



ParentZone Eastern Newsletter Term 2 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 term 2 2021!

ParentZone has had a busy start to the year! We welcomed Jo Templeton as the acting team leader while Tamara is on maternity leave with her **new baby girl**. Sienna Grae came into the world 6 days late at 11.39 am on the 20th of February, Weighing 3.89kg (8.5 pounds) and measuring 52cm in length she is perfect and doing well, Congratulations Tamara and family!

In term one our parenting groups continued online with Talking Teens, Dad's Matter, Calm Parents Happy Kids, and a very popular new program Raising Resilient Kids. We collaborated with **Whitehorse City Council** to offer two webinars - Taming Your Teen and Peaceful Parenting. We also partnered with **Yarra Ranges Council** to offer a professional development workshop for Supported Playgroup Facilitators.

The team facilitated two **Parents Building Solutions (PBS) for Professionals** training programs which saw 24 workers across a range of regions become accredited as PBS practitioners. This accreditation allows professionals to use the approach with their clients one-on-one or as group co-facilitators with the ParentZone staff.

Term 2 will be another exciting term!

For the first time, we will be offering a **Living with Autism** for parents of children with a diagnosis or currently going through the diagnosis process. This will run on Tuesday evenings for seven weeks and more details can be found on the disability page of this newsletter. Michelle, our **Strengthening Parent Support Program (SPSP)** facilitator will continue to offer support groups to parents with a child with a disability or developmental delay. Michelle was delighted to be able to reintroduce face-to-face as well as online programs, and this will continue in term 2.

In April/May we will be offering- **Raising Resilient Kids, Dad's Matter, Emotion-Focused Parenting, Parenting as a Team, Talking Teens**, and a new **Mums and Bubs group**. We are delighted to be able to offer mums and bubs as a face-to-face group for new parents who had a child born during the pandemic. The group will focus on mental health and social connections and more details will be announced in term 2.

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

Jo, Sharon, Julia, Michelle, Laurie and Tamara

PARENTZONE

Term 2 ParentZone Parenting Programs

Free ParentZone parenting programs for parents living in the Eastern Suburbs Melbourne

Emotion Focused Parenting

A Parents Building Solutions Program

Would you like to:

- Better understand and talk with your child?
- Help your child learn to manage their emotions and deal with conflict?
- Manage challenging behaviours?
- Parent anxious children?

When:

Mondays (6-afternoon sessions)
10th May - 21st June 2021

Time: 1pm - 3pm

Bookings:

(Click on the link below to book)

<https://www.trybooking.com/BPVSU>

Parenting as a Team

For Couples, separated parents, grandparents and couples

- How does the way you grew up influence your own parenting?
- Would you both like to be the best parents you can be?
- How can you work as a team to get the best outcomes for your children?

When:

Wednesdays - 5th May to 9th June 2021

Time: 7.00pm - 9.00pm

Bookings:

(Click on the link to book)

<https://www.trybooking.com/BPVUN>

Dads Matter

A Parents Building Solutions Program for fathers

Would you like to:

- Better understand your importance in your child's life?
- Have agreements that work?
- improve your relationship with your child?

When:

Tuesdays (6 evening sessions)
4th May to 8th June 2021

Time: 7.00pm to 9.00pm

Bookings:

<https://www.trybooking.com/BPVSR>



PARENTZONE

Term 2 Parenting Programs

Living with Autism

7-week parenting program bringing together parents living with a child with Autism

Are you the parent or carer of a child who has a diagnosis of autism?

This free 7-week parenting program is an opportunity to ask questions about the autism spectrum and we will support you to consider different approaches/strategies to help with parenting

When:

Tuesdays - 4th May to 15th June 2021

Time: 7.00pm - 8.30pm

Bookings:

(Click on the link to book)

<https://www.trybooking.com/BPTJI>

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/>

COACH Mentoring

Long-term (1 year) 1:1 mentoring for adults who are seeking support in a range of areas e.g. social isolation, parenting, life skills, health, and disability. Participants select their own goals and are matched with a trained volunteer “

Contact person: Rosie Merrigan (M-Thurs)

Contact phone: 0410 934 999

Email address: rmerrigan@sb.org.au

Doncare

Thriving for Parents

Facilitated by skilled therapists and counsellors and based on evidence based positive psychology,

Topics explored during the four sessions will include:

- the importance and different methods of self-care
- learn to recognise the signs of having a low tank and the effect on your parenting
- explore the values and aspects of thriving
- identify hopes and dreams as parents
- build your resources to thrive

Where: DONCARE, Suite 4, level 1, 687 Doncaster Road, Doncaster 3108

When: Friday mornings 30 April to 21 May

Time: **Time:** 10:00am - 11:30am

Contact: Andrea De Rauch 9856 1500

Email: doncare@doncare.org.au

Webpage:

<https://doncare.org.au/news/thriving-for-parents-t2-2021>

Relationships Australia Parenting Programs

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

PARENTZONE

Parenting Single Sessions - information forums and webinars



**Free ParentZone interactive workshops programs
for parents living in the Eastern Suburbs of Melbourne**

Raising Resilient Kids Online Workshop

Learn the skills of resilience, and discover strategies to help your primary-aged children bounce back from adversity.

Parents attending this workshop will also receive information on how to register for a free 6-week raising resilient kids program

Suitable for parents and carers of children aged 5 to 12 years

When: Monday 26th April 2021

Time: 1:00 to 3:00 pm

Limited Places. Bookings Essential:

<https://www.trybooking.com/BPWRB>

Talking Teens Online Workshops

Discover 10 parenting skills and strategies that will improve communication and your relationship with your teen

Parents attending this workshop will also receive information on how to register for a free 6-week Talking Teens program

Suitable for parents and carers of young people aged 12 to 18 years

When: Thu 22nd Apr **or** Mon 17th May

Time: 7:00 to 9:00 pm

Limited Places. Bookings Essential:

<https://www.trybooking.com/BPWMS>

Please note: You will need a device that has access to video and audio, as well as a quiet child-free place to be able to participate.

PARENTZONE

Parenting Single Sessions - information forums and webinars



Whitehorse Council Parenting Forums

<https://www.whitehorse.vic.gov.au/living-working/people-and-families/family-activities-and-resources/parenting-information-forums>

Dads Toolkit

Are you a dad looking to add to your parenting toolkit?

Do you want to learn strategies to develop your relationship and communication with your children?

Join Laurie Arrowsmith, ParentZone group facilitator for this webinar to learn the tricks of the trade- being a dad!

Wednesday 28 April
Age range: 0-10 years



Tweens and their Screens

Would you like to learn how to help your tween better balance screen time and real life?

Find strategies to help them switch off and re-engage in the world?
Navigate online safety, rules, and consequences?

Join Sharon Muir, ParentZone group facilitator, to develop strategies to help your tween develop healthier screen time habits!

When: Wednesday 5 May
Age range: 8-13 years

School Readiness

What does school readiness mean? Is it about numbers and letters or is it being able to take turns, being able to separate from the parent, and being able to concentrate? Is my child ready for school next year or should I wait until the following year? This session will explore these questions and discuss the importance of the child's social and emotional maturity.

Tuesday 15 June
Age range: 3-5 years

PARENTZONE

Parenting Single Sessions - information forums and webinars

Boroondara City Council

Free Parent Information Sessions:

<https://www.boroondara.vic.gov.au/community-support/boroondara-families/activities-families/activities-parents-and-caregivers>

Topics:

- Starting solid foods
- Being ready for kinder
- Being ready for school
- Supporting sexually and gender diverse young people

Manningham City Council

Prerecorded Parent Seminar

Cost: \$16

Secrets of Happy Children

<https://www.manningham.vic.gov.au/Parenting-Seminar-Series>

Monash City Council

Free Parent Services and Programs

<https://www.monash.vic.gov.au/Services/Children-Family/For-Parents/Parenting-Programs>

Topic:

- Family support services
- parenting adolescents programs
- Parenting workshops and resources

Knox City Council

Free Parent Workshops

<https://www.knox.vic.gov.au/parentworks-hop>

Topics:

- The suicide conversation for parents
- Link to eSafety commissioner webinars
- Links to local parent support groups

Maroondah City Council

Free Parent Information Sessions

<https://www.maroondah.vic.gov.au/Community-support-business/Children-and-families/Parenting-information-sessions>

Topics:

- Understanding communication differences and anxiety in young children on the Autism Spectrum

Yarra Ranges Council

Free Family Webinars

<https://www.yarraranges.vic.gov.au/Community/Family/Family-Webinars>

Topics:

- Parenting through stress and isolation
- Mindful parents
- Connection based parenting
- reconnecting after trauma
- Taming the tiger
- Kinder and school transition/readiness

Support for Parents of 0 to 6-year-olds Maternal & 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

Support for Parents Early Years - 0 to 6 year olds

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

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

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

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

Australian Breastfeeding Association

The Breastfeeding Helpline is available 24hrs, 7 days a week, staffed by trained volunteer counselors who answer in their own homes. Phone: 1800 686 268

Local groups meet regularly to provide information, "mother to mother" support, and activities in community centres, cafes, local parks, and online.

Whether, pregnant, fully breastfeeding, partially breastfeeding, expressing or bottle-feeding all mothers will be welcomed.

Visit website to find local group meetings dates, times and locations.

www.breastfeeding.asn.au/contacts/groups

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

PARENTZONE

Support for Parents Middle Years - 7 to 11 year olds



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

Raising Resilient Children

A 6-week Parents Building Solutions Program for parents of 5 to 12-year-olds

Learn the skills of resilience, and discover strategies to help your primary-aged children bounce back from adversity.

When: Monday afternoons
May 3rd to June 7th

where: online via Zoom

Cost: Free for parents living in the
Eastern suburbs of Melbourne

Parents wishing to register for this program will also need to attend an introductory interactive workshop on Monday 26th April

Click on the link below to book:

<https://www.trybooking.com/BPWRB>

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 behavioral 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 enquiries: 1300 721 927

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

PARENTZONE

Support for Parents Youth - 12 to 18 year olds



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 or internet misuse, grief, 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

Talking Teens

Free 6-week parenting program

- Improve your relationship and communication with your 12 to 18-year-old
- Resolve family disputes
- Understand why young people behave the way they do

When: Thursdays 29th April to 3rd June

Time: 7:00 pm - 9:00 pm

Bookings: Attendance at an introductory workshop is required for parents wishing to register for this program

<https://www.trybooking.com/BPWMS>

Breaking the Cycle

A program for parents, stepparents, and carers of 10 to 18 years olds who are abusive or violent in the home.

When: Wed 28th April – 16th June 2021

Time: 10:00am – 12:00 pm

Where: 7-11 Shipley St, Box Hill, or online.

Cost: Gold coin donation

Phone Meridian Intake on 03 9896 6322 or

Email: meridian@anglicarevic.org.au

Parent Support Group For Parents Supporting Someone with Drug or Alcohol Issues

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

Contact: Leigh 0427 975 071

Cost: Free of Charge. Bookings Essential

PARENTZONE

Activities & Support for Youth 12 to 18 years

Peaceful Warriors

A group mentoring program that aims to build positive relationships between men and boys.

The program believes that positive and consistent role models help boys grow into healthy adults. Volunteer mentors from the Peaceful Warriors help boys on their journey to becoming healthier men. In term two the group will be offered to 13-16-year-olds in Yarra Ranges

Email: Peacefulwarriors@anglicarevic.org.au
Phone: 9735 6100



EV's Hangout

A drop-in program for young people aged 12-25. Each week young people have access to the pool, table tennis, video games, board games, food, and other activities. Young people can also connect with our youth workers for casual chat or to seek support.

When: Every Thursday 3:00 -6:00 pm
Contact person: Marcus Kelly
Contact phone: 0418 427 759
Email address:
youth@maroondah.vic.gov.au

<http://www.maroondahyouth.com.au/Programs-for-Young-People/Hangout>

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 Support Service

Realm Ringwood (M-F 9-5)
<http://www.maroondahyouth.com.au/Support-for-Young-People>
Email: youth@maroondah.vic.gov.au
Phone: Rachelle Jones **0418 488 279**

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

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

Disability Programs for Parents

LIVING WITH AUTISM

7-week parenting program bringing together parents living with a child with Autism

Are you the parent or carer of a child who has a diagnosis of autism?

This free 7-week parenting program is an opportunity to ask questions about the autism spectrum and we will support you to consider different approaches/strategies to help with parenting

When:

Tuesdays - 4th May to 15th June 2021

Time: 7.00pm - 8.30pm

Bookings:

(Click on the link to book)

<https://www.trybooking.com/BPTJI>



If you'd like any information feel free to contact Michelle on 0438 646 744 or Jo on 0428296573

Strengthening Parent Support Program

Are you a parent or carer of a child with a disability or developmental delay (with or without a formal diagnosis)? Could you use a bit of support and connection with others who understand?

Come along and join other parents and carers at one of our monthly peer support groups.

Share stories and strategies, and have a cuppa, a chat, and some laughs with other supportive parents and carers in a casual and comfortable environment. You can come to one or as many groups as you like!

Cost: Free of charge. Bookings essential

Bookings: Michelle on 0438646744 or strengtheningparentsupport@anglicarevic.org.au

Mt Evelyn Community House

0:30 - 11:30 am on 4th Friday of each month during school terms
May 28th, June 25th,

Glen Park Community House

10:00-11:00 am on the 2nd Wednesday of the month during school terms. May 12th, June 9th

Online via Zoom

10:30-11:30 Fortnightly on Thursday mornings April 29th, May 13th & 27th, June 10th & 24th

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

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

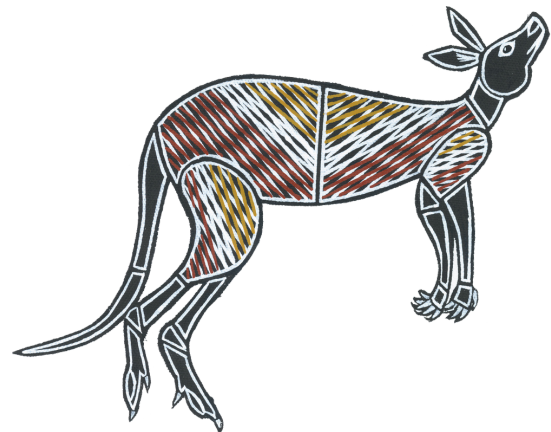
<https://www.mmigp.org.au/>
(03) 9725 2166

- 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



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/>

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 2 Online Events:

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

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/>

Asylum Seeker Resource Centre

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

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



PARENTZONE

Family Violence Support

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

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

DAWN Mentoring Program - Doncare

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

Phone 9856 1500 or contact dawn@doncare.org.au

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



S.T.A.R. Kids

Shine & Thrive through Art & Relaxation, for Kids

A 6-week art therapy group for kids in grade 5 & 6, who have experienced or witnessed family violence

- Get creative, express self, have fun
- Gain self-confidence and self-esteem
- Learn to manage emotions
- Make new friends in a fun, safe, and supportive space that encourages listening and caring

When: Thursday, from the 6th May - 10th June

Time: 4pm - 6pm

Where: Doncare - Manningham City Square, suite 4 level 1/687 Doncaster Rd, Doncaster

There is **no cost** for this program, and all art materials will be provided.
No artistic skills are necessary!!

To register your child or to find out more, please **contact Sonia on 9856 1500**

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

Where: Anglicare Victoria

47-51 Castella Street, Lilydale

When: Wednesdays 28th April - 16th June

Time: 10:00am - 1:00pm

Cost: Free of charge. Bookings essential

Bookings: 735 6100 or via email

WomenandChildrensprogram@anglicarevic.org.au

Re:SPECT

A Space to Pause, Express, Connect & Thrive
A 6-week creative art therapy group for women recovering from family violence

The Women's Re:SPECT program utilises the visual arts, journaling, and mindfulness.

Themes are explored relating to emotions, values, and identity.

- Moving towards healing & recovery
- Experience self-acceptance and growth in a safe and supportive environment
- Connect and share and with other women who have had similar experiences
- Break free from self-blame and fear
- Reconnect with your personal strengths, your power, and wisdom
- Move forward and celebrate the future
- No artistic skills required

Where: Doncare - Manningham City Square, suite 4 level 1/687

When: Tuesdays 4th May - 8th June

Time: 10:00am - 12pm

Contact: Sonia on 9856 1500

PARENTZONE

Support for Dads



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

Dads Toolkit

Are you a dad looking to add to your parenting toolkit?

Do you want to learn strategies to develop your relationship and communication with your children?

Join Laurie Arrowsmith, ParentZone group facilitator for this webinar to learn the tricks of the trade- being a dad!

Wednesday 28 April

Bookings:

<https://www.whitehorse.vic.gov.au/events/dads-toolkit-2021>

Dads Matter

A Parents Building Solutions Program for fathers

Would you like to:

- Better understand your importance in your child's life?
- Have agreements that work?
- improve your relationship with your child?

When:

Tuesdays (6 evening sessions)

4th May to 8th June 2021

Time: 7.00pm to 9.00pm

Bookings:

<https://www.trybooking.com/BPVSR>

Dads in Distress

<https://www.parentsbeyondbreakup.com/dids>

phone: 1300 853 437

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

Parent Educators Network

The next **Parent Educators Network Meeting** will be on Tuesday the 20th of April 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! ParentZone offers **professional consults and training to professionals** working with parents on a variety of themes and covering all ages and stages. We are delighted to have Andrew present on Click the link to book : <https://www.trybooking.com/BPPHZ>

ParentZone also offers accredited training, based on the Parents Building Solutions parenting package. This training will be run online for 6 weeks starting Tuesday 4th May from 10am - 1:30pm

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 2 training. Email us for more details.

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
by the last day of each school term.