



Parenting in the East What's On Term 1 2024

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?

Welcome to the first edition of **What's on in the East** for 2024!

Happy New Year from the ParentZone Eastern team! We hope you and your families had a wonderful festive season, connecting with each other and taking time to take care for yourself too!

We know the long Summer holidays can be an isolating and demanding time for parents, and so ParentZone Eastern will be bringing you a series of parenting workshops to keep you connected and empowered during this time!

The start of the school year after a Summer of fun can be a tricky transition, so be sure to reach out to the team if you need any support, or have a listen to our podcast episodes: [School Refusal](#) or [Dealing with our Kids Anxiety](#).

In Term 1, ParentZone Eastern are offering the following multi-session parenting programs, as always FREE of charge!

- Talking Teens
- Dad's Matter
- Parenting Anxious Children
- Parenting Anxious Adolescents
- Tuning into Kids
- Circle of Security Parenting
- Living with ADHD/ADD Parenting Program

We'd love to hear from you about our parenting programs, including the best times/days to participate, whether you want to join a group online or face to face and what themes you want to know about. [Click here to take the anonymous survey!](#)

For parents and carers who have a child with a disability or developmental delay we also offer free support groups, both face to face and online.

Parenting can be 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.

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

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



PARENTZONE

ParentZone Pods



Anglicare Victoria

PARENTZONE

PODS

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



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

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

Podcast Series 1

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

Podcast Series 2

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

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

PARENTZONE

ParentZone Eastern Term 1 Parenting Programs



Dads Matter A program for dads

Dates: Mondays (6 evening sessions)
12th February - 25th March 2024
No session on Labour Day - 11th March
Time: 6.00pm to 8.00pm

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)
12th February - 25th March 2024
No session on Labour Day - 11th March
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: deborah.trengove@anglicarevic.org.au

Parenting Anxious Children For parents of 2 - 7 year olds

Dates: Thursdays (6 afternoon sessions)
15th February - 21st March 2024
Time: 1.00pm - 3.00pm

Venue: Central Ringwood Community Centre
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: Text 0438 683 049 or email sharon.muir@anglicarevic.org.au with your name, phone number and preferred time for an intake phone call.

Questions: Sharon on 0438 693 049

Parenting Anxious Adolescents For parents of 10 - 18 year olds

Dates: Mondays (6 evening sessions)
12th February - 25th March 2024
No session on Labour day - 11th March
Time: 7.00pm - 9.00pm

Venue: Online

Learn parenting strategies to support your young person with anxious feelings and behaviours.

Bookings: Text 0438 683 049 or email sharon.muir@anglicarevic.org.au with your name, phone number and preferred time for an intake phone call.

Questions: Sharon on 0438 693 049

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ParentZone Eastern Term 1 Parenting Programs



Living With ADHD/ADD Parenting Program

Dates: Tuesdays (6 morning sessions)

13th February - 26th March 2024

Time: 11.30am - 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: Booking fast

Enquiries: Michelle on 0438 646 744

Circle of Security Parenting

Dates: Tuesdays

(8 evening sessions with a 2 week break for Easter)

5th March - 7th May 2024

No session on Labour Day - 11th March

Time: 7.00pm to 9.00pm

Venue: Online

Circles of Security Parenting looks at how parents can build their relationship with their children and enhance attachment, trust and a sense of safety. Parents can learn ways to enhance the development of their child's self-esteem, trust, and feelings of security.

You can support the creation of a secure base from which your child feels able to explore their world, knowing there is a safe haven to return to.

Research shows that the more secure children are, the more they are able to feel happier, have lasting friendships, have higher self esteem and trust themselves and the people they love.

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

Enquiries: Julia 9721 3629 or 0400 866 495

Tuning Into Kids

For parents of 4 to 12 year olds

Dates: Tuesdays (6 evening sessions)

Time: 6.00pm - 8.00pm

13th February - 26th March 2024

No sessions Tuesday 12th March

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: Text 0438 683 049 or email

sharon.muir@anglicarevic.org.au with your name, phone number and preferred time for an intake phone call.

Questions: Sharon on 0438 693 049

PARENTZONE

ParentZone Eastern Term 1 Parenting Forums



Raising Resilient Kids

Helping children to grow and thrive An online parent forum

Do you want to?

- Help your child grow in confidence?
- Support your child to develop their capacity to problem solve in an age-appropriate way?
- Build skills to handle life's challenges positively?

Join with us and other parents to talk about how we can raise resilient children

Please note these are interactive sessions and will not be recorded.

When: Tuesday 23 January 2024

Time: 2.00pm to 3.30pm

Where: Online - Via Zoom

Cost: Free (Bookings are essential)

Register: [Click here](#)

Questions:

Deborah at ParentZone Eastern on 0408 501 204 or
deborah.trengove@anglicarevic.org.au

Note: a Zoom link will be sent to registered participants prior to the session.

PARENTZONE

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!

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 Tuesday of every month during school term

Time: 10:30am - 11:30am

Location: Anglicare Victoria, 47-51 Castella Street, Lilydale

ADD/ADHD Support Group

Dates: Fortnightly on Thursdays during the school term

Time: 10.30am - 11:30am

Location: Online via Zoom

Foster Care/Grandparents Support Sessions

Dates: 4 sessions on Tuesday evenings.
Enquire for dates.

Time: 7.00pm - 8.00pm

Location: Online via Zoom

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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

Knox City Council

knox.vic.gov.au/parentworkshop

Manningham City Council

manningham.vic.gov.au/Parenting-Seminar-Series

Maroondah City Council

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

Whitehorse City Council

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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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

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/

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

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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

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

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

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

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

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

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

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

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

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/>

PARENTZONE

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

Mondays 10:00am - 11:00am

Term 1: 12th February to 25th March

Term 2: 22nd April to 24th June

Term 3: 22nd July to 16th September

Term 4: 14th October to 9th December

2-4yrs Age Group

Thursdays 10:00am - 11:00am

Term 1: 15th February to 28th March

Term 2: 2nd May to 27th June

Term 3: 25th July to 19th September

Term 4: 17th October to 12th December

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

Phone: 03 7038 6423

Contact: Shelley Neil

Email: cdtcorrespondence@each.com.au

<https://www.each.com.au/parent-child-mother-goose-program/>

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

PARENTZONE

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

Knox Council:

9298 8348 or play@knox.vic.gov.au

Monash Council:

playgroups@monash.vic.gov.au or 0466 026 290

Whitehorse Council:

supportedplaygroup@whitehorsevic.gov.au

Yarra Ranges Council:

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

Webpage: 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

PARENTZONE

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



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

Kindergarten Outreach Program for Culturally and Linguistically Diverse Families

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



PARENTZONE

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: 9th - 11th February

Time: Friday 7:30 pm 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 **Phone:** 9278 4608

Knox Youth Services

Website: knox.vic.gov.au/youth
Phone: 9298 8000

Manningham Youth Services

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

Maroondah Youth Support Service

Website: maroondahyouth.com.au/Support-for-Young-People
Email: youth@maroondah.vic.gov.au
Phone: 9294 5704

Monash Youth Services

Website: monashyouth.org.au/Programs
Phone: 9518 3900

Whitehorse Youth Services

Website: 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
Phone: 1300 368 333

YSAS

Youth Support and Advocacy Service

Website: 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

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

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

Website:

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: Rachelle on 9294 5704 or Shannon on 0418 545 553 or 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

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

Website: 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

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 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

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/>

PARENTZONE

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

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

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

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

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 **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 **Phone:** (03) 5962 2940



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

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

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



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

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

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

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

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

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



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

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 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, 687 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. No artistic skill required - all equipment provided.

When: Mondays during school terms

Time: 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 during the school term

Time: 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

Family Yoga

Family yoga is a Free 6 week play based group focused on connection, fun and safety for women and their children aged 4 -10 who have experienced family violence. No Yoga experience necessary - all equipment provided.

When: Wednesdays during school term

Time: 4.30pm-5.30pm

Where: Anglicare Victoria, Prospect st Box Hill

Contact: Anglicare TRAK Forward

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. No artistic skill necessary - all equipment provided.

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 during school terms - contact for dates or to express interest

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

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

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

- 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

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 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

Professional Training with ParentZone Group Facilitation Training



Group Facilitation Training

Are you interested in learning about or enhancing your facilitation skills?

The Group Facilitation training package developed by ParentZone is a strength based approach to working with adults in groups, with parenting groups as the context.

The facilitation skills you will develop can be used in many other settings including: meetings, staff supervision, client engagement and contact, partnership building and family situations

The sessions are experiential and fun and require some reflective work between sessions

About the Facilitator:

Julia holds a Certificate IV in Training and Assessment and is an experienced family therapist and group facilitator. Julia has been facilitating group work for over a decade with Anglicare Victoria's ParentZone and is accredited to facilitate a range of evidence-informed and evidence-based parenting programs, including: Parents Building Solutions (PBS), Circle of Security Parenting®, Tuning into Kids® and Bringing Up Great Kids®.

Topics Include:

- Foundations of group facilitation
- Why run parenting groups?
- Group development
- Principles of adult learning
- The differences between facilitation and teaching and the outcomes of each approach
- Co-facilitation skills and tools
- Facilitating different styles of groups
- Managing diversity and conflict constructively in a group
- Program planning
- Finding/utilising appropriate resources

Cost: \$250.00 plus GST

(10% discount for Anglicare Employees)

Where: Anglicare Victoria

Level 2, 37-41 Prospect Street Box Hill

When: 21st February - 13th March

Wednesdays 9.30am - 1.00pm

4 x 3.5 hour sessions

Morning tea provided

Enquiries and expressions of interest:

julia.russell@anglicarevic.org.au

PARENTZONE

Professional Training with ParentZone Parents Building Solutions

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 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

Professional Training with Australian Childhood Foundation



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 x 3.5hrs each
Training 1 - 4th and 5th of March 2024
Training 2 - 26th and 27th of March 2024
10:00am-1.30pm

Where: Online

Cost: \$297

Contact person: Pat Jewell

Phone: 1300 381 581

Email address: 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: Parenting After Family Violence

This workshop will provide participants with the knowledge and skills to facilitate a parent group with survivors of family violence in a safe, respectful and reflective space.

Dates:

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

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

Cost: \$165

Contact person: Pat Jewell

Phone: 1300 381 581

Email address: PJewell@childhood.org.au

Website:

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

PARENTZONE

Professional Training with Australian Childhood Foundation

Hi everyone,

"Bringing Up Great Kids" (BUGK) is the parenting program that the Parenting and Early Years team at the Australian Childhood Foundation (ACF) has been running across Australia for the past 12 years. In collaboration with the Parenting Research Centre (PRC), we have now decided to conduct an independent 3-year national evaluation of the program. The evaluation will be taken in stages over the three years and as data is collected and analysed information learned will be shared with everyone interested in BUGK.

Currently, we are recruiting facilitators who are running BUGK groups in term 1, 2024 and are interested in contributing to the project. To ensure your seamless participation, we provide clear instructions, explanatory and consent forms, as well as pre and post-group surveys to all facilitators who wish to contribute. We wholeheartedly encourage BUGK facilitators to join us and share their valuable insights by filling in an [expression of interest form](#).

We are also looking for parents who have not attended the BUGK group to fill in the surveys so that we can compare the results to those who attend our BUGK groups. We invite all parents you are working with to participate in this evaluation. Your support would be of great value to us in this project. If you think you can support our comparison group please fill in the [expression of interest form](#).

Please note that ACF is pleased to offer a FREE BUGK variation training to all facilitators who contribute to this project. Additionally, all parents who complete the survey will be entered into a draw for a chance to win a \$100 voucher.

Thanks in advance for your unwavering support and dedication to the BUGK community. If you have any questions or require further information, please feel free to reach us at hjaberipour@childhood.org.au. Kind regards



PARENTZONE

Partner 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 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

We look forward to hearing from you!

The ParentZone Eastern team,

Tamara, Julia, Michelle, Deborah, and Sharon.

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 before the last day of each school term.