



Term 4 2023
ParentZone Northern

PARENTZONE

**BETTER
TOMORROWS**

Welcome to the ParentZone Northern Newsletter for Term 4 2023

Welcome to the 2023 term 4 Team Leader's report!

Welcome to term four and we certainly want to welcome the warmer weather too! During term two as you had previously read; we sadly farewelled Helen Slonek who was the team leader of Broadmeadows Women's Community House & ParentZone Northern for four years, Helen has moved on to a new role with the Family Court as a child court expert. We wish Helen the very best in this new and exciting chapter of her life and she will certainly be missed!

Roba Elkadi is officially the PZ co-ordinator, we congratulate and welcome Roba into the new role. Roba has a background in Social Work and over 10 years of experience working in case management and working with the CALD communities. We are fortunate to have Roba in this space as she is a true advocate for the communities we work with in the parenting space. I should also mention that after stepping up into the acting TL role and having applied for the TL position; I am now the Team Leader of the Broadmeadows Women's Community House & ParentZone Northern. I have been with Anglicare Victoria at the women's house for the last 8 years as the Family Relationship Services Coordinator delivering supported playgroups, parenting courses, and building partnerships with our wonderful Hume community. In my team leading role I plan to continue to build and foster the strong partnerships we have built over the years and continue working with my dedicated team to service the most vulnerable families and children.

Please find attached the term 4 timetable and remember to send in any information you would like shared in our newsletter to: parentzone.northern@anglicarevic.org.au. In the interim, please remember the PZ pods, link below, which are a great asset as a brief intervention, giving parents and carers a more immediate option for issues or concerns they are facing now. Please see link here: [Click here for our ParentZone podcast – ParentZone Pods](#).

Warm regards Bella Odicho
Team Leader, PZ Northern and BWCH

What we do

ParentZone Northern News provides information on parenting programmes, parenting activities and support services that are available in the Northern Region to assist parents in their parenting role.

While ParentZone Northern provides the editorial support for this Newsletter, the intention is that it provides a voice for all parenting programmes in the North, in particular for the Northern Parent Educator's Network. We put out a warm welcome to all professionals in the Northern Region who work with the parents and families to attend the meetings and contribute to the Newsletter.



ParentZone Term 4 Parent Programmes

Tuning in to Kids

Tuning into Kids (TiK) is a program that provides parents and carers with skills in emotion coaching.

Emotion coaching is about recognising, understanding and managing your own emotions as a caregiver as well as your children's emotions.

When children develop these emotional skills, they are better equipped to negotiate the ups and downs of life.

TiK is an evidence-based program; randomised controlled research trials have shown that it makes a difference to parents and children.

Thursday 19th October - 23rd November 2023

10.30am - 12.30pm

Venue: Online via Zoom

For bookings and enquiries contact ParentZone Northern:

03 8641 8900 or email: parentzone.northern@anglicarevic.org.au



Parents Building Solutions

Do you want to:

- Help your child cope in a chaotic world?
- Improve your child's confidence and self-esteem?
- Help your child to deal with anxious feelings?
- Develop strategies to manage anger?
- Talk so your child will listen?

Come along to these sessions to learn strategies, share stories and take some time out for you!

Tuesday 10th October - 21st November 2023

10.30am - 12.00pm

Venue: Online via Zoom

Bookings and enquiries to Parentzone Northern: 03 8641 8900 or email: parentzone.northern@anglicarevic.org.au

In Partnership with



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ParentZone Term 4 Parent Programmes

Bringing Up Great Kids

Bringing Up Great Kids is an evidence-based parenting program that promotes and supports respectful, caring and nurturing relationships between parents and their children.

Parents/carers are encouraged to become more reflective and mindful in their parenting approach.

For parents and carers of children aged 2 - 10 years.

Thursday 19th October - 23rd November 2023

10.00am - 12.00pm

Venue: Barry Road Community Centre

Meeting Room, 36 Barry Road, Thomastown

For bookings and enquiries contact ParentZone Northern:

03 8641 8900 or email: parentzone.northern@anglicarevic.org.au

In Partnership with



KIDS
FIRST™



City of
Whittlesea



Parents Building Solutions - (Arabic Program)

Collingwood English Language School. are proud to be partnering with Anglicare ParentZone in the delivery Arabic Parents Building Solutions parenting program. This free 6-weeks parenting program is open to Arabic speaking parents/carers of children of any age.

Come along to these sessions to share stories and learn strategies to better understand why kids behave the way they do, manage and deal with your emotions and child's emotions, take some time out for you and improve your child's confidence and self-esteem.

Tuesday 10th October - 21st November 2023

1.30pm - 3.00pm

Venue: Collingwood English Language School,
Craigieburn Campus

Bookings and enquiries to ParentZone Northern: (03) 8641 8900
or email: parentzone.northern@anglicarevic.org.au

In Partnership with



COLLINGWOOD ENGLISH
LANGUAGE SCHOOL



ParentZone Term 4 Parent Programmes

Parenting in Australia- Parenting Building Solutions Program

Parenting is the most important and challenging job in today's rapidly changing world – but children and young people don't come with a handbook.

Nepalese Neighbourhood Community Inc. are proud to be partnering with Anglicare ParentZone in the delivery of Parents Building Solutions parenting program.

This free 6 week program will provide strategies to improve and strengthen your parenting skills, improve your child's confidence and self-esteem, understand why children behave the way they do and create positive change in your family.

Thursday 5th & 19th October, 2nd, 9th, 16th & 23rd November

6.30pm - 8.00pm

Venue: Whittlesea area

For bookings and enquiries contact ParentZone Northern:
03 8641 8900 or email parentzone.northern@anglicarevic.org.au

In Partnership with



Growing Connections

A FREE 8 week group aimed at nurturing and healing the relationship between mothers and children (aged 5-12) who are survivors of family violence.

Recognised as a 'Promising Program' by the Australian Institute of Family Studies, Growing Connections aims to strengthen the bond between mothers and children who have experienced family violence.

The group involves art, craft, play and movement activities. This is a safe, supportive and fun group for mothers and children to attend together.

The group will help to:

- strengthen your connection with your child
- increase your confidence and skills to continue to nurture and build your relationship after the group
- connect with other families who have had similar experience in a safe space

Monday 9th October - 4th December 2023

12.00pm - 3.00pm

Venue: Broadmeadows Area (address provided upon registration)

Bookings and enquiries please contact Amelia at
amelia.glass@anglicarevic.org.au or ph: 0447 185 875

In Partnership with



Uniting



ParentZone Term 4 Parent Programmes

Parenting Building Solutions Teens (St Helena)

Parenting is the most important and challenging job in today's rapidly changing world – but children and young people don't come with a handbook.

St Helena Secondary College are proud to be partnering with Anglicare ParentZone in the delivery of Parents Building Solutions parenting program.

This free 6 week program will provide you with strategies to develop and strengthen your parenting skills, understand why teens behave the way they do, help you connect with your teen and create positive change in your family.

Wednesday 11th October - 15th November 2023

5.00pm - 7.00pm

Venue: St Helena Secondary College

The Hub, 50 Wallowa Road, Eltham North

For bookings and enquiries contact ParentZone Northern:
03 8641 8900 or email parentzone.northern@anglicarevic.org.au

In Partnership with



ParentZone Term 4 Parent Programmes

Single Sessions

Dads Building Solutions- Taster

Based on ParentZone's Parents Building Solutions, this program will enable dads to come together to discuss what parenting issues and concerns they have.

Together they will work on strategies and ideas on how to become the dad/carer they want to be.

Wednesday 22nd November 2023

6.30pm - 8.00pm

Venue: Online via Zoom

Bookings and enquiries to ParentZone Northern: (03) 8641 8900 or email: parentzone.northern@anglicarevic.org.au



Managing stress during the festive season

Explore strategies that can help support the whole family to manage stress during the festive season, even if your family doesn't celebrate Christmas.

Tuesday 21st November 2023

10.00am - 12.00pm

Venue: Online via Zoom

Booking and enquiries to ParentZone Northern: 03 86418900 or email: parentzone.northern@anglicarevic.org.au.

For bookings: <https://www.eventbrite.com.au/e/managing-stress-during-the-festive-season-tickets-639071127947>

In Partnership with



ParentZone Term 4 Parent Programmes

Single Sessions

Parents Building Solutions -Teens Taster

Do you want a better connection with your teen?
Want to understand why teens behave the way they do?
Want to understand what's happening emotionally and socially with your teen?
Do you want to discuss and share ideas that work?
This parenting 'taster' session will offer valuable information and support you to come up with solutions to common parenting challenges.
Young people are welcome to attend the drop-in session while the parenting session is running.

Wednesday 29th November 2023
5.00pm - 6.30pm
Venue: Innovation Youth Centre, 20 Graduate Rd, Bundoora

Bookings and enquiries to ParentZone Northern: (03) 8641 8900 or email: parentzone.northern@anglicarevic.org.au

In Partnership with



Managing Screen Time

Learn how to navigate the challenges of managing children's screen time. This session will offer valuable information on the impacts of screen time on children's health and development.
Parents will also be provided strategies/tips on setting boundaries for screen usage.

Wednesday 15th November 2023
7.00pm - 8.30pm
Venue: Online via Zoom

For inquiries contact ParentZone Northern: 03 86418900 or email: parentzone.northern@anglicarevic.org.au.

For bookings trybooking.com/CDZUH

In Partnership with



ParentZone Term 4 Parent Programmes

Single Sessions

Raising Resilient Kids

We all want our children to feel more resilient.
Join ParentZone Northern for this informative and engaging workshop to learn how to help your child bounce back from challenges and manage stressful situations.

Tuesday 28th November 2023

10.00am - 12.00pm.

Venue: Online via Zoom

For inquiries contact ParentZone Northern: 03 86418900 or email: parentzone.northern@anglicarevic.org.au.

For bookings <https://www.eventbrite.com.au/e/raising-resilient-kids-tickets-639083645387>

In Partnership with



Supporting the transition to Primary school

This interactive session will provide parents with tools to support their children as they transition to primary school.

Topics such as communication, responding to children's feelings, and resilience will all be explored.

This session will provide the opportunity for parents and carers to share ideas and strategies that work for them.

Wednesday 11th October 2023

7.00pm - 8.30pm

Venue: Online via Zoom

For inquiries contact ParentZone Northern: 03 86418900 or email: parentzone.northern@anglicarevic.org.au.

For bookings: trybooking.com/CDZTW

In Partnership with



Northern Parent Educator Network

NPEN Update

The Term 3 2023 NPEN meeting was held on 31st August 2023 online. We were happy to have Annabel Barbara and Nazish Khan present on Merri-Health's School Ties program. It was great to hear about all the amazing work and the benefits the program has had on Merri-bek schools, children and families who accessed the program. A very big thank you to Annabel and Nazish for a fantastic presentation! 15 professionals attended and valuable program updates were shared. Also, thanks to Vanja for delivering self-care activity and ParentZone North Team for all their help.

The Term 4 2023 NPEN meeting will be held on 23rd November 2023 and the plan is for it to be face to face. Further details for Term 4 presentation will be shared with NPEN members prior to meeting date. Please remember NPEN is a great opportunity to network/information share, develop partnerships, find out about local services, community resources and connect with other professionals. If you are interested in presenting or attending, please email Roba.Elkadi@anglicarevic.org.au

Family Services

Parentzone and Family Services will continue to work in partnership throughout 2024. We will continue to work in partnership through delivering Parents Building Solutions (PBS), Looking Forward, and Parenting After Violence together. We look forward to seeing more Family Services staff trained and delivering PBS as co-facilitators.

Broadmeadows Women's Community House

Term 4 Programmes

All enquiries – 9301 5250 or womenshouse@anglicarevic.org.au

Out and About Seniors Group

Tuesdays

10:00am - 1:00pm

Ageing and Feeling Great Seniors Group

Thursdays

10:00am - 1:00pm

Meadows Primary School Hub Supported Playgroup

Thursdays

9:30am - 11:30am

Supported Playgroups Hume LGA

Contact womenshouse@anglicarevic.org.au for further information.

Holy Child Primary School

Tuesdays

9:30am - 11:30am

Campbellfield Height Primary School

Fridays

9:30am - 11:00am



Important Telephone Contacts

Police, Fire or Ambulance 000

Nurse on call 1300 60 60 24

National Home visiting Doctors 13 74 25 (13 SICK)

Poison Information Hotline 13 11 26

Safe Steps - Family Violence Response Centre
(24 hr service – Toll Free) 1800 015 188

Berry Street Northern Family & Domestic Violence Service 03 9450 4700 (Hume Moreland)
Orange Door 1800 319 355 (Banyule, Darebin, Nillumbik, Whittlesea and Yarra)

Darebin Community Mental Health Centre 03 9416 6300

InTouch Multicultural Centre Against Family Violence 03 9413 6500 or Free call: 1800 755 988
Telephone Interpreter Service (TIS) (24 hr) 131 450

Child Protection After Hours Service 131 278

Northern Centre Against Sexual Abuse
(NCASA) 03 9496 2240 or A.H 1800 806 292

Lifeline Crisis and Suicide Support 13 11 14

Beyondblue Information and support Line 1300 22 46 36
Grief Line 9935 7400

Women's Legal Service Victoria 03 8622 0600 or 1800 133 302

Aboriginal Family Violence Prevention and Legal Service 1800 105 303

Kids' Helpline 1800 55 1800

Mensline Australia 1300 78 99 78

Suicide Call Back Service 1300 659 467

Perinatal Anxiety and Depression Australia (PANDA) 1300 726 306

Parentline Victoria 13 22 89

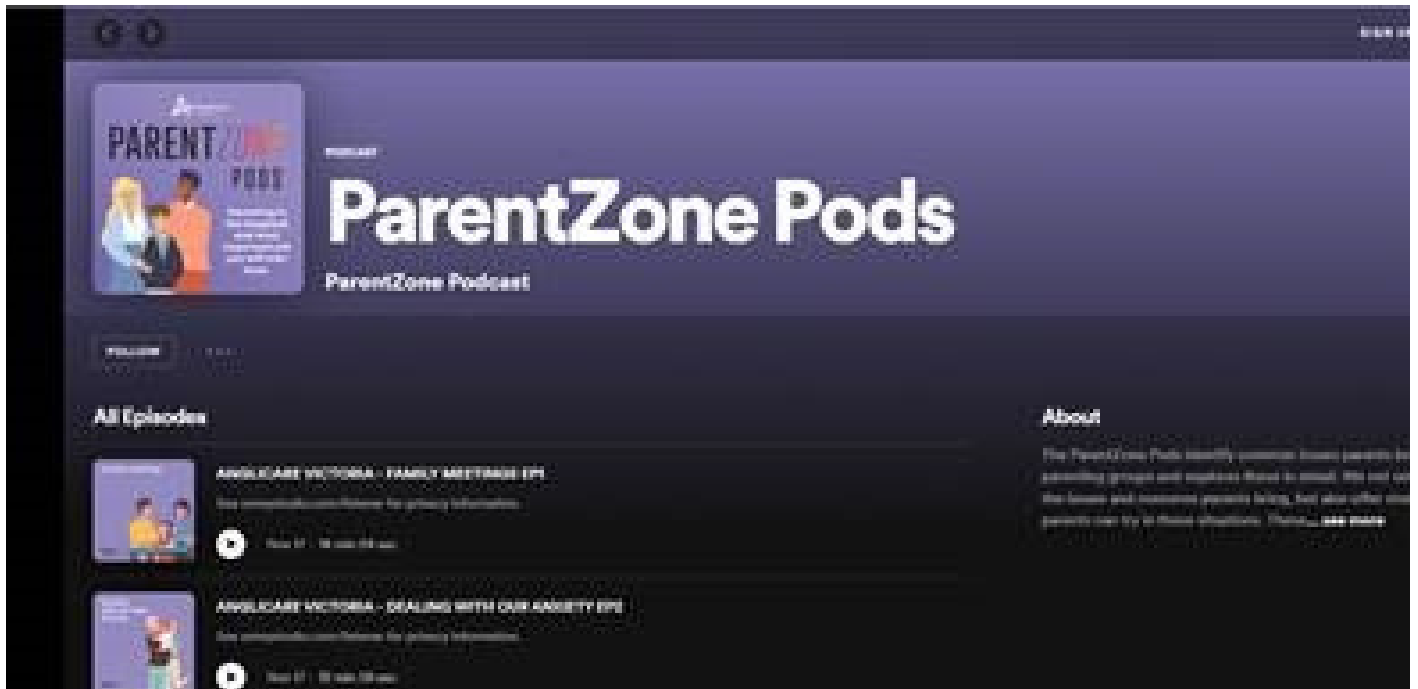
DirectLine – drug & alcohol services 1800 888 236

Headspace 1800 650 890
Switchboard – LGBTIQ support (3pm – midnight only) 1800 184 527

Council of Single Mothers and their Children Victoria (CSMC) 03 9654 0622 or 1300 552 511 (outside Melbourne)

Resources

ParentZone Pods | Podcast on Spotify



The ParentZone Pods, is a podcast series presenting parenting snapshots on key issues for parents needing a little bit more before joining a group, or simply those wanting an idea of what to expect from our distinctive group work style. Jump on Spotify to hear it all !