre will re-open to the Public when Government guidelines authorises us to. <ul style="list-style-type: none"> • Sanitization stations available. • Sign in on entry required. • Places may be limited for some activities. Some include: 	<p>Ph: 5990 0900</p> <p>Email admin@ballaballa.com.au</p> <p>www.ballbballa.com.au</p> <p>https://www.together.vic.gov.au/school-holidays-activities</p>	<p>Term 1 2021 programs not available at this stage.</p> <p>Programs and support offered in 2020 included:</p> <p>Men’s Discussion group each week Cuppa and chat theme Days Ageing in your home Safe Seats Safe Kids NBN Scams Awareness Facilitated Playgroup Cranbourne Toy library Get your ART on Kids Art Program Little Kickers (18mths-7yrs) Play therapy Australia Virtual Reality and Game Design for teens</p> <p>Please Phone to see what is on in 2021 and to book</p>
<p>CASEY CONNECT LEARN</p> <p>Find the perfect activity, class or group for you right on your doorstep. Follow link, put in activity and the site does the work. Not everything is in here, but it has a lot.</p>	<p>https://caseyconnectlearn.com.au/</p>	<p>Click on link</p>

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Program/Service	Contact/Link/Websites	Dates/Times/Venues
<p>PLAYGROUPS</p> <p>To see when these are running again please keep updated via the council link</p>	<p>City Of Casey Free supported playgroups</p> <p>City of Casey customer service.</p> <p>03 9705 5200 Or email</p> <p>playgroupReferral@casey.vic.gov.au</p>	
<p>PLAYGROUPS</p> <p>Please phone or go to link for Play group Victoria.</p> <p>A number of Online ZOOM events are happening throughout January</p>	<p>Playgroup Victoria</p> <p>Dates Times and bookings</p> <p>www.playgroup.org.au</p> <p>For at Home with baby resources click on link https://www.playgroup.org.au/playgroup-at-home/baby-playgroup/</p>	<p>Check website for locations and online ZOOM events over the Holiday season and other times.</p>
<p>KOORIE KIDS PLAYGROUP-</p> <p>Gather and meet other Koorie families, sing and dance, play with other Koorie Kids, listen to stories and learn about culture. Includes healthy morning tea and lunch.</p>	<p>Victorian Aboriginal Child Care Agency</p> <p>9701 4200</p>	<p>Not running with Covid Restrictions. Phone as they change.</p>

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DADS PROGRAMS AND SUPPORT		
Program/Service	Contact/Link/Website	Dates/Times/Venues
<p>Repair-enting (Cranbourne) Online</p> <p>A structured group program for dads who have used violence in their relationships 10 sessions per group. 1.5 hour sessions</p> <p>A program for men who have completed a Men’s Behaviour Change Program in the past year, and who are currently parenting children on a part- or full-time basis, or are hoping to redevelop a relationship with their children. The program covers:</p> <ul style="list-style-type: none"> • fathering – how it’s changed • developing short- and long-term parenting goals • positive discipline • providing structure • what legacy do you pass on? • problem solving • understanding how children think • providing warmth. 	<p>https://www.relationshipsvictoria.com.au/courses/relationship-education/course/133/22</p> <p>Relationships Australia</p> <p>Cranbourne Centre</p> <p>03 5990 1900</p> <p>This course is delivered online via Zoom webinar. More information will be provided upon registration.</p> <p>Please note: only parents attend this program. Children cannot be accommodated in groups.</p> <p>A brief telephone assessment will held prior to the group, to confirm that this group is suitable for your circumstances.</p>	<p>Term 1 2021</p> <p>Day Thursday</p> <p>Date 11,18,25Feb, 411,18,25 Mar, 15, 22 April</p> <p>NO sessions on the 1 or 8 of april.</p> <p>Time 6.30pm</p> <p>Term 2 2021</p> <p>Day Thursday</p> <p>Date 6,13,20,27 may, 3,10,17,24 June, 15 July.</p> <p>No session on 1 or 8 July</p> <p>Time 6.30pm</p> <p>Free of charge</p>

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<p>MEN'S BEHAVIOUR CHANGE</p> <p>Program and support ran in Cranbourne North, Pakenham, Berwick, Dandenong and Narre Warren.</p>	<p>Relationships Australia</p> <p>https://www.relationshipsvictoria.com.au/courses/relationship-education/category/8</p> <p>Cranbourne Office (03)5990 1900 Closes at 5.00pm</p> <p>Narre Warren and Cranbourne North (03) 5911 5400 closes at 5.00pm</p> <p>mailto:cranbournenorth@rav.org.au</p> <p>Berwick Office Ph. 8768 4111</p> <p>Email: enquiries@berwickfrc.org.au</p>	<p>To be advised.</p> <p>Please contact. These Programs are booked ahead of time and get booked out.</p>
<p>TUNING INTO KIDS for DADS (Cranbourne) ONLINE</p> <p>Sessions are 1.5hrs. 6 sessions per group.</p> <p>Suitable for fathers who: have a child aged 12 or under? Have difficulty managing your child's behaviour? Want to strengthen your parenting skills? Want to learn ways to better connect with your child? Feel concerned about the level of conflict in your home?</p>	<p>Relationships Australia</p> <p>https://www.relationshipsvictoria.com.au/courses/relationship-education/category/8</p> <p>Cranbourne Office (03)5990 1900 Closes at 5.00pm</p>	<p>Running Term 1, 2. Take bookings ahead. 2021</p> <p>TERM 1 Day Tuesday Date 9. 16. 23. February. 2 and 9th March Time 6pm -7.30pm</p> <p>TERM 2 Day Tuesday Dates 4th, 11th 18th March, 13th, 20th 27th April Time 6.00-7.30pm</p>

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<p>MEN’S BEHAVIOUR Change Programs and Support Groups (Cranbourne North) Men’s Behaviour Change Programs (MBCP) are for men wanting to end their use of violence and other problem behaviour in their relationships. The programs are designed to help men to stop hurting the people they love most, and in the process become better partners, better fathers and develop an improved sense of self.</p>	<p>Relationships Australia Cranbourne North 5911 5400</p> <p>We deliver this program from several locations across Cranbourne North, Pakenham, Berwick, Dandenong and Narre Warren. Please contact us for more information about upcoming programs. - To be advised</p>	<p>Please Call our Cranbourne North Centre to arrange a time for an assessment where you will have a one-on-one interview.</p> <p>This will involve talking about what has been happening in your family and relationships, telling you more about the programs and helping you identify the behaviours you want to change.</p> <p>Program staff will also make contact with your family to offer support and any assistance they might want. We do this because people exposed to family violence need support</p>
<p>Department of Justice and Regulation</p>	<p>Cranbourne Justice Service Centre</p> <p>176 Sladen Street</p> <p>Cranbourne</p> <p>Ph.: 1300 292 936</p>	<p>Please phone during Covid</p>
<p>DADS MATTER</p> <p>READ-PLAY-MAKE NARRE WARREN – DADS MATTER PROGRAM</p>	<p>Contact City of Casey</p> <p>To register contact City of Casey on 9705 5200 or email dadsmatter@casey.vic.gov.au</p>	<p>Please phone or email during Covid 19</p>

City of Casey

<p>TIME FOR A CHANGE</p> <p>Men’s behaviour change program designed to help men address those issues & stop using any forms of abuse & violence in their relationships with others.</p> <p>ONLINE COUNSELLING</p> <p>Provides the opportunity for to access professional support from an experienced counsellor, when and where it suits you. Our counsellors listen to your concerns, and provide practical advice and resources to support you to find ways to manage your situation.</p>	<p>Relationships Australia</p> <p>Cranbourne Centre</p> <p>03 5990 1900</p> <p>https://www.relationshipsvictoria.com.au/assets/PDFs/Flyers/Online-Counselling_-_Flyer-W18019-PC.pdf</p> <p>Relationships Australia</p> <p>Cranbourne Centre</p> <p>03 5990 1900</p>	<p>Please phone and book next running of this. These programs book out</p> <p>Please phone or go to link</p> <p>This is Offered and you will need to ring for this service</p>
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City of Casey

<p>City of Casey. Teenage School Holiday Program Summer 2021</p>	
<p>bookings are essential and can be completed at casey.vic.gov.au/holidays</p> <p>Week 1 11th-14th bookings close 7h January</p> <p>Week 2 18th-21st bookings close 14th January</p> <p>Phone for transport Details and bookings</p>	<p>Contact the City of Casey</p> <p>Web: casey.vic.gov.au/youth</p> <p>Phone: 9705 5200</p> <p>NRS: 133 677 (National Relay Service)</p> <p>TIS: 131 450 (Translating and Interpreter Services)</p> <p>Contact event organiser</p> <p>Veronica Stanley</p> <p>Email: vstanley@casey.vic.gov.au Phone: 9705 5200</p> <p>Mobile: 0418 327 136</p> <p>City of Casey Youth Services</p>
<p>MONDAY 11 JANUARY</p> <p>GUMBUYA WORLD</p> <p>Venue: 2705 Princes Highway, Tynong</p> <p>Time: 10.00 am - 3.30 pm</p>	<p>WEDNESDAY 13 JANUARY</p> <p>Tik Tok Masterclass - online workshop</p> <p>Time: 1:00 PM - 2:00 PM</p> <p>Cost: \$5</p>

City of Casey

<p>Cost: \$35</p> <p>Transport included (see back of flyer) BYO money for lunch, bottle of water, sunscreen, hat, bathers & towel TUESDAY 12 JANUARY</p> <p>BEACH DAY</p> <p>Venue: Cowes Beach, Cowes</p> <p>Time: 11.00 am - 2.00 pm</p> <p>Cost: \$5</p> <p>Transport included (see back of flyer) BYO lunch, bottle of water, sunscreen, hat, bathers & towel MONDAY 18 JANUARY</p> <p>OMG Yoga - online workshop</p> <p>Time: 1:00 PM - 2:00 PM</p> <p>Cost: \$5</p> <p>TUESDAY 19 JANUARY</p> <p>Kayaking Adventure</p> <p>Venue: Lysterfield Lake, Lysterfield</p> <p>Time: 10.00 am - 1.00 pm</p>	<p>THURSDAY 14 JANUARY</p> <p>Art Attack</p> <p>Venue: 4/1 Vesper Drive, Narre Warren</p> <p>Time: 11.00 am - 2.00 pm</p> <p>Cost: \$10</p> <p>Transport included (see back of flyer) BYO lunch and bottle of water WEDNESDAY 20 JANUARY</p> <p>Wednesday Flix</p> <p>Venue: Hoyts, Frankston</p> <p>Time: 10.00 am - 1.00 pm</p> <p>Cost: \$10</p> <p>Transport included (see back of flyer)</p> <p>BYO lunch, money and bottle of water</p> <p>THURSDAY 21 JANUARY</p> <p>Underwater Quest</p>
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City of Casey

<p>Cost: \$30</p> <p>Transport included (see back of flyer)</p> <p>BYO lunch, bottle of water, sunscreen, hat, bathers & towe</p>	<p>Venue: 16 N Cranbourne Rd, Frankston</p> <p>Time: 11.00 am - 2.00 pm</p> <p>Cost: \$5</p> <p>Transport included (see back of flyer)</p> <p>BYO lunch, bottle of water, bathers & towel</p>
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City of Frankston

Program/Service	Contact/Link/Websites	Dates/Times/Venues
<p style="text-align: center;">ANGLICARE PARENTING PROGRAMS At the beginning of the newsletter Click on Link PARENTZONE</p>		
<p>PARENTZONE ARE RUNNING A NUMBER OF ONLINE PROGRAMS THIS TERM. Click on link to see what is happening</p>		
<p>. Frankston City Council</p> <p>Parent and Guardian Education Programs</p> <p>Keep an eye on Web site for when these are running again. Phone Council to see if you can get your name on a waiting list</p> <p>Ebdale Community Hub and Learning Centre, 20 Ebdale St Frankston Mahogany Rise MCHC, 24 Jenkins St Frankston Nth Botany Park Maternal and Child Health Centre, 53 Lyrebird Dve, Carrum Downs Seaford MCHC, 41 Railway Pde, Seaford Montague Park MCHC, Bentley Place, Frankston Cube 37, next to Frankston Arts Centre, Davey St, Frankston and Lakewood Child and Family Centre, 107-109 Raphael Cres, Frankston</p>	<p>Frankston City Council</p> <p>Links to Programs. Keep a look out</p> <ul style="list-style-type: none"> • Baby Cues • Baby Makes 3 • Boost Up Blues - 8 Week Program • Early Parenting - Books and Babes • Foods For Babies • Infant Massage 0-6 months • Sleep and Settling 0-4 months Newborns • Sleep and Settling 6-8 Months • Sleep and Settling Toddler 12+ Months • Play Ideas for Toddlers • Toilet Training 	<p>For more details about Programs, click on links and phone council to find out when the next one is running and to book</p> <p>Bookings</p> <p>FREE - Bookings are essential on 9784 1756</p> <p>Programs are run at various locations:</p>

Groups and Programs

Program/Service	Contact/Link/Websites	Dates/Times/Venues
<p>KARINGAL HEIGHTS PRIMARY SCHOOL PLAYGROUP</p> <p>A fun-filled facilitated playgroup for WHEN: children 0-5 years and their parents/carers to come together to play and interact. Join us for play based activities, arts and crafts, stories and songs, conversation and laughter</p>	<p>Anglicare Victoria Karingal Heights Primary School Enquiries: For more information, please contact Naomi on 0438 280 375 or email: naomi.law@anglicarevic.org.au Our playgroup is open to ALL local families, not just KHPS families! No need to pre-register, just come along and join in the fun</p>	<p>Please phone for 2021 Program details.</p>
<p>PARENTING GROUPS AND PROGRAMS AS PART OF THE FSFI</p> <p>Programs and groups held in conjunction with local Schools. Available to Parents outside the schools or inside. Contact school for dates and times</p>	<p>Frankston School & Family Initiative (FSFI) Karingal Heights Primary – Phone: (03) 9789 3288 Email: karingal.heights.ps@edumail.vic.gov.au Naranga School - Phone (03) 9788 2222 E-mail - naranga.ss@edumail.vic.gov.au Kingsley Park Primary School - Telephone 03 9789 0077 Email: kingsley.park.ps@edumail.vic.gov.au Mahogany Rise Primary School – phone (03) 9786 3211</p>	<p>Please Phone City Council</p>

Groups and Programs

Mental Health/Family Violence/Adolescent Violence/Drugs/Alcohol		
Program/Service	Contact/Link/Websites	Dates/Times/Venues
<p>EMPOWER YOUTH Inviting young people 14-18 to come along and build the skills you need to help you on your way. Explore your goals, Boost your health, fitness and wellbeing, kick</p>	<p>headspace@headspacefrankston.org.au www.facebook.com/headspacefrankston Phone 9769 6419</p>	<p>sight has some Resources Contact Head Space to see what online programs and assistance they have. Follow links</p>
<p>KEEPING FAMILIES SAFE- A 10 week program for parents and adolescents (12-17) to attend where adolescents are violent or abusive in the home. Opportunities to develop strategies for behaviour change with a focus on rebuilding trusting, respectful family relationships.</p>	<p>Peninsula Community Health Access – 1800 655 781 For next program dates Agency referral/self-referrals accepted, interview prior to registration www.peninsulahealth.org.au https://www.peninsulahealth.org.au/services/peninsula-health-community-health/keeping-families-safe-program/</p>	<p>Chris Blakey Phone Chris Blakey for Details 1800 655 781 To join our program phone ACCESS on 1300 665 781</p>
<p>Kindred Art Space. Mental Health Centre providing specialist Art Therapy Services</p>	<p>Kindred Art Space Mental Health Centre mailto:info@kindredartspace.com.au</p>	<p>To find out more about Sara, her approach and book a free 'Meet & Greet' - https://www.kindredartspace.com.au/therapist-directory/listing/sara-grace</p>

Groups and Programs

<p>Sara works with all age groups, including children and teens, and focuses on individual needs within a person-centered Framework. Sara is trauma-informed with understanding the importance of providing a holistic approach to healing, including a sensory and cognitive approach.</p>	<p>Services are available for NDIS participants</p>	
Program/Service	Contact/Link/Websites	Dates/Times/Venues
<p>DRUG AND ALCOHOL COUNSELLING SERVICE , FRANKSTON</p> <p>Counsellors and Nurses can give you help with problems that you are having with alcohol or other drugs. We provide individual appointments and group session</p>	<p>Peninsula Health - Frankston Community Health Billing: Fees and Bulk Billing</p> <p>Wheelchair access: Yes</p>	<p>12 Hastings Road, FRANKSTON, VIC, 3199</p> <p>Opening Hours 8.30am-5.00pm</p>
<p>MINDFUL PARENTING</p> <p>A 3 week small group program for parents/expectant parents up to 25.</p>	<p>headspace@headspacefrankston.org.au</p> <p>www.facebook.com/headspacefrankston</p> <p>Phone 9769 6419</p>	<p>Follow links for Website and facebook page.</p> <p>Phone Headspace for 2021 Programs and if you need help.</p>
<p>CHAMPS</p> <p>A free, peer-support group program for 8-12yo children who have a parent with a mental illness. Parents also welcome.</p>	<p>Peninsula Health Peninsula Health FaPMI Coordinator (Families where a Parent has a Mental Illness) 9784 6999 Sarah</p>	<p>Please follow link or call</p> <p>MHFaPMI@phcn.vic.gov.au</p>

Groups and Programs

<p>Kids and parents can meet others in a similar situation, learn about mental health and self-care, all through lots of fun games and activities!</p>		
<p>Residential rehabilitation is a treatment option for people who have already started their journey to recover from drug issues. Services provide 24-hour supervision by suitably qualified staff in a live-in program that typically emphasises self-help and peer work to support reintegration into community living. People stay on average for three months, engaging in activities that support lasting behavioural change, social and life skills development and relapse prevention, including counselling and group work.</p>	<p>Contact the state-wide drug treatment information and referral service, Direct Line on 1800 888 236</p>	<p>Please Phone</p>

Groups and Programs

Community Support		
Program/Service	Contact/Link/Websites	Dates/Times/Venues
<p>Community Support Frankston This service is still operational during The Covid 19 pandemic. CSF will however be offering Frankston residents a telephone and email-based assistance service. You will be able to speak with an interviewer, who will assess your current needs and discuss how we can provide Emergency Relief and essential supports to you.</p> <p>Pantry items; food parcels; pre made meals; bread; fruit & vegetables; personal hygiene products; laundry vouchers; payment of bills.</p>	<p>CSF (Community Support Frankston) csf@frankston.net</p> <p>9783 7284</p> <p>Telephones will be manned by our volunteer workers during the following hours:</p>	<p>Please Phone first. Phones are manned</p> <p>Monday to Friday 9.30am - 3.30pm</p>
<p>St Vincent De Paul At a time of self-isolation, the St Vincent de Paul Society will continue to meet the needs of people in need of support, while ensuring the community and our members, volunteers and staff are safe.</p> <p>Frankston services include assistance with food, clothing, and furniture.</p> <p>Our services to the community are NOT closed. But there are some changes to the way we go about our business because of COVID-19</p> <p>There will be more telephone and web-based contact. The Society will continue to monitor the situation and provide as much assistance as we can.</p>	<p>St Vincent De Paul</p> <p>Ph. 9769 6060</p> <p>Ring for an appointment</p> <p>We can stay in touch by phone or social media platforms like FaceTime and Skype. We are taking advice from the relevant government authorities.</p>	<p>St Vincent De Paul</p> <p>Ph. 9769 6060</p> <p>Ring for an appointment and Services and to see what changes are occurring as Covid 19 restrictions are lifted</p> <p>We hold concerns for the most vulnerable people in our communities at this time and we are in dialogue with governments to design how to continue to offer support.</p>

Groups and Programs

Program/Service	Contact/Link/Websites	Dates/Times/Venues
<p>Belvedere Community Centre Seaford would like to hear what you, your family and your neighbours need as we emerge from COVID-19. The information you provide will be used alongside other data to help us identify local needs and help us shape our programming in 2021.</p> <p>With the ever-changing restrictions, BCC is again closed until we have permission to reopen.</p> <p>We will continue to run some of our adult education programs online but at this stage all our other programs have been cancelled.</p>	<p>Belvedere Community Centre Seaford</p> <p>Phone: 9776 8922 (you will need to leave a message but we will try to get back to you as soon as possible)</p> <p>Email: centre_manager@belvedere.org.au</p> <p>Web: www.belvedere.org.au www.facebook.com/BelvedereCommunityCentreInc/</p>	<p>Updated late September Keep an eye on our Facebook page and our newsletters to see what initiatives we will be offering while we are closed</p> <p>Please check the Web or Facebook page for further up dates</p>
<p>Crisis Services- Salvation Army have a great list of resources for Services. Click on link; type in Suburb, tick what you are after and a list of services available with contacts and maps come up.</p>	<p>http://cris.crisisservices.org.au/</p>	<p>If you can't find what you need, try this link</p>
<p>Ebdale Community Centre Maternal and Child Health services and Immunisation Sessions</p> <p>Please note: Due to the evolving situation surrounding COVID-19 and the announcements by Federal and State Government regarding public health and safety, Council has closed Ebdale Hub and Community Learning Centre until further notice.</p>	<p>For any information about Maternal and Child Health services and Immunisation sessions at this centre please contact 9784 1756. For urgent enquiries please contact Frankston City Council 1300 322 322</p>	<p>Ebdale Hub</p> <p>Keep checking with Frankston City council as Covid 19 restrictions change Please phone for further details</p>
<p>Lyrebird Community Centre Apart from Occasional Childcare- this is OPEN Lyrebird Community Centre</p>	<p>Lyrebird Community Centre For any urgent matters, please email us at admin@lyrebird.org.au</p>	<p>Phone and book for Occasional Care which is Open.</p>

Groups and Programs

<p>Bookings Are Essential. If You Have A Booking And The Door Is Locked, Please Ring The Doorbell</p>	<p>Phone 03 9782 0133</p>	<p>For any Urgent matters, please email or phone</p>
<p>Karingal Place Neighbourhood Centre Karingal PLACE Neighbourhood Centre is a multi-service children's and family services hub located in the heart of Karingal. The centre offers many services including Maternal Child Health, Kindergarten, Frankston City Library and Story Time</p>	<p>For urgent enquiries please contact Frankston City Council 1300 322 322. For any information about Maternal and Child Health services and Immunisation sessions at this centre please contact 9784 1756.</p>	<p>Phone the Frankston City Council for further updates and information. Or MCHS for other details.</p>
<p>BROTHER OF ST LAURANCE TRANSITION TO WORK PROGRAM FOR THE SOUTH EAST Transition to Work is a training and employment program for young people living in Melbourne's north-western and south-eastern outer suburbs.</p> <p>The transition from school to working life is hard for those who lack the qualifications and personal networks to get a foot in the door of employment.</p> <p>Through coaching, work placements and links with employers, we help young people who are disconnected from education or employment take that crucial first step.</p> <p>The participants, aged 15 to 24, undertake a 12-month program that includes:</p> <p>Training; employment preparation; job searching; adult life skills; career guidance; creating links to community organisations.; Transition to Work is funded by the Australian Government</p>	<p>https://www.bsl.org.au/services/getting-a-job/transition-to-work/</p> <p>Rebecca Willmott Mobile:0427 998 725 rebecca.willmott@bsl.org.au</p> <p>WHO IS ELIGIBLE</p> <p>You may be eligible to participate if you are a young person aged 15 to 21 living in Broadmeadows or the Frankston/Mornington Peninsula region and you:</p> <ul style="list-style-type: none"> • have not worked or studied in the last six months • are looking for work or want to get back in to study • are not currently receiving unemployment benefits • want to develop work skills and get ready for future employment • are keen to improve your communication skills and your confidence • Want to increase your employment options. 	

Groups and Programs

Frankston Library Branches Update

City Of Frankston Library closes over the Christmas Period. The year is coming to a close...and what a year it has been. Our branches will be closed over Christmas but our eBooks and resources are always open! Check out the website for more info. We can't wait to see you all again in the new year.

FRANKSTON LIBRARY

10am-3pm, Thursday 24 December 2020

Reopens at 10am, Saturday 2 January 2021

CARRUM DOWNS LIBRARY

10am-3pm, Thursday 24 December 2020

Reopens at 10am, Saturday 2 January 2021

LANGWARRIN SERVICE CENTRE

9am-3pm, Thursday 24 December 2020

Reopens at 9am, Monday 4 January 2021

SEAFORD LIBRARY

Closed for maintenance. Please check the library website for details.

Our programs and events will recommence in the New Year.

Please visit the library website for more information. <http://ow.ly/Rx8y50CLyw5>

Please note: Extended 6 week loans will cover closed periods.

The Library has many activities over the Christmas Period. Check the website for the dates. Some include:

Click on link to see what is on. Some are face to face and others are via Zoom

Bookings needed

https://library.frankston.vic.gov.au/Whats_On

What is a bug? Bedtime Storytime is pre-recorded and the videos will remain online during this time, so you can use them every night if you wish! Bedtime Storytime is perfect for 0-5 year olds.

Frankston City Library
9784 1020
<https://www.facebook.com/FrankstonCityLibraries>
https://library.frankston.vic.gov.au/Whats_On/What_is_a_bug

Day Friday
Time 11.00am-12noon
Dates 22nd Jan 2021
Free and on ZOOM
Click on link and Book
<https://www.eventbrite.com.au/e/what-is-a-bug-tickets-131296853423?aff=FCLWhatsOn>

Groups and Programs

<p>NGV Kids on Tour: Still Life Workshop This is an in-person event at Frankston Library Join us for a still-workshop at Frankston Library, created by Lucy Roleff and facilitated by the familiar faces of our amazing Kids' Team. Melbourne-based artist, Lucy Roleff, has collaborated with NGV to create this hands-on workshop to build your creative skills. You will have the chance to learn techniques for constructing perfect still life compositions and produce a drawing or painting that is yours to keep.</p>	<p>Frankston City Library 9784 1020 Frankston City Libraries</p>	<p>Days Monday Time 2pm-3pm Date 4th January 2021</p> <p>To book click on link</p> <p>https://www.eventbrite.com.au/e/still-life-workshop-with-lucy-roleff-tickets-130337271287?aff=FCLWhatsOn</p>	
Group / Program		Contact	Address
<p>GRANDPARENTING AFTER SEPARATION A group or individual workshop to support grandparents. Phone for further details Must book</p>	<p>Lifeworks Frankston Office Reception or phone 9783 7611 For more details or bookings, please call You can also register online or via email W www.lifeworks.com.au https://lifeworks.com.au/ Lifeworks Relationship Counselling & Education Service</p>	<p>Lifeworks 345 Nepean Hwy, Frankston</p>	<p>Please phone for further details and to book</p>
<p>PINES COMMUNITY MENS SHED</p>	<p>PH: 9786 1008</p>	<p>14 Stringybark Cres Frankston Nth 3200</p>	<p>Please phone for days</p>
<p>DADS IN FAMILY FOUNDATION Assists males 16 years and over to understand the importance of the role</p>	<p>Dads in Family Foundation Phone: 0417 009 667 or 9781 4343 dadsinfamiliesfoundation@hotmail.com</p>	<p>Church of Christ</p>	<p>Please phone during Covid19</p>

Groups and Programs

<p>of men within the family and to deal with the consequences of their actions. A nondenominational, faith based organisation.</p>		<p>130 Cranbourne Rd, FRANKSTON</p>	
<p>THE BBQ BOYS- The BBQ BOYS is a carer support group especially for men who are in a caring role and would like to have better access to self-care & respite opportunities. A carer is a person who provides unpaid care and support to family members and friends who have a disability, mental illness, dementia or who are frail aged. The BBQ BOYS was established to address a gap in services by reducing social isolation, promoting carer wellbeing and providing “some ME time” for male carers. The group offer carers a variety of activities to assist them to maintain life balance and care responsibilities.</p>	<p>The BBQ Boys Carers Inc. Respite South Ring one of the committee members on Peter-0404 044 283 Honk – 0455 179 692 Bill 0447 985 327 or Enquiries: Please send us an email about your enquiries Email: info.bbq.boys@gmail.com This is now held in Frankston. Frankston NEAMI office. 1 Douglas Grove, Frankston</p>	<p>Now Held 38 Valetta St Carrum</p>	<p>Please phone during Covid19</p>
<p>LIFEWORKS PROGRAMS NOT LISTED: Lifeworks run many programs, some are listed. Others include: Relationship, Parenting and Individual Programs. Men’s Programs, Pre-Marriage; Women’s; Relationships; Anger management; Step Parenting and more Please contact them or visit their web page: phone 9783 7611 www.lifeworks.com.au or email lifeworks@lifeworks.com.au</p>			

Groups and Programs

FAMILY VIOLENCE/VICTIM SUPPORT/ABORIGINAL FAMILY VIOLENCE PREVENTION AND LEGAL SERVICE/MULTICULTURAL FAMILY VIOLENCE

ORANGE DOOR click link for information

Go to “FAMILY VIOLENCE REFORM” on page 12 for details Or Website:

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

For Confidential support and information call Safe Steps 1800 015 188

For Urgent assistance call Triple Zero 000

Men's Referral Service

Men's Referral Service provides an anonymous and confidential phone counselling, information and referrals service on 1300 766 491 for: men who might be using violent and controlling behavior towards a partner or family member men who have been victimized by a partner or family member women wishing to find information about male family violence friends, family or colleagues of people who are using or experiencing family violence

Professionals wishing to support a male or female client using or experiencing family violence.

Victims Support Agency

The Victims Support Agency provides support and information to help adult male victims of family violence and victims of violent crime.

The service guides victims through the legal process and helps manage the effects of crime through practical assistance and counselling. Call the Victims of Crime helpline on 1800 819 817 or use the text service via 0427 767 891 (8am to 11pm, 7 days a week).

Groups and Programs

Aboriginal Family Violence Prevention and Legal Service (FVPLS)

This is an Aboriginal community-run organisation providing assistance to Aboriginal and Torres Strait Islander victim survivors of family violence and sexual assault. You can call FVPLS on 1800 105 303.

InTouch: Multicultural Centre against Family Violence

This is a state-wide organisation specialising in services, programs and responses to family violence in migrant and refugee communities. You can call InTouch on 1800 755 988.

Groups and Programs

City of Frankston

Group / Program	Contact	Address	Details/ Other
<p>MEN'S BEHAVIOUR CHANGE PROGRAM-</p> <p>Designed for men who are committed to changing their patterns of abusive behaviour. It is particularly relevant to men who behave violently at home. Conducted over thirteen weeks and provides intensive work to enable men to accept responsibility for their behaviour and to learn to handle strong emotions and conflict with understanding, confidence and self-control.</p>	<p>Life works</p> <p>phone 9783 7611 www.lifeworks.com.au or email lifeworks@lifeworks.com.au</p> <p>Register 1300 543 396</p>	<p>345 Nepean Hwy, Frankston Lifeworks Frankston</p> <p>https://relationshipmatters.com.au/our-resources/covid-19-resources/</p>	<p>Please phone</p>
MARRIAGE/SEPARATION/RELATIONSHIPS AND SUPPORT			
<p>SUPPORTING CHILDREN AFTER SEPARATION</p> <p>For families requiring assistance after separation.</p>	<p>Family Mediation Centre</p> <p>345 Nepean Hwy Frankston ph. 9783 7611</p>	<p>Please phone for details of programs. Also available in other locations</p>	<p>Please phone</p>

Groups and Programs

<p>PARENTING IN A STEP FAMILY</p> <p>6 session activity based program is for primary and early secondary school aged kids who are struggling with sadness because of loss through death or family changes</p>	<p>Lifeworks</p> <p>www.lifeworks.com.au or</p> <p>Register at Frankston Office or phone 9783 7611</p>	<p>Lifeworks</p> <p>345 Nepean Hwy, Frankston</p>	<p>Please phone</p>
<p>PARENTING AFTER SEPARATION</p> <p>A group workshop to support parents. Lifeworks are unable to enrol ex-partners in the same program.</p> <p>There are intensive weekly programs; weekend programs; weekly programs Several Programs coming up, check Details and other for all.</p>	<p>Lifeworks</p> <p>Frankston Office Reception or phone 9783 7611</p> <p>www.lifeworks.com.au or email lifeworks@lifeworks.com.au</p>	<p>Lifeworks</p> <p>345 Nepean Hwy, Frankston</p>	<p>Please phone</p> <p>Lifeworks Relationship Counselling & Education Service</p> <p>Booking at Frankston Office Reception or phone 9783 7611</p>

Groups and Programs

<p>ALL ABOUT RELATIONSHIPS</p> <p>Are there relationships in your life that pull you down, leaving you feel empty, distressed, angry, sad or frustrated? We discuss, explore and understand how to learn better ways to deal with relationship conflicts. Topics are: effective communication, conflict resolution skills, anger management, stress reduction techniques, how to repair and build meaningful relationships.</p>	<p>Orwil St Community House</p> <p>Phone 9783 5073</p> <p>Email: info@orwilst.org.au</p>	<p>Orwil St Community House, 16 Orwil St Frankston</p>	<p>Please phone</p>
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City of Frankston

Group / Program	Contact	Address	Details/ Other
DISABILITIES, CHALLENGING BEHAVIOURS, MENTAL HEALTH, GRIEF/LOSS and OTHER			
<p>POST NATAL DEPRESSION SUPPORT GROUP</p> <p>Provides support for women who are overcoming the challenges of Post Natal Depression and strengthen the relationships between mum's and their children along with other family members.</p>	<p>Frankston City Council</p> <p>For further information please contact Julie O'Brien 9293 7117 or Catriona Cochrane on 9293 7119</p>		

Groups and Programs

<p>STEPS TO WHOLENESS – ANXIETY & DEPRESSION GROUP</p> <p>Offering support, understanding and caring within a safe and non-judgmental environment. The program offers members strategies which may assist in recovery through group activities incorporating a creative approach.</p>	<p>Orwill St Community House</p> <p>Phone 9783 5073</p> <p>Mon – Friday</p> <p>Facilitator Margaret Devis</p> <p>Orwil Street Community House Inc Community Service Frankston</p>	<p>Orwil St Community House</p> <p>16 Orwil St, Frankston</p>	<p>Please phone during Covid19</p>
<p>LIVE YOUR COMMUNITY PROGRAM</p> <p>Provides flexible volunteer based inclusion support for children with disabilities who experience barriers to participation in sport, recreation and leisure. For children aged 6-17yrs with a diagnosed disability</p>	<p>Extended Families</p> <p>www.extendedfamilies.org.au</p>	<p>Contact Rachel De Summa</p> <p>Ph. 9285 4839 or 0438 752 126</p> <p>Email</p> <p>Rachel@extendedfamilies.org.au</p>	<p>Please phone during Covid19</p>
<p>PARENT/CARERS SUPPORT & RESOURCE GROUP</p> <p>Are you the parent of a child or adult with a disability?</p> <p>Gain support, friendship and information.</p>	<p>Orwil Street Community House</p> <p>Contact: Lani Peach</p> <p>59 719 100</p>	<p>Orwil St Community House</p> <p>16 Orwil St,</p> <p>Frankston</p>	<p>Please phone during Covid19</p>

Groups and Programs

City of Frankston

Group / Program	Contact	Address	Details/ Other
<p>ASSERTIVENESS COACHING</p> <p>A 3hr workshop. Learn how to find your voice, express yourself respectfully and improve communication in all your relationships.</p>	<p>Lifeworks Relationship Counselling & Education Service 9783 7611 Or Register on line At www.lifeworks.com.au</p>	<p>Lifeworks 345 Nepean Hwy Frankston</p>	<p>Please phone during Covid19</p>
<p>KINSHIP CARER SUPPORT GROUP</p> <p>Are you a kinship carer who is caring for a child that is not your own on a fulltime basis? Attend a social group to gain information, share ideas and have fun in an informal setting.</p>	<p>Orwil Street Community House</p> <p>Contact: Sue Gale 9212 5600</p>	<p>Orwil St Community House 16 Orwil St, Frankston</p>	<p>Please phone during Covid19</p>
<p>AUTISM FRIENDSHIP GROUP (BALLAM PARK)</p>	<p>MOIRA Kerri Rolft – Parent Support Coordinator Ph.: 8552 2222</p>	<p>Ballam Park Primary School Belar Avenue Frankston</p>	<p>Please phone during Covid19</p>
<p>MULTICULTURAL PLAYGROUP</p> <p>For parents that have recently arrived in</p>	<p>Frankston City Council Contact Jo 8786 6650</p>	<p>Karingal Place 103 Ashleigh Ave Frankston</p>	<p>Please phone for details</p>

Groups and Programs

<p>Australia or who was born outside Australia, share your cultures and make new friends.</p>			
<p>SWITCH BOARD SPORTS For youth 12 to 17yrs. Come and enjoy board sports, design workshops, life skill classes and community projects.</p>	<p>Lyrebird Community Centre 9768 1366 As Above Booking essential</p>	<p>Lyrebird Community Centre Carrum Downs</p>	<p>Please phone for details</p>
<p>WHIZZ KIDS supported playgroup Getting there By car – car parking Bus NO.779 Belvedere to Frankston CBD NO. 778 Carrum Downs to Kananook station No. 832 Carrum Downs to Frankston DBD No 780 which goes Frankston to Carrum via Seaford. Train Easy walk from Kananook Station</p>	<p>Anglicare Victoria Anglicare 9781 6700</p>	<p>Kananook Kinder Building 6-8 Buna Ave Seaford</p>	

Groups and Programs

Transport provided in extreme circumstances			
Group / Program	Contact	Address	Details/ Other
TRANSITION TO WORK Are you aged 15 – 21 and looking for work, but don't know where to start? We can help.	Brotherhood of St Laurence Ph.: 1800 719 404 TTWFrankston@bsl.org.au	High Street Centre 24 – 26 High Street Frankston	Phone for further information and details
YMCA SOUTHERN PENINSULA YOUTH SERVICES Weekly youth group program for youth aged 12 - 18 years	Family Life Jeanette (YMCA) 0448 916 724 Contact Us Family Life - Family Life Twitter Facebook YouTube	Family Life Community House, 10 Carmichel Street, Tootgarook 3941	Please phone for details
COFFEE CLUB Social group to connect and support local parents and families in a relaxed and supportive environment	Family Life Contact: Kate (Family Life) 5985 1297 or tootgarook@familylife.com.au Contact Us Family Life - Family Life Twitter Facebook YouTube	Family Life Community House, 10 Carmichael Street, Tootgarook 3941	Please phone for further details
RED GROUP Place where mums, aunts, grandmothers & step-mums can exchange their stories with other fantastic women.	Orwil Street Community House Sandra 0407 337 232 or 9783 5073	Orwil Street Community House 16 Orwil St Frankston	Please phone for further details

Groups and Programs

City of Frankston

Group / Program	Contact	Address	Details/ Other
FAMILY LIFE- COMMUNITY BUBS Provides intensive support for families who have an infant	Family Life : Adrienne (Family Life) 5985 1297 http://familylife.comm.au/ info@familylife.com.au	Family Life Community House, 10 Carmichael Street, Tootgarook 3941	Please phone for details
MOTHER GOOSE & JIVE, JIGGLE & JUMP Supported programs for children 0 - 5 and their caregivers incorporating songs and rhymes	Family Life : Adrienne (Family Life) 5985 1297 Contact Us Family Life - Family Life Twitter Facebook YouTube	Family Life Community House, 10 Carmichael Street, Tootgarook 3941	Please phone for further details
KOORIE KIDS PLAYGROUP VACCA A facilitated playgroup for all Koorie families	VACCA 9706 6383		Please phone for details
MY TIME PLAYGROUP, SEAFORD For parents and families with children who have a chronic illness or disability.	Contact Tina P. 0409 542 238	Belvedere Community Centre 36 Belvedere Rd Seaford	Please phone for further details

Groups and Programs

City of Frankston

Group / Program	Contact	Address	Details/ Other
<p>GATEWAY PLAYGROUP Is a community based playgroup run by Gateway Church (Australia) Ltd. We are members of Playgroups Victoria and cater for families with children aged between 0-4 years of age</p>	<p>Gateway Church Sally Jones (Children's Pastor) Ph.: 9785 7500</p>	<p>Gateway Worship and Performing Arts Centre in Seaford (Mel Ref: 99 G5). Parking is available at the rear of the building at 14 Heversham Drive, Seaford</p>	<p>Please phone for details</p>
<p>WEEKLY STORYTIME Tiny Tots 0-2 years Preschool 3-5 years</p>	<p>Frankston City Libraries Phone: 9784 1020</p>	<p>Frankston, Carrum Downs, Seaford, Belvedere Community centre, Frankston North Community Centre, Langwarrin Customer Service Centre, Karingal PLACE</p>	<p>Please phone for further details</p>
<p>KARINGAL PLACE NEIGHBOURHOOD CENTRE Has many ongoing classes but can also arrange new courses or programs so please contact us if you have any ideas on classes we can run. We welcome new ideas.</p>	<p>03 8786 6650</p>	<p>Karingal Place Neighbourhood Centre 103 Ashleigh Avenue Frankston</p>	<p>Please phone for details</p>

Groups and Programs

City of Glen Eira

Group / Program	Contact	Address	Details/ Other		
PARENTING					
<p>GLENEIRA CITY COUNCIL Glen Eira City Council Offers many services: Maternal and child health; children’s centres; occasional care- short term flexible child care for children aged 6mths to 5yrs.; Childhood immunisation; family and children’s publications; playgroups and toy libraries; training and support for parents/guardian’s/grandparents/ playgroup attendees and early childhood educators.</p> <p>The Council also offers other services. Glen Eira City Council Corner Glen Eira and Hawthorn Roads, Caulfield, Victoria. PO Box 42 Caulfield South 3162 Telephone 03 9524 3333, Speak and Listen 1300 555 727, Facsimile 03 9523 0339, Email mail@gleneira.vic.gov.au www.gleneira.vic.gov.au</p> <table border="0" style="width: 100%;"> <tr> <td style="width: 50%; vertical-align: top;"> <p>Four-year-old immunisation party session The council offers free immunisation sessions for children aged four years and children getting immunised gets a free show bag Due to COVID-19 restrictions, one Parent with one child are allowed at the immunisation sessions</p> </td> <td style="width: 50%; vertical-align: top;"> <p>Day Wed Date 6th January 2021 Time 4pm-6pm Select Link to book https://www.trybooking.com/events/landing?eid=693288&</p> </td> </tr> </table>				<p>Four-year-old immunisation party session The council offers free immunisation sessions for children aged four years and children getting immunised gets a free show bag Due to COVID-19 restrictions, one Parent with one child are allowed at the immunisation sessions</p>	<p>Day Wed Date 6th January 2021 Time 4pm-6pm Select Link to book https://www.trybooking.com/events/landing?eid=693288&</p>
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Groups and Programs

GLEN EIRA CITY COUNCIL

Parent's Guide a range of services

Glen Eira City Council offers many services and resources that can be useful for your parenting journey. a quick reference guide of resources for early parenthood to accompany each stage of your child's growth is available on the councils website.

Stages include: Newborns 0-3

Babies: 1-3yrs

Pre-schoolers: 3-5yrs

School age and pre-teen

Council child care options

Things to do with your kids

Other useful links

Some services on the site:

Maternal and Child Health talks

For more information, call Maternal and Child Health on [9524 3403](tel:95243403)
Their free Maternal and Child Health talks offer invaluable advice for whatever stage your parenting is at. Topics include health and nutrition, sleep and settling

Youth Services <https://www.gleneira.vic.gov.au/services/youth/programs-for-youth>

Glen Eira Pride Out and proud or still unsure? Looking for support and connection? Our Glen Eira Pride program gives you the chance to meet like-minded people, and promote LGBTI awareness and inclusion.

<https://www.gleneira.vic.gov.au/services/youth/programs-for-youth/glen-eira-pride>

Development: Understanding Sleep; maternal health and wellbeing; Infant health; Safety; Introducing solids and community supports.

GLEN EIRA LIBRARIES

Library news: With the easing of Victorian government health restrictions, Glen Eira Libraries are reopening to more visitors from 30 November.

Opening hours have also changed temporarily. Library chutes are open 24 hours a day. No overdue fees will be charged. Find out more on our FAQs page

[Benteigh](#)

t:9524 3700

[Elsternwick](#)

There is also Caulfield and Carnegie please check library site:

<https://library.gleneira.vic.gov.au/services/stories-and-games-for-kids>

Programs at the libraries will not resume until 2021 (subject to Victorian government restrictions regarding visitor numbers and social distancing), but families can enjoy our online **BabyTime** sessions anytime.

- Suitable for under three years of age

- All sessions are free, Click on Link

[BabyTime sessions](#)

Groups and Programs

FAMILY VIOLENCE and VICTIM SUPPORT

ORANGE DOOR

Phone: 1800 015 188

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

For Confidential support and information call Safe Steps 1800 015 188

For Urgent assistance call Triple Zero 000

Men's Referral Service

Men's Referral Service provides an anonymous and confidential phone counselling, information and referrals service on 1300 766 491 for: men who might be using violent and controlling behaviour towards a partner or family member men who or family member women wishing to find information about male family violence have been victimized by a partner friends, family or colleagues of people who are using or experiencing family violence Professionals wishing to support a male or female client using or. experiencing family violence

Victims Support Agency

The Victims Support Agency provides support and information to help adult male victims of family violence and victims of violent crime.

The service guides victims through the legal process and helps manage the effects of crime through practical assistance and counselling. Call the Victims of Crime helpline on 1800 819 817 or use the text service via 0427 767 891 (8am to 11pm, 7 days a week).

Groups and Programs

Aboriginal Family Violence Prevention and Legal Service (FVPLS)

This is an Aboriginal community-run organisation providing assistance to Aboriginal and Torres Strait Islander victim survivors of family violence and sexual assault. You can call FVPLS on 1800 105 303.

InTouch: Multicultural Centre against Family Violence

This is a state-wide organisation specialising in services, programs and responses to family violence in migrant and refugee communities. You can call InTouch on 1800 755 988.

Groups and Programs

City of Glen Eira

Group / Program	Contact	Address	Details/ Other
MENS AND FATHERS			
<p>DADS REUSCITATION FOR BABIES Learn about CPR, unconsciousness, choking, fevers and seizures. Provided by Little Aid Running 4 different sessions throughout the year. So if you miss one book the other.</p>	<p>Maternal Child Health To Book phone MCH administration 9524 3403 or talk to your MCH nurse.</p>	<p>Bentleigh Maternal and Child Health Centre 542 Centre Rd Bentleigh</p>	<p>Please Phone for further details</p>
<p>MEN'S RESPONSIBILITY GROUP A group for men who want to say "no" to violent & controlling behaviour & learn new ways of relating to their families.</p>	<p>Monash link Community Health Service Pauline A 1300 552 509</p>	<p>Monash link Community Health Service 568 Neerim Rd Hughesdale</p>	<p>Please phone for further details. www.monashlink.org.au</p>
<p>THE BBQ BOYS Support group for male carers living in the southern region of Melbourne. It offers peer support, fun and relaxing social activities, a space to talk about bloke's carer issues, as well as information, referral and support.</p>	<p>RESPITE SOUTH Ring Nathan 9212 3006 Or 0417 1233 189 or email n.diep@alfred.org.au</p>	<p>Ring Nathan. Venues change</p>	<p>Please phone</p>

Groups and Programs

DISABILITIES, CHALLENGING BEHAVIOURS,ALCOHOL & DRUGS, MENTAL HEALTH			
Group / Program	Contact	Address	Details/ Other
<p>LEADING THE NEXT STEPS Supporting children with disability and their families across Victoria.</p> <p>For families and professionals we offer:</p> <p>Support Line</p> <p>Workshops and peer support</p> <p>Information and resources</p>	<p>Association for Children with a Disability</p> <p>https://www.acd.org.au/about-us/</p> <p>or ph. 9880 7000</p> <p>1800 654 013 (regional)</p> <p>TEXT 0475 577 997</p> <p>mailto:mail@acd.org.au</p> <p>Rural callers 1800 654 013 email mail@acd.org.au www.acd.org.au</p>	<p>Please contact for details</p>	<p>Please contact or click on link.</p>
<p>DUCKS (Dads Understanding Challenging Kids) For fathers of children with a disability peer support group</p>	<p>MOIRA Kerri Rolfe Parent Support Coordinator for Southern Region Ph.: 9855 2222</p>	<p>Gabriella's Pizza Carnegie</p>	<p>Please phone Moira for 2021 details.</p>

Groups and Programs

<p>KINSHIP CARER SUPPORT GROUP Are you a kinship carer who is caring for a child who is not your own? Living in the municipalities of Bayside, Glen Eira, Port Phillip and Stonington- Come and meet with other Kinship Carers and share the highs and lows of being a kinship carer!</p>	<p>Kinship Care Oz Child Contact Sue Gale ph. 9212 5600 for further information</p>	<p>Highett Neighbourhood Community House 2 Livingston Street, Highett</p>	<p>Please phone for 2021 details</p>
<p>GAMBLING & GAMING The impact of Video Games on young people. Workshops and programs including the READYS award winning Video Game Project- The Lab- (Game development for young people with Autism and Asperger's). The Gambler's Help Southern head office is located at Connect Health & Community. All Gambler's Help services are completely free and available to all members of the community. Counselling and other services are provided at venues across the South Eastern Melbourne and Peninsula regions</p>	<p>Gambler's Help Southern 9575 5353 https://gamblershelpsouthern.org.au/our-locations/ AFTER HOURS NO> 1800 858 858 Other Languages available on Web Site.</p>	<p>Clarinda Community Centre Free parking This is only one location of many all over the suburbs of Melbourne. Click on link for closest https://gamblershelpsouthern.org.au/our-locations/</p>	<p>Please phone or go to Website for help and Programs</p>

Groups and Programs

<p>WELLWAYS- Run programs through MI Fellowship Victoria and other partner organisations for families and friends of people with a mental illness.</p>	<p>Wellways 276 Heidelberg Rd Fairfield 03 8486 4200 Enquiries: enquiries@mfellowship.org www.mfellowship.org</p>	<p>Please phone 9784 6800 for further information.</p>	<p>Please phone during COVID</p>
<p>SHARC - provides a confidential telephone helpline and web-based information services; community based training programs and support groups across Victoria, in metro, regional and rural areas; a peer based residential program for young people; a consumer advocacy service for treatment service users; and training for health and welfare workers</p>	<p>Address: 140 Grange Road, Carnegie, 3163</p> <p>Phone: 03 9573 1700</p> <p>E-mail: info@sharc.org.au</p> <p>Please phone first</p>		

City of Glen Eira

Group / Program	Contact	Address	Details/ Other
FAMILY SUPPORT			
<p>PLAYGROUPS Please phone or go to link for Play group Victoria.</p>	<p>Playgroup Victoria Dates Times and bookings www.playgroup.org.au</p>	<p>Check website for locations and online ZOOM events over the Holiday season and other times.</p>	<p>Please phone for 2021 Jan 2021 Dates 10,5,7,8,11,12,14,15,18,</p>

Groups and Programs

<p>A number of Online ZOOM events are happening throughout January</p>	<p>For at Home with baby resources click on link https://www.playgroup.org.au/playgroup-at-home/baby-playgroup/</p>		<p>19 , 21, 22, 25, 26, 28,29th Jan. Please click on link for further details and to book.</p>
<p>KOORIE FAMILY GATHERING Are you, your children or the children you care for Aboriginal and/or Torres Strait Islander? Do you live in the City of Bayside, Glen Eira, Kingston or Stonnington? Would you like to connect with other Koorie families to have a yarn and a cuppa? Join our fun activities including storytelling and singing.</p>	<p>City Of Bayside City Of Kingston City of Stonnington City Glen Eira Southern Melbourne Partnership For more information, contact: Chris 0402 311 989 cedmonds@smpcp.org.au</p>	<p>Derrimut Weelam Gathering Place Mordialloc Life Saving Club, 199 Beach Road, Mordialloc</p>	<p>Please phone during COVID</p>
<p>CARING MUMS In the challenging first months of your baby's life, a trained volunteer provides you with one on one emotional support. Through weekly</p>	<p>NCJWA Victorian Multicultural Commission caringmums@ncjwa.org.au ph. 9044 5405 or 0481 081 242 www.caringmums.org.au</p>	<p>Bubup Nairm Family and Children's Centre 998 Carlisle St, St Kilda</p>	<p>Please phone during COVID</p>

Groups and Programs

<p>visits, together you navigate the new and exciting road of motherhood</p>			
<p>THE SUPPER CLUB A new support group for families dealing with grief and loss due to alcohol and /or drug overdose or related illness.</p>	<p>Family Drug Help Ph. 9573 1789 fdh@Share.org.au</p>	<p>Family Drug Help 140 Grange Rd, Carnegie</p>	<p>Please phone during COVID</p>
<p>WOMEN RECLAIMING THEIR LIVES GROUP 9 week group for women who have experienced or are experiencing violence at home.</p>	<p>Monash link Community Health Service 568 Neerim Rd Hughesdale Jennifer or Helen 1300 552 509</p>	<p>Monash link Community Health Service City of Monash Location to be advised upon booking</p>	<p>Please phone during COVID</p>
<p>South Eastern Multiple Birth Association A support group for multiple birth families, run by parents with multiples. Programs ran, so please contact. http://semba.amba.org.au/index.html</p>	<p>SEMBA New Parent Contact: sembanewparent@hotmail.com President: sembapresident@hotmail.com</p>	<p>South East of Melbourne, covering the main areas of Bayside, Glen Eira and Kingston Councils.</p>	<p>Please phone during COVID details</p>

Groups and Programs

City of Greater Dandenong

CITY OF GREATER DANDENONG SUMMER ESCAPE HOLIDAY ACTIVITIES FOR YOUNG PEOPLE AGED 12-15

To attend you must live, study work or have a significant connection to the city of Greater Dandenong.

ALL YOUTH AND FAMILY SERVICES ON 9793 2155 TO SECURE YOUR SPOT

HOW DO I BOOK?

- Due to limited capacity, young people may book into a maximum of 5 activities.
- Parent/carer/guardian consent must be obtained for young people aged under 15 years. Consent may be provided via text, email or verbally.
- All booking cancellations must be made at least 48 hours prior to the activity. Bookings are non-transferable under any circumstances.
- Bookings must be made over the phone.

YOUTH AND FAMILY SERVICES ARE COMMITTED TO PROVIDING COVID-SAFE ACTIVITIES

- We recommend booking early as numbers are strictly limited due to COVID-19 safety measures.
- Bookings must be made in advance and accompanied by a completed registration form.
- Any young person who has not pre-registered will not be permitted to partake in the activity.
- Youth and Family Services will enforce the most current COVID-safe restrictions. Activities may be cancelled to align with the most current COVID-19 restrictions in January 2021.
- Transport will not be provided during the January 2021 school holiday activities due to COVID-19 safety measures. Young people must find their own way to and from activities.
- Young people must follow the instructions of staff and adhere to COVID-safe measures at all times.
 - Social distancing must be maintained at all times.
 - Hands should be sanitised frequently.
 - Young people must carry a face mask. Face masks must be worn in line with COVID-safe restrictions.
 - **Do not attend if you feel unwell, or if you (or someone you live with) is awaiting the results of a COVID-19 test.**

BOOKING INFORMATION

- Please bring your own face mask, sunscreen, hat, water, and lunch to each activity. Lunch will not be provided for any activity.
- Please arrive at least 10 minutes prior to each activity.

Groups and Programs

- Activities may be cancelled where booking numbers are low or due to adverse weather conditions. Alternative activities may be arranged. Young people will be notified.
- Young people must follow staff instructions at all times. Offensive or abusive behaviour will not be tolerated and may result in the young person being asked to leave the activity and not to attend any further activities during the holidays.
- All activities are strictly no smoking, no drugs and no alcohol.
- Carers are welcome to assist young people with additional needs. Please contact Youth and Family Services on 9793 2155 for more details.

<p>BREAKDANCE WORKSHOP MONDAY 11 JANUARY</p> <p>Calling all b-boys and b-girls! We're breaking it down in this breakdance workshop. Learn the basics of this street-style dance and put together a routine.</p> <p>TIME 11am-1pm</p> <p>WHERE The Castle, 61A Princes Highway, Dandenong</p> <p>BOOKINGS PHONE 97932155</p>	<p>COLLAGE ART WORKSHOP TUESDAY 12 JANUARY</p> <p>This workshop will get your creative juices flowing and show you the art of collaging. You'll come away with your very own amazing collage!</p> <p>TIME 11am-1pm</p> <p>WHERE Dandenong Library, 225 Lonsdale St, Dandenong</p> <p>BOOKINGS PHONE 97932155</p>	<p>SKATE & SCOOT WORKSHOPS WEDNESDAY 13 JANUARY</p> <p>New year, new hobby? Why not try a scooter or skateboard workshop at Noble Park Skate Park? We'll have instructors to show you the ropes! All skill levels are welcome, including beginners. You must bring your own helmets</p> <p>TIME scooters 11am-1pm</p> <p>TIME Skateboards Session 1. 1.30-2.30 Session 2. 2.30-3.30</p> <p>WHERE Noble Park Skate Park, Cnr Heatherston Rd and Memorial Dr, Noble Park</p> <p>BOOKINGS PHONE 97932155</p>	<p>SUSHI MAKING CLASS THURSDAY 14 JANUARY ONLINE</p> <p>Join Helen & Hay in this hands-on and interactive virtual cooking class, you will gain some insight into the world of Sushi by learning how to spread, layer, tuck and roll!</p> <p>TIME 11am-1pm</p> <p>WHERE Delivered Online</p> <p>BOOKINGS please call the Library on 1800 630 920</p>
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Groups and Programs

CITY OF GREATER DANDENONG SUMMER ESCAPE HOLIDAY ACTIVITIES FOR YOUNG PEOPLE AGED 12-15			
All activities are free and must be booked.			
<p>BEAT MAKING WORKSHOP THURSDAY 14 JANUARY</p> <p>Using sounds from around the Hub, Benji will show you how to turn these sounds into rad beats, using a beat making app. With Benji's guidance, you will create a DIY drum kit that you can use to make music! What a skill! Disabled access</p> <p>TIME 11am-1pm</p> <p>WHERE Springvale Library, 5 Hillcrest Gr, Springvale</p> <p>BOOKINGS PHONE 97932155</p>	<p>DANDY PARK GAMES DAY FRIDAY 15 JANUARY</p> <p>Rediscover our amazing community and the great outdoors at Dandenong Park. Join us for fun and games, including some cricket, volleyball, table tennis and basketball! .</p> <p>TIME 11am-2pm</p> <p>WHERE Dandenong Park, Cnr Foster St & Pultney St, Dandenong</p> <p>BOOKINGS PHONE 97932155</p>	<p>STREET PHOTOGRAPHY WORKSHOP MONDAY 18 JANUARY Y</p> <p>Rediscover the beauty and uniqueness of your community through the lens. Capture the ultimate streetscape pics and learn editing tools to enhance your photos! BYO camera or phone.</p> <p>TIME 11am-1pm</p> <p>WHERE Springvale Library, 5 Hillcrest Gr, Springvale</p> <p>BOOKINGS PHONE 97932155</p>	<p>SWIMMING AND WATER SAFETY TUESDAY 19 JANUARY</p> <p>Summertime swimming is back! Life Saving Victoria will keep you cool, show us some water safety basics and host some fun water games at the NPAC pools.</p> <p>MULTIPLE SESSIONS START FROM 10.00am to 1.30pm</p> <p>WHERE Noble Park Aquatic Centre, 9 Memorial Dr, Noble Park</p> <p>BOOKINGS PHONE 97932155</p>

Groups and Programs

<p>LYRIC WRITING WORKSHOP WEDNESDAY 20 JANUARY</p> <p>Learn the basics of lyric writing and turn your words into rhythm and song! Feel the groove and flow and let the words guide you. Disabled access</p> <p>TIME 11am-1pm</p> <p>WHERE Youth and Family Services, 39 Clow St, Dandenong</p> <p>BOOKINGS PHONE 97932155</p>	<p>HANG AT THE HUB THURSDAY 21 JANUARY</p> <p>Experience the state-of-the-art Springy Hub – your new hang out spot. There’ll be plenty of games, sports and some friendly competition on the brand new multicourt! Join us for table tennis, basketball and more!</p> <p>TIME 11am-2pm</p> <p>WHERE Springvale Community Hub, 5 Hillcrest Gr, Springvale</p> <p>BOOKINGS PHONE 97932155</p>	<p>MELBOURNE CITY FC SOCCER CLINIC FRIDAY 22 JANUARY</p> <p>It’s time to brush up on those dribbling, juggling and bending skills! Join Melbourne City FC for a soccer clinic – there are separate clinics for females and males.</p> <p>TIME For Females Only 10am-12pm</p> <p>TIME For Males Only 1pm-3pm</p> <p>WHERE Ross Reserve, 9 Memorial Dr, Noble Park</p> <p>BOOKINGS PHONE 97932155</p>	<p>REUSE ART – TEES TO TOTES WORKSHOP THURSDAY 21 JANUARY</p> <p>Do you have an old t-shirt that you just can’t bring yourself to throw away? In this workshop you will learn how to get a second life out of an old t-shirt by turning it into a tote bag and help reduce waste!</p> <p>TIME 2pm-3pm</p> <p>WHERE Dandenong Library, 225 Lonsdale St Dandenong </p> <p>BOOKINGS call the Library on 1800 630 920</p> <p>bookings via everbrite</p>
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Groups and Programs

<p>Join the Greater Dandenong Libraries' team for a free virtual storytime. Storytime is a lot of fun for children and carers alike. Listening to stories helps children develop their imagination and vocabulary. Storytime creates a love of books and reading that is important for your child's literacy and their comprehension of the world around them. These sessions also help carers to learn songs, finger plays and nursery rhymes that can be enjoyed with children at home. It's a great social experience and those attending are encouraged to actively participate in the sessions by adding comments. Greater Dandenong Libraries' storytimes are designed for children aged three and over.</p>	<p>Registrations are now required in order to receive a weekly link for virtual storytimes. Register once to receive a new YouTube video link every week.</p> <p>For assistance with any technological queries, contact the Online Library Tech Assist on 1300 630 920 during opening hours.</p>	<p>This program will be delivered online via YouTube, available for you to watch on demand (anytime).</p>	<p>Date 31st Dec and 7th, 14th, 20th, 21st, Jan 2021 Time 4.00pm</p> <p>An email address Smartphone, tablet, or computer with internet access Library m</p> <p>Click on link to book</p> <p>https://www.eventbrite.com.au/event/virtual-storytime-sessions-registration-124633954513</p>
<p>Virtual Reading Buddies Join the Library as you practise your reading with these special Reading Buddies videos. Gemma and her dog buddies, visiting us from Patient Paws, will make regular guest appearances. Our Reading Buddies library team will run the other sessions with a range of different engaging reading videos.</p>	<p>Registrations are required in order to receive the program link. Register once to receive a new YouTube video link every week. Telephone the library on 1300 630 920.</p>	<p>Smartphone, tablet, or computer with internet access. An email address or mobile phone number. Library membership - Become a member. For assistance with any technological queries, contact the Library on 1300 630 920 during opening hours</p>	<p>Date 30TH Dec 2020 6th Jan 2021 Time 4.00pm</p>

Groups and Programs

<p>Read along in a relaxing and judgement-free environment. YouTube videos will be added weekly. This is a free event. Register to receive a weekly video</p>			
<p>WELLSPRINGS for Women is a Women's only Centre located in Dandenong. They offer services, supports and programs for women to improve education, employment, health and wellbeing and to live life safely and free from violence</p>	<p>Wellsprings 03) 9701 3740 http://www.wellspringsforwomen.com/programs</p>	<p>79 langhorne St Dandenong</p>	<p>Opened till 5.00pm 5 days a week this may vary at the moment so ring Please phone if in need of help or for 2021 programs</p>

Groups and Programs

COVID-19 Information in Community Languages: For latest dates go to link updated 20/12/2020

Department of Home Affairs website – <https://www.homeaffairs.gov.au/news-media/current-alerts/novel-coronavirus>
Leaving Australia, citizenship, Industry, immigration, transiting et.

Department of health updated daily <https://www.dhhs.vic.gov.au/coronavirus/updates/202012>

Australian Government portal – <https://www.australia.gov.au/> What Support the Government can help with

Written information in a number of community languages is also available on the Victorian Government's health department website at <https://www.dhhs.vic.gov.au/translated-resources-coronavirus-disease-covid-19>

Further, SBS has recently launched a new multilingual online portal on COVID-19 in 63 languages at <https://www.sbs.com.au/language/coronavirus>

Groups and Programs

<p>RE CONNECT PROGRAM is a program for people aged 17-64 who are long term unemployed, not engaged in education or training and with no prior accredited qualifications.</p> <p>They may have multiple barriers to education and find it hard to navigate the system.</p> <p>We work with them to help reduce the barriers and re-engage them in education / training to meet their employment goals in the future. This is offered in the City of Greater Dandenong and the City of Casey.</p> <p>MONEY MINDED</p> <p>MoneyMinded training is free for community workers who want to gain access to financial information and tools to help their clients.</p> <p>Community workers can then deliver training sessions to groups or use the resources in one-on-one meetings with their clients.</p>	<p>Brotherhood of St Laurence Skills for work</p> <p>Dandenong 3175 T 03 8752 8552 M 0491 050 613</p> <p>janette.witt@bsl.org.au www.bsl.org.au</p> <p>Please ask for details when phoning the office</p> <p>Dandenong 3175 T 03 8752 8552 M 0491 050 613</p> <p>Brotherhood of St Laurence email moneyminded@bsl.org.au or (03) 9445 2423</p> <p>http://www.moneyminded.com.au/</p>	<p>Please phone regarding this and other help.</p> <p>They are happy to talk to anyone who expresses interest in the Reconnect Program. If they're not eligible but still need some help/advice we will gladly talk to them and try to point them in the right direction or link them with a service that can help them reach their education and employment goals.</p> <p>Please click on link</p> <p>http://www.moneyminded.com.au/</p>
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Groups and Programs

<p>Given the Chance Jobs Victoria</p> <ul style="list-style-type: none"> • Our Given the Chance Jobs Victoria program provides a service for long-term jobseekers, who live in large parts of Melbourne's western, northern and south-eastern suburbs, and on the Mornington Peninsula. • people unemployed for more than six months • people seeking asylum • people from a refugee background • Aboriginal or Torres Strait Islander people • mature age people (aged 50+) • retrenched workers • young people aged 15 to 24 (not engaged in education, training or employment) • youth justice clients • sole parents • people with disability (not registered with a Disability Employment Service) • social housing tenants • ex-offenders • veterans and/or their families • people experiencing homelessness • people on low incomes • people affected by COVID-19 • people registered with a Job Active Provider 	<p>Brotherhood of St Laurence</p> <p>Contact BSL's JVEN teams</p> <p>Registration email: JVENSouthEast@bsl.org.au</p> <p>Registration and enquiry phone: 0491 050 613</p> <p>Manager: Kaye Bishop</p> <p>Email: kaye.bishop@bsl.org.au</p> <p>Phone: 0490 440 263</p> <p>To apply follow link and fill out form</p> <p>https://assets.bsl.org.au/assets/JVEN-Referral-Form-Interactive.pdf?mtime=20200717165943</p>	<p>Dandenong Hub, Suite 3, Level 3, 26 McCrae Street, Dandenong, VIC 3175</p> <p>Employers</p> <p>Employers interested in learning more about the program can contact:</p> <p>Simon Gray</p> <p>Email: simon.gray@bsl.org.au</p> <p>Phone: 0427 258 521</p> <p>This project is supported by the Victorian Government through Jobs Victoria.</p>
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Groups and Programs

<p>Anxiety Recover Centre Victoria Support group for people that been affected by anxiety disorders, that have similar experiences. Family friends and members are welcome</p>	<p>Anxiety Recover Centre 1300 269 438</p>	<p>Contact Anxiety Recover Centre 1300 269 438</p>	
<p>CONFIDENT LIVING PROGRAM A creative arts & social integration program for people with progressive MS& other neurological disorders.</p>	<p>Multiple Sclerosis Australia Jenny Murray 9845 2772</p>	<p>Noble Park Community Centre, Ross Reserve, Memorial Drive, Noble Park (Melways Ref 80 E12)</p>	<p>Please phone for details</p>
<p>HELP FOR PARENTS AND CHILDREN Offers many services: Maternal and child health; children’s centres; occasional care- short term flexible child care for children aged 6mths to 5yrs.; Childhood immunisation; family and children’s publications; playgroups and toy libraries; training and support for parents/guardian’s/grandparents/ playgroup attendees and early childhood educators. Special assistance is available for children with: disabilities, developmental difficulties, from Aboriginal or Torres Strait islander Families.</p>	<p>Ph. 9767 0817 talk to your Maternal Child Health Nurse http://www.greaterdandenong.com/section/25485/your-council-services Gives you main page http://www.greaterdandenong.com/section/84/families-children Family Day Care; Maternal Child and Health; Kindergarten & childcare; Family Support & counselling; Playgroups; Toy Libraries; child and Family Partnership; After Hours Help and Advice...</p>	<p>The Council also offers other services. youth.greaterdandenong.com/ youth Services available. Update for programs in 2016 please call Telephone: 03 9793 2155. Hours: 9am - 5pm, Monday – Friday</p>	<p>Please click on links or phone for further information</p>

Groups and Programs

<p>YOUNG PARENTS EDUCATION</p> <p>PROGRAM YPEP</p> <p>YPEP offers students equivalent Year 12 and industry Certificate II qualifications. Young people that are pregnant or parenting can continue their education in an inclusive education setting where babies (up to 1 one year of age) are welcome and parents are offered a wide range of learning that includes parent-child attachment through rhyme, songs and stories alongside health, wellbeing and practical living skills. A wide selection of incursions and excursions are built into the program that place emphasis on young parents building community connections, knowledge and service information.</p> <p>YPEP Learning Hubs are located near public transport and recreational facilities and enrolments are ongoing. We currently have places available</p>	<p>Dandenong Contact</p> <p>Contact Jill Konig or Sali Shayia on 0427 959 498.</p> <p>Cranbourne contact:</p> <p>Contact Jill Konig on 0410 490 007 or Natalie Lees on 0447 940 446 to enquire or visit.</p> <p>Narre Warren Contact</p> <p>– contact Tina Bampton or Melinda Brown on 9704 7388</p>	<p>And the new Dandenong YPEP located at Skill invest on Thomas St.</p> <p>Cranbourne YPEP, now located at Casey Stadium & Cranbourne Community House</p> <p>Narre Warren YPEP located at Foundation Learning College (former NCLC)</p>	<p>Cost Free</p> <p>Please phone and talk to someone and book in.</p>
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Groups and Programs

<p>FAMILY SUPPORT Alcohol and/or drug use impacting on family</p>	<p>Connections-Alliance Family Counselling Group Lynn 8792 8999</p>	<p>9 Maralinga Ave Keysborough Maralinga Primary School</p>	<p>Please phone for further details</p>
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CHALLENGING BEHAVIOURS, DISABILITIES, GRIEF, Drug & Alcohol dependency, CALD AND OTHER

Group / Program	Contact	Address	Details/ Other
<p>FRIENDSHIP GROUP Extended Families Vietnamese Family Friendship Group. Larger groups for children with a disability and their families meet regularly for fun, friendship and social development</p>	<p>Extended Families 03 9285 4838 Vietnamese speaking workers available</p>	<p>Please Phone for further details</p>	<p>Please phone for further details</p>
<p>NEXT STEP Develop your potential and get ready to take that next step in life.</p>	<p>Dandenong Neighbourhood House Please phone and book 9792 5298</p>	<p>Dandenong Neighbourhood House 34 King St</p>	<p>Please phone for further details</p>
<p>NEW LIFE A recovery program for women with problems of addiction. Join this friendly support group.</p>	<p>9792 5298 email dynhouse@satlink.com.au</p>	<p>34 King St, Dandenong Neighbour House</p>	<p>Please phone for further details</p>

Groups and Programs

<p>NARCOTICS ANONYMOUS A support group for those recovering from drug & alcohol dependency.</p>	<p>Neighbourhood House Matt 0431 024 838 Neighbourhood House 9792 5298</p>	<p>34 King St, Dandenong</p>	<p>Please phone for further details</p>
<p>KINSHIP CARE- A CHANCE FOR CARERS Grandparents, aunts, uncles, friends and any significant other(who care for children when their parents are unable to), to get together and have a cuppa, some lunch, listen to a guest speaker but mainly have time to talk to each other about what's happening for you.</p>	<p>Wesley Mission For more information please call Ivanka Kisvardai, Family Support Worker on 9794 3000 Guest speakers attend</p>	<p>Wesley Mission 280 Thomas St Dandenong</p>	<p>Please phone for further details</p>
<p>PLAY STEPS This 8 week program builds parenting skills with the emphasis of learning and connecting through play. It is designed to improve parent-child interaction by assisting parents develop a positive relationship with their child. 0-3 years.</p>	<p>Queen Elizabeth Centre Ph.: 9549 2777</p>	<p>QEC 53 Thomas St Noble Park</p>	<p>Please phone for further details They may be offering some online or phone services</p>

POSITIVE PATHWAYS- support for young people in Dandenong-Casey-Cardinia. Get information about all the services on offer in your area

Look up: youthpositivepathways.com.au

Groups and Programs

Group / Program	Contact	Address	Details/ Other
MENS AND FATHERS PROGRAMS			
<p>MEN FACING TODAY'S CHALLENGES. Dandenong Neighbourhood House We look at strategies for dealing with issues in our lives & developing new life skills</p>	<p>Dandenong Neighbourhood House 9792 5298</p>	<p>34 King St dynhouse@satlink.com.au</p>	<p>Please Phone for details</p>
<p>THE BBQ BOYS- A support group for male carers living in the southern region of Melbourne. It offers peer support, fun and relaxing social activities, a space to talk about bloke's carer issues, as well as information, Referral and support. SEE PAGE 6</p>	<p>RESPITE SOUTH Ring Nathan 9212 3006 Or 0417 1233 189 or email n.diep@alfred.org.au</p>	<p>Ring Nathan. Venues change</p>	<p>Please phone for further details</p>
FAMILY VIOLENCE			
<p><u><i>Services and organisations in The City of Greater Dandenong</i></u> Domestic/family violence crisis and outreach services</p> <ul style="list-style-type: none"> 1800 Respect 1800 737 732, www.1800respect.org.au <p>24 hours a day, 7 days a week service for those experiencing sexual assault or family violence</p>			

Groups and Programs

- **Safe Steps Family Violence Response Centre** 1800 015 188, www.safesteps.org.au
24 hours a day, 7 days a week response line for victims of family violence providing emergency accommodation and referral to local support services
- **InTouch Multicultural Centre Against Family Violence** 1800 755 988, www.intouch.asn.au Support and advice for culturally and linguistically diverse women
- **Centre's Against Sexual Assault** (CASA) 9635 3610 (Counselling and support line), www.thewomens.org.au/SexualAssault 24 hours a day, 7 days a week crisis and support line for survivors of sexual assault

Information and Resource Agencies

Domestic violence Resource Centre, 9486 9896 <http://www.dvrcv.org.au/>

- Telephone support and referral to services for those experiencing family violence
- Online information for those have experienced family violence
- Training courses for professionals to improve skills in supporting survivors of family violence
- Pamphlets and booklets to assist survivors of family violence

CITY OF GREATER DANDENONG YOUTH AND FAMILY SERVICES AND ENTREPRENEURS MOVEMENT CLUB(EMC) PRESENTS: 2k19 OCTOBER STREET STYLE SOCCER TOURNAMENT (Fully Supervised, no alcohol, no drugs and no smoking event) DAY Friday

TIME 9am-5pm

LOCATION JC Mills Reserve 176-188 Cleeland St, Dandenong (Opposite Dandenong Oasis) Free event for young people aged 12-25 years.

Divisions: Under 25's Female

Under 14s Male, Under 16s Male, Under 25s Male

Groups and Programs

REGISTRATION IS ESSENTIAL. Youth.greaterdandenong.com/2k19october For further information and to register, please call 9783 2155 or visit youth.greaterdandenong.com

[Help is Here Campaign](#) provides information on **support** services available to anyone affected by domestic and family violence, to **help** them access the **support** they need, when they need it. For urgent medical or police **help** free call Triple Zero (000). This covers all areas.

Link

[Help is Here campaign | Department of Social Services, Australian Government](#)

If you are self-isolating or required to isolate, but are in immediate danger, you can leave your house. Contact a [domestic violence support service](#) for advice about continuing to isolate in a safe place

FAMILY, CHILDREN & YOUTH SUPPORT

<p>CONVERSATIONAL ENGLISH. A supportive group for women of varies backgrounds to come together and practise their English conversations skills</p>	<p>Phone: (03) 9701 3740 administration@wellspringsforwomen.com During school terms the office is open: Mon – Thu 9.00am – 4.00 pm Fri 9.00am – 2.00pm</p>	<p>Wellsprings for Women Inc. 79 Langhorne Street Dandenong Vic 3175</p>	<p>Please phone for further details</p>
<p>CULTURLLY DIVERSE PLAYGROUP This playgroup offers opportunities to: <i>Promote your children/grandchildren's skills through cooperative play</i></p>	<p>For more information please contact: Email : Sayanti (VICSEG) - sbhatta@vicsegnewfutures.org.au or</p>	<p>Venue: South East Community Links 186 Foster Street East, Dandenong Vic 3175</p>	<p>Please phone for further details</p>

Groups and Programs

<p>Encourage children to share play with others</p> <p><i>Develop your children's cognitive, social, emotional, and physical skills</i></p> <p>Provide health information, parenting, early learning and healthy eating</p> <p><i>Share information and experiences and discuss issues of interest in a friendly environment</i></p>	<p>Phone : South East Community Links - 9791 8344</p>	<p>Vic- 3175</p>	
<p>LIVING AND LEARNING TOGETHER.</p> <p>A supportive group for CALD women</p>	<p>Wellsprings for Women 9701 3740 www.wellspringsforwomen.com wells@satlink.com.au</p>	<p>Wellsprings for Women 79 Langhorne St Dandenong</p>	<p>Please phone for further details</p>
<p>DIVERSE CARE</p> <p>A social enterprise of Southern Migrant and Refugee Centre. Care workers who speak your language. Trained care workers assist the needs of frail aged people and people with a disability by providing home and community care. They can help at home or in the community. By using our multilingual care workers, we</p>	<p>Southern Migrant and Refugee Centre</p> <p>For further information Southern Migrant and Refugee centre 39 clow st Dandenong</p> <p>Ph. 97671900 Email smrc@smrc.org.au www.smrc.org.au</p>	<p>39 clow st Dandenong</p>	<p>Please phone for further details</p>

Groups and Programs

<p>match client's specific cultural and communication needs. Over 70 languages are spoken. Police and WWC compliant. Southern and Eastern Region Service Area.</p>			
<p>LIBRARY HANGOUT Drop in after school for fun activities (Art, Games, and Music) in a friendly environment or have a chat with our youth workers about our Programs and Services. For young people aged 12 to 25years</p>	<p>City Of Greater Dandenong Youth Services 9793 2155</p>	<p>Youth Area Dandenong Library 225 Lonsdale St Dandenong</p>	<p>See the library WebSite and Facebook Page</p>
<p>REFUGEE & SETTLEMENT PROGRAM Provides family relationship counselling, mediation, loss & grief programs for children, marriage preparation program & personal support program & School Refusal program</p>	<p>Centre care Catholic Family Services Contact Details T.8710 9600 E.rspdandenong@ccam.org.au bourne.org.au</p>	<p>224 Thomas Street Dandenong, VIC 3175</p>	<p>Please phone for further details</p>
<p>Music Together. Music therapy program for children 0-5 years and their parents/carers.</p>	<p>Uniting Bronwyn Atkin</p>	<p>Springvale Uniting church 47 Balmoral Ave,</p>	<p>Please phone for further details</p>

Groups and Programs

	5990 8400	Springvale	
<p>KOORIE KIDS PLAYGROUPS Wonderful creative ideas to build our muscles, coordination and develop our pencil grips, ready for kinder and school next year</p>	<p>Koori Kids Playgroup Team 9706 6383</p>	Please Phone for further details	Please Phone for further details

ARE YOU AN ACCREDITED INTERPRETER OR SKILLED BI-LINGUAL WORKER

SMRC are seeking expressions of interest from people looking for employment as an onsite interpreter / bi-lingual worker. Supporting migrant and Refugee clients, whether in a group program or Individual setting provides a valuable service that builds community connections.

For further information contact: Kirsten
 kirstenm@smrc.org.au
 9767 1952
 Southern Migrant & Refugee Centre,
 39 Clow St, Dandenong VIC 3175

Groups and Programs

City of Kingston

Group / Program	Contact	Address	Details/ Other
PARENTING			
<p>CITY OF KINGSTON - Child Care Enrolments, Family Day Care, Outside School Hours Care for Primary School Aged care programs selected venues across the municipality.(Vacation Care, Before and After School Care and Curriculum Day Care). Maternal and Child Health, Kindergartens, child care centres, Playgroups, Toy Libraries, What’s Happening Children’s Week, Networks and Workshops are available to families and those who work with families and children in the City Of Kingston.</p> <p>https://www.facebook.com/cityofkingston phone 1300 653 356 info@kingston.vic.gov.au</p> <p>Please contact Council for any of the Above. The site also has a range of other services that are available.</p>			
<p>Parenting Support Groups Positive Parenting Service Information and Referral Case Management Youth Services FReeZa fortnightly tuesdays QIK (Queer in Kingston) weekly Youth support and counselling</p>	<p>Kingston Youth Services For more information about this service please contact the Family Support Services Coordinator on 9581 4860 http://kingstonyouth.org.au/</p>	<p>Southland – Shop 1137 Southland Shopping Centre , Nepean Highway, Cheltenham And Aspendale Gardens Community Centre 103-105 Kearney Drive Aspendale Gardens</p>	<p>Please click on link or contact for further details http://kingstonyouth.org.au/ also on Face book</p>

Groups and Programs

Group / Program	Contact	Address	Details/ Other
<p>CARING MUMS In the challenging first months of your baby's life, a trained volunteer provides you with one on one emotional support. Through weekly visits, together you navigate the new and exciting road of motherhood</p>	<p>NCJWA Victorian Multicultural Commission caringmums@ncjwa.org.au ph. 9044 5405 or 0481 081 242 www.caringmums.org.au</p>	<p>Bubup Nairm Family and Children's Centre 998 Carlisle St, St Kilda</p>	<p>Please phone for further details Or follow link and look at website</p>
<p>HEALTHY BUBS AND FAMILIES. Community Bubs Circle of Security Group Baby Music Group (On hold at of Dec20) Mother Goose (on hold as at Dec 20) Jive Jiggle and Jump Keith St Playtime Buddies</p>	<p>Family Life 8599 5433 or 97734624 reden@familylife.com.au Co mmbubs@familylife.com.au https://www.familylife.com.au/support/infant-and-children/parents-and-babies-support/</p>	<p>Community House Keith Street Level 2, 11 Chesterville Rd, Cheltenham</p>	<p>There are a couple of venues. All the information is on the Web site. Follow the link or contact. Provides education and skill development for parents around the importance of early attachment. Playgroups and more</p>

MEN'S AND FATHERS PROGRAMS

Groups and Programs

<p>MEN'S BEHAVIOURAL CHANGE PROGRAM Provides men with an opportunity to learn and use alternatives to behaving in an abusive or violent manner. Men may be provided with individual counselling assistance prior to and after the group MATES Program.</p>	<p>Ph. 8599 5433</p>	<p>197 Bluff Rd Sandringham Service Address</p>	<p>Please phone for Direct help, and enquiries.</p>
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Group / Program	Contact	Address	Details/ Other
FAMILY VIOLENCE			
<p><u>ORANGE DOOR</u> click on link for COVID 19 details</p> <p>Or Website: https://www.vic.gov.au/familyviolence/the-orange-door.html</p> <p>For Confidential support and information call Safe Steps 1800 015 188 For Urgent assistance call Triple Zero 000</p> <p>Men's Referral Service</p> <p>Men's Referral Service provides an anonymous and confidential phone counselling, information and referrals service on 1300 766 491 for: men who might be using violent and controlling behaviour towards a partner or family member men who have been victimized by a partner or family member women wishing to find information about male family violence</p> <p>friends, family or colleagues of people who are using or experiencing family violence</p> <p>Professionals wishing to support a male or female client using or experiencing family violence.</p> <p>Victims Support Agency</p>			

Groups and Programs

The Victims Support Agency provides support and information to help adult male victims of family violence and victims of violent crime.

The service guides victims through the legal process and helps manage the effects of crime through practical assistance and counselling. Call the Victims of Crime helpline on 1800 819 817 or use the text service via 0427 767 891 (8am to 11pm, 7 days a week).

Aboriginal Family Violence Prevention and Legal Service (FVPLS)

This is an Aboriginal community-run organisation providing assistance to Aboriginal and Torres Strait Islander victim survivors of family violence and sexual assault. You can call FVPLS on 1800 105 303.

InTouch: Multicultural Centre against Family Violence

This is a state-wide organisation specialising in services, programs and responses to family violence in migrant and refugee communities. You can call InTouch on 1800 755 988.

Group / Program	Contact	Address	Details/ Other
CHALLENGING BEHAVIOURS, DISABILITIES, GRIEF, CARERS SUPPORT AND OTHER			
MAKING CHOICES Provides support and education for women who are or have experienced family violence.	Family Life Ph. 8559 5433 http://familylife.com.au/ info@familylife.com.au	197 Bluff Rd Sandringham	Please phone for further details.
KINSHIP CARE GROUP Our group support meetings are a great way to meet other Kinship carers in your area, providing a supporting	Oz Child Access to this service is via the	2 Livingston St Highett	Please phone for further details.

Groups and Programs

environment in a relaxed and informal setting. Facilitated groups are held monthly in Highett, Frankston and Rosebud. These groups are open and welcoming and our casual environment helps you access support services and increase your skills.	Dandenong Central office on 9212 5600 during business hours		
WHO'S IN CHARGE 8 week program for parents or carers of young people (8-18) who are out of control, violent or defiant. Jenny & Libby from MYFS will be facilitating.	MYFS and the City of Monash Limited places Phone Libby Jenny 9518 3900	Monash Youth & Family Services (MYFS) Batesford Community Hub, 94 Batesford Rd, Chadstone	Please phone for next session.
Group / Program	Contact	Address	Details/ Other
SOUTH EASTERN ASPERGERS PARENT GROUP For parents and carers with children and teens who have high functioning Asperger's syndrome and PDD-NOS	Headspace Ph. Kirsten Cleland 9526 1600	Peterson Youth Centre Melways 77 B8 Highett Rd, Highett. Corner of Peterson St, Highett	Please phone for further details.
FAMILY STORY TIME – caters for families with children who may be on the Autism Spectrum but a diagnosis is not needed to take part.	City Of Greater Dandenong Vanessa 8571 5441 E. vgjili@cgd.vic.gov.au	For more information and referrals Please contact Vanessa	Please phone for further details.

Groups and Programs

Group / Program	Contact	Address	Details/ Other
<p>CHELTENHAM CARERS SUPPORT GROUP</p> <p>For carers of people with a mental illness. A further group also operates for young people 8-18 supporting someone with a mental illness.</p>	<p>Mind Australia 9093 5977</p> <p>infoVIC@mindaustralia.org.au</p>	17 Taylor St, Moorabbin	Please phone for further details.
<p>ODDESSY HOUSE PROGRAM</p> <p>Structured 8 week program for those with issues with alcohol or drugs</p>	<p>Odyssey House 9420 7610 George</p>	Please phone for details	Please phone for details
<p>DOWN SYNDROME COFFEE GROUP</p> <p>Support for parents of children with down syndrome</p>	<p>Moira Kerri Rolfe – Parent Support Coordinator For southern region Ph.: 8552 2222</p>	<p>Mentone Baptist Church 36 Harpley Street Cheltenham</p>	Please phone for further details.
<p>GROW</p> <p>Runs groups for people with depression or anxiety in a supportive environment.</p>	<p>03 9528 2977 vic@grow.net.au</p>	707 Glenhuntly Rd Caulfield South Vic 3162	Please phone for further details.

Groups and Programs

Group / Program	Contact	Address	Details/ Other
A FAMILY GROUP	Taskforce/Odyssey House Taskforce Community Agency/Odyssey House 9532 0811	421 South Road Moorabbin Booking essential	Please phone for further details.
LIVE YOUR COMMUNITY PROGRAM Provides flexible volunteer based inclusion support for children with disabilities who experience barriers to participation in sport, recreation and leisure. For children aged 6-17yrs with a diagnosed disability.	Extended Families Contact Rachel De Summa Ph. 9285 4839 or 0438 752 126 Email Rachel@extendedfamilies.org.au www.extendedfamilies.org.au		Please phone for further details.
MOVEMENT DISORDERS COMMUNITY SUPPORT GROUP For carers of people with neurological disorders. A respite care group occurs at the same time to enable carers to attend	Church of Christ Barbara Winkler 9265 1481	Church Of Christ 2-12 Chesterville Rd Cheltenham	Please phone for further details.

Groups and Programs

<p>CLARINDA PARENTS GROUP is an opportunity for parents and carers to meet other parents in the area and to meet Family support staff in a fun and relaxed atmosphere. Weekly activities and guest speakers are provided.</p>	<p>City of Kingston Family support 8551 1202</p>	<p>Clarinda community Centre 58 Viney St, Clarinda</p>	<p>Please phone for further details.</p>
Group / Program	Contact	Address	Details/ Other
<p>Kingston Koorie Mob Council supports the Kingston Koorie Mob, a program coordinated through Parkdale Secondary College for Aboriginal youth in Kingston. The program highlights cultural identity, promotes goal setting, personal development and encourages educational outcomes.</p>	<p>For more information please contact Katrina Amon Koorie Leader at Parkdale Secondary College 9580 6311 https://www.kingston.vic.gov.au/Community/Aboriginal-Community</p>		<p>Please contact the council And when school goes back katrinia</p>

Groups and Programs

<p>The City of Kingston is committed to our Aboriginal and Torres Strait Islander community theyacknowledges that Aboriginal people have a rich and continuous connection to the area that is the City of Kingston.</p> <p>Council is currently working alongside the Kingston Indigenous community in the development of their new Innovate Reconciliation Action Plan (RAP). An Innovate RAP has a key focus on creating and strengthening relationships with the Aboriginal and Torres Strait Islander community members through innovative strategies, as well as including staff and stakeholders in the spirit of Reconciliation.</p>	<p>To be involved in Council’s work with our Aboriginal community, contact Council’s Community Development Team on 9581 4734 or community@kingston.vic.gov.au.</p>		
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Groups and Programs

<p>KOORIE FAMILY GATHERING</p> <p>Are you, your children or the children you care for Aboriginal and/or Torres Strait Islander? Do you live in the City of Bayside, Glen Eira, Kingston or Stonnington?</p> <p>Would you like to connect with other Koorie families to have a yarn and a cuppa?</p> <p>Derrimut Weelam Gathering Place</p> <p>a culturally safe environment for Aboriginal and Torres Strait Islander people to gather, meet and establish a connection to each other and local culture. This space provides an opportunity for the development of community led and driven cultural programs which will enhance cultural identity, social inclusion and improved health and wellbeing.</p>	<p>City Of Bayside City Of Kingston City of Stonnington City Glen Eira Southern Melbourne Partnership</p> <p>For more information, contact:</p> <p>Chris 0402 311 989 cedmonds@smpcp.org.au</p>	<p>Derrimut Weelam Gathering Place Mordialloc Life Saving Club, 199 Beach Road, Mordialloc</p> <p>https://www.kingston.vic.gov.au/Community/Aboriginal-Communit</p> <p>Also can be found on face book</p> <p>https://m.facebook.com/derrimutweelamgatheringplace/</p>	<p>Please phone for further details</p>
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Groups and Programs

Mornington Peninsula Shire

Group / Program	Contact	Address	Details/ Other
PARENTZONE PARENTING PROGRAMS			
PBS PARENTING BUILDING SOLUTIONS PARENTZONE PROGRAMS ARE AT THE BEGINNING OF THE NEWSLETTER. WE ARE RUNNING SEVERAL ONLINE PROGRAMS.–			
<p>Shire of Mornington Peninsula</p> <p>Please check site or phone for December and January details/</p> <p>Please stay safe</p>	<p>SHIRE OF MORNINGTON https://www.mornpen.vic.gov.au/Home 90 Besgrove Street, ROSEBUD 3939 Postal: Private Bag 1000, ROSEBUD 3939 Phone: 1300 850 600</p> <p>Contact: customerservice@mornpen.vic.gov.au Web: www.mornpen.vic.gov.au</p>	<p>Please Phone or click on link to find details.</p>	
<p>Youth Services.</p>	<p>Opening Hours: The Corner and Shed 11 will be open on Monday, Wednesday and Friday between 11.00-1.00 for Drop-In starting the 4th of January and finishing the 22nd of January.</p>	<p>https://mpys.com.au/schoolholidayprogram/ Please check link out for School Holiday program</p>	
<p>www.mornpen.vic.gov.au/Services_For_You main page for a variety of services links www.mornpen.vic.gov.au/Services_For_You/Children_Families main page for Families and Children services – up to date information on School Holiday Program</p>			

Groups and Programs

PARENTING & FAMILY SUPPORT			
<p>SPACE 4 US</p> <p>An 8 week free peer support group for 13 to 18 year olds living in the Mornington Shire region who have a parent or other close family member with a mental illness.</p>	<p>Peninsula Health. Mornington Peninsula Shire Peninsula Health FaPMI Coordinator (Families where a Parent has a Mental Illness) 9784 6999 MHFaPMI@phcn.vic.gov.au</p>	<p>Please contact the FaPMI Coordinator to see when this group is next running, or to add a young person to the waitlist. www.space4us.org.au Locations Vary</p>	<p>Please contact or check link</p>
<p>LEGO CHAMPIONS</p> <p>For all primary school aged kids. Let your imagination take over and build Lego masterpieces.</p>	<p>Good Shepherd http://www.goodshepherd.org.au/ 5970 7000</p>	<p>Wallaroo Community Centre Good Shepherd Community House, 6 Wallaroo Place, Hastings 3915</p>	<p>Please contact or check link</p>
<p>KOORIE KIDS PLAYGROUP-VACCA</p> <p>Gather and meet other Koorie families, sing and dance, play with other Koorie</p>	<p>Victorian Aboriginal Child Care Agency (VACCA) Playgroup worker 9701 4200</p>	<p>Wallaroo Community House 6 Wallaroo Place Hastings</p>	<p>Please contact or check link</p>
<p>KOORIE KIDS PLAYGROUP-VACCA</p> <p>Gather and meet other Koorie families, sing and dance, play with</p>	<p>Victorian Aboriginal Child Care Agency</p>	<p>Seawinds Community Hub 11 Allambi Ave</p>	<p>Please contact or check link</p>

Groups and Programs

<p>other Koorie Kids, listen to stories and learn about culture.</p>	<p>(VACCA) Playgroup worker 9701 4200 04 For further information please don't hesitate to call the play group worker 08 948 755</p>	<p>Capel Sound</p>	
<p>CHAMPS A free, peer-support group program for 8-12yo children who have a parent with a mental illness. Parents also welcome. Kids and parents can meet others in a similar situation, learn about mental health and self-care, all through lots of fun games and activities</p>	<p>Peninsula Health Peninsula Health FaPMI Coordinator (Families where a Parent has a Mental Illness) MHFaPMI@phcn.vic.gov.au 9784 6999</p>	<p>Locations Varys</p>	<p>Please contact or check link</p>
<p>FAMILY CASE MANAGEMENT Designed to assist families to address issues that are impacting on their day to day lives. A Family Case Management Worker can help families with everything from budgeting and household bills, to getting connected to specialist support services for with a specific identified need.</p>	<p>Southern Peninsula Community Support and Information Centre Contact Family Case Management Worker Ph. 5986 1285 admin@spsic.org</p>	<p>878 Point Nepean Rd Rosebud</p>	<p>Please contact or check link</p>

Groups and Programs

<p>MOTHER GOOSE The Program aims to teach mums new ways to interact with their infants through songs and rhymes, and is run in a safe and supportive environment.</p>	<p>Good Shepherd Australia New Zealand Contact: Isle Tlozek 5971 9444 or Simone Cranage 5971 9114.</p>	<p>Good Shepherd Wallaroo Community Centre, Hastings.</p>	<p>Please contact or check link</p>
<p>PREMMIES ON THE PENINSULA A parent & child program and information session run once a month. Open to any premmie children born prior to 36 weeks and under 2years of age and their parents. Siblings are welcome</p>	<p>Biala Please phone 5975 1820</p>	<p>1 Elizabeth St, Mornington Behind the information Centre with adjacent car parking</p>	<p>Please contact or check link</p>
<p>YOUTH ADVISORY GROUP For people aged 10-25. If you want to have a say and care about what's going on around you. Come and make a difference, doing our youth advisory group.</p>	<p>MPYS Mornington Peninsula Youth Services ph. Jackie 5950 1666 jackie.rickard@mornpen.vic.gov.au www.mpys.com.au</p>	<p>Mornington Council Offices</p>	<p>Please contact or check link</p>
<p>ANGLICARE VICTORIA – Volunteer Tutoring Program A free program which supports children from Grade 4 – year 10 who have been educationally disadvantaged.</p>	<p>Anglicare Victoria Mel Wyatt 0499 027 753 OR Rosebud Office ph. 59 86 99 00</p>	<p>Seawinds Community Hub 11A Allambi Ave, Rosebud West</p>	<p>Please contact or check link</p>

Groups and Programs

<p>UNDER THE RAINBOW- Gay, lesbian, bisexual, span sexual, transgender, gender queer, straight</p> <p>EVERYBODY WELCOME. For young people aged 12 to 18. Inspirational workshops, activities</p>	<p>Headspace Peninsula Pride-A Queer Straight Alliance Shine, Headspace Frankston Mornington Peninsula Youth Services Ph. Seb ON 9769 6419 www.facebook.com/peninsulapride</p>	<p>YLounge Rosebud And Shed 11 Hastings</p>	<p>Please contact or check link</p>
<p>YOUTH ADVISORY GROUP For people aged 10-25. If you want to have a say and care about what's going on around you. Come and make a difference, doing our youth advisory group.</p>	<p>MPYS Mornington Peninsula Youth Services ph. Jackie 5950 1666 jackie.rickard@mornpen.vic.gov.au www.mpys.com.au</p>	<p>Mornington Council Offices</p>	<p>Please contact or check link</p>
<p>http://mpchildandyouthdirectory.com.au/youthdirectory/listing</p> <p>Great resource to check for this area.</p>			

FAMILY VIOLENCE

ORANGE DOOR

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

For Confidential support and information call Safe Steps 1800 015 188

For Urgent assistance call Triple Zero 000

Men's Referral Service

Men's Referral Service provides an anonymous and confidential phone counselling, information and referrals service on 1300 766 491 for:

men who might be using violent and controlling behaviour towards a partner or family member
men who have been victimized by a partner or family member
women wishing to find information about male family violence

friends, family or colleagues of people who are using or experiencing family violence

Professionals wishing to support a male or female client using or experiencing family violence.

CHALLENGING BEHAVIOURS, DISABILITIES, GRIEF, CARERS SUPPORT AND OTHER

<p>BIALA @ BENTONS – PLAYING PARTNERS- open to all early intervention and community children</p>	<p>Benton’s Community Centre Marlene Fox 5975 1820</p>	<p>Benton’s Community Centre Benton’s Square Mornington</p>	<p>Please contact or check link</p>
<p>INCLUSIVE 3 YEAR OLD KINDERGARTEN Once a week three hour program, open to any interested community children Peninsula children and children from other supported services, Biala</p>	<p>For further information &/or to register your Interest contact Biala Peninsula administration. Phone: 59751820 email: admin@bialapeninsula.org.au</p>	<p>Biala Peninsula, 1 Elizabeth Street Mornington.</p>	<p>Please contact or check link</p>
<p>PENINSULA AUTISM SPECTRUM SUPPORT GROUP – Parents/carers who have children with a special need are invited to a monthly get together to share experiences and learn useful tips and strategies with local families.</p>	<p>Extended Families +Contact Michelle 0416 007 631 Morning tea provided Siblings welcome Newsletters</p>	<p>Cerberus Cottage, HMAS Cerberus Must phone and book</p>	<p>Please contact or check link</p>
<p>FAMILY MENTAL HEALTH SUPPORT SERVICE (FMHSS)</p>	<p>FMC MEDITATION AND COUNSELLING VICTORIA PH: 9784 0698</p>		<p>Please contact or check link</p>

Provides support to vulnerable families with children & young people who are at risk of developing a mental illness.	Tina Biro Tina.Biro@mediation.com.au		
KINSHIP CARER SUPPORT GROUP ROSEBUD WEST Come and meet with other Kinship Carers and share the highs and lows of being a kinship carer!	Kinship Care Oz Child Contact Sue Gale ph. 9212 5600 for further information	Seawinds Community Hub 11a Allambie Ave, Rosebud West Next to Eastbourne Primary School	Please contact or check link
Y LOUNGE ROSEBUD Rosebud Y Lounge Youth Centre provide a safe space to drop in, hang out with your friends or make new ones. The centre is fitted out with some great equipment (see below) and we also have a range of other activities on offer. Y Lounge has free WI-FI, computers, Xbox 360 and a Nintendo Wii joined up to a large screen TV in the lounge area.	Staffed by qualified youth workers and fully supervised https://www.mornpen.vic.gov.au/Community-Services/Youth-Services/Youth-Centres/Y-Lounge-Rosebud	1 Nepean Plaza, Rosebud (Cnr Ninth Avenue)	Please phone to see what is happening in 2021 Open Monday to Friday 9:00am to 5:00pm Phone: 5986 3585 Updated December. Click on Link for further updates
HASTINGS SHED 11 provides a safe space to drop in hang out with your friends or make new ones centre proved	Staffed by qualified youth workers and fully supervised 5950 1666	11 Marine Parade, Hastings	Please contact or check link
KOORI SERVICES- We can help you to access the services you need.	Peninsula Health Enquiries through ACCESS 1300 666 781	Please phone for details	Please contact or check link

<p>GIRRINGTON WIMBI (SWEET WALLABY) PLAYGROUP</p>	<p>Good Shepherd 5960 7000 or 0408 948 755</p>	<p>Good Shepherd Community House</p>	<p>Please phone to see what is happening in 2021</p>
<p>PLAYGROUPS</p> <p>Please phone or go to link for Play group Victoria.</p> <p>A number of Online ZOOM events are happening throughout January</p>	<p>Playgroup Victoria</p> <p>Dates Times and bookings</p> <p>www.playgroup.org.au</p> <p>For at Home with baby resources click on link</p> <p>https://www.playgroup.org.au/playgroup-at-home/baby-playgroup/</p>	<p>Check website for locations and online ZOOM events over the Holiday season and other times.</p>	<p>Please phone for 2021</p> <p>Jan 2021</p> <p>Dates 10,5,7,8,11,12,14,15,18,19, 21, 22, 25, 26, 28,29th Jan.</p> <p>Please click on link for further details and to book.</p>
<p>CITY OF PORT PHILLIP- Offers a range of services. Maternal and Child Health; Applying for childcare; Early Childhood education & Care Services; School Directory; Integrated Services for families with children aged 0-8; Playgroups; Home based Respite; Community Directories and much more. Contact your council. 9209 6777 Cnr Carlisle St & Brighton Rd St Kilda. PO Private Bag 3 St Kilda 3182 www.portphillip.vic.gov.au</p> <p>MATERNAL AND CHILD HEALTH CENTRE 9209 6766 AH 13 2229 171 Chapel St, St Kilda</p>			

Accommodation Options for Families (Launch Housing)

Provides support services for families experiencing homelessness or living in unsuitable housing, particularly rooming houses.

City of Port Phillip

Group / Program	Contact	Address	Details/ Other
DRUGS/ALCOHOL RECOVERY//PARENTIN/MENTAL ILLNESS			
<p>DRUG AND ALCOHOL RECOVERY SUPPORT GROUP</p> <p>A peer support group that aims to provide you with the chance to speak up about the things that affect you as you recover from harmful drug or alcohol use. All welcome drop in and have a cup of tea or coffee.</p>	<p>Windana Drug and Alcohol Recovery Ph. 95297955 www.windana.org.au Windana Head Office 88 Alma Rd.</p> <p>St Kilda (cnr Chapel St) The Windana Society Inc. Pam Williams Also at Dandenong and Rosebud</p>		
<p>KINSHIP CARER SUPPORT GROUP</p> <p>Are you a kinship carer who is caring for a child who is not your own? Living in the municipalities of Bayside, Glen Eira, Port Phillip and Stonington-Come and meet with other Kinship Carers and share the highs and lows of being a kinship carer!</p>	<p>Kinship Care Oz Child Contact Sue Gale ph. 9212 5600 for further information</p>	<p>Highett Neighbourhood Community House 2 Livingston Street, Highett</p>	<p>N Please ring for details</p>
<p>St Kilda Youth Centre</p>	<p>9696 53 40 62-74 Pickles St Sth Melbourne</p>		<p>Please ring for details</p>

City of Port Phillip

Group / Program	Contact	Address	Details/ Other
YOUNG MUMS GROUP For parents 25 & under to meet to share outings & opportunities.	St Kilda Youth Services Dave Wells 9696 5340	62 Pickles St South Melbourne	Please ring for details
WELLWAYS - run programs through MI Fellowship Victoria and other partner organisations for families and friends of people with a mental illness. Resources on line about disabilities. Living with a disability. Experiencing mental health issues, NDIS information and more.	Wellways https://www.wellways.org/ 9784 6800	276 Heidelberg Rd Fairfield	Please ring for details OR Click on link for resources and further details https://www.wellways.org/
MUM FOR MUM PROGRAM - MUM A non-denominational program of the National Council of Jewish Women of Australia (Vic) . Its aim is to provide women who have a child less than one year of age with emotional support. Women can self-refer or may be referred through health professionals such as their maternal and child centre nurse, GP, obstetrician or counsellor. link to a video the Leader made on our program http://port-phillip-leader.whereilive.com.au/news/story/glen-eira-outreach-service-to-keep-mum-happy/ website too: www.mumformum.org.au Phone 9523 0535			

Group / Program	Contact	Address	Details/ Other
FAMILY VIOLENCE			
MOTHER SUPPORT PROGRAM – Home-based Outreach support & rehabilitation for mothers with a mental illness who have dependent children in their care	Prahran Mission Damien Russell 9692 9400	Prahran Mission 15 Cromwell Rd South Yarra	Please ring for details
St Kilda Youth Centre	9696 53 40 62-74 Pickles St Sth Melbourne		Please ring for details
MANDARINE SPEAKING PARENTS AND BABY GROUP Babies up to 12 months old	Phoenix park Neighbourhood House & Phoenix Park MCHC 9530 4397	Phoenix Park Neighbourhood House 22 Rob Roy Rd, East Malvern.	Please phone for further details
YOUNG MUMS GROUP For parents 25 & under to meet to share outings and opportunities.	St Kilda Youth Services in South Melbourne Dave Wells 9696 5340	62 Pickles St South Melbourne	Receive a certificate at the end. Please phone for further details
AFRICAN MUMS PLAYGROUP	City Of Stonington Sth Yarra Sarah Day 8290 7025	Princes Gardens MCH Centre Prahran and South Yarra	Please phone for further details

<p>YOUNG MUM'S GROUP For Mum's under 25 to meet and share and engage in a range of activities</p>	<p>City Of Stonington Sarah Day 8290 7025</p>	<p>Princes Gardens MCH Centre Pahran and South Yarra</p>	<p>Please phone for further details</p>
<p>YOUNG MUMS GROUP For parents 25 & under to meet to share outings and opportunities.</p>	<p>St Kilda Youth Services Dave Wells 9696 5340</p>	<p>62 Pickles St South Melbourne</p>	<p>Receive a certificate at the end. Please phone for further details</p>
<p>Playgroups due to Covid 19 please contact Playgroups Victoria for the nearest Playgoupp, details and Christmas Online activities</p>	<p>https://www.playgroup.org.au/</p>	<p>Click on link to find out closest playgroup</p>	<p>Please phone or click on link. for further details Zoom activities over the holidays</p>

ORANGE DOOR [click on link for covid update on Orange door](https://www.vic.gov.au/familyviolence/the-orange-door.html) <https://www.vic.gov.au/familyviolence/the-orange-door.html>

For Confidential support and information call Safe Steps 1800 015 188

For Urgent assistance call Triple Zero 000

Men's Referral Service

Men's Referral Service provides an anonymous and confidential phone counselling, information and referrals service on 1300 766 491 for:

Men who might be using violent and controlling behaviour towards a partner or family member, men who have been victimized by a partner or family member
women wishing to find information about male family violence, Friends, family or colleagues of people who are using or experiencing family violence
Professionals wishing to support a male or female client using or experiencing family violence.

Victims Support Agency

The Victims Support Agency provides support and information to help adult male victims of family violence and victims of violent crime.

The service guides victims through the legal process and helps manage the effects of crime through practical assistance and counselling. Call the Victims of Crime helpline on 1800 819 817 or use the text service via 0427 767 891 (8am to 11pm, 7 days a week).

Aboriginal Family Violence Prevention and Legal Service (FVPLS)

This is an Aboriginal community-run organisation providing assistance to Aboriginal and Torres Strait Islander victim survivors of family violence and sexual assault. You can call FVPLS on 1800 105 303.

InTouch: Multicultural Centre against Family Violence

This is a state-wide organisation specialising in services, programs and responses to family violence in migrant and refugee communities. You can call InTouch on 1800 755 988.

Group / Program	Contact	Address	Details/ Other
DADS			
<p>DAD'S DEN A get together with other expectant fathers. This will help prepare you for fatherhood, find out about your new role with help and support from other dads.</p>	<p>Mercy Health O'Connell Family Centre with the support from the Mercy Hospital. Enquiries Ann Johnson O'Connell Family Centre 8416 7615</p>	<p>Mercy Hospital for Women</p>	<p>Phone for details</p>

<p>FATHERZONE A parenting program specifically designed for dads of young children.</p>	<p>Mercy Health 8416 7600</p>	<p>6 Mont Albert Road Canterbury, 3126</p>	<p>Phone for details</p>
<p>DADS OF TODDLERS- A dads only program exploring and promoting the unique relationship between you and your toddler</p>	<p>Mercy Health O'Connell Family Centre Lisa (Clinical Educator) 8416 7600</p>	<p>6 Mont Albert Road Canterbury</p>	<p>Please phone for dates</p>
<p>CHALLENGING BEHAVIOURS, DISABILITIES, GRIEF, VIOLENCE AND OTHER</p>			
<p>KINSHIP CARER SUPPORT GROUP Are - you a kinship carer who is caring for a child who is not your own? Living in the municipalities of Bayside, Glen Eira, Port Phillip and Stonington-Come and meet with other Kinship Carers and share the highs and lows of being a kinship carer!</p>	<p>Kinship Care Oz Child Contact Sue Gale ph. 9212 5600 for further information</p>	<p>Highett Neighbourhood Community House 2 Livingston Street, Highett</p>	<p>Please phone for dates and times. Morning tea provided</p>

<p>WELLWAYS Run programs through MI Fellowship Victoria and other partner organisations for families and friends of people with a mental illness.</p>	<p>Wellways 276 Heidelberg Rd Fairfield</p>	<p>Please phone 9784 6800 for further information.</p>	<p>Phone for current programs 9784 6800</p>
<p>MAKING STEPFAMILIES WORK. Courses for couples</p>	<p>Stepfamily Association of Victoria Zoe 9639 2576 www.stepfamily.org.au</p>	<p>Malvern, Flemington Doncaster & Carlton</p>	<p>Please phone for details of dates/venues & times</p>

City of Stonington

FAMILY SUPPORT

FAMILY SUPPORT			
<p>KOORIE FAMILY GATHERING</p> <p>Are you, your children or the children you care for Aboriginal and/or Torres Strait Islander? Do you live in the City of Bayside, Glen Eira, Kingston or Stonnington?</p> <p>Would you like to connect with other Koorie families to have a yarn and a cuppa?</p> <p>Join our fun activities including storytelling and singing.</p> <p>Term 1,</p> <p>Would you like to connect with other Koorie families to have a yarn and a cuppa? Join our fun activities including storytelling and singing</p>	<p>City Of Bayside</p> <p>City Of Kingston</p> <p>City of Stonnington</p> <p>City Glen Eira</p> <p>Southern Melbourne Partnership</p> <p>For more information, contact:</p> <p>Chris</p> <p>0402 311 989</p> <p>cedmonds@smpcp.org.au</p>	<p>Derrimut Weelam Gathering Place</p> <p>Mordialloc Life Saving Club,</p> <p>199 Beach Road,</p> <p>Mordialloc</p>	<p>Please ring for details</p>
<p>Prahran Mission</p> <p>an agency of the Uniting Church in Australia, provides emergency relief services to those experiencing poverty, homelessness and economic disadvantage as well as rehabilitation services to those experiencing mental illness and psychiatric disability.</p>	<p>Prahran Mission</p> <p>https://www.onlymelbourne.com.au/prahran-mission</p> <p>9692 9500</p>	<p>211 chapel St</p> <p>Praharan</p>	<p>Please phone or follow link</p>

<p>Prahran</p> <ul style="list-style-type: none"> - Central Services - Second Story - Multicultural Access - Pastoral Care - Open House Drop In - Mingles Weekend Drop In <p>South Yarra</p> <ul style="list-style-type: none"> - JobSupply Personnel - Community Aged Care - Mothers Support Program - Inner South Outreach Program - Killara Program <p>St Kilda</p> <ul style="list-style-type: none"> - Scottsdale Supported Residential Service 	<p>9692 9400</p> <p>9692 9400</p> <p>6534 7634</p>	<p>211 Chapel St Prahran</p> <p>15 Cromwell rd. South Yarra</p> <p>51 Allma Rd St Kilda</p>	
<p>SUPPORT GROUP FOR ANXIETY</p> <p>If your life feels like it is on a downward trajectory and you are struggling to cope, perhaps a support group might help. Our support group sessions offer sufferers and carers the opportunity to discuss their anxiety and help them learn how to deal with their fears, knowing they are not alone. The caring and sharing of the group offers relief from isolation and loneliness</p>	<p>MENTAL HEALTH FOUNDATION</p> <p>For information about group session please contact supportgroup@mhfa.org.au or phone 9826 1422</p> <p>https://www.retreatsouth.com.au/what-we-treat/depression/</p>	<p>Suite J, 450 Chapel St Sth Yarra</p>	<p>Please ring for details</p> <p>For information about group session please click on contact or phone.</p>

Telephone Help Lines

Name	Description	Contact
ADEC (Action on Disability in Ethnic Communities)	A community-based organisation which represents the rights and needs of people of non-English speaking background with a disability and their careers.	1800 626 078 info@adec.org.au www.adec.org.au Address: 175 Plenty Road, Preston Victoria 3072 Phone: 03 9480 7000
Aboriginal Housing Victoria	Manages the Victorian Aboriginal Rental Housing Program Provides low cost rental housing and housing support to eligible Aboriginal and Torres Strait Islander families. Eligibility: Aboriginal and Torres Strait Islander people resident in Victoria.	Narrandjeri House 125-127 Scotchmer Street Fitzroy North 3068 Phone: 9403 2100 www.ahvic.org.au
AFGHAN AUSTRALIAN ASSOCIATION OF VICTORIA INC.	Peak Group for Afghan community organisations in Victoria. Provides Social, welfare and educational Support to members of its community Level 1/73 Walker St, Dandenong.	Phone 9562 1289 AH 9794 9133 BH

Telephone Help Lines

Name	Description	Contact
AMAZE (formerly Autism Victoria)	<p>A first point of contact for everything related to Autism Spectrum Disorder, 1300 308 699 putting the individuals and their families at the forefront of everything they do.</p> <p>www.amaze.org.au</p> <p>Address: 24 Drummond Street, Carlton Victoria 3053</p> <p>Phone: 03 9657 1600</p>	AMAZE (formerly Autism Victoria)
Anxiety Recover Centre Victoria (ARC Vic)	<p>A state-wide, specialist mental health organisation, providing support, recovery and educational services to people and families living with anxiety disorders. The OCD and Anxiety Helpline provides telephone counselling, information and referral Hours of operation Monday to Friday 10.00am - 4.00pm</p>	<p>1300 269 438</p> <p>03 9830 0533</p>

Telephone Help Lines

Name	Description	Contact
Council of Single Mothers & Their Children (CSMC)	A Victoria wide service run by and for women parenting alone. We provide telephone support, information & referral on a range of issues including emergency relief, housing, Centrelink, child support, family law, family violence and parenting. Become a member and receive our newsletter and email bulletins.	9654 0622 1300 552 511 csmc@csmc.org.au www.csmc.org.au
Child Care Access Hotline	The Australian Government Child Care Access Hotline is a free telephone service to help you find a child care service that meets your needs.	133 677 (TTY service for people with hearing/speech impairment) 1800 670 305 8am-6pm Monday to Friday
Carers Vic Respite Services	1800 059 059 (emergency respite)	
Commonwealth Carer Respite Centres	1800 052 222 (24 hours a day) & www.commcarelink.health.gov.au	

Gambler's Help	To find a range of free health information resources, including materials in community languages. NB: Interpreting services available	1800 858 858 (24hrs, 7 days) 9575 5353 info@ghsouthern.org.au www.ghsouthern.org.au
Gamblers Help Youth line	24hour help for problem gamblers and their families and friends.	1800 262 376 Responsiblegamblingvic.gov.au
Grief Line	For people who have suffered loss due to: death, Mental Health, Abuse, Family Violence, Depression, Health, Relationships, Loneliness, Carer Support, Exclusion, Unemployment, Addictions, Migration, Refugee Experience. Anonymous telephone counselling service and professional online counselling. 12 noon to 3.00am	9935 7400 www.griefline.org.au
Kids Help Line	Kids Help line and online counselling for 5 to 25year old's in Australia.	1800 551 800 Kidshelpline.com.au

Telephone Help Lines

Name	Description	Contact
Lifeline	<p>Lifeline is a national charity providing all Australians experiencing a personal crisis with access to 24 hour crisis support and suicide prevention services.</p> <p>We're committed to empowering Australians to be suicide-safe through connection, compassion and hope.</p> <p>Our vision is for an Australia free of suicide.</p>	<p>13 11 14</p> <p>https://www.lifeline.org.au/</p>
Launch Emergency Housing	<p>We provide a range of services to Victorians experiencing housing crisis</p> <p>Offices-</p> <p>Southbank – Southern Entry Point 9556 5777;</p> <p>East St Kilda /South Melbourne-Through Local Entry Point</p> <p>Dandenong – Outer South Entry Point 9791 6111</p>	<p>1800 825 955</p> <p>www.hanover.org.au</p>
LGBT Foundation	<p>The foundations helpline service provides support: Need an ear to listen to;</p> <p>Struggling with your mental health, feeling isolated; thinking about coming Out, questioning your identity, need to know how to get an STI health check up, being harassed because of your sexual identity, need to report a hate crime, want to know about our services. You can email the helpline anytime at helpline@lgbt.foundation and we will reply to you within 10 working days</p>	<p>0345 30 30 30 (unavailable Saturday)</p> <p>https://lgbt.foundation/helpline</p>

Telephone Help Lines

Name	Description	Contact
Orange Door – Bayside Peninsula	<p>The Orange Door is a new 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.</p> <p>It is free to access help and support through The Orange Door and you do not need a referral.</p> <p>Bayside Peninsula 60-64 Wells St Frankston</p>	<p>1800 319 353</p> <p>Br>BPA@orangedoor.vic.gov.au</p>
Raising Children Network	<p>Created by a partnership of member organisations of Australia’s leading early childhood agencies, the Raising Children website is produced with the help of an extensive network including the Australian Government.</p>	<p>http://raisingchildren.net.au/</p>
SANE	<p>Information and referral service for Carers and Consumers</p>	<p>1800 187 263</p> <p>www.sane.org</p>

Telephone Help Lines

Name	Description	Contact
Suicide Helpline		1300 651 251
South East Multiple Births Association	Twins, Multiple Pregnancy. Free Telephone Advice Line Staffed by Trained Counsellors	1800 882 436 www.pregnancybirthbaby.org.au/twins
The Stepfamily Org	For all Victorians in or considering a stepfamily.	9663 6733 info@stepfamily.org.au www.stepfamily.org.au
The Queen Elizabeth Centre	Our mission is to offer specialized support, care and education to parents who have children up to three years of age, with the aim of enhancement and development of the family.	53 Thomas Street, Noble Park, VIC 3174 Telephone: +61 3 9549 2777 Facsimile: +61 9549 2779 Email: theqec@qec.org.au

Telephone Help Lines

Name	Description	Contact
Victims of Crime Helpline	The Victim Support Agency is responsible for coordinating services for victims of crime and for representing the voice of victims within the criminal Justice System. Help line staff offer advice and referral to local and relevant support services.	1800 819 817 Daily 8am to 11pm Translating service P:13 14 50 TTY Service P:13 36 77 www.justicevic.gov.au/victimsofcrime
Victorian Maternal and Child	Follow link and put area in that you need the service in. Helplines and http://www.pregnancybirthbaby.org.au/pregnancy-	
WHIC (The Women's Health Information Centre)	Houses a drop-in library and state-wide telephone health information service with an emphasis on women's health issues. Open 9.00am-5.00pm Mon – Fri which@thewomens.org.au Crn; of Grattan and Flemington Rd, Parkville	8345 3045 or 1800 442 007 www.thewomens.org.au
Women's Domestic Violence Crisis Service	State-wide 24hour confidential crisis response service for women and women with children experiencing domestic violence.	1800 015 188

Youth Substance Abuse Service YSAS provides drug and Alcohol services for people aged between 12 and 21. Phone (03) 9415 8881 Head Office.

To all that Celebrate Christmas

We wish you a Merry Christmas.

We hope everyone has a safe holiday Season and that 2021 is a better year for all.

Remember to get your details updated for Term 1 and 2 as soon as you know what is planned.

If you need to update anything in the current issue for next term, please send the:

Page number

Group

Details

This newsletter is updated each term.

If you would like the link so you can use it from the Anglicare site at any time please email us. Email:

Parentzone.southern@anglicarevic.org.au or louise.anderson@anglicarevic.org.au

Thanks