



Parentzone Southern News and Events Term 1, 2023

Find out about ParentZone Pods. Programs being run 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.southern@anglicarevic.org.au



PARENTZONE

**BETTER
TOMORROWS**

Welcome and News From ParentZone and Anglicare Victoria

Welcome to the New Year.

Over the Holidays we have been running an Online Summer Series for families and carers who have been wanting to get an early start on parenting strategies.

We are continually working with Schools and other organisations in our areas and have quite a few programs and workshops planned for 2023 Term 1. We will be offering face to face groups and online options as well to maximise opportunities to participate for families and will continue to run a couple of supported free playgroups: My Time in Rosebud facilitated by Iris and Play Circle in the City of Greater Dandenong facilitated by Erin.

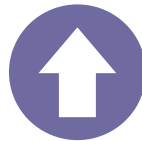
I'm Erin, one of the Parent Resource Co-ordinators in the Parentzone Southern team. I facilitate parenting programs all across the Southern region of Melbourne. This is my 4th year working in the ParentZone Program and it has been a wonderful opportunity to meet families from all different backgrounds. This term I will be running a supported play group in the Dandenong area called Play Circle. It's a group where mothers get to share strategies and ideas with each other and where activities/conversations are focused on language and other developmental areas for their child. Mostly, this is safe space for mothers and their children to come along and meet others within their local community, connect with their child/ren and take a step away from some of their outside world worries. I would love to meet you there!

Our Newsletter has our Term 1 schedule so far and some help lines and links.

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

Anglicare Victoria are offering an over the phone and in person support to apply for the Victorian Governments \$250 Power Saving Bonus. Please see the next two pages for Information on this.

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



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@anglicarevic.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

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Act Now. Get **\$250** in your pocket. pocket.

All Victorian households can apply for the \$250 Power Saving Bonus.

We can support you to apply. Call Anglicare's Energy Team on 1800 531 741.

Apply for your \$250 cash back **today**.*



1. Check your eligibility



2. Have your electricity bill and bank details handy



3. Call 1800 531 741



Scan here to find out more.

*You must be a Victorian residential energy consumer (i.e. have a residential electricity account) and be the account holder. Only one payment is available per household.



Translating and Interpreting Services are available

This program is supported by the Victorian State Government





2022/

POWER
SAVING
\$250
BONUS

POWER SAVING BONUS: COMMUNITY OUTREACH PROGRAM

Over-the-phone and in-person support to apply for the \$250 Power Saving Bonus is available through our Community Outreach Program.

Call Anglicare's Energy Team 1800 531 741

Eligibility Requirements

To be eligible to claim the \$250 Power Saving Bonus, you must meet the following criteria:

- You must be a Victorian residential energy consumer (i.e. have a residential electricity account)
- You must be the account holder
- Only one payment is available per household

*Concession card holders who applied for the previous \$250 Power Saving Bonus can apply again for the program that launched on 1 July 2022



Scan here to
find out
more.

anglicarevic.org.au



Translating and
Interpreting
Services are
available

How to Claim

1. Check you are eligible for the \$250 Power Saving Bonus.
2. Get a copy of a recent electricity bill. You'll need to provide information from it to confirm your eligibility. Also have your bank details ready (BSB and Account number) so you can receive the \$250.
3. Contact Anglicare Victoria's Energy Assistance Program on 1800 531 741 (between 8am and 7pm, Monday to Friday excluding public holidays) or **email energy@anglicarevic.org.au**.
4. If your application is approved, you'll receive \$250.

This program is
supported by the
Victorian State
Government



**BETTER
TOMORROWS**

ParentZone Pods

The ParentZone regions have added another six podcasts to their suite of parenting resources, these continue to reflect the topics most important to parents when attending the parenting programs.

These can be accessed on a variety of platforms including Spotify and iTunes.

See the links below.

[iTunes:](#) [Spotify:](#) [Anglicare:](#)

PZ pods are a great asset as a brief intervention, giving parents and carers a more immediate option for issues or concerns they are facing now.

Please have a listen to these and share with any colleagues or clients who you feel would be interested in hearing them. The Pods are short so they can be listened to on the way to pick up the kids, while making dinner or when you simply need to hear about these topics to top up your toolkit of resources.

Podcast Episodes

Season 2

Episode 1: Positive Discipline in our Families

This episode helps parents understand what discipline is, why we need to have it and how to encourage positive behaviours with our children.

Episode 2: School Refusal

In this episode we support parents to identify why children are not attending school and how to develop connections with their children to overcome this.

Episode 3: Parenting our Teenagers

In this episode we discuss what changes when our children become teenagers and how to maintain positive connections with them.

Episode 4: Meltdowns Vs Tantrums

In this episode we discuss what meltdowns are and why they might happen

Episode 5: Couples Parenting Together

In this episode we discuss how we can parent as a team and what to consider to make this a positive experience

Episode 6: Dads Parenting Today

In this episode we consider the role of a dad and how to connect with our children to be the best dad for their children.



PARENTZONE

Supported Playgroups

SUPPORTED PLAYGROUPS - Free to attend

OUR TIME- SUPPORTED PLAYGROUP - Frankston area

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

Tuesday 7th February to 4th April.

Runs during School Term

- 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



Bookings and Enquiries

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

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



Play Circle - Supported Play Group - In a Dandenong Location. Advised where when booking

A safe and supported space for parents and their preschool children with two trained facilitators.

Thursday Mornings

16th February to 6th April, 9.30am to 11.30am

- Meet other families in the community
- Play and have fun with each other.
- Time out from lifes worries.

For bookings & enquiries contact:
Parent Resource Coordinator
Erin Surrey
phone: 0438 459 891
Erin.Surrey@anglicarevic.org.au



MISSION
AUSTRALIA | together we stand



The Communities for Children Initiative is supported by the Australian Government

PARENTZONE

Baby Makes 3

Parents Building Solutions Programs - Baby Makes 3

1 to 6 week programs * workshops * Free of Charge * Bookings Essential

Baby Makes 3 helps couples maintain a healthy relationship after the arrival of their baby.

Setting Rules and Boundaries 1st, 8th and 15th

February - 3 weeks

The program helps parents to:

- Understand what it means to become a parent and the impact it may have on their relationship
- Develop a greater respect for each other's roles and improve communication
- Share their experiences and hear from others who are going through the same journey

Venue

Ercildoune Ct, Cranbourne West

This program is being ran 4 times in the next 6 months. All at the same Venue and time
A light meal is provided

1st February to 15th February 6pm to 8pm

22nd February to 8th March 6pm to 8 pm

19th April to 3rd May 6pm to 8pm

17th May to 31st May 6pm to 8pm



Register Expression of Interest using link

<https://forms.office.com/r/PxeV71172>

or click on QR Code



Enquiries: parentzone.southern@anglicarevic.org.au

PARENTZONE

Parents Building Solutions Programs What's planned for 2023 so far

1 to 6 week programs * workshops * Free of Charge * Bookings Essential

Parents Building Solutions- General parenting 6 week Program - supports parents of primary school-aged children with strategies to stay calm under pressure. Improves communication and parent-child relationships.

ONLINE Program Dates

Parent Resource Coordinator - Michelle Brown
7th February to 14th March - 1pm to 2.30pm

Register Contact

Michelle Brown
Parent Resource coordinator
Michelle.brown@anglicarevic.org.au

Parents Building Solutions- Parenting Teens - Tuesdays. 7th February to 14th March 7.00-8.30pm -6 weeks ONLINE program which supports parents of high school-aged children with strategies to stay calm under pressure. Improves communication and parent-child relationships.

PBS General Parenting is also ran Face to Face at Venues.

Face to Face Program Dates and Venues
Parent Resource Worker- Michelle Brown

Wednesdays 15th February to 22nd March 9.15 to 11.15

At Adercourt, Frankston North

Mondays 13th Feb to 21st March 12.30pm to 2.30pm

Wallaroo Community Centre, Hastings

Thursdays 16th February to 23rd March, 9.30am to 11.30am

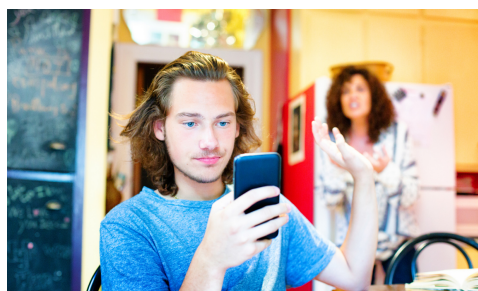
Mornington Youth Services

Parents Building Solutions- General parenting 6 week Program - supports parents of primary school-aged children with strategies to stay calm under pressure. Improves communication and parent-child relationships.

Parent Resource Coordinator - Iris Guasch
15th February to 22nd March 10.00 to 11.00am

Register/Enquiries

Email iris.guasch@anglicarevic.org.au
Mobile: 0436 007 492



Register Contact
Michelle Brown. or
Click on QR code.



Registrations and Enquires about Frankston, Hastings and Mornington Face to Face Programs contact:

Michelle Brown
Parent Resource Coordinator
Michelle.brown@anglicarevic.org.au



Primary Parenting series and a Teenages

Parents Building Solutions Programs

1 to 6 week programs * workshops * Free of Charge * Bookings Essential

Parent Resource Coordinator - Carey Cole

COMMUNICATING WITH YOUR TWEENAGER. ONLINE
Thursday 15th March. 12.15pm to 1.30pm

COMMUNICATION THAT WORKS WELL

- Are you finding it difficult to communicate positively with your tweenager?
- Would you like to learn to "speak tween"?
- Would you like to hear what works for other parents who are trying to navigate the "terrible tweens"?!?



Join us for practical parenting tips and tools.

For more information, contact:

Carey Cole - 0437 428 281

carey.cole@anglicarevic.org.au

Register using the QR
code or [Here](#):



Registrations welcome on the day
link to be sent in morning for Zoom

Parents Building Solutions Programs - Term one Parenting Series

*** workshops * Free of Charge * Bookings Essential**

NEW YEAR AND NEW BEGINNINGS

- Would you like to start the year with positive family routines?
- Does your busy life make it difficult to maintain routines?
- Does your child (or you) sometimes have difficulty dealing with big feelings?
- Is your child's anxiety making it difficult for them to attend school consistently?

If your answer to any of these questions is "YES!", these sessions are for you!

Join a discussion to explore positive responses to these challenges, and to hear what works for other parents

WORKSHOP/PROGRAM

Routines to support positive transitions. Wednesdays
8th February, 9.00am to 10.15am

Maintaining Routines. Wednesdays
22nd February, 9.00am to 10.15am

Dealing with Big Feelings. Wednesdays
22nd March, 9.00am to 10.15am



VENUE for all 3 workshops

Barton Primary School
90 Everlasting Boulevard, Cranbourne West

For more information, contact

Carey Cole - 0437 428 281

carey.cole@anglicarevic.org.au, OR

to register click [here](#) to attend any, or all
sessions

Walk-ins on the day are welcome



Presented by Parentzone in
collaboration with PRONIA

Enquiries: parentzone.southern@anglicarevic.org.au

PARENTZONE

Parents Building Solutions Programs

1 to 6 week programs * workshops * Free of Charge * Bookings Essential

Mental Health - Recognition and Response

Wednesday

29th March- 1 workshop 6.15pm to 8pm

Venue TooradinCallisthenics Club, Tooradin
Community Hall, 1 Station St, Tooradin.

- Do you wonder, or worry about, your children's or students' mental health
- Would you like to discuss mental health issues with them openly and constructively?
- Do you find it difficult to know what to say?
- Do you want them to know that you are a safe person to share their worries and fears with?



**Register by using the
this QR code:**



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

Many parents and professionals feel the same. Come and share your experience, and explore strategies to build positive communication about mental health in your family and workplace.

**Kids Help Line 1800 55 1800 also have Live Chat and Resources
aged 5-25**

Parentline 132289

Parentline is a phone service for parents and carers of children from birth to 18 years old. We offer confidential and anonymous counselling and support on parenting issues



Raising Children Network

Offers lots of resources

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.

Parents/ Friends can ring for help.

If you need help - phone/use webchat- everything is confidential.

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?

Enquiries: parentzone.southern@anglicarevic.org.au

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Parents Building Solutions Programs

1 to 6 week programs * workshops * Free of Charge * Bookings Essential

Positive Parenting Responses to School Refusal

We have 2 of these workshops running this term

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

Wednesday 8th March - 12.30-2.30pm

Venue Cranbourne West Community Hub

Register by using
the this QR Code for
Cranbourne West



Wednesday 22nd March - 6.00-7.00pm

Venue Officer Secondary College

For more information on either, contact

Carey Cole - 0437 428 281

carey.cole@anglicarevic.org.au

Register by using
the this QR Code for Officer



Parenting Today-

Wednesday-15th February 22nd March

9.30 am- 10.30am ONLINE

Free weekly program for Mums, Dads, Step Parents, Grandparents and Carers

Join us **ONLINE** in an interactive program to share experiences, ideas and learn strategies to support your child.

Come along to one or more relaxed sessions to connect with others and share ideas.

BOOKINGS AND ENQUIRIES:

- Dealing with feelings
- Communication with kids
- Supporting kids with change
- Self-care
- Other interesting topics

Come along to one or more relaxed sessions to connect with others and share Ideas

Different topics each week:



For more information on either, contact

Carey Cole - 0437 428 281

carey.cole@anglicarevic.org.au



Register and Contact!

Iris Guasch- Parent Resource

Coordinator:

Email

iris.guasch@anglicarevic.org.au

Mobile: 0436 007 492

Dads Do Matter and Help Lines and Links for Dads

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.

Mondays-30 January, 6, 13, 20, 27

February & 6 March 2023 (6 weeks) 6.00pm to 8.00pm



- 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.

Parent Resource Coordinator

Jasbir Singh Suropada

Call or Text 0438 004 285

Email:

jasbir.suropada@anglicarevic.org.au

**Click link below or
Scan QR Code to
register:**

[https://forms.office.c
om/r/izvpt6CpJy](https://forms.office.c
om/r/izvpt6CpJy)



**Click Here to listen to Anglicare Victoria
Dads Parenting Today Podcast**

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 Violence towards Men 1800RESPECT

Hours: Available 24 hours

[Learn more](#)

1800 737 732

Men'sline Australia 1300789978

We provide free 24/7 help, support, referrals & counselling services for men via telephone, online and video.

Contact Us

Access MensLine Australia free online counselling service today ...

Aboriginal Men's help-culturally safe call 1800 435 799

To reach the Brother to Brother 24-hour Crisis Line for Aboriginal Men,

Indigenous Men's Resource and Advisory Service 9416 4266

Programs and Referral

The Aboriginal Centre for Males Referral Service is a service that focuses on Family Violence & Homelessness which aims to culturally strengthen the family, bring awareness and responsibility to the male for their actions and their role as a father \husband \Partner, and to keep the family together. ACM provides programs and services that focus on males who are violent towards their family and victims of family violence. Using assisting community services, men will be referred to, monitored for progress and attendance with support and counselling.

online mental Health foundation-

Multicultural Men's Support Group - online support group every second monday of the month

Enquiries: parentzone.southern@anglicarevic.org.au

PARENTZONE

PARENTS BUILDING SOLUTIONS

POSITIVE PARENTING STRATEGIES

RESPONDING POSITIVELY TO PARENTING CHALLENGES CAN BE TRICKY

Wednesday -22nd February. 11.00am to 11.45am

- Would you like to explore strategies to respond differently to your child's behaviour?
- Would you like to know what works for other parents?
- Would you like the opportunity to let us know what parenting programs would be helpful for you?

If your answer to any of these questions is "Yes!", please join us for an information session about Parents Building Solutions programs and strategies

Venue

**Community Hub
Fountain Gate Primary School
Prospect Hill Road, Narre Warren**



Click [here](#) or Scan QR Code to register:



Parent Zone Online Safety webinar

Enquiries: parentzone.southern@anglicarevic.org.au

PARENTZONE

Family Violence for Women and Children

Parents Building Solutions Programs Beyond The Violence for Mothers and Children



8 week Program Free of Charge * Bookings Essential

for women and their children who have been impacted by family violence

- Are you dealing with the after effects of family violence?
- Does your child's anger or anxiety worry you?
- Can you identify the warning signs in a new relationship?
- Do contact visits unsettle your child?
- Do you feel alone?
- Free 8 week program for women and children

Dandenong Venue. Advised on Booking

DATE

Wednesdays
8th February to 29th March

TIME

4.15pm to 6.45pm

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



Rosebud Venue. Advised on Booking

DATE

Wednesdays
8th February to 29th March

TIME

4.00pm to 6.30pm

All enquiries contact - Iris Guasch
PH: 0436 007 492 or
iris.guasch@anglicarevic.org.au



Pakenham Venue. Advised on booking

DATE

Thursdays
9th February to 30th March

TIME

4.00pm to 6.30pm

All enquiries contact - Carey Cole - 0437
428 281
carey.cole@anglicarevic.org.au



Enquiries: parentzone.southern@anglicarevic.org.au

PARENTZONE

Family Violence Help Lines and links

The Orange Door 1800 015 188

A way for women, children and young people who are experiencing family violence or families who need assistance with the care and wellbeing of children to access the services they need to be safe and supported. It is free to access help and support through The Orange Door and you do not need a referral. The Orange Door will be rolled out across Victoria by 2021, with operations beginning in some of the first locations from May 2018.

The Orange Door is open in Barwon, Bayside Peninsula (this includes the whole Peninsula, across the City of Casey, which has other services), The Mallee and North Eastern Melbourne

<https://www.vic.gov.au/familyviolence/the-orange-door.html>

For confidential support and information call Safe Steps on: 1800 015 188

For Urgent assistance call Triple Zero 000

FOR ASSISTANCE IN OTHER AREAS in Southern Region not covered by Orange Door

Go to your local council area for Services

Cardinia Shire ; City Of Casey ; City of Greater Dandenong

WAYSS

For all people facing homelessness and family violence and they will support them to have a safe, secure and affordable home that enables them to live a better life. Formed in 1990's to provide responsive services for individuals and families in Greater Dandenong, Casey, Cardinia, Frankston and Mornington Peninsula.

HOMELESSNESS SERVICES-

WAYSS is the first point of contact for people experiencing homelessness in Greater Dandenong, Casey, Cardinia and Frankston.

FAMILY VIOLENCE

– WAYSS family violence specialists are able to assist with access to crisis accommodation, referral services including counselling, housing and legal.

HOMELESSNESS SERVICES FOR YOUTH-

assist 16-25 with housing options, living and life skills and private rental support. They also run a refuge offering crisis accommodation.

SAFE STEPS Phone: 1800 015 188

24/7 FAMILY VIOLENCE RESPONSE PHONE LINE

Email: safesteps@safesteps.org.au

You can also chat to us online between 9am and 9pm, Monday to Friday.

As a part of our COVID-19 service response, you will be asked some additional questions about any recent travel or contact with confirmed cases. Your answers will ensure we provide you with a responsible and appropriate service to meet your individual needs.

PARENTS BUILDING SOLUTIONS

Level 1 Accredited Training for Professionals

Parents Building Solutions provides an evidence-based comprehensive framework for any professional who works with parents, whether it be with individuals, couples or groups. Discover tools to support any parent or carer in any setting including sole parents, couples, step-parents, grandparents carers and family groups.

The 3-week full-day training includes:

Strength-based tools to effectively engage parents in reflective conversations about parenting.

Tips to Support parents with setting boundaries, understanding their child's development, emotional wellbeing, resilience, and positive family relationships

The Tools of the trade - a 390 page Parents Building Solutions e-manual with practical activities and insights to support the emerging needs of parents today.

Development of communication and facilitation skills to best support parents

Who is this training for?

Anyone who works with parents! A wide variety of people have told us they really benefited from this training - social workers, teachers, psychologists, case managers, family services practitioners, volunteers, and residential staff.

"The training was both practical and reflective. I learned new ways to communicate with parents and feel more confident discussing tricky topics"- Family Services Worker

Contact/Register

Jess Moran

Phone: 03 86418913

Email:

jessica.moran@anglicarevic.org.au



Term 1, 2023 Training:

When: Wednesdays 22nd March, 29th March & 5th April 9.30am-4.00pm (3-week training)

Where: City of Whittlesea, Council Offices, Innovation Hub, 25 Ferres Boulevard, South Morang

Cost: \$495. (Plus 10% GST) Includes PBS Manual-USB
Hardcopy PBS Manual is also available for purchase at \$115 (Plus 10% GST)

Level 1 PBS Assessment & Methodology:

The program is experiential - combining theory and practice wisdom to give participants fresh insights and practical tools they can use when working with families.

Upon completion of the training and assessment, all participants may be accredited to Level 1 PBS practitioner. The required assessment includes 90% attendance, demonstrated competence according to the PBS assessment matrix, completion of 3 program reflections which focus on the additional reading articles and/or weekly activities, and in pairs facilitation of an activity from the PBS manual to the wider group.

Enquiries: parentzone.southern@anglicarevic.org.au

PARENTZONE

Training Application Form



PARENTZONE

Professional Training Application Form

Please complete and return this form to parentzone.northern@anglicarevic.org.au or jessica.moran@anglicarevic.org.au

First Name		Surname	
Agency		Position	
Address			
Suburb		Postcode	
Phone		Email	
Dietary Requirements	Vegetarian <input type="checkbox"/>	Gluten Free <input type="checkbox"/>	Other <input type="checkbox"/>
Register For	Training only \$495 (plus 10% GST) <input type="checkbox"/>	Hard Copy of PBS manual \$115 (plus 10% GST) <input type="checkbox"/>	

Terms and Conditions

- Places are subject to availability. Places will be confirmed via return email.
- Fees will only be refunded if participants withdraw 10 days prior to the training date
- ParentZone cannot always guarantee dietary requirements. Individuals will be contacted prior to training if dietary requirements can not be accommodated

Invoice Details

Please complete the details below and our finance team will send an invoice to the relevant person

Name of organisation or individual	
Purchase order number	
Attention of	
Address	
Email	
Phone	

Parentzone PEER Networks

<p>City of Greater Dandenong</p> <p>Please Contact Jasbir for Dates and Time</p>	<p>Jasbir Singh Suropada 0431 203 177 or 9706 8568 Jasbir.suropada@anglicarevic.org.au</p>
<p>Frankston and Mornington Peninsula</p> <p>2nd March ONLINE 3.00pm to 4.30pm</p>	<p>Michelle Brown 0429 174 150 michelle.brown@anglicarevic.org.au</p>

Great Networking
Opportunities





Tuning in to Kids™ for Dads

A FREE, 6-week group for dads in the Cranbourne area to develop and enhance your parenting skills, focusing on building your relationship with your child.

Do you:

- have a connection to the Cranbourne area (place of residence, work, school or relatives), and
- have a child aged 3-10 years?
- have difficulty managing your child's behaviour?
- want to strengthen your parenting skills?
- want to learn ways to better connect with your child?
- feel concerned about the level of conflict in your home?

This course teaches dads:

- to be aware and to regulate your own emotions
- to be aware of your child's emotions
- to use your child's emotional experiences as an opportunity for closeness and teaching
- skills to help your child verbally name their emotions
- skills to help your child to problem-solve
- to guide your child's behaviour with appropriate limits.

Please note: Only parents and carers can attend programs. Children cannot be present during groups.

Tuning in to Kids™ is provided by Relationships Australia Victoria as part of Windermere's Communities for Children initiative, with funding from the Australian Government Department of Social Services.

When

Six sessions from 6 - 8pm on Mondays in term 1, 2023:

- 20 February • 20 March
- 27 February • 27 March
- 6 March • 3 April.

Please note: There will be no session on 13 March due to the public holiday.

Where

Face-to-face in Cranbourne or online, depending on what the majority of participants prefer. Please let us know your preference when you contact us.

Cost

Free of charge. Bookings are essential as places are limited.

Express your interest

- Call (03) 5990 1900
- Email cranbourne@rav.org.au
- Complete our online form at rav.org.au/child-parenting-courses/tink-dads-cranbourne-online

Please note: This program is not suitable for men who use, or have used, violence in their relationships. If this applies to you, please phone (03) 5911 5400 to find out how we can support you or visit rav.org.au/courses-men-using-family-violence

23004

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

@ Pakenham Hills





[Email us](#)

Watch out for Cardinia Communities for Children webinars for 2023. You asked and we'll deliver!

14/2/2023 Parenting milestones with ages 0-4 years

What are the 'normal' developmental milestones I should know?
What do I do if I feel concerned?
Where and who can I speak to if I have concerns?

14/3/2023 Parenting milestones with ages 5-12 years

What are the 'normal' developmental milestones I should know?
What do I do if I feel concerned?
Where and who can I speak to if I have concerns?

16/5/2023 Emotional regulation and dealing with stress and anxiety

How do I recognise when my child is experiencing stress and anxiety?
How do I support my child?
Where and who can I speak to for further help?

13/6/2023 Children's mental health and wellbeing

Why our children's mental health & well-being is important?
How do we support mental health & well-being?
Where do I go to get further assistance?

Anglicare Victoria
Cardinia Communities for Children
The ParentZone Hub
75 Army Road Pakenham
03 9781 6710

PARENTZONE

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

Sarah Carmody

Sarah.carmody@anglicarevic.org.au



Eastbourne Primary School

Annette Bailey

Annette.bailey@anglicarevic.org.au

Foster Care Information Sessions

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.

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

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



Crisis Lines and Links

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.

Parents/ Friends can ring for help.

If you need help - phone/use webchat- everything is confidential.

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?

Making Ends Meet

An information and resource guide to assist people managing on a tight budget. Contains information about free or low cost services, tips and advice on ways to stretch your budget further, and low cost alternatives for things to do with family and friends.

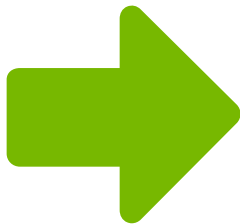
Making Ends Meet 2023.pdf (ciscranbourne.org.au)

A resource of Community Information and Support Cranbourne

More Programs will be out in 2023

If there is a contact or QR code with the program you are interested in, please fill this in and you will be contacted

If you have any queries please contact one of our Workers.



NEIGHBOURHOOD HOUSES VICTORIA

For your local Community House please click here

<https://www.nhvic.org.au/neighbourhoodhouses/neighbourhood-houses>

Enquiries: parentzone.southern@anglicarevic.org.au

PARENTZONE

Help Lines and Links Children and Young People

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.

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](#).

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.

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.](#)

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](#)



Culturally and Linguistically diverse (CaLD) COMMUNITIES

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



Cultural Playgroups

These playgroups are places where parents and carers meet to participate in activities that encourage their child's development and social skills; as well as interacting with people from similar cultural backgrounds.

[Playgroup Victoria Directory](#)

[VICSEG Supported Playgroups in Diverse Communities](#)

[Victorian Multicultural society](#)

[CMY - Centre for Multicultural Youth](#) The Centre is for Multicultural Youth, based in Victoria providing specialist knowledge and support to young people from migrant and refugee backgrounds.

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

OUR TIME- SUPPORTED PLAYGROUP

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



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!!

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](#)

Frankston City Council

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

Cardinia Shire Council

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

Bayside City Council

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



Mornington Peninsula Shire

Council Offices

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

Parenting Support

Website: [Mornington Shire Council](#)

[Aboriginal and Torres Strait Islander Programs](#)

Email

customerservic@mornpen.vic.gov.au

Rosebud Office

90 Besgrove St
Rosebud

Mornington Office

2 Queen St Mornington
PH 5950 1000
Ph 1300 850 600

Hastings Office

21 Marine Pde Hastings



City Of Kingston

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

City of Stonnington

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

[Maternal Child Health Services and Centers](#)

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

Host a Workshop or Program

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.suropada@anglicarevic.org.au or

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

Iris Guasch

Beyond The Violence

Timeout Playgroup

General parents Building Solutions

Email iris.guasch@anglicarevic.org.au

Mobile: 0436 007 492

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

Beyond the Violence and Parents Building Solutions

Iris Guasch at Parentzone on 0436 007 492

Iris.Guasch@anglicarevic.org.au

City of Frankston & Mornington Peninsula.

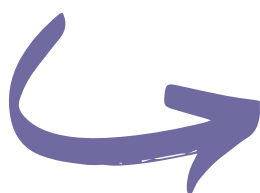
Parents Building Solutions

Michelle Brown 0429174150

Michelle.Brown@anglicarevic.org.au

Please contact us
if you have Questions about
our Programs or the New
Letter

Have a good start to the
Year



PARENTZONE