



Term 3 2022

PARENTZONE

BETTER
TOMORROWS

Welcome to the ParentZone Northern Newsletter for Term 3 2022

Welcome to the Team Leader's report for term 3 2022! We have decided to remain online in term 3, despite eased covid restrictions, due to the rate of winter illnesses circulating and the freezing cold descending! We are offering a range of groups dealing with ages and stages, childhood development, attachment and other areas of parent concern. We received this lovely anecdote in Growing Connections this term of one of the dyads. A mother and child stuck in a dynamic where mum has often been quite critical of, and distressed by her child's behaviour, i.e. getting suspended at school. However during the River of Life art activity, her child was able to articulate to mum and the group the importance of family to them, and how they see family as sticking together and looking out for one another, and growing from a river into a big ocean. Later in the closing circle, mum shared that she was surprised and touched by what her child had said and that she doesn't need to worry about them in the way that she has been, that they're actually doing a really good job and trying really hard. It seemed to be a big shift in her thinking.

PZ has again collaborated cross regionally to deliver a range of winter session tasters online. These sessions provide the opportunity for parents and carers to see whether a particular group may address a specific issue occurring in their families, or as an interim intervention when the group of interest may not be immediately available. Here are examples of some of the testimonials:

- "Really enjoyed the relaxed, informative and authentic style of presentation and engagement. Definitely felt that a safe space was created for parents to share and learn. Thank you."
(Raising Resilient Kids – single session)
- "The facilitators were approachable and engaging and allowed parents to share experiences we can all resonate with."
(PBS Teens)
- "Group sessions have taught me about importance of reflecting on my own needs – its ok for me to stop and take time for myself sometimes" (PBS Teens)

The PZ pods have also been a great asset to this end, giving parents and carers a more immediate option, for issues or concerns they are facing now. Please see link here:

[Click here for our ParentZone podcast – ParentZone Pods.](#)

Please find attached the term 3 timetable and remember to send in any information you would like shared in our newsletter to: parentzone.northern@anglicarevic.org.au

Stay warm and well everyone

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 3 Professional Programs

All sessions will run online

School Refusal

In this 2-hour session for professionals, we will address many of the issues associated with school refusal, such as:

- Social anxiety in children and teens
- Building resilience and self-esteem
- Parenting from love and compassion instead of fear and worry
- Helping parents dealing with their own anxiety about school refusal

Thursday 21st July
10.00am - 12.00pm
Online via Zoom

For enquiries contact Parentzone on 03 8641 8900 or
email: parentzone.northern@anglicarevic.org.au.

For bookings go to Try Booking: <https://www.trybooking.com/BZRKM>



ParentZone Term 3 Parent Programmes

All sessions will run online

Tuning in to Teens

Tuning into Teens 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.

This course provides a number of skills and strategies to help with everyday parenting challenges, based on emotionally-tuned parenting.

Wednesday 3rd August - 7th September (6 weeks)
10.00am - 12.00pm
Online Via Zoom

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

Circle of Security Parenting

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

Thursday 14th July- 1st September (8 Weeks)
10.00am - 12.00pm
Online Via Zoom

For enquiries contact City of Whittlesea on 03 9404 8865
or email: familytraining@whittlesea.vic.gov.au.
For bookings go to Try Booking: <http://trybooking.com/BUZHI>

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ParentZone Term 3 Parent Programmes

All sessions will run online

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 program helps you come up with solutions to common parenting challenges.

Thursday 11th August - 15th September - (6 weeks)

7.00pm - 8.30pm

On line Via Zoom

For bookings and enquiries contact ParentZone on 8641 8900 or email: parentzone.northern@anglicarevic.org.au



Parents Building Solutions (Early Years)

Do you want to:

Help your child cope in a chaotic world?

Improve your child's confidence and self-esteem?

Help your child to deal with anxious feelings?

Develop strategies to manage anger?

Talk so your child will listen? Come along to these 6 sessions to learn strategies, share stories and take some time out for you!

Recommended for: parents/carers of children (aged 2-5 years)

Tuesday 26th July - 30th August - (6 weeks)

10.00am - 12.00pm

On line Via Zoom

For enquiries contact City of Whittlesea on 03 9404 8865 or email: familytraining@whittlesea.vic.gov.au.

For bookings to to Try Booking: <https://www.trybooking.com/CAKWH>

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ParentZone Term 3 Parent Programmes

Single Sessions

Parents Building Solutions- Arabic Taster

Are you tired of yelling? Do you want to better understand why kids behave the way they do? Do you want to help your children develop their emotional intelligence?

This single session will explore managing our own feelings, and understanding and responding to our children's feelings.

Open to Arabic speaking parents/carers of children of any age.

Wednesday 10th August
10.00am to 12.00pm
Broadmeadows Women's Community House

For bookings and enquiries contact: Roba Elkadi on 03 9301 5273 or 0419 126 732. Or email Roba.Elkadi@anglicarevic.org.au.

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Spectrum



Managing your Teen's Anxiety

This interactive session focuses on:

- What are the typical fears, worries, and anxieties that our teen's experience?
- Understanding and empathising with their experiences - exploring ideas and responses that support them.

Recommended for: parents/carers of young people

Wednesday 27th July
6.00pm - 7.00pm
Online via Zoom

For enquiries contact City of Whittlesea on 03 9404 8865 or email: familytraining@whittlesea.vic.gov.au.

For bookings go to Try Booking: <http://trybooking.com/BUZIT>

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ParentZone Term 3 Parent Programmes

Single Sessions

Dealing with Pre-School Behaviours

Parents will be supported to understand the reasons behind their children's behaviours and develop new strategies to manage these behaviours.

Recommended for: parents/carers of children

Tuesday 23rd August

10.00am - 11.30am

Jindi FACC Mernada

For enquiries contact City of Whittlesea on 03 9404 8865 or email: familytraining@whittlesea.vic.gov.au.

For bookings go to Try Booking: <http://trybooking.com/BUZJG>

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Dads Building Solutions -Taster

In these sessions we will talk about what being a dad means to you. We will look at the subjects which matter most to you as a dad or male carer. These topics can include communication, discipline, resilience and dealing with feelings.

This parenting programme helps you come up with solutions to common parenting challenges.

Thursday 4th August

7.00pm - 8.30pm

On line Via Zoom.

For enquiries contact Parentzone on 03 8641 8900 or email: parentzone.northern@anglicarevic.org.au.

For bookings go to Try Booking: <https://www.trybooking.com/BZRKY>



What's happening elsewhere

Circle of Security

An eight week parenting program for parents of children aged birth to 8 years.

Darebin City Council Family Support Services in partnership with Kids First are offering an eight week Circle of Security program for parents and carers of children aged 0-8 years. Research shows that children who are in a secure relationship enjoy more happiness with their parents, solve problems on their own, get along better with friends, feel less anger at their parents, have higher self esteem, and do better at school.

This Program Will:

- Help you understand your child's emotional needs
- Strengthen your attachment and relationship with your child
- Give you knowledge to better respond to your child's needs
- Help you reflect on your current parenting practices

This program is offered in partnership with Kids First.

SESSION DATES

Monday's 10.00am - 12.00pm

25 July - 12 September 2022

Keon Park Children's Hub

1-7 Dole Avenue, Keon Park

BOOKINGS

To register or for further information please contact;

Rita 0438 692 097 family.services@darebin.vic.gov.au

Donna 0409 006 126 delcheikh@kidsfirstaustralia.org.au



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What's happening elsewhere

Dads Circle of Security

Dads Circle of Security is a free parenting program, designed to help Dads to understand their child's behaviour and to build and strengthen a secure relationship with their child.

Decades of university-based research have confirmed that secure children exhibit increased empathy, greater self-esteem, better relationships with parents and peers, enhanced school readiness, and an increased capacity to handle emotions more effectively when compared with children who are not secure.

The program is offered by Kids First, an independent child and family service provider with more than 120 years of community care.

Program Benefits:

Led by Kids First's highly experienced team, over the course of eight weeks we will cover:

- Ways to enhance the development of your child's self-esteem, trust and sense of security
- Supporting 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.
- Strategies to build confidence as a parent so that you can enjoy parenting and take on new challenges along the way.

Who can access this program:

Fathers of children aged 0-5 years, residing in the north east of Melbourne are very welcome to participate.

Circle of Security is a free program running over 8 consecutive sessions.

DATE & TIMES:

Wednesday 27th July: 6.00p.m to 8.00p.m.
Wednesday 10th August: 6.00p.m to 8.00p.m.
Wednesday 17th August: 6.00p.m to 8.00p.m.
Wednesday 24th August: 6.00p.m to 8.00p.m.
Wednesday 31st August: 6.00p.m to 8.00p.m.
Wednesday 7th September: 6.00p.m to 8.00p.m.
Wednesday 14th September: 6.00p.m to 8.00p.m.
Wednesday 21st September: 6.00p.m to 8.00p.m.

LOCATION: Eltham War Memorial: 905 Main Road, Eltham

BOOKINGS

For all enquiries please contact:

Donna El-Cheikh (Family Services)

0409 006 126/ 03 9450 0900 kidsfirstaustralia.org.au



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Northern Parent Educator Network

NPEN Update

The Term 2 NPEN meeting was held on 19th May 2022 online. Samantha Blandon from Merri Health presented on the Family Foundations program. This was a fantastic presentation; it was great to learn about the model and many of us will find it useful to refer our clients to this program. Thank you to Sam for presenting to us. Ten professionals attended this meeting and shared their valuable program updates with the group. Thanks to all who attended.

The Term 3 NPEN meeting will be held on Thursday 4th August from 2pm-4pm online via Zoom. We have Zora Marko, Project Manager of Victoria's Road Safety Education Program, Starting Out Safely, presenting on this program.

We're really looking forward to Zora's presentation and networking/information sharing with all NPEN members at our Term 3 meeting. If you would like to attend, please register on try booking: <https://www.trybooking.com/BZMMI>

Family Services

Parentzone and Family Services will continue to work in partnership throughout 2022. 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 3 Programmes

All enquiries – 9301 5250 or 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 Supported Playgroup

Thursdays

10:00am - 11:00am

Women's Wellbeing Circle - Social Support Group

Fridays

10:00am - 12:30pm

Parents Building Solutions (Arabic Taster)

August 10th, 2022

10:00am - 12:00pm



Please Note: Groups maybe subject to change depending upon Government regulations.

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
Grief 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

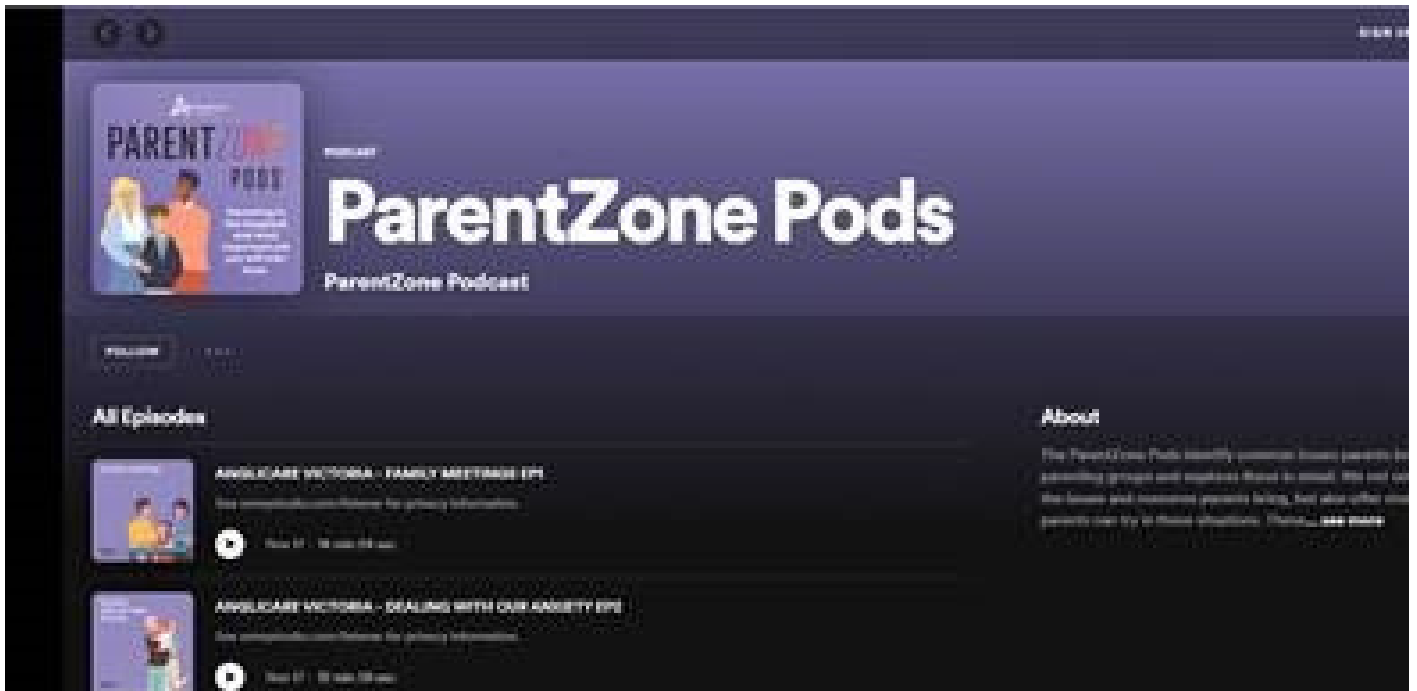
Headspace 1800 650 890

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 !