



Term 1 2024  
ParentZone Northern

**PARENT**ZONE

**BETTER  
TOMORROWS**

# Welcome to the ParentZone Northern Newsletter for Term 1 2024

Welcome to the final Team Leader's report for 2023!

Upon reflection this year has been an incredible year full of changes, challenges, creativity and building of new partnerships. I would firstly like to thank my staff for the tremendous work they have been doing throughout the year, in particular Term 4. I can finally report that we are now a full team of staff that work across the ParentZone Northern & Broadmeadows Women's Community House Programs. Please welcome our two newest staff members Tabinda Ali & Kelly Russell to the team! The ParentZone Northern office is located at the Broadmeadows Women's Community House which is its home base. We plan on having a fortnightly roster where our staff can rotate at our Lalor site once our new building is up and running!

This term has been extremely busy at ParentZone Northern with facilitators delivering a range of groups including Parents Building Solutions (PBS), PBS Teens, PBS Young Parents Program (YPP), PBS Arabic, PBS Dads, Raising Resilient Kids, Growing Connections, Tuning into Kids. We also continue to offer single sessions around dealing with ages and stages, childhood development, attachment, anxiety, and other areas of parent/carer concern. A key focus in 2024 for PZ Northern is working with Culturally and Linguistically Diverse Communities. Between all the staff I am proud to say that we speak up to 10 languages. Get in contact with our PZ Coordinator Roba Elkadi if you are interested in having a parenting course delivered in your community language! This term we had successfully delivered PBS to the Arabic and Nepalese speaking Communities. We are again delivering our summer single sessions online be sure to get in contact with our PZ Coordinator for further information.

Please find attached the term 1 timetable and remember to send in any information you would like shared in our newsletter to: [parentzone.northern@anglicarevic.org.au](mailto: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.](#)

Wishing you all a Safe, Healthy & Happy New Year!

Kind Regards

Bella Odicho

Team Leader, ParentZone Northern & Broadmeadows Women's Community House

# 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 1 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 15th February - 21st March 2024

6.00pm - 8.00pm

Venue: Online via Zoom

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

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**KIDS  
FIRST™**



**City of  
Whittlesea**

## Tuning in to Teens

Tuning into Teens is an evidence-based program that supports parents to feel more confident to connect with their teens, understand their needs and challenges, support them to manage strong emotions, and reduce conflict.

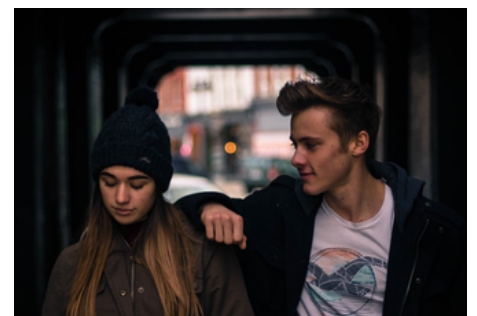
This course provides a number of skills and strategies to help with everyday parenting challenges, based on emotionally-tuned parenting.

Thursday 15th February - 21st March 2024

6.00pm - 8.00pm

Venue: Online via Zoom

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



# ParentZone Term 1 Parent Programmes

## **Stress Less Parenting- Parenting Building Solution Stress Management Program**

Do you find parenting stressful? Have you tried lots of different methods and nothing seems to change?

This program looks at practical ways to tackle issues that create stress in families – communication, discipline, etc. and most importantly ways to lower stress levels of parents with basic self-care and emotional regulation techniques.

FREE PARENTING PROGRAM FOR PARENTS & CARERS OF CHILDREN AGED 0 – 12 YEARS

Wednesday 14th February - 20th March 2024

10.30am - 12.30pm

Venue: Online via Zoom

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



## **Circle of Security Parenting for Young Parents, 25 years and under (8 week program)**

Circle of Security is a relationship based early intervention program that explores how parents can enhance their attachment with their children.

Recommended for young parents/carers of children aged 0-5 yrs.

Tuesday 6th February - 26th March 2024

10.30am-12:30pm

Venue: Online via Zoom

For more information: Contact Shilpa Nagesh at the Young Parents' Project at Anglicare on 9301 5200 or email enquiries to [shilpa.nagesh@anglicarevic.org.au](mailto:shilpa.nagesh@anglicarevic.org.au)

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# Uniting





# ParentZone Term 1 Parent Programmes

## Circle of Security (8 week program)

Circle of Security is a relationship based early intervention program that explores how parents can enhance their attachment with their children.

Recommended for young parents/carers of children aged 0-5 yrs.

Monday 5th February - 25th March 2024

10.30am-12.30pm

Venue: Epping Community Hub: 713 High Street, Epping

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

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## Parents Building Solutions - Teens Program

Anglicare ParentZone and Innovation Youth Centre are partnering together to delivery Parents Building Solutions Teens 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.

Young people are welcome to attend the drop-in session while the parenting session is running.

Tuesday 13th February - 19th March 2024

Venue: Innovation Youth Centre

1/20 Graduate Road, Bundoora

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

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# ParentZone Term 1 Parent Programmes

## **Parenting After Violence**

Struggling to pick up the pieces after experiencing family violence?

Coping with your children's trauma and often challenging behaviours, while dealing with your own stresses as a parent?

Not sure how to talk with your children about what's happening?

Then you may be interested in the following information sessions:

Family violence and its effects on women. Effects of family violence on children & talking to your children, surviving as a parent

Tuesday 5th March-26th March 2024

10.00am - 12.30pm

Venue: Epping Location

For bookings and inquiries contact Keklik Aydin or Rebecca Horton 03 8641 8900. Or email [parentzone.northern@anglicarevic.org.au](mailto:parentzone.northern@anglicarevic.org.au).



# ParentZone Term 1 Parent Programmes

## Single Sessions

### Dealing with Preschool Behaviours

Parents will be supported to understand the reasons behind their children's behaviours and develop new strategies to manage these behaviours.

Thursday 7th March 2024

10.00am - 12.00pm

Venue: Online via Zoom

Bookings and enquiries to Parentzone Northern: 03 86418900  
or email: [parentzone.northern@anglicarevic.org.au](mailto:parentzone.northern@anglicarevic.org.au)

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### Parents Building Solutions Arabic Taster Session

Are you tired of yelling? Do you want to better understand why kids behave the way they do? Do you want to help your children develop their emotional intelligence? This single session will explore managing our own feelings, and understanding and responding to our children's feelings.

Open to Arabic speaking parents/carers who have children at Collingwood English Language School.

Thursday 29th February 2024

1.30pm - 3.00pm

Venue: Collingwood English Language School-  
Broadmeadows Campus

Bookings and enquiries to Parentzone Northern: 03 86418900  
or email: [parentzone.northern@anglicarevic.org.au](mailto:parentzone.northern@anglicarevic.org.au)

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# ParentZone Term 1 Parent Programmes

## Single Sessions

### **Social Media and the online space- Parents Building Solutions Taster Session**

Social Media and the Online space keep teens connected with their friends and the world.

This interactive session will provide parents with tools to support their teens to foster healthy online habits in today's social media age.

Young people are welcome to attend the drop-in session while the parenting session is running.

Tuesday 26th March 2024

6.00pm - 7.30pm

Venue: Innovation Youth Centre  
1/20 Graduate Road, Bundoora

Bookings and enquiries to Parentzone Northern: 03 86418900 or email: [parentzone.northern@anglicarevic.org.au](mailto:parentzone.northern@anglicarevic.org.au)

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### **My Child does not want to go to school**

An ever-increasing issue for families:

- Dealing with social anxiety
- Dealing with safety and anxiety
- Building resilience and self-esteem
- Dealing with feelings
- Parents dealing with their own anxiety about child school refusal
- Parenting from love and compassion vs from fear and worry

Tuesday 15th February 2024

10.00am - 12.00pm

Venue: Online via zoom

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

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# ParentZone Term 1 Parent Programmes

## Single Sessions

### Learn through Play

Playing with your child is one of the most important and fun learning tools for children. Whether it is playing dress ups, constructing grand designs with building blocks, singing songs, telling stories, playing with containers or having fun outside with sand and water – children learn about themselves and the world around them through play.

This interactive session will explore with parents/carers the positive impacts of play on a child's development and how to actively support learning through play.

Thursday 16th March 2024

6.00pm - 7.30pm

Venue: Online via Zoom

Bookings use link below:

<https://forms.office.com/r/mcxmqSpA02>

Enquiries to ParentZone Northern: (03) 8641 8900 or email [parentzone.northern@anglicarevic.org.au](mailto:parentzone.northern@anglicarevic.org.au)

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### Parenting in the Teen Years

Are you a parent/care who would like some new strategies on parenting in the adolescent years? Do you want to understand why teens behave the way they do? Want to connect with your teen? Do you want to discuss and share strategies that work?

Parentzone Northern are presenting two sessions on parenting teens in the adolescent years based on the Parents Building Solutions program. Come along to one or both of the sessions, it's your choice. All sessions are free but bookings are essential

#### Session 1-

Thursday 29th February 2024- Understanding Adolescent Development

#### Session 2-

Thursday 7th March 2024- Navigating & Dealing with Emotions  
6.00pm - 7.30pm- both sessions

Venue: Online via Zoom

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



## **Parenting in the Early Years**

Would you like some new strategies on parenting children in the early years?

Would you like to meet with other parents to find out what they are doing?

Parentzone Northern are presenting two sessions on parenting children in the early years based on the Parents Building Solutions program. Come along to one or both of the sessions, it's your choice.

All sessions are free but bookings are essential

### **Session 1-**

Friday 23rd February 2024- Understanding Child Development

### **Session 2-**

Friday 1st March 2024-Navigating & Managing Challenging behaviours

10.00am - 12.00pm- both sessions

Venue: Online via Zoom

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



# Northern Parent Educator Network

## NPEN Update

The Term 4 2023 NPEN meeting was held on 23rd November 2023 at Epping Community Hub and online. Shilpa Nagash and Rebecca Miller from Anglicare Young Parents Project presented information packed presentation about this fantastic project. It was great to hear stories about the positive experience of several young parents. Thanks Shilpa and Becc! 7 professionals attended and valuable program updates were shared with the group. Thanks to all who attended.

Dates and details for Term 1, 2024 presentation will be shared with NPEN members in January 2024. Also just a friendly reminder that 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](mailto:Roba.Elkadi@anglicarevic.org.au).

Wishing you all a safe and restful break and looking forward to seeing you in the New Year.

## 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.



# Positive Parenting Program

Strengthening positive relationships and promoting a safe and supportive home where your family can thrive.

## About the program

Positive Parenting Program (Triple P) is an online evidence-based program that supports parents to raise happy babies and confident kids by giving them tools and tips to use with confidence.

Kids First invite you to attend any or all of our Triple P sessions. We will share ideas, tools and tips to guide your child's behaviour.

Triple P is a **FREE** online program run by Kids First for parents who live in Yarra, Darebin, Whittlesea, Banyule and Nillumbik areas.

## Session dates and times

Session 1: The Power of Positive Parenting  
Wednesday, 6th March

Session 2: Raising Confident, Competent Children  
Wednesday, 13th March

Session 3: Raising Resilient Children  
Wednesday, 20th March

Time: 6:00pm – 7:30pm

Location: ONLINE via Microsoft Teams

## For all enquiries

Donna El-Cheikh

03 9450 0900 | 0409 006 126

[delcheikh@kidsfirstaustralia.org.au](mailto:delcheikh@kidsfirstaustralia.org.au)





## Tuning into Teens

Equipping parents with skills to build on their emotionally intelligent parenting.



Tuning into Teens (TinT) is an evidence based program that supports parents to feel more confident to connect with their teens, understand their needs and challenges, support them to manage strong emotions and reduce conflict.

One of the things parents find most helpful about attending this series is the chance to share experiences that are common for parents at this time, and hear new ideas about connecting with teenagers.

TinT is a **FREE** program run by Kids First for parents with children that live in Yarra, Darebin, Whittlesea, Banyule and Nillumbik areas.

### Session dates and times

Session 1: Wednesday 14th Feb

Session 2: Wednesday 21st Feb

Session 3: Wednesday 28th Feb

Session 4: Wednesday 6th Mar

Session 5: Wednesday 13th Mar

Session 6: Wednesday 20th Mar

Time:

10:00am - 12:00pm

### Location

ONLINE via Microsoft Teams

### For all enquiries please contact

Donna El-Cheikh

03 9450 0900 | 0409 006 126

[delcheikh@kidsfirstaustralia.org.au](mailto:delcheikh@kidsfirstaustralia.org.au)



# 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

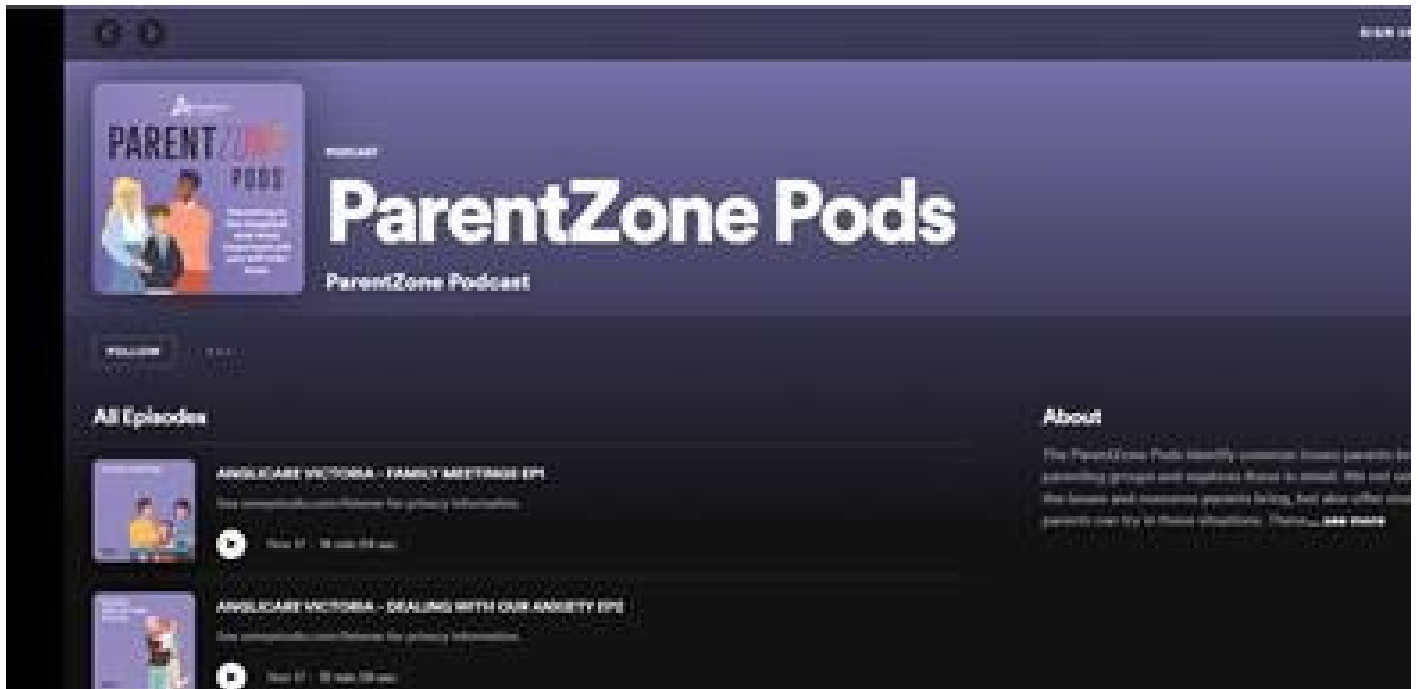
DirectLine – drug & alcohol services 1800 888 236

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 !