



ParentZone Southern Newsletter

Term 3, 2022

News, updates and information about ParentZone programs Supporting Parents, Carers and Professionals within the South.

ParentZone Southern
P: (03)9781 6767 or 1300 984 200
75 Army Rd Pakenham (PO Box 774)
Pakenham 3810

PARENTZONE

**BETTER
TOMORROWS**

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ParentZone Southern Update

Welcome

During term 2 we have been busy supporting the community through the delivery of our parenting programs. It was good to get back to interacting with families and professionals in person.

While we were able to deliver some face to face programs we have found that a number of factors kept numbers lower than normal:

Families returning to work; Children to creche and school; Colds, viruses and Covid 19 still around and People are still a little weary about getting out and mixing.

We are starting off the School Holidays with a "Winter Series of Online Workshops" and look forward to more people attending during the Programs we facilitate over the coming term and will continue to run Programs online, recognising that this is easier and preferable for some people.

ParentZone Pods

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

The ParentZone Pods identify and explore common issues parents bring to our parenting groups, and offer strategies to try in these situations.

Podcast Episodes

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](#), [Apple](#) and via [Spotify](#)

All our ParentZone programs are updated on the Anglicare Victoria Webpage. Keep up to date with the current programs by clicking: [here](#)

If you need to speak to someone urgently, call Lifeline 13 11 14 or Suicide Call Back Service 1300 659 467.

PARENTZONE

Parenting Programs

Parents Building Solutions Programs for Mums, Dads, Carers

Parenting is the most important and challenging job in today's rapidly changing world – but children and young people don't come with a handbook.

ParentZone supports parents, carers and families to meet up, share and learn from each other.

Anglicare Victoria understands the potential of families to shape lives. We help families to work together and create positive and long-lasting change for themselves and the community around them.

PARENTZONE

Parenting challenges everyone.

At ParentZone, we offer all carers and parents a chance to develop and strengthen their parenting skills. For a

ParentZone Brochure/ More details about Beyond the Violence or to find a program near you go via QR code.



ParentZone Offices

ParentZone Southern

P: (03)9781 6767 or 1300 984 200

75 Army Rd Pakenham (PO Box 774) Pakenham 3810

ParentZone Gippsland

P (03) 5135 9555

101 Buckley Street,
Morwell, 3840

ParentZone Eastern

03 9735 4188

666 Mountain Highway,
Bayswater, 3153

ParentZone Northern

03 9465 0322

42 Mary Street,
Preston 3072

If you would like to go on our mailing list.

OR

Be put on a waiting list for a Parenting Program or Training

Please email: parentzone.southern@anglicarevic.org.au

All of our Parenting Programs are Free!!



PARENTZONE

Host a Workshop - contacts

Parents Building Solutions Programs for Mums, Dads, Carers or Professionals

Host a workshop

If you are a School, service provider or parent support group you can support the families you connect with and host a ParentZone Interactive Workshop or Program Free. You provide the Venue and we can do the rest. We also can come to your Organisation or School and run a workshop with staff.

PLEASE TALK TO US OR EMAIL

E: parentzone.southern@anglicarevic.org.au with some details

Or

Contact one of our Parent Resource workers



City of Greater Dandenong and City of Cardinia

Dads Do Matter

Parents Building Solutions

Call / Text 0438 004 285

Jasbir Singh at Parentzone, Call / Text 0438 004 285

jasbir.suopada@anglicarevic.org.au or



City of Casey

Parents Building Solutions

City of Cardinia

Beyond The Violence

Carey Cole, Parentzone on: 03 9781 6767 or 0437 428 281

carey.cole@anglicarevic.org.au

City of Frankston & Mornington Peninsula.

Parents Building Solutions

Michelle Brown 0429174150

Michelle.Brown@anglicarevic.org.au

City of Greater Dandenong

Beyond The Violence and Parents Building Solutions

Ariane Hahn

ph 9781 6725 or 0499 080 468

ariane.hanh@anglicarevic.org.au

Beyond The Violence

Parents building Solutions

Play circle

Erin Surrey

Phone 9781 6775

erin.surrey@anglicarevic.org.au

Olivia McNeil

Play Circle City of Dandong

Parents Building Solutions

Beyond the Violence enquiries

Ph 9781 6705

0409 316 620

olivia.mcneil@anglicarevic.org.au

City of Frankston & Mornington Peninsula

Beyond the Violence and Parents Building Solutions

Iris Guasch at Parentzone on 0436 007 492

Iris.Guasch@anglicarevic.org.au

Continue for Programs being ran this term by ParentZone Southern and more.

All our ParentZone programs are updated on the Anglicare Victoria Webpage. Keep up to date with the current programs by clicking: [here](#)

PARENTZONE

ParentZone Winter Holiday Sessions

Series



ParentZone Holiday Sessions

Online Parenting Workshops * Free of Charge * Bookings Essential

Understanding your Child's Behaviour

Wed 29th June, 10.30am to 12.30pm

Do you want to understand why some behaviours occur? Come along to this session to learn strategies, share stories and take some time out for you!

Enquiries:

Parentzone.gippsland@anglicarevic.org.au

Establishing & Maintaining Routines

Wed 29th June, 1:30pm to 3:00pm

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

Enquiries:

Parentzone.southern@anglicarevic.org.au

Managing Teen's Anxiety

Thu 30th June, 10:00am to 12:00pm

Gain a greater understanding of your teen's anxiety and strategies to support them

Enquiries:

Parentzone.northern@anglicarevic.org.au

Living with Autism

Mon 4th July, 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

Peaceful Parenting

Mon 4th July, 1:30pm to 3:00pm

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

Enquiries:

Parentzone.southern@anglicarevic.org.au

Making Time for Self-Care

Wed 6th July, 1:00pm - 3:00pm

Do you want to feel less overwhelmed and deal with anxious feelings? Come along to this session to learn strategies, share stories and take some time out for you!

Enquiries: Parentzone.gippsland@anglicarevic.org.au

Raising Resilient Kids

Thu 7th July, 10:00am-12:00pm

Discover an evidence-based strategy to help your child bounce back from adversity and better manage stress.

Enquiries: Parentzone.northern@anglicarevic.org.au

To Register [Click Here](#)

PARENTZONE

PEER Network meetings



PEER Network meetings online in the Southern Region. Parent Engagement Education & Resources.

This network is for professionals and volunteers working with parents and families.

- Share resources, discuss programs
- Identify gaps in services
- Collaborative opportunities
- What works well, what are the challenges ?

City of Greater Dandenong and Cardinia/Casey contact:

Jasbir Singh Suropada
Parent Resource Worker
jasbir.suropada@anglicarevic.org.au

City of Greater Dandenong

Date: Wednesday 24th August 2022
Time: 2.00-4.00pm
Online Zoom FREE

Cardinia/Casey Area

Date: Wednesday 20th July 2022
Time: 10.00am-12.00pm
Online Zoom FREE

Frankston/Mornington Peninsula

Michelle Brown- Parent Resource Worker
michelle.brown@anglicarevic.org.au

Date: Thursday 28 July 2022
Time: 3 - 4.30pm
Online Zoom FREE

<https://us06web.zoom.us/j/86224935575?pwd=ZlgrdjV3RGV3ajN4TnUxajlKanFLUT09>

PARENTZONE



Play Circle - Supported Play Group

A safe and supported space for parents who have experienced family violence and their preschool children.

- Meet other families in the community
- Play and have fun with each other.
- Time out from lifes worries.
- Receive support from a trained family violence worker.

DATE: Tuesday mornings.
12th July - 13th September

TIME: 9.30am am to 11.30am

WHERE: Dandenong. Exact location given at time of booking.

COST: FREE booking essential



MISSION AUSTRALIA | together we stand

Please scan the QR code to see also, Mission Dandenong Facebook.

<https://www.facebook.com/groups/C4CDandenong>

For bookings & enquiries contact:

Erin Surrey 0438 459 891

erin.surrey@anglicarevic.org.au

Olivia Reilly-McNeil 0409 316 620

olivia.reilly-mcneil@anglicarevic.org.au

The Communities for Children Initiative is supported by the Australian Government



Parents Building Solutions

Dealing with Big Feelings...and other parenting challenges

PARENTING IS THE MOST IMPORTANT AND DIFFICULT JOB YOU ARE EVER LIKELY TO DO!

- Does your child struggle to express their feelings appropriately?
- Is your child anxious, angry, frustrated, jealous or sad?
- Are you finding it difficult to establish and maintain good routines post-Covid?
- Would you like to explore strategies which support your child's resilience?

Join us to explore solutions that work for other parents

PARENTZONE



DATE: Wednesday, 13 July 2022

TIME: 6.45 - 8.15 p.m.

WHERE: Cranbourne West Primary School
110 Duff Street, Cranbourne West

For bookings & enquiries contact:

Carey Cole, Parentzone on:
03 9781 6767 or 0437 428 281

carey.cole@anglicarevic.org.au

Or register using the QR Code





Parents Building Solutions Dealing with Big Feelings...and other parenting challenges

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- Are you finding it difficult to establish and maintain good routines post-Covid?
- Would you like to explore strategies which support your child's resilience?

Join us to explore solutions that work for other parents

PARENTZONE



DATE: Monday, 18 July 2022

TIME: 9.30 - 11.00 a.m.

WHERE: Cranbourne West Community Hub
4 Flicka Boulevard
Cranbourne West

For bookings & enquiries contact:

Carey Cole, Parentzone on:
03 9781 6767 or 0437 428 281

carey.cole@anglicarevic.org.au

Or register using the QR Code





Strengthening Relationships and Resilience in your family

For parents, step-parents, grandparents, families and carers from other schools are also welcome to join in. Come & share ideas/experiences in a supportive environment.

PARENTING IS THE MOST IMPORTANT AND DIFFICULT JOB YOU ARE EVER LIKELY TO DO!

- Does your child struggle to express their feelings appropriately?
- Is your child anxious, angry, frustrated, jealous or sad?
- Are you finding it difficult to establish and maintain good routines post-Covid?
- Would you like to explore strategies which support your child's resilience?

Join us to explore solutions that work for other parents

PARENTZONE



DATE: Monday, 18 July 2022

TIME: 9.30 - 11.00 a.m.

WHERE: Cranbourne West Community Hub
4 Flicka Boulevard
Cranbourne West

For bookings & enquiries contact:

Carey Cole, Parentzone on:
03 9781 6767 or 0437 428 281

carey.cole@anglicarevic.org.au

Or register using the QR Code





PARENTING IN AUSTRALIA

PARENTS BUILDING SOLUTIONS

Interactive program for migrant parents understanding Parenting in Australia while maintaining their values and beliefs.

- Are you tired of yelling?
- How to get kids to listen without having to yell?
- Positive discipline that works.
- Helping parents, helping kids deal with anger.
- Building stronger relationships with your kids.

WHEN: Thursdays 21, 28 July and 4, 11, 18 and 25 August 2022

TIME: 10.30am - 1.00pm

WHERE: Join us ONLINE ZOOM with Laptop, Mobile Phone or iPad. Once you registered online a ZOOM link will be email to you.

Registration : <https://forms.office.com/r/kHE9Awfwhv>

SCAN to Register



Tatjana Krneta : 0407 004 681 or
Email: TatjanaK@smrc.org.au or
Jasbir Singh Suropada 0438004285
Email: jasbir.suropada@anglicarevic.org.au



PARENTS BUILDING SOLUTIONS

For parents, step-parents, grandparents, families and carers of children aged 3 - 18 years. Either at the school or online if needed. Join us for a free program to share ideas and experiences.

Are you tired of yelling?

How to get kids to listen, without having to yell

Dealing with feelings - anger, anxiety, sadness

Helping parents and kids deal with feelings appropriately

Encouraging positive behaviours

Understand why children behave the way they do

Strategies that work

How can parenting be more peaceful!
Creating family agreements together

DAY Thursday

TIME: 9.15 a.m. - 11.15am

WHEN: July 21, 28 and August 4, 11, 18, 25

WHERE: Cranbourne West Community Hub
4 Flicka Boulevard
Cranbourne West

COST: Free!
Minimum registrations are required.
Please register by Wednesday, 27th July.

INQUIRIES

Michelle Brown 0429174150
Michelle.Brown@anglicarevic.org.au

REGISTER via the QR or the link



PARENTZONE



Parents Building Solutions Dealing with Big Feelings

FEELINGS CAN MAKE US VERY UNCOMFORTABLE!

- In the post-Covid setting, does your child seem to be finding it difficult to connect with their peers in positive ways?
- Does your child struggle to express their feelings appropriately?
- Is your child anxious, angry, frustrated, jealous or sad?
- Would it be helpful to explore what other parents are doing to support their child(ren)?

DATE: Monday, 25 July 2022

TIME: 9.15 - 11.00 a.m.

WHERE: Community Room
John Henry Primary School
141 Henry Road
Pakenham

For bookings & enquiries contact:

Carey Cole, Parentzone on:
03 9781 6767 or 0437 428 281

carey.cole@anglicarevic.org.au

Or register using the QR Code



PARENTZONE



FINDING HOPE PARENTS BUILDING SOLUTIONS

A FREE 6 week program in the Cardinia Shire area for parents and carers of a child or young person with an eating disorder

Parenting is never an easy job, but if you have a child with an eating disorder, it is even more complex.

- Are you wondering what you can do to support your child?
- Are you finding the system difficult to navigate?
- Would you like to meet other parents who are experiencing similar challenges?

DATE: THURSDAYS - 28 July - 1 September

TIME: 5.00 - 7.00 p.m.
(Tea, coffee and light refreshments will be provided)

WHERE: Pakenham Library, cnr John & Henry Streets, Pakenham

COST: Free! Bookings are essential



Register using the QR code, or
Contact Carey Cole
0437 428 281 or
carey.cole@anglicarevic.org.au

PARENTZONE



Casey
Cardinia
Libraries



DADS DO MATTER (DDM)- ONLINE ZOOM

PARENTS BUILDING SOLUTIONS

**Open to all Dads, Step-Dads, Single Dads and Grand-Dads,
come along to share experiences, learn new strategies & solutions.**

- Safe space to voice your frustrations and feelings without judgment
- Connect with other Dads
- Improving your Confidence & Communication as a Dad
- Coping with stress and anger.
- Handling conflicts with respect
- Parenting Beyond Separation.

Jasbir Singh Suropada
Call or Text **0438 004 285**
Email: jasbir.suropada@anglicarevic.org.au

DATES: Mondays-25 July, 1, 8, 15, 22, & 29
August 2022 (6 weeks)

TIME: 6.00pm to 8.00pm

Click link below or Scan QR Code to register:
<https://forms.office.com/r/Aa6j6y9Neh>



Certificate of attendance awarded

PARENTZONE

Other Parentzone Programs will be running

Dealing with Big Feelings Online

DATE: Wednesday 31st August 2022

TIME: 12.15pm-1.30pm

WHERE: To be advised

COST: Free

Registration link: <https://forms.office.com/r/7ge8SM6bW5>
or use QR code



ParentZone, Pronia/Alpha ELC

Date and location to be confirmed.

Call or Text

0438 004 285

Jasbir Singh Suropada

Email: jasbir.suropada@anglicarevic.org.au

Certificate of attendance awarded



All our ParentZone programs are updated on the Anglicare Victoria Webpage. Keep up to date with the current programs by clicking: [here](#)



BEYOND THE VIOLENCE

A FREE 8-Week program for women and their children who have been impacted by family violence.

- Are you dealing with the after-effects of family violence?
- Does your child's anger or anxiety worry you?
- Can you identify the warning signs in a new relationship?
- Do contact visits unsettle your child?
- Do you feel alone?

This group may have just what you and your children need to get more on track.

DATES: 20th July to 31st August 2022

TIME: Wednesdays 4.15 to 6.45pm
Food provided.

WHERE: Dandenong area.
Details given at time of booking.

COST: Free! Bookings are essential.

MISSION AUSTRALIA | together we stand **PARENTZONE** 

The Communities for Children Initiative is supported by the Australian Government

All enquiries contact:
Ariane Hahn - 0499 080 468 or email
ariane.hahn@anglicarevic.org.au



Beyond the Violence - Rosebud

A FREE 8-week program for women and their children who have been impacted by Family Violence.

- Are you dealing with the after-effects of family violence?
- Does your child's anger or anxiety worry you?
- Can you identify the warning signs in a new relationship?
- Do contact visits unsettle your child?

TIME: 4.00pm to 6:30pm
Term 3, 2022

DAYS: Monday 21st July - 8th
September

WHERE: Details given at time of
booking

FOOD: Light supper will be
provided

COST: Free. Bookings Essential

All enquiries please call, text or e-mail:
Iris Guasch on 0436 007 492
iris.guasch@anglicarevic.org.au

PARENTZONE





Screen time reduction: How to do it

Presented by Jasbir Singh Suropada
Parent Resource Worker-ParentZone

- Is my child spending too much time on screen?
- How do I manage my child's screen time?
- Who can assist me to support my child?

DATE: Tuesday, 16th of August 2022
TIME: 6:30PM- 8PM
WHERE: Online via Zoom Webinar
COST: Free

Register at:
https://us02web.zoom.us/webinar/register/WN_9QOJVP-NRlmdZQSx5nk3gQ

Or scan QR code



INQUIRIES:
CFCCardinia@anglicarevic.org.au
or call 0457 825 076

 **Communities for Children Plus**
Anglicare Victoria

CFC is funded by the Australian Government,
Department of Social Services.
See www.dss.gov.au for more information.

PARENTZONE



Dealing with children's aggression

Presented by Jasbir Singh Suropada

- Is your child appearing angry and aggressive towards family members?
- What strategies can you use to cope?
- Who can help?

DATE: Tuesday 13th September 2022

TIME: 6:30PM- 8PM

WHERE: Online via Zoom Webinar

COST: Free

Register at:

https://us02web.zoom.us/webinar/register/WN_xNMO38nGTam1dAIRlkgxPA

Or scan QR code



INQUIRIES:

CFCCardinia@anglicarevic.org.au
or call 0457 825 076

Professional Development and Networks

PARENTS BUILDING SOLUTIONS PROFESSIONALS

FOR: Anyone who works with parents! Many people have told us they really benefited from this program: social workers, teachers, psychologists, case managers, children's services workers, family services practitioners, volunteers and residential staff.

Learning outcomes

- Engage parents effectively in conversations about their parenting role using a strengths-based, reflective approach
- Draw on evidence-based materials from the Parents Building Solutions manual to respond to the expressed needs of parents
- Articulate a comprehensive framework for parenting based on family values, relationships, and boundaries

Please Phone our Norther

Cost \$495.00 +10% GST
(PBS Manual supplied on USB)

Hard copy PBS Manual is available to purchase at \$93.50 (Pay via EFT Transfer)

A limited number of funded places are available free for volunteers, students, ACCO's and Anglicare Victoria staff
This is being ran by our Northern Parentzone Office this term.

ParentZone Northern
03 9465 0322
42 Mary Street,
Preston 3072

Parentzone.northern@anglicarevic.org.au

Parent, Engagement, Education & Resources

Great Networking Opportunities

What's new? Share new resources, programs and learning

What's needed? Gaps in services and how to fill them

What's happening? Share what we are doing

What's best practice? Professional development segment

City of Greater Dandenong. City of Casey and Cardinia.

Please email:

jasbir.suopada@anglicarevic.org.au or call or text
0431203177

City of Frankston and Mornington Peninsula

contact

Michelle Brown 0429174150

Michelle.Brown@anglicarevic.org.au

PARENTZONE

BEYOND THE VIOLENCE FACILITATOR TRAINING

AIMS

Beyond The Violence (BTV) facilitator training will assist participants, through experiential learning, to develop the specialized skills and insight to facilitate the Beyond the Violence group program. All participants will receive a copy of the Beyond the Violence manual.

LEARNING OUTCOMES

The three day training will assist participants to:

- Understand the impacts of Family Violence on women and children
- Explore strength-based, participant driven group formats
- Identify techniques and strengths for group work, engagement and facilitation
- Increase skills and confidence in supporting families who have experienced violence
- Practice group work skills in a family violence context, within a parents', children's and combined family group

Participants will be provided with live supervision and debriefing.

Training will be delivered by Ariane Hahn from Anglicare Victoria, who has extensive experience in parent and community education and in working with women and children that have experienced family violence.

WHAT IS THE BEYOND THE VIOLENCE PROGRAM?

Beyond The Violence is an 8 week group for non-violent parents and children who have experienced or are experiencing Family Violence.

The program helps families to establish safety, rebuild family relationships and move forward with their lives following Family Violence.

The emphasis of the group is on:

- Moving forward in a positive manner
- Re building family relationships
- Building skills - parenting skills and children's social skills
- Increasing safety and minimising risk

The program aims to allow a learning environment where participants are supported to:

- Acknowledge the past and it's impacts
- Establish or re-establish appropriate parent-child roles, relationships, responsibilities and trust
- Explore alternative approaches and behaviours that respect the rights of the individual and of others
- Feel safe
- Develop self-esteem and positive communication skills
- Accept responsibility for one's own actions
- Set and work toward family goals
- Build hope and trust
- Develop the life families want beyond the violence

BTV RUNS IN DANDENONG, Frankston, Cardinia and Rosebud DURING THE YEAR

Live supervision and regular debriefing will be available to all those who co-facilitate the eight week BTV program. Completing the 3-day BTV facilitator training is a prerequisite for facilitating the eight week BTV program.

EXPRESSIONS OF INTEREST:

If you or your agency would like to partner with us to deliver the Beyond The Violence program call Carol Abery on 0436 007 336 and 9781 6792 or email carol.abery@anglicarevic.org.au

Note: Priority for the facilitator training is given to those who are interested in co-facilitating one or more Beyond The Violence programs within the next 6 to 12 months.. The programs are scheduled during school terms in Frankston, Cranbourne, Casey, Mornington Peninsula and Dandenong municipalities



BEYOND THE VIOLENCE - Term 3, 2022

FACILITATOR TRAINING - Frankston

Do you want to increase your skills working with parents and children affected by Family Violence?

SUITABLE FOR:

- Professionals who have existing group work skills and experience, or a background working with women and children impacted by family violence.
- People wanting greater skills working with those affected by family violence.

DATES: 13th July to 27th July 2022

TIMES: 8:30 am to 4:30pm - Wednesdays
Participation in all three sessions, and submitting reflections for each session is part of BTV accreditation.

(Morning Tea and Lunch provided.)

WHERE: Anglicare Victoria - 60-64 Wells St Frankston

COST: **FREE TRAINING**

Bookings are **ESSENTIAL**.

Contact: **Olivia Reilly Mc Neil or Erin Surry**

PARENTZONE



Communities for Children is funded by the Australian Government



BEYOND THE VIOLENCE FACILITATOR TRAINING

Are you looking to enhance your skills in working with women and children affected by family violence?

DATES: 23rd July - 6th August.

TIME: Fridays 9.30am-4.00pm.

WHERE: Frankston area. Details given at time of booking.

COST: Free! Bookings Essential.

SUITABLE FOR:

Professionals or tertiary students with existing skills, background or passion for working with women and children affected by family violence.

All enquiries contact:

Iris Guasch 0436 007 492 or email
email: iris.guasch@anglicarevic.org.au

Keep updated on our Programs

Please Check the Face book or AV Site for more Programs. New ones will be finalised.



**Some areas not confirmed at the time of this newsletter
Check Facebook, AV site or contact us for Details on these.**

**Dont hesitate to contact us if you would like to attend or run a program at your School,
Community Centre, Church or Online.**

Email: parentzone.southern@anglicarevic.org.au

Useful links for Parents

ParentZone
Kids Helpline
ReachOut
Beyond Blue
Better Pride



PARENTZONE

ParentZone HUB

PARENTZONE HUB
FAMILIES GROWING TOGETHER

@ Pakenham Hills

ParentZoneHub is a partnership between the Department of Education, Cardinia Shire and Anglicare Victoria and our Hub is situated on the grounds of Pakenham Hills Primary School in Army Road Pakenham. The Hub has been created as a multi-agency and community hub for parents, carers and children as well as the broader community of Cardinia.

We are able to offer the following services:

- Support & Referrals
- Parenting Groups
- Maternal & Child Health Service
- Community Computer Kiosk
- Community Programs
- Education Sessions
- Playgroup
- Community Room and Consult Room Hire



HUB Co Ordinator/Address

Deborah Reid
ParentZone Hub Coordinator
75 Army Road
Pakenham Vic 3810

Enquires/Bookings

Deborah.Reid@anglicarevic.org.au
Tel: 9781 6710
Mob 0428 654 824
bit of body text



Family School Workers

FOR: We support families and their children with targeted family centered, child focused and culturally sensitive approaches to resources. We aim to improve Individual and family wellbeing, school engagement and educational outcomes.

- Increased safety and wellbeing for vulnerable children and young people.
- Improved family relationships.
- Support parenting in skill building
- Increased referrals to the Orange Door and family connection to community supports services.
- Improved school attendance and educational outcomes for students.
- Enhance school based supports for families who are vulnerable.
- Support with transitioning from primary to high school.



Dromana Secondary School

Jodie Bradshaw

Jodie.bradshaw@anglicarevic.org.au



Tootgarook Primary School

Sonia Sutcliffe

Sonia.sutcliffe@anglicarevic.org.au

Rosebud Primary School

Natalie Everitt

Natalie.everitt@anglicarevic.org.au

Karingal heights Primary School

Deborah Li

Deborah.Li@anglicarevic.org.au



Foster Care

As a foster carer, you can choose from several different types of foster care placements ranging from emergency care right through to respite and longer-term care.

People from all walks of life can become carers. It doesn't matter whether you are in a relationship, older, younger, with or without kids, working or at home – everyone can make a positive difference in a child's life.

We're dedicated to offering a supportive environment for both children and carers alike. This ensures better outcomes for everyone involved. Our carers are trained, provided with access to comprehensive ongoing support, and reimbursed for any out-of-pocket expenses related to care.

Foster Care Information Sessions

Anglicare Victoria has both 'in-person' and online options available for all stages of the Foster Care process. Find a FREE foster care information session near you.

To speak to someone about fostering or to start the application process, please fill out the expression of interest form below or contact us at:

- Eastern Melbourne Metro Region – 1300 889 335
- North Melbourne Metro Region – 03 9301 5200
- West Melbourne Metro Region – 03 9396 7400
- **Southern Melbourne Metro Region – 03 9293 8500**
- Bendigo & Loddon Region – 03 5440 1100
- Gippsland Region – 03 5135 9555

Southern Metro | Foster Care Information Session

Date: 20th July

Time: 6:00pm - 7:30pm

Price: Free

FREE Booking Essential.

Contact: Southern Foster Care Team

Phone: 1800 809 722

Email: fostercare.southern@anglicarevic.org.au

[Southern Metro | Foster Care Information Session 2023](#)

We invite you to join our community and attend one of our FREE ONLINE information sessions by registering your details below.

The information session will run for approximately 1 hour and will provide an opportunity to learn more about the different types of foster care, the process of becoming a foster carer, and what being a foster carer involves. You will also get the opportunity to ask any specific questions you may have.

Please visit our website to find out more about Foster Care at Anglicare Victoria

Please note the Southern Metro Region covers the following areas; Brighton, Sandringham, Caulfield, Dandenong, Cheltenham, Berwick, Cranbourne, Pakenham, Mornington and Bayside Peninsula.

If you live outside the following areas or have any questions, please contact us on 1800 809 722 to chat with a member of the team.

For more information on other sessions

**For more information on
becoming a Carer and about
Foster Care**



PARENTZONE

Communities for Children Cardinia

Cardinia Communities for Children is a community partnership building a safe and strong community for children within Cardinia Shire. Using a collaborative approach we are committed to strengthening deep community connection and supports; early childhood development (0-12 years); engagement with education; building parenting capacity and skills; social, emotional and mental well-being and hearing directly from children about what is important in their community



for Groups events, resources and activities for children, parents and families visit our Facebook Page [Communities for Children](#)

Communities for children Cardinia are running these Webinars with a parent Resource worker from ParentZone

[Fliers for these can be found at the front of the newsletter.](#)

Screen time reduction: How to do it

Dealing with children's aggression

Teaching children to emotionally regulate

Playful parenting

Cardinia Communities Safe T Net



A website created with children for children. A great resource for parents to discuss safety with children.

What does being unsafe feel like?

Who can you talk to?

Who can I call?

New sections!

What are Caring Friends, Caring Families and Caring Community like?



A fun event for Cardinia community groups, services and educators!

It's been a long time since we met in person and many changes have occurred. This is your opportunity to meet as many community groups, service practitioners and educators you can in one fun speed networking event, plus a great late afternoon tea! Find those services you didn't know you needed to know and make connections.

Have you had two years of lockdown and need to get out?

Do you need to know who to refer to in the local area?

Refresh your contacts list?

Need a nice afternoon tea while having fun meeting people?

Date: Wednesday 20th July 2022

Time: 4PM-6PM

Venue: Cardinia Cultural Centre, 40 Lakeside Blvd, Pakenham

ENQUIRIES:

Cindy-Lee Harper 0457 825 076

CFCCardinia@anglicarevic.org.au

Registration essential, please use the QR code or call Cindy-Lee

To Register





Gender Glorious - Supporting Children with Gender Diversity

CfC Frankston Community Workshop Series is designed for local parents/carers, sport and recreational groups, volunteers and staff working or living with children, who are seeking information and practical strategies.

Facilitated by Body Safety Australia

This workshop is interactive and covers:

- What is gender? Gender expression and identity explained
- Language and gender: how it shapes society
- Childhood Development: how and when gender stereotypes creep in
- Barriers and roadblocks: how gender norms can hinder a child's development
- An anti-bias approach: strategies to increase understanding of differences and their value to a respectful and civil society

DATE: Thursday 18th of August 2022
TIME: 6.30pm – 8.30pm
WHERE: Connect Christian Church,
135 Gold Links Road, Frankston VIC

SCAN TO REGISTER:



CfC is funded by the Australian Government, Department of Social Services. See www.dss.gov.au for more information.



LYFT Up Your Family Group - TERM 3

A program for parents & carers of young people (aged 12-25 years) who have challenging behaviours and may also be using alcohol and other drugs in a problematic way

- Are you concerned about your young person's risk taking behaviors?
- Are you struggling to communicate with your young person?
- Are you tired of yelling?

Our referrals for individual support is open and the details for the LYFT parenting group for term 3 are attached, please share with your networks.

Referrals can be made via the LYFT Southern email: LYFT.Southern@anglicarevic.org.au for individual support referrals, or via the QR code on the LUYF group flyer

Thursday evenings from 21st July to 25th August

6:00 pm- 8:00pm

Microsoft Teams

FREE Bookings essential

For enrolments & enquiries contact:
Kath Blommestein on 0429 335 188
Kathleen.Blommestein@anglicarevic.org.au
Erin Platt on 0477 594 262
erin.platt@anglicarevic.org.au

Useful Help Lines and Links

Anxiety, Depression, Mental Health, Family Violence



Beyond Blue 13200 22 4636 (24hrs)

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

HEADSPACE Call 1800 650 890

Mental health and wellbeing support, information and services to young people aged 12 to 25 years and their families.

LIFELINE Call 13 11 14 (24 Hrs)

LifeLine is a national charity providing all Australians experiencing emotional distress with access to 24 hour crisis support and suicide prevention services.

SUICIDE CALL BACK SERVICE Call 1300 659 467 (24 Hrs)

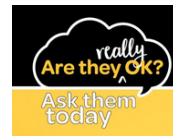
If you have lost someone to suicide. suicide call back service is nationwide service providing 24/7 telephone and online counselling to people affected by suicide. You can chat or look at the vast range of resources available.

Uniting Program - who have a parent with a mental health issue?

CHAMPS Ran by Uniting

6 week program for children aged 8-12 who have a parent with a mental health issue including children who do not live with their birth parents

Family Violence



Orange Door

Regardless of your vaccination status, help and support is always available. Contact your local services.

Bayside Peninsula/Frankston 1800 319 353

9am to 5pm Monday to Friday (closed public holidays)
bpa@orangedoor.vic.gov.au
60-64 Wells Street, Frankston 3199

Southern Melbourne Dandenong 1800 271 170

9am to 5pm Monday to Friday (closed public holidays)
sma@orangedoor.vic.gov.au
• 311 Lonsdale Street, Dandenong 3175

<https://orangedoor.vic.gov.au/find-a-service-near-you>



Safe Steps Phone: 1800 015 188

Victoria's 24/7 family violence response centre for confidential crisis support, information and accommodation..

- Safe Steps with web chat support service available 9am to midnight, Monday to Friday

In Touch

a state-wide specialist family violence service that works with women from migrant and refugee backgrounds, their families and their communities in Victoria. We provide case management to women, training, conduct research, and run community-based projects in order to address the issue of family violence in the community.

Sexual Assault Crisis Line Phone: 1800 806 292 (24 hours a day, 7 days a week)

Crisis counselling service for people who have experienced both past and recent sexual assault.

Djirra 1800 105 303 (FREE CALL) Phone: 1800 105 202 (Free Call) 9am -10pm Mon-Fri

Djirra provides assistance to Aboriginal and Torres Strait Islander victims/survivors of family violence and sexual assault. Facebook pages has resources and events

Useful Help Lines and Links

Disability

Association for Children with a Disability 03 9880 7000 or 1800 654 013 (regional)



Children with a Disability (ACD) are running a FREE, online workshop,

Advocating at School.

This is a workshop for families with school-aged children with disability and aims to help you navigate the school years with confidence. All workshops are led by professional facilitators who are parents of children with disability and have personal experience of advocating for their child at school.

Topics include:

- >> Understanding school processes and plans
- >> Individual Education Plans
- >> Behaviour Support Plans
- >> Raising a concern at school

Workshop dates:

- >> Tuesday 16 August: 10:00 am
- >> Wednesday 17 August: 10:00 am
- >> Thursday 18 August: 10:00 am
- >> Tuesday 23 August: 10:00 am
- >> Wednesday 24 August: 7:30 pm

Read more and register now:

For more information contact:
educate@acd.org.au
03 9880 7000 or
1800 654 013 (regional callers)

Support for Families in the Early Years

Do you have a young child aged 0 - 6 years with developmental delay, additional needs or disability? Are you looking for information to guide you through the early years?

Topics include:

- >> Rethinking respite and financial support
- >> Staying connected and supporting siblings
- >> Counselling and looking after yourself

Workshop dates:

- >> Tuesday 19 July - 10:00am
- >> Wednesday 20 July - 7:30pm
- >> Thursday 21 July - 10:00am

Places are limited so register now to secure your place.

Questions?

- Email Association for Children with a Disability (ACD): educate@acd.org.au
- Call 03 9880 7000 or 1800 654 013 (regional callers)FACEBOOK POST

Looking for ways to support your young child with a developmental delay or disability?

Join @AssociationforChildrenwithaDisability(ACDvic)'s FREE online workshop Support for Families in the Early Years. Suitable for parents and carers of children 0-6 years, it's a great opportunity to gain confidence to navigate the early year

You'll learn about:

- Rethinking respite and financial support
- Staying connected and supporting siblings
- Counselling and looking after yourself

Bookings are limited and places fill fast.

Click below for details and bookings

<http://acdvic.eventbrite.com/>

#preschooldisability #familysupport #disabilityworkshops
#childrenwithdisability #earlychildhoodintervention #ECI

Aspergers Victoria

provides support services across the lifespan from kids to adults, parents and carers, professionals and employers to support discovery of strengths, manage challenges, and empower by Aspies, for Aspies, with Aspies. Our Board all have lived experience as do all of our staff and our volunteers. We can share knowledge and lived experience of Aspergers, autism, or other similar neurodivergent profiles as peers, parents, carers, partners, friends, colleagues, or community members.

We are not a crisis support service and we are unable to provide crisis support. We do not operate a telephone support service and our peer volunteers are not mental health professionals.

<https://www.facebook.com/www.aspergersvic.org/>

Useful Help Lines and Links

Men's Help/Family Violence. Kids, LGBTIQ and Indigenous Communities



Men's Help lines and links

Men's Referral Service Phone: 1300 766 491

(8am to 9pm, Monday to Friday and 9am to 5pm, Saturday and Sunday)
Free, confidential expert support for people at risk of using family violence.



Mensline Australia 1300 789 978

Supports men and boys who are dealing with family and relationship difficulties. 24/7 telephone and online support an information service for Australian men.

Victims of Crime Helpline Phone: 1800 819 817 or text 0427 767 891 (8am to 11pm every day) Information and support for adult male victims of family violence and victims of violent

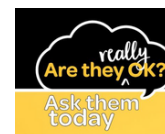
Children and Young People

Child protection South Division intake

To report children and young people whose safety is at risk.
During business hours call (check the Child protection contacts page for the areas covered)

South Division intake: 1300 655 795

After-hours call 13 12 78 (5pm to 9am, Monday to Friday, 24 hours on weekends and public holidays)



Kids Help Line 1800 551 800

Kids, Youth, Parents and Teachers.

Free, private and confidential, telephone and online counselling service specifically for young people aged between 5 and 25 in Australia. 7 days a week.



LGBTIQ+ Community

Rainbow Door 1800 729 367 or text 0480 017 246 (10am to 5pm, 7 days a week)

Provides free specialist advice to LGBTIQ+ people and their friends and families.

Phone:

Email: support@rainbowdoor.org.au

Better Pride 1800 531 919

Families (biological, social and chosen) – either together or separated/separating

Couples (together or separating or reconciling), Individuals, Young People (including children from ages 5-)

Elder/Senior people (individuals, couples, families – biological and chosen)

Reach out

LGBTQIA+ support services | Gender | ReachOut Australia

If you're not sure about your sex, sexuality or gender, you've been rejected or harassed, you feel alone or isolated or you or someone you know needs to talk about sex, sexuality or gender.

Reach out for Parents

Drummond St Services "Queer Space"

Queerspace is an LGBTIQ+ health and wellbeing support service established in 2009 by LGBTIQ+ communities for LGBTIQ+ communities. Queerspace has a focus on relationships, families, parenting and young people and offers co-located services across the north-west metropolitan region of Victoria.

Useful Help Lines and Links

Indigenous Communities

Urban South (St Kilda), Frankston, Casey, Dandenong and Mornington Peninsula (Hastings)

To find out more about LANs and Gathering Places in these areas, contact, Megan Prout:

email: megan.prout@dpc.vic.gov.au

phone: 0467 578 030

This link will take you to details of gathering places and where they are in your area.

Casey Aboriginal Gathering Place in Doveton

A range of programs are being run from the gathering place for people of all ages. They are in response to feedback and the needs of the Aboriginal community. To find out more, visit the [Casey Aboriginal Gathering Place Facebook page](#).

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April Newsletter is out on face book page.

[Yarn nights](#)

[Bingo nights](#)

[Homework groups](#)

[interactive gardening groups](#)

[and more.](#)



Nairn Marr Djambana, Frankston

is a welcoming safe place to improve Aboriginal health, cultural, recreation and social activities. It is a meeting place to provide opportunities to further advance and improve the health of Aboriginal people of all genders and ages. Other services also utilise the meeting spaces. Importantly, the local Aboriginal community in Frankston have worked tirelessly to open the doors and to keep them open.



Willum Warrain, Mornington Peninsula

Willum Warrain provides:

information, support and referral services

health and wellbeing programs

art and culture programs

links between the Aboriginal community and the broader local community

To find out more, visit the [Willum Warrain Facebook page](#)

[click for Djarra-Family Violence](#) and other assistance for Family violence



PARENTZONE

Useful Help Lines and Links

Culturally and Linguistically diverse (CaLD) COMMUNITIES

PARENTING IN AUSTRALIA

PARENTS BUILDING SOLUTIONS

FREE ONLINE ZOOM interactive program for migrant parents understanding Parenting in Australia while maintaining their values and beliefs. online program

South Eastern Region Migrant and Refugee Resource Centre Multilingual Resources-[click here](#)

You can find information under the following topics:

- Aged Care Services
- Health and Wellbeing
- Disability and NDIS
- Mental Health
- Financial Issues
- Safety
- Directories and Search Engines
- Resources on our website

DANDENONG HQ

39 Clow St, Dandenong, VIC 3175
03 9767 1900
03 9706 8830
smrc@smrc.org.au

SELANDRA RISE COMMUNITY HUB

7/9 Selandra Blvd, Clyde Nth, VIC 3978

LYNBROOK COMMUNITY CENTRE

2 Harris St, Lynbrook, VIC 3975

LIVING & LEARNING PAKENHAM INC

6B Henry St, Pakenham, VIC 3810

SPRINGVALE COMMUNITY AID & ADVICE BUREAU

45 Osborne Ave, Springvale, VIC 3171

AMES Australia

60 Douglas St, Noble Park, VIC 3174

PlayGroup Victoria

Playgroup Victoria Site:

Updated information on Playgroups in your area. Resources. Online Playgroups, Stories, Podcasts and more. Find a Playgroup best suited to your child and their needs.

Baby
Montessori
Dads
Nature
Disability
Religious
Grandparents
Steiner
Indigenous
Christian
LGBTQI+
Culture Specific



Find a Playgroup near you/how to join/all contact details

[Playgroup link](#)



Add a little bit of body text

Play Circle - Supported Play Group. Ran by ParentZone

funded by Mission Australia



For bookings & enquiries contact:
Erin Surrey 0438 459 891
erin.surrey@anglicarevic.org.au
Olivia Reilly-McNeil 0409 316 620
olivia.reilly-mcneil@anglicarevic.org.au

If you would like to go on our mailing list.

OR

Be put on a waiting list for a Parenting Program or Training
Please email: parentzone.southern@anglicarevic.org.au

All of our Parenting Programs are Free!!

PARENTZONE

REMEMBER!

Parenting Services

Link will take you to [Parenting services page- Kindergartens/Playgroups/Maternal Child Health/Immunisation/Toy Libraries/Early Childhood Education Care Services/Youth Services/Parent Education Programs ran by the Council.](#)

Bayside City Council

Ph: (03) 9599 4444
Email: enquiries@bayside.vic.gov.au
Website: [Bayside City Council](#)

Cardinia Shire Council

Ph: 1300 787 624
Email: mail@cardinia.vic.gov.au
Website: [Cardinia Shire Council](#)

Frankston City Council

Ph: 1300 322 322
Email: info@frankston.vic.gov.au
Parenting Support
Website: [Frankston City Council](#)

City Of Kingston

Ph: 1300 653 356
Email: info@kingston.vic.gov.au
Website: [Kingston City Council](#)

City of Port Phillip

Ph: 1300 850 600
Email: customerservice@mornpen.vic.gov.au
Website: [Mornington Peninsula Shire Council](#)

Mornington Peninsula Shire

Council Offices

Mornington

2 Queen St Mornington
PH 5950 1000
Ph 1300 850 600

Hastings

21 Marine Pde Hastings

Rosebud

90 Besgrove St
Rosebud

Parenting Support

Website: [Mornington Shire Council](#)

[Aboriginal and Torres Strait Islander Programs](#)

Email

customerservice@mornpen.vic.gov.au



City of Casey Council

Ph: (03) 9705 5200
Email: caseycc@casey.vic.gov.au
Website: [Casey City Council Community Services](#)



Greater Dandenong City Council

Ph: (03) 8571 1000
Email: council@cgd.vic.gov.au
Parenting Support
Website: [Greater Dandenong City Council](#)

City of Stonnington

Ph: (03) 8290 1333
Email: council@stonnington.vic.gov.au
Website: [Stonnington City Council](#)

[Raising children.net Resources](#)

[raisingchildren.net.au](#) provides ad-free parenting videos, articles and apps backed by Australian experts.

[Mindfulness activities: kids & families](#) | [Raising Children Network](#)

Raisingchildren.net.au has some great strategies for wellbeing including Mindfulness activity for children, teenagers and parents.

So often as parents and carers we put our own health and wellbeing aside to juggle family and work commitments. Make a note to plan some time for yourself as soon as you can.