



ParentZone Northern News

Term 4 2021

PARENTZONE

BETTER
TOMORROWS

Welcome to the ParentZone Northern Newsletter for Term 4 2021

Welcome to the Team Leader's report for term 4 2021! We are happy to announce some new additions to the team. Firstly, congratulations to Jess and family on the birth of the magnificent Theodore! He is bonny and beautiful and all are doing well. We are also delighted that Vanja Flett has joined the PZ team, bringing with her a wealth of group work experience and of PZ as well, having previously worked at PZ Southern. We also welcome Roba Elkadi to BWCH, who brings extensive therapeutic and group work experience and is also an Arabic speaker. Cal continues to support our work with dads and PBS groups, and will be staying on two days a week until the end of the year, and hopefully beyond. We thank Irene Giaprakis for stepping in to lead Tuning in to Kids this term and hope to partner with her again in future. We would like to thank Fumiko for stepping in to the duty and registrations space to help manage our group bookings and wait list. Term 3 has been a little unpredictable, as 6.0, home schooling and zoom fatigue, understandably, all coincided to create a demonstrated dip in group numbers overall. As we were still running on skeleton staff, we cancelled and postponed a couple of groups, in the hope that we would be better placed to deliver in term 4. We will remain online in term 4, for continuity purposes and are offering PBS dads group, BUGK, PBS primary, PBS Bridgehaven, hoping to add PBS teens, Growing Connections and PAV. Responding to feedback from parents and professionals, we have also added a couple of one off sessions dealing with the challenges of parenting under pressure, and how to support children and young people during this increasingly stressful time. We continue our collaborative work with councils, schools and community orgs. Please see timetable attached for more information. Hoping that everyone is managing to stay positive, and getting some sunshine each day as the weather improves. Take care and be kind to yourselves.

Warm regards

Helen Slonek

Team Leader, PZ and BWCH

What we do

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

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



ParentZone Term 4 Professional Programmes - All sessions will run online

Developmental Milestones (2-4 years old)

This session will identify the expected stages of development for children in the early years. During the sessions the areas of development will be discussed including social, emotional, intellectual, physical and communication.

Recommended for early years educators.

Tuesday 5th October

6.00pm - 7.30pm

Bookings are essential and must be done by 1st October 2021

For inquiries contact Family Services Education Officer on 9404 8865
or email familytraining@whittlesea.vic.gov.au.

For bookings: www.trybooking.com/BMWIX.

In Partnership with



**City of
Whittlesea**



ParentZone Term 4 Parent Programmes - All sessions will run online

Parenting After Violence

Struggling to pick up the pieces after experiencing family violence?
Coping with your children's trauma and often challenging behaviours,
while dealing with your own stresses as a parent?

Not sure how to talk with your children about what's happening?

Then you may be interested in the following information sessions:

- Family violence and its effects on women
- Effects of family violence on children & talking to your children
- Surviving as a parent

Wednesday 17th November - 8th December (4 weeks)

10.00am - 12.00pm

Places are limited.

For bookings and inquiries contact Keklik or Elmas on 03 8641 8900.

Or email parentzone.northern@anglicarevic.org.au.

Parents Building Solutions

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

Tuesday 19th October - 23rd November

10.30am - 12.30pm

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

For bookings: <https://www.trybooking.com/BUERO>

Parenting Teens Under Pressure

Join us for a conversation about parenting through this challenging time. Exploring the challenges of parenting, how to care for yourself and your teen, and how to support your family:

- Practical strategies to support every member of the family
- Staying connected as a family and communicating well with each other
- Strategies for wellbeing of parents/caregivers and teens

Tuesday 12th October

10.00am - 12.00pm

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

For bookings: <https://www.trybooking.com/BUESJ>



ParentZone Term 4 Parent Programmes - All sessions will run online

Growing Connections

Recognised as a 'Promising Program' by the Australian Institute of Family Studies, Growing Connections aims to strengthen the bond between mothers and children who have experienced family violence. The group involves art, craft, play and movement activities. This is a safe, supportive and fun group for mothers and children to attend together. The group will help to:



- strengthen your connection with your child
- increase your confidence and skills to continue to nurture and build your relationship after the group
- connect with other families who have had similar experience in a safe space

Monday 11th October - 6th December 2021 (8 weeks)
10.00am - 12.00pm

Sunbury Heights Community Hub

For bookings & inquiries contact Zenaida Mello
(GrowingConnections Project Worker) 03 9301 5200 or
0447 185 875.

Managing Change

We all know that young people and adults have had to deal with a lot of change over the past year. This interactive session is an opportunity to hear from other parents around supporting young people to manage periods of change. We will explore some of the fears and worries young people may have around change and how parents and carers can respond to these. Recommended for: parents/carers of young people.

Wednesday 17th November
6.00pm - 7.30pm

For inquiries contact Family Services Education Officer on
9404 8865 or email familytraining@whittlesea.vic.gov.au.
For bookings: www.trybooking.com/BMUQR.

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ParentZone Term 4 Parent Programmes - All sessions will run online

Raising Resilient Teens

This is a free workshop for parents and carers of teenagers. The topics will include What is resilience? How can we build the resilience of our teens and how to connect with and understand your teenager? Parents will also be introduced to an evidence-based strategy to help build resilience.

Recommended for: parents/carers of young people (aged 10-25).

Wednesday 27th October

6.00pm - 7.30pm

For inquiries contact Family Services Education Officer on 9404 8865 or email familytraining@whittlesea.vic.gov.au.

For bookings: www.trybooking.com/BMUQB.

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Dad's Building Solutions

Based on ParentZone's Parents Building Solutions, this programme will enable dads to come together to discuss what parenting issues and concerns they have and together they will work on strategies and ideas on how to become the dad they want to be. The dads will be supported to identify the key areas of support they need in parenting their teens. Recommended for: dads/fathers of young teens.

Thursday 28th October - 18th November

6.00pm - 7.30pm

For inquiries contact Family Services Education Officer on 9404 8865 or email familytraining@whittlesea.vic.gov.au.

For bookings: www.trybooking.com/BMUQI.

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Bringing Up Great Kids

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

For parents and carers of children aged 2-10 years.

Wednesday 20th October - 24th November

10.00am - 12.00pm

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

For bookings: <https://www.trybooking.com/BUHAT>

In Partnership with



ParentZone Term 4 Parent Programmes - All sessions will run online

Parenting Under Pressure

Join us for a conversation about parenting through this challenging time. Exploring the challenges of parenting, how to care for yourself and your children, and how to support your family:

- Practical strategies to support every member of the family
- Staying connected as a family and communicating well with each other
- Strategies for wellbeing of parents/caregivers and children

Tuesday 28th September
10.30am - 12.00pm

For bookings and inquiries contact Vanja at Parentzone on 03 8641 8900 or 0458 550 071.
Or email parentzone.northern@anglicarevic.org.au.
<https://ds.org.au/events/parenting-under-pressure/>

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Raising Resilient Kids

How to understand common childhood fears and worries, recognise physical and behavioural signs of anxiety, empathise with children's current fears, worries, and anxiety, and develop strategies for responding in a helpful way. Positive communication and self care a key focus.

Tuesday 26th October
10.30am - 12.00pm

For bookings and inquiries contact Vanja at Parentzone on 03 8641 8900 or 0458 550 071.
Or email parentzone.northern@anglicarevic.org.au.
<https://www.trybooking.com/BUGZW>

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What's happening elsewhere

2021 Children's Week

Children's Week (23 - 31 October 2021) is a national celebration that recognises the talents, skills, achievements and rights of children. The theme for Children's Week 2021 is "Children have the right to choose their own friends and safely connect with others." As part of this years Children's Week, Darebin Early Years Team have put together a fun family event Capoeira Sessions for families with young children aged 0-4 years. See details below for this fun family event.



Capoeira Sessions

Capoeira is an Afro-Brazilian martial arts program that explores elements of music and acrobatic physical movements in a fun atmosphere for both young children and parents/carers.

Monday 25 October 2021

10am session & 11am session at Reservoir

Tuesday 26 October 2021

10am session & 11am session at Preston

(Address will be provided during the phone contact for booking confirmation).

Bookings are essential and places are limited. Register your interest via Eventbrite at www.darebin.vic.gov.au/parenting

Once registered a follow up phone call by one of our staff member will confirm your booking.

The Mudcakes Music Workshop - 'Singing for Little Monkeys'

Children's Week (23 - 31 October 2021) is a national celebration that recognises the talents, skills, achievements and rights of children. The theme for Children's Week 2021 is "Children have the right to choose their own friends and safely connect with others." As part of this years Children's Week, Darebin Early Years Team have put together a fun family event The Mudcakes Music Workshop 'Singing for Little Monkeys' for families with young children aged 0-4 years. See details below for this fun family event. Singing is a natural, all body experience that is a joyful part of life. Join music professionals Rick and Sherry, from The Mudcakes, as they encourage a lovely sing-along to rounds, nursery favourites, movement to classical music and more.

Friday 29 October 2021

10.00am - 11.30am at Preston

(Address will be provided during the phone contact for booking confirmation).

Bookings are essential and places are limited. Register your interest via Eventbrite at www.darebin.vic.gov.au/parenting. Once registered a follow up phone call by one of our staff member will confirm your booking.

What's happening elsewhere

Tuning in to Teens

Tuning into Teens (TinT) is an evidence based program that supports parents to feel more confident to connect with their teens, understand their needs and challenges, support them to manage strong emotions and reduce conflict. One of the things parents find most helpful about attending this series is the chance to share experiences that are common for parents at this time, and hear new ideas about connecting with teenagers. TinT is a program run by Kids First for parents with children that live in Yarra, Darebin, Whittlesea, Banyule and Nillumbik areas.

Session 1: Thursday Oct 21
Session 2: Thursday Oct 28
Session 3: Thursday Nov 4
Session 4: Thursday Nov 11
Session 5: Thursday Nov 18
Session 6: Thursday Nov 25

Time: 10 am - 12 pm

For all enquiries please contact: Donna El-Cheikh on 0409 006 126
or email delcheikh@kidsfirstaustralia.org.au



**KIDS
FIRST™**

Northern Parent Educator Network

Sadly, the NPEN forum was again postponed due to lockdown last term. The committee has now made the difficult decision to cancel the forum altogether this year, due to the uncertainty and suddenly changing landscape. Fortunately for us, Alison Krusec from innovative Resources stepped in to present at NPEN on the work they have done in partnership with the Warrlpiri community, translating strength cards in to language. She then demonstrated a range of resources that translate well to digital delivery and visual rather than verbal prompts. We are still finalising the NPEN presenter this term and will update you all soon. Watch this space!

Family Services

Parentzone and Family Services will continue to work in partnership throughout 2021. We will continue to work in partnership through delivering Parents Building Solutions (PBS), Looking Forward, and Parenting After Violence together. We look forward to seeing more Family Services staff trained and delivering PBS as co-facilitators.

Broadmeadows Women's Community House

Term 4 Programmes

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

Let's Play & Let's Play More Playgroups

Mondays online via zoom
11.00am - 12.00pm



Out and About Seniors Group

Tuesdays online via zoom
10.00am - 12.00pm



Small Steps & Little Steps Playgroups

Tuesdays online via zoom
11.00am - 12.00pm

Ageing and Feeling Great Seniors Group

Thursdays online via zoom
10.00am - 12.00pm



Meadow's Primary School Hub Playgroup

Thursdays online via zoom
10.00am - 11.00am

Women's Wellbeing Circle - Social Support Group

Fridays online via zoom
10.00am - 12.30pm



Important Telephone Contacts

Police, Fire or Ambulance 000

Nurse on call 1300 60 60 24

National Home visiting Doctors 13 74 25 (13 SICK)

Poison Information Hotline 13 11 26

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

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

Darebin Community Mental Health Centre 03 9416 6300

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

Child Protection After Hours Service 131 278

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

Lifeline Crisis and Suicide Support 13 11 14

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

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

Aboriginal Family Violence Prevention and Legal Service 1800 105 303

Kids' Helpline 1800 55 1800

Mensline Australia 1300 78 99 78

Suicide Call Back Service 1300 659 467

Perinatal Anxiety and Depression Australia (PANDA) 1300 726 306

Parentline Victoria 13 22 89

DirectLine – drug & alcohol services 1800 888 236

Headspace 1800 650 890

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

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