



ParentZone Eastern Newsletter Term 1 2022

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 2022!

ParentZone said goodbye to 2021 with the launch of **ParentZone Podcasts**. We are delighted with the current 6 episodes which explore some of the main issues we see when we run our parenting programs with families. If you haven't yet accessed the pods, see page 27 of this newsletter for links and further information.

This term most groups will continue online, so families will have the flexibility to attend no matter where they live in the Eastern region. Programs we are offering include Dad's Matter, Talking Teens, Parenting Preschoolers and Preps, Tuning into Kids, and Living with Autism. In addition, ParentZone Eastern is delighted to introduce **Circles of Security**, an 8-week parenting program. Details for all **ParentZone Eastern programs** can be found on pages 4 and 5 of this newsletter.

First-time parents have not been forgotten and we hope to reach those impacted by the lockdowns of 2020 and 2021. Two new **Mums and Bubs groups** will be offered in March in partnership with Yarra Ranges Council. See page 6 for more information.

We are also pleased that the **Strengthening Parent Support Program** will resume face-to-face groups this term, SPSP has a new venue at St Luke's Anglican Church in Vermont which is a lovely space with easy access for those who can attend. As well SPSP Michelle will continue facilitating the Living with Autism and the Safe and Respectful support groups. Please go to page 17 for more information.

In other news, Tamara has decided to take another year off to be with her family and we are delighted that Jo can continue on in the role as ParentZone team leader until Tamara's return in 2023.

We trust that you will discover helpful information about other programs and services available in this newsletter. 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

ParentZone

Term 1 Parenting Programs

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

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: Mondays (6 evening sessions)
14th February - 28th March 2022
(excluding public holiday March 14th)

Time: 7.00pm to 9.00pm

Bookings:

Julia at Parentzone
9721 3629 or 0400 866 495

Talking Teens

A Parents Building Solutions Program

Do you want to:

- Improve your relationship with your teenager?
- Improve communication with your teen and resolve family disputes?
- Understand why young people behave the way they do?
- Learn effective ways to deal with anger and anxiety - both yours and theirs

When: Tuesday evenings (6 weeks) February
1st to March 8th, 2022

Time: 7.00pm - 9.00pm

Where: Online via Zoom

Bookings: Sharon.muir@anglicarevic.org.au

Living with Autism

6-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 6-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: Monday evenings
14th February - 28th March 2022
(excluding public holiday March 14th)

Time: 7:00pm-9:00pm

Bookings:

Joanne.Templeton@anglicarevic.org.au or
0428 296 573



PARENTZONE

ParentZone

Term 1 Parenting Programs

Free programs for parents living in the Eastern Suburbs Melbourne

Tuning Into Kids

Would you like tips and strategies to:

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

Children with emotional intelligence:

- Have greater success with making and keeping friends
- Show improved concentration at school
- Have fewer illnesses

When: Tuesdays (6 sessions)

15th February - 22nd March 2022

Time: 11:00am-1:00pm

Where: Online via Zoom

Bookings: Call Julia on 9721 3629 or 0400 366 495

Circles of Security

Circles of Security parenting looks at how parents can build their relationship with their children and enhance attachment, trust, and a sense of safety.

Parents can learn ways to enhance the development of their child's self-esteem, trust, and feelings of security.

You can support the creation of a secure base from which your child feels able to explore their world, knowing there is a safe haven to return to.

When: Tuesday evenings, 8th February - 29th March 2022 (8 sessions)

Time: 7:00pm-9:00pm

Where: Online via Zoom

Cost: Free (bookings essential)

Bookings: Call Julia on 9721 3629 or 0400 866 495

Parenting Pre-Schoolers and Preps

A Parents Building Solutions Program

Would you like to:

- Support your child to transition into kindergarten or school?
- Develop your child's resilience and emotional intelligence?
- Set boundaries with your child?
- Deal with your own frustrations and anxiety as a parent?

When: Thursdays (6 Sessions)

10th February - 17th March 2022

Time: 10:00am - 12:00pm

Where: Online - Via Zoom

Cost: Free (bookings essential)

Bookings and Enquiries: sharon.muir@anglicarevic.org.au



PARENTZONE

Other Parenting Programs

Mums and Bubs Groups

Starting in March 2022 for first-time parents with a baby born during the 2020 or 2021 lockdowns.

- Meet other first-time mums living in Yarra Ranges?
- Discover baby play ideas, songs, and movement activities?
- Explore your strengths and nurture your wellbeing as a mother?
- Discover free services, programs, and activities available to support you and your baby?

2020 Resilience Through Play - Tuesday mornings in Kalorama

2021 Mums and Bubs - Mondays afternoons in Mooroolbark

Contact: sharon.muir@anglicarevic.org.au for more information and to register

Mummy & Me

Mummy & Me is a program for Mums who have little or no family or community support. For Mums in the Knox area with children from birth - 11 years old.

A volunteer mentor will go into the home to

- Give practical help in the home and be a trusted friend
- Help them gain competence in motherhood and share valuable life experience
- Encourage and support them to build confidence and self-esteem
- Build connections and help break social isolation
- Work together on reaching established goals
- Connection is for 1 - 2 hours on a weekly or fortnightly basis
- Program is for 6 weeks with an option to extend if required

Phone: 9871 8900

Email: bronwyn.upton@citylife.care

Young Mums Group

This is a group for young mum's and children. During school terms FAN holds weekly gatherings/zoom sessions with the mums to do activities. These activities include art therapy, outings to cafes/parks/play centers, origami, knitting

Dates: Wednesdays (during school term)

Time: Wednesday - In person: 12pm -2pm

Where: Burgess Family Centre, 15 Barwon Street Box Hill

Contact Person: Vanita Harris

Phone: 03 9890 2673

Email: vharris@fan.org.au

Other Parenting Programs



Mum's & Munchkins (Single Mum's Group)

An opportunity for Mum's with children 0 - 11 years, enjoy 'time out' from your busy schedule and form new connections.

- Improve your parental confidence and self-esteem
- Share pearls of wisdom and practical tips to help simplify your life
- Build new friendships with those on a similar journey
- Explore parenting topics that help navigate issues you may struggle to deal with
- A fun, friendly environment with a Pre-school age children's program.

Where: CityLife Community Care. 1248 High Street Road Wantirna South.

When: 1st and 3rd Thursdays each month

Time: 10am - 11:30am

Contact: Bronwyn

Phone: 9871 8900

Email: bronwyn.upton@citylife.care

Relationships Australia Parenting Programs

We provide programs designed to improve the wellbeing and safety of children and young people, providing strategies for communication and emotional development.

Website: relationshipsaustralia.org.au/child-parenting-courses

Young Parents Group

A support group for young parents under the age of 25 years

When: Fridays during school terms

Time: 10:00am - 12:00pm

Contact: Michelle Pascoe 9298 8311

Email: Michelle.pascoe@knox.vic.gov.au

PARENTZONE

Other Parenting Programs



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: triplep-parenting.net.au/vic-uken/triple-p/

COACH Mentoring

Come alongside individuals and families that are doing it tough for a period of 12 months or longer to provide support and to help them to make positive improvements to their lives.

Contact person: Christine Leong

Phone: 9871 8900

Email: Christine.Leong@citylife.care

Mums and Bubs Group Baby Play and Self Care Activities

Would you like to:

- Meet other first-time mums living in Yarra Ranges?
- Discover baby play ideas, songs, and movement activities?
- Explore your strengths and nurture your wellbeing as a mother?
- Discover free services, programs, and activities available to support you and your baby?

When: Monday afternoons (3-week group) March 21st, March 28th & April 4th, 2022

Time: 1:00 to 3:00 pm

Where: Rolling Hills Family & Children's Centre 54-56 Landscape Drive, Mooroolbark

Cost: Free of charge for first-time mums with babies born in 2021

Email: sharon.muir@anglicarevic.org.au

Phone / Text: Sharon 0438 683 049

PARENTZONE

Parenting Sessions - information forums and webinars

Yarra Ranges Council

Website: yarraranges.vic.gov.au/Community/Family/Family-Webinars

Knox City Council

Website: knox.vic.gov.au/parentworkshop

Whitehorse City Council

Website: whitehorse.vic.gov.au/living-working/people-and-families/family-activities-and-resources/parenting-information-forums

Monash City Council

Website: monash.vic.gov.au/Services/Children-Family/For-Parents/Parenting-Programs

Boroondara City Council

Website: boroondara.vic.gov.au/community-support/boroondara-families/activities-families/activities-parents-and-caregivers

Manningham City Council

Website: manningham.vic.gov.au/Parenting-Seminar-Series

Maroondah City Council

Website: maroondah.vic.gov.au/Community-support-business/Children-and-families/Parenting-information-sessions

Body safety education for parents and carers

Body safety and consent education aims to empower children with skills and knowledge that will reduce the likelihood of them becoming victims of childhood sexual abuse.

Topics:

- Child sexual abuse - it's characteristics and statistics.
- What is grooming? Why is it so important we know about it?
- What is body safety and why teach it.
- Body safety skills, messages and resources.
- Practical ways you can keep the body safety and consent conversation going in your home and community to protect children.

When: Thursday 3rd March 2022

Time: 7:30pm-9:00pm

Cost: Free

Contact: Cathie Wills on 9294 5740 or email childrens.services.events@maroondah.vic.gov.au

PARENTZONE

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

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

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



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

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

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

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

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

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

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

PANDA - Perinatal Anxiety and Depression Australia

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



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 enquires: 1300 721 927

Website:

www.easternhealth.org.au/site/item/99-child-youth-mental-health-service-cymhs

Tuning into Kids Online Course

A program for parents and carers of children with a disability

Tuning in to Kids is an evidence-based parenting program that focuses on the emotional connection between parents and children. In particular, the program teaches parenting skills in emotion coaching, which is to recognise, understand and respond to children's emotions in an accepting and supportive way.

This series of FREE online workshops are a partnership between EACH Family Relationship Support for Carers Service and Kate French, Clinical Psychologist at Side by Side Psychology.

Dates: Tuesday 22 February, 1, 8, 15, 22 and 29 March 2022

Time: 6pm - 8pm

Book:

<https://www.stickytickets.com.au/59GMS>

PARENTZONE

Support for Parents of 12 to 18 year olds



Meridian Youth and Family Therapy Anglicare Box Hill

Therapy for people aged 10-23 and their families to address conflict 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

Email: meridian@anglicarevic.org.au

Partners in Parenting (PiP)

Being a parent or guardian of a teenager has its challenges. The teenage years are a period of rapid emotional and social development, and with this can come highs and lows.

This is why researchers from Monash University and Prevention United are offering FREE access to the Partners in Parenting (PiP+) program. PiP+ is an award-winning, evidence-based online parenting program designed to empower parents to make sense of adolescence and raise their teenager with confidence.

PiP+ includes features such as:

- A new module providing expert-endorsed information about parenting through the pandemic
- An online community with other parents of teens
- Personalised feedback about parenting, and the mental wellbeing of the parent and teenager
- 10 user friendly interactive online modules (15-25mins each) tailored for parents to do in their own time
- Be part of a world leading research project

PiP+ is aimed at parents or guardians of a teenager between the ages of 12-17 years.

Website: partnersinparenting.com.au.

Email: med-pip-plus@monash.edu or

Phone: 0492 476 075

PARENTZONE

Support for Parents of Youth 12 to 18 year olds



Talking Teens

A Parents Building Solutions Program

Do you want to:

- Improve your relationship with your teenager?
- Improve communication with your teen and resolve family disputes?
- Understand why young people behave the way they do?
- Learn effective ways to deal with anger and anxiety - both yours and theirs

When: Tuesday evenings (6 weeks) 1st February - 8th March 2022

Time: 7.00pm - 9.00pm

Where: Online via Zoom

Bookings: Sharon.muir@anglicarevic.org.au

Tuning into Teens Online Course

A program for parents and carers of children with a disability

Tuning into Teens is an evidence-based parenting program that focuses on the emotional connection between parents and children. In particular, the program teaches parenting skills in emotion coaching, which is to recognise, understand and respond to children's emotions in an accepting and supportive way.

This series of FREE online workshops are a partnership between EACH Family Relationship Support for Carers Service and Kate French, Clinical Psychologist at Side by Side Psychology.

Dates: Monday 21 February, 7, 21, 28 March, 4 April 2022

Time: 6pm - 8pm

Book:

<https://www.stickytickets.com.au/2COTY>

PARENTZONE

Activities & Support for Youth 12 to 18 years



EACH Youth and Family

EACH Youth & Family are running several online and in person group social activities for young people aged 15- 25y/o in the coming months.

Programs include:

- **Just Vibing** - online safe and inclusive social group for young people aged 15 - 25 years to engage in fun activities
- **Just Shine** - therapeutic group program for young women aged 14-18 years
- **Youth & Family Craft Space** - group craft space for young people aged 15-25 years

Stay connected to upcoming EACH activities via their Youth & Family Facebook page;

facebook.com/groups/eachyouthvic

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: youth@maroondah.vic.gov.au

Website:

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

PARENTZONE

Activities & Support for Youth 12 to 18 years

Eastern Youth Services

Boroondara Youth Services

Website: boroondara.vic.gov.au/community-support/young-people/visit-our-youth-centre

Phone: 9278 4608

Knox Youth Services

Website: knox.vic.gov.au/youth

Phone: 9298 8000

Manningham Youth Services

Website: each.com.au/manninghamyouth/youth-programs/

Phone: 130000 EACH / (130000 3224)

Maroondah Youth Support Service

Website: maroondahyouth.com.au/Support-for-Young-People

Email: youth@maroondah.vic.gov.au

Phone: Rachelle Jones 0418 488 279

Monash Youth Services

Website: monashyouth.org.au/Programs

Phone: 9518 3900

Whitehorse Youth Services

Website: whitehorse.vic.gov.au/living-working/people-and-families/young-people/services-activities

Phone: 9898 9340

Yarra Ranges Youth Services

Website: yarraranges.vic.gov.au/Community/Youth

Phone: 1300 368 333

YSAS

Youth Support and Advocacy Service

Website: ysas.org.au

Phone: 9415 8881

Headspace

Confidential and free mental health support for young people aged 12 to 25 years

Website: headspace.org.au

Phone:

Knox - 9801 6088

Hawthorn - 9006 6500

PARENTZONE

Disability Programs for Parents

Living With Autism Support Group

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:

Fortnightly Tuesday evenings
February 1st & 15th, March 1st, 15th & 29th

Time: 7:00pm - 8:00pm

Location: Zoom

Bookings:

To book please email Michelle.emeryevans@anglicarevic.org.au If you'd like more information feel free to contact Michelle on 0438 646 744

Safe and Respectful Support Group

Safe & Respectful is a supported space for parents to share and consider different approaches/strategies to help support their children in their developing identity, sexuality, sexual health and relationships. fortnightly via zoom

When:

Fortnightly Thursdays
February 3rd & 17th, March 3rd, 17th & 31st

Time: 1:00pm - 2:00pm

Location: Zoom

Strengthening Parent Support Program

Vermont

Dates: February 8th & March 8th

Time: 10.30 - 11.30am

Where: St Lukes Anglican Church, crn Canterbury & Mitcham Rds. Vermont

Bayswater

Dates: February 9th & March 9th

Time: 10.00 - 11.00am

Where: Glen Park Community Centre 30 Glen Park Rd, Bayswater Nth

Online Group

Dates: February 10th & 24th, March 10th & 24th, April 7th

Time: 10.30 - 11.30am via Zoom

BOOKINGS:

To book please email

Michelle.emeryevans@anglicarevic.org.au

If you'd like more information feel free to contact

Michelle on 0438 646 744

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

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

Mullum Mullum Indigenous Gathering Place

- 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

Website: mmigp.org.au

Phone: (03) 9725 2166

Djirra

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.

Website: djirra.org.au

Phone: (03) 9244 3333

Dardi Munwurro

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.

Website: dardimunwurro.com.au

Phone: 1800 435 799



Boorndawan Willam Aboriginal Healing Centre

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.

Website: bwahs.com.au

Phone: (03) 9212 0200

Victorian Aboriginal Child Care Agency (VACCA)

A state-wide Aboriginal Community Controlled Organisation servicing children, young people, families, and community members. The largest of its kind in Australia.

Website: vacca.org

Phone: (03) 8727 8800

Oonah Health & Community Services Aboriginal Corporation

A welcoming and culturally affirming place in that provides information, services and programs that are focused on building a healthy, strong and skilled community.

Website: oonah.org.au

Phone: (03) 5962 2940

PARENTZONE

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: (03) 7005 1267

Website: 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.

Website: miceastmelb.com.au

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

Website: ringwoodchurch.org.au/be-involved/community

Asylum Seeker Resource Centre

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

Website: asrc.org.au



PARENTZONE

Family Violence Support



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

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

Eastern Domestic Violence Services (EDVOS)

Support includes working with police and courts, housing assistance, counseling, and men's intake. Free and confidential service

Phone: 9259 4200

Safe Steps Phone: 1800 015 188 (24-hour crisis line)

Website: edvos.edvos.org.au

Women's Self - Defence Course

A 4-week, empowering self-defence course for women who have experienced family violence.

Cost: Free

When: Thursdays 10:30am -12:30am.

Dates: 17th March - 7th April 2022

Phone: 9886 3899

Email:

womanscentre@crosswaylifecare.org.au



PARENTZONE

Family Violence Support

Re:SPECT

The Women's Re:SPECT program utilises the visual arts, journaling and mindfulness for self-expression to explore themes relating to emotions, values and identity. Moving towards healing and recovery.

When: Tuesdays, 1st March - 5th April 2022

Time: 10am - 12pm

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

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

Cool Kids

Cool Kids is a therapeutic group for primary aged children with experience of family violence and/or homelessness who live in the Outer East region.

The group provides a safe space for Children to come together, learning about emotions and respectful relationships whilst having some fun. There's a mixture of discussion, arts & craft, mindfulness, storytelling and outdoor play. We provide a healthy afternoon tea.

When: Monday 7th February- 4pm - 5:30pm

Where: Croydon

Cost: Free

Phone: 8870 4040

Email: pathwaystoresilienceoe@vt.uniting.org



Create Together

Create Together is a group designed to strengthen healthy connections between parents and kids through art-making, play and having fun. The activities we offer provide a healing space that supports self-expression and calmness in family relationships.

Cost: Free

When: Tuesdays, 4:15pm - 5:15pm

Dates: 22nd February - 29th March 2022

Location: Box Hill (Exact location will be provided once registered)

Phone: Trak Forward intake - 03 9896 6395

Email: trakeast@anglicarevic.org.au

You Matter

A Creative art therapy group for teens aged between 13-18 years who are living with or have lived with family violence

- Improve self-confidence and self esteem
- Learn about healthy relationships
- Form new friendships
- in a safe space that encourages listening and

When: Tuesdays, 1st March - 5th April 2022

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

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 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: Monday (6 evening sessions)

14th February - 28th March 2022 (no session

Time: 7.00pm to 9.00pm

Bookings: Julia at Parentzone
9721 3629 or 0400866 495

Dads in Distress

Dads In Distress supports Dads experiencing trauma through family breakdown and separation anxiety. We also acknowledges the specific issue of father-child contact and custody battles commonly termed 'parental alienation', a factor closely linked to stress, separation anxiety, depression, isolation and suicide in Australia.

Website:

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

Phone: 1300 853 437

PARENTZONE

Professional Development Training



Bringing Up Great Kids: Learning the basics for professionals who work one - on- one with parents

This session showcases BUGK resources and materials and demonstrates how the material can be used in everyday practice with parents.

Date: 10th March 2022

Time: 10:00am - 1:30pm

Where: Online

Contact: PJewell@childhood.org.au

<http://professionals.childhood.org.au/course/bugk-working-with-parents/>

Bringing Up Great Kids in the First 1000 Days

Learn how to run the BUGK in the First 1000 Days as a way of promoting positive and nurturing relationships between adults involved in the pregnancy and care of the new baby/young child. Note: this is a variation of the Foundation Bringing Up Great Kids Program and you will need to have completed this prior to registration for this training

Date: 31st March 2022

Time: 10:00am - 1:30pm

Where: Online

Contact: PJewell@childhood.org.au

<http://professionals.childhood.org.au/course/bugk-first-1000-days/>

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 Victoria Counselling information Service **13 22 89**

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 Box Hill (03) 9896 6322

37-41 Prospect 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
- ParentZone

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
- Integrated Family Services
- Child FIRST

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

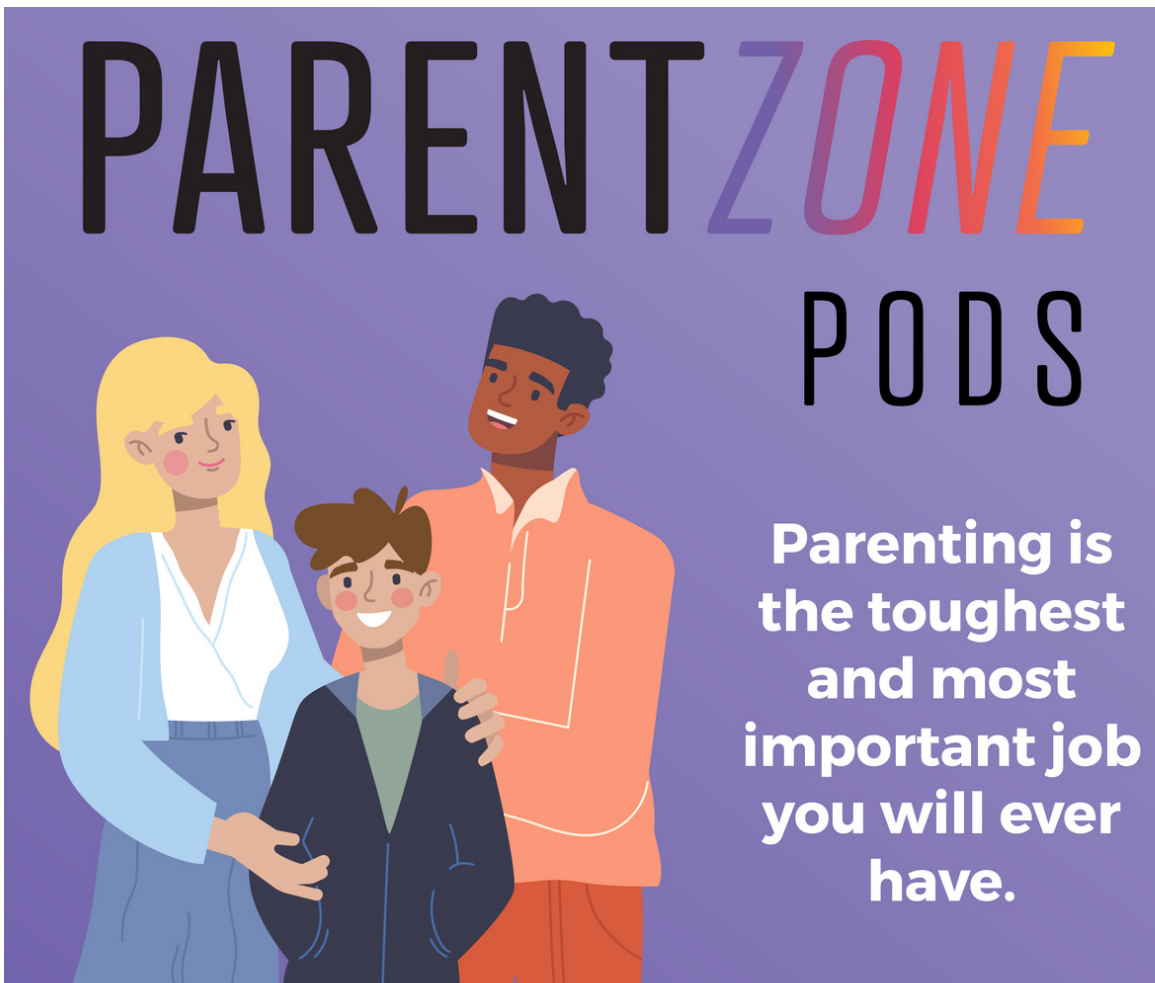
Uniting Wesley Croydon (03) 9839 6100 Ringwood (03) 8870 4070

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

ParentZone Pods



Podcasts for parents, carers and those who support others with their parenting

The ParentZone Teams are delighted to bring you 6 ParentZone Pods for you and the families you support. Each Pod identifies and explores common issues parents bring to our parenting groups, and offers strategies to try in these situations.

Podcast Episodes Available Now!

Episode 1: [Family Meetings](#) - click [here](#) to listen

Episode 2: [Dealing with Anxiety](#) - click [here](#) to listen

Episode 3: [Sibling Rivalry](#) - click [here](#) to listen

Episode 4: [Getting Children to Listen](#) - click [here](#) to listen

Episode 5: [How to Respond to Kids' Behaviour](#) - click [here](#) to listen

Episode 6: [How to Stop Yelling at your Kids](#) - click [here](#) to listen

ParentZone Pods can be found on our [website](#) and via [Spotify](#).

PARENTZONE

Partnering and Professional Training with ParentZone

Parent Educators Network

The next Parent Educators Network Meeting will be on Wednesday 9th February from 9:30 - 11:30 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!

This term we will hear our own Julia Russell from ParentZone speak about Circles of Security Parenting. Julia has recently completed the training and will be delivering in Term 1.

The Circle of Security is a visual map of attachment. The "father" of attachment theory, John Bowlby, said this about attachment: "Intimate attachments to other human beings are the hub around which a person's life revolves, not only as an infant or a toddler or a schoolchild but throughout adolescence and years of maturity as well, and on into old age. From these intimate attachments a person draws strength and enjoyment of life and, through what he contributes, gives strength and enjoyment to others. These are matters about which current science and traditional wisdom are at one." (Bowlby, J. (1980) Attachment and Loss: Volume 1. Attachment. Basic Books: New York.)

We will have time to connect, share resources, service updates and discuss emerging trends. Register for meeting link at <https://www.trybooking.com/BWWAL>

ParentZone offers professional consults and training to professionals working with parents on a variety of themes and covering all ages and stages.

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 2022?

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.**