



ParentZone Eastern Newsletter Term 1 2021

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

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**BETTER
TOMORROWS**

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What's New at ParentZone?



Welcome to the Term 1 ParentZone Eastern Newsletter!

We have had a busy Term 4 facilitating a variety of webinars and parenting groups online and offering one on one support.

We collaborated with the Eastern Region Local Government areas to offer webinars on Emotion-Focused Parenting, Peaceful Parenting, and Learn to Play, Play to Learn for children 0-2 years. These webinars were wide-reaching with participants from Victoria, interstate, and even overseas!

We also offered a number of multi-session parenting groups online including Talking Teens and Dad's Matter. We also provided a twice-weekly online peer support group for parents who have a child with a disability or developmental delay - and finished off the year together with a lovely Christmas break up!

We facilitated a workshop for Early Years Teachers in Building Resilience in the children and families they work with and collaborated with the Australasian Birth Trauma Association to facilitate a peer support group for new mums who gave birth during COVID.

Term 1 will be another exciting term. We have interactive online parenting groups starting in February - Raising Resilient Kids, Dad's Matter, Calm Parents, Happy Kids, and Talking Teens. Bookings to parentzone.eastern@anglicarevic.org.au or see the next page for details.

We will also be offering a professional development opportunity in our accredited training - **Parents Building Solutions** which is being offered online.

This newsletter has some great information about other programs and services available in the Eastern Region, so please check it out and get in touch if you need any further information.

Keep well!

From the ParentZone Eastern team

Tamara, Sharon, Julia, Michelle, Laurie, and Jo

PARENTZONE

ParentZone Term 1 Parenting Programs



**6-week Parenting Programs. Online via Zoom.
Free for parents in Melbourne's East**

Talking Teens

Program for parents of 12 to 18-year-olds

- Improve your relationship with your teen
- Improve communication and resolve family disputes
- Understand why young people behave the way they do

When: Thursdays 18th Feb to 25th March

Time: 7:00 pm - 9:00 pm

Bookings: sharon.muir@anglicarevic.org.au

Raising Resilient Kids

Program for parents of 2 to 12-year-olds

- Explore resilience and coping with life's setbacks
- Learn strategies to help your child bounce back from adversity
- Build a strong emotional connection with your child so they share more with you

When: Tuesdays 23 Feb to 30 March

Time: 10:00 - 11:30 am

Bookings: Laurie on 0488 501 204 or laurielee.arrowsmith@anglicarevic.org.au

Calm Parents Happy Kids

Program for parents of 2 to 12-year-olds

- Understand what drives parental anger
- Find strategies to reduce your frustration
- Reduce the friction in your home
- Get your children to listen to you

When: Wednesdays 24 Feb to 31 March

Time: 7:00 - 8:30 pm

Bookings: Laurie on 0488 501 204 or laurielee.arrowsmith@anglicarevic.org.au

Dads Matter

A Parenting Program for Fathers

- Better understand your role as a father
- Improve your relationship with your child
- Get your head around what your child needs from you

When: Wednesday 10th Feb to 17th March

Time: 7:00 to 9:00 pm

Bookings: Julia on 9721 3629 or 0400 866 495

PARENTZONE

Whitehorse City Council Parenting Webinars



Taming Your Teen

**Free webinar For Parents
of young people aged 10 to 19 years**

Would you like to:

- Get your teen to listen without nagging or screaming?
- Improve your relationship with your teenager?
- Resolve family disputes?

Join Sharon Muir ParentZone group facilitator, teacher, and family therapist to discover ten proven strategies to stay sane while you 'tame your teen!'

When: Thu, 11 February 2021

Time: 7:00 PM - 8:30 PM

Where: Online, via Zoom

Cost: Free to attend

Bookings:

<https://www.eventbrite.com.au/e/taming-your-teen-tickets-136237220193>

Peaceful Parenting Webinar

**Free Webinar for Parents of
Children aged 2 to 12 years**

Join Laurie Arrowsmith, ParentZone group facilitator, and parent coach:

- Learn ways to deal with anger and anxiety
- Improve communication and relationships with your children
- Discover strategies to manage challenging behavior
- Take care of your own emotional wellbeing and resilience

When: Tues 23rd March 2021

Time: 7.00pm - 8.30PM

Where: Online, Via Zoom

Bookings:parentzone.eastern@anglicarevic.org.au



PARENTZONE

Early Years (0 to 6 years) Maternal and Child Health Centres

Boroondara MCH Centres

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

- 1 Cherry Road Balwyn (03)9836 8151
- 5 Anderson Rd, Hawthorn East (03) 9835 786121
- Strathalbyn St, Kew East
- 152 Pakington St, Kew (03) 9853 9466
- Kendall St, Canterbury VIC (03) 9836 2106



Knox MCH Centres

Bookings phone 9298 8741

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

Monash MCH Centres

Bookings phone 9518 3662

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

Manningham MCH Centres

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

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

Whitehorse MCH Centres

- Blackburn North Family Centre 9898 3611
- Box Hill South Family Centre 9889 8900
- Burgess Family Centre Box Hill North 9898 3611
- Forest Hill Family Centre 889 8900
- Mitcham Family Centre 9262 6332
- Vermont South Family Centre 92626332

Maroondah MCH Centres

- Arrabri House Bayswater North 9729 4017 90
- Bonnie View Road Croydon North 9294 5777
- Croydon Civic Square 9294 5540 or 9294 5541
- Norwood Centre, Ringwood 9870 7264 / 98798813
- 75 Patterson Street Ringwood East 9879 6583127
- Oban Rd, Ringwood North 9876 3307, 9879 0854
- Tarralla, 38 Gracedale Ave Ringwood Est, 9294 577

Yarra Ranges MCH Centres

Central Maternal Child Health 1300 368 333

- **Urban Maternal and Child Health Centres:** Chirnside Park, Kilsyth, Lilydale, Mooroolbark, Montrose, Mount Evelyn
- **Hills Maternal and Child Health Centres:** Belgrave, Belgrave Sth, Monbulk, Selby, Upwey
- **Valley Maternal and Child Health Centres:** Badger Creek, Coldstream, Healesville, Wandin, Warburton, Woori Yallock, Yarra Glen, Yarra Junction

Early Years (0 to 6 years) Parenting Programs and Support

Maternal & Child Health Telephone Service

Confidential, 24-hour Maternal and Child Health Line provides information and advice about the care and health of your child (from birth to school age). Discuss your concerns about child health and nutrition, breastfeeding, your own health, and any parenting issues

Phone: 13 22 29

SmallTalk Supported Playgroups

Free facilitated playgroups for families with a child aged 0-6 years who have a current Health Care Card. The program provides strategies to support children's early learning and development.

Knox Council:

9298 8348 or play@knox.vic.gov.au

Monash Council:

playgroups@monash.vic.gov.au or 0466 026 290

Whitehorse Council:

supportedplaygroup@whitehorsevic.gov.au

Yarra Ranges Council:

earlyyears@yarraranges.vic.gov.au 1300 368 333

Post and Antenatal Depression Association (PANDA)

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

Phone: 1300 726 306

Australian Breastfeeding Association

The Breastfeeding Helpline is available seven days a week. It is staffed by trained, volunteer counselors who answer calls on a roster system in their own homes.

Website: breastfeeding.asn.au **Phone: 1800 686 268**

Child and Family Services Information, Referral and Support Teams (Child FIRST)

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

Boroondara, Manningham, Monash, and Whitehorse

Phone: 1300 762 125

Knox, Maroondah, and Yarra Ranges

Phone: 1300 369 146



Early Parenting Services

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

Where:

O'Connell Family Centre, Canterbury

Phone: (03) 8416 7600

Queen Elisabeth Centre, Noble Park

Phone: (03) 9549 2777

Tweedle Child and Family Health Service, Footscray

Phone: (03) 9689 1577

PARENTZONE

Middle Years (7 to 12 years) Parenting Programs and Supports



Raising Resilient Kids Parenting Program

ParentZone will be offering a Free
6-week program for Parents primary aged children

- Explore resilience and coping with life's setbacks
- Learn strategies to help your child bounce back from adversity
- Build a strong emotional connection with your child so they share more with you

When: Tuesdays 23 Feb to 30 March

Time: 10:00 - 11:30 am

Bookings: Laurie on 0488 501 204 or
laurielee.arrowsmith@anglicarevic.org.au

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Calm Parents Happy Kids Parenting Program

ParentZone will be offering a Free
6-week program for Parents primary aged
children

- Understand what drives parental anger
- Find strategies to reduce your frustration
- Reduce the friction in your home
- Get your children to listen to you

When: Wednesdays 24 Feb to 31 March

Time: 7:00 - 8:30 pm

Venue: online via Zoom

Bookings: Laurie on 0488 501 204 or
laurielee.arrowsmith@anglicarevic.org.au

Let's Talk Kids Parenting Program

EACH will be offering an
8-week program for Parents of 9 to 12-year-
olds

- Development of a 9 to 12-year-old child
- Tuning into your child's emotions
- Discipline in today's world
- Building resilience through problem-Solving

Dates: Wednesdays 10th Feb to 31st March

Time: 10:00am - 12:00pm

Venue: EACH, Patterson St Site, Ringwood East
Freeman St Meeting Room (Entry via 28
Freeman St).

Book: To register call 1300 003 224

Cost: Gold coin donation.

Repair-enting Parenting Course

Relationships Australia is offering this online
Zoom course for parents.

When: Thu 4 February 2021 and Thu 29 April

Time: 6:30pm **Phone:** (03) 5990 1900

Middle Years (7 to 12 years) Parenting Programs and Support



Triple P Parenting Program

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

Free to attend online

Bookings: <https://www.triplep-parenting.net.au/vic-ukn/triple-p/>

Peaceful Parenting Webinar Hosted by Whitehorse Council

**Free Webinar for Parents of
Children aged 2 to 12 years**

Join Laurie Arrowsmith, ParentZone group facilitator, and parent coach:

- Learn ways to deal with anger and anxiety
- Improve communication and relationships with your children
- Discover strategies to manage challenging behaviour
- Take care of your own emotional wellbeing and resilience

When: Tues 23rd March 2021

Time: 7.00pm - 8.30PM

Where: Online, Via Zoom

Bookings: parentzone.eastern@anglicarevic.org.au

Tuning Into Kids Parenting Program

MacKillop Family Services will be offering 6-week online parenting programs for parents of primary-aged children.

Tuesday Program

Tuesdays 9 Feb -16 Mar at 2:00 pm – 3:30 pm.

Bookings: Kosina Hanson on 0438 756 894.

Thursday Program

18 Feb -25 Mar at 9:30 am – 11:00 am.

Bookings: Kelly Russell on 0418 167 791.

Tuning Into Kids for Dads Parenting Program

Relationships Australia are offering an online Zoom course just for fathers.

Dates: Tuesday 2 February 2021 to Tuesday 13 April

Time: 6:00pm

Phone: (03) 5990 1900

PARENTZONE

Youth (12 to 24 years) Parenting Programs & Support



Whitehorse City Council Taming Your Teen Webinar

Free webinar For Parents
of young people aged 10 to 19 years

Would you like to:

- Get your teen to listen without nagging or screaming?
- Improve your relationship with your teenager?
- Resolve family disputes?

Join Sharon Muir ParentZone group facilitator, teacher, and family therapist to discover ten proven strategies to stay sane while you 'tame your teen!'

When: Thu, 11 February 2021

Time: 7:00 PM – 8:30 PM

Where: Online, via Zoom

Cost: Free to attend

Bookings:

<https://www.eventbrite.com.au/e/taming-your-teen-tickets-136237220193>

Tuning into Teens

A 6-week program offered by Relationships Australia to help parents support their teen deal with emotions, manage behavior and deal with conflict

Fee: \$200

Bookings:

<https://www.relationshipsvictoria.com.au/courses/relationship-education/course/220/1>

Talking Teens

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- Improve your relationship with your teen
- Improve communication and resolve family disputes
- Understand why young people behave the way they do

When: Thursdays 18th Feb to 25th March

Time: 7:00 pm - 9:00 pm

Bookings: sharon.muir@anglicarevic.org.au

Meridian Youth and Family Therapy Anglicare Box Hill

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

Phone Meridian Intake on 03 9896 6322 or

Email: meridian@anglicarevic.org.au

Reach Out Website

<https://parents.au.reachout.com/>

Information to help parents support their teenagers with mental health, family conflict, cyberbullying, alcohol and other drug use etc. Provides strategies for parents to improve communication and family relationships.

Youth (12 to 24 years) Parenting Programs & Support

Child and Family Services Information, Referral & Support Teams (Child FIRST)

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

Boroondara, Manningham, Monash, and Whitehorse

Phone: 1300 762 125

Knox, Maroondah, and Yarra Ranges

Phone: 1300 369 146

Eastern Youth Services

Boroondara Youth Services

<https://www.boroondara.vic.gov.au/community-support/young-people/visit-our-youth-centre>

9278 4608

Knox Youth Services

<http://www.knox.vic.gov.au/youth>

9298 8000

Manningham Youth Services

<https://www.each.com.au/manninghamyouth/youth-programs/>

130000 EACH / (130000 3224)

Maroondah Youth Services

<http://www.maroondahyouth.com.au/Home>

9294 5704

Monash Youth Services

<https://www.monashyouth.org.au/Programs>

9518 3900

Whitehorse Youth Services

<https://www.whitehorse.vic.gov.au/living-working/people-and-families/young-people/services-activities>

9898 9340

Yarra Ranges Youth Services

<https://www.yarraranges.vic.gov.au/Community/Youth>

1300 368 333

YSAS

Youth Support and Advocacy Service

<https://ysas.org.au/>

9415 8881

Eastern Child & Youth Mental Health Service (CYMHS)

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

The service is available to families who live in the central and outer eastern region of Melbourne
1300 721 927 (Press Option 2)

After hours/weekends urgent inquiries: 1300 721 927

Website:

<https://www.easternhealth.org.au/site/item/99-child-youth-mental-health-service-cymhs>

Parent Support Group

For Parents Supporting Someone with Drug or Alcohol Issues

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

Venue: Online via Zoom

Contact: Leigh 0427 975 071

Cost: Free of Charge. Bookings Essential

Headspace

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

<https://headspace.org.au/>

Knox - (03) 9801 6088

Hawthorn - (03) 9006 6500

PARENTZONE

Aboriginal and Torres Strait Islander Support for Families



Djirra

<https://djirra.org.au/>
(03) 9244 3333

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

Dardi Munwurro

<https://www.dardimunwurro.com.au/>
1800 435 799

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

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

The Healesville Indigenous Community Services Association

admin@hicsa.org.au
(03) 5962 2940

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

Mullum Mullum Indigenous Gathering Place

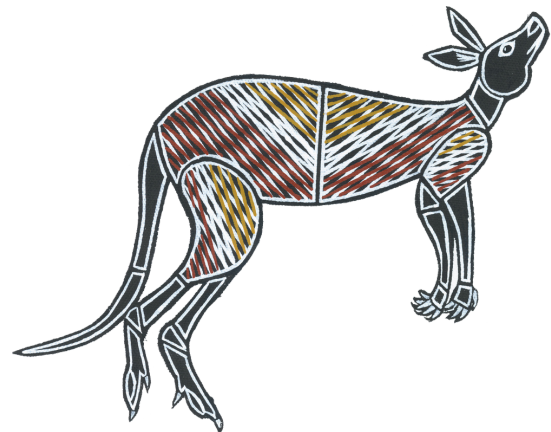
<https://www.mmigp.org.au/>
(03) 9725 2166

- Elders, Men's, Women's and Youth networks
- Burrai Playtime
- Food bank
- Access and support
- Aboriginal Health Promotion and Chronic Care Program (AHPACC)
- Indigenous Community Links

Boorndawan Willam Aboriginal Healing Centre

bwahs.com.au/
(03) 9212 0200

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



Victorian Aboriginal Child Care Agency (VACCA)

vacca.vacca.org/
(03) 8727 8800

A state-wide Aboriginal Community Controlled Organisation servicing children, young people, families, and community members. The largest of its kind in Australia.

Culturally and Linguistically Diverse Families

Migrant Information Centre

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

Term 1 Online Events:

<http://miceastmelb.com.au/whats-on/events/>

Chinese Family Services

Uniting Connections offer a range of programs to support families living in Monash. Programs offered include:

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

Phone: Joseph Jin - 0422008145 or 98754222

Email: Joseph.Jin@vt.uniting.org

Victorian Multicultural Commission

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

Phone: 7005 1267

<https://www.multiculturalcommission.vic.gov.au/>

Asylum Seeker Resource Centre

Provides material aid, housing, education support, legal aid, for people seeking asylum

<https://www.asrc.org.au/covid-19/>

English Conversation Corner

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

For more information visit:

<https://www.ringwoodchurch.org.au/be-involved/community/>



PARENTZONE

Disability Contacts for Families



Association for Children with a Disability (ACD)

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

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

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

Phone: 03 9880 7000 or 1800654 013 (regional)

AMAZE

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

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

Autism Counselling

Suite 2/171 Boronia Rd, Boronia 0414 487 509

Cerebral Palsy Support Network

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

Deaf Victoria

Advocates to increase access to services and to educate the wider community on how to work, play, and study with deaf and hard of hearing people. <https://www.deafvictoria.org.au/> 0431 476 721

Down Syndrome Victoria

Provides families and people with Down syndrome with support, encouragement, information and resources.
Phone 1300 658 873 Email info@dsav.asn.au <http://www.downsyndromevictoria.org.au/>

Epilepsy Action Australia

Provider of epilepsy support and information nationwide. <https://www.epilepsy.org.au/>

Scope Australia

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

VALID

Equipping and empowering people with a disability and their families using training tools, information, and resources. 130 Cremorne street, Richmond Vic 3132 03 94164003

Yooralla

provides quality services for people with disability across Victoria <https://www.yooralla.com.au/> 03 9666 4500

Disability Programs and Support for Families



Anglicare ParentZone Strengthening Parents Support Program (SPSP)

Peer support program for parents/carers of children with a disability with or without a diagnosis. The program is a mix of face to face and online groups across the Eastern metro area
For more information please Contact:
Michelle Emery Evans 0438646744
Email:
Strengtheningparentsupport@anglicarevic.org.au

VALID FAMILY WORKSHOPS

Preparing for review:

guidance and tips to help parents prepare for NDIS plan reviews and resources to help with this.

Tues - 9 Mar 10am - 12pm

Wed - 24 Feb 7pm - 9pm

Understanding how NDIS funding works:

Workshop for parents to understand the NDIS price guide; flexibility; budgeting and more.

Tues - 2 Mar 10am - 12pm

Wed - 10 Mar 7 pm - 9 pm

Introduction to Circles of Support:

Opportunity to build community connections from a Circle of Support.

Thurs - 25 Feb 7pm - 9pm

Thurs - 4 Mar 10am - 12pm

Introduction to self-management:

Is self-management for you? Parents will learn the tips on how to self-manage an NDIS plan.

Thurs - 11 Mar 7 pm - 9 pm

Tues - 16 Mar 10am - 12pm

Bookings:

<https://www.valid.org.au/training-programs/training-for-families/>
Call: 0418 567 518



PARENTZONE

Family Violence Support



Reclaim, Renew, Reconnect

An 8-week art therapy group for women recovering from family violence. The RRR program uses painting, drawing, sculpture, poetry, movement, and music to explore the experiences of self and motherhood in the recovery from family violence.

Workshops provide women with a safe space to:

- Experience healing, acceptance, and growth
- Share and connect with other women with similar experiences
- Break down the silence around abusive relationships
- Reconnect with inner strength and wisdom
- No artistic skills required
- Women are required to have attended some family violence counseling

Contact:

Crossways Life Care

Supports women who have experienced family violence through counseling, mentoring, financial care, a women's centre, meals, and community groups.

Based in the Whitehorse area

Phone: (03) 9886 3899

Email: lifecare@crossways.org.au

Eastern Domestic Violence Services (EDVOS)

Support includes working with police and courts, housing assistance, counseling, and men's intake. Free and confidential service b/h 9259 4200 a/h Safe Steps: 1800 015 188 (24-hour crisis line) edvos.edvos.org.au

DAWN Mentoring Program - Doncare

DAWN provides long-term support to women recovering from the ramifications of domestic violence. Mentors provide in-home social support, assistance with practical issues, and companionship.

Phone 9856 1500 or contact doncare@doncare.org.au to find out more about referrals into the DAWN Program.

The TRAK Forward Program

Supports people to move forward after family violence, Includes

- Safety Planning
- Child and Family Counselling
- Coaching in the home or refuge
- Support to access other services
- Access to peer support

People living in Manningham, Boroondara, Monash and Whitehorse can access the service free of charge. Intake

Phone: 03 9896 6395

Email: trakeast@anglicarevic.org.au

Family Violence Support

Resilient Kids Resilient Women Family Violence Therapeutic Interventions

Uniting Wesley, Safe Futures Foundation, EACH, and the Australian Childhood Foundation, provide a range of therapeutic responses to support women and children who have experienced family violence. The program includes a therapeutic assessment, referral to counseling, and/or case management for children. Group programs may also be offered.

Make a referral to Uniting Wesley 03 8870 4040 or email resilientkidsresilientwomen@wesley.org.au

Courage to Heal

Taking referrals for term 1 2021

A 12-month group therapy program lead by Psychologists and Counselors for women whom have experienced family violence. This is a post-crisis recovery program focusing on empowering women in their journey of healing and recovery. Case management support also available

Phone: Beth Taylor on 0423 911 428

Email: womenscentre@crosswaylifecare.org.au
www.crosswaylifecare.org.au/our-services/domestic-violence-recovery/



Footsteps

Uniting Wesley with Safe Futures Foundation and Yarra Ranges Council is delivering Footsteps, a therapeutic group for mothers and their infants who have experienced family violence. The group is for women of any age and their infants up to 8 months of age (exceptions considered).

Phone: 8870 4040 for more information

Mums Guiding Kids Forward

An 8-week parenting program for mothers who have experienced family violence and abuse. Provides a safe space for mothers to gain additional skills and strategies to parent children affected by family violence, and enhance and maintain a nurturing relationship with their children.

Where: Anglicare Victoria 47-51 Castella Street, LILYDALE 3140

When: Wednesdays Term 1 10th February - 31st March

Time: 10:00am - 12:00pm

Cost: Free of charge. Bookings essential

Bookings: Karen Angove or Christine Pompei 9735 6100 or via email

WomenandChildrensprogram@anglicarevic.org.au

PARENTZONE

Support for Dads



Dad's Matter

Are you a dad who would like to have better relationships with your children and skills to make that happen? Come along to these six online sessions. Share strategies, strengths, and stories

When: Wednesdays 10th Feb - 17th March

Where: Online, via Zoom

Cost: Free of charge for dads in the East of Melbourne

Phone: Julia at ParentZone on 9721 3629

Email: julia.russell@anglicarevic.org.au

Dads Online

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

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

Where: Online

Contact: www.dadsonline.com.au/contact

DadsLink

The DadsLink Meetup group is a space for all the Dads and Father figures in our community to connect, while also creating opportunities for them to enjoy healthy activities and camps with their children.

Where: Hocokah House in Canterbury.

Contact: dadslink@ymca.org.au



Tuning Into Kids for Dads Parenting Program

Relationships Australia are offering an online Zoom course just for fathers.

Dates: Tuesday 2 Feb to Tuesday 13 April

Time: 6:00pm

Phone: (03) 5990 1900

PARENTZONE



Useful Contacts for Families

National Help Lines

Police (24-hour stations) **000**

Lifeline Crisis Support. Suicide Prevention **13 22 89**

Homeless Crisis Line **1800 825 955**

Drug and Alcohol Services **1800 888 236**

Family Violence Help: **1800 015 188**

Kids Help Line Phone Counselling Service: **1800 551 800**

Parentline Counselling information Service **1300 301 300**

Mensline Counselling Service **1300 78 99 78**

Q Line Counselling & Referral Service for LGBTI people **1800 184 527**

CENTRELINK

Carers 132 717

Families 136 150

Financial Information Service (FIS)
136 357 (FIS seminar booking)

Help in an Emergency 132 850

Indigenous Australians Call Centre
1800 136 388

Languages (Multilingual) 131 202

Low Income Healthcare Card
132 490

Online Support Hotline 132 307

myGov Help Desk 132 307

People With a Disability 132 717

EASTERN REGION COUNCIL OFFICES

Boroondara City Council

8 Inglesby Rd, Camberwell VIC 3124

(03) 9278 4444

<https://www.boroondara.vic.gov.au/>

Knox City Council

511 Burwood Highway, Wantirna South VIC 3152

(03) 9298 8000

<http://www.knox.vic.gov.au/>

Manningham City Council

699 Doncaster Rd, Doncaster VIC 3108

(03) 9840 9333

<https://www.manningham.vic.gov.au/>

Maroondah City Council

Braeside Avenue, Ringwood or Civic Square, Croydon

1300 88 22 33 or (03) 9298 4598

<https://www.maroondah.vic.gov.au/>

Whitehorse City Council

379-397 Whitehorse Rd, Nunawading 3131

(03) 9262 6333

<https://www.whitehorse.vic.gov.au/>

Yarra Ranges Council

15 Anderson Street Lilydale, VIC 3140

P 1300 368 333 (03) 9735 4249

<https://www.yarraranges.vic.gov.au/Home>

MEDICARE

General enquiries 132 011

Aboriginal and Torres Strait
Islander Line 1800 556 955

Australian Immunisation Register
Enquiries 1800 653 809

Compensation Recovery -
Medicare 132 127

Disaster Health Care Assistance
1800 660 026

myGov help desk 132 307

Pharmaceutical Benefits Scheme
132 290

Telephone claims 1300 360 460
Translating and Interpreting
Service (TIS National) 131 450



Eastern Region Community Services Contacts

ANGLICARE VICTORIA 1800 809 722 anglicarevic.org.au

Anglicare Bayswater (03) 9721 3688

666 Mountain Highway Bayswater VIC 3153

- Child FIRST
- Cradle to Kinder (C2K)
- Integrated Family Services
- Men's Behaviour Change Group
- ParentZone

Anglicare Box Hill (03) 9896 6322

7-11 Shipley Street Box Hill VIC 3128

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

Anglicare Wantirna (03) 9721 3650

1/603 Boronia Road, Wantirna South VIC, Australia

- Drug & Alcohol Services

Anglicare Lilydale (03) 9735 4188

47-51 Castella Street, Lilydale, Victoria, 3140

- Family Violence Support
- Foster Care Intake and Services
- Integrated Family Services
- Men & Boys Program
- TEACHaR

EACH **Eastern Access** **Community Health**

<https://each.com.au/services>

Phone: 1300 003224

- Assistance in accessing NDIS Services
- Childhood Intervention Services
- Speech Pathology
- Occupational Therapy
- Counselling
- Dietetics
- Oral Health
- Playgroups
- Psychology
- Child care
- Youth Clinic
- Youth Development
- Youth Counselling
- Youth Group programs
- Youth Mental Health support

DONCARE **Manningham City Square,** **Suite 4 L1/687 Doncaster Rd,** **Doncaster (03) 9856 1500**

- Information & Emergency Relief
- Counselling
- Family Services
- Family Violence Prevention and Recovery Services

BEYOND BLUE 1300 22 4636
Support for depression and anxiety

HEADSPACE YOUTH MENTAL HEALTH

Phone Counselling 1800 650 890
Hawthorn (03) 9815 0818
Knox (03) 9801 6088

INPSIRO COMMUNITY HEALTH

Lilydale · (03) 9738 8801
Belgrave (03) 9738 8853

RELATIONSHIPS AUSTRALIA

1300 364277

SANE AUSTRALIA 1800 18 7263
Mental illness and support information

UNITING

<https://www.vt.uniting.org/> Phone: 1300 003 224

Uniting Burwood East Phone: (03) 9803 3400

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

Uniting Connections Blackburn 9875 4222 Croydon 9724 2222

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

Uniting Harrison Mount Waverley (03) 9051 3000

Crisis assistance, Family Mediation, Youth Support, Affordable Housing

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

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

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

Mental Health Support, Personal Helpers and Mentor Service

Partnering and Professional Training with ParentZone

ParentZone for Professionals

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

ParentZone also offers accredited training, based on the Parents Building Solutions parenting package. This training is low cost and offers practical and empowering tools for working with parents both one on one and in group work. We are currently taking bookings for term 1 training. Email us for more details.

We are pleased to now offer **Teachers Building Solutions**, a professional development program for teachers and early years educators covering a range of topics to support their learning needs. Last term we facilitated a 3 session series on Building Resilience in Early Years Education, which sold out in a number of days!

The **Parent Educators Network Meeting** will be on Tuesday the 9th of February from 9:30 - 11:00 am on Zoom. Any professionals working with parents in the Eastern Region are welcome to join us in sharing resources, networking, and hearing from our informative guest speakers!

Please RSVP
parentzone.eastern@anglicarevic.org.au

If you would like to be on our **mailing list** to hear about future ParentZone events, or if you would like further information on training opportunities available through ParentZone please email:

parentzone.eastern@anglicarevic.org.au

We look forward to hearing from you!
The ParentZone Eastern team,
Tamara, Sharon, Julia, Michelle, Laurie, and Jo



ParentZone Newsletter Submission Dates What Are Your Plans for 2021?

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

What emerging needs have you identified?

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

To submit an entry into future ParentZone newsletters **please email**
parentzone.eastern@anglicarevic.org.au
u by the last day of each school term.