



Term 4 2022

PARENTZONE

BETTER
TOMORROWS

Welcome to the ParentZone Northern Newsletter for Term 4 2022

Welcome to the Team Leader's report for term 4, 2022!

We decided to remain online in term 3, despite eased covid restrictions, due to the rate of winter illnesses circulating and the freezing cold descending! As the weather improves, we look forward to delivering a mix of both online and face to face groups in term 4 and beyond, to give optimum choice to parents and to accommodate individual preferences in mode of delivery. We are steering away from the hybrid model, as we find it less conducive to group cohesion. We are again offering a range of groups dealing with ages and stages, childhood development, attachment, anxiety and other areas of parent concern. We're excited to again be offering PBS Arabic, as there is much growing interest in this area. We are hoping also to deliver a PBS dads in Arabic next year. Community partnerships for group delivery remain a priority for PZ, so please get in touch if you have capacity to co facilitate groups / sessions / events next year. It was great to come face to face for the COW bringing up kids expo this term and we look forward to more opportunities to collaborate in the community events space as well, now Spring has sprung! Please find attached the term 4 timetable and remember to send in any information you would like shared in our newsletter to:
parentzone.northern@anglicarevic.org.au

In the interim, please remember the PZ pods, link below, which are a great asset as a brief intervention, giving parents and carers a more immediate option for issues or concerns they are facing now. Please see link here:

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

Take care everyone!

Warm Regards,
Helen Slonek
Team Leader, PZ and BWCH

What we do

ParentZone Northern News provides information on parenting programmes, parenting activities and support services that are available in the Northern Region to assist parents in their parenting role.

While ParentZone Northern provides the editorial support for this Newsletter, the intention is that it provides a voice for all parenting programmes in the North, in particular for the Northern Parent Educator's Network. We put out a warm welcome to all professionals in the Northern Region who work with the parents and families to attend the meetings and contribute to the Newsletter.



ParentZone Term 4 Professional Programmes

Developmental Milestones (2-4 Years)

This session will identify the expected stages of development for children in the early years.

During the sessions the areas of development will be discussed including social, emotional, intellectual, physical and communication.

Facilitated by ParentZone

Recommended for: early years educators

Tuesday 4th October

6.00pm - 7.30pm

Venue: Online via Zoom

Bookings: <http://trybooking.com/BVAIL>

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

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ParentZone Term 4 Parent Programmes

Tuning in to Kids

Tuning into Kids (TiK) is a program that provides parents and carers with skills in emotion coaching. Emotion coaching is about recognising, understanding and managing your own emotions as a caregiver as well as your children's emotions.

When children develop these emotional skills, they are better equipped to negotiate the ups and downs of life.

TiK is an evidence-based program; randomised controlled research trials have shown that it makes a difference to parents and children

Recommended for: parents/carers of children (aged 3-10 who live in Yarra, Darebin, Whittlesea, Banyule and Nillumbik Councils)

Thursday 20th October - 24th November (6 week program)

10.00am - 12.00pm

Venue: Barry Road Community Activity Centre, Thomastown

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

Bringing Up Great Kids

Bringing up great kids (BUGK) parenting program is a mindful parenting program which gives parents the skills to slow down and respond to children in a calm and relaxed manner, leading to less stress in their lives and positive changes in their children's behaviour.

The BUGK program supports parents as they explore what influences their parenting practices, and the messages their passing onto their children.

Recommend for: parents/carers of children (aged 2-10 years of age)

Wednesday 12th October- 16th November (6 week program)

10.00am - 12.00pm

Venue: Epping Community Hub, 713 High Street, Epping

Bookings: <http://trybooking.com/BUZJV>

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

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**Drummond
Street
Services**

ParentZone Term 4 Parent Programmes

Dads Building Solutions

Based on ParentZone's Parents Building Solutions, this program will enable dads to come together to discuss what parenting issues and concerns they have.

Together they will work on strategies and ideas on how to become the dad they want to be. Assistance will be provided to identify the key areas of support dads need in parenting.

Recommended for: dads/fathers

Wednesday 19th October - 9th November - (4 week program)

6.00pm - 7.30pm

Venue: Online via Zoom

Bookings: <http://trybooking.com/BUZKZ>

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

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Parents Building Solutions (Early Years)

Do you want to:

- Help your child cope in a chaotic world?
- Improve your child's confidence and self-esteem?
- Help your child to deal with anxious feelings?
- Develop strategies to manage anger?
- Talk so your child will listen?

Come along to these 6 sessions to learn strategies, share stories and take some time out for you!

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

Thursday 20th October - 24th November - (6 week program)

10.00am - 12.00pm

Venue: Online Via Zoom

Bookings: <http://trybooking.com/BUZLD>

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

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ParentZone Term 4 Parent Programmes

Parents Building Solutions- Arabic

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

This 6 week program will explore managing our own feelings, and understanding and responding to our children's feelings.

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

Friday 21st October to 25th November

10.30am-12.30pm

Venue: Broadmeadows Women's Community House

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

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Talking Teens: A Parents Building Solution group

Are you worried about your teens mental health?
Would you like to support and build their resilience?
Do you want to help responding to post-pandemic issues such as school refusal and social anxiety?

This 6 week parenting program helps you connect with parents facing similar challenges to you and come up with solutions together.

Recommended for: parents/carers of young people

Monday 17th October - 28th November (with a break on 31st October, public holiday eve)

7.00pm - 8.30pm

Online via Zoom

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



ParentZone Term 4 Parent Programmes

Looking Forward

Women who are living in or who have left an abusive or hurtful relationship are invited to participate in a 7 week women's empowerment group.

The group will focus on the following areas:

Defining abusive and hurtful relationships
Exploring healthy relationships
Exploring coping skills
The importance of self care

Wednesday 26th October -7th December
10.30am - 1.00pm
Venue: Broadmeadows Area

For enquiries and bookings contact Kudzi or Keklik on 03 8641 8900
or email: parentzone.northern@anglicarevic.org.au.



Parents Building Solutions

Are you tired of yelling?
Want to understand why children behave the way they do?
Do you want to discuss and share ideas that work?
This 6 week parenting program helps you come up with solutions to common parenting challenges.

Wednesday 9th November-14th December
1.00pm -2.30pm.
Venue: Online via Zoom

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



ParentZone Term 4 Parent Programmes

Single Sessions

Maintaining Healthy Routines during the holidays -plan them now!

Join ParentZone Northern for a supportive and informative workshop exploring how to sustain healthy routines as a family during the Summer break.

You will have the opportunity to develop strategies that will help you and your family navigate the summer break with ease and feel confident about the return to school.

Wednesday 30th November

7.00pm - 8.30pm

Online via Zoom

For bookings :

<https://www.eventbrite.com.au/e/maintaining-routines-during-the-holidays-tickets-394844599827>

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

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Managing Stress during the festive season/holidays

Even if you and your family don't celebrate Christmas, the festive season can be stressful-managing finances, expectations, socialising , and family dynamics.

Join the ParentZone Northern to explore strategies that can help support the whole family to manage stress during the festive season even if your family doesn't celebrate Christmas.

Tuesday 6th December

10.30am - 12.00pm

Online via Zoom.

Bookings: <https://www.eventbrite.com.au/e/managing-stress-during-the-festive-season-tickets-394849815427>

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ParentZone Term 4 Parent Programmes

Single Sessions

Raising Resilient Teens

This workshop is for parents and carers of teenagers. The topics will include:

- What is resilience?
- How can we build the resilience of our teens?
- How can you connect with and understand your teenager?

Parents will also be introduced to an evidence-based strategy to help build resilience.

Recommended for: parents/carers of young children (aged 10-25)

Tuesday 25th October

6.00pm - 7.30pm

Online via Zoom.

Bookings: <http://trybooking.com/BUZLM>

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

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Managing Change for Children

We all know that children and young people have had to deal with a lot of change. This interactive session is an opportunity to hear from other parents. We will explore some of the fears and worries our young people have around change and how we can respond to these. We will discuss a range of resilience skills and strategies that may be helpful to support young people during periods of change.

Recommended for: parents/carers of children

Monday 21st November 2022

6.00pm - 7.30pm

Online via Zoom

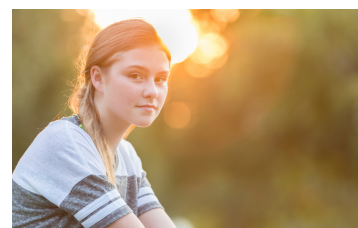
For bookings go to <http://trybooking.com/BUZLT>

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

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What's happening elsewhere

Tuning into Kids

- Support your child as they learn and grow
- Help your child to manage their emotions
- Have a happier, more fulfilling family life

This is a free six week program for parents of children aged 3-10 living in Glenroy, Fawkner and surrounds

Presented by Early Links (Melbourne City Mission)

SESSION DATES

Thursdays 9.30-11.30am

October 13th to November 17th

Glenroy Community Hub

(Meeting Room 4, upstairs)

50 Wheatsheaf Rd, Glenroy

To register please contact Michaela earlylinks@mcm.org.au

9977 0019 / 0438 849 234

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What's happening elsewhere

Positive Parenting Program

Strengthening positive relationships and promoting a safe and supportive home where your family can thrive.

About the program

Positive Parenting Program (Triple P) is an online evidence-based program that supports parents to raise happy babies and confident kids by giving them tools and tips to use with confidence.

Kids First invite you to attend any or all of our Triple P sessions. We will share ideas, tools and tips to guide your child's behaviour.

Triple P is a FREE program run by Kids First for parents who live in Yarra, Darebin, Whittlesea, Banyule and Nillumbik areas.

Session dates and times:

Session 1: The Power of Positive Parenting Wednesday, 9 November

Session 2: Raising Confident, Competent Children Wednesday, 16 November

Session 3: Raising Resilient Children Wednesday, 23 November

Time: 6:00pm – 7:30pm

Location: Kids First Australia 273 Settlement Road Thomastown

For all enquiries: Donna El-Cheikh
03 9450 0900 | 0409 006 126
delcheikh@kidsfirstaustralia.org.au

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What's happening elsewhere

Parenting Seminars

Berry Street are offering two free online parenting seminars to parents residing in Banyule, Nillumbik, Darebin, Whittlesea and Yarra: Fear Less Triple P and Parenting with Confidence. Parents are welcome to attend one or both sessions.

Fear Less Triple P Seminar:

This seminar is for parents that are concerned about their child's anxiety that would like to learn strategies they can put in place to support the wellbeing of their child and the family.

For parents or caregivers of children aged from 6 to 14 years. The topics covered in this seminar include:

- Understanding anxiety
- Role modelling effective ways of managing anxiety
- Becoming effective emotion coaches.
- Managing children's anxiety effectively.
- Using constructive coping.

Date: 12th October

Time: 10:30am - 12:30pm

Parenting with Confidence:

Join the Berry Street Matters Family Therapy team for a friendly discussion about the challenges and opportunities of parenting. All parents have hopes and fears for their child as they grow. Parenting can feel exhausting, challenging and rewarding.

We hope to reflect on ways we can connect with our children and teens and feel more confident in our parenting.

Date: 19th October

Time: 10:30am - 12.00pm

To schedule an enrolment into the seminar, contact the Triple P Team by emailing us at triplep@berrystreet.org.au with your full name and contact number. Enrolments must be completed by the 5th of October.

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STREET**

Believing In Children,
Young People, Families
& Their Future.



What's happening elsewhere

Growing Connections

A FREE 8 week group aimed at nurturing and healing the relationship between mothers and children (aged 5-12) who are survivors of family violence.

Recognised as a 'Promising Program' by the Australian Institute of Family Studies, Growing Connections aims to strengthen the bond between mothers and children who have experienced family violence. The group involves art, craft, play and movement activities.

This is a safe, supportive and fun group for mothers and children to attend together. The group will help to:

- strengthen your connection with your child
- increase your confidence and skills to continue to nurture and build your relationship after the group
- Connect with other families who have had similar experience in a safe space

Date: Tuesday mornings starting 11th October to 6th November 2022
(8 weeks)

Time: 10:00am - 12:00pm

Where: Broadmeadows Area (address provided upon registration)

For inquiries contact Amelia at amelia.glass@anglicarevic.org.au or
ph: 0447 0185 0875 Booking Essential

Funded by the Australian Government

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What's happening elsewhere

Dads and Kids BBQ and Activities Day (Free Event)

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You are invited to participate in a FREE school holiday program for fathers and their children!

Play ~ Movement ~ Art based Activities ~ Quality Time

All ages 0-12 welcome

Date: Thursday 29th September 2022

Time: 11.00am to 1.30pm.

Where: Anglicare Broadmeadows, 32 Railway Crescent, Broadmeadows

For bookings contact:

Amelia at Anglicare Broadmeadows 0447 185 875

amelia.glass@anglicare.vic.gov.au

Art & Soul

A FREE School holiday program, designed to provide mother's and their children with an introductory experience to our 8-week Growing Connections group. For those attending this term or just wanting to come for the day. Art & Soul is a fun, interactive and safe environment, designed for participants to spend quality time together.

What is Art & Soul?

- A group for families with connection to Hume
- A introduction to the Growing Connections program
- Fun, learning and relaxation
- Group-based activities and family activities:
- Indoor & Outdoor
- Art based and Creative
- Sensory Integrated
- Play based

Date: Tuesday 20th September 2022

Time: 10.00am to 12.30pm

Where: Anglicare Broadmeadows, 32 Railway Crescent Broadmeadows

Bookings Essential

For inquires contact Amelia Glass at amelia.glass@anglicarevic.org.au or ph: 0447 185 875

Funded by the Australian Government

Uniting



Communities for
Children Hume



Uniting



Communities for
Children Hume



What's happening elsewhere

Drummond Street Services – 'Your Way Through' Program- Therapeutic Support Service

The Your Way Through Program at Drummond Street offers free, independent, ongoing trauma-informed counselling and peer support to people with a disability. We also provide support around making submissions to the Disability Royal Commission.

This program applies to people with disabilities, whether you have a formal diagnosis or not, as well as family members ('family' as defined by you – i.e., family of origin and family of choice), close supporters or carers, disability advocates and disability support workers.

We operate from Mon-Fri 9am-5pm. Our contact number is : (03) 9663 6733 if you need an interpreter, we can organise one for you.

You can also call us using the National Relay Service. Or alternatively, you can email us at: disabilitysupport@ds.org.au . We also provides community outreach services as well as in-person, telephone and telehealth appointments.

This is a link to our program if you would like to learn more about our service: <https://ds.org.au/our-services/independent-disability-support-services/>

Northern Parent Educator Network

NPEN Update

The Term 3 NPEN meeting was held on 4th August 2022 online. Zora Marko presented on Starting Out Safely (Victoria's Road Safety Education Program). We learned a lot not only about the valuable resources and services offered by this program for the community, but also about best practice for road safety for children. If you were unable to attend, we encourage you to visit Home - Starting Out Safely (childroadsafety.org.au) to learn more. Thank you to Zora for such an informative presentation. Eleven professionals attended and valuable program updates were shared with the group. Thanks to all who attended.

The Term 4 NPEN meeting will be held on Thursday 27th October from 2pm-4pm online via Zoom. We have Jodie Reid presenting on the HIPPY program. HIPPY is the Home Interaction Program for Parents & Youngsters. It is a federally funded program offered to families for free. HIPPY is a two-year, home-based, early learning and parenting program for families with young children. We're really looking forward to Jodie's presentation and networking/information sharing with all NPEN members at our Term 4 meeting. If you would like to attend, please register on try booking: <https://www.trybooking.com/CBXJX>

Family Services

Parentzone and Family Services will continue to work in partnership throughout 2022. We will continue to work in partnership through delivering Parents Building Solutions (PBS), Looking Forward, and Parenting After Violence together. We look forward to seeing more Family Services staff trained and delivering PBS as co-facilitators.

Northern Group Work Network

NGWN Update

Welcome to term 4 at BWCH . In term three we were pleased to host Betsy Rajan & Aditya Somayajula the CALD engagement workers who work in the Partners in Wellbeing Program NEAMI. The DFFH and DJPR Funded Project has been funded until 30th September 2022 to support people in Victoria who have been impacted by COVID-19. This is a free and voluntary service, and the person does not need to have a diagnosed mental health condition. The initiative supports people 16 years and above who may:

- be impacted by COVID-19 and have limited supports and/or their usual coping strategies are not working
- Noticing signs of anxiety, depression or stress that have lasted more than a few weeks
- care for others who have been impacted by COVID-19
- not have used Mental Health services in the past and may not be used to seeking support
- own a small business or are a sole trader
- identify as a Veteran
- be from CALD communities
- have temporary visas (including International Students/people seeking asylum etc.)

Thank you to both Betsy and Aditya for a very informative and interesting presentation and for the added mental health resource that you shared with us. Our next NGWN network meeting will be held on Wednesday 19th October, speakers yet to be confirmed.

We are also very excited to announce that we will be hosting the Northern Group Work Network Forum on the 9th November at the Broadmeadows Town Hall. The proposed topic is 'Building resilience post pandemic': Moving forward in uncertain times creating awareness, confidence and connection to community. We will send you out a flyer with a trybooking link closer to the date.

If you're a professional facilitating groups, working in case management, therapeutic work or even teaching then this network is for you! Attending our network will provide you with the opportunities to share information, to source referrals for groups, to network, to develop partnerships, to source venues and other locally available community resources, and to connect with experienced practitioners for co-facilitation of particular groups. If you are interested in presenting in one of our network meetings we would love to hear from you, additionally the Broadmeadows Women's Community House always welcomes partnerships and co facilitation for some of our groups. Contact Bella on 9301 5250 or email bella.odicho@anglicarevic.org.au *Watch this space for upcoming NGWN dates including the Northern Group Work Annual Forum*

Bella Odicho
Broadmeadows Women's Community House
Family Relationship Skills Program Coordinator (Hume)

Broadmeadows Women's Community House

Term 4 Programmes

All enquiries – 9301 5250 or womenshouse@anglicarevic.org.au

Let's Play Supported Playgroup

Mondays

9:00am - 10:30am

Let's Play More Supported Playgroup

Mondays

11:30am - 1:00pm

Out and About Seniors Group

Tuesdays

10:00am - 1:00pm

Small Steps Supported Playgroup

Tuesdays

9:00am - 10:30am

Little Steps Supported Playgroup

Tuesdays

11:30am - 1:00pm

Ageing and Feeling Great Seniors Group

Thursdays

10:00am - 1:00pm

Meadows Primary School Hub Supported Playgroup

Thursdays

10:00am - 11:00am

Parents Building Solutions (Arabic)

Fridays

10:30am - 12:30pm



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

Important Telephone Contacts

Police, Fire or Ambulance 000

Nurse on call 1300 60 60 24

National Home visiting Doctors 13 74 25 (13 SICK)

Poison Information Hotline 13 11 26

Safe Steps - Family Violence Response Centre
(24 hr service – Toll Free) 1800 015 188

Berry Street Northern Family & Domestic Violence Service 03 9450 4700 (Hume Moreland)
Orange Door 1800 319 355 (Banyule, Darebin, Nillumbik, Whittlesea and Yarra)

Darebin Community Mental Health Centre 03 9416 6300

InTouch Multicultural Centre Against Family Violence 03 9413 6500 or Free call: 1800 755 988
Telephone Interpreter Service (TIS) (24 hr) 131 450

Child Protection After Hours Service 131 278

Northern Centre Against Sexual Abuse
(NCASA) 03 9496 2240 or A.H 1800 806 292

Lifeline Crisis and Suicide Support 13 11 14

Beyondblue Information and support Line 1300 22 46 36
Grief Line 9935 7400

Women's Legal Service Victoria 03 8622 0600 or 1800 133 302

Aboriginal Family Violence Prevention and Legal Service 1800 105 303

Kids' Helpline 1800 55 1800

Mensline Australia 1300 78 99 78

Suicide Call Back Service 1300 659 467

Perinatal Anxiety and Depression Australia (PANDA) 1300 726 306

Parentline Victoria 13 22 89

DirectLine – drug & alcohol services 1800 888 236

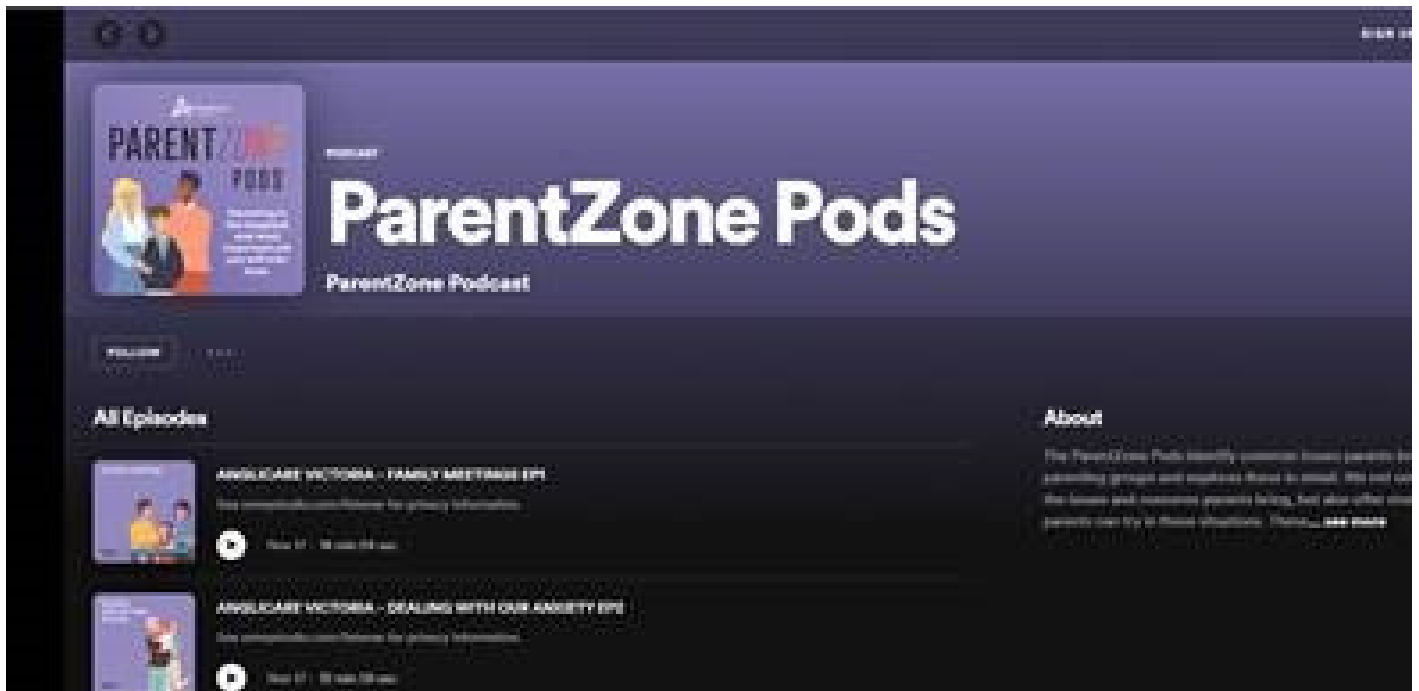
Headspace 1800 650 890

Switchboard – LGBTIQ support (3pm – midnight only) 1800 184 527

Council of Single Mothers and their Children Victoria (CSMC) 03 9654 0622 or 1300 552 511 (outside Melbourne)

Resources

ParentZone Pods | Podcast on Spotify



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