



# ParentZone Eastern Newsletter Term 1 2023

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

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# What's New at ParentZone?

Welcome to Term 1, 2023!

We hope the holiday season brought you all some much needed family time as well as some time to rest and regroup for the new year.

Term 1, 2023 will see ParentZone Eastern offering

- Talking Teens
- Talking Tweens
- Raising Resilient Kids
- Dads Matter
- Circle of Security Parenting

We will also be offering some specialist groups for Burmese parents and mums and dads from an Aboriginal Wellness service. Michelle will continue to offer support for parents of children with special needs through her online and face-to-face support groups.

Term 1 sees Tamara returning to her Team Leader position whilst Julia will step back to her Group Facilitator role.

**WELCOME BACK, TAMARA!**

This newsletter has some great information about other programs and services available for parents and families in the Eastern region, so please have a look and get in touch with us if you need any further information. Thankyou to all who contacted us to have their information included in this term's newsletter.

The new year brings with it some exciting and challenging times for ParentZone Eastern as we move forward being responsive and pro-active in our support of parents and families who are experiencing greater challenges than ever as parenting (and life!!) becomes more complex.

Take care everyone and we will see you out there, somewhere!

From the ParentZone Eastern team  
Julia, Sharon, Michelle, Deborah and Tamara

**PARENTZONE**

# ParentZone Online Summer Sessions 2023



## Online Parenting Workshops - Free of Charge - Bookings Essential

### Connecting Through Play

**Tuesday 10th January, 10:30am - 12:30pm**

Do you want to connect with your child through child-lead play? Join us to talk with other parents, learn the importance of play, and gain tips for connecting with your child.

**Enquiries:** [parentzone.gippsland@anglicarevic.org.au](mailto:parentzone.gippsland@anglicarevic.org.au)

### Managing Your Self-Care

**Tuesday 10th January, 1:30pm - 3:00pm**

Discover why self-care matters and new ways to make time for yourself.

**Enquiries:** [parentzone.southern@anglicarevic.org.au](mailto:parentzone.southern@anglicarevic.org.au)

### Living With Autism

**Wednesday 11th January, 10:00am - 12:00pm**

Explore ways to support autistic children and improve communication with your child.

**Enquiries:** [parentzone.southern@anglicarevic.org.au](mailto:parentzone.southern@anglicarevic.org.au)

### Risky Business

**Tuesday 17th January, 10:30am - 12:30pm**

Do you want to develop strategies to improve communication and help your teen make safe choices? Come along to this session to learn strategies, share stories, and take some time out.

**Enquiries:** [parentzone.gippsland@anglicarevic.org.au](mailto:parentzone.gippsland@anglicarevic.org.au)

### Helping Teens With Their Anxiety

**Tuesday 17th January, 7:00pm - 9:00pm**

In this session, participants will explore common adolescents fears and worries, recognize physical and behavior signs of anxiety, and understand the role anxiety plays in our lives. A range of helpful strategies will be shared.

**Enquiries:** [parentzone.eastern@anglicarevic.org.au](mailto:parentzone.eastern@anglicarevic.org.au)

### School Refusal

**Tuesday 17th January, 7:00pm - 9:00pm**

**Thursday 19th January, 2:00pm - 3:30pm**

During this session you will come together to discuss why there is school refusal, acknowledging feelings, and exploring strategies that help school engagement.

**Enquiries:** [parentzone.southern@anglicarevic.org.au](mailto:parentzone.southern@anglicarevic.org.au)

**There are more workshops on the next page.**

**PARENTZONE**

# ParentZone Online Summer Sessions 2023



## Online Parenting Workshops - Free of Charge - Bookings Essential

### Dealing with Anxiety

**Wednesday 18th January, 10:00am - 12:00pm**

During this session, participants will discuss the common fears and worries of their young people and look at ways to support them through appropriate strategies.

**Enquiries:** [parentzone.southern@anglicarevic.org.au](mailto:parentzone.southern@anglicarevic.org.au)

### Dads Toolkit

**Thursday 19th January, 7:00pm - 9:00pm**

Understand the importance of fathers in the lives of children and learn useful parenting tips for dads.

**Enquiries:** [parentzone.eastern@anglicarevic.org.au](mailto:parentzone.eastern@anglicarevic.org.au)

### Getting Ready For School

**Tuesday 24th January, 10:30am - 12:30pm**

Develop strategies to support your child starting school, such as building resilience, regulating emotions, problem solving, and understand learning styles.

**Enquiries:** [parentzone.gippsland@anglicarevic.org.au](mailto:parentzone.gippsland@anglicarevic.org.au)

### Emotion-Focused Parenting

**Tuesday 24th January, 1:00pm - 3:00pm**

Learn strategies to improve communication and develop your child's emotional intelligence.

**Enquiries:** [parentzone.eastern@anglicarevic.org.au](mailto:parentzone.eastern@anglicarevic.org.au)

### Setting Rules and Boundaries

**Thursday 19th January, 7:00pm - 9:00pm**

Learn how boundaries can support your child's wellbeing and discover better boundaries.

**Enquiries:** [parentzone.southern@anglicarevic.org.au](mailto:parentzone.southern@anglicarevic.org.au)

### Living with ADHD

**Wednesday 25th January, 10:30am - 12:00pm**

Explore ways to support children living ADD/ADHD. Understand what ADD/ADHD is and how it can affect your child's learning and behaviour.

**Enquiries:** [parentzone.eastern@anglicarevic.org.au](mailto:parentzone.eastern@anglicarevic.org.au)

### How to book into a Summer Session:

If you are using a paper copy of this newsletter, please email the Parentzone team that is running the workshop you're interested in.

If you are using the interactive PDF version of this newsletter, you can follow [this link](#) to the Parentzone website to register your attendance.

**PARENTZONE**

# ParentZone Term 1 Parenting Programs



## Free Parents Building Solutions programs for parents living in the Eastern Suburbs Melbourne

### Dads Matter

Dads at their best: helping children thrive.

#### Are you a dad who would like to:

- Better understand the important role you play in the life of your children
- Have family agreements that work
- Improve communication and your relationship with your child
- Discover what they need from you

Come along to these 6 online sessions.  
Share strategies, strengths, and stories.

Take some time out for you and celebrate  
the importance of being a Dad!

**When:** Mondays (6 evening sessions)  
20th February - 3rd April 2023

**Time:** 7:00pm - 9:00pm

**Where:** Online

**Cost:** Free of charge

**Bookings:** [Click here](#) to register, or contact us  
using the details below

**Enquiries:** Julia at Parentzone, call 9721 3629  
or email [julia.russell@anglicarevic.org.au](mailto:julia.russell@anglicarevic.org.au)

**PARENTZONE**

# ParentZone Term 1 Parenting Programs



## Free Parents Building Solutions programs for parents living in the Eastern Suburbs Melbourne

### Talking Tweens

For parents of children aged 8 - 13 years  
who would like to:

- Understand tween development
- Improve communication with their child
- Deal with anger and anxiety
- Establish boundaries with your child around challenging behaviours
- Deal with conflict
- Improve relationships
- Connect with other parents of tweens

**When:** Tuesday evenings (6 sessions)  
21st February - 28th March 2023

**Time:** 7:00pm - 9:00pm

**Where:** Online via Zoom

**Cost:** Free of charge

**Bookings:** Please click [here](#) to register

**Enquiries:** [sharon.muir@anglicarevic.org.au](mailto:sharon.muir@anglicarevic.org.au)

### Talking Teens

For parents of teenagers aged 13 - 18 years  
who would like to:

- Improve their relationship with their teen
- Improve communication
- Explore positive approaches to discipline
- Understand why young people behave the way they do
- Learn effective ways to deal with teen emotions

**When:** Monday evenings (6 sessions)  
13th February - 27th March 2023

**Time:** 7:00pm - 9:00pm

**Where:** Online via Zoom

**Cost:** Free of charge

**Bookings:** Please click [here](#) to register

**Enquiries:** [deborah.trengove@anglicarevic.org.au](mailto:deborah.trengove@anglicarevic.org.au)

**PARENTZONE**

# ParentZone Term 1 Parenting Programs



## Free Parents Building Solutions programs for parents living in the Eastern Suburbs Melbourne

### Raising Resilient Kids

#### For parents who would like to:

- Learn strategies to help their child bounce back from adversity
- Support their child to cope with change
- Learn to deal with anger and anxiety
- Improve communication with their child
- Meet other parents also wanting to raise resilient children

**Join us to learn strategies, share stories, and take some time out for yourself.**

**Please note:** you will need a device that has access to video and audio, as well as a quiet, child-free place to participate.

**When:** Tuesday afternoons (6 sessions)  
28th February - 4th April 2023

**Time:** 12:30pm - 2:30pm

**Where:** Online via Zoom

**Cost:** Free (bookings essential)

**Bookings:** Click [here](#) to register

**Enquiries:** [sharon.muir@anglicarevic.org.au](mailto:sharon.muir@anglicarevic.org.au)

**PARENTZONE**



# ParentZone Term 1 Parenting Programs



## Free Parents Building Solutions programs for parents living in the Eastern Suburbs Melbourne

### Circle of Security Parenting

Circle of Security Parenting looks at how parents can build their relationship with their children, enhance attachment, trust, and a sense of safety.

Parents can learn ways to enhance the development of their child's self-esteem, trust, and feelings of security.

You can support the creation of a secure base from which your child feel sable to explore their world, knowing there is a safe haven to return to.

Research shows that the more secure children are, the more they are able to feel happy, have lasting relationships, have higher self-esteem, and trust themselves and the people they love.

**Who:** This program is for parents and carers of children aged from 4 months to 6 years.

**When:** Tuesday evenings (8 sessions)  
14th February - 4th April 2023

**Time:** 7:00pm - 9:00pm

**Where:** Online via Zoom

**Cost:** Free (bookings essential)

**Bookings:** Click [here](#) to register

**Enquiries:** Julia at Parentzone - 9721 3629

**PARENTZONE**

# 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](https://relationshipsaustralia.org.au/child-parenting-courses)

## COACH Mentoring

Are you interested in being a mentor? 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](mailto:Christine.Leong@citylife.care)

## Relationships Matters Parenting Programs

- Tuning into Kids
- Tuning into Teens
- Parenting after separation
- Keep Calm and Parent on
- Making stepfamilies work
- Roadworthy for dads

**Website:**

<https://relationshipsaustralia.com.au/program-category/parenting-programs/>

## 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-uk-en/triple-p/](https://triplep-parenting.net.au/vic-uk-en/triple-p/)

**PARENTZONE**

# Other Parenting Programs

## Mums & Munchkins (Single Mums Group)

- Improve your confidence & self esteem
- Build new friendships with people on a similar journey
- Invest time into yourself
- Explore topics of interest with a parenting focus
- A play program will be provided for birth to pre-school aged children

**Where:** CityLife Community Care, 1248 High Street Road Wantirna South

**When:** 1st and 3rd Thursday each month during the school term.

**Time:** 10am - 11:30am

**Contact:** Bronwyn

**Phone:** 9871 8900

**Email:** bronwyn.upton@citylife.care

## Mummy & Me

A mentoring program for Mums in the Knox area with children 0 - 11 years old who have little or no family or community support.

- Volunteer mentors help in the home for on a weekly or fortnightly basis
- Work together on reaching established goals, gain competence in motherhood and share valuable life experience
- Build confidence and self-esteem
- Build connections and help break social isolation
- The program is for 6 weeks with an option to extend if required

**Phone:** 9871 8900

**Email:** bronwyn.upton@citylife.care



## Young Parents Group

A support group for young parents under the age of 25 years, whose child is 12 months or under.

**When:** Fridays during school terms

**Time:** 10:00am - 12:00pm

**Contact:** 9298 8000

**Email:** youth@knox.vic.gov.au

## Young Mums Group

This is a group for young mums and children. Activities include art therapy, outings to cafes/parks/play centers, origami, knitting, cooking, etc.

**When:** Wednesdays (during school term)

**Time:** : 12pm -2pm

**Where:** Burgess Family Centre, Box Hill

**Contact Person:** Oriana

**Phone:** 03 9890 2673

**Email:** fan@fan.org.au

**PARENTZONE**

# Other Parenting Programs



## Parent Support Group

Anglicare's Parent Support Group is for parents who are supporting someone with drug or alcohol issues.

- Improve your knowledge of alcohol and drugs
- Develop communication skills to improve your family relationships
- Develop strategies to manage your own stress and tension
- Improve your parental/carer confidence and self-esteem

**When:** Every Tuesday

**Time:** 5.30pm-7.30pm

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

**Cost:** Free of charge - bookings essential

**Contact:** Leigh or Stacey

- leigh.davidson@anglicarevic.org.au
- stacey.caldwell@anglicarevic.org.au

## Family Drug Support

Family Drug Support runs peer support group meetings at a range of locations in Victoria as well as online.

This group is open to anyone who has a family member that uses drugs or alcohol. It is non-religious, non-judgmental, and safe.

**When:** Wednesday and Thursday fortnightly

- Wednesday group commences 4 January
- Thursday group commences 5 January

**Where:** Currently, all groups are held online.

**Cost:** Free

**Contact:** Chloe on 0448 177 083

**Webpage:** please click [here](http://www.fds.org.au/meetings-events), or copy the URL [www.fds.org.au/meetings-events](http://www.fds.org.au/meetings-events)

# Parenting Sessions - information forums and webinars



## **Boroondara City Council**

[boroondara.vic.gov.au/community-support/boroondara-families/activities-families/activities-parents-and-caregivers](https://boroondara.vic.gov.au/community-support/boroondara-families/activities-families/activities-parents-and-caregivers)

## **Knox City Council**

[knox.vic.gov.au/parentworkshop](https://knox.vic.gov.au/parentworkshop)

## **Manningham City Council**

[manningham.vic.gov.au/Parenting-Seminar-Series](https://manningham.vic.gov.au/Parenting-Seminar-Series)

## **Maroondah City Council**

[www.maroondah.vic.gov.au/Community-support-business/Children-and-families/Parenting-information-sessions](https://www.maroondah.vic.gov.au/Community-support-business/Children-and-families/Parenting-information-sessions)

## **Monash City Council**

[monash.vic.gov.au/Community/Children-Family/For-Parents/Parenting-Programs](https://monash.vic.gov.au/Community/Children-Family/For-Parents/Parenting-Programs)

## **Whitehorse City Council**

[whitehorse.vic.gov.au/living-working/people-and-families/family-activities-and-resources/parenting-information-forums](https://whitehorse.vic.gov.au/living-working/people-and-families/family-activities-and-resources/parenting-information-forums)

## **Yarra Ranges Council**

<https://www.yarraranges.vic.gov.au/Community/Family/Family-Webinars>

**PARENTZONE**

# Child and Family Counselling

## Animal Assisted Therapy for Child and Family Counselling

EACH is now providing Animal Assisted Therapy for all families who access the Child and Family counselling services based in Ringwood East.

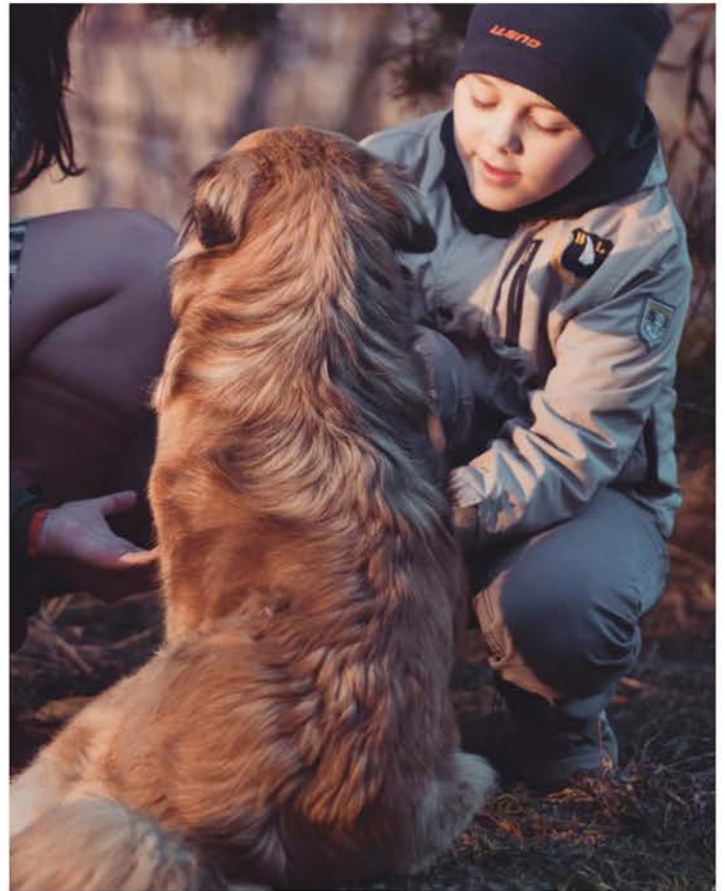
Child and Family Counselling uses family therapy interventions with the assistance of a therapy dog (Bailey) to engage in counselling and support families to find solutions together.

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 St 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](mailto:ericagerman@cire.org.au)

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

# Child and Family Counselling



## ACAP Psychology Clinic

The ACAP Psychology Clinic is facilitated by students within the disciplines of Social Work, Counselling and Psychology. All students are supervised by board certified supervisors, who are experienced senior psychologists, counsellors, social workers and academics.

The Clinic offers the following services to children, adolescents, and adults:

- Individual therapy
- Group programs (art-based therapy, international support group, domestic violence mutual self-help, social anxiety, mindfulness and compassion-based therapy)

In response to COVID, ACAP Psychology Clinic is currently waiving its fees. Services can be provided via telehealth and is available Australia-wide or in person at the Melbourne clinic. Additionally, they can consider outreach as a model of service delivery (on a case-by-case basis).

Student practitioners are culturally competent and well supervised. Many are from diverse backgrounds and are bilingual. If there is a specific language that you would like to enquire about, feel free to make contact with the clinic.

**Who:** Children, adolescents, and adults. No referral is required.

**Where:** Level 3, Kmart Centre, 222 Bourke Street Mall, Melbourne 3000

**Contact:** 1800 039 139

**Webpage:** [acap.edu.au/applied-psychology/psychology/psychology-clinic/](http://acap.edu.au/applied-psychology/psychology/psychology-clinic/)

**PARENTZONE**

# 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 7861
- 21 Strathalbyn St, Kew East
- 152 Pakington St, Kew (03) 9853 9466
- Kendall St, Canterbury VIC (03) 9836 2106

## 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 (03) 9840 9188
- Tunstall Rd, Doncaster East (03) 9840 9188

## 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 / 9879 8813
- 75 Patterson Street Ringwood East 9879 6583
- 127 Oban Rd, Ringwood North 9876 3307, 9879 0854
- Tarralla, 38 Gracedale Ave, Ringwood East 9294 5777

## 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

## 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
- Wattleview 17 Fuchsia Street Ferntree Gully

## 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

PARENTZONE



# Support for Parents Early Years - 0 to 6 year olds



## Maroondah Kinder Expo 2023

Families with children looking to enroll in kindergarten in 2023, or families who are unsure of the process, are encouraged to attend our free Kinder Expo.

The Kinder Expo is timed to work with kindergarten enrolments for 2023, which open on Wednesday 1 March 2023. Families can visit stallholders and speak to educators from local kindergartens to learn about the enrolment process.

Kindergarten Outreach Program staff will also be on-site to support families that are newly arrived to Australia.

Families can learn about:

- How to enroll children in a kindergarten program
- The Maroondah Integrated Kindergarten Association (MIKA)
- Maternal and Child Health assessments
- Immunisation ("No Jab, No Play")
- The National Disability Insurance Scheme (NDIS)

**When:** Thursday 2nd March 2023, from 6:00pm - 8:00pm

**Where:** the Karralyka Centre on Mines Road, Ringwood 3134

**Cost:** This is a free event. No booking is required.

For more information, please contact Maroondah Council on 1300 882 233.

**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](mailto:play@knox.vic.gov.au)

### **Monash Council:**

[playgroups@monash.vic.gov.au](mailto:playgroups@monash.vic.gov.au) or 0466 026 290

### **Whitehorse Council:**

[supportedplaygroup@whitehorsevic.gov.au](mailto:supportedplaygroup@whitehorsevic.gov.au)

### **Yarra Ranges Council:**

[earlyyears@yarraranges.vic.gov.au](mailto:earlyyears@yarraranges.vic.gov.au) 1300 368 333

## 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

## 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

# PARENTZONE

# Support for Parents Early Years - 0 to 6 year olds

## Family Yoga

For children aged 4 to 8 years old and their parents/carers.

The course will help strengthen the bond between you and your child while focusing on having fun. Expect games, yoga poses, and relaxation activities.

No yoga experience necessary!

**When:** Tuesday afternoons from 4:15pm onward. Term 1 dates are 14 February - 21 March.

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

**Cost:** Free

**Contact:** Anglicare TRAK Forward  
9896 6395, [trakeast@anglicarevic.org.au](mailto:trakeast@anglicarevic.org.au)

## 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.

Find local group meetings dates, times, and locations;

[www.breastfeeding.asn.au/contacts/groups](http://www.breastfeeding.asn.au/contacts/groups)



## Signee Tots Playgroup

Signee Tots is an Auslan based playgroup for children aged 0 to 5.

**When:** the first Sunday of every month, commencing February 5th.

**Time:** 10:00am - 12:00pm

**Where:** 25-35 High Street, Prahan

**Contact:** Catherine Miller 0422 013 596 (SMS only)

**Email:** [signeetots@jpc.org.au](mailto:signeetots@jpc.org.au)

# Support for Parents Early Years - 0 to 6 year olds



## Parentline Victoria

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

**Phone:** 13 22 89

**Webpage:** [www.parentline.vic.gov.au](http://www.parentline.vic.gov.au)

## Little Stars Playgroup

Facilitated playgroup for preschoolers and their carers.

**Dates:** Each Tuesday during the school term

**Time:** 10:00 - 11.30am

**Where:** 13 Bedford Road Ringwood

**Phone:** 9870 8169

**Contact:** Tiffany Gilmour, Playgroup Coordinator

**Email:** [playgroup@ringwoodchurch.org.au](mailto:playgroup@ringwoodchurch.org.au)

**Webpage:**

[www.ringwoodchurch.org.au/beinvolved/kids-families/](http://www.ringwoodchurch.org.au/beinvolved/kids-families/)

## Mother Goose

An hour of songs, rhymes, and stories with your child. This group is aimed at strengthening the bond between parent and child, and developing group friendships. This is a free program.

### 0-2yrs Age Group

Mondays 10:00am - 11:00am

### 2-4yrs Age Group

Thursdays 10:00am - 11:00am

**Where:** 75 Patterson St, Ringwood East

**Phone:** 03 7038 6423

**Contact:** Shelley Neil

**Email:** [cdtcorrespondence@each.com.au](mailto:cdtcorrespondence@each.com.au)

**Webpage:** [www.each.com.au/parent-child-mother-goose-program](http://www.each.com.au/parent-child-mother-goose-program)

**PARENTZONE**

# Support for Parents Middle Years - 7 to 11 year olds

## Talking Tweens

For parents of children aged 8 - 13 years who would like to:

- Understand tween development
- Improve communication with their child
- Deal with anger and anxiety
- Establish boundaries with your child around challenging behaviours
- Deal with conflict
- Improve relationships
- Connect with other parents of tweens

**When:** Tuesday evenings (6 sessions)  
21st February - 28th March 2023

**Time:** 7:00pm - 9:00pm

**Where:** Online via Zoom

**Cost:** Free of charge

**Bookings:** Please click [here](#) to register

**Enquiries:** [sharon.muir@anglicarevic.org.au](mailto:sharon.muir@anglicarevic.org.au)



## Eastern Child & Youth Mental Health Service (CYMHS)

Eastern Health CYMHS is a Specialist Mental Health Services 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 regions of Melbourne

**Contact:** 1300 721 927 (Press Option 2)

**Website:**

[www.easternhealth.org.au /site/item/99-child-youth-mental-health-service-cymhs](http://www.easternhealth.org.au/site/item/99-child-youth-mental-health-service-cymhs)

## Kids of Gold Camps

Building self-esteem and confidence for children in grades 4-6.

Children going into Year 7 are eligible to attend the February camp.

**Dates in 2023:**

- 10 - 12 February
- 19 - 21 May
- 20 - 22 October

**Time:** Friday 7:30 am to Sunday 3:30 pm

**Where:** Lyrebird Park campgrounds

**Contact person:** Gary Parsons

**Contact phone:** 0415 427 396

**Email:** [kidsofgold@gmail.com](mailto:kidsofgold@gmail.com)

**Website:** [www.kidsofgold.org.au](http://www.kidsofgold.org.au)

# Support for Parents of 12 to 18 year olds

## Meridian Youth and Family Therapy

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



## Partners in Parenting (PiP)

For parents or guardians of teenagers aged 12-17 years.

Monash University and Prevention United are offering FREE access to an evidence-based online parenting program to make sense of adolescence and raise their teenager with confidence.

PiP+ includes features such as:

- An online community with other parents of teens
- Personalised feedback about parenting, and well-being of the parent and teenager
- 10 user-friendly interactive online modules (15-25mins each) for parents to do in their own time
- A world-leading research project

**Website:** partnersinparenting.com.au

**Email:** med-pip-plus@monash.edu or

**Phone:** 0492 476 075

## COACH Program

COACH program offers the support of a trained volunteer for an hour a week for one year.

Mentors provide a friendship with a purpose to individuals and families. They can assist with goals around parenting, social connection, life skills, study, and employment.,

Mentors use an empowerment model to help people maximize their own resources and stay on track with the goals they set. Men are matched with men and women with women.

**Cost:** Free.

**Where:** Monash and surrounding areas.

**Contact** Rosie on 9803 9144

**Email:** rmerrigan@sb.org.au

# PARENTZONE

# Support for Parents of 12 to 18 year olds



## Talking Teens

For parents of teenagers aged 13 - 18 years who would like to:

- Improve their relationship with their teen
- Improve communication
- Explore positive approaches to discipline
- Understand why young people behave the way they do
- Learn effective ways to deal with teen emotions

**When:** Monday evenings (6 sessions)  
13th February - 27th March 2023

**Time:** 7:00pm - 9:00pm

**Where:** Online via Zoom

**Cost:** Free of charge

**Bookings:** Please click [here](#) to register

**Enquiries:**

deborah.trengove@anglicarevic.org.au

## Paws 4 Thought

Paws 4 Thought is an informal drop-in group for young people aged 12 - 25, run by Headspace Knox, with therapy dogs.

Participants are invited to interact with the dogs free from expectations or the pressure to engage in formal talk therapy.

**When:** Thursday afternoons, 3:30pm - 5:00pm

Please call or email for Term 1 dates.

**Where:** Knox Library - located within Knox City Shopping Centre

**Cost:** free - bookings essential

**Contact:** 9801 6088

info@headspaceknox.com.au

**PARENTZONE**

# Eastern Youth Services

## **Boroondara Youth Services**

**Website:** [www.boroondara.vic.gov.au/community-support/young-people/visit-our-youth-centre](http://www.boroondara.vic.gov.au/community-support/young-people/visit-our-youth-centre) **Phone:** 9278 4608

## **Knox Youth Services**

**Website:** [knox.vic.gov.au/youth](http://knox.vic.gov.au/youth)  
**Phone:** 9298 8000

## **Manningham Youth Services**

**Website:** [each.com.au/manninghamyouth/youth-programs/](http://each.com.au/manninghamyouth/youth-programs/)  
**Phone:** 130000 EACH / (1300 00 3224)

## **Maroondah Youth Support Service**

**Website:** [maroondahyouth.com.au/Support-for-Young-People](http://maroondahyouth.com.au/Support-for-Young-People)  
**Email:** [youth@maroondah.vic.gov.au](mailto:youth@maroondah.vic.gov.au)  
**Phone:** 9294 5704

## **Monash Youth Services**

**Website:** [monashyouth.org.au/Programs](http://monashyouth.org.au/Programs)  
**Phone:** 9518 3900

## **Whitehorse Youth Services**

**Website:** [whitehorse.vic.gov.au/living-working/people-and-families/young-people/services-activities](http://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](http://yarraranges.vic.gov.au/Community/Youth)  
**Phone:** 1300 368 333

## **YSAS**

### **Youth Support and Advocacy Service**

**Website:** [ysas.org.au](http://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](http://headspace.org.au)

**Phone:**  
Knox - 9801 6088  
Hawthorn - 9006 6500

**PARENTZONE**



# Youth Groups

## EACH Youth and Family

EACH Youth & Family is running several online and in-person group social activities for young people aged 15- 25 years

Programs include:

- Just Vibing - an inclusive social group for 15 - 25-year-olds 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

### More information:

EACH Youth & Family Facebook page  
[facebook.com/groups/eachyouthvic](https://facebook.com/groups/eachyouthvic)

## 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 a 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](mailto:youth@maroondah.vic.gov.au)

**Website:**

[www.maroondahyouth.com.au/Programs-for-Young-People/Hangout](http://www.maroondahyouth.com.au/Programs-for-Young-People/Hangout)

## You Matter

An opportunity for teens to express themselves, their feelings & experiences through the creative arts.

A creative art therapy group for teens aged between 13-18 years who are living with or have lived with family violence.

- Improve confidence and self-esteem
- Learn about healthy relationships
- Form new friendships
- A safe space that encourages listening & caring

**Dates:** 7 November - 12 December 2022

**Time:** Mondays 4:00pm - 6:00pm

**Cost:** Free

**Location:** Doncare, Suite 4, Level 1, MC2, 687 Doncaster, Road, Doncaster 3108

**Contact:** Sonia Tomasiello

**Phone:** 9856 1500

**Email:**

[sonia.tomasiello@doncare.org.au](mailto:sonia.tomasiello@doncare.org.au)

# Disability Programs for Parents

## Living with Autism Support Group

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

**When:** Fortnightly Tuesday Evenings  
February 14, February 28, March 14, March 28

**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.



## Strengthening Parent Support Program

Are you a parent or carer of a child with a disability or developmental delay (with or without a formal diagnosis)?

Come along and join other parents and carers at one of our friendly supportive 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!

### Enquiries and Bookings:

Please call Michelle on 0438 646 744  
michelle.emeryevans@anglicarevic.org.au

### ADD/ADHD Support Group

**Dates:** Term 1 is fortnightly on Thursdays - February 9th and 23rd, March 9th and 23rd, April 16th.

**Time:** 10:30am - 11:30am

**Location:** Online via Zoom

### Box Hill Group

**Dates:** 7th February & 7th March

**Time:** 10:00am - 11:00am

**Location:** Level 2/37-41 Prospect Street, Box Hill

### Bayswater North Group

**Dates:** 8th February & 8th March

**Time:** 10:30am - 11:30am

**Location:** Glen Park Community Centre  
30 Glen Park Rd, Bayswater North

### Online Group

**Dates:** Term 1 is fortnightly on Thursdays.  
February 16th, then March 2nd, 16th, and 30th.

**Time:** 10.30 - 11.30am

**Location:** Online via Zoom

PARENTZONE

# Disability Support for Parents



## Association for Children with a Disability

ACD supports all families in Victoria with children with disability aged 0 to 18.

They provide information and resources on a number of topics such as:

- How to access the NDIS
- Early intervention
- School and education support
- Supporting teen independence
- Workshops for families and professionals

The 2023 ACD workshop schedule has not yet been released, so please check their website in early February for updates.

A free support line is available Monday to Friday, 9am-5pm

**Support line:** 9880 7000

**Support line (regional):** 1800 654 013

**Support email:** [acdsupport@acd.org.au](mailto:acdsupport@acd.org.au)

**Website:** [acd.org.au](http://acd.org.au)

## EACH Family Relationship Support for Carers Program

Carer workshops, information sessions, and events with topics relevant to carer needs.

- Tuning Into Kids and Tuning Into Teens- these programs are facilitated by a trained psychologist in this field. There is no cost, but bookings are required.
- Wills & Estate Planning, including Disability Trust information.
- Carer Wellness events.

Short-term counseling support. (Individual, couples & family sessions)

For further information please contact EACH on **1300 303 346** or [frsc@each.com.au](mailto:frsc@each.com.au)

**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](mailto:acdsupport@acd.org.au) with your preferred day and time for a callback, or 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.

**Phone:** (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.

**Phone:** 0431 476 721 **Website:** <https://www.deafvictoria.org.au/>

## 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](mailto:info@dsav.asn.au) **Website:**

<http://www.downsyndromevictoria.org.au/>

## Epilepsy Action Australia

Provider of epilepsy support and information nationwide.

**Website:** <https://www.epilepsy.org.au/>

## Scope Australia

Support for people with physical, intellectual disabilities, and developmental delays to achieve their goals. **Phone:** 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

**Phone:** 03 9416 4003

## Yooralla

Provides quality services for people with disability across Victoria **Phone:** 03 9666 4500

**Website:** <https://www.yooralla.com.au/>

PARENTZONE

# 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](http://mmigp.org.au)

**Phone:** (03) 9725 2166

## Djirra

Where culture is shared and celebrated, and practical support is offered to all Aboriginal women and particularly to Aboriginal people who are currently experiencing family violence or have in the past.

**Website:** [djirra.org.au](http://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](http://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](http://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](http://vacca.org) **Phone:** (03) 8727 8800

## Oonah Health & Community Services Aboriginal Corporation

A welcoming and culturally affirming place that provides information, services, and programs focused on building a healthy, strong, and skilled community.

**Website:** [oonah.org.au](http://oonah.org.au) **Phone:** (03) 5962 2940

**PARENTZONE**

# Culturally and Linguistically Diverse Families

## 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](http://miceastmelb.com.au)

## Chinese Family Services

Uniting Connections offers 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 - 0422 00 8145  
or 03 9875 4222

**Email:** [Joseph.Jin@vt.uniting.org](mailto: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](http://multiculturalcommission.vic.gov.au)

## Asylum Seeker Resource Centre

The ASRC has a food bank and can provide material aid, healthcare, housing support, education support, and legal aid for refugees and asylum seekers residing in Australia.

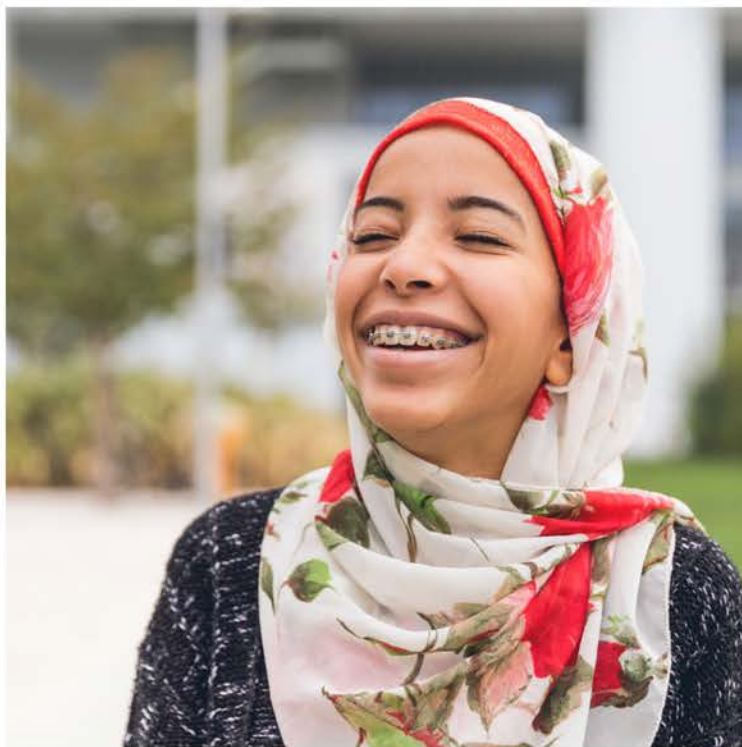
**Phone:** 03 9326 6066

**Website:** [asrc.org.au](http://asrc.org.au)

## 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](http://ringwoodchurch.org.au/be-involved/community)



**PARENTZONE**

# Culturally and Linguistically Diverse Families



## Kindergarten Outreach Program

The Kindergarten Outreach Program, run by Maroondah City Council, supports children and families from culturally and linguistically diverse backgrounds to enroll and participate in kindergarten.

Bilingual staff are available to support families, and interpreters are available if required.

The program supports children and families that have recently arrive in Australia:

- to enroll and participate in 3-year-old and 4-year-old kindergarten
- to transition into primary school
- to engage in other early childhood support services

For more information, or to access a translated flyer (available in Falam, Hakha, Karen, Mizo and Zomi) please visit the Kindergarten Outreach Program website by clicking [here](#).

**When:** call or visit between 8:30am-5:00pm

**Where:** 179 Maroondah Highway, Ringwood, VIC 3134

**Phone:** 1300 882 233 / 03 9294 5739

**Email:** [outreach.program@maroondah.vic.gov.au](mailto:outreach.program@maroondah.vic.gov.au)

**PARENTZONE**

# Family Violence Support



## DAWN Mentoring Program

DAWN provides long-term support to women recovering from the ramifications of domestic violence. This is done through a mentoring process, where volunteers are matched with a client to provide social support, assistance with practical issues and companionship.

Participants can be referred by family support workers, counsellors, emergency relief workers, women's refuges, police, and other services. The DAWN program is delivered by Doncare.

If you would like to find out more about the DAWN program or query eligibility, please call.

**Phone:** 03 9856 1500

**Webpage:** [doncare.org.au/the-dawn-program](https://doncare.org.au/the-dawn-program)

## Doncare

Counselling services for people who have experienced family violence, including children and young people.

**Contact Person:** Intake Co-ordinator

**Phone:** 9856 1500

**Email:** [intake@doncare.org.au](mailto:intake@doncare.org.au)

**Website:** <https://doncare.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](mailto:trakeast@anglicarevic.org.au)

## 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](mailto:lifecare@crosswaylifecare.org.au)

**PARENTZONE**



# Family Violence Support



## Re:SPECT

The Re:SPECT program utilises visual arts, journaling and mindfulness for self-expression, to explore themes relating to emotions, values and identity, and move towards healing and recovery.

- A group for women who have experienced family violence
- A space to Pause, 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

**When:** Tuesdays, 14 February - 14 March  
10:00am - 12:00pm.

**Location:** Doncare, Suite 4, Level 1, MC2,  
687 Doncaster Road, Doncaster 3108

**Cost:** Free

**Contact:** TRAK Forward Anglicare  
03 9896 6395  
trakeast@anglicarevic.org.au

## Sunshine Playgroup

Sunshine Playgroup is open to all families with children aged between 2.5-5 years old who have been impacted by 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:** Wednesdays

**Time:** 10am-11.30am

**Where:** Burwood East

**Cost:** Free, with morning tea provided

**Contact:** LifeCare 03 9886 3899

FVPrograms@crosswaylifecare.org.au

audrey.chee@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.

Courage to Heal covers topics including understanding abuse, managing emotions, healthy boundaries and healthy relationships. The program aims to create community connections, empower and support women as they heal and recover from the impacts of family violence.

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

**Who:** the program provides post-crisis support. It is suitable for women who have experienced intimate-partner violence but are no longer in an abusive relationship and are able to commit to the 12-month program.

**When:** Please contact us for upcoming program dates.

**Where:** Waratah House, a confidential location within City of Whitehorse

**Cost:** Free

**Bookings:** email [FVPrograms@crosswaylifecare.org.au](mailto:FVPrograms@crosswaylifecare.org.au) or call 9886 3899

**Website:** <https://www.crosswaylifecare.org.au/our-services/family-violence-programs/>

**PARENTZONE**

# Family Violence Support



## The Shark Cage®

The Shark Cage is an eight week supportive and informative group for women who have had more than one experience of Family Violence in their lives.

These workshops provide women with a space space to:

- Increase knowledge of their own rights and increase awareness when these rights are being violated;
- Raise awareness of their boundaries and practice safe assertive communication around boundaries;
- Explore healthy and unhealthy relationships;
- Share and connect with other women with similar experiences.

**When:** Mondays for 8 weeks, 6th February 2023 to Monday 3rd April 2023  
(except Monday 13th March - Labour Day)

**Time:** 10:00am - 12:15pm

**Where:** Anglicare Victoria, 47-51 Castella Street, Lilydale 3140

**Who:** Women who have experienced family violence. Please note that Anglicare is an inclusive organisation that welcomes both cisgender and transgender women.

**Cost:** Free (bookings essential)

**Contact:** Ayala or Tracy on 9896 6375

**PARENTZONE**

# Family Violence Support

## CAREing Connections

A weekly peer support group that provides women a safe, relaxed space to connect and discuss participant-identified topics (such as resilience and wellbeing) over a cup of tea.

Topics to be explored include:

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

**When:** Wednesdays (Groups will run during term time, starting week 2 of each term.)

**Time:** 12:00pm - 2:00pm

**Where:** Doncare at Manningham City Square, Doncaster Road, Doncaster 3108

**Cost:** Free

**For more information please contact:**

Zehra.Yalcin@anglicarevic.org.au

Andrea.derauch@doncare.org.au

**Phone:** 9856 1500

## Free From Family Violence

Previously called: Eastern Domestic Violence Services (EDVOS)

Support includes working with police and the court system, housing assistance, counselling, and men's family violence intake.

Services are free and confidential.

**Phone:** 9259 4200

**Safe Steps Phone:** 1800 015 188  
(24-hour crisis line)

**Website:** <https://www.fvfree.org.au/>

## Create and Connect

An 8-week art therapy group for women who have experienced family violence. Art therapy uses the creative process of making art as a safe way to represent your inner experiences and work towards healing.

- Connect with peers
- Build self-esteem
- Find hope and rest
- No artistic skill is required at all!

**When:** Tuesdays during Term 1, 2023  
(14 February - 4 April)

**Time:** 10am - 12pm

**Where:** Waratah House, City of Whitehorse (address provided on registration)

**Contact:** 9886 3899

**Email:** [FVPrograms@crosswaylifecare.org.au](mailto:FVPrograms@crosswaylifecare.org.au)

**Website:**

<https://www.crosswaylifecare.org.au/our-services/family-violence-programs/>

## S.T.A.R Kids

A 6-week art therapy group for kids in grades 4-6 who have experienced or witnessed family violence.

This program is designed to help children:

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

**When:** Monday evenings 4:00pm - 6:00pm  
13th February to 27th March 2023

**Where:** Suite 4, Level 1, 687 Doncaster Road, Doncaster 3108

**Cost:** Free

# Support for Dads



## Dads Matter

A Parents Building Solutions Program:

- Better understand your importance in your child's life
- Have agreements that work
- Improve your relationship with your child
- Get your head around what they need from you

**When:** Mondays (6 evening sessions)  
20th February - 3rd April 2023

**Time:** 7:00pm - 9:00pm

**Where:** Online

**Cost:** Free of charge

**Bookings:** [Click here](#) to register, or contact us using the details below

**Enquiries:** Julia at Parentzone, call 9721 3629 or email [julia.russell@anglicarevic.org.au](mailto:julia.russell@anglicarevic.org.au)

## DadsLink

DadsLink group is a space for all Dads and Father figures to connect, while also creating opportunities to enjoy healthy activities and camps with their children.

**Where:** Hocokah House in Canterbury.

**Contact:** [dadslink@ymca.org.au](mailto:dadslink@ymca.org.au)

## 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 provide 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](http://www.dadsonline.com.au/contact)

## Dads in Distress

Supports dads experiencing trauma through family breakdown and separation. DID acknowledge 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:** [parentsbeyondbreakup.com/dids](http://parentsbeyondbreakup.com/dids)

**Phone:** 1300 853 437

**PARENTZONE**

# Financial Counselling



## Anglicare Victoria Financial Counselling Program

- Unable to pay your bills?
- Struggling to pay your debts?
- Thinking about bankruptcy?
- Struggling with paying your mortgage or rent?
- Do you have debts as a result of family violence?

Financial Counselling is free and confidential to anyone living in the Inner Eastern Metropolitan Region experiencing financial hardship.

Free services to anyone living in the Boroondara, Manningham, Monash, and Whitehorse local government areas.

You can see a Financial Counsellor over the phone, at our Box Hill office, or at an outreach location in Glen Waverley.

To make an appointment to see a Financial Counsellor please call 9896 6322

**Financial Counsellors can work with you to establish payment plans for:**

- Utilities
- Credit Cards
- Loan repayments
- Telecommunication providers
- Fines

**Financial Counsellors can:**

- Provide options and explain the consequences of each option.
- Offer details of government concession and other assistance
- Support you with Centrelink matters
- Provide information on the bankruptcy process
- Refer you to other services that may be able to assist

**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](http://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](http://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](http://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](http://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

## INPSPIRO 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](http://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**



# Professional Training



## Bringing Up Great Kids: Facilitator Training

This practical workshop provides participants with the opportunity to learn how to successfully establish and run the Bringing Up Great Kids Parenting Program.

**Dates:** Term 1 dates as follows

- 2 - 3 March
- 14 - 15 March
- 20 - 21 March
- 29 - 30 March
- 4 - 5 April

**Time:** 2 sessions x3.5hrs each. 10am-1.30pm

**Where:** Online

**Contact person:** Pat Jewell

**Phone:** 1300 381 581

**Email address:** PJewell@childhood.org.au

**Website:**

<https://professionals.childhood.org.au/training-development/>

## Bringing Up Great Kids: Parenting after family violence

This workshop will provide participants with the knowledge and skills to facilitate a parent group with survivors of family violence in a safe, respectful and reflective space.

**Dates:** 3rd April

**Time:** 1 session x3.5hrs - 10am-1.30pm

**Where:** Online

**Contact person:** Pat Jewell

**Phone:** 1300 381 581

**Email address:** PJewell@childhood.org.au

**Website:**

<https://professionals.childhood.org.au/training-development/>

# Professional Training



## Running online Bringing Up Great Kids Groups for Parents

This practical workshop provides participants with skills and knowledge about facilitating a Bringing Up Great Kids (BUGK) Online Parenting Group. This interactive and live training will support participants to adapt their knowledge and skills about BUGK to successfully facilitate a BUGK parent group in the online environment.

**Dates:** 28 February

**Time:** 1 session x3.5hrs - 10am-1.30pm

**Where:** Online

**Contact person:** Pat Jewell

**Phone:** 1300 381 581

**Email address:** [PJewell@childhood.org.au](mailto:PJewell@childhood.org.au)

**Website:**

<https://professionals.childhood.org.au/training-development/>

## Bringing Up Great Kids: Parenting Adolescents

This workshop will provide participants with skills and knowledge to facilitate a BUGK parenting group tailored for parents who are embarking on the challenging and rewarding relational journey with their adolescents.

**Dates:** 31st March

**Time:** 1 session x3.5hrs - 10am-1.30pm

**Where:** Online

**Contact person:** Pat Jewell

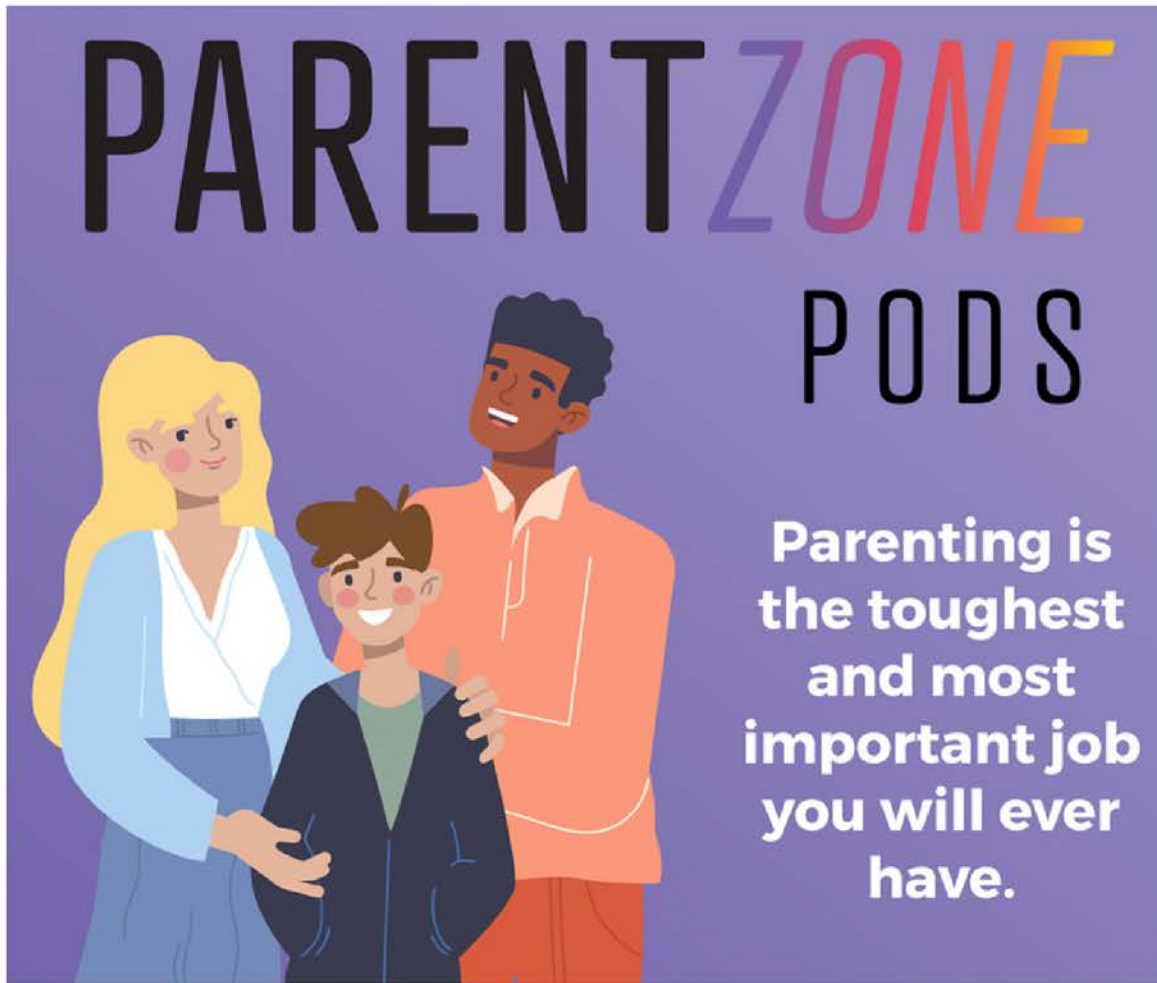
**Phone:** 1300 381 581

**Email address:** [PJewell@childhood.org.au](mailto:PJewell@childhood.org.au)

**Website:**

<https://professionals.childhood.org.au/training-development/>

# 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

## For parents, carers, and those who support 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!

#### Season 1:

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**

# ParentZone Pods



# PARENTZONE

## PODS

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



Discipline

School Refusal

Teens

Tantrums Vs Meltdowns

Couples Parenting Together

Dads Parenting Today

## For parents, carers, and those who support 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!

#### Season 2:

Episode 1: Positive Discipline - [click here to listen](#)

Episode 2: School Refusal - [click here to listen](#)

Episode 3: Parenting Our Teenagers - [click here to listen](#)

Episode 4: Meltdowns vs Tantrums - [click here to listen](#)

Episode 5: Couples Parenting Together - [click here to listen](#)

Episode 6: Dads Parenting Today- [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 in late March, date to be confirmed. The team will send out further information closer to the time.

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.

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](mailto:parentzone.eastern@anglicarevic.org.au)

We look forward to hearing from you!

The ParentZone Eastern team,

Julia, Michelle, Deborah, and Sharon.

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## Newsletter Submissions What Are Your Plans for 2023?

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](mailto:parentzone.eastern@anglicarevic.org.au) by the last day of each school term.