



ParentZone Gippsland

Newsletter Term 1 2022

Information on Programs to Support Parents and Carers Across Gippsland

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PARENTZONE

**BETTER
TOMORROWS**

Welcome



Greetings from ParentZone Gippsland!

Welcome to the Term 1 ParentZone Gippsland Newsletter. We have had a busy year in 2021 facilitating a variety of parenting groups online and face to face.

Term 1 will be another exciting term. We have interactive online parenting groups starting in February - including Let's Talk About Parenting, Dads Matter, Breaking the Cycle, Tuning in to Kids, Dealing With Your Child's Anger, and a number of single sessions. We will also offer a face to face parenting group at Mirboo North Secondary College - Raising Resilient Teens and our Kinship Support Group will be offered at Morwell. Learning Through Play is also continuing to be offered in Morwell and Churchill locations with outdoor play and indoor groups available.

This newsletter contains information about all our programs available in the Gippsland region. Please take a look and reach out to us for further information by contact us at parentzone.gippsland@anglicarevic.org.au.

Keep safe!

***From the ParentZone Gippsland team
Anita, Christine, Jacqui, Kim, and Lisa***

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Which ParentZone group is right for you?

Are you unsure which group is right for you? Are you experiencing a parenting challenge but not sure where to start? Have you been asked to completed a parenting course as part of your court-order?

Talk to us! Contact ParentZone Gippsland on (03) 5135 9555 or email parentzone.gippsland@anglicarevic.org.au

We want to hear from you!

What parenting challenges are you experiencing? Is there an area of parenting you would like to learn more about? Is there something you would like to do differently in your parenting?

We want to hear from parents and carers throughout Gippsland, and the professionals who support them. Contact ParentZone Gippsland at parentzone.gippsland@anglicarevic.org.au

What is ParentZone?



At ParentZone we offer all parents and carers a chance to develop and strengthen their parenting skills. We provide free parenting groups, workshops, and resources for parents, carers, and the professionals who work with them.

The programs cater to all ages and stages, from newborns to teenagers. Program content responds to the needs of our communities. Our skilled and experienced facilitators will tailor the sessions to meet the interests of each group. Meet other parents in person or online.

ParentZone can help you to:

- Improve communication and understanding between parents/carers and children.
- Feel more prepared for the different ages and stages of childhood.
- Learn new ideas and strategies to shape children's behaviour positively and develop their potential.
- Strengthen relationships within the whole family.
- Foster stronger relationships while dealing with loss, disability, trauma, separation or divorce.
- Empower children to deal with their emotions.
- Build a more resilient family that can grow together.

ParentZone Gippsland is the Regional Parenting Service for Gippsland and supports families within the local government areas of Bass Coast, Baw Baw, East Gippsland, Latrobe, South Gippsland, and Wellington.

ParentZone Pods

Introducing our parenting podcast: ParentZone Pods



The ParentZone Pods identify common issues parents bring to our parenting groups and explores these in detail. We not only discuss the issues and concerns parents bring, but also offer strategies parents can try in these situations. These podcasts recognise that parenting is the toughest and most important job there is! Children don't come with a manual, and sometimes parents seek guidance in ways to support their children and improve the family unit as a whole.

Hosts Anita Weber and Laurie Arrowsmith are Qualified Parent Group Facilitators at ParentZone. Every week, they work with parents and carers, supporting them with a variety of parenting issues and concerns.

ParentZone Pods website: anglicarevic.org.au/parentzone-pods

Listen on Spotify:

open.spotify.com/show/66Ky7pWFS0ipFYwWe8wTFy

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Learning Through Play

Supported Playgroups by ParentZone Gippsland



WHO: Latrobe City parents and their children under-school-age

WHEN: Throughout school term

WHERE: There are five playgroups at different times and locations in Morwell and Churchill for you to choose from.

COST: FREE for families living in Latrobe City. Bookings essential.

Learning Through Play will provide you and your child with the opportunity to:

- Connect through songs and stories.
- Try new and fun ways to learn.
- Get ideas and be encouraged
- Connect with other parents and children

Learning Through Play will include strategies from the **smalltalk** program which helps promote children's development and learning.

Churchill Outdoor Play

Location: Mathison Park Churchill

Day: Mondays

Time: 10:00am - 12:00pm

Morwell

Location: 101 Buckley Street Morwell

Day: Mondays

Time: 10:00am - 12:00pm

Morwell Outdoor Play

Location: Immigration Park Morwell

Day: Tuesdays

Time: 10:00am - 12:00pm

Morwell

Location: 101 Buckley Street Morwell

Day: Wednesdays

Time: 10:00am - 12:00pm

Churchill

Location: Churchill Neighbourhood Centre - Studio,
9 Phillip Parade, CHURCHILL

Day: Friday

Time: 10:00am - 12:00pm

**To enrol in any of our support OR for more information please contact
ParentZone Gippsland on (03) 5135 9555 or email
parentzone.gippsland@anglicarevic.org.au**

Let's Talk About Parenting

A Parents Building Solutions program



- Do you want to know how to talk so children will listen?
- Understand what is normal children's behaviour?
- Communicate better with your child?
- Stay connected to your child?

Come along to these 5 sessions to learn strategies, share stories and take some time out for you!

Online - Daytime

Location: Online via Zoom

Date: Thursdays 3rd February to 3rd March

Time: 10:30am - 12:00pm

Online - Evenings

Location: Online via Zoom

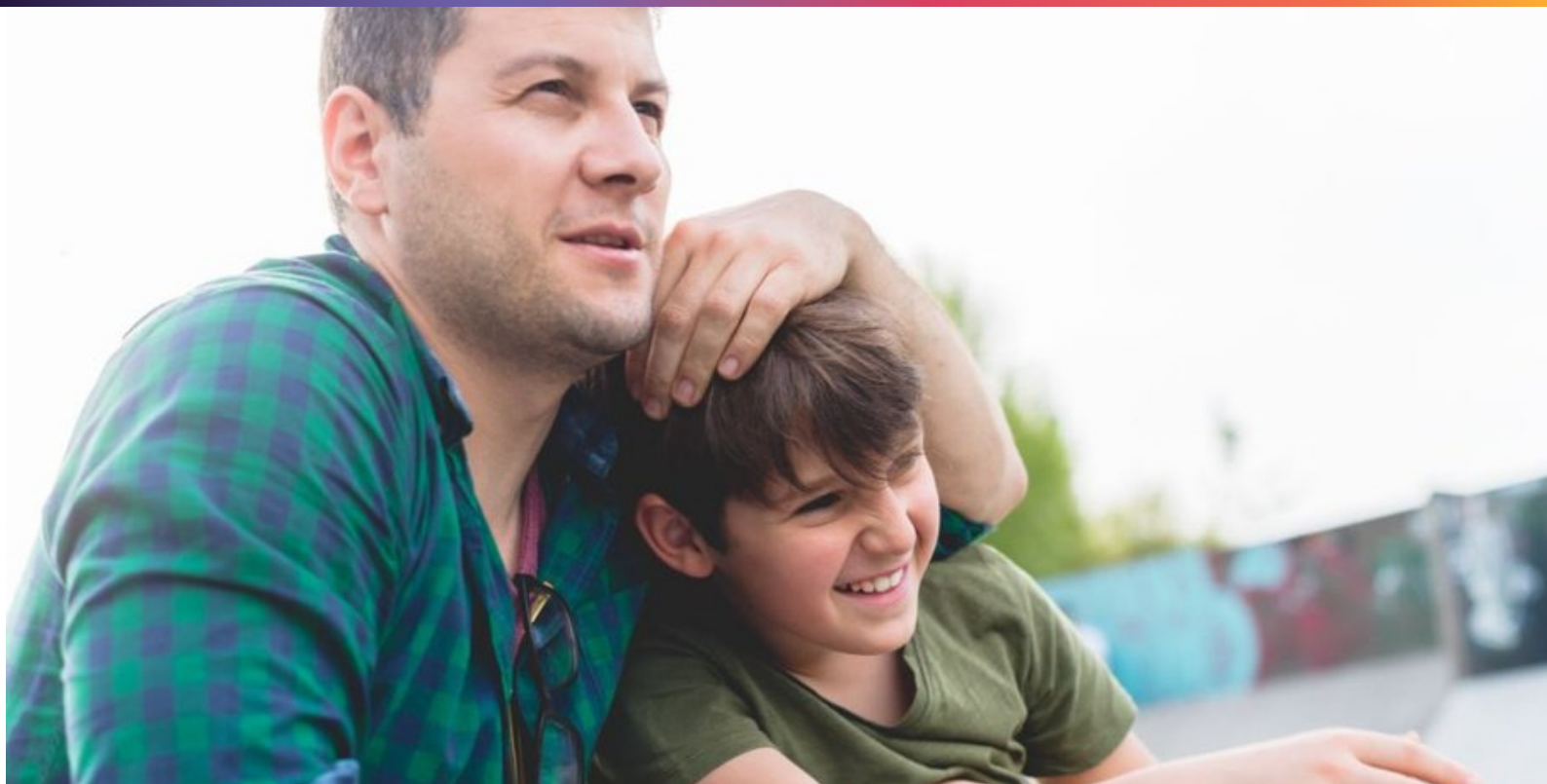
Date: Thursdays 10th March to 7th April

Time: 5.30pm - 7.30pm

For bookings & enquiries contact Parentzone Gippsland on 03 5135 9555 or email parentzone.gippsland@anglicarevic.org.au

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Dads Matter



Parents Building Solutions for Dads

Come along to these 5 sessions and join other Dads to share experiences, learn new strategies and solutions on:

- Increasing your confidence as a Dad.
- Improving communication and closeness with your kids.
- Creating a healthy environment for your children.
- Learning how to cope with stress, emotions and anger.

DATES: Fridays 4th March to 1st April 2022

TIME: 10:30am to 12:30pm

WHERE: Online via Zoom

COST: FREE. Bookings essential.

For bookings & enquiries contact:
Parentzone Gippsland on 03 5135 9555 or email
parentzone.gippsland@anglicarevic.org.au

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Raising Resilient Teens



A Parents Building Solutions program

Do you want to

- Help build resilience in your teen?
- Support your teen to problem solve and resolve conflict?
- Learn how to talk so teens will listen?
- Understand your teens development?

Come along to these 5 sessions to learn strategies, share stories and take some time out for you!

DATES: Tuesdays 8th March - 5th April

TIME: 5:30PM to 7:30PM

WHERE: Mirboo North Secondary College, Castle St, Mirboo North

COST: FREE. Bookings essential.

For bookings & enquiries contact:
Parentzone Gippsland on 03 5135 9555 or email
parentzone.gippsland@anglicarevic.org.au

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Dealing With Your Child's Anger



A Parents Building Solutions program for parents of primary school aged children with challenging behaviour.

Do you want to:

- Learn how to help your child with their BIG feelings?
- Build a positive relationship with your child?
- Talk to your child so they will listen?
- Create rules and consequences that your children will respect?

Come along to these 5 sessions to learn strategies, share stories and take some time out for you!

DATES: Mondays 28th February to 4th April 2022 (no session 14th March)

TIME: 10:30am to 12:30pm

WHERE: Online via Zoom

COST: FREE. Bookings essential.

For bookings & enquiries contact:
Parentzone Gippsland on 03 5135 9555 or email
parentzone.gippsland@anglicarevic.org.au

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Breaking the Cycle



For parents and carers whose adolescent is abusive or violent at home

- Do you feel threatened, frightened or even controlled by your son or daughter?
- Are family members and younger siblings feeling scared?
- Feeling anxious, isolated, ashamed, resentful?

YES? Then join the 'Breaking the Cycle' group. It gives you an opportunity to discuss all issues and learn new skills to better manage challenging situations.

Come along to these 8 sessions to learn strategies, share stories and take sometime out for you!

WHEN: Wednesdays 9th February to 30th March 2022

TIME: 10:30am - 12:30pm

WHERE: Online via Zoom

COST: FREE. Bookings essential.

For bookings & enquiries contact:
Parentzone Gippsland on 03 5135 9555 or email
parentzone.gippsland@anglicarevic.org.au

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Tuning into Kids



Parenting program that teaches parents skills to help their young children begin to understand and regulate their emotions.

Do you want to

- Learn how to better understand and manage your children's emotions, such as anger, anxiety and sadness?
- Improve communication with your child?
- Teach your child to deal with conflict?
- Help your child learn to manage their emotions?

Supporting the development of your children's emotional intelligence will help them:

- Have greater success with making and keeping friendships
- Be more able to calm down when angry or upset
- Have better concentration at school
- Better manage challenges and change

DATES: Tuesdays 8th February to 15th March 2022

TIME: 10:30am to 12:30pm

WHERE: Online via Zoom

COST: FREE. Bookings essential.

For bookings & enquiries contact: Parentzone Gippsland on 03 5135 9555 or email parentzone.gippsland@anglicarevic.org.au

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Kinship Support Group



For grandparents and kinship carers raising their grandchildren or family members, or grandparents separated from a grandchild through divorce, family conflict or loss.

MEETING DATES FOR 2022

- 2nd February
- 2nd March
- 6th April
- 4th May
- 1st June
- 13th July
- 3rd August
- 7th September
- 5th October
- 2nd November
- 7th December, followed by lunch

TIME: 10:00am to 12:00pm

WHERE: Anglicare Victoria, 190
Commercial Road, MORWELL

COST: FREE.
Bookings essential.

ALL GRANDPARENTS AND KINSHIP CARERS WELCOME

This group provides grandparents and kinship carers with the opportunity to meet with other carers who have had similar experiences; to share experiences, joys and concerns in a safe and confidential environment; and develop positive and supportive networks.

Staff from Relationships Australia Victoria and Parentzone Gippsland will attend and facilitate the group.

For more information contact Parentzone Gippsland on (03) 5135 9555 or parentzone.gippsland@anglicarevic.org.au

Understanding Children's Behaviour



A Parents Building Solutions single session

- Do you want to understand why some behaviours occur?
- Learn strategies to deal with behaviour?
- Communicate better with your child?
- Stay connected to your child?

Come along to this session to learn strategies, share stories and take some time out for you!

DATE: Friday 11th February 2022

TIME: 10:30am to 12:30pm

WHERE: Online via Zoom

COST: FREE. Bookings essential.

For bookings & enquiries contact:
Parentzone Gippsland on 03 5135 9555 or email
parentzone.gippsland@anglicarevic.org.au

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Parenting Anxious Kids



A Parents Building Solutions single session

Do you want to:

- Know how to respond when your child gets overwhelmed?
- Help your child to regulate their emotions?
- Support your child with their challenges?

Come along to this session to learn strategies, share stories and take some time out for you!

DATES: Monday 7th February 2022

TIME: 10:30am to 12:30pm

WHERE: Online via Zoom

COST: FREE. Bookings essential.

For bookings & enquiries contact:
Parentzone Gippsland on 03 5135 9555 or email
parentzone.gippsland@anglicarevic.org.au

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Making Time for Self Care



A Parents Building Solutions single session

- Do you want to feel less overwhelmed and deal with anxious feelings?
- Want to improve your confidence and self esteem?
- Build resilience for yourself and your family?
- Take time out for yourself?

Come along to this session to learn strategies, share stories and take some time out for you!

DATES: Tuesday 29th March 2022

TIME: 10:30am to 12:30pm

WHERE: Online via Zoom

COST: FREE. Bookings essential.

For bookings & enquiries contact:
Parentzone Gippsland on 03 5135 9555 or email
parentzone.gippsland@anglicarevic.org.au

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Raising Resilient Kids



A Parents Building Solutions single session

Do you want to:

- Help your child cope in a chaotic world?
- Improve your child's confidence and self esteem?
- Help your child to cope with change?

Come along to this session to learn strategies, share stories and take some time out for you!

DATES: Friday 25th February 2022

TIME: 10:30am to 12:30pm

WHERE: Online via Zoom

COST: FREE. Bookings essential.

For bookings & enquiries contact:
Parentzone Gippsland on 03 5135 9555 or email
parentzone.gippsland@anglicarevic.org.au

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Bullying



Building a Toolkit to Help Your Child

Do you want to:

- Understand what is bullying?
- Recognise the signs your child is being bullied?
- Know how to support your child?
- Help your child build resilience and learn protective behaviours?

Come along to this session to learn strategies, share stories and take some time out for you!

DATES: Monday 21st February 2022

TIME: 10:30am to 12:30pm

WHERE: Online via Zoom

COST: FREE. Bookings essential.

For bookings & enquiries contact:
Parentzone Gippsland on 03 5135 9555 or email
parentzone.gippsland@anglicarevic.org.au

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Parent Support Program



Supporting Families in Churchill

The Parent Support Program is available to all Parents and Carers of children aged 0-12 living in the Churchill area. The Parent Support Program provides support to families for up to 3-4 months in the home and community.

The Parent Support Worker can support you with:

- Building your parenting confidence
- Strengthening relationships
- Establishing routines
- Identifying children's emotional needs
- Understanding children's behaviours
- Enhancing communication skills
- Introducing a healthy diet
- Reducing anxiety
- Sleep settling
- Support with referrals and linking with other services

For further information contact Kathy Ryan 0499 005 141 or Kathy.ryan@anglicarevic.org.au

Important contacts

Anglicare Victoria – Gippsland locations

Bairnsdale: 347 Main Street

Ph 03 5150 3700,

Morwell: 188-190 Commercial Road

Ph 03 5135 9555,

Morwell: 101 Buckley Street

Ph 03 5135 9555,

Leongatha: 5A Church Street

Ph 03 5622 8650,

Warragul: Suite 2, 3 Barkly Street

Ph 03 5622 8600,

Wonthaggi: Shop 7-8/1 Billson Street

Ph 03 5671 0000,

The Orange Door in Inner Gippsland – 1800 319 354

• 9am to 5pm Monday to Friday (closed public holidays)

• 163 Princes Drive Morwell

• iga@orangedoor.vic.gov.au

• Services offered: Women, children and young people's family violence services, Child and family services, Aboriginal services, Men's family violence services

Parentline Victoria – 13 22 89 (cost of a local call)

• Available 8am to midnight, seven days a week including public holidays

• Parentline is a phone service for parents and carers of children from birth to 18 years old. They offer confidential and anonymous counselling and support on parenting issues.

Kids Help Line – 1800 551 800

• Kids Helpline is Australia's only free, private and confidential 24/7 phone and online counselling service for young people aged 5 to 25.

kidshelpline.com.au

Nurse on call – 1300 60 60 24

• A telephone helpline that provides immediate expert health advice from a registered nurse, 24 hours a day, 7 days a week.

Safe Steps – 1800 015 188

• Available 24/7

• Safe Steps is Victoria's 24/7 family violence response centre.

safesteps.org.au

1800 RESPECT – 1800 737 732

• Available 24/7

• Support for people impacted by sexual assault, domestic or family violence and abuse.

1800respect.org.au

Lifeline – 13 11 14

• Lifeline is a national service providing all Australians experiencing a personal crisis with access to 24 hour crisis support and suicide prevention services.

lifeline.org.au

Beyond Blue – 1300 224 636

• Provides information and support to help everyone in Australia achieve their best possible mental health, whatever their age and wherever they live.

beyondblue.org.au

Mensline Australia – 1300 789 978

• A telephone and online counselling service for men with family and relationship concerns.

mensline.org.au