



## **ParentZone Southern Newsletter**

### **Term 2, 2023**

Find out about our ParentZone Pods, Help Lines, other Anglicare programs, Communities for Children, and ParentZone programs being run in the Southern Region which include, but not limited to: Supported Playgroups; Transition Programs; Parenting Programs; and Workshops.

**ParentZone Southern**

**P: (03) 9781 6767 or 1300 984 200**

**75 Army Rd Pakenham**

**Pakenham 3810**

**PARENTZONE**

**BETTER  
TOMORROWS**

Welcome to Term 2, a short term, so be ready to hit the ground running, as many of our programs start in the week beginning on the 1st of May!

ParentZone works with schools and other organisations in the Southern region, and we have numerous free programs and workshops planned for this term. You can choose both face to face groups and online options, including our free, supported playgroups: "My Time" in Rosebud, facilitated by Iris, and "Play Circle" in the City of Greater Dandenong, facilitated by Erin, both of whom are Parent Resource Coordinators.

This newsletter includes the Term Two sessions and programs which have been finalised thus far, but please keep checking our website for updates. We are also providing you with helpful links and details of help lines.

If you are unable to attend a program or session, or there is not one that is suited to your needs right now, remember the ParentZone pods (link below). These are a useful resource and provide parents and carers an immediate option for issues or concerns they are facing now.

**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, 3810

email: [parentzone.southern@anglicarevic.org.au](mailto: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.

Residents in the City of Bayside; Stonnington; Kingston and Port Phillip are welcome to contact us for parenting support and advice

While some of our programs are confined to a specific geographic area, many are open to anybody who is able either to travel to the venue, or join us online.

## 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

## CONTENT

Welcome and News from ParentZone and Anglicare

Contents

Power Savings Bonus Contact and support

ParentZone Pods

Supported Playgroups (My Time and Play Circle)

Baby Makes 3

School Refusal and Positive Parenting Approaches

General Parenting-Face to Face

Dealing with Feelings and General and Proactive Parenting ONLINE

PBS-General Parenting/ Parenting Today

Positive Parenting/Dealing with Feelings

Dads Do Matter and Help lines for Men

PBS GIRaFfe and LGBTIQ and Community Help lines

Family Violence for Women and Children

Parents Building Solutions with a Family Violence Lens ONLINE

Family Violence Help Lines and Links

Mental Health Help Lines and Links

Professional Training:

PBS for Professionals Training

PBS for Professionals Application Form

What is Beyond The Violence Facilitator Training?

Beyond The Violence Facilitator Training

PEER NETWORKS

ParentZone HUB- Pakenham

Communities for Children Cardinia

Family School Workers

Linking Families and Youth Together (LYFT)

Foster Care

Other Organisations, Crisis Lines and useful links

Relationships Australia - Tuning into Kids

Relationships Australia - Tuning into Dads

Crisis Lines and Making Ends Meet

Help Lines and useful lines and links

0-18 and Young People

Indigenous Communities

Culturally Linguistically Diverse Communities

Playgroups-Councils, Maternal Child and Health, Host a Workshop



# 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





Anglicare Victoria

# PARENTZONE

## PODS

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



## Podcasts for parents, carers and those who support others with their parenting

The ParentZone Teams are delighted to bring you **TWELVE** 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 Series 1

- Episode 1: [Family Meetings](#) - click [here](#)
- Episode 2: [Dealing with Anxiety](#) - click [here](#)
- Episode 3: [Sibling Rivalry](#) - click [here](#)
- Episode 4: [Getting Children to Listen](#) - click [here](#)
- Episode 5: [How to Respond to Kids' Behaviour](#) - click [here](#)
- Episode 6: [How to Stop Yelling at your Kids](#) - click [here](#)

### Podcast Series 2

- Episode 1: [Positive Discipline](#) - click [here](#)
- Episode 2: [School Refusal](#) - click [here](#)
- Episode 3: [Parenting our Teenagers](#) - click [here](#)
- Episode 4: [Meltdowns vs Tantrums](#) - click [here](#)
- Episode 5: [Couples Parenting Together](#) - click [here](#)
- Episode 6: [Dads Parenting Today](#) - click [here](#)

**NEW!**

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



# Supported Playgroups

## SUPPORTED PLAYGROUPS - Free to attend

### OUR TIME - SUPPORTED PLAYGROUP - Frankston area

A supported playgroup for pre-school children and their parents who have experienced mental health challenges

**Tuesday 2nd May to 20th June, 9.30am to 11.30am**  
**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

#### Venue

Aldercourt Primary School  
Silver Ave, Frankston North VIC 3201



#### Bookings and Enquiries

Iris Guasch - Parent Resource  
Coordinator:  
Email: [iris.guasch@anglicarevic.org.au](mailto:iris.guasch@anglicarevic.org.au)  
Mobile: 0436 007 492  
Call or text to book

Sarah Dickenson - FaPMI Coordinator  
Email: [fapmi@phcn.vic.gov.au](mailto:fapmi@phcn.vic.gov.au)  
Text: 0439 336 808

### Play Circle - Supported Play Group. Dandenong location which will be advised when booking

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

Thursday, 4th May to 22nd June, 10.00am to 11.30am

For bookings & enquiries contact:

Erin Surrey, Parent Resource Coordinator  
Phone: 0438 459 891  
Email: [Erin.Surrey@anglicarevic.org.au](mailto:Erin.Surrey@anglicarevic.org.au)

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



**MISSION AUSTRALIA** | together we stand

<https://www.facebook.com/groups/C4CDandenong>

Please scan the QR code to see Communities for Children Greater Dandenong's Facebook page



**PARENTZONE**

## Baby Makes 3

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

**Wednesdays, 19th April to 3rd May**  
**6pm to 8pm (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**

15 Ercildoune Ct, Cranbourne West

A light meal is provided

The program will be repeated in May at the same venue and time

**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



# PBS - School Refusal and Positive Parenting

## Parents Building Solutions Programs

1 to 6 week programs \* Workshops \* Free of Charge \* Bookings Essential

**For parents, step-parents, grandparents, families and carers of children of all ages. Come join a 6 week face to face parenting group. Share ideas and feel supported. Free for all.**

**POSITIVE PARENTING RESPONSES TO SCHOOL REFUSAL, THURSDAY 27TH APRIL - 6.30PM - 8.00PM**  
ONLINE

SCHOOL REFUSAL IS A CHALLENGE FACING MANY PARENTS

- Is school refusal turning your home into a battleground?
- Is your child experiencing separation anxiety?
- Would you like to understand some of the reasons for school refusal?
- Would you like to know what works for other parents?

(Zoom) Link will be provided to all registered participants the day before

### HOW TO... POSITIVE PARENTING STRATEGIES

Presented by Parentzone in collaboration with PRONIA

JOIN US FOR THE FIRST TWO OF OUR "HOW TO..." PARENTING WORKSHOPS

**Session One: Running a Family Meeting:**  
**Tuesday, 2nd May. 12.15pm - 1.30pm**

- Would you like to improve your relationship with your children?
- Would you like to communicate better as a family?
- Would you like strategies to collaborate with your children on establishing and maintaining family rules and boundaries?

**Session Two: Responding to Tantrums**  
**Tuesday 20th June. 12.15pm - 1.30pm**

- Explore the difference between meltdowns and tantrums
- Discuss helpful responses to your own, and your children's, big feelings

(Zoom) Link will be provided to all registered participants the day before

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



**Enquiries and to Register**

**Carey Cole - 0437 428 281**  
**[carey.cole@anglicarevic.org.au](mailto:carey.cole@anglicarevic.org.au)**

OR

**Register using the QR code**  
**or this link:**

<https://forms.office.com/r/iVR9DiC74J>



**Enquiries and if you need help registering**

**Contact:**  
**Carey Cole - 0437 428 281**  
**[carey.cole@anglicarevic.org.au](mailto:carey.cole@anglicarevic.org.au)**



**Register using the QR code**  
**or this link:**

<https://forms.office.com/r/sKzd9yFC7Q>

# PARENTZONE



## Parents Building Solutions Programs

1 to 6 week programs \* Workshops \* Free of Charge \* Bookings Essential

**For parents, step-parents, grandparents, families and carers of children of all ages.**

**Come join a 6 week face to face parenting group. Share ideas and feel supported. Free for all.**

### Parents Building Solutions-General Parenting

Interactive program to share experiences, ideas and to learn strategies to support your child.

#### ARE YOU TIRED OF ALL THE YELLING?

How to communicate better within the family

#### DEALING WITH ANGER

Helping parents deal with anger in themselves and the kids

#### RESPONDING TO BEHAVIOUR

Understand why children behave the way they do

#### STRATEGIES THAT WORK

How can parenting be easier and more fun

Michelle Brown ( Parent Resource Coordinator) will be facilitating a couple of these programs face to face this term. Michelle will also offer some ONLINE programs

**Parents Building Solutions - General Parenting**  
**Thursdays, 4th May to 9th June, 1.15pm to 3.15pm**  
**Face to Face**

#### VENUE: Tootgarook Primary School

7 Carmichael St, Tootgarook VIC 3941  
Mornington Peninsula

**Parents Building Solutions - General Parenting**  
**Wednesdays, 10th May to 21st June, 9.00am to 11.00am**

**No session on 24th May (student free day)**

**Face to Face**

#### VENUE: Ballam Park Primary School, Karingal

Naranga Crescent. Enter via Ballam Park  
Kindergarten continue to the roundabout, Frankston  
VIC 3199

**Parents Building Solutions - General Parenting**  
**Tuesdays, 9th May to 13th June, 9.00am to 11.00am**

#### VENUE: Mt Eliza North Primary School

6 Moseley Drive , Mount Eliza

For all Enquiries about the programs on this page contact:

**Michelle Brown**

**Parent Resource Coordinator:**

**Email**

**Michelle.brown@anglicarevic.org.au**

**Mobile: 0429 174 150**



Register using the QR code or this link  
<https://forms.office.com/r/K4caLnC5Mu>



Register using the QR code or this link  
<https://forms.office.com/r/P0uN8MaZjQ>



Register using the QR code or this link  
<https://forms.office.com/r/cm76hw31Er>



Michelle Brown will also be facilitating other programs/workshops in the Frankston area, which are still being confirmed. Please check our website, or contact Michelle for further information.

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

# PARENTZONE

## Parents Building Solutions Programs

1 to 6 week programs \* Workshops \* Free of Charge \* Bookings Essential

For parents, step-parents, grandparents, families and carers of children of all ages. Come join a 6 week, face-to-face parenting group. Share ideas and feel supported. Free for all.

### ONLINE One Session

#### Dealing With Feelings

Tuesday 9th May - 6.45pm to 8.15pm

FEELINGS CAN MAKE US VERY UNCOMFORTABLE!

- Does your child (or you) have difficulty expressing feelings in appropriate ways?
- Does your child often seem to be anxious, angry, frustrated, jealous or sad?
- Would it be helpful to explore what other parents are doing to support their children?

If your answer to any of these questions is "YES!", come along to join a discussion that explores positive responses to this parenting challenge, and to hear what works for other parents.

**Parents Building Solutions -PROACTIVE PARENTING**  
**Mondays 3rd May to 5th June, 6.45pm to 8.15pm ONLINE**

PARENTING IS ONE OF THE TOUGHEST JOBS YOU WILL EVER DO...WITHOUT ANY TRAINING!

Do you sometimes feel as if you treading water as a parent, and reacting, rather than being proactive? If so, would you like to:

- Improve your relationship with your children?
- Improve communication in your family?
- Learn strategies for responding to big feelings?
- Explore ways to establish healthy rules, boundaries and consequences?

If you answer is "yes" to any of these questions, or you would like to join a group of parents exploring strategies to respond to other parenting challenges, this is the group for you!

**Online (Zoom) - Please note: these sessions will not be recorded**



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

Enquiries and to register

Contact:

Carey Cole - 0437 428 281

[carey.cole@anglicarevic.org.au](mailto:carey.cole@anglicarevic.org.au)

Register using the QR code or this link:



(Zoom) Link will be provided to all registered participants the day before

For more information, contact:

Carey Cole - 0437 428 281

[carey.cole@anglicarevic.org.au](mailto:carey.cole@anglicarevic.org.au)

Use the QR code or this link:

<https://forms.office.com/r/TfXfwz264Z>

Zoom Link will be provided to all registered participants the day before



# PARENTZONE

# Parents Building Solutions-General Parenting and Parenting Today

## Parents Building Solutions Programs

1 to 6 week programs \* Workshops \* Free of Charge \* Bookings Essential  
For parents, step-parents, grandparents, families and carers of children of all ages.  
Come join a 6 week face to face parenting group. Share ideas and feel supported. Free for all.

**Parent Building Solutions- General Parenting**  
Tuesdays, 9th May to 13th June (6 weeks) 1.00 to 2.30pm  
**ONLINE**

**ARE YOU TIRED OF ALL THE YELLING?**  
How to communicate better within the family

**DEALING WITH ANGER**  
Helping parents deal with anger in themselves and the kids

**RESPONDING TO BEHAVIOUR**  
Understand why children behave the way they do

**STRATEGIES THAT WORK**  
How can parenting be easier and more fun

**Zoom Link will be provided to all registered participants the day before**



**Enquiries and to Register**

**Michelle Brown**  
Parent Resource Coordinator:  
Email  
[Michelle.brown@anglicarevic.org.au](mailto:Michelle.brown@anglicarevic.org.au)  
Mobile: 0429 174 150  
Register using the QR code or this link:  
<https://forms.office.com/r/Z6tYfBGDeG>



**PARENTING TODAY- ONLINE GROUP**  
Wednesday 10th May to 21st June 2023 (6 weeks)  
Come to as many as you like.  
7:00pm - 8:00pm  
Online Via ZOOM

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

**Different topics each week:**

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

**Zoom) Link will be provided to all registered participants the day before**

**Enquiries and to Register**

**Iris Guasch- Parent Resource Coordinator:**  
Email [iris.guasch@anglicarevic.org.au](mailto:iris.guasch@anglicarevic.org.au)  
Mobile: 0436 007 492

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

**PARENTZONE**

## Parents Building Solutions Programs

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

For parents, step-parents, grandparents, families and carers of children of all ages. Come join a 6 week face to face parenting group. Share ideas and feel supported. Free for all.

### Positive Approaches To Parenting

Tuesday 6th June - 1.45pm - 2.45pm

#### Venue:

Ramleggh Park Primary School  
34 Thoroughbred Drive  
Clyde North

### PARENTING IS ONE OF THE MOST DIFFICULT JOBS YOU WILL EVER DO!

Would you like to explore ways:

- Improve communication with your children?
- Help your children develop resilience and self-soothing strategies?
- Set healthy boundaries to help your children be safe online?
- Decide how much online time is enough?
- Support your children if they feel they are being bullied?

YOU ARE NOT ALONE! Join us to explore positive parenting strategies to respond to these, and other, parenting concerns.

Zoom) Link will be provided to all registered participants the day before

### Dealing With Feelings One Session

Tuesday 23rd May, 9.15am to 11.00am

### FEELINGS CAN MAKE US VERY UNCOMFORTABLE!

- Does your child (or you) have difficulty expressing feelings in appropriate ways?
- Does your child often seem to be anxious, angry, frustrated, jealous or sad?
- Would it be helpful to explore what other parents are doing to support their children?

If your answer to any of these questions is "YES!" come along to join a discussion that explores positive responses to this parenting challenge, and to hear what works for other parents.

While walk-ins are welcome, please try to register beforehand for catering purposes.

Zoom) Link will be provided to all registered participants the day before

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



Enquiries and help Registering if you need it  
For more information, contact:

Carey Cole - 0437 428 281  
[carey.cole@anglicarevic.org.au](mailto:carey.cole@anglicarevic.org.au)

Register using the QR code or this link:  
<https://forms.office.com/r/TrGZ62AjYz>



Enquiries and help Registering if you need it

For more information, contact:

Carey Cole - 0437 428 281  
[carey.cole@anglicarevic.org.au](mailto:carey.cole@anglicarevic.org.au)  
OR

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



## DADS DO MATTER - ONLINE ZOOM

### PARENTS BUILDING SOLUTIONS

Open to all Dads, Step-Dads, Single Dads and Grand-Dads, come along to share experiences, learn new strategies & solutions.

- Safe space to voice your frustrations and feelings without judgment
- Connect with other Dads
- Improving your Confidence & Communication as a Dad
- Coping with stress and anger.
- Handling conflicts with respect
- Parenting Beyond Separation.



### Parent Resource Coordinator

**Jasbir Singh Suropada**

**Call or Text 0438 004 285**

**Email:**

**[jasbir.suropada@anglicarevic.org.au](mailto:jasbir.suropada@anglicarevic.org.au)**

### 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

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

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

**PARENTZONE**

## Parents Building Solutions Programs

Single session \* workshops \* Free of Charge \* Bookings Essential

### PARENTS BUILDING SOLUTIONS - GIRaFfe!

Gender Identity Relationships and Fluidity for Everyone

Free one off interactive session online for Mums, Dads, Grandparents, Aunts, Uncles, adult carers to talk about this.

Tuesday 23 May

Evening Program from 6.30pm-8.30pm



At this session let's share our ideas and experiences about:

- How to best support children through change
- Acknowledging how they and we are feeling
- Communicating their needs to others

Enquiries and help Registering if you need it

**Michelle Brown**

**Parent Resource Coordinator**

**michelle.brown@anglicarevic.org.au**

**0429174150**

Register via the QR code or the link

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



**ZOOM link to follow on receipt of registrations Please note this is an interactive session and I look forward to seeing everyone's faces on camera**

### LGBTIQ+ Community Help/Information Lines

**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.

Email: [support@rainbowdoor.org.au](mailto: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

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.

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

**Frankston Venue. Advised on Booking**

**Wednesdays**

**3rd May to 21st June**

**4.00pm to 6.45pm**

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



## Parents Building Solutions

**FREE 6 Week program for mums who've been impacted by family violence to have a "virtual cuppa" and talk about their kids.**

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

**All enquiries contact - Erin Surrey  
PH: 0438 459 891 or  
[Erin.Surrey@anglicarevic.org.au](mailto:Erin.Surrey@anglicarevic.org.au)**

**Tuesdays - May 9th May to 13th June**

**11:00pm - 12:30pm**

**ONLINE**

**Free! Bookings are essential.**



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



# Mental Health and Mental Health Help Lines and Links

**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?

## **MIND AUSTRALIA 1300 286 463**

Mind offers a range of specialised psychosocial support services and therapies to help you gain better mental health and improve the quality of your life, including:

- information and advice
- support coordination
- specialised assessments, counselling, coaching and learning
- in home and community support
- a variety of housing and support services
- recovery retreats
- sub-acute recovery care
- family and carer support

Site also has resources

## **IRABINA AUTISM SERVICES**

Irabina is Australia's largest paediatric Autism specific service provider.

Registered Charity Irabina is a registered NDIS provider and a registered charity with the ACNC. We provide wrap-around support and education to individuals, siblings, parents, carers and other professionals

Workshops and Programs for Parents and Carers with children with Autism. [Click on link below](#)

<https://www.irabina.com/parent-carer-workshops/>

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

# PARENTZONE

## 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

#### Term 2, 2023 Training:

**When: Mondays 8th and 22nd May and 5th June.  
9.30am-4.00pm (3 week training)**

**Where: Anglicare Vitoria, 5A Church Street  
Leongatha**

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 5 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.

#### 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:

**Jasbir Singh Suropada**  
0438 004 285 or  
[jasbir.suopada@anglicarevic.org.au](mailto:jasbir.suopada@anglicarevic.org.au)



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

# PARENTZONE

# Training Application Form



# PARENTZONE

## PBS - Professional Training Application Form

Please complete and return this form to [parentzone.southern@anglicarevic.org.au](mailto:parentzone.southern@anglicarevic.org.au) or [jasbir.suopada@anglicarevic.org.au](mailto:jasbir.suopada@anglicarevic.org.au)

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

<b>Name of organisation or individual</b>	
<b>Purchase order number</b>	
<b>Attention of</b>	
<b>Address</b>	
<b>Email</b>	
<b>Phone</b>	

# Beyond the Violence For Professionals

## Facilitator Training for Professionals



### AIMS

Beyond The Violence (BTV) facilitator training will assist participants, through experiential learning, to develop the specialized skills and insight to facilitate the Beyond the Violence group program. All participants will receive a copy of the Beyond the Violence manual.

### LEARNING OUTCOMES

**The three day training will assist participants to:**

- Understand the impacts of Family Violence on women and children
- Explore strength-based, participant driven group formats
- Identify techniques and strengths for group work, engagement and facilitation
- Increase skills and confidence in supporting families who have experienced violence
- Practice group work skills in a family violence context, within a parents', children's and combined family group

Participants will be provided with live supervision and debriefing.

Training will be delivered by Ariane Hahn from Anglicare Victoria, who has extensive experience in parent and community education and in working with women and children that have experienced family violence.

### EXPRESSIONS OF INTEREST:

If you or your agency would like to partner with us to deliver the Beyond The Violence program contact Ariane Hahn: [ariane.hahn@anglicarevic.org.au](mailto:ariane.hahn@anglicarevic.org.au) or phone 0499 080 468

Note: Priority for the facilitator training is given to those who are interested in co-facilitating one or more Beyond The Violence programs within the next 6 to 12 months.. The programs are scheduled during school terms in Dandenong, Frankston, Cardinia, and Mornington Peninsula municipalities..

### BTV RUNS IN FRANKSTON, ROSEBUD & DANDENONG DURING THE YEAR

### WHAT IS THE BEYOND THE VIOLENCE PROGRAM?

Beyond The Violence is an 8 week group for non-violent parents and children who have experienced or are experiencing Family Violence. The program helps families to establish safety, rebuild family relationships and move forward with their lives following Family Violence.

#### **The emphasis of the group is on:**

- Moving forward in a positive manner
- Re building family relationships
- Building skills - parenting skills and children's social skills
- Increasing safety and minimising risk

#### **The program aims to allow a learning environment where participants are supported to:**

- Acknowledge the past and it's impacts
- Establish or re-establish appropriate parent-child roles, relationships, responsibilities and trust
- Explore alternative approaches and behaviours that respect the rights of the individual and of others
- Feel safe
- Develop self-esteem and positive communication skills
- Accept responsibility for one's own actions
- Set and work toward family goals
- Build hope and trust
- Develop the life families want beyond the violence

Live supervision and regular debriefing will be available to all those who co-facilitate the eight week BTV program. Completing the 3-day BTV facilitator training is a prerequisite for facilitating the eight week BTV program.

# BEYOND THE VIOLENCE - Term 2, 2023

Do you want to increase your skills working with parents and children affected by Family Violence?



- Professionals who have existing group work skills and experience, or a background working with women and children impacted by family violence.
- People wanting greater skills working with those affected by family violence.

## FACILITATOR TRAINING - Dandenong

26th May, 2nd and 9th June 2023

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

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

(Morning Tea and Lunch provided.)

St James' Anglican Church Hall,  
53 Langhorne St, Dandenong  
free on-site parking for some cars - arrive early to be sure

Contact: Ariane Hahn  
Email: [ariane.hahn@anglicarevic.org.au](mailto:ariane.hahn@anglicarevic.org.au)  
Mobile: 0499 080 468

FREE TRAINING

Bookings are ESSENTIAL.



## FACILITATOR TRAINING - Rosebud

2, 9, 16th June 2023

9:00 am to 4:00 pm -

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

(Morning Tea and Lunch provided.)

Rosebud Venue to be advised on booking or enquiring

FREE TRAINING

Bookings are ESSENTIAL.

Iris Guasch- Parent Resource Coordinator:  
Email [iris.guasch@anglicarevic.org.au](mailto:iris.guasch@anglicarevic.org.au)  
Mobile: 0436 007 492

# 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 Wednesday 21st June 3.00pm-4.30pm ONLINE</p>	<p>Michelle Brown 0429 174 150 michelle.brown@anglicarevic.org.au</p>

Great Networking  
Opportunities

Bring your coffee, snacks and ideas to help us decide which programs best suit our community. Let us know what you and your workplace are up to. Maybe we can work together



## 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

### Art Therapy Group for Women who have experienced family violence Living in the City of CARDINIA

**Thursday afternoons, 4 May to 22 June 2023**

**1.30pm to 3.pm**

**Refreshments provided**

Family violence is a traumatic experience. Sometimes we simply do not have words to express ourselves. That's where Art Therapy comes in. Ange Morgan is an art therapist experienced in working with people who have experienced family violence. Ange works to foster exploration, curiosity and enjoyment in arts based processes No previous art experience needed, just you.

**Venue**

The ParentZone HUB  
75 Army Road, Pakenham

**For bookings & enquiries contact:**

**CfCCardinia@anglicarevic.org.au or  
0457 825 076.**

**To register, click the link. or Phone/Email**

**<https://forms.office.com/r/Ut2x9Nd4nn>**



PARENTZONE

PARENTZONE



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

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

### **Emotional regulation and dealing with stress and anxiety**

Presented by Jasbir Suropada - Parentzone Parent Resource Coordinator

**Tuesday 16th May, 7.00pm to 8.30pm**  
**Zoom online**

- 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?

Click below to register

**Webinar Registration - Zoom**

### **[Cardinia Communities for Children Facebook page](#)**

Find us on Facebook. Look for Cardinia Communities for Children or go to the link below. Send us fliers of your activities, events and groups.

### **[Cardinia Communities for Children website](#)**

The Am I Safe? website has been building knowledge with local children since 2011. What does being unsafe feel like? Who can I talk to? Who do I call? and more



### **Children's mental health and well-being**

**Tuesday 13th June. 7.00pm - 8.30pm**  
**Zoom Online**

- 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



Anglicare Victoria also has a Communities for Children servicing the Frankston Area



# Family School Workers

**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 well-being, school engagement and educational outcomes.**

- Increased safety and well-being 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.

“Based on campus at each school, the program’s school-based family workers take the time to get to know students, their needs and the challenges in their lives. They work with students in school and at home, providing highly individualised support, along with group activities and programs, that get them excited about school, inspired to continue studying and reconnected with learning and the school community.

Our schools-based family workers provide parents and families with easily accessible, one-on-one and group support, along with referrals to vital services to help address their needs. In the current climate, families are facing many complex issues for disengaged students, increased isolation, and the rising cost of living. All these issues are leading to higher rates of anxiety, depression, school refusal and absenteeism in vulnerable students.



## **Dromana Secondary School**

Jodie Bradshaw

Jodie.bradshaw@anglicarevic.org.au

## **Karingal Heights Primary School**

Sarah Carmody

Sarah.carmody@anglicarevic.org.au

## **Eastbourne Primary School**

Annette Bailey

Annette.bailey@anglicarevic.org.au

## **Bittern Primary School**

Natalie Everitt

Natalie.everitt@anglicarevic.org.au

## **Tootgarook Primary School**

Sonia Sutcliffe

Sonia.sutcliffe@anglicarevic.org.au

# LYFT UP YOUR FAMILY GROUP

**A program for parents & carers of young people (aged 12-25 years) who have challenging behaviours and may also be using alcohol and other drugs in a problematic way**

- Are you concerned about your young person's risk taking behaviors?
- Are you struggling to communicate with your young person?
- Are you tired of yelling?

**For next dates and to Register in the Southern Region | Frankston, Mornington Peninsula | 03 9781 6700**



## **Linking Youth and Family Together (LYFT)**

Linking Youth and Family Together (LYFT) provides a unique family-systems approach to the drug and alcohol treatment of young people aged 12 to 21 years. The program assists families to develop positive ways of communicating and problem solving. The notion of family is understood broadly and includes relatives and significant others. The work is conducted in settings that offer the greatest opportunity for engagement and learning.

Working together, young people can be supported to make positive choices about their alcohol and drug use and family relationships can be strengthened resulting in improved family functioning.

**Southern Region | Frankston, Mornington Peninsula | 03 9781 6700**

Eastern Region | Knox, Yarra Ranges, Maroondah, Whitehorse, Booroondara, Monash, Manningham | 03 9721 3650

## 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 and to fill in an expression of interest form.**

**Alternatively, phone one of the team in your area. Details on page for other areas.**



**Foster Care | Fostering a Child in Victoria**  
Anglicare Victoria is the state's...  
anglicarevic.org.au

**Southern Metro-Foster Information Session Online**  
**12th April**

**Time: 7:00pm - 8:30pm**

**Price: FREE.**

**Booking Essential. Contact: Southern Foster Care Team**

**Phone: 1800809722**

**Email: [fostercare.southern@anglicarevic.org.au](mailto:fostercare.southern@anglicarevic.org.au)**

The information session will run for approximately 1 hour and will provide an opportunity to learn more about the different types of foster care, the process of becoming a foster carer, and what being a foster carer involves. You will also get the opportunity to ask any specific questions you may have.





## Tuning in to Kids™

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 10am - 12pm on Wednesdays in term 2, 2023:

10 May, 17 May, 24 May, 31 May,  
7 June, 14 June.

### 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](mailto:cranbourne@rav.org.au)
- Complete our online form at [rav.org.au/child-parenting-courses/tink-dads-cranbourne-online](https://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](https://rav.org.au/courses-men-using-family-violence)

23004

## **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 well-being 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

## **NEIGHBOURHOOD HOUSES VICTORIA**

For your local Community House please click here

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



# Help Lines and Links 0-18 and Young People

Anglicare Victoria -

## **Parenting Program**

**Parenting Pods - on Website, Spotify, Apple**

**Parentzone also run Parenting Programs on line and face to face. See this newsletter and on our website for updates.**

**Not sure which program is right? Talk to one of our parent Resource Workers or email us at [parentzone.southern@anglicarevic.org.au](mailto:parentzone.southern@anglicarevic.org.au) and one can get back to you.**

## **[Raisingchildren.net.au](http://Raisingchildren.net.au)**

### **The Australian Parenting Website**

supported by the Australian Government.

Department of Social Services

Site set up to assist Parents with the hard roll of parenting in todays world. Tip sheets and Programs.

Topics include:

- Pregnancy and Grown ups
- Babies and Children
- Teens
- Austism & Disability

## **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.

# Help Lines and links Indigenous communities

## 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](mailto: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](mailto: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.





## Tuning in to Kids

Our Afghan-language Tuning into Kids program has been developed in consultation with the local Afghan community, and provides a longer version of the program to support parents to develop their emotional literacy and wellbeing prior to learning the parenting content.

Tuning in to Kids is an evidence-based, emotion-focused group parenting program of the University of Melbourne's Mindful Centre. It is delivered over 6 sessions. Tuning into Kids is most suited to parents who are having difficulties managing their children's behaviours; who want to better understand their children's emotional experiences; and create a stronger parent-child relationship. We will teach parents about –

- Emotional intelligence and why it's important
- The 5 steps of emotion coaching
- Different parenting styles
- Anger and conflict management
- Problem-solving
- Emotional self-care

Links for further information

**TinK Afghan Women Cranbourne | Relationships Australia Victoria ([relationshipsaustralia.org.au](https://relationshipsaustralia.org.au))**

Dates/times 6 x weekly 4-hour group sessions, starting on 26 April 2023.

**TinK Afghan Dads Cranbourne | Relationships Australia Victoria ([relationshipsaustralia.org.au](https://relationshipsaustralia.org.au))**

Dates/times 8 x weekly 2-hour group sessions, starting on Wednesday 26 April 2023 from 6 - 8pm.

**Both start 26th April, are free and at Cranbourne.**

**See site or use links provided to get to site.**

**Tuning in to Kids is not designed for families experiencing major crises such as family violence or homelessness situations.**

Web links provided above to self-refer by completing online Expression of Interest, or they can ring our office. Enquiries or to make a referral on behalf of a family, feel free to reply to this email or phone us on (03) 5990 1900.

## Relationships Australia-Cranbourne Office



## 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.

Facilitated 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

**REMEMBER!**

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](mailto: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](mailto: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](mailto: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](mailto:info@frankston.vic.gov.au)  
Parenting Support  
Website: [Frankston City Council](#)

## Cardinia Shire Council

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

## Bayside City Council

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



## Mornington Peninsula Shire Council Offices

Email: [customerservice@mornpen.vic.gov.au](mailto: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](mailto: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](mailto:info@kingston.vic.gov.au)  
Website: [Kingston City Council](#)

## City of Stonnington

Ph: (03) 8290 1333  
Email: [council@stonnington.vic.gov.au](mailto: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](mailto:parentzone.southern@anglicarevic.org.au) with some details

Or

Contact one of our Parent Resource workers

#### City of Greater Dandenong and City of Cardinia

Dads Do Matter

Parents Building Solutions

Call / Text 0438 004 285

Jasbir Singh at Parentzone, Call / Text 0438 004 285 [jasbir.suopada@anglicarevic.org.au](mailto:jasbir.suopada@anglicarevic.org.au) or

#### City of Casey

Parents Building Solutions

City of Cardinia

Beyond The Violence isnt ran anymore in Casey-you can attend other areas and ring.

Carey Cole, Parentzone on: 03 9781 6767 or 0437 428 281

[carey.cole@anglicarevic.org.au](mailto:carey.cole@anglicarevic.org.au)

#### City of Greater Dandenong

Beyond The Violence and Parents Building Solutions

Ariane Hahn

ph 9781 6725 or 0499 080 468

[ariane.hanh@anglicarevic.org.au](mailto:ariane.hanh@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](mailto:Iris.Guasch@anglicarevic.org.au)

#### Beyond The Violence

Parents building Solutions

Play circle

Erin Surrey

Phone 9781 6775

[erin.surrey@anglicarevic.org.au](mailto:erin.surrey@anglicarevic.org.au)

#### City of Frankston & Mornington Peninsula.

Parents Building Solutions

Michelle Brown 0429174150

[Michelle.Brown@anglicarevic.org.au](mailto:Michelle.Brown@anglicarevic.org.au)

#### Iris Guasch

Beyond The Violence

Timeout Playgroup

General parents Building Solutions

Email [iris.guasch@anglicarevic.org.au](mailto:iris.guasch@anglicarevic.org.au)

Mobile: 0436 007 492

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



# PARENTZONE