



# Parenting in the East What's On Term 4 2023

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

**PARENTZONE**

**BETTER  
TOMORROWS**

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# What's new at ParentZone?

We are now on the home stretch and racing quickly towards Christmas dinners, beach cricket and Summer sun!

In Term 4, ParentZone Eastern are offering the following 6-week parenting programs, as always FREE of charge!

- Talking Teens
- Dad's Matter
- Parenting Anxious Children
- Tuning into Kids
- Living with ADHD/ADD

Parents and carers are connecting and supporting each other in the Strengthening Parent Support Program's ongoing peer support groups which are offered both online and face to face for parents who have a child with a disability or developmental delay (diagnosis not necessary)

We are hosting a single session 'Talking Teens and Vaping' facilitated by our very own ParentZone facilitator, Sharon and with guest speaker, Drug and Alcohol Clinician, Joel Morrison from the LYFT program. Book now below!!

In December with the countdown to Christmas, we will be offering online single session parenting Q&A's hosted by the ParentZone team. Prior to these sessions, you'll have the chance to send in your parenting questions which will be discussed live in these sessions.

Parenting is hard, and we all need extra support and skills to break old habits and improve our relationships with our children. Come along to one of our groups, meet other like-minded parents, and find new ways to enjoy parenting more. If you aren't able to join a group this term, but would like some parenting tips and tricks perhaps have a listen to our ParentZone pods - Episode 1: Family Meetings - [click here to listen](#)

As always, this newsletter is a wonderful snapshot of services and programs being offered in the Eastern Region. Please have a look and get in touch with us if you need any further information.

We feel privileged to be walking alongside you on your parenting journey.

From the ParentZone Eastern Team  
Tamara, Julia, Sharon, Michelle & Deborah

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# ParentZone Pods

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## PODS



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

Family meetings  
everyone will love



Dealing  
with your  
kids' anxiety



Sibling rivalry



Getting my children  
to listen



How to respond  
to our kids'  
behaviour



How to stop yelling  
at your kids



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

The ParentZone Teams are delighted to bring you 6 ParentZone Pods for you and the families you support. Each Pod identifies and explores common issues parents bring to our parenting groups, and offers strategies to try in these situations.

### Podcast Episodes Available Now!

#### Season 1:

Episode 1: Family Meetings - [click here to listen](#)

Episode 2: Dealing with Anxiety - [click here to listen](#)

Episode 3: Sibling Rivalry - [click here to listen](#)

Episode 4: Getting Children to Listen - [click here to listen](#)

Episode 5: How to Respond to Kids' Behaviour - [click here to listen](#)

Episode 6: How to Stop Yelling at your Kids - [click here to listen](#)

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

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# ParentZone Eastern Term 4 Parenting Programs



## Dads Matter

### A program for dads

**Dates:** Mondays (6 evening sessions)  
2nd October - 4th December 2023  
(3 sessions, then a break, then 3 more))

**Time:** 7.00pm to 9.00pm

**Venue:** Online

A program for dads to better understand the importance of their role in the lives of their children

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

**Enquiries:** Julia 9721 3629 or 0400 866 495

## Talking Teens

### For parents of 12 to 18 year olds

**Dates:** Monday evenings (6 sessions)  
16th October - 27th November

**Time:** 7.00pm to 9.00pm

**Venue:** Online

Learn why teens behave like they do. Discover strategies to deal with conflict, anxiety and improve your relationship with your young person

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

**Enquiries:** sharon.muir@anglicarevic.org.au

## Parenting Anxious Children

### For parents of 2 - 12 year olds

**Dates:** Tuesdays (6 afternoon sessions)  
17th October - 28th November 2023

**Time:** 12.00pm - 2.00pm

**Venue:** Online

Discover how anxiety develops throughout childhood.

Learn parenting strategies to help your child cope with anxious feelings. Teach your child the skills of resilience so they can bounce back from adversities. Communicate better with your child.

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

**Enquiries:** sharon.muir@anglicarevic.org.au

## Tuning Into Kids

### For parents of 4 to 12 year olds

**Dates:** Mondays (6-evening sessions)  
16th October - 27th November 2023

**Time:** 7.00pm - 9.00pm

**Venue:** Online

Would you like to be better at talking with and understanding your child? To help them learn to manage their emotions, deal with conflict and prevent behaviour problems in your child?

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

**Questions:** Deborah on 0488 501 204

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# ParentZone Eastern Term 4 Parenting Programs



## Living With ADHD/ADD Parenting Program

**Dates:** Tuesdays (6 afternoon sessions)  
17th October - 28th November 2023

**Time:** 12.00pm - 1.30pm

**Venue:** Online

Are you a parent or carer of a child who has ADHD/ADD? This is an opportunity to share information, parenting strategies and build connections

**Bookings:** limited places

**Enquiries:** Michelle on 0438 646 744

## Parenting Workshops For Parents of 4 -12 year olds

Do you want to look at parenting tips and strategies around:

- Communication?
- Dealing With Feelings?
- Resilience?
- Solution finding?

If you would like to look at these topics in the lead up to Christmas

**Contact:** Julia on 9721 3629 or 0400 866 495

## Strengthening Parents Support Program

Strengthening Parents Support Program provides monthly face to face peer support groups and fortnightly online groups for parents and carers who are caring for a child with a disability or developmental delay (with or without a formal diagnosis)

**Contact:** Michelle on 0438 646 744 or [StrengtheningParentSupport@anglicarevic.org.au](mailto:StrengtheningParentSupport@anglicarevic.org.au)

### LIVING WITH ADHD/ADD

**Fortnightly 10:30am-11.30am Thursdays Via Zoom**  
Via Zoom Oct 5th & 19th, Nov 2nd, 16th & 30th, Dec 14th

### BAYSWATER GROUP

**10:30-11:30AM on the 2nd Wednesday of the month during school terms**  
Glen Park Community Centre 30 Glen Park Rd, Bayswater Nth  
Face to Face Oct 11th, Nov 8th & Dec 13th

### LILYDALE GROUP

**10:30-11:30AM on the 3rd Friday of the month during school terms**  
Anglicare office, 47-51 Castella Street, Lilydale  
Face to Face Oct 20th, Nov 17th & Dec 8th

### LIVING WITH AUTISM SUPPORT

**Fortnightly Tuesday Evenings 7-8pm**  
via Zoom Oct 10th & 24th, Nov 14th & 28th, Dec 12th

### ONLINE SUPPORT GROUP

**Fortnightly Thursday Mornings 10.30am-11.30am**  
via Zoom Oct 12th & 26th, Nov 9th & 23th, Dec 7th

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# Parenting Events



## Children's Week - Twilight Picnic

Celebrate Children's Week this year with us at [Maroondah Council's free community twilight picnic event for children and families.](#)

Bring a picnic and enjoy interactive activities and entertainment for young children and their families. This is the perfect event for your next catch up with family and friends.

### Event details

Date: Thursday 26 October

Time: 4pm to 7pm

Venue: Town Park, Croydon

Bookings not required. Bring your friends and family!

### Activities will include:

Free activities for young children and their families

Free entertainment

Parent information stalls including ParentZone Eastern

Sensory quiet zone

and Junkyard Beats interactive musical garden!

### What you need to know:

Bring your own picnic (food and drink) and picnic rug. Please note that there will not be any food trucks.

Please wear suitable clothing and footwear for the weather.

This is a dog free event.

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# Information forums and webinars



## **Boroondara City Council**

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

## **Knox City Council**

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

## **Manningham City Council**

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

## **Maroondah City Council**

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

## **Monash City Council**

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

## **Whitehorse City Council**

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

## **Yarra Ranges Council**

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

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# Information forums and webinars



## Understanding Sensory Play webinar

Sponsored by Whitehorse Council and presented by Kait Cummins - The Play Project

Kait will present on the importance of sensory play and how it supports a child's learning, growth and development.

**Date:** Thursday 19 October 2023

**Time:** 7pm to 8:30pm

**Age range:** 0 - 8 years

**Bookings:** [Book from 18 September 2023](#)

FREE online event

## Body safety education for parents and carers of young children webinar

Join ChildSafe Australia for this free webinar to learn how body safety and consent education empowers children to decrease the likelihood of them becoming victims of abuse and helps them to develop respectful relationships as they grow into adults.

Bookings are essential.

Dates: Thursday 12 October, 7.30pm to 9pm

Online/ Free

[Click to register](#)

Sponsored by Maroondah City Council

## Welcome to Fatherhood Webinar

For new and expecting dads, bringing together research, programs and insights to enable you to be the best father and partner you can be through this incredible chapter of life....the transition to fatherhood.

**Date:** Tuesday November 14th

**Time:** 7.30pm - 8.30pm

**To book:** <https://bit.ly/3CCcerx>

Hosted by Tom Fagernes - Dads Group  
[www.dadsgroup.org](http://www.dadsgroup.org)  
[www.manwithapram.com](http://www.manwithapram.com)  
Sponsored by Whitehorse Council

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# Parenting Support and Programs



## Parentline Victoria

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

**Phone:** 13 22 89

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

## The Orange Door

Easily accessible, community-based point of entry for children, young people, and families needing support.

Boroondara, Manningham, Monash, and Whitehorse

**Phone:** 1300 354 322

Knox, Maroondah, and Yarra Ranges

**Phone:** 1300 271 150

## Triple P Parenting Program

The Triple P – Positive Parenting Program provides practical strategies to help parents raise happy, confident children; set family routines and rules that everyone can follow; and balance work and family life with less stress. Free to attend online

**Bookings:** [triplep-parenting.net.au/vic-uk/en/triple-p/](http://triplep-parenting.net.au/vic-uk/en/triple-p/)

## Relationships Matters Parenting Programs

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

**Website:**

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

## Relationships Australia Parenting Programs

We provide programs designed to improve the wellbeing and safety of children and young people, providing strategies for communication and emotional development.

**Website:** [relationshipsaustralia.org.au/child-parenting-courses](http://relationshipsaustralia.org.au/child-parenting-courses)

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# Parenting Support and Programs

## Tuning into Teens

This 6-week program focuses on developing key skills to recognise and respond to your child's emotions, and to learn about conflict management and preventing problem behaviour in children. Tuning in to Teens™ teaches parents/caregivers how to help their teen develop emotional intelligence - a key skill that can help them better cope with their emotions, become more aware and assertive, and have more stable and satisfying relationships as adults.

This program covers:

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

**When:** Contact RAV for current groups

**Where:** Online via Zoom

**Cost:** \$275 Per person or \$475 Per couple

**Contact Person:** Client Service Kew RAV Office

**Phone:** 9261 8727

**Email:** [relationshipseducation@rav.org.au](mailto:relationshipseducation@rav.org.au)

**Website:**

<https://www.relationshipsvictoria.org.au/child-parenting-courses/tink-kew-online/>

## Tuning into Kids

This 6-week program focuses on developing key skills to recognise and respond to your child's emotions, and to learn about conflict management and preventing problem behaviour in children. Tuning in to Teens™ teaches parents/caregivers how to help their teen develop emotional intelligence - a key skill that can help them better cope with their emotions, become more aware and assertive, and have more stable and satisfying relationships as adults.

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**Website:**

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# Parenting Support and Programs Mentoring

## C.O.A.C.H. (Creating Opportunity And Casting Hope)

C.O.A.C.H. is a long-term mentoring program that equips mentors (volunteers) to walk alongside families or individuals who are doing it tough. It is a goal-oriented program and the mentor will help the client to achieve their goals and make positive improvements in their life. The mentor will support the client for approximately 12 months.

**Cost:** Free

**When:** All year round

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

**Contact Person:** Christine Leong

**Email:** [Christine.leong@citylife.care](mailto:Christine.leong@citylife.care)

**Website:** <https://www.citylife.care/>

## COACH Community Mentoring (SBC/ABC)

Participants are matched with a volunteer mentor to meet for an hour a week for one year. Participants choose their own goals, which may include parenting, social connection, life skills, education, employment etc., Mentors provide supportive friendship to assist follow through. Bi-lingual mentors may be available.

**When:** Flexible

**Cost:** Free

**Contact Person:** Rosie Merrigan

**Phone:** 9803 9144

**Email:** [rmerrigan@sb.org.au](mailto:rmerrigan@sb.org.au)

## Mummy & Me

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

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

**Phone:** 9871 8900

**Email:** [bronwyn.upton@citylife.care](mailto:bronwyn.upton@citylife.care)

## Cire Reconnect Program

Reconnect can provide up to 18 months of mentorship and support for adults seeking to re-enter the workforce or training. Suitable for parents (aged 17-64) who have not been in education or employment for 6 months or more and want support to re-engage. In addition, any adults with lifetime experiences of Out of Home Care are eligible. Participation is free and voluntary - not tied to any Centrelink payments.

**Contact:** Erica German

**Phone:** 1800 835 235

**Email:** [ericagerman@cire.org.au](mailto:ericagerman@cire.org.au)

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

# Parenting Support and Programs Dads



## Dads Matter

A Parents Building Solutions Program:

- Better understand your importance in your child's life
- Improve your relationship with your child

**Dates:** Mondays (6 evening sessions)

2nd October - 4th December 2023

(3 sessions, then a break, then 3 more)

**Time:** 7.00pm to 9.00pm

**Venue:** Online

**Bookings:**

**[Click here to register \(limited places\)](#)**

**Enquiries:** Julia 9721 3629 or 0400 866 495

## Dads in Distress

Supports dads experiencing trauma through family breakdown and separation. DID acknowledge the specific issue of father-child contact and custody battles commonly termed 'parental alienation', a factor closely linked to stress, separation anxiety, depression, isolation, and suicide in Australia.

**Website:** [parentsbeyondbreakup.com/dids](http://parentsbeyondbreakup.com/dids)

**Phone:** 1300 853 437

## DadsLink

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

**Where:** Hocokah House in Canterbury.

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

## Welcome to Fatherhood Webinar

For new and expecting dads, bringing together research, programs and insights to enable you to be the best father and partner you can be through this incredible chapter of life...the transition to fatherhood.

**Date:** Tuesday November 14th

**Time:** 7.30pm - 8.30pm

**To book:** <https://bit.ly/3CCcerx>

Hosted by Tom Fagernes - Dads Group

[www.dadsgroup.org](http://www.dadsgroup.org)[www.manwithapram.com](http://www.manwithapram.com)

Sponsored by Whitehorse Council

## Dads Online

Dads come in all shapes and sizes and many are part of a separated family. There is one distinct common thread that connects us, we love our children, we embrace fatherhood, and intentionally make it a priority.

Dads Online are dedicated to these Dads. We provide relevant information and ideas that tap directly into the heart of topics that are most important to Dads.

**Where:** Online

**Contact:** [www.dadsonline.com.au/contact](http://www.dadsonline.com.au/contact)

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# Parenting Support and Programs Playgroups

## Mums & Munchkins

(Support for Mums through challenge)

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

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

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

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

**Contact:** Bronwyn

**Phone:** 9871 8900

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

## Rainbow Families Playgroup in Yarra Ranges

Rainbow Families Playgroup in Yarra Ranges. Are you a Rainbow Family with young children? You are invited to come along to a parent-led Rainbow Families Playgroup developed in partnership with Yarra Ranges Council, Seville Community House and LGBTQIA+ Families. Enjoy a safe and inclusive space for Rainbow Families to play, learn and make friends together.

**When:** Thursdays 9.30am-11am

**Where:** Seville Community House  
8 Railway Ave, Seville

**Cost:** \$20 per term

**Contact:** Michelle Lehmann - 0407 319 456  
m.lehmann@yarraranges.vic.gov.au



## Knox Young Parents Group

Supported group for young parents under the age of 25 years with a baby under the age of 1 facilitated by Knox Children's Services and Knox Youth Services.

**When:** Fridays

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

**Where:** Marie Chandler Playgroup room, 11-136 Park Cres, Boronia

**Contact Person:** Michelle Pascoe

**Contact Number:** 9298 8311

**Email:** michelle.pascoe@knox.vic.gov.au

## Young Mums Group

This is a group for young mums (under 25) and children. Activities include art therapy, outings to cafes/parks/play centers, origami, knitting, cooking, etc.

**When:** Wednesdays (15 July - 20 September)

**Time:** : 2:00pm - 3:30pm

**Where:** Box Hill Neighbourhood House - 47 Kitchener St Box Hill South

**Contact Person:** Oriana

**Phone:** 03 9890 2673

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

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

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# Parenting Support and Programs Early Years - 0 to 6 year olds



## Mother Goose

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

### 0-2yrs Age Group

9th October - 11th December  
Mondays 10:00am - 11:00am

### 2-4yrs Age Group

12th October - 14th December  
Thursdays 10:00am - 11:00am

**Where:** EACH Freeman St Meeting Room, 28  
Freeman St, Ringwood East

**Phone:** 03 7038 6423

**Contact:** Shelley Neil

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

## Early Parenting Services

Day stay, residential, and group services provided to enhance parent-child relationships and support parents with strategies for achieving their parenting goals. For parents children up to 4-years .of age

**Where:** O'Connell Family Centre,  
Canterbury

**Phone:** (03) 8416 7600

Queen Elizabeth Centre, Noble Park

**Phone:** (03) 9549 2777

Tweedle Child and Family Health  
Service,

Footscray **Phone:** (03) 9689 1577

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# Parenting Support and Programs Early Years - 0 to 6 year olds

## Maternal & Child Health Telephone Service

Confidential, 24-hour Maternal and Child Health Line provides information and advice about the care and health of your child (from birth to school age).

Discuss your concerns about child health and nutrition, breastfeeding, your own health, and any parenting issues

**Phone:** 13 22 29

## SmallTalk Supported Playgroups

Free facilitated playgroups for families with a child aged 0-6 years who have a current Health Care Card. The program provides strategies to support children's early learning and development.

**Contact person:** Rakhi Khanna, Supported Playgroup Coordinator

**Contact phone:** 1300 368 333

**Email address:** [earlyyears@yarraranges.vic.gov.au](mailto:earlyyears@yarraranges.vic.gov.au)

### **Knox Council:**

9298 8348 or [play@knox.vic.gov.au](mailto:play@knox.vic.gov.au)

### **Monash Council:**

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

### **Whitehorse Council:**

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

### **Yarra Ranges Council:**

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

## Little Stars Playgroup

Facilitated playgroup for preschoolers and their carers.

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

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

**Where:** 13 Bedford Road Ringwood

**Phone:** 9870 8169

**Contact:** Tiffany Gilmour, Playgroup Coordinator

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

**Webpage:** [www.ringwoodchurch.org.au/be-involved/kids-families/](http://www.ringwoodchurch.org.au/be-involved/kids-families/)



## PANDA - Perinatal Anxiety and Depression Australia

Provides support, information, referral, and counseling to any new parent struggling during pregnancy or after the birth of their baby. Callers do not need to have a diagnosis of antenatal or postnatal depression to make contact with the helpline.

**Phone:** 1300 726 306

## ForWhen

A judgment free mental health referral service. Mental health support for expecting and new parents.

We connect parents that are struggling to navigate the complex waters of pregnancy and new parenthood to the critical mental health services they need.

ForWhen is a national support line for new and expecting parents, mums, dads and guardians. It is a national support line that connects you to the right service that can help you understand what you're feeling and provide the guidance and support you need at the right time.

You can call our free national helpline number at **1300 242 322** to speak to a local specialist

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# Parenting Support and Programs Early Years - 0 to 6 year olds

## Australian Breastfeeding Association

The Breastfeeding Helpline is available 24hrs, 7 days a week, staffed by trained volunteer counselors who answer in their own homes.  
Phone: 1800 686 268

Local groups meet regularly to provide information, "mother to mother" support, and activities in community centres, cafes, local parks, and online.

Find local group meetings dates, times, and locations;  
[www.breastfeeding.asn.au/contacts/groups](http://www.breastfeeding.asn.au/contacts/groups)



## Bookaburra Story Time

Bookaburra Volunteer Storytellers run FREE interactive sessions including stories, rhymes and fun (excluding school holidays). No booking required!

These sessions are open to all families with children aged 0-5 years.

**When:** Monday-Friday mornings

**Where:** Variety of locations across Yarra Ranges

**Contact:** Michelle Lehmann

**Phone:** 1300 368 333

**Email:** [earlyyears@yarraranges.vic.gov.au](mailto:earlyyears@yarraranges.vic.gov.au)

## Understanding Sensory Play webinar

Sponsored by Whitehorse Council and presented by Kait Cummins - The Play Project

Kait will present on the importance of sensory play and how it supports a child's learning, growth and development.

Kait is an Occupational Therapist and founder of The Play Projects Therapy Services.

**Date:** Thursday 19 October 2023

**Time:** 7pm to 8:30pm

**Age range:** 0 - 8 years

**Bookings:** [Book from 18 September 2023](#)

FREE online event

## Body safety education for parents and carers of young children webinar

Join ChildSafe Australia for this free webinar to learn how body safety and consent education empowers children to decrease the likelihood of them becoming victims of abuse and helps them to develop respectful relationships as they grow into adults.

Bookings are essential.

Dates: Thursday 12 October, 7.30pm to 9pm

Online/ Free

[Click to register](#)

Sponsored by Maroondah City Council

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# Parenting Support and Programs Young People - 10yrs +

## Meridian

### Youth and Family Therapy

Therapy for people aged 10-23 and their families to address conflict from issues such as: violence, anxiety, bullying, depression, eating disorders, family breakdown, gaming or internet misuse, grief, self-harm, suicidal thoughts, sexual or physical abuse, sexual identity & gender issues, school refusal, & social isolation.

**Phone:** Meridian Intake on 03 9896 6322

**Email:** meridian@anglicarevic.org.au

## Partners in Parenting (PiP)

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

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

PiP+ includes features such as:

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

**Website:** partnersinparenting.com.au

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

**Phone:** 0492 476 075



## Artventurers

Artventurers is a free fortnightly art program for young people aged 10-14 years.

Explore new ways of creating art, access artist supplies, and connect with other young people in a safe and supported environment.

Dates: Fortnightly on a Wednesday (4.30-6.30pm) at EV's Youth Centre. Program begins October 4 2023.

<https://www.maroondahyouth.com.au/artventurers>

## Kids of Gold Camps

### BOOK NOW TO AVOID DISAPPOINTMENT

Building self-esteem and confidence for children in Grades 4-6. Level 1 Beginners

**Date:** 27th October - 29th October

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

**Where:** Lyrebird Park Campgrounds  
510 Beenak Road, Yellingbo 3139.

**Contact person:** Gary Parsons

**Contact phone:** 0415 427 396

**Email:** kidsofgold@gmail.com

**Website:** www.kidsofgold.org.au

# PARENTZONE

# Services for Young People Mental Health



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

Eastern Health CYMHS is a Specialist Mental Health Services for children and young people up to the age of 24 years who are displaying symptoms of psychiatric disorder or severe emotional and behavioral disturbance.

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

**Website:**

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

## Animal Assisted Therapy for Child and Family Counselling

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

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

A first appointment requires a parent/s only session to determine the needs of the family and assess the suitability of the service.

**Contact:** 1300 003 224

**When:** Monday, Tuesdays, Wednesdays

**Where:** 75 Patterson St Ringwood East

**PARENTZONE**

# Services for Young People

## Eastern Youth Services

### **Boroondara Youth Services**

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

### **Knox Youth Services**

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

### **Manningham Youth Services**

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

### **Maroondah Youth Support Service**

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

### **Monash Youth Services**

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

### **Whitehorse Youth Services**

**Website:** [whitehorse.vic.gov.au/living-working/people-and-families/young-people/services-activities](http://whitehorse.vic.gov.au/living-working/people-and-families/young-people/services-activities)  
**Phone:** 9898 9340

### **Yarra Ranges Youth Services**

**Website:** [yarraranges.vic.gov.au/Community/Youth](http://yarraranges.vic.gov.au/Community/Youth)  
**Phone:** 1300 368 333

### **YSAS**

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

**Website:** [ysas.org.au](http://ysas.org.au)  
**Phone:** 9415 8881

### **Headspace**

Confidential and free mental health support for young people aged 12 to 25 years

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

**Phone:**

Knox - 9801 6088

Hawthorn - 9006 6500

**PARENTZONE**

# Services for Young People Youth Groups

## EACH Youth and Family

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

Programs include:

- Just Vibing - an inclusive social group for 15 - 25-year-olds to engage in fun activities.
- Just Shine - therapeutic group program for young women aged 14-18 years.
- Youth & Family Craft Space - group craft space for young people aged 15-25 years

### More information:

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

## EV's Hangout

A drop-in program for young people aged 12-25. Each week young people have access to the pool, table tennis, video games, board games, food, and other activities. Young people can also connect with our youth workers for a casual chat or to seek support.

**When:** Every Thursday 3:00 - 6:00 pm

**Contact:** Maroondah Youth and Children's Services

**Phone:** 9294 5704

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

**Website:**

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

## Maroondah City Council - Sage

Sage provides a safe space for young LGBTIQA+ people (aged 14-18 years) who live, work, study or play in Maroondah to connect with peers, discuss different topics, eat snacks and have fun!

**When:** Runs fortnightly every Monday in Croydon.

**Enquiries:** Rachele on 9294 5704 or Shannon on 0418 545 553 or [youth@maroondah.vic.gov.au](mailto:youth@maroondah.vic.gov.au)

## Maroondah City Council - MY Pride

MY Pride is a fortnightly group for young people aged 10 - 13 who identify as LGBTIQA+ or who are exploring their identity.

MY Pride provides a safe space for young people who live, work, study or play in Maroondah to connect with peers, discuss different topics, eat snacks and have fun!

**When:** Runs fortnightly every Monday afternoon in Croydon.

**Enquiries:** Shannon or Kater on 9294 5704 or at [youth@maroondah.vic.gov.au](mailto:youth@maroondah.vic.gov.au)

# Parenting Support and Programs Disability

## Strengthening Parent Support Program

For parents & carers of children with a disability (including ASD, ADD)

Are you a parent or carer of a child with a disability or developmental delay (with or without a formal diagnosis)? Could you use a bit of support and connection with others who understand?

Come along and join other parents and carers at one of our monthly peer support groups.

Share stories and strategies, and have a cuppa, a chat and some laughs with other supportive parents and carers in a casual and comfortable environment. You can come to one or as many groups as you like!

Groups are free of charge and bookings are required

For information on groups, individual support, or if you'd like an information session for your community group or organization,

Free of charge.  
Bookings are required.

Contact **Michelle** on **0438 646 744** or  
**StrengtheningParentSupport@anglicarevic.org.au**

### Online Group

**Dates:** Fortnightly on Thursdays during school term

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

**Location:** Online via Zoom

### Bayswater

**Dates:** 2nd Wednesday of every month during school term

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

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

### Lilydale

**Dates:** 3rd Friday of every month during school term

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

**Location:** Anglicare office, 47-51 Castella Street, Lilydale

### ADD/ADHD Support Group

**Dates:** Fortnightly 10:30am-11.30am

Thursdays via Zoom Oct 5th & 19th, Nov 2nd, 16th & 30th, Dec 14th

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

**Location:** Online via Zoom

### Living with Autism Support Group

**Dates:** Fortnightly Thursday Evenings

**Times:** 7:00pm - 8:00pm

**Location:** Online via Zoom

# Parenting Support and Programs Disability



## Association for Children with a Disability

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

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

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

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

**Support line:** 9880 7000

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

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

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

## EACH Family Relationship Support for Carers Program

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

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

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

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

**PARENTZONE**

# Parenting Support and Programs Disability

## Association for Children with a Disability (ACD)

Support Line Monday to Friday 9:00 am-5:00 pm

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

**Text:** 0475 577 997 with your preferred day and time for a callback

**Phone:** 03 9880 7000 or 1800654 013 (regional)

## AMAZE

Builds autism understanding in the community, influences policy change for autistic people and their families/supporters, and provides independent, credible information and resources.

**Phone:** (03) 9657 1600 **Web:** <https://www.amaze.org.au/>

## Autism Counselling

Suite 2/171 Boronia Rd, Boronia 0414 487 509

## Cerebral Palsy Support Network

A community that advocates for inclusion and self-determination of individuals with Cerebral Palsy <https://cpsn.org.au/> 9478 1001

## Deaf Victoria

Advocates to increase access to services and to educate the wider community on how to work, play, and study with deaf and hard of hearing people.

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

## Down Syndrome Victoria

Provides families and people with Down syndrome with support, encouragement, information and resources. **Phone** 1300 658 873 **Email** [info@dsav.asn.au](mailto:info@dsav.asn.au)

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

## Epilepsy Action Australia

Provider of epilepsy support and information nationwide.

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

## Scope Australia

Support for people with physical, intellectual disabilities, and developmental delays to achieve their goals. **Phone:** 1300 472 673

## VALID

Equipping and empowering people with a disability and their families using training tools, information, and resources. 130 Cremorne street, Richmond Vic 3132

**Phone:** 03 9416 4003

## Yooralla

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

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

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# Parenting Support and Programs Aboriginal and Torres Strait Islander

## Mullum Mullum Indigenous Gathering Place

Elders, Men's, Women's and Youth networks

- Burrai Playtime
- Food bank
- Access and support
- Aboriginal Health Promotion and Chronic Care Program (AHPACC)
- Indigenous Community Links

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

**Phone:** (03) 9725 2166

## Djirra

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

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

**Phone:** (03) 9244 3333

## Dardi Munwurro

Delivers a range of family violence, healing, and behaviour change programs and services.

Breaks the cycle of inter-generational trauma in Aboriginal families and communities, by empowering and inspiring individuals to heal the past, Acknowledge the present and create a positive vision for the future.

**Website:** [dardimunwurro.com.au](http://dardimunwurro.com.au)

**Phone:** 1800 435 799

## Boorndawan Willam Aboriginal Healing Centre

A culturally safe service that assists in their healing journey from the impact of family violence. Boorndawan Willam (Safe House) is a place where you can strengthen your family and relationships through our holistic Aboriginal cultural and spiritual approach

**Website:** [bwahs.com.au](http://bwahs.com.au)

**Phone:** (03) 9212 0200

## Victorian Aboriginal Child Care Agency (VACCA)

A state-wide Aboriginal Community Controlled Organisation servicing children, young people, families, and community members.

The largest of its kind in Australia.

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

## Oonah Health & Community Services Aboriginal Corporation

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

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



PARENTZONE

# Culturally and Linguistically Diverse Families

## Migrant Information Centre

The Migrant Information Centre (Eastern Melbourne) (MIC) assists families and children from migrant and refugee backgrounds residing in the eastern suburbs of Melbourne to understand Australian life, integrate into a multicultural community, and access services.

**Website:** [miceastmelb.com.au](http://miceastmelb.com.au)

## Chinese Family Services

Uniting Connections offers a range of programs to support families living in Monash.

Programs offered include:

- Chinese Playgroup
- Information sessions for Chinese parents
- Support for Chinese fathers

**Phone:** Joseph Jin - 0422 00 8145  
or 03 9875 4222

**Email:** [Joseph.Jin@vt.uniting.org](mailto:Joseph.Jin@vt.uniting.org)

## Victorian Multicultural Commission

Strengthens cultural diversity in Victoria through consultation, advocacy, celebration, and promotion. Site list more than 1700 services including interfaith networks, language service providers, government agencies, language schools, and events

**Phone:** (03) 7005 1267

**Website:**  
[multiculturalcommission.vic.gov.au](http://multiculturalcommission.vic.gov.au)



## Asylum Seeker Resource Centre

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

**Phone:** 03 9326 6066

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

## English Conversation Corner

Free online weekly sessions to practice your English skills in a relaxed supportive environment. Organised by volunteers with training through AMES. Conversation groups are for those over 18 years of age

**Website:** [ringwoodchurch.org.au/be-involved/community](http://ringwoodchurch.org.au/be-involved/community)

# Culturally and Linguistically Diverse Families



## Kindergarten Outreach Program

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

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

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

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

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

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

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

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

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

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# Parenting Support and Programs Drugs and Alcohol



## Parent Support Group

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

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

**When:** Every Tuesday

**Time:** 5.30pm-7.30pm

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

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

**Contact:** Leigh or Stacey

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

## Family Drug Support

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

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

**When:** Wednesday and Thursday fortnightly

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

**Cost:** Free

**Contact:** Chloe on 0448 177 083

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

# Parenting Support and Programs Family Violence

## DAWN Mentoring Program

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

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

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

**Phone:** 03 9856 1500

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

## Doncare

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

**Contact Person:** Intake Co-ordinator

**Phone:** 9856 1500

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

**Website:** <https://doncare.org.au/>

## Crossways Life Care

Offers support to women and children who have experienced family violence through various group programs, counseling, mentoring, financial care, food pantry and community events.

**Phone:** (03) 9886 3899

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



## The TRAK Forward Program

Supports people to move forward after family violence, Includes

- Safety Planning
- Child and Family Counselling
- Coaching in the home or refuge
- Support to access other services
- Access to peer support

People living in Manningham, Boroondara, Monash and Whitehorse can access the service free of charge.

**Intake Phone:** 03 9896 6395

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

## Free From Family Violence

Previously called: Eastern Domestic Violence Services (EDVOS)

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

Services are free and confidential.

**Phone:** 9259 4200

**Safe Steps Phone:** 1800 015 188

(24-hour crisis line)

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

PARENTZONE

# Parenting Support and Programs Family Violence



## Courage to Heal

The Courage to Heal Program is a 12 month group therapy program for women who have experienced intimate-partner violence.

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

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

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

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

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

**Cost:** Free

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

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

## The Art Of Choice Art Therapy group

The Art of Choice is an Art Therapy group for women who have experienced family violence. The group aims to provide a safe space for women to explore their experiences in a creative way and strengthen their ability to make choices in a supportive environment. No art experience required.

In preparation for the sessions, an information session will be held prior to the commencement of the group on:

Thursday 12th October, 19th Oct, 26th Oct, 2nd Nov, 9th Nov and 16th Nov 2023  
Time: 10.00am - 12.00pm

**Venue:** To be provided upon registration.

**Cost:** Free of charge

**Contact:** EACH intake to register your interest on 1300 003 22

**PARENTZONE**

# Parenting Support and Programs Family Violence

## CAREing Connections

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

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

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

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

**Cost:** Free

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

## You Matter

A Creative Art therapy group for Teens ages 13-18 who have experienced Family Violence

**When:** Mondays, 13th Nov - 18th Dec  
4.00pm - 6:00pm.

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

**Cost:** Free

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

## Re:SPECT

Re:SPECT is a 6 week creative art therapy group for women who have experienced family violence. Providing a Safe space to Pause, Express, Connect and Thrive.

**When:** Tuesdays, 14th Nov - 19th Dec  
10:00am - 12:00pm.

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

**Cost:** Free

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

## “Create Together” Group

The aim of “Create Together” is to explore ways that creative expression such as writing and art can foster a sense of positive attachment and wellbeing for families through fun activities!

This group aims to engage parents and children in activities such as drawing, painting and creating fun stories together to facilitate healing after family violence and promote ongoing wellbeing.

No art experience required.

**When:** Thursday 11th May until 15th June (6 weekly sessions)

**Time:** 4.15pm-5.15pm

**Where:** Box Hill (Exact location will be provided once registered)

**Contact:** Peggy (Art Therapist) and Rhys (Counsellor)

**Phone:** 03 9896 6395

**Email:** trakeast@anglicarevic.org.au

## S.T.A.R Kids

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

This program is designed to help children:

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

**When:** Tuesdays 4:00pm - 6:00pm  
25th July - 29th August

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

**Cost:** Free - Bookings essential

**Contact:** trakeast@anglicarevic.org.au

# Parenting Support and Programs

## Financial Counselling



### Anglicare Victoria Financial Counselling Program

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

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

Free services to anyone living in the Boroondara, Manningham, Monash, and Whitehorse local government areas. You can see a Financial Counsellor over the phone, at our Box Hill office, or at an outreach location in Glen Waverley.

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

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

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

**Financial Counsellors can:**

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

**PARENTZONE**



# Useful Contacts for Families Maternal & Child Health Centres

## Boroondara MCH Centres

**Bookings:** phone 9278 4606 or email  
boroondara@boroondara.vic.gov.au

- 1 Cherry Road Balwyn (03)9836 8151
- 5 Anderson Rd, Hawthorn East (03) 9835 7861
- 21 Strathalbyn St, Kew East
- 152 Pakington St, Kew (03) 9853 9466
- Kendall St, Canterbury VIC (03) 9836 2106

## Manningham MCH Centres

**Bookings:** phone 9840 9188 or  
email mchadmin@manningham.vic.gov.au

- 5/7 Derreck Ave, Bulleen (03) 9840 9188
- 1/687 Doncaster Rd, Doncaster (03) 9840 9188
- 39 Mayfair Ave, Templestowe Lower (03) 9840 9188
- 510-518 Blackburn Rd, Doncaster East (03) 9840 9188
- Tunstall Rd, Doncaster East (03) 9840 9188

## Maroondah MCH Centres

- Arrabri House Bayswater North 9729 4017
- 90 Bonnie View Road Croydon North 9294 5777
- Croydon Civic Square 9294 5540 or 9294 5541
- Norwood Centre, Ringwood 9870 7264 / 9879 8813
- 75 Patterson Street Ringwood East 9879 6583
- 127 Oban Rd, Ringwood North 9876 3307, 9879 0854
- Tarralla, 38 Gracedale Ave, Ringwood East 9294 5777

## Yarra Ranges MCH Centres

Central Maternal Child Health 1300 368 333

Urban Maternal and Child Health Centres:

- Chirnside Park, Kilsyth, Lilydale, Mooroolbark,
- Montrose, Mount Evelyn
- 

Hills Maternal and Child Health Centres:

- Belgrave, Belgrave Sth, Monbulk, Selby, Upwey
- 

Valley Maternal and Child Health Centres:

- Badger Creek, Coldstream, Healesville, Wandin, Warburton, Woori Yallock, Yarra Glen, Yarra Junction

## Knox MCH Centres

**Bookings:** phone 9298 8741

- Billoo Park 40 Birchfield Crescent Wantirna Forest Road (Cnr. Stockton Ave)
- Ferntree Gully Knox CFC - 41 Phyllis Street Bayswater
- Knox CFC - 81 Argyle Way Wantirna Sth
- Knoxfield 81 Anne Road Knoxfield
- Liberty 77 Liberty Avenue Rowville
- Murrindal 100 Murrindal Drive Rowville
- Marie Chandler Park Crescent Boronia
- Wattleview 17 Fuchsia Street Ferntree Gully

## Monash MCH Centres

**Bookings:** phone 9518 3662

- Batesford Hub: 94 Batesford Road, Chadstone
- Brandon Park: 7 Collegium Avenue Wheelers Hill
- Clayton Comm Centre, 9-15 Cooke Street Clayton
- Huntingdale: 59 Greville Street Oakleigh East
- Kerrie: 35 Boyanna Road Glen Waverley
- Mount Waverley: 35 Sherwood Road Mt Waverley
- Mulgrave: 55 Shaftsbury Drive Mulgrave
- Oakleigh: Link Centre, 8-10 Johnson St, Oakleigh
- Pinewood: 11 Pinewood Drive Mount Waverley

## Whitehorse MCH Centres

- Blackburn North Family Centre 9898 3611
- Box Hill South Family Centre 9889 8900
- Burgess Family Centre Box Hill North 9898 3611
- Forest Hill Family Centre 889 8900
- Mitcham Family Centre 9262 6332
- Vermont South Family Centre 92626332

# Useful Contacts for Families

## Help Lines

Police (24-hour stations) 000  
Lifeline Crisis Support. Suicide Prevention 13 11 14  
Parentline Victoria Counselling Service 13 22 89  
Family Violence Help: 1800 015 188  
Kids Help Line Phone Counselling Service: 1800 551 800  
Homeless Crisis Line 1800 825 955  
Drug and Alcohol Services 1800 888 236  
Mensline Counselling Service 1300 78 99 78  
Q Line Counselling & Referral for LGBTI people 1800 184 527  
1800 Respect: 1800 737 732

### Boroondara City Council

8 Inglesby Rd, Camberwell VIC 3124  
(03) 9278 4444  
<https://www.boroondara.vic.gov.au/>

### Knox City Council

511 Burwood Highway, Wantirna South VIC  
3152 (03) 9298 8000  
<http://www.knox.vic.gov.au/>

### Manningham City Council

699 Doncaster Rd, Doncaster VIC  
3108 (03) 9840 9333  
<https://www.manningham.vic.gov.au/>

### Maroondah City Council

Braeside Avenue, Ringwood or Civic Square,  
Croydon  
1300 88 22 33 or (03) 9298 4598  
<https://www.maroondah.vic.gov.au/>

### Whitehorse City Council

379-397 Whitehorse Rd, Nunawading  
3131 (03) 9262 6333  
<https://www.whitehorse.vic.gov.au/>

### Yarra Ranges Council

15 Anderson Street Lilydale, VIC 3140  
P 1300 368 333 (03) 9735 4249  
<https://www.yarraranges.vic.gov.au/Home>

## Centrelink

Carers 132 717

Families 136 150

Financial Information Service  
(FIS) 136 357 (FIS seminar  
booking)

Help in an Emergency 132 850

Indigenous Australians Call  
Centre 1800 136 388

Languages (Multilingual) 131 202

Low Income Healthcare Card  
132 490

Online Support Hotline 132 307

myGov Help Desk 132 307

People With a Disability 132 717

## Medicare

General enquiries 132 011

Aboriginal and Torres Strait  
Islander Line 1800 556 955

Australian Immunisation Register  
Enquiries 1800 653 809

Compensation Recovery -  
Medicare 132 127

Disaster Health Care Assistance  
1800 660 026

myGov help desk 132 307

Pharmaceutical Benefits Scheme  
132 290

Telephone claims 1300 360 460  
Translating and Interpreting  
Service (TIS National) 131 450

# Eastern Region

## Community Services Contacts

### ANGLICARE VICTORIA

1800 809 722 [anglicarevic.org.au](http://anglicarevic.org.au)

**Anglicare Box Hill - (03) 9896 6322**

**37-41 Prospect Street, Box Hill VIC 3128**

- Adolescent Support, Youth Counselling and Mediation
- Crisis Accommodation for Young People
- Drug & Alcohol Services
- Family Counselling
- Family Services
- Financial Counselling
- Foster and Kinship Care
- Men's Behaviour Change Group
- Residential Care
- ParentZone

**Anglicare Lilydale - (03) 9735 4188**

**47-51 Castella Street, Lilydale, Victoria, 3140**

- Family Violence Support
- Foster Care Intake and Services
- Integrated Family Services
- Men & Boys Program
- TEACHaR
- Integrated Family Services
- Child FIRST

### Temcare

03 9877 7729

[www.temcare.org.au](http://www.temcare.org.au)

- Respite Foster Care - regular care in the home of a volunteer 1 weekend a month 2-12 years old
- Mates Mentoring - 1:1 mentoring support for teenagers 11-16
- Youth Workers - outreach youth support
- Integrated Family Support - support for families - parenting/case management/advocacy/NDIS access/mental health/court support/referral support
- Counselling for children - Play therapy /outreach in their school or creche / 3-12 years old / Evidence based psychotherapy promoting healing and growth for trauma/mental health and disability in children.

### EACH

**Eastern Access**

**Community Health**

[each.com.au/services](http://each.com.au/services)

**Phone: 1300 003 224**

- Assistance in accessing NDIS Services
- Childhood Intervention Services
- Speech Pathology
- Occupational Therapy Counselling
- Dietetics
- Oral Health
- Playgroups
- Psychology
- Child care
- Youth Clinic
- Youth Development
- Youth Counselling
- Youth Group programs
- Youth Mental Health support

### DONCARE

**Manningham City Square,  
Suite 4 L1/687 Doncaster Rd,  
Doncaster (03) 9856 1500**

- Information & Emergency Relief
- Counselling
- Family Services
- Family Violence
- Prevention and Recovery Services

### BEYOND BLUE 1300 22 4636

Support for depression and anxiety

### HEADSPACE YOUTH MENTAL HEALTH

Phone Counselling 1800 650 890

Hawthorn (03) 9815 0818

Knox (03) 9801 6088

### INPSPIRO COMMUNITY HEALTH

Lilydale (03) 9738 8801

Belgrave (03) 9738 8853

### RELATIONSHIPS AUSTRALIA

1300 364277

### SANE AUSTRALIA 1800 18 7263

Mental illness and support information

### UNITING

Email: [www.vt.uniting.org](http://www.vt.uniting.org) Phone: 1300 003 224

**Uniting Burwood East Phone: (03) 9803 3400**

**Emergency Relief: 9:30am to 3:35pm Counselling: By appointment**

**Uniting Connections Blackburn 9875 4222 Croydon 9724 2222**

**Child FIRST, Family Services, Home-Start Scheme, Parenting Assessment and Skills Development Service, Starting Out**

**Uniting Harrison Mount Waverley (03) 9051 3000**

**Crisis assistance, Family Mediation, Youth Support, Affordable Housing**

**Uniting Wesley Croydon (03) 9839 6100 Ringwood (03) 8870 4070**

**Foster Care, Adolescent Support, Family Violence, Homelessness & Crisis**

**Uniting Prahran Kew East (03) 9692 9400 Mt Waverley (03) 9692 9400**

**Mental Health Support, Personal Helpers and Mentor Service**

# Partnering and Professional Training with 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 6-week half-day training includes:  
Strength-based tools to effectively engage parents in reflective conversations about parenting.

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

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

Development of communication and facilitation skills to best support parents.

Who is this training for?

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

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

### Expressions of interest for Term 1 or 2 2024

**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.

**Contact:** ParentZone Eastern

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

# Professional Training



## Bringing Up Great Kids: Facilitator Training

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

**Time:** 2 sessions x3.5hrs each. 10:00am-1.30pm

**Where:** Online

**Contact person:** Pat Jewell

**Phone:** 1300 381 581

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

**Website:**

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

## Bringing Up Great Kids extension courses now available:

- Kinship and Foster Carers
- In the first 1000 Days
- for Aboriginal & Torres Strait Islander Families
- Parenting after family violence
- Parenting adolescents

**Website:**

<https://professionals.childhood.org.au/course/bugk>

## Bringing Up Great Kids: Facilitator Training F2F

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

**Dates:** 28th April

**Time:** 1 Session 9:30am - 4:00pm

**Where:** ACF office, Level 1, 675 Victoria St, Abbotsford VIC 3067

**Cost:** \$297

**Contact person:** Pat Jewell

**Phone:** 1300 381 581

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

**Website:**

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

**PARENTZONE**

# Partnering and Professional Training with ParentZone

## Parent Educators Network

The next Parent Educators Network Meeting will be on the 6th of February from 9.30am - 11.30am at Anglicare Box Hill, Level 2/37-41 Prospect St. If you would like an invite to this meeting please email [parentzone.eastern@anglicarevic.org.au](mailto:parentzone.eastern@anglicarevic.org.au) We are always pleased to see new faces!

Any professionals working with parents in the Eastern Region are welcome to join us in sharing resources, networking, and hearing from our informative guest speakers!

ParentZone offers professional consults and training to professionals working with parents on a variety of themes and covering all ages and stages.

If you would like to be on our mailing list to hear about future ParentZone events, or if you would like further information on training opportunities available through ParentZone please email: [parentzone.eastern@anglicarevic.org.au](mailto:parentzone.eastern@anglicarevic.org.au)

We look forward to hearing from you!

The ParentZone Eastern team,

Tamara, Julia, Michelle, Deborah, and Sharon.

[parentzone.eastern@anglicarevic.org.au](mailto:parentzone.eastern@anglicarevic.org.au)  
Level 2, 37 - 41 Prospect Street, Box Hill  
(03) 9721 3646



## Newsletter Submissions What Are Your Plans for 2024?

As a Parent Resource Service, we are very interested in hearing from professionals who work with parents throughout the Eastern region of Melbourne.

What emerging needs have you identified? What upcoming programs and services is your organization offering or planning to offer?

To submit an entry into future ParentZone newsletters please email [parentzone.eastern@anglicarevic.org.au](mailto:parentzone.eastern@anglicarevic.org.au) before the last day of each school term.