



PARENTZONE

SOUTHERN NEWSLETTER

Term 2 2021

News, updates and information about ParentZone programs.
Supporting Parents, Carers and Professionals within the South.

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1. ParentZone Update Term 2 2021

Welcome

Another term has passed and we have been busy supporting the community through the delivery of our parenting programs.

Most of our programs during Term 1 were delivered online. Although successful, we do miss interacting with families and professionals in person. So, with this and the current COVID-19 advice changing we are aiming to test the waters and deliver some of our programs for Term 2 face to face!

The ParentZone team has been working on reviewing our Newsletter to further improve the content, readability and information we provide to you. Recently we had sent out a survey to gather your feedback. We have decided to extend the survey and allow more of you to tell us what you think, share your feedback and provide us with ideas. We hope that our Newsletter will gradually be shaped by you. The look and content will be adjusted according to feedback so please feel free to share your thoughts.

[Click here to tell us what you think](#)

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

Meet our Southern Team

Hi!

I started volunteering with Anglicare Victoria when my oldest child started high school. It was a natural progression after volunteering with AV which has seen me move into the ParentZone Team.

I have now been employed with Anglicare for over 12 years. Prior to my current role I volunteered and worked with Connected Families Cranbourne (Anglicare Victoria) as a Community Development Worker, liaising with the Cranbourne Secondary College volunteers.

In my current role I work with ParentZone as Administration Officer. My role is varied and includes working on the newsletter, databases and customer service.

Strangely enough, I enjoy working with the database and making it easier to read for the process of analysing the data and reporting on the amazing work of ParentZone. I also like knowing that we can help families and if our programs don't suit an individual I can guide people to the right service for them.

I love live music and going to gigs with my friends and family and sightseeing around Australia.

Louise
Administration ParentZone Southern
Have a good Term!



2. ParentZone Southern Parent/Carer Programs

Parents Building Solutions Programs for families



PARENTS BUILDING SOLUTIONS GIRaFfE -

Gender Identity Relationships and Fluidity for Everyone

FOR: Mums, Dads, Grandparents, Aunts, Uncles or Adult Carers across the Southern metro region

- How to best support children through change
- Acknowledging how they and we are feeling
- Communicating their needs to others

WHEN: Thursday 29 April
6.15pm to 7.45pm

WHERE: Online with Zoom

COST: Free

REGISTER: Michelle Brown

Parent Resource Coordinator

Michelle.brown@anglicarevic.org.au

Ph 0429 174 150



PARENTS BUILDING SOLUTIONS

FOR: Mums, Dads, Grandparents, Aunties, Uncles and adult carers in and around the Frankston area.

- How to get kids to listen & understand why they behave the way they do
- What you can do to help you deal with your child's and your frustrations, anger and/or anxiety
- How to cope with stress and emotions

WHEN: Thursday's 6 May to 10 June (6 Weeks)
10am to 11.30am

WHERE: Ballam Park Primary School, Belar Ave
Frankston

COST: Free

REGISTER: Michelle Brown

Parent Resource Coordinator

Michelle.brown@anglicarevic.org.au

Ph 0429 174 150



PARENTS BUILDING SOLUTIONS

FOR: Parents, Step-parents, grandparents, aunts, uncles and carers of children aged 3-13years, in and around the Mornington Peninsula area.

- Interactive program, share experiences and ideas and learn strategies
- Getting kids to listen & cope with emotion
- What you can do to help you deal with your child's and your frustrations, anger and/or anxiety

WHEN: Wednesday's 28 April to 2 June
1.00pm to 3.00pm

WHERE: Eastbourne Primary School, Rosebud

COST: Free

CONTACT: Michelle Brown

Michelle.brown@anglicarevic.org.au

Ph 8792 4606 Ph 0429 174 150

BOOKINGS: Annette Bailey

Annette.Bailey@anglicarevic.org.au



PARENTS BUILDING SOLUTIONS

FOR: Mums, Dads, Grandparents, Aunts, Uncles or Adult Carers within Frankston and Mornington Peninsula

- Different Topic each Week!
- How to make family rules, stop yelling, set consequences and stick to them & more!

WHEN: Thursday's 15 April to 17 June (Come to one week or more) 9.30am to 11.00am (1 all sessions)

WHERE: Online with Zoom

COST: Free

REGISTER: Michelle Brown

Parent Resource Coordinator

Michelle.brown@anglicarevic.org.au

Ph 0429 174 150

Co Facilitator Kedda McAdam-Integrated Family Services

Kedda.mcadam@anglicarevic.org.au



PARENTS BUILDING SOLUTIONS

Encouraging Good Behaviours

FOR: Mums, Dads, Grandparents, Aunts, Uncles, Step-parents or Adult Carers of children aged 3-17 residing in or around the City of Casey

- What is Good behaviour?
- How can we teach our kids to be good?
- Practical ideas to encourage the behaviours you want to see in your child

WHEN: Monday 24th May 2021 (1 session) 1.00pm to 2.30pm

WHERE: Online with Zoom.

You will need access to a desktop computer, laptop, tablet or smartphone and an internet connection

COST: Free

REGISTER: Sandra Phillips
Parent Resource Coordinator

sandra.phillips@anglicarevic.org.au



PARENTS BUILDING SOLUTIONS

Dealing With Big Feelings

FOR: Mums, Dads, Grandparents, Aunts, Uncles, Step-parents or Adult Carers of children aged 3-17 residing in the city of Casey

- What is Good behaviour?
- Struggling with your child's temper
- What can parents do to calm the storm
- Join us to share experiences and ideas, and learn strategies to support your child/ren

WHEN: Monday 7 June (1 session) 1.00pm-2.30pm 2021

WHERE: Online with Zoom

You will need access to a desktop computer, laptop, tablet or smartphone and an internet connection

COST: Free

REGISTER: Sandra Phillips
Parent Resource Coordinator

sandra.phillips@anglicarevic.org.au



PARENTS BUILDING SOLUTIONS

Anxiety to confidence in Children

FOR: Mums, Dads, Grandparents, Aunties, Uncles and adult carers residing in the Southern Metro region, to talk about kids of all ages.

- How to help children move from Anxiety to being more confident

WHEN: Tuesday 08 June 1pm to 2.30pm

WHERE: Online with Zoom.

You will need a laptop, mobile phone or iPad

COST: Free

REGISTER: Jasbir Singh

Parent Resource Coordinator

Ph 0438 004 285

Jasbir.suropada@anglicarevic.org.au



PARENTS BUILDING SOLUTIONS

Growing Great Kids

FOR: Mums, Dads, Grandparents, Aunties, Uncles and adult carers in and around the Dandenong area, to talk about kids. (all ages)

- How to get kids to listen & understand why they behave the way they do
- What you can do to help you deal with your child's and your frustrations, anger and/or anxiety
- How to cope with stress and emotions

WHEN: Thursday's 22 April to 27 May 2021, 9.15am-11.30am

WHERE: Yarraman Oaks PS– Liege Ave, Noble Park

COST: Free

REGISTER: With School or Jasbir Singh

Elissa Sewell pm 792 4406

Elissa.sewell@education.vic.gov.au

Jasbir Singh Parent Resource Coordinator

Ph 0438 004 285

Jasbir.suropada@anglicarevic.org.au



PARENTS BUILDING SOLUTIONS

FOR: Mums, Dads, Grandparents, Aunts, Uncles, Step-parents or Adult Carers of children aged 3-17 residing in and around the City of Casey.

- How to get your kids to listen without having to yell
- Dealing with Anger - recognising the cases and triggers for anger.
- Dealing with Anxiety - helping children and parents
- Discuss, Share and learn new strategies that assist your parenting

WHEN: Tuesday's 11 May to 10 June (6 Sessions), 10.00-11.30am

WHERE: Online with Zoom

You will need access to a desktop computer, laptop, tablet or smartphone and an internet connection

COST: Free

REGISTER: Sandra Phillips
Parent Resource Coordinator

sandra.phillips@anglicarevic.org.au



PARENTS BUILDING SOLUTIONS Parenting Teens

FOR: Mums, Dads, Grandparents, Step-parents, Adult Carers of children aged 3-17 residing across the Southern Metro region.

- How to get your teenager to listen, without having to yell
- Building a better relationship with your teens
- Feeling stuck or struggling with your teenager?
- Discuss and share strategies that work
- What's happening emotionally, physically and socially with your teen?

WHEN: Wednesday's 19 May to 30 June (6 Sessions) 6.00pm to 8.00pm

WHERE: Online with Zoom

You will need access to a desktop computer, laptop, tablet or smartphone and an internet connection

COST: Free

REGISTER: Jasbir Singh
Ph 0438 004 285

Parent Resource Coordinator

Jasbir.suopada@anglicarevic.org.au



PARENTS BUILDING SOLUTIONS

FOR: Mums, Dads, Grandparents, Step-parents, Adult Carers of children aged 3-17 residing in the City of Casey

- How to get your kids to listen without having to yell
- Dealing with Anger - recognising the cases and triggers for anger.
- Discuss, Share and learn new strategies that assist your parenting
- Dealing with Anxiety - helping children and parents

WHEN: Thursday's 6 May to 10 June (6 sessions) 1pm to 2.30pm

WHERE: Online with Zoom

You will need access to a desktop computer, laptop, tablet or smartphone and an internet connection

COST: Free

REGISTER: Sandra Phillips
Parent Resource Coordinator

sandra.phillips@anglicarevic.org.au





PARENTS BUILDING SOLUTIONS Dads Do Matter

FOR: All Dads, Step-Dads, Single Dads and Grand Dads across the Southern metro region.

- Connect with other Dads
- Improve your confidence & communication as a dad
- Effects of Separation on Kids
- Modelling healthy emotional regulation to children
- Learn strategies and tools that work-learn how to cope with stress & anger

WHEN: Thursdays 22 April to 27 May 6.00pm-8.00pm

WHERE: ONLINE via Zoom.

You will need a laptop, mobile phone or iPad

COST: Free

REGISTER: Jasbir Singh
Parent Resource Coordinator
Ph 0438 004 285

Jasbir.suopada@anglicarevic.org.au



PARENTS BUILDING SOLUTIONS Building Resilience in Primary School Children

FOR: All Dads, Step-Dads, Single Dads and Grand Dads, Grandparents, and Carers of aged 3-12years across the Southern metro region.

- How to build confidence and resilience in your child
- Assist in the anxiety attached with low confidence Effects of Separation on Kids
- Discuss, Share and learn new strategies that assist your parenting and your child's resilience

WHEN: Friday 21 May 2021 10.00am to 12.00pm

WHERE: ONLINE via Zoom.

You will need a laptop, mobile phone or iPad

COST: Free

REGISTER: Jasbir Singh
Parent Resource Coordinator
Ph 0438 004 285

Jasbir.suopada@anglicarevic.org.au

Beyond The Violence Programs for families



BEYOND THE VIOLENCE – FRANKSTON

8 week program for women and their children who have been impacted by Family Violence.

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

WHEN: Tuesday's 04 May for 8 weeks

Time for Mums: 11:30am to 1:30pm

Time for Kids: 4.30pm to 5.30pm

WHERE: Online with Zoom

COST: Free

REGISTER: Erin Surrey

Parent Resource Coordinator

Ph 0438 459 891

Erin.Surrey@anglicare.vic.org.au



BEYOND THE VIOLENCE – CRANBOURNE

8 week program for women and their children who have been impacted by Family Violence.

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

WHEN: Wednesday's 28 April to 16 June (8 weeks)

4.00pm-6.30pm

WHERE: Details given when booking. location in

Cranbourne

COST: Free

Anglicare Victoria Windermere (Communities for Children)



REGISTER: Olivia

Parent Resource Coordinator

Ph 0409 316 620

Olivia.Reilly-McNeil@anglicarevic.org.au



PLAY CIRCLE PLAYGROUP - DANDENONG

FOR: Women and children. A safe supported space for parents and their pre-school children.

- Meet other families in the virtual community
- Additional support if required
- Explore Abecedarian 3a's
- All welcome!

WHEN: 22 April to 24 June Thursday mornings, 9.30am to 11.30am

WHERE: Dandenong Library, 225 Lonsdale St, Dandenong

COST: Free

Anglicare Victoria Mission Australia

REGISTER: Olivia

Parent Resource Coordinator

Ph 0409 316 620

Olivia.Reilly-McNeil@anglicarevic.org.au

Other ParentZone Programs for families



@ Pakenham Hills



Community Walking Group

FOR: Pakenham Hills Primary School
Parents, carers and teachers. All welcome!

Casual walking group

WHEN: Thursday's 22 April to 24 June 1.30-2pm

WHERE: PARENTZONE Hub
75 Army Rd, Pakenham

COST: Free

Contact: Deb Davey

PARENTZONE HUB Coordinator

0428 654 824

Deb.davey@anglicarevic.org.au



Connecting through Creative Arts

FOR: Parents, Grandparents, Carers of Children

- Connect with others
- Casual Art session
- Opportunity to share your ideas about the types of activities that you would like to see on offer at the PARENTZONE HUB

WHEN: Wednesday 16 June, 2.00pm to 3.00pm

WHERE: PARENTZONE Hub
75 Army Rd, Pakenham

COST: Free

Contact: Deb Davey

PARENTZONE HUB Coordinator

0428 654 824

Deb.davey@anglicarevic.org.au



Playgroup at the Hub - Playgroup in the Park

FOR: Parents, Grandparents, Carers of Pakenham Hills Primary School Students with preschool aged children

- Connect with others
- Casual Playgroup in the PARK session
- Opportunity to share your ideas about the types of activities that you would like to see on offer at the PARENTZONE HUB

WHEN: Wednesday's 28 April to 26 May 2021
9.30am to 10.30am

WHERE: PARENTZONE Hub
75 Army Rd, Pakenham

COST: Free

Contact: Deb Davey

PARENTZONE HUB Coordinator

0428 654 824

Deb.davey@anglicarevic.org.au

Parent Carer Catch-up

A relaxed session to connect with other parents and carers, share some refreshments at the ParentZone Hub

WHEN: Wednesday's 21 April 19 May
9.30am to 10.30am

WHERE: PARENTZONE Hub
75 Army Rd, Pakenham

COST: Free

Contact: **Deb Davey**
PARENTZONE HUB Coordinator
0428 654 824
Deb.davey@anglicarevic.org.au



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

3. ParentZone Southern Professional Programs

Parents Building Solutions Programs for Professionals



PARENTS BUILDING SOLUTIONS PROFESSIONALS

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

Learning outcomes:

- Engage parents effectively in conversations about their parenting role by using a strengths based, reflective approach
- Draw on evidence-based materials from the Parents Building Solutions manual to respond to the expressed needs of parents
- Articulate a comprehensive framework for parenting based on family values, relationships, and boundaries

WHEN: Term 3 dates TBC

Contact: Louise to register for Term 3

Position Admin Support

Email louise.anderson@anglicarevic.org.au or parentzone.southern@anglicarevic.org.au



Beyond the Violence Programs for Professionals



BEYOND THE VIOLENCE FACILITATOR TRAINING – Cardinia Shire

FOR: Professionals or tertiary students with existing group work skills and experience, or a background/passion for working with women and children impacted by family violence and those wanting to increase skills and knowledge working with families affected by family violence.

- Increase your skills in working with parents and children Affected by Family Violence?
- All sessions must be completed to attain BTV Facilitator Accreditation.

WHEN: Wednesday's and Thursday's 14 to 29 April
9.30am to 1.30pm

WHERE: Online with Zoom

COST: Free

REGISTER: Erin Surrey

Parent Resource Coordinator

Ph 0438 459 891

Erin.Surrey@anglicarevic.org.au

Anglicare Victoria & Communities for Children Plus
Cardinia



BEYOND THE VIOLENCE FACILITATOR TRAINING – Greater Dandenong

FOR: Professionals or tertiary students with existing group work skills and experience, or a background/passion for working with women and children impacted by family violence and those wanting to increase skills and knowledge working with families affected by family violence.

- Increase your skills in working with parents and children Affected by Family Violence?
- This training is made up of 6 half days, which must all be completed to attain BTV Facilitator Accreditation.

WHEN: Wednesday's 19 May to 23 June
9.15am to 1.15pm (4hrs with breaks)

WHERE: Online with Zoom

COST: Free

REGISTER: Ariane Hahn

Parent Resource Coordinator

Ph 0499 080 468

Ariane.hahn@anglicarevic.org.au

For an Expression of interest form

Anglicare Victoria & Mission Australia

PEER Networks for Professionals

ParentZone delivers 4 PEER networks across the Southern Region. These 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, student and others working alongside families, either 'One on One' or in groups.



City of Casey

Online Thursday 29 April 2021 from 10am to 11.30am

Contact: Sandra Phillips Ph.0447 500 355
sandra.phillips@anglicarevic.org.au'



Cardinia Shire

Online Tuesday 27 April 2021 from 10am to 12pm

Contact: Jasbir Singh Suropada 0431 203 177 or 9706 8568
Jasbir.suopada@anglicarevic.org.au



City of Greater Dandenong

Online Wednesday 06 May 2021 from 10am to 12pm

Contact: Jasbir Singh Suropada 0431 203 177 or 9706 8568
Jasbir.suopada@anglicarevic.org.au



Mornington Peninsula and City of Frankston

Online Wednesday 21 April from 3pm to 4.30pm

Contact: Michelle Brown 9781 6700 or direct on 0429 174 150
michelle.brown@anglicarevic.org.au

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

4. Other Programs being offered by Anglicare Victoria

ANGLICARE VICTORIA FOSTER CARE Info Sessions

Thinking of becoming a foster carer?

<https://fosteringconnections.com.au/>

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, [Download the Information for Prospective Carers Booklet](#)

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 Metro Region – 1300 889 335
- North West Metro Region – 03 9396 7400
- **Southern Metro Region – 0499 016 445**
- Bendigo & Loddon Region – 03 5440 1100
- Gippsland Region – 03 5135 9555

For all other areas in Victoria, please contact the Centre for Excellence in Child & Family Welfare on 1800 013 088 or visit fosteringconnections.com.au

Southern Region Foster Care Information Session

Join our virtual community and come along to our FREE ONLINE information session by registering. To find out more about foster care please visit our [Foster Caring web page](#)

WHEN: 8 April 2021

WHERE: Online

COST: Free

WHEN: 8 May 2021

WHERE: Online

COST: Free

REGISTER: Essential

Foster Care Team

Ph 03 9293 8500

fostercare.southern@anglicarevic.org.au

For enquiries or bookings

REGISTER: Essential

Foster Care Team

Ph 03 9293 8500

fostercare.southern@anglicarevic.org.au

For enquiries or bookings

Dandenong/Online Foster Care Information Session

Join our virtual community and come along to our FREE ONLINE information session by registering. To find out more about foster care please visit our [Foster Caring web page](#)

WHEN: 21 May, 6.00pm-7.00pm

WHERE: Online

COST: Free

REGISTER: Essential

Foster Care Team

Ph 03 9293 8500

fostercare.southern@anglicarevic.org.au

For enquiries or bookings

Anglicare Victoria Communities for Children



When your child is refusing to go to School

Recognition, Response Referrals

FOR: Parents, Grand Parents, Step-Parents. Aunts, Uncles, Carers of Children refusing to go to School

- Presented by School Attendance Support Program (Uniting) and Parentzone(Anglicare)
- Recognising School refusal
- Strategies to cope
- Who to ask for help

WHEN: Tuesday 18 May

6.30pm to 8pm

WHERE: Online Via Zoom

COST: Free

Communities for Children Plus

REGISTER:

At:https://Us02web.zoom.us/webinar/register/WN_xSRITGM4Tj25ZAusOslOng

Or

Email CFCCardinia@anglicarevic.org.au



Challenging Behaviours in Daily Life

Recognition, Response Referrals

FOR: Parents, Carers and Volunteers

- Equip parents and carers with a better understanding of Autism in children and help them to understand the function & purpose of everyday behaviours
- Provide practical strategies to managing these complex behaviours in a variety of settings

WHEN: Tuesday 20 April

6.30pm to 8pm

WHERE: Online Via Zoom

COST: Free

Communities for Children Plus

REGISTER:

At:https://Us02web.zoom.us/webinar/register/WN_2Xf-1eCbROMovtdta57Mbw

Or

Email CFCCardinia@anglicarevic.org.au



5. Anglicare and ParentZone Offices

Pakenham	Frankston	Rosebud West
75 Army Rd Pakenham P: (03)9781 6767 or 1300 984 200 P O Box 774 Pakenham 3810	60-64 Wells St, Level 2 P: 9781 6700	1703 Point Nepean Hwy, Capel Sound P: 5986 9900 info@anglicarevic.org.au
Dandenong		
131-147 Walker St Dandenong, VIC 3175 ph: 03 9293 8500 f: 03 9792 5900 PO Box 7100 Dandenong, VIC 3175		

PARENTZONE OFFICES

Parentzone Southern

75 Army Rd Pakenham
P: (03)9781 6767 or 1300 984 200
P O Box 774
Pakenham 3810

Parentzone Gippsland

101 Buckley Street, MORWELL,
Gippsland
P (03) 5135 9555
or parentzone.gippsland@anglicarevic.org.au

Parentzone Eastern

03 9735 4188
666 Mountain Highway, Bayswater,
3153

Parentzone Northern

03 9465 0322
42 Mary Street, Preston
Email:
parentzone.preston@anglicarevic.org.au

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