



ParentZone Eastern Newsletter Term 3 2022

News and Information on Programs and Services to
Support Parents Across the Eastern Region of Melbourne

E: parentzone.eastern@anglicarevic.org.au
Level 2, 37 - 41 Prospect Street, Box Hill
P: (03) 9721 3646

**BETTER
TOMORROWS**

Table of Contents



Term 1 Parenting Programs	4 - 5
Other Parenting Programs	6 - 7
Parenting Sessions and Webinars	8-9
Support for Parents of 0-6-year-olds (Early Years)	10 - 11
Support for parents of 7-11-year-olds (Middle Years)	12
Support for parents of 12-18-year-olds (Youth)	13 - 14
Activities and Support for 12-18 Years (Youth)	15 - 17
Disability or Developmental Delay Programs and Services	18 - 20
Aboriginal and Torres Strait Islander Support for Families	21
Culturally and Linguistically Diverse Families	22
Family Violence Support	23 - 24
Support and Programs for Dads	25
Financial Counselling	26
Useful Contacts for Families	27-28
ParentZone Pods	29
Partnering and Training with ParentZone	30

What's New at ParentZone?

Welcome to Term 3 2022!

Despite the rise in parents and team members falling ill this term we have started to get out in to the community again working face to face. This has been both the ParentZone team working at schools and also a rise in participation in the Strengthening Parent Support Program. We are sad to farewell Laurie from the ParentZone team, although it is only until April next year as she takes on a secondment with Relationships Matter. We look forward to seeing her back, but are delighted to welcome our new team member Deborah to ParentZone in her absence.

Our online multi sessions continued with **Dads Matter, Emotion Focused Parenting, Circle of Security Parenting, Talking Teens, Calm Parents; Happy Kids, Living with Autism** and a new group **Talking Tweens**. SPSP also had the **Living with Autism Support group, online general support** as well as a **new ADHD group** for term 2 only.

Face to face we were also delighted to work with **Our Lady of Perpetual Help School** supporting the Burmese community there, delivering 3 sessions on **Parenting in Australia**. We hope to continue this work reaching out to other schools later this year. This term we have also attended **Whitehorse's Wellbeing Network** and we were delighted to have our first **Parent Educator Network Meeting** face to face since the beginning of lockdown in our new Box Hill offices. It was great to make use of the new training rooms but also the technology which allowed some people to join in remotely. This is the way forward! As mentioned above Michelle continues her face to face groups in **Vermont and Bayswater** which despite cold weather and illness saw great attendance. Parents and carers really appreciate the opportunity to meet up in person saying

“the groups are great and I'm very happy to share
my knowledge with new parents”

In term 3 we will continue with some online multi sessions – **Dads Matter, Talking Teens, Talking Tweens** and **Living with Autism** as well as the two **online SPSP groups**. We are also delighted to be offering **Parents Building Solutions for professionals** which we are partnering with our Southern team to deliver face to face at Box Hill. Thanks to funding awarded to **Yarra Ranges Council Community Recovery team** we will be delivering a 6 week program Parenting Stronger to families impacted by the June 2021 storms.

Along with some single session workshops for **Templestowe College, the Uniting Chinese Family Program, Whitehorse Council** and **Yarra Ranges Council** it again will be another busy term for the team. Further details below on all that we will be doing.

This newsletter has some great information about other programs and services available in the Eastern Region, so please check it out and get in touch if you need any further information. Thanks to all who contacted us to have their information included in this terms edition.

ParentZone

Keep well!

From the ParentZone Eastern team

Jo, Sharon, Julia, Michelle, Deborah and Tamara

PARENTZONE

ParentZone Term 3 Parenting Programs



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

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: Tuesday evening
26th July - 30th August

Time: 7:00pm - 9:00pm

Bookings:

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

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)

8th August - 12th September

Time: 7.00pm to 9.00pm

Bookings: Click here to register

Enquiries: Julia at Parentzone

9721 3629 or 0400 866 495

PARENTZONE

ParentZone

Term 3 Parenting Programs

Free ParentZone programs for parents living in the Eastern Suburbs Melbourne

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 sessions)

Tue 19 July to Tue 23 August 2022

Time: 7.00pm - 9.00pm

Where: Online via Zoom

Registrations: [Click Here](#)

Enquiries: Sharon.muir@anglicarevic.org.au

Parenting with Less Stress

Join us for this 1 hour webinar to discover strategies you can implement today, to build a more positive relationship with your child, and nurture your own wellbeing. Presented by Sharon Muir from Parentzone

When: Thursday 8th September

Time: 7:00pm - 8:00pm

Where: Online via Zoom

Contact person: Rachel Simpson

Contact Phone: 0477 329 540

Email: parentresource@whitehorse.vic.gov.au

Webpage:

<https://www.whitehorse.vic.gov.au/parenting-less-stress>

Talking Tweens

A Parents Building Solutions Program For Parents of Children Aged 8 to 12 years

Do you want to:

- Improve communication with your child and resolve power struggles?
- Learn effective ways to deal with anger and anxiety - both yours and theirs
- Establish boundaries with your child around screen use and other challenging behaviors?
- Understand tween development and prepare for puberty?

When: Monday evenings (6 sessions)

Mon 1st Aug to Mon 5th September

Time: 7.00 pm - 9:00 pm

Where: Online via Zoom

Cost: Free of charge

Registrations: [Click Here](#)

Enquiries: sharon.muir@anglicarevic.org.au



PARENTZONE

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

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

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



PARENTZONE

Other Parenting Programs

Child and Family Counselling with Bailey the Therapy Dog

EACH is now providing Canine Assisted Therapy for all families who access our Child and Family counselling services based in Ringwood East. Child and Family Counselling uses family therapy interventions with an assistance of a therapy dog to engage in counselling and support families to find solutions together.

A first appointment requires a parent/s only session to determine the needs of the family and assess the suitability of the service.

Contact: 1300 003 224

When: Monday, Tuesdays, Wednesdays

Where: 75 Patterson Street, Ringwood East

Cire Reconnect Program

Reconnect can provide up to 18 months of mentorship and support for adults seeking to re-enter the workforce or training. Suitable for parents (aged 17-64) who have not been in education or employment for 6 months or more and want support to re-engage. In addition, any adults with lifetime experiences of Out of Home Care are eligible. Participation is free and voluntary - not tied to any Centrelink payments.

Contact: Erica German

Phone: 1800 835 235

Email: ericagerman@cire.org.au

Webpage: <https://www.cire.org.au/reconnect/>



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

Other Parenting Programs



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

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/

Parent Child Mother Goose

Enjoy an hour of rhymes, songs and stories with your child!

Dates:

0-2 age group Monday 18th July to 12th September

2-4 age group Thursday 21st July - 15th September

Time: 10:00am - 11:00am

Where: 75 Patterson Street, Ringwood, 3135 - Building D

Phone: Shelley Neil - (03) 1038 6423

Email: cdtcorrespondence@each.com.au

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

PARENTZONE

Parenting Sessions - information forums and webinars

Yarra Ranges Council

Website: <https://yarraranges.vic.gov.au/parentandcarerwebinars>

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

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

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

Parentline Victoria

Counselling information Service for Victorian parents and carers of
children 0-18 years

Phone: 13 22 89 or visit their **website** www.parentline.vic.gov.au



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

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

PARENTZONE

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 (The Orange Door)

Easily accessible, community-based point of entry for children, young people, and families needing support.

Boroondara, Manningham, Monash, and Whitehorse **Phone:** 1300 354 322

Knox, Maroondah, and Yarra Ranges
Phone: 1300 271 150

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 Early Years - 0 to 6 year olds

Little Stars Playgroup

Facilitated playgroup for preschoolers and their carers.

Dates: 11th July - 16th September

Time: 10:00 - 11.30am

Where: 13 Bedford Road Ringwood

Phone: 9870 8169

Contact: Tiffany Gilmour, Playgroup Coordinator

Email: playgroup@ringwoodchurch.org.au

Webpage: www.ringwoodchurch.org.au/be-involved/kids-families/

Thumbs Up

Thumbs Up is a Wellbeing Art Group for children in prep to grade two. The group provide a safe space to:

- meet with peers in small groups (up to 6 children)
- develop a positive sense of self and belonging
- develop social and emotional skills in a supportive environment
- try a variety of art activities
- grow in confidence
- have fun and be encouraged

Dates: 27th July - 14th September 2022

Time: 4:00pm - 5:00pm

Where: Box Hill

Phone: 9886 3899

Contact: Tiffany Gilmour, Playgroup Coordinator

Email: FVPrograms@crosswaylifecare.org.au

Mother Goose

A group for parents and children to enjoy an hour of songs, rhymes and stories facilitated by trained Parent Child Mother Goose Facilitators to support language development and Parent/Child attachment.

0-2yrs Age Group

Dates: Monday 18th July - 12th September

Time: 10:00am - 11:00am

2-4yrs Age Group

Dates: Thursday 21st July - 15th September

Time: 10:00am - 11:00am

Where: 75 Patterson Street, Ringwood East

Phone: 7038 6423

Contact: Shelley Neil

Email: cdtcorrespondence@each.com.au



Parentline Victoria

Counselling information Service for Victorian parents and carers of children 0-18 years

Phone: 13 22 89 or visit their

website www.parentline.vic.gov.au

PARENTZONE

Support for Middle Years - 7 to 11 year olds

TREE HOUSE EACH

Treehouse is a therapeutic program for primary-school aged children, who need some extra support with social skills, self-esteem, managing strong feelings and developing resilience.

In Term 2 the Treehouse program will be specifically for Grade 6s, using art, play and Mindfulness activities to explore feelings in relation to change, transition and the impact COVID has had on their final years of Primary School.

By being creative and learning through play, children are able to develop their relationship skills in a non-confrontational way, while also allowing them to safely think about how they might cope with their worries.

Only one child from each school is accepted into the program, providing space and opportunity for children to safely explore strong feelings.

Dates: Tuesday 26th July - 6th September
(participants need to attend all 7 sessions)

Time: 4:15-5.45pm

Contact person: Alana Weekes or Melanie Fearn
Contact phone: 1300 003 224

S.T.A.R Kids

A 6-week art therapy group for kids in grade 5 & 6, who have experienced or witnessed family violence.

- Get creative, express self, have fun
- Gain self-confidence and self-esteem
- Learn to manage emotions
- Make new friends

Dates: Tuesday 25th July -29th August 2022

Time: 4:00pm-6:00pm

Where: Suite4, Level 1, 687 Doncaster Road,
Doncaster

Phone: 9856 1500

Contact: Sonia

Email: Sonia.tomasiello@doncare.org.au

Webpage: www.doncare.org.au

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

Create Together

A partnership between Anglicare, TRAK FORWARD inner east program and EACH

The aim of "Create Together" is to explore ways that creative expression such as writing and art can foster a sense of positive attachment and wellbeing for families through fun activities!

This group aims to engage parents and children in activities such as drawing, painting and creating fun stories together to facilitate healing and promote ongoing wellbeing.

Dates: Thursday 4th August - 8th September

Time: 4:00pm - 5:00pm

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

Phone: 9896 6395

Email: trakeast@anglicarevic.org.au

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

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 sessions)

Tue 19 July to Tue 23 August 2022

Time: 7.00pm - 9.00pm

Where: Online via Zoom

Registrations:

<https://forms.office.com/r/1YbMJshXmW>

Bookings: Sharon.muir@anglicarevic.org.au

Parentline Victoria

Counselling information Service for Victorian parents and carers of children 0-18 years

Phone: 13 22 89 or visit their **website**

www.parentline.vic.gov.au



Breaking the Cycle

A program for parents, stepparents, and carers of 10 to 18 years olds who are abusive or violent in the home.

When: Wed 13th July - Wed 31st Aug

Time: 10:00am - 12:00pm

Where: Anglicare Victoria, Level 2, 37-41 Prospect Street, Box Hill 3128

Phone: 03 9896 6322

Email: meridian@anglicarevic.org.au

Maroondah City Council MY Pride

MY Pride is a fortnightly group for young people aged 10-13 who identify as LGBTIQ+ or who are exploring their identity.

MY Pride provides a safe space for young people who live, work, study or play in Maroondah to connect with peers, discuss different topics, eat snacks and have fun!

Dates: MY Pride will begin in March 2022 and will Run fortnightly on a Monday afternoon in Croydon.

Weblinks: [Expression of Interest](#)

Maroondah City Council Sage

Sage provides a safe space for young LGBTIQ+ people (aged 14 - 18 years) who live, work, study or play in Maroondah to connect with peers, discuss different topics, eat snacks and have fun!

Dates: Fortnightly on a Monday afternoon in Croydon. Starting May 2022

Web links: [Expression of Interest](#)

**Both groups will require an expression of interest form to be completed by participants/families as a first step.

PARENTZONE

Activities & Support for Youth 12 to 18 years

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

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

PARENTZONE

Support for Youth 12 to 18 years



COACH Mentoring:

Places Available:

The SBC COACH Mentoring program has been providing volunteer mentors to be a “friend with a purpose” to people in the City Of Monash and surrounding areas for 7 years.

We currently have mentors available to be matched with participants who would like support and encouragement to achieve their goals. Participants are matched with a Mentor of the same gender and meet for an hour each week, for one year. This is a very flexible program designed to support people with what matters to them... parenting, social connections, life-skills, study or employment planning, relationships, health and exercise... the list is limitless.

The program is free and available to people aged 16 - 106!

For more information or to make a referral please contact Rosie on 9803 9144 or email rmerrigan@sb.org.au

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: Maroondah Youth and Children's Services

Phone: 9294 5704

Email: youth@maroondah.vic.gov.au

Website:

www.maroondahyouth.com.au/Programs-for-Young-People/Hangout

Walk and Talk

Walk and Talk is a peer support walking group for young people in Maroondah aged 15-25 years old. The group provides a safe space, open for all kinds of conversation while being supported by a Youth Worker, a Mental Health Worker (Counsellor/Provisional Psychologist) and their therapy dog.

When: Fortnightly Wednesday 4:30pm - 5:30pm

Contact: Maroondah Youth and Children's Services

Email: youth@maroondah.vic.gov.au

Website:

www.maroondahyouth.com.au/Programs-for-Young-People

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: 9294 5704

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

An informal peer support group for parent/carers who are caring for children living with Autism

When: Fortnightly Tuesday Evenings
July 19th, August 2nd, 16th & 30th, September 13th

Time: 7:00-8:00pm

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

Living with Autism Parenting Program

A 6 week parenting program offering the opportunity to ask questions about the Autism spectrum and we will support you to consider different approaches/strategies to help with parenting.

When: Weekly Tuesday evenings
26th July - 30th August (6 Weeks)

Time: 7:00 - 9:00pm

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

Strengthening Parent Support Program

Vermont

Dates: August 2nd and September 6th

Time: 10:00 - 11:00am

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

Bayswater

Dates: July 13th, August 10th and September 14th

Time: 10.30 - 11.30am

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

Online Group

Dates: July 14th & 28th, August 11th & 25th, September 8th

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 Programs for Parents

EACH Family Relationship Support for Carers Program

FRSC runs a range of carer workshops, information sessions and events throughout the year, with topics relevant to carer needs

- Tuning Into Kids and Tuning Into Teens 6 week programs several times throughout the year, at no cost. The programs are facilitated by a trained psychologist in this field.
- Wills & Estate Planning, including Disability Trust information.
- Carer Wellness events.

Providing support to carers, including young carers, who care for a loved one with a disability and/or mental illness to access short term counselling support. (Individual, couples & family sessions with privately registered counsellors/psychologists with a range of expertise).

FRSC also works in partnership with other carer related organisations & networks through our Victoria to best meet the needs of carers. FRSC assists in the setting up of carer groups and is a supporter of Pathways for Carer Walks across the state.

Upcoming Carer events:

Tuning Into Teens

When: 11th July - 15th July (6 weeks)

FRSC has other planned carer workshops for this year.

Bookings: For further information please contact Lakshmi Prasad or Robyn Aitken on 1300 303 346 or frsc@each.com.au



Disability Programs for Parents

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?

Support for Families in the Early Years aims to help you navigate the early years with confidence.

What this workshop covers:

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

When:

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

Contact: 1800 654 013

Email: educate@acd.org.au



Advocating at School

Students do best when families and schools work together, but sometimes you may feel you need more confidence, skills and information to support your child on their journey. This is a workshop for families with school-aged children with disability and aims to help you navigate the school years with confidence.

What this workshop covers:

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

When:

- 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

For more information about our workshop please go to:

Workshops - Association for Children with Disability
(acd.org.au) or call 03 9880 7000 or 1800 654 013 (regional).

<http://acdvic.eventbrite.com>

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

Asylum Seeker Resource Centre

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

Website: asrc.org.au

Managing Sibling Rivalry

Facilitated by Jo Templeton and Joseph Jin, an online workshop to support parents from the Chinese community to develop practical skills in raising great kids and developing harmonious family relationships.

When: 10 - 12 Thursday 25th August 2022

To book:

Phone: Joseph Jin - 0422008145 or 98754222

Email: Joseph.Jin@vt.uniting.org

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

PARENTZONE

Family Violence Support

Reclaim, Renew, Reconnect

A 8 week art therapy group for women recovering from family violence.

The RRR program uses art to explore the experiences of self in the recovery from family violence

These workshops provide women with a safe space to:

- Experience healing, acceptance and growth
- Share and connect with other women with similar experiences
- Break down the silence around abusive relationships
- Reconnect with inner strength and wisdom

Where: Anglicare Victoria

When: Friday 22nd July - 9th September

Time: 10:00am - 1:00pm

Cost: Free of charge. Bookings essential

Bookings: Ayala or Xindi

9735 6100 or via email

WomenandChildrensprogram@anglicarevic.org.au



Mums Guiding Kids Forward

An 8 week parenting program for mothers who have experienced family violence and abuse

- Do you want to build a stronger foundation for your children's future?
- Are you concerned about the effects of family violence on your children?
- Would you like to develop your parenting skills to better meet the needs of your children?

Where: Anglicare Victoria - Via Zoom

When: Monday, 18th July - 5th September

Time: 10:00am - 12:00pm

Cost: Free of charge. Bookings essential

Bookings: Ayala Vansover & Tracy Morganello

9735 6100 or via email

WomenandChildrensprogram@anglicarevic.org.au

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

PARENTZONE

Family Violence Support

“Women Supporting Women, Recovering from Family Violence “

This ongoing group is for women on the road to recovery:

- Self-Care
- Healing
- Family relationships
- Healthy and Unhealthy relationships
- Boundaries
- Anger

Who can attend:

Women that have experienced family violence but are now in the recovery phase (have experienced some counselling or attended other groups as part of their recovery)

Women will have a brief talk to a group facilitator prior to attending the group.

When:

Wednesdays, 12-2pm, currently face to face at MC2 Building, 687 Doncaster Rd Doncaster VIC 3108

Doncaster VIC 3108

Groups will run during term time (starting week 2 of each term).

For more information, please contact Andrea via email andrea.derauch@doncare.org.au or call 9856 1500

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.

A Space to Pause, Express, Connect & Thrive

- Experience self-acceptance and growth in a safe and supportive environment
- Connect and share with other women who have had similar experiences
- Break free from self-blame and fear
- Reconnect with your personal strengths, your power and wisdom
- Move forward and celebrate the future

When:

Wednesdays, 12-2pm, currently face to face at MC2 Building, 687 Doncaster Rd, Doncaster VIC 3108

Groups will run during term time (starting week 2 of each term).

For more information, please contact Sonia via email sonia.tomasiello@doncare.org.au or call 9856 1500

SUNSHINE PLAYGROUP

Sunshine Playgroup is a fun space for families with pre-schoolers to connect, play and learn together. If you have experienced family violence and want somewhere to come with your little one and connect with others, this playgroup may be just what you're looking for.

Sunshine Playgroup is specifically designed to support families who have been through family violence. It is not a therapy program, but rather a playgroup where children and parents can spend time together in a creative and safe space.

When: Open group commencing in June 2022 - ongoing

Time: 10am-11.30am

Where: Burwood East

Cost: Free

Morning tea provided

Sunshine Playgroup is open to all families with children aged between 2.5-5 years old who have been impacted by family violence. For more information please contact Family Violence Programs at Crossway LifeCare on 9886 3899 or FVPrograms@crosswaylifecare.org.au

Family Violence Support

Courage to Heal

The Courage to Heal Program is a 12 month group therapy program for women who have experienced intimate-partner violence. The program runs weekly during school terms and breaks over school holidays. Across the 12 months we cover a different topic or module per term.

The program provides post-crisis support. It is suitable for women who have experienced intimate-partner violence but are not longer in an abusive relationship and are able to commit to the 12 month program.

When: Wednesdays

Time: 10:00am - 12:30pm

Where: Waratah House, confidential location within City of Whitehorse

Cost: Free

For more information please contact Family Violence Programs at Crossway LifeCare on 9886 3899 or FVPrograms@crosswaylifecare.org.au

Occasional child care available for pre-school aged children while their mums attend the program.

Crossways Life Care

Offers support to women and children who have experienced family violence through various group programs, counseling, mentoring, financial care, food pantry and community events.

Phone: (03) 9886 3899

Email: lifecare@crosswaylifecare.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

Create Together

A partnership between Anglicare, TRAK FORWARD inner east program and EACH

The aim of "Create Together" is to explore ways that creative expression such as writing and art can foster a sense of positive attachment and wellbeing for families through fun activities!

This group aims to engage parents and children in activities such as drawing, painting and creating fun stories together to facilitate healing and promote ongoing wellbeing.

Dates: Thursday 4th August - 8th September

Time: 4:00pm - 5:00pm

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

Phone: 9896 6395

Email: trakeast@anglicarevic.org.au

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

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

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)
8th August - 12th September 2022

Time: 7.00pm to 9.00pm

Bookings: Click here to register

Enquiries: Julia at Parentzone
9721 3629 or 0400 866 495

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

PARENTZONE

Financial Counselling



Anglicare Victoria Financial Counselling Program

The Inner Eastern Financial Counselling program has received additional funding for a special 12 month project offering financial counselling services to vulnerable families, with school aged children, who are experiencing financial hardship and have been adversely impacted by Covid-19 restrictions. This will be a remote service, not based by catchment and will operate across Victoria.

Whilst eligibility is primarily to families impacted financially as the result of Covid (job loss/reduction in hours etc), the main objective is to prevent children becoming at greater risk of factors such as homelessness due to the worsening financial circumstances of their parents. Referrals are open to any disadvantaged families, who have school aged children deemed vulnerable or at risk, and who may have also been adversely impacted financially by the Covid-19 pandemic.

Phone: Please call our intake worker on 9896 6322 for further information.

PARENTZONE



Useful Contacts for Families

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** or visit their website **www.parentline.vic.gov.au**

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

Temcare

03 9877 7729

www.temcare.org.au

- Respite Foster Care – regular care in the home of a volunteer 1 weekend a month 2-12 years old
- Mates Mentoring – 1:1 mentoring support for teenagers 11-16
- Youth Workers – outreach youth support
- Integrated Family Support – support for families – parenting/case management/advocacy/NDIS access/mental health/court support/referral support
- Counselling for children – Play therapy /outreach in their school or creche / 3-12 years old / Evidence based psychotherapy promoting healing and growth for trauma/mental health and disability in children.

EACH

**Eastern Access
Community Health**
each.com.au/services
Phone: 1300 003 224

- 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

Email: 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



PARENTZONE

PODS

Parenting is the toughest and most important job you will ever have.

Family meetings everyone will love



Dealing with your kids' anxiety



Sibling rivalry



Getting my children to listen



How to respond to our kids' behaviour



How to stop yelling at your kids



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

PARENTZONE

Partnering and Professional Training with ParentZone

Parent Educators Network

The next **Parent Educators Network Meeting** will be on Tuesday the 13th September at our Box Hill Offices from 9:30 - 11:30 am. 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!

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

ParentZone also offers accredited training, based on the Parents Building Solutions parenting package.

This training will be run for 6 weeks starting Tuesday 2nd August - 6th September from 12:30pm - 3:30pm. Venue is Anglicare Victoria Box Hill Office.

This training provides an evidence-based comprehensive framework for any professionals who work with parents. Discover tools to support any parent in any setting including sole parents, couples, step-parents and family groups. To book or for further information contact julia.russell@anglicarevic.org.au

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, Deborah, 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.**