



# ParentZone Northern News

Term 1 2022

PARENTZONE

BETTER  
TOMORROWS

# Welcome to the ParentZone Northern Newsletter for Term 1 2022

PZ Team Leader Update:

Welcome to the Team Leader's final report for 2021! What a rollercoaster it has been, going in and out of lockdown, supporting clients, each other and adapting to different and evolving modes of group work delivery. We worked predominantly online this year, to provide as much stability and certainty as we could for clients. Next term we will remain online and will be following government guidelines re Covid safe face to face delivery of groups after that. We continued to build on our council, school and community partnerships in 2021 and hope to deliver face to face groups in these settings next year as well. A fantastic new initiative in 2021 was the ParentZone Pods, a podcast series presenting parenting snapshots on key issues for parents needing a little bit more before joining a group, or simply those wanting an idea of what to expect from our distinctive group work style. Please see links attached and share widely with clients and colleagues! PZ will also be running cross regional online summer session tasters for parents and professionals for the first time in 2022, offering an ever increasing range of topics. Please refer flyer attached. We intend to run the NPEN forum in June 2022 face to face. Watch this space and refer NPEN update attached. Also attached is the term 1 timetable, offering groups addressing various ages and stages of development, common issues of concern to families and some oneoffs as well. Please share with your networks and contacts.

We have some ongoing staffing changes in the PZ team. Jo Templeton is on an additional 12 month secondment to the team leader position in the East, where she is doing a fantastic job. Jess Moran has agreed to again step in to the acting program co-ordinator role when she returns from maternity leave in term 2. Cal Revell is staying on 2 days a week next year, covering parenting groups and specialist work with dads too. Vanja Flett hit the ground running in term 4 and has settled in quickly to be a valued team member. We are currently considering some additional backfill and may have further announcements in the new year. For now wishing you all a happy, safe and relaxing break and hope we return invigorated and excited with new possibilities to meet the needs of clients and colleagues and address challenges ahead as they emerge. Take care everyone!

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 1 Online Workshops for Professionals

Would you like to:

- Explore the stages of child development from the early years to adolescence?
- Understand the connections between child development and behavior
- Discover developmentally appropriate strategies to support the children and parents you work with

Join us for these two interactive workshops to discover practical tools, fresh insights, and evidence-based strategies to improve your professional practice working and supporting families.

## **Adolescent Development**

Date: Tuesday 18th January

Time: 10:00am - 11:30am

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

## **Early Years Development**

Date: Thursday 27th January

Time: 10:00am - 11:30am

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

Cost: Free of charge. Bookings Essential

Where: Online via Zoom

Enquiries: [parentzone.northern@anglicarevic.org.au](mailto:parentzone.northern@anglicarevic.org.au)



# ParentZone Term 1 Parent Programmes - All sessions will run online

## Developmental Milestones in the Early Years

During this session parents will explore what the development stages are in the first five years, how the environment, genes and parenting style can impact on this development and what parents can do to actively support child development.

Wednesday 16th February  
10:00am - 11:30am

For enquiries contact: ParentZone on 03 8641 8900. Or email [parentzone.northern@anglicarevic.org.au](mailto:parentzone.northern@anglicarevic.org.au)  
Register: <https://www.trybooking.com/BWCHK>

## Tuning in to Kids

Would you like to learn how to:

- Be aware and manage your emotions?
- Understand your child's emotions?
- Build attachment and teaching through emotional experiences?
- Help your child manage their emotions?
- Develop skills to assist your child in problem solving?

This 6 week programme provides a number of skills & strategies to help with everyday parenting challenges, based on emotionally tuned parenting. For parents of children aged 6 years - 11 years

Thursday 10th February - 17th March  
10:30am - 12:00pm

For bookings and enquiries contact Parentzone on 03 8641 8900 or 0458 550 071. Or email [parentzone.northern@anglicarevic.org.au](mailto:parentzone.northern@anglicarevic.org.au).  
Register: <https://www.trybooking.com/BWHBH>

## Harmony Supported Playgroup

We are now taking registrations for Harmony supported play group: supporting families located in Whittlesea who have been impacted by mental health challenges. For further information or to register, please contact Vanja at ParentZone 86418900 or email [parentzone.northern@anglicarevic.org.au](mailto:parentzone.northern@anglicarevic.org.au)

In Partnership with



# ParentZone Term 1 Parent Programmes - All sessions will run online

## Parents Building Solutions - Arabic

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 programme is delivered in Arabic for parents of children and young people to share ideas and strategies on how to manage the tough times. It will be run in partnership with the Australian Muslims Women's Centre for Human Rights.

Friday 4th February - 11th March  
10:00am - 11:30am

For bookings & enquiries for this session contact Roba at the Broadmeadows Women's Community House on (03) 9301 5250 or email [roba.elkadi@anglicarevic.org.au](mailto:roba.elkadi@anglicarevic.org.au)

In Partnership with



Australian Muslim Women's  
Centre for Human Rights

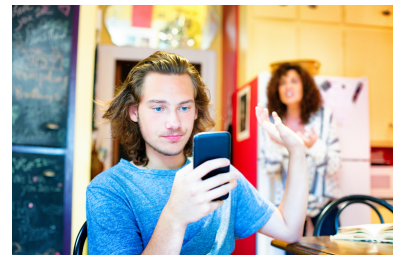


## Parents Building Solutions - Teens

Are you tired of yelling?  
Want to understand why teens 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 22nd February - 29th March  
6:00pm - 7:30pm

For bookings and enquiries contact Parentzone on 03 8641 8900 or 0458 550 071. Or email [parentzone.northern@anglicarevic.org.au](mailto:parentzone.northern@anglicarevic.org.au).  
Register: <https://www.trybooking.com/BWHBC>



## Parents Building Solutions - Early Years

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.

Wednesday 9th February - 16th March  
10:00am - 12:00pm

For bookings and enquiries contact Parentzone on 03 8641 8900 or 0458 550 071. Or email [parentzone.northern@anglicarevic.org.au](mailto:parentzone.northern@anglicarevic.org.au).  
Register: <https://www.trybooking.com/BWEQK>

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City of  
Whittlesea



## **PAV**

Struggling to pick up the pieces after experiencing family violence?

Coping with your children's trauma and often challenging behaviors, 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 16th March- 6th April (4 weeks)

10.30am - 12.00pm online

Places are limited.

For bookings and inquiries contact Sam Kent on (03) 8641 8900

# What's happening elsewhere

## **Circle of Security Parenting - (8 week Program)**

Circle of Security Parenting is a relationship-based parenting program that explores how parents can enhance their attachment with their children.

Recommended for: parents/carers of children (aged 0-5)

When: Tuesday 8, 15, 22 February, 8, 15, 22, 29 March, 5 April, 10am-12pm

Where: Online Webinar

Cost: Free

Bookings: Bookings are essential and must be done by 3 February 2022 via [www.trybooking.com/BUUOK](http://www.trybooking.com/BUUOK)

For more information: Contact Council's Family Services Education Officer on 9404 8865 or email [familytraining@whittlesea.vic.gov.au](mailto:familytraining@whittlesea.vic.gov.au)

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## **School transition and COVID approach: from pandemic to prep**

Quality Area 6: Collaborative partnerships with families and communities

In this session the focus will be on supporting families where children are moving to prep without having had childcare/kinder experience due to lockdown.

- Children's learning and curiosity will be encouraged through experiences and activities, such as exploring the natural world, being exposed to new ideas and solving problems
- To work creatively to engage them in play
- How to implement routines, building trust in safety to play outside, using educational videos on safety routines re Covid.
- Exploring your own expectations and flexibility in the classroom.
- How to create space to assist children who missed out on their kinder/childcare experience to transition to school environment
- What things to consider as a prep teacher
- How to assist children to adapt to new social situations they were not exposed to before
- Dealing with child's sensory overload in situations they haven't been exposed to before.
- Enhanced empathy and understanding for children in lockdown.

Recommended for: early years educators

When: Wednesday 23 February, 6.30pm – 8pm

Where: Online Webinar

Cost: Free

Bookings: Bookings are essential and must be done by 18 February 2022 via [trybooking.com/BUZUD](http://trybooking.com/BUZUD)

For more information: Contact Council's Family Services Education Officer on 9404 8865 or email [familytraining@whittlesea.vic.gov.au](mailto:familytraining@whittlesea.vic.gov.au)

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# Northern Parent Educator Network

## NPEN Update

In October we were pleased to host Janan Allouche, an adolescent community nurse from the Department of Education. Janan provided us with a wealth of information on how to engage CALD communities addressing fears and misinformation regarding vaccinations. It was a very informative and engaging session with so many resources workers could pass on to families and the wider community. Watch this space for future NPEN dates. Please see below resources:

### Translated resources:

COVID-19 vaccine information in your language | Australian Government Department of Health

SBS Language | Coronavirus Vaccine and COVID-19 updates in your language

### FAQ's:

COVID-19 vaccine FAQs | NCIRS <https://www.ncirs.org.au/covid-19/covid-19-vaccines-frequently-asked-questions>

COVID-19 - The Melbourne Vaccine Education Centre (MVEC) ([mcri.edu.au](http://mcri.edu.au))

Vaccine Misinfo Guide ([vaccinemisinformation.guide](http://vaccinemisinformation.guide))

### Young people:

COVID-19 Vaccination Toolkit ([ylab.global](http://ylab.global))

### Vaccine hubs and health advice for Muslim Communities:

SistaHub

VAXCHATS – A MHPA and ICV Supported Initiative.

In Term one 2022 we will be hosting Shilpa Nagesh and Sarah Stock, Young Parent Connectors, from the newly established AV Young Parents Project who will present on this exciting new program, which offers support to parents 25 years old & under living in Hume. They will provide an overview of the three main components:

- 1.mentoring young parents,
- 2.linking to community services &
- 3.providing evidence based group work.

Date: Thursday 24th February

Time: 2.00-4.00 pm online

Book: <https://www.trybooking.com/BWHCE>

\*Watch this space for 2022 NPEN Dates\*

## 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 1 Programmes

All enquiries – 9301 5250 or [womenshouse@anglicarevic.org.au](mailto:womenshouse@anglicarevic.org.au)

### **Let's Play Supported Playgroup**

Mondays

9:00am - 10:30am

### **Let's Play More Supported Playgroup**

Mondays

11:30am - 1:00pm

### **Out and About Seniors Group**

Tuesdays

10:00am - 1:00pm

### **Small Steps Supported Playgroup**

Tuesdays

9:00am - 10:30am

### **Little Steps Supported Playgroup**

Tuesdays

11:30am - 1:00pm

### **Ageing and Feeling Great Seniors Group**

Thursdays

10:00am - 1:00pm

### **Meadows Primary School Hub Playgroup**

Thursdays

10:00am - 11:00am

### **Women's Wellbeing Circle - Social Support Group**

Fridays

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)

# Resources

## ParentZone Pods | Podcast on Spotify



The ParentZone Pods, is a podcast series presenting parenting snapshots on key issues for parents needing a little bit more before joining a group, or simply those wanting an idea of what to expect from our distinctive group work style. Jump on Spotify to hear it all !

## NORTHERN PARENT EDUCATOR NETWORK

**Thursday 24th February 2022  
2:00pm - 4:00pm online zoom**

Shilpa Nagesh and Sarah Stock, Young Parent Connectors, from the newly established AV Young Parents Project will present on this exciting new program, which offers support to parents 25 years old & under living in Hume. They will provide an overview of the three main components:

**mentoring young parents,  
linking to community services &  
providing evidence based group work.**

They will then address how these components: engage and support young parents in their parenting role, to address their unique needs, develop strong attachments with their children, and build strong community and peer connections. Groupwork will be an integral part of the project and the plan is to provide a mix of single session work, the Parents Building Solutions model and informal support group sessions to best respond to the needs of young parents in Hume.



After the presentation there will be opportunities for networking and information sharing.

Participation is free. Registration is essential. Book through the link  
<https://www.trybooking.com/BWHCE>

For further information please email [helen.slonek@anglicarevic.org.au](mailto:helen.slonek@anglicarevic.org.au)

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# Summer Series



## Reimagining Parenting in 2022

*Online Parenting Workshops \* Free of Charge \* Bookings Essential*

### What's your Parenting Style?

**Tuesday 11th January, 6:15 to 7:45 pm**

Discover how your parenting style can influence family relationships, behaviour, and well-being.

**Enquiries:** [Parentzone.southern@anglicarevic.org.au](mailto:Parentzone.southern@anglicarevic.org.au)

### Living with Autism

**Wed 12th January, 10:00 am to 12:00 pm**

Explore ways to support children living with Autism. Improve communication with your child.

**Enquiries:** [Parentzone.eastern@anglicarevic.org.au](mailto:Parentzone.eastern@anglicarevic.org.au)

### Emotion-Focused Parenting

**Wed 12th January, 7:00 to 9:00 pm**

Learn strategies to improve communication and develop your child's emotional intelligence.

**Enquiries:** [Parentzone.eastern@anglicarevic.org.au](mailto:Parentzone.eastern@anglicarevic.org.au)

### Improve your Family Routines

**Thursday 13th January, 6:15 to 7:45 pm**

Discover why routines are important and learn how to establish them with your children.

**Tuesday 18th January, 6:15 to 7:45 pm**

Routines take time to become habits. Explore ways to maintain routines in your family.

**Enquiries:** [Parentzone.southern@anglicarevic.org.au](mailto:Parentzone.southern@anglicarevic.org.au)

### Dads Toolkit

**Monday 17th January, 7:00 to 9:00 pm**

Understand the important role of fathers in the lives of children. Discover parenting tips for dads.

**Enquiries:** [Parentzone.eastern@anglicarevic.org.au](mailto:Parentzone.eastern@anglicarevic.org.au)

### Peaceful Parenting

**Wed 19th January, 10:00 am - 12:00 pm**

Learn strategies to deal with anger and anxiety in yourself and your children aged 2 to 12 years

**Enquiries:** [Parentzone.eastern@anglicarevic.org.au](mailto:Parentzone.eastern@anglicarevic.org.au)

### Managing Change

**Wed 19th January, 6:00 - 7:30 pm**

What are the fears and worries of children aged 3-12 years? Discover how we can respond to change and strengthen our child's resilience

**Enquiries:** [Parentzone.northern@anglicarevic.org.au](mailto:Parentzone.northern@anglicarevic.org.au)

### Raising Resilient Teens

**Wed 19th January, 6:00 - 7:30 pm**

Discover an evidence-based strategy to help your young person (aged 10-25) bounce back from adversity and better manage stress.

**Enquiries:** [Parentzone.northern@anglicarevic.org.au](mailto:Parentzone.northern@anglicarevic.org.au)

### Manage your Self-Care

**Thursday 20th January, 6:15 to 7:45 pm**

Discover why self-care matters and discover new ways to make time for you a priority.

**Enquiries:** [Parentzone.southern@anglicarevic.org.au](mailto:Parentzone.southern@anglicarevic.org.au)

### Setting Boundaries

**Tuesday 25th January, 10:00 am to 12:00 pm**

Learn how boundaries can support your child's wellbeing and discover ways to set better boundaries.

**Enquiries:** [Parentzone.eastern@anglicarevic.org.au](mailto:Parentzone.eastern@anglicarevic.org.au)

**[To Register Click Here](#)**

**PARENTZONE**



## Online Workshops for Professionals

### Would you like to:

- Explore the stages of child development from the early years to adolescence?
- Understand the connections between child development and behavior
- Discover developmentally appropriate strategies to support the children and parents you work with

Join us for these two interactive workshops to discover practical tools, fresh insights, and evidence-based strategies to improve your professional practice working and supporting families.

### Adolescent Development

**Date:** Tuesday 18th January

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

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

### Early Years Development

**Date:** Thursday 27th January

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

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

**Cost:** Free of charge. Bookings Essential

**Where:** Online via Zoom

### Enquiries:

parentzone.northern@anglicarevic.org.au

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## Developmental Milestones in the Early Years

During this session parents will explore what the development stages are in the first five years, how the environment, genes and parenting style can impact on this development and what parents can do to actively support child development.

**DATES:** Wednesday 16th February 2022

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

**WHERE:** Online via Zoom

Bookings Essential. Please book via trybooking link: <https://www.trybooking.com/BWCHK>

For enquiries contact: ParentZone on 03 8641 8900  
Or email [parentzone.northern@anglicarevic.org.au](mailto:parentzone.northern@anglicarevic.org.au)

The Nillumbik  
**PARENTING  
HUB**



**PARENTZONE**

[anglicarevic.org.au](http://anglicarevic.org.au)

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**FREE**

## **School Transition & COVID Approach: From Pandemic to Prep**

A session for professionals focusing on supporting families where kids are moving to prep without having had child care and or kinder experience due to COVID lockdowns.

**DATES:** Wed 23rd February 2022

**TIME:** 6.30 - 8.00 pm

**WHERE:** Online via Zoom

Bookings Essential. Please book via trybooking link: <https://www.trybooking.com/BWCII>

For inquiries contact: ParentZone on 03 8641 8900  
Or email [parentzone.northern@anglicarevic.org.au](mailto:parentzone.northern@anglicarevic.org.au)



**PARENTZONE**

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## Parent's Building Solutions - Teens

Are you tired of yelling?  
Want to understand why teens  
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.

**DATE:** Tuesdays (6 weeks)  
22nd February - 29th March 2022  
**TIME:** 6:00pm - 7:30pm  
**WHERE:** Zoom  
**COST:** This session is free of charge but  
registration is essential

For bookings and enquiries contact Parentzone on  
03 8641 8900 or 0458 550 071. Or email  
parentzone.northern@anglicarevic.org.au.  
Please book via trybookinglink:  
<https://www.trybooking.com/BWHBC>



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## Parents Building Solutions: Early Years

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This 6 week parenting programme helps  
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parenting challenges.

**DATE:** Wednesdays (6 weeks)  
9th Feb - 16th March 2022  
**TIME:** 10.00am - 12.00pm  
**WHERE:** Online via Zoom  
**COST:** This session is free of charge but  
registration is essential



For enquiries contact: ParentZone on  
03 8641 8900 or email  
[parentzone.northern@anglicarevic.org.au](mailto:parentzone.northern@anglicarevic.org.au)  
Register: <https://www.trybooking.com/BWEQK>



**PARENTZONE**



## Tuning in to Kids

**This programme provides a number of skills & strategies to help with everyday parenting challenges, based on emotionally tuned parenting. For parents of children aged 6 years - 11 years**

Would you like to learn how to:

- Be aware and manage your emotions?
- Understand your child's emotions?
- Build attachment and teaching through emotional experiences?
- Help your child manage their emotions?
- Develop skills to assist your child in problem solving?

**DATE:** Thursdays (6 weeks)  
10th February - 17th March 2022

**TIME:** 10.30am to 12.00pm

**WHERE:** Zoom

**COST:** This session is free of charge  
but registration is essential

For bookings & enquiries contact: ParentZone on  
03 8641 8900 or email  
[parentzone.northern@anglicarevic.org.au](mailto:parentzone.northern@anglicarevic.org.au)  
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**PARENTZONE**



## Parent's Building Solutions - Arabic

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**This 6 week programme is delivered in  
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young people to share ideas and  
strategies on how to manage the tough  
times. It will be run in partnership with  
the Australian Muslims Women's  
Centre for Human Rights.**

**DATE:** Fridays (6 weeks)  
4th February - 11th March 2022

**TIME:** 10.00am - 11.30 am

**WHERE:** Zoom

**COST:** This session is free of charge but  
registration is essential

For bookings & inquiries for this session contact  
Roba at the Broadmeadows Women's  
Community House on (03) 9301 5250 or email  
[roba.elkadi@anglicarevic.org.au](mailto:roba.elkadi@anglicarevic.org.au)



**PARENTZONE**



Australian Muslim Women's  
Centre for Human Rights