



ParentZone Southern Newsletter

Term 4, 2022

Find out about ParentZone Pods. Programs being ran in the southern Region from our Supported Playgroups, Transition Programs, Parenting Programs and Workshops. Help lines and Communities for Children and other Anglicare Programs.

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

Term 3 has 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. The term started with a Winter Series which ran in collaboration with other ParentZone offices across Victoria. Unlike our Summer Series the numbers were low.

With families returning to work; Children back to creche and school; Colds, viruses and Covid 19 still around, People are still a little weary about getting out has understandably effected parents from attending.

Overall, we did manage to still run some face to face Programs and keep some online ones recognising that this suits some families better.

All of the Parentzone offices have been working together and are planning on running a Summer Series over the Christmas break. In preparation for the new year. More news on this to follow.

Parent Resource Worker Update

Hi everyone,

I'm Michelle Brown, one of the Parent Resource Co-ordinators in the Parentzone Southern team. I facilitate parenting programs in the Frankston and Mornington Peninsula regions. In Term 4, some of the work I am doing includes facilitating single sessions on the topics of Dealing with Feelings; Dealing with Conflict; Building Resilience and Self-Esteem. These will be held face to face in Somerville and Mornington as well as online. All sessions are based on Parents Building Solutions evidence based program. Parents get to share strategies and ideas with each other as well as make connections with others.

Some of the feedback I received for facilitating these sessions this term included



- Thank you Michelle. I really like your presentation style, honesty, humour and advice, and appreciate your smile!
- Thank you for this friendly space to listen and contribute
- Liked how we all shared ideas with each other
- I found today's session very real, useful and encouraging
- Lots of practical strategies shared
- I truly appreciate your energy/stories and how you invite participation from all here
- Very excited and grateful to participate and especially to continue the learning with the podcasts. Thankyou!

I am one of the podcasters in the next 6 Parentzone Podcasts which will be released shortly, topics included in this series include Couples Parenting Together; Parenting Teens; Discipline; Meltdowns vs Tantrums; School Refusal and Being a Dad. Stay tuned!

PARENTZONE

ParentZone Pods

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 Stop Yelling at your Kids - [click here to listen](#)

Episode 6: How to Respond to Kids' Behaviour - [click here to listen](#)

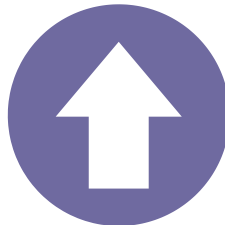
[Click Here for PODS on Anglicare Victoria Site](#)

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

**Contact us about
attending a Program**

**Contact us about
going on the mailing list for our
Newsletter-
[parentzone.southern@anglicare
vic.org.au](mailto:parentzone.southern@anglicarevic.org.au)**

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



If life is in danger call 000



Lifeline's 13 11 14 crisis support service is available 24/7. Anyone in Australia can speak to a trained Crisis Supporter over the phone, any time of the day or night.

PARENTZONE

Parenting Programs

What is Parents Building Solutions ?

Have you thought about what you will say about your child on their 21st birthday?

Parenting is both the most important and most difficult job you will every do!

Parents Building Solutions group parenting programs focus on the end goal - independent, resilient, purposeful and positive young adults.

Our programs are

- Co-designed by you and us - you tell us what you want or need, because you are the expert of your family
- Strengths-based - we focus on what you already do and build on that
- Flexible
- Single sessions or multisession programs
- Face to face in the community and/or online

And yes, they run in the community - but you might even want one for your parents' group?



ParentZone Southern Office



ParentZone Southern

P: (03)9781 6767 or 1300 984 200

75 Army Rd Pakenham (PO Box 774) Pakenham 3810

email: parentzone.southern@anlgicarevic.org.au

ParentZone Southern covers the Southern Area including:

City of Greater Dandenong; City of Casey; City of Cardinia; City of Frankston; Mornington Peninsula Shire.

People from the City of Bayside; Stonnington; Kingston and Port Phillip can also contact us.

Some of our Programs are open to all of the Southern Region and others are confined to one area.

Other ParentZone Offices

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

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

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 ?

Frankston/Mornington Peninsula

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



<https://us06web.zoom.us/j/84990937621?pwd=R0JqVjBpa2RLTVkrTEdhNzBkT01>

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

PARENTZONE



OUR TIME- SUPPORTED PLAYGROUP

A supported playgroup for parents who have experienced mental health challenges and their preschool children

- Meet other parents and share ideas
- Build social connections, have some refreshments, learn parenting tips and access resources.
- Help to feel closer to your child and understand what they need
- Play and have fun with your child
- Caring for ourselves

DATE: Tuesday 4th October- 14th December

TIME: 10:00am-12:00noon

WHERE: Frankston area
will be confirmed at registration

BOOKINGS AND ENQUIRIES:

Iris Guasch- Parent Resource Coordinator
Email: iris.guasch@anglicarevic.org.au or Call/
text 0436 007 492 to book.

Sarah Dickenson- FaPMI Coordinator
Email: fapmi@phcn.vic.gov.au
text 0439 336 808

PARENTZONE





PLAY TOGETHER PARENTS BUILDING SOLUTIONS

Come and enjoy some family fun together playing a variety of games.

It will be entertaining, and one of the best ways to build your family's connection and communication skills!

DATE: Fortnightly on Wednesdays during school terms - starts 5th Oct

TIME: 4.00 p.m. - 5.00 p.m.

WHERE: Pakenham Library
c/o John and Henry Streets,
Pakenham

COST: FREE!

For more information, contact
Carey Cole - 0437 428 281
carey.cole@anglicarevic.org.au
OR

Register on the Pakenham Library website

PARENTZONE



Casey
Cardinia
Libraries



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: Thursday mornings.
13 October - 15 December

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:
Olivia Reilly-McNeil 0409 316 620
olivia.reilly-mcneil@anglicarevic.org.au

The Communities for Children Initiative is supported by the Australian Government



Playful Parenting

Presented by Jasbir Singh Suropada

- Wanting a more fun approach to parenting?
- What are some ways I can be playful in the way I parent my kids?
- What are some helpful resources about playful parenting?

Date: Tuesday, 15 November 2022

Time: 6:30- 8PM

Where: Online via Zoom

ENQUIRIES:

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

Register at:

https://us02web.zoom.us/webinar/register/WN_L283oIi3TKu8b88vTt07rA

Or scan QR code





RESILIENCE THROUGH TRANSITIONS

PARENTS BUILDING SOLUTIONS

CHANGE CAN BE DIFFICULT AND SCARY!!

- Is your child starting Prep or Year 7 in 2023, or changing schools?
- Do you, or your child, or both, feel nervous about the transition?
- Would you like to explore strategies to build your child's resilience and age-appropriate independence as they transition?
- Would you like to support your child's transition by helping them to establish and maintain good routines?

If your answer to any of these questions is "YES!", come and join the discussion with other parents. You can learn from, and encourage, one another - because you are not alone on this parenting journey!

PARENTZONE



DATE: Wednesday, 9th November

TIME: 9.15 a.m. - 11.15 a.m.

WHERE: Cranbourne West Community Hub
4 Flicka Boulevard
Cranbourne West

COST: FREE!

For more information, contact

Carey Cole - 0437 428 281

carey.cole@anglicarevic.org.au, OR

Register using the QR code or this link:

<https://www.trybooking.com/CCNMI>

Registrations welcome on the day





RESILIENCE THROUGH TRANSITIONS

PARENTS BUILDING SOLUTIONS

Presented by Parentzone in collaboration with PRONIA

CHANGE CAN BE DIFFICULT AND SCARY!!

- Is your child starting Prep or moving to a new school?
- Do you, or your child, or both, feel nervous about the transition?
- Would you like to explore strategies to build your child's resilience and age-appropriate independence as they transition?
- Would you like to support your child's transition by helping them to establish and maintain good routines?

If your answer to any of these questions is "YES!", come and join the discussion with other parents.

DATE: Wednesday, 26th October

TIME: 12.15 p.m. - 1.30 p.m.

WHERE: Online (Zoom)
Link will be sent on the day

COST: FREE!

For more information, contact

Carey Cole - 0437 428 281
carey.cole@anglicarevic.org.au, OR

Register using the QR code, or this link:
<https://forms.office.com/r/tFUsdeeVLt>

Registrations close:
5.00 p.m., Tuesday, 25th October



PARENTZONE



www.pronia.com.au



RESILIENCE THROUGH TRANSITIONS

PARENTS BUILDING SOLUTIONS

CHANGE CAN BE DIFFICULT AND SCARY!!

- Is your child starting Prep in 2023?
- Do you, or your child, or both, feel nervous about the transition?
- Would you like to explore strategies to build your child's resilience and age-appropriate independence as they transition?
- Would you like to support your child's transition by helping them to establish and maintain good routines?

If your answer to any of these questions is "YES!", come and join the discussion with other parents. You can learn from, and encourage, one another - because you are not alone on this parenting journey!

PARENTZONE

DATE: Wednesday, 16th and 23rd November

TIME: 9.30 a.m. - 11.30 a.m.

WHERE: Lang Lang Primary School
52 Westport Road
Lang Lang

COST: FREE!

For more information, contact

Carey Cole - 0437 428 281
carey.cole@anglicarevic.org.au, OR

Register using the QR code or this link:
<https://forms.office.com/r/kVjQStiLtj>

Registrations welcome on the day





RESILIENCE THROUGH TRANSITIONS

PARENTS BUILDING SOLUTIONS

CHANGE CAN BE DIFFICULT AND SCARY!!

- Is your child starting Prep?
- Do you, or your child, or both, feel nervous about the transition?
- Would you like to explore strategies to build your child's resilience and age-appropriate independence as they transition?
- Would you like to support your child's transition by helping them to establish and maintain good routines?

If your answer to any of these questions is "YES!", come and join the discussion with other parents. You can learn from, and encourage, one another - because you are not alone on this parenting journey!

PARENTZONE

DATE: Tuesday, 22nd November 2022
Prep Transition Day

TIME: 9.30 a.m. - 10.30 a.m.

WHERE: Barton Primary School
90 Everlasting Boulevard
Cranbourne West

COST: FREE!

For more information, contact
Carey Cole - 0437 428 281
carey.cole@anglicarevic.org.au, OR



Register using the QR code, or this link:
<https://forms.office.com/r/00TvsbFaHL>

Registrations welcome on the day



RESILIENCE THROUGH TRANSITIONS PARENTS BUILDING SOLUTIONS

CHANGE CAN BE DIFFICULT AND SCARY!!

- Is your child starting Year 7, or moving to a new school in 2023?
- Do you, or your child, or both, feel nervous about the transition?
- Would you like to explore strategies to build your child's resilience and age-appropriate independence as they transition?
- Would you like to support your child's transition by helping them to establish and maintain good routines?

If your answer to any of these questions is "YES!", come and join the discussion with other parents. You can learn from, and encourage, one another - because you are not alone on this parenting journey!

PARENTZONE

anglicarevic.org.au

DATE: Wednesday, 23rd November

TIME: 1.15 p.m. - 3.15 p.m.

WHERE: Lang Lang Primary School
52 Westempot Road
Lang Lang

COST: FREE!

For more information, contact

Carey Cole - 0437 428 281

carey.cole@anglicarevic.org.au, OR

Register using the QR code or this link:

<https://forms.office.com/r/FJsV87WgtJ>

Registrations welcome on the day



BETTER
TOMORROWS



RESILIENCE THROUGH TRANSITIONS PARENTS BUILDING SOLUTIONS

CHANGE CAN BE DIFFICULT AND SCARY!!

- Is your child starting Year 7, or moving to a new school in 2023?
- Do you, or your child, or both, feel nervous about the transition?
- Would you like to explore strategies to build your child's resilience and age-appropriate independence as they transition?
- Would you like to support your child's transition by helping them to establish and maintain good routines?

If your answer to any of these questions is "YES!", come and join the discussion with other parents. You can learn from, and encourage, one another - because you are not alone on this parenting journey!

PARENTZONE

DATE: Wednesday 14th December

TIME: 6.00pm-8.00pm

WHERE: Officer Secondary School
1 Parker St
Officer

COST: FREE!

For more information, contact

Carey Cole - 0437 428 281

carey.cole@anglicarevic.org.au, OR

Register by contacting or emailing Carey

Registrations welcome on the day



PARENTS BUILDING SOLUTIONS

For parents, step-parents, grandparents, families and carers of children aged 3 - 18 years. Come along for one, two or three sessions. You can just come along on the day and register once you are there. Free for all.

Dealing With Feelings

Wednesday 12th October 1pm - 2.30pm

Dealing With Conflict

Wednesday 19th October 1pm - 2.30pm 1

Building Resilience and Self Esteem

Wednesday 26 October 1pm - 2.30pm

DAY: Thursday

TIME: 9.30am - 11.30am

WHEN: October 6th, 13th, 20th 2022

WHERE: The Corner Youth Centre
Wilsons Re
Mornington

COST: FREE

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



PARENTZONE



PARENTS BUILDING SOLUTIONS

For parents, step-parents, grandparents, families and carers of children aged 3 - 18 years. Come along for one, two or three sessions. You can just come along on the day and register once you are there. Free for all.

Dealing With Feelings

Wednesday 12th October 1pm - 2.30pm

Dealing With Conflict

Wednesday 19th October 1pm - 2.30pm 1

Building Resilience and Self Esteem

Wednesday 26 October 1pm - 2.30pm

DAY: Wednesday

TIME: 1pm - 2.30pm

WHEN: October 12, 19, 26 2022

WHERE: Somerville Recreational Centre
14 Edward Street
Somerville

COST: FREE

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



PARENTZONE



GROWING GREAT KIDS

PARENTS BUILDING SOLUTIONS

For Parents with Children ages from 3-13 Years Old to join us in interactive sessions to share experiences, ideas & learn strategies to support your child.

- **Responding to behaviours.**
- **How to deal with tantrums**
- **How to get kids to listen, without having to yell**
- **Anxiety in us and our kids.**
- **Building resilience in kids**

WHEN: Fridays 14, 21, 28, October, 4, 11 & 18 November 2022

TIME: 9:00am - 11:30 am

WHERE: Yarraman Oaks Primary School
27 Liege Avenue, Noble Park

Enquiries:

Elissa Sewell - 9792 4406

Elissa.Sewell@education.vic.gov.au

Jasbir Singh Suropada call or text 0438 004 285

Email: jasbir.suopada@anglicarevic.org.au



SCAN TO REGISTER

PARENTZONE



Parents Building Solutions- Online

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.

Come and join others to explore:

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: Tuesday

TIME: 1.00pm-2.30pm

WHEN: October 11th, 18th, 25th

WHERE: ONLINE

COST: FREE

For further information contact:

Michelle Brown - 0429 174 150

michelle.brown@anglicarevic.org.au

PARENTZONE



PARENTING TODAY - ONLINE GROUP

FREE weekly program for Mums, Dads, Step-Parents, Grandparents and carers of children aged 3 - 18 years.

Join us online to one or more relaxed interactive sessions to connect with others. Share ideas, experiences and learn strategies to support your child.

Different Topics each week:

- Dealing with feelings
- Communicating with Kids
- Supporting Kids with change
- Caring for ourselves
- Other topics you come up with!

DAY: Tuesday
TIME: 1.00pm-2.30pm
WHEN: October 11th, 18th, 25th
WHERE: ONLINE
COST: FREE

BOOKINGS AND ENQUIRIES:

Iris Guasch
Parent Resource Coordinator
Email: iris.guasch@anglicarevic.org.au or
PH/TEXT 0436 007 492 to book

Please book. Leave your name, phone number, email address and the topic or date of the session/s you want to attend.

PARENTZONE



Teaching children to emotionally regulate

Presented by Jasbir Singh Suropada

Date: Tuesday, 11 October 2022

Time: 6:30- 8pm

Where: Online via Zoom

ENQUIRIES:

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

Register at:

https://us02web.zoom.us/webinar/register/WN_7JVLydgDRoKuwAW5zfSKdg

Or scan QR code





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.

Certificate of attendance awarded

PARENTZONE

DATES: Wednesdays-5, 12, 19, 26 October, 2, & 9 November 2022 (6 weeks)

TIME: 6.00pm to 8.00pm

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

Click link below or Scan QR Code to register:

<https://forms.office.com/r/d7qAyaA3vg>





ONLINE ZOOM - PARENTING TEENS

PARENTS BUILDING SOLUTIONS - Three sessions

Open to Parents & Carers of Teenagers. Come & share experiences, ideas and learn strategies that work. Join the interactive sessions online.

- Feeling stuck or struggling with your teenager
- How to get your teenager to listen, without having to yell
- Building a better relationship with your teens
- Discuss and share strategies that work

Dates: Wednesday 12, 19, 26 October

Time: 7pm - 8.30pm

Cost: FREE

Venue: ONLINE ZOOM

Register: via the QR code or link

Inquiries to 0429 174 150 or michelle.brown@anglicarevic.org.au
<https://forms.office.com/r/JMyPhZSdKs>

PARENTZONE





ONLINE ZOOM - PEACEFUL PARENTING

PARENTS BUILDING SOLUTIONS - Three sessions

Open to Parents & Carers of kids. Come & share experiences, ideas and learn strategies that work. Join the interactive sessions online.

- Feeling stuck or struggling with your kids
- How to get kids to listen, without having to yell
- Setting boundaries
- Discuss and share strategies that work

Dates: Wednesday 9, 16, 23 November 2022

Time: 7pm - 8.30pm

Cost: FREE

Venue: ONLINE ZOOM

Register: via the QR code or link
Inquiries to 0429 174 150 or michelle.brown@anglicarevic.org.au

<https://forms.office.com/r/3hHsBesvC3>

PARENTZONE





Parents Building Solutions

FREE 4 Week program for mums who've been impacted by family violence to have a "virtual cuppa" and talk about their kids.

- 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?

DATES: Tuesdays - November 8th to 29th

TIME: 12:30pm - 2:30pm

WHERE: ONLINE

COST: Free! Bookings are essential.

PARENTZONE

All enquiries contact - Erin Surrey
PH: 0438 459 891 or
Erin.Surrey@anglicarevic.org.au

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 4, 2022

FACILITATOR TRAINING - Dandenong

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: 11th, 18th and 25th November 2022

TIMES: 9:30 am to 4:15 pm - **Fridays**

Participation in all three sessions, and submitting reflections for each session is part of BTV accreditation.

(Morning Tea and Lunch provided.)

WHERE: St James Church Hall,
53 Langhome St, Dandenong
free on-site parking for some cars - arrive early to be sure

COST: **FREE TRAINING - Bookings ESSENTIAL**

Contact: Erin Surrey 0438 459 891
erin.surrey@anglicarevic.org.au or
Ariane Hahn 0499 080 468
ariane.hahn@anglicarevic.org.au

PARENTZONE



MISSION
AUSTRALIA | together
we stand

Communities for Children is funded by
the Australian Government

Keep updated on our Programs

Please Check the Face book or AV Site for more Programs. New ones will be finalised. PBS for Professionals will be up on the Events page



**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

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.

**Please contact us at
Parentzone.southern@anglicarevic.org.au
for next date**

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.suropada@anglicarevic.org.au or call or text
0431203177

City of Frankston and Mornington Peninsula

contact

Michelle Brown 0429174150

Michelle.Brown@anglicarevic.org.au

PARENTZONE

ParentZone HUB

PARENTZONE HUB

FAMILIES GROWING TOGETHER

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

HUB-Enquires/Bookings

Deborah.Reid@anglicarevic.org.au
Tel: (03) 9781 6710
Mob 0428 654 824
bit of body text

Maternal Child Health Enquiries/Bookings

Maternal and Child Health Administration team
Ph: (03) 5943 4250!



@ Pakenham Hills

Family Wellbeing in Schools - Frankston/Mornington Peninsula

Background

Anglicare Victoria first commenced working in one school within the Region in 2014. This was a mixed role that provided tutoring for children and support for local parents. Since that time the program has grown to now cover 6 schools, 5 primary and 1 secondary, most based in the Southern Mornington Peninsula area.

Reach

We currently work in Dromana Secondary, Eastbourne Primary, Karingal Heights Primary, Rosebud Primary, Tootgarook Primary and Pakenham Hills Primary (incl Parentzone Hub).

These roles have potential to directly reach over 3300 students and their families, many who are disadvantaged or have experience trauma.

Our Goals

Strengthen family engagement and wellbeing.

Improve outcomes for students and families.



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



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.

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?

Communities for Children Frankston

Cardinia Communities for Children is a community partnership building a safe and strong community for children within Frankston City Council Area. 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

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.

Workshops organised so far are listed here and Fliers with full details are on the pages following

Supporting Children to Develop Healthy Masculinity

Facilitated by Jesuit Social Services



Mindful Parents

Facilitated by Building Better Brains



Taming the Anger Tiger

Facilitated by Building Better Brains



Dont miss out!
Check the next page.
All Webinars are Free



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

PARENTZONE



Strategies to assist children who have experienced trauma

For Parents, Carers and Volunteers

Presented by Kylie Levett and Mim Livingston

This workshop is going to share insights on

- Window of Tolerance
- The importance of self-regulation and co-regulating with your children
- The importance of connection and the circle of support
- How to maintain that parent and child relationship during the healing and repair process.
- Love languages and how to use them to connect and strengthen relationships

When: Wednesday 17 November 2021

Where : Online via Zoom

Time: 6:30pm- 8pm

Register at:

https://us02web.zoom.us/webinar/register/WN_mWw4Xuf4RTiqmIkFgmkMFg



Queries:

CFCCardinia@anglicarevic.org.au/ 0457
825 076

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



Taming the Anger Tiger

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 Building Better Brains

This evidenced based workshop will provide information on:

- How to identify the emotional triggers in yourself and your family that lead to anger
- The science and function of emotions like anger as a natural, human response to stress and fear
- Explore coping skills, resourcing and effective communication
- Learn practical tools and techniques to help restore calm and emotional health to your family

Building Better Brains is led by Sian Chambers- Vallance, a clinical play therapist and creative counsellor and Tony Vallance, a counsellor and award winning teacher. For more information on the work of Building Better Brains, visit <https://buildingbetterbrains.com.au/>

DATE: Thursday 6th October

TIME: 7pm - 8.30pm

WHERE: Online via Zoom webinar.

SCAN TO REGISTER for online attendance via zoom:



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



Mindful Parents

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 Building Better Brains

This workshop will provide information on the science of mindfulness, self compassion and gratitude and ways you can practice incorporating mindfulness into your daily life.

- Train the brain for a sense of calm, self compassion and kindness.
- Explore how mindfulness physically changes our brain, behaviour & transforms our relationships
- Increase mindful, calming moments for children and adults and learn practical activities and tools for building a more mindful family.

Building Better Brains is led by Sian Chambers- Vallance, a clinical play therapist and creative counsellor and Tony Vallance, a counsellor and award winning teacher. For more information on the work of Building Better Brains, visit <https://buildingbetterbrains.com.au/>

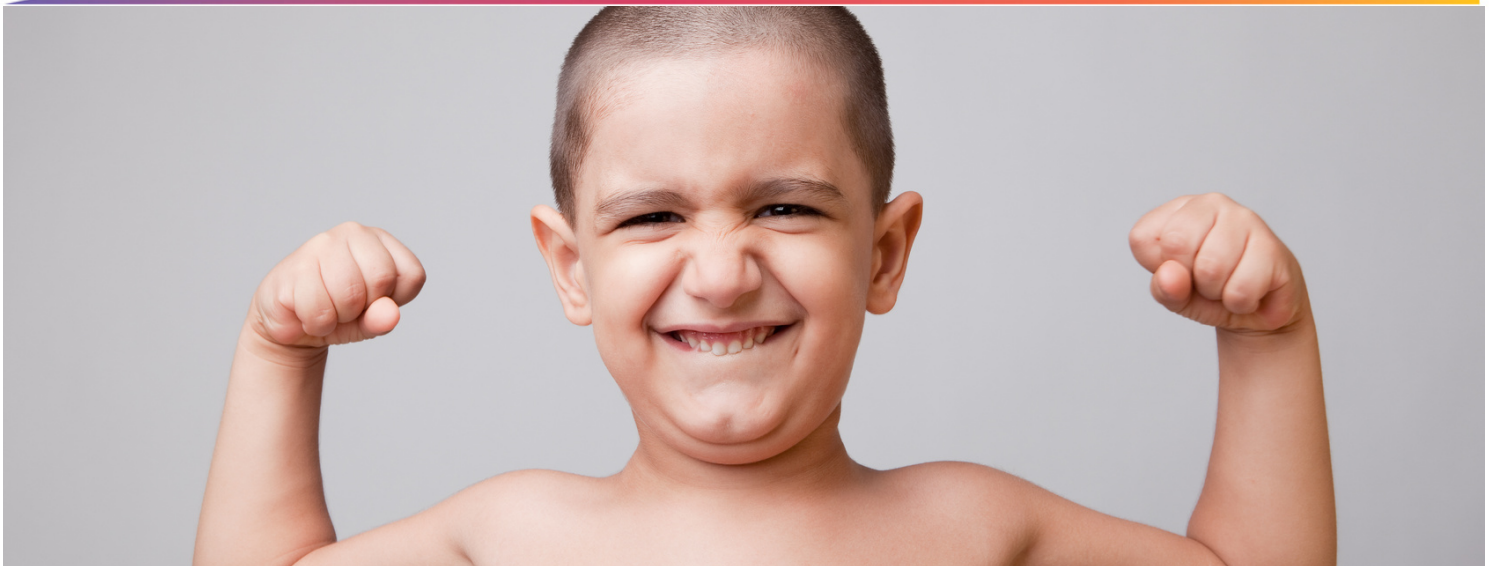


DATE: Thursday 20th October
TIME: 7pm - 8.30pm
WHERE: Online via Zoom webinar.

SCAN TO REGISTER for online attendance via zoom:



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



Supporting Children to Develop Healthy Masculinity

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 Jesuit Social Services

This popular workshop 'Unpacking the Man Box' from The Men's Project-JSS, is designed to build initial awareness of the stereotypical masculine norms (the Man Box) and its impact on health, safety, and wellbeing.

The session will cover:

- * Negative impacts of stereotyping people
- * How to recognise the 'Man Box' rules and gender norms more broadly
- * Analyse content through understanding of risk taking behaviors
- * Identify benefits of healthier masculinities
- * Demonstrate ways to adopt and promote healthier masculinities.

DATE: Thursday 10th of November 2022

TIME: 7.00pm – 8.30pm

WHERE: Online event via Zoom webinar

SCAN TO REGISTER:



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

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 Sessions

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.

Date: 21st September 2022'

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 2022](#) 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



LYFT UP YOUR FAMILY GROUP

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?

Flexible program options to suit you

- * **LYFT Parenting Group Sessions**
6 x 2 hr group sessions via Zoom
- ***LYFT Parenting Group Seminar Series**
2 x 3 hr sessions via Zoom
- ***LYFT One to One Sessions for families**
6-10 individual sessions available via Zoom or in person

Please indicate your preference and interest to matt.keogh@defence.gov.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)

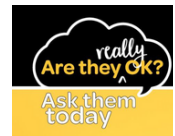
If you have lost someone to suicide. suicide call back service is nationwide service providing 24/7 telephone and online counselling to people affected by suicide. You can chat or look at the vast range of resources available.

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,

Are you the parent or carer of a teenager 13+ with disability?

If the answer's yes, then the online workshop *Teens and Beyond* from ACD is for you! It will give you information on topics such as how to get the right NDIS support for your teen, what school and post-school options are available, and how to support their general wellbeing.

This FREE workshop is in three parts and runs over three consecutive weeks.

All of ACD's professional facilitators are parents of young people with disability and have personal experience of navigating the teenage years.

Workshop dates:

Tuesday 11, 18, 25 October - 10:00 am

Tuesday 11, 18, 25 October - 07:00 pm

Wednesday 12, 19, 26 October - 10:00 am

Thursday 13, 20, 27 October - 10:00 am

Places are limited for this FREE three-part workshop

Register now to secure your place.

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

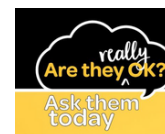
Children and Young People

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](#).

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](#).

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](#)

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



OUR TIME- SUPPORTED PLAYGROUP

A supported playgroup for parents who have experienced mental health challenges and their preschool children

for bookings & enquiries contact:

DATE: Tuesday 4th October- 14th
December

TIME: 10:00am-12:00noon

WHERE: Frankston area

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: (03) 9209 677
Email: Please phone this has been replaced with a log in.
Website: [City of Port Phillip Family Services](#)

Mornington Peninsula Shire

Council Offices
Email: customerservice@mornpen.vic.gov.au
ov.au
Website: Mornington Peninsula Shire Council

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.