



# ParentZone Southern

## Newsletter Term 4, 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 (03)9781 6710

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

**PARENTZONE**

**BETTER  
TOMORROWS**

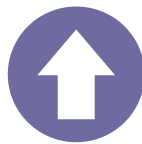
Welcome to Term 4, a step closer to Summer for those who like the warmer weather. Some of our Programs do start early in the term.

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: "Our Time" in Frankston North, 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 4 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, 9781 6710, 9781 6700

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



# PARENTZONE

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PARENTZONE

# Parentzone Pods

## 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.



# PARENTZONE PODS



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



### 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](#)

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### Podcast Series 2

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

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

Episode 3: [Parenting our Teenagers](#) - [click here](#)

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

Episode 6: [Dads Parenting Today](#) - [click here](#)



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

# PARENTZONE

# Supported Playgroups

## OUR TIME - SUPPORTED PLAYGROUP - Frankston area

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

**When:** Tuesdays

**Dates:** 3rd October to 12th December 2023

**Runs during school term-welcome to join anytime**

**Time** 9.30am - 11.30am

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

**Mobile:** 0436 007 492

**Call or text to book**

### Venue

**Aldercourt Primary School**

**Silver Ave, Frankston North VIC 3201**

**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 for parents and their children aged 0-5 with a trained facilitator. Meet other families in the community. Play and have fun with each other. Time out from lifes worries. Also opportunity for one on one Play Coaching Sessions - please contact to enquire.

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

Also opportunity for one on one Play Coaching Sessions - please contact to enquire.



Please scan the QR code to see  
Communities for Children Greater  
Dandenong's Facebook page  
<https://www.facebook.com/groups/C4CDandenong>

**When** Thursdays

**Date** 5th October to 7th December 2023

**Time** 10.00am to 11.30am

**For bookings & enquiries contact:**

**Iris Guasch**

**0436 007 492**

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

**or**

**Erin Surrey**

**[Erin.Surrey@anglicarevic.org.au](mailto:Erin.Surrey@anglicarevic.org.au)**

# Parents Building Solutions

## PARENTING with a Purpose

**For parents, step-parents, grandparents, families and carers of children of all ages. Come join the online interactive 6 week group. Share ideas and feel supported. Free for all. There are no recordings of these sessions.**

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 communication in your family?
- Explore ways to establish positive rules and consequences?
- Have more peace and fun as a parent!
- Stop the yelling - yours and theirs!



## Managing Anxiety- Online

It is normal for children to sometimes show signs of anxiety in different situations such as to loud noises, separation and strangers however in some circumstances these responses become more noticeable, consistent and intense.

Anxiety can prevent children from doing things they want to do or interfere with their friendships, schoolwork or family life. Does their reaction to things appear extreme to you? If so then this interactive session is for you.

**When** Tuesday 10th October-21st November

**Time** 1.00 p.m. - 2.30 p.m

Please contact Michelle for further details

**Michelle Brown at**  
[michelle.brown@anglicarevic.org.au](mailto:michelle.brown@anglicarevic.org.au)

FREE!



**DATE:** Thursday 5th October 2023

**TIME:** 1.00pm to 2.30pm

**WHERE:** Online via Zoom

**COST:** Free

Zoom link will be sent upon receipt of completed registration - register via QR or the link

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

Queries: Michelle Brown at  
[michelle.brown@anglicarevic.org.au](mailto:michelle.brown@anglicarevic.org.au)



# PARENTZONE

# Parents Building Solutions

## PARENTS BUILDING SOLUTIONS- Living with Autism

**FREE 6 week program** interactive zoom sessions for parents and carers living with a child who has been diagnosed as having Autism Spectrum Disorder (ASD). There are no recordings of these sessions.

Strategies to consider different approaches to help with parenting children on the spectrum. How to help with social skills; managing changes and transitions, responding to meltdowns.

Please note that these sessions are interactive so cameras need to be on.

**For more information, contact:**

**Michelle Brown at [michelle.brown@anglicarevic.org.au](mailto:michelle.brown@anglicarevic.org.au)  
Online via ZOOM**

**When Tuesday Nights**

**10th October to 21st November 2023**

**Time 6.30pm-8.00pm**

**Venue Online - FREE Zoom link**

**will be sent upon receipt of completed registration - register via QR or the link**

**<https://forms.office.com/r/zHSJr3NdD>**



Call 03 9880 7000 or 1800 654 013 (regional)

Support Line hours are Monday to Friday, 9am-5pm

If you need a language interpreter, please let us know and we will book one on your behalf.

If you are deaf or have a hearing or speech impairment, call the National Relay Service on 133 677.

If you need support after-hours, call Parentline on 13 22 89, 8am-12am, 7 days.



Double click to interact

# PARENTZONE

# Parents Building Solutions

## Dealing with Feelings

For Parents and carers to join us for an interactive session to share experiences, ideas & learn strategies to support your child.

- How to deal with big feelings - anxiety, anger, tantrums
- How to get kids to listen without yelling
- Helping parents, helping kids deal with emotion

This session is interactive so please have your cameras on.

There is no recording of the session.



**DATE:** Thursday 19th October 2023

**TIME:** 1.00pm to 2.30pm

**WHERE:** Online via Zoom

**COST:** Free

**Queries:** Michelle Brown at  
[michelle.brown@anglicarevic.org.au](mailto:michelle.brown@anglicarevic.org.au)

complete registration - register via QR or the link  
<https://forms.office.com/r/XQAz82wm8a>

T4 2023 Dealing with Feelings  
PARTICIPANT REGISTRATION



## Planning for Holidays PARENTS BUILDING SOLUTIONS

For parents and carers to join us for an interactive session to share ideas about planning well for peaceful holidays

- Planning for bored kids
- Managing technology over the holidays
- Managing the gift wishlist
- Having more joy
- Share a Christmas joke or activity

This session is interactive so please have your cameras on.

There is no recording of the session.

**DATE:** Thursday 26th October 2023

**TIME:** 1.00pm to 2.30pm

**WHERE:** Online via Zoom

**COST:** Free

**Queries:** Michelle Brown at  
[michelle.brown@anglicarevic.org.au](mailto:michelle.brown@anglicarevic.org.au)

Zoom link will be sent upon receipt of completed registration - register via QR or the link  
<https://forms.office.com/r/HnH4LmzFVf>

T4 2023 Planning for holidays  
PARTICIPANT REGISTRATION



# PARENTZONE



# Parents Building Solutions

## Trauma-Responsive Parenting - Online

**THIS IS A PROGRAM FOR PARENTS WHO HAVE EXPERIENCED FAMILY VIOLENCE**

Would it be helpful to explore strategies to respond in a trauma-informed way to your child(ren)'s challenging behaviours?

Would you like to:

- Re-establish trust in your family?
- Improve your relationship with your children?
- Improve communication in your family?
- Explore strategies for responding to big feelings?
- Help your children understand rules and establish boundaries?
- Explore strategies to respond to other parenting challenges?

The program will be co-designed with participating parents, based upon your parenting goals and challenges.

**When** Wednesdays

**25th October to 28th November 2023**

**Time** 11.00 p.m. - 1.00 p.m.

**Venue**

Online via ZOOM

**Please note that sessions Will Not be recorded**

**For more information, contact:**

**Carey Cole**

**0437 428 281**

**carey.cole@anglicarevic.org.au**

**OR**

**Iris Guasch**

**0436 007 492**

**Iris.guasch@anglicarevic.com**

## RESILIENT KIDS - SUPPORTING BOUNCEBACKABILITY

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

**PARENTING IS ONE OF THE MOST DIFFICULT JOBS YOU WILL EVER DO, AND NAVIGATING CHANGE, AND BEING TOLD "NO", IS CHALLENGING TOO - FOR EVERYONE IN THE FAMILY!**

Would you like to explore ways to:

- Prepare your child for transitions, change and new routines?
- Support your children when they experience big emotions in response to change?
- Help your child to be resilient when facing changes and challenges?
- Support your child to accept "no" without having a tantrum?

Join us to discuss positive parenting strategies to support your child(ren)'s bounce back ability.



Register using the QR code or this link:  
<https://forms.office.com/r/eH7wPg3WdJ>

**When** Monday 30th October 2023

**Time** 1.30 p.m. - 3.00 p.m.

**Join us for a cuppa, snack and chat before you pick up your child(ren) from school or kinder**

**Where**

**Bridgewood Primary School  
115 Bridge Road  
Officer**

**FREE!**

**For more information, contact:**

**Carey Cole**

**0437 428 281**

**carey.cole@anglicarevic.org.au**

**PARENTZONE**

# Parents Building Solutions

## PARENTING TODAY- ONLINE GROUP

Free Weekly program for Mums, Dads, Step-Parents, Grandparents and Careers.

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

### Different topics each week:

- Setting boundaries and consequences.
- Communication with kids
- School refusal conversations
- Self-care
- Other interesting topics suggested by you

When Wednesdays

Time 10.00am -11.00am

ONLINE

### BOOKINGS AND ENQUIRIES:

Iris Guasch- Parent Resource Coordinator:

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

Mobile: 0436 007 492



## POSITIVE PARENTING STRATEGIES - Online

### PARENTS BUILDING SOLUTIONS

Presented by Parentzone in collaboration with PRONIA

JOIN US FOR OUR "HOW TO..."

### PARENTING WORKSHOPS

#### Session One: Sibling Rivalry

- Do your children yell at, or hit, one another, or compete for your attention?
- Does the conflict between your children trigger your own emotions and frustrations?
- Would you like to develop strategies to help your children problem solve and resolve conflict on their own?

#### Session Two: Stop Yelling At Your Kids!

- Would you like to be able to identify the triggers that make you angry?
- Would it be helpful to learn strategies to reduce frustration and friction in your family?

When Tuesday 24th October and 28th November (

Time 12.15 p.m. - 1.30 p.m.

Online (Zoom)

Please note: this session will not be recorded

FREE!

For more information, contact:

Carey Cole - 0437 428 281

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

Register once to attend one, or both, sessions using this link:

<https://forms.office.com/r/Vvbp6TKyBs>

Registrations close at 4.30 p.m. the day before

# Parents Building Solutions

## PARENTING IN AUSTRALIA

### PARENTS BUILDING SOLUTIONS

For all Migrant and newly arrived parents. Come and join us in interactive sessions to share experiences, ideas & learn strategies to support your child.

- How to deal with tantrums?
- How to get kids to listen without having to yell?
- Anxiety in us and our kids.
- Helping parents, helping kids deal with emotion.
- Develop resilience as a family.
- Looking after our families' Mental Health & Well Being (Self-Care)

### For more Information, Contact:

Rubina Nawabi (M:0405151713 ) or 97990288

Email: [Rubina.Nawabi@education.vic.gov.au](mailto:Rubina.Nawabi@education.vic.gov.au)

Jasbir Singh at Parentzone

Call / Text 0438 004 285 to register or

Email: [jasbir.suopada@anglicarevic.org.au](mailto:jasbir.suopada@anglicarevic.org.au)



**When** Tuesdays

17, 24 & 31 October , 14 & 21 November 2023

**Time** 1.00pm-3.00pm

**Venue** Noble Park English Language

School, Casey Campus

58-96 Fordholm Road, Hampton Park, Vic  
3986

**TO REGISTER: Click link or Scan QR Code:**

<https://forms.office.com/r/OK7ccs6gEt>



# PARENTZONE

# Support for Dads

## DADS DO MATTER - Online

PARENTS BUILDING SOLUTIONS

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

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



Certificate of attendance awarded

**Day** Mondays,

**Dates** 18th, 25th September, 2nd, 9th, 16th & 23rd  
October 2023

**Time** 6.00pm to 8.00pm

**FREE**

**Parent Resource Coordinator**

**Jasbir Singh Suropada**

**Call or Text 0438 004 285**

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

**Click link below or scan QR Code**

Please use the online  
Registration and Pre-  
Questionnaires form link or QR  
Code to fill up the form.  
DDM Registration and Pre-  
questionnaire form link :  
<https://forms.office.com/r/5UZvUS0KzA>



## Men's Help Line 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

**To reach the Brother to Brother 24-hour Crisis Line for Aboriginal Men,1800 435 799**

**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.

**Online mental Health foundation- Multicultural Men's Support Group -**

online support group every second Monday of the month

Click [HERE](#) for group near you and other details.

**PARENTZONE**

# Family Violence Support

## BEYOND THE VIOLENCE - City of Frankston

**A FREE 8-Week program 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?
- Are big feelings making family relationships difficult?
- Does your child struggle to make friends?
- Can you identify the warning signs in a new relationship?
- Do contact visits unsettle your child?
- Do you feel alone?
- A free, 8-week program for women and children who have been impacted by family violence.

**When:** Thursdays 12th October to 30th November

**Time:** 4.00 to 6.45pm

**Venue:** Details given at time of booking.

**Free! Bookings are essential.**

**All enquiries contact -**

**Carey Cole - 0437 428 281**

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



## PARENTS BUILDING SOLUTIONS with a Family Violence lens

**FREE 6 Week program for mums who've been impacted by family violence to 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?

**When** 17th October to 28th November (will not run on Cup day-4th November)

**Time** 9:30am - 11:30am

**.Venue** Dandenong Location - details provided at time of booking

**For more information, and to register, contact**

**Sandra Phillips - 0438 161 844**

**[Sandra.Phillips@anglicarevic.org.au](mailto:Sandra.Phillips@anglicarevic.org.au)**

**Erin Surrey - 0438 459 891**

**[Erin.Surrey@anglicarevic.org.au](mailto:Erin.Surrey@anglicarevic.org.au)**



**MISSION AUSTRALIA** | together we stand

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



The Communities for Children Initiative is supported by the Australian Government

# PARENTZONE

# Family Violence Help Lines and links

## 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.

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

**Do you need help or support due to homelessness or family violence? We're here for you: call (03) 9791 6111 (9am to 5pm Mon to Fri) or 1800 RESPECT (24/7)1800 737 732**

## 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**

## 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.

# Professional Development

## 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

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

**Day** Thursdays

**Date** 9th November to 23rd November

**Time** 9:00am to 5.00pm

**Venue** Anglicare Victoria-Frankston Office

60 Wells St

Frankston

Level 2

[For more information, contact:](#)

**Michelle Brown 0429 174 150**

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

# Training Application Form

## PBS - Professional Training Application Form

<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 manual</b> <b>\$115 (plus 10% 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



## 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..

**BTV runs in Frankston, Rosebud, Pakenham & Dandenong throughout 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 For Professionals

## BEYOND THE VIOLENCE

### FACILITATOR TRAINING

Would you like to develop your skills when working with parents and children affected by family violence?

**This Training is suitable for:**

- Professionals or tertiary students with existing group-work skills, and/or a background/passion for working with women and children impacted by family violence
- Professionals or tertiary students who would like the opportunity to learn group facilitation skills with a trauma-informed approach
- Those wishing to develop their skills and knowledge for working with families affected by family violence



## ROSEBUD

**DATES:**

Fridays 27th October, 3rd November  
10th November

**TIME:**

9:15am to 4:30pm

**WHERE:**

Rosebud Location

**COST:**

Free Training  
(snacks and lunch provided)

Bookings are ESSENTIAL.

**Contact:** Iris Guasch

0436 007 492

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

## DANDENONG

**DATES:**

Wednesdays 15th, 22nd and  
29th November 2023

**TIME:**

9:15am to 4:30pm

**WHERE:**

Dandenong Location

**COST:**

Free Training  
(snacks and lunch provided)

Bookings are ESSENTIAL.

**Contact:** Ariane Hahn

0499 080 468

[ariane.hahn@anglicarevic.org.au](mailto:ariane.hahn@anglicarevic.org.au)

BEYOND THE VIOLENCE



PARENTZONE

# Peer Networks

## Parentzone PEER Networks

### City of Greater Dandenong

Online

Day Thursday

Date 19th October 2023

Time 2.00pm to 4.00pm

### City of Casey

Online

Day Tuesday

Date 24th October 2023

Time 10.00am to 12.00pm

Jasbir Singh Suropada

0431 203 177 or 9706 8568

Jasbir.suropada@anglicarevic.org.au

### Frankston and Mornington Peninsula

Online

Day Wednesday

4th October

3.00pm to 4.30pm

Michelle Brown

0429 174 150 michelle.brown@anglicarevic.org.au

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

# Mental Health, Autism, Disabilities 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>

# PARENTZONE

# Mental Health, Autism, Disabilities Help Lines and Links

## Association for Children with a Disability (ACDVic) (03) 9880 7000

Their vision for children with disability and their families to have the same rights and opportunities as other children and families. ACD supports all families in Victoria with children with disability aged 0 to 18 years old

For families and professionals links to what ACD Offer:

- [Support Line](#)
- [Workshops](#)
- [Information and resources](#)

Workshops coming up. Please phone to register or find out more details

## NDIS Plan Reassessment- Two being ran this term

Gain useful information on how to make the most of your child's plan reassessment meeting. This includes terminology, preparation, and gathering supporting evidence.

### 2ND PROGRAM

5 Dec

6 Dec

## Teens and Beyond

A three-part series for families of children aged 13+ to build your knowledge and skills to support your child now and into the future.

- 16 Oct, 23 Oct, 30 Oct
- 17 Oct, 24 Oct, 31 Oct
- 18 Oct, 25 Oct, 1 Nov
- 19 Oct, 26 Oct, 2 Nov

## First Steps to Support & Connection

For families of young children with developmental delay or disability. Gain practical information to help you decide where to start and what you need to support yourself and your family.

- 21 Nov
- 22 Nov
- 23 Nov

## 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**

## Term 4 Program

**Sing and Grow Music Therapy Program:**  
**Thursday Mornings (10:00am- 11:00am)**  
**20th October - 15th December**

**Community Play Group**  
**Wednesday Mornings (9:30am to 11:00am)**  
**5th October - 14th December**

**Mother Goose Program**  
**Friday Mornings (10:00am to 11:00am)**  
**14th October - 16th December**

Please Phone Deb for details  
📍 ParentZone Hub, 75 Army Road, Pakenham

For all enquires, please email or call Deb Reid  
[ParentZoneHub@anglicarevic.org.au](mailto:ParentZoneHub@anglicarevic.org.au)

97816710  
Please phone or flyer can be found on face book-  
use QR Code.

[FLYER](#)

Program is only open to Pakenham areas- please  
phone and check if your area is covered by this  
funding.

# Communities for Children Cardinia

## 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!**

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

## 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

## T4 2023 PROGRAMS

<b>Screentime Reduction: How to do it</b>	<b>Day</b> Wednesday <b>Date</b> 11 October 2023	<b>Time</b> 6:30-8:00pm	<b>To Register</b> <a href="#">Click here</a>
<b>Supporting Your Child for the New School Year</b>	<b>Day</b> Tuesday <b>Date</b> 14th November	<b>Time</b> 6.30pm-8.00pm	<b>To Register</b> <a href="#">click here</a>

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



# PARENTZONE

# 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

## **Bittern Primary School**

Natalie Everitt

Natalie.everitt@anglicarevic.org.au

## **Tootgarook Primary School**

Sonia Sutcliffe

Sonia.sutcliffe@anglicarevic.org.au



# LYFT - 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?

Please contact Kath Blommestein for details

**WHERE:**

Online - via Microsoft Teams

FREE. Bookings essential

For bookings and enquiries contact:

KathBlommestein

LYFT Team Leader on 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**

### **ELIGIBILITY CRITERIA**

**Families with a young person aged 12 to 25 who are using Alcohol and Other Drugs in a problematic way.**

**The young person must be willing to engage in the program.**

**Families who live, work or attend school in the following catchments.**

- City of Frankston
- Shire of Mornington Peninsula
- Greater City of Dandenong

# Foster Care Anglicare Victoria

## 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 Care Information Session**

**Date 27th September**

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

**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.



**PARENTZONE**

# 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 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](http://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

## Parenting Program

Parenting Pods - on Website, Spotify, Apple

Parentzone also run Parenting Programs online 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.



**PARENTZONE**

# 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](#).

#### **[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](#)**



**RECONCILIATION**  
AUSTRALIA

**PARENTZONE**

# Help lines and links Culturally and Linguistically diverse Communities

## 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:

- Citizenship Classes
- Health and Well being
- Learn and Grow Sisters Circle
- 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](#)



## Term 3, 2023 Programs

- Safety
- Mental Health
- The Learning Space:
  - English for Driving
  - Social Sewing
- Chay Khans's Men
- Youth Program:
  - Homework club
  - Youth Carer Support
  - Youth Advisory Group
  - School Holidays
- ACFE Pre-Accredited Weekly Classes

Read and write English

Conversational English

- Introduction to computers
- Employment xchange

## Bakhtar Community Organisation

Provides A range of services to support individuals and communities . They aim to empower people with education, skills training, assist refugees and the Culturally Linguistically and Diverse communities.

- PO Box 4273 Narre Warren South VIC 3805
- (03) 9703 2555
- [info@bakhtar.org.au](mailto:info@bakhtar.org.au)
- Monday - Friday : 10am - 6pm

## COOK4CALD

is a youth based, not for profit organisation. With a growing team of volunteers, COOK4CALD prepares and delivers culturally diverse meals for South East Melbourne.

Email: [admin@cook4cald.org](mailto:admin@cook4cald.org)

Instagram: @COOK4CALD

Facebook: COOK4CALD

LinkedIn: COOK4CALD

## 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.

# PARENTZONE

# Help lines and links Culturally and Linguistically Diverse Communities

## Tuning in to Kids- Relationships Australia

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

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

T3 Dates not known please phone.

## Tink Afghan Dads Cranbourne | Relationships Australia Victoria ([relationshipsaustralia.org.au](http://relationshipsaustralia.org.au))

Dates/times - 8 x weekly 2-hour group sessions. Next dates not known, please ring our office.

## Relationships Australia-Cranbourne Office

**No Dates for T4 2023 at this stage.**

**Please phone for 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.**

## Extended Families-

(Working together to support school-aged students on the autism spectrum)

### Free Vietnamese Community Workshop

Positive Partnerships joins Extended Families to hold this workshop where you will have the opportunity to listen, share and learn with other families from the Vietnamese community who support school-aged children on the autism spectrum.

At this workshop, you will learn about:  
Understanding autism and your child  
Strategies and tools to support learning

It is for parents, full-time carers and grandparents.  
This workshop will be facilitated in Vietnamese and English with Vietnamese interpretation.  
A free morning tea and lunch will be provided.

Location:

Noble Park Community Centre  
Ross Reserve, Memorial Drive  
Noble Park 3174

Date and Time: Wednesday 19th July 2023 9:45 AM - 2:15 PM

To register, [click here](#)

For more information, contact: Julia Klieber  
(To speak English)

0481 955 551  
[Julia@extendedfamilies.org.au](mailto:Julia@extendedfamilies.org.au)

Mai Thanh Nguyen(to speak Vietnamese)

0449 562 979  
[mai-thanh.nguyen@extendedfamilies.org.au](mailto:mai-thanh.nguyen@extendedfamilies.org.au)

# PARENTZONE

# Playgroups

## 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

To Register in Programs, click  
on QR provided or  
contact Parent Resource Worker  
listed.

Newsletter enquiries/to subscribe or unsubscribe please  
contact us at:

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

**PARENTZONE**



# Local Councils/Maternal Child Health/Early Childhood Education

## Maternal Child Health Services and Centers

### **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](http://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](http://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](http://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](http://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](http://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](http://Mornington Peninsula Shire Council)

### **Parenting Support**

Website: [Mornington Shire Council](http://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](http://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](http://Stonnington City Council)

# Host a Workshop - contacts

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

Host a Workshop or Program



CONTACT US



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 Coordinators

#### City of Greater Dandenong

##### Dads Do Matter and Parents Building Solutions

Jasbir Singh Suropada

Phone: 0438 004 285

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

##### Beyond The Violence and Parents Building Solutions

Ariane Hahn

Phone: 9781 6725 or 0499 080 468

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

##### Play Circle

Iris Guasch

Phone: 0436 007 492

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

#### City of Cardinia

##### Parents Building Solutions

Jasbir Singh Suropada

Phone: 0438 004 285

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

##### Trauma Responsive Parenting

Carey Cole

0437 428 281

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

#### City of Casey

##### Parents Building Solutions

Carey Cole

Phone: 03 9781 6767 or 0437 428 281

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

#### City of Frankston & Mornington Peninsula

##### Beyond the Violence

Iris Guasch at Parentzone

Phone: 0436 007 492

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

OR

Carey Cole

Phone: 0437 428 281

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

##### Parents Building Solutions

Michelle Brown 0429174150

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

##### Our Time Playgroup

Iris Guasch

Phone: 0436 007 492

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

# Online Safety

**E Safety Commissioner** Australia's national independent regulator and educator for online safety. Our mandate is to ensure Australians have safer and more positive experiences online, encourages technology companies to anticipate, detect and eliminate online risks so digital environments are safer and more inclusive. Webinars and tools for professionals and parents.



## Webinars: Online safety sessions for parents and carers

Learn the knowledge, skills and tools to support your children to have safe online experiences.  
Downloadable resources to help you start the chat about online safety issues and strategies with your child.

**For online Safety Book in your language click on:** [ONLINE SAFETY BOOK](#) in differing languages

**For Webinars coming up click on:** [FIND OUT MORE](#)

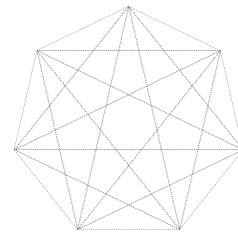
## Understand the risks of being online and what you can do to have a safer experience.

Social media services and online chat are great ways to stay in touch and find new friends, but there are also risks. - Links explain each social media outlet via the E Safety Network (Government network)

The landscape of social media is evolving. Traditional social media services like [Facebook](#), [Instagram](#) and [Twitter](#) are great ways to stay in touch and keep across the latest news and trends. Private messaging apps like [WhatsApp](#), [Facebook Messenger](#) and [Snapchat](#) are also increasingly popular. Google Docs is even being used as a chat app by young people.

To find out more about each topic -click on each topic:  
More resources online for Parents and Professionals.

- [Issues and advice to Parents?](#)
- [Children under 5 advice for Parents](#)
- [Sending nudes and sexting](#)
- [parental Controls](#)
- [Information for parents and teachers](#)
- [Cyberbullying](#)
- [A guide to online bullying for parents and carers.](#)
- [Child Grooming and unwanted contact](#)



*Reminder* →

If you would like to go on our mailing list/ Be taken off the 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!!

# PARENTZONE