



ParentZone Gippsland

Term 2 Newsletter 2024

Information on Programs to support parents
and carers across Gippsland

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M: PO Box 959 Morwell Vic 3840

P: (03) 5135 9555

PARENTZONE

**BETTER
TOMORROWS**



How can ParentZone Support you

At ParentZone we offer all carers and parents a space to develop and strengthen their parenting skills while creating positive changes in their family. We provide free parenting groups, workshops, resources, and training to all parents and caregivers across the Gippsland region. Our skilled and experienced facilitators tailor education programs to enhance your family's needs. This is done by using evidence informed frameworks such as Parents Building Solutions, Breaking the Cycle, Small talk and many more. ParentZone programs support all ages and stages, from newborns to teenagers. Our programs address the challenges faced by parents including family violence and development milestones. Programs are offered both face to face and online to ensure we can reach a large demographic in our region. ParentZone offers consults, general parenting advice and assistance with referral pathways to other Anglicare services.

For more information or to discuss our programs please contact us on:

parentzone.gippsland@anglicarevic.org.au

P: (03) 5135 9555

PARENTZONE

Frequently Asked Questions

How do I register?

Simply scan the individual QR code on the flyer of your chosen session OR enter the unique MS forms code into your internet browser OR contact ParentZone directly on 03 5135 9555 or parentzone.gippsland@anglicarevic.org.au.

What do the sessions cost?

All ParentZone facilitated sessions are completely FREE of charge of charge.

What if I can't make to all sessions?

To gain the full learning and support from programs we suggest you attend all sessions. However, we understand that illness and life happens, we do have a requirement in order to receive a certificate of completion you attend a minimum of 4 of the 6 sessions.

What technology do i need for online sessions?

Our online session uses the ZOOM platform, you will need a device that is compatible with a working camera and microphone.

Do I have to keep my camera on?

Yes, there is a requirement that your camera is on, this allows the facilitator and other participants to see one another. All our programs are designed to be interactive sessions with parent participation encouraged.

Are the sessions recorded?

No, our sessions are not recorded. This is to protect the privacy of participants as the sessions are interactive and each program is designed to cover topics to meet your parenting needs.

Can my partner or support person attend as well?

Yes, anyone who can support your parenting is welcome to attend.

Can you diagnose my Child?

No, ParentZone offers general parenting advise and education we can suggest some referral pathways or services to contact for specialised direction and advice.

Contact ParentZone Gippsland at:

parentzone.gippsland@anglicarevic.org.au

P: (03) 5135 9555

anglicarevic.org.au

PARENTZONE

Term 2 Program Overview Please see full flyers for program description and enrollement details

PROGRAM NAME	DURATION	PAGE NUMBER
Lets Talk about Parenting	6 Weeks online or 3 weeks face to face	Page 5
Talking Dads	6 Weeks Online	Page 6
Parenting Anxious Teens and Tweens	6 Weeks Online or 3 Weeks face to face	Page 7
Tuning into Teens	6 Weeks Online	Page 7
Breaking the Cycle	8 Weeks Online	Page 8
Living with Autism	6 Weeks online or 3 weeks face to face	Page 9
Parenting after seperation	6 Weeks Online	Page 10
Tuning into Kids	6 Weeks Online	Page 11
Parenting preps	6 Weeks online or 3 weeks face to face	Page 11
Bringing up Great Kids	6 Weeks face to face	Page 12

PROGRAM NAME	DURATION	PAGE NUMBER
Routines and Boundaries	2 hours with 2 dates on offer	Page 13
Encouraging School Participation	2 hours with 3 dates on offer	Page 13
Dealing with transitions	2 hours with 2 dates on offer	Page 14
Risky Business	2 hours with 2 dates on offer	Page 14
Sibling Rivalry	2 hours with 2 dates on offer	Page 15
Family Meetings	2 hours with 2 dates on offer	Page 15

PROGRAM NAME	DURATION	PAGE NUMBER
In Home Support Services	Multiple dates and locations	Page 17
Suported Playgroup	Multiple dates and locations	Page 18



Lets Talk About Parenting

Let's talk about Parenting is an open age program for all parents and carers.

During this program we delve into understanding your parenting styles, how we determine our parenting styles, how to embrace and develop parenting skills.

We discuss topics such as:

Working with child development stages and the changes to behaviours that come with them.

Behaviour and discipline.

Communication and feelings.

And problem solving.

During the enrolment process we will ask what your specific needs are to ensure we cover it on our program.

Please note there will be 2 Taster sessions available for this program, please come along and see if this is right for you!

To register contact

Parentzone.Gippsland@anglicarevic.org.au

P: (03) 5135 9555

OR click the link or scan the code

<https://forms.office.com/r/A9vSJ0ebax>

When: Thursday 02/05/2024 to Thursday 06/06/2024

Time: 12:30pm-2:30pm

Where: ZOOM

OR

When: Tuesday 04/06/2024 to Tuesday 18/06/2024

Time: 11:00am-3:00pm

Where: Anglicare Victoria

190 Commercial Road Morwell 3840

Taster Dates:

When: Monday 15/04/2024

Time: 11:00am-12:00pm

Where: ZOOM

OR

When: Monday 22/04/2024

Time: 1:00am-2:00pm

Where: ZOOM





Talking Dads

During the 6-week program you will have the opportunity to speak freely with other dads, discussing the challenges of being a parent, share experiences, learn new strategies and build on your parenting skills.

During this program we aim to:

- Increase your confidence as a Dad
- Improving communication and closeness with your children
- Creating a healthy environment for your children
- Learning how to cope with stress, emotions and anger.

When: Tuesday 07/05/2024 to Tuesday 11/06/2024

Time: 3:00PM-5:00PM

Where: Online via ZOOM

To register contact

Parentzone.Gippsland@anglicarevic.org.au

P: (03) 5135 9555

OR click the link or scan the code

<https://forms.office.com/r/PR2L6uGP9m>



PARENT*ZONE*

Adolescent programs 11-18 years



Parenting Anxious Teens & Tweens

Learn parenting strategies to support your young person with anxious feelings and behaviours. Teach your child the skills of resilience to bounce back from life's challenges while you improve communication and connections with your tween or teen.

When: Wednesday 24/04/2024 to Wednesday 29/05/2024

Time: 1:00pm-3:00pm

Where: ZOOM

OR

When: Tuesday 11/06/2024- Tuesday 25/06/2024

Time: 11:30pm-3:30pm

Where: Anglicare Victoria

190 Commercial Road Morwell 3840

To register contact

Parentzone.Gippsland@anglicarevic.org.au

P: (03) 5135 9555

OR click the link or scan the code

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



Tuning into Teens

This interactive and supportive program supplies you with practical tools to better support your teen manage their emotions while managing your own. At minimum we discuss communication, emotional intelligence, social interactions and how to keep a calmer home.

When: Tuesday 23/04/2024 to Tuesday 28/05/2024

Time: 1:00pm-3:00pm

Where: ZOOM

To register contact

Parentzone.Gippsland@anglicarevic.org.au

P: (03) 5135 9555

OR click the link or scan the code

<https://forms.office.com/r/dc6n6zELGx>



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Breaking the Cycle

This 8 week program works through the complexity of young people using violence in the home toward parents, care givers and siblings.

In this program we discuss:

- The history of violence.
- The experience of violence on all family members.
- Safety in the home.
- Communication.
- Understanding anger, triggers, trauma, and blame.
- All working toward relationship repair.

This program is suitable for all parents and caregivers with young people aged 12-18 who are using violence, intimidation and threats in the home.

When: Thursday 02/05/2024 to Thursday 20/06/2024

Time: 10:00am-12:00pm

Where: ZOOM

To register contact
Parentzone.Gippsland@anglicarevic.org.au
P: (03) 5135 9555
OR click the link or scan the code

<https://forms.office.com/r/zqHCKk4V7a>





Living with Autism

6 week program for parents and carers living with a child who has been diagnosed with Autism Spectrum Disorder (ASD).

Strategies to consider different approaches to help with parenting children on the spectrum

- How to help with social skills
- Managing changes and transitions
- Responding to meltdowns
- How to respond when your child gets overwhelmed?
- Help your child to regulate their emotions?
- Support your child with their challenges.

When: Wednesday 17/04/2024 to Wednesday 22/05/2024

Time: 12:30pm-2:30pm

Where: ZOOM

OR

When: Wednesday 05/06/2024 to Wednesday 19/06/2024

Time: 10:00am - 2:00pm

Where: Anglicare Victoria

190 Commercial Road Morwell 3840

To register contact

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P: (03) 5135 9555

OR click the link or scan the code

<https://forms.office.com/r/q9Wrus0ZEC>





Parenting after Separation

Are you finding it difficult navigating your children's feelings and behaviour after separation?

Come along, learn some skills to assist you and your children to build strong connections and chat with other parents in similar situations.

Would you like to:

- Learn how to best support your children through separation?
- Learn ways to better deal with your emotions and theirs?
- Build communication skills for the future, for yourself and your children?
- Develop strategies to manage your children's behaviour
- Develop self-care strategies to help you through this period.

Please note there will be 2 Taster sessions available for this program, please come along and see if this is right for you!

When: Friday 03/05/2024 to Friday 07/06/2024

Time: 12:30pm-2:30pm

Where: ZOOM

Taster Dates:

When: Thursday 18/4/2024

Time: 10:30am-11:30am

Where: ZOOM

OR

When: Tuesday 23/04/2024

Time: 1:00pm-2:00pm

Where: ZOOM

To register contact

Parentzone.Gippsland@anglicarevic.org.au

P: (03) 5135 9555

OR click the link or scan the code

<https://forms.office.com/r/5apUh3QDdY>



Early Years Programs Birth to 12 Years



Parenting preps 4 -6 years

During this 6-week program we discuss the transition into education for both you and your child. Learn how to support your child through this time. Develop age-appropriate chores, routines, timetables and make home / education life balance manageable.

When: Monday 15/04/2024 to Monday 20/05/2024

Time: 12:30pm-2:30pm

Where: ZOOM

Or

When: Monday 03/6/2024 to Monday 17/06/2024

Time: 09:30am-1:30pm

Where: Anglicare Victoria

190 Commercial Road Morwell 3840

To register contact

Parentzone.Gippsland@anglicarevic.org.au

P: (03) 5135 9555

OR click the link or scan the code

<https://forms.office.com/r/Jb5LZsJGsP>



Tuning into Kids

Emotionally Intelligent Parenting For Parents of Children Aged 3-12 Years

This program provides you practical strategies and supports to help you better understand and communicate with your child. Help your child learn to manage their emotions and deal with conflict. Manage challenging behaviours in the home and community. Ways to support your anxious child. Tips on how to build resilience and peaceful connections.

When: Monday 13/05/2024 to 17/06/2024

Time: 7:00pm-9:00pm

Where: ZOOM

To register contact

Parentzone.Gippsland@anglicarevic.org.au

P: (03) 5135 9555

OR click the link or scan the code

<https://forms.office.com/r/1pPRh7JYT8>





Bringing up Great Kids

Bringing up great kids (BUGK) parenting program is a mindful parenting program which gives parents the skills to slow down and respond to children in a calm and relaxed manner, leading to less stress in their lives and positive changes in their children's behaviour.

The BUGK program supports parents as they explore what influences their parenting practices, and the messages their passing onto their children. Recommend for: parents/carers of children (aged 2-10 years of age)

When: Tuesday 23/04/2024 to Tuesday 28/05/2024

Time: 1:00pm-3:00pm

Where: Anglicare Victoria

190 Commercial Road Morwell 3840

To register contact

Parentzone.Gippsland@anglicarevic.org.au

P: (03) 5135 9555

OR click the link or scan the code

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





Routines and Boundaries

This 2-hour interactive session looks at ways to support families when creating and sticking to routines. Understanding what a safe boundary is and how to support safe risk-taking behaviours. We discuss communication and how to face the challenges that come with it.

When: Thursday 18/04/2024

Time: 10:00am-12:00pm

Where: ZOOM

OR

When: Monday 06/05/2024

Time: 1:00am-3:00pm

Where: ZOOM

To register contact

Parentzone.Gippsland@anglicarevic.org.au

P: (03) 5135 9555

OR click the link or scan the code

<https://forms.office.com/r/LQSn3h1yM1>



Encouraging School Participation

- Is school refusal turning your home into a battleground?
- Is your child experiencing separation anxiety?
- Would you like to understand some of the reasons for school refusal?
- Would you like to know what works for other parents?

When: Wednesday 17/4/2024

Time: 12:30pm - 2:30pm

Where: ZOOM

OR

When: Wednesday 01/05/2024

Time: 10:00am - 12:00pm

Where: ZOOM

OR

When: Friday 21/06/2024

Time: 12:30pm - 2:30pm

Where: ZOOM

To register contact

Parentzone.Gippsland@anglicarevic.org.au

P: (03) 5135 9555

OR click the link or scan the code

<https://forms.office.com/r/UDHUU34FuB>





Sibling Rivalry

Has sibling rivalry made your home a battleground? If so, come along to this 2-hour session to work through ways to support your children communicate effectively, make better choices, establish consistent positive rules, consequences, boundaries and support good relationships.

Help your children to deal with issues and problem solve effectively giving them a skill for life.

When: Tuesday 30/04/2024

Time: 9:30am-11:30am

Where: Anglicare Victoria

190 Commercial Road Morwell 3840

OR

When: Friday 21/06/2024

Time: 12:30pm-2:30pm

Where: ZOOM

To register contact

Parentzone.Gippsland@anglicarevic.org.au

P: (03) 5135 9555

OR click the link or scan the code

<https://forms.office.com/r/UPiUYG6rb1>



Family meetings

One of the values of family meetings is that they provide a forum in which all family members can be heard. Learn some useful tools to promote children to problem solve and find solutions. Family meeting can be fun and can be a positive, empowering experience for all.

When: Wednesday 15/05/2024

Time: 10:30am-12:30pm

Where: ZOOM

OR

When: Tuesday 18/06/2024

Time: 11:30am-1:30pm

Where: ZOOM

To register contact

Parentzone.Gippsland@anglicarevic.org.au

P: (03) 5135 9555

OR click the link or scan the code

<https://forms.office.com/r/g9UUzjYenS>





Risky Business

Suitable for parents and caregivers of teens 12-18

This program discusses ways to better communicate with your teen, while developing strategies to listen to their needs and concerns without judgment.

We discuss ways to help your teen problem solve and make safe choices while supporting them to understand safe and unsafe risks.

Goals for the program are to stay connected to your teen while supporting them to stay connected to their community and friends.

When: Friday 03/05/2024

Time: 12:30pm-2:30pm

Where: ZOOM

Or

When: Friday 31/05/2024

Time: 11:00am-1:00pm

Where: ZOOM

To register contact

Parentzone.Gippsland@anglicarevic.org.au

P: (03) 5135 9555

OR click the link or scan the code

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



Dealing with Transitions.

Have you noticed your child needs time to process and cope with transitions. How to understand what children are telling us and respond effectively. Explore ways of communicating with your child so they will listen.

When: Wednesday 29/05/2024

Time: 1:30pm-3:30pm

Where: ZOOM

Or

When: Friday 14/06/2024

Time: 9:30am-11:30am

Where: ZOOM

To register contact

Parentzone.Gippsland@anglicarevic.org.au

P: (03) 5135 9555

OR click the link or scan the code

<https://forms.office.com/r/2QpiAkZZq0>





Smalltalk In Home Support

Smalltalk is a set of evidence-based strategies that parents can use to enhance the home learning environment for their children from birth up to school age.

In-Home Support involves a qualified facilitator visiting a family in their own home. Parents participating in In-Home Support may also be attending a Supported Playgroup. During these home-based sessions, parents see practical examples of the smalltalk strategies, and have the opportunity to practice these ideas with guidance from a qualified facilitator.

The parent and the qualified facilitator go through an In-Home Support videos together, which shows examples of the smalltalk strategies. The parent and facilitator then work together through the remainder of the session, practising the strategies modelled on the DVD, incorporating suggestions by the parent.

How Many Sessions:

- Families attending a supported playgroup are eligible for 5 In-Home sessions.
- Families not attending a supported playgroup are eligible for 10 sessions.

Eligibility Criteria

- A family member holds a health care card
- A family member identifies as Aboriginal and/or Torres Strait Islander
- Families in kinship care arrangements
- Families referred by The Orange Door / Child Protection
- Families referred or participating in Enhanced Maternal and Child Health Services
- Parent aged under 25
- Parent not completed high school
- Single Parent Family
- 10 or less children's books in the home



Learning Through Play Supported Playgroups

Come along to one of our supported playgroups

Monday

Location: 101 Buckley Street Morwell

Time: 10:00am - 12:00pm

Age: 0 - 5 years

Wednesday

Location: Churchill Neighbourhood Centre
Studio, 9 Phillip Parade

Time: 9:30am - 11:30am

Age: 0 - 5 years

Thursday

Location: Churchill Neighbourhood Centre
Studio, 9 Phillip Parade

Time: 9:30am - 11:30am

Age: 0 - 5 years

Friday

Location: Glendonald Preschool
Churinga Drive, Churchill

Time: 9:30am - 11:30am

Age: 0 - 5 years

Friday

Location: Glendonald Preschool
Churinga Drive, Churchill

Time: 1:00pm - 3:00 pm

Age: 0 - 18 months Infant Specific

For further information please contact
Parentzone.Gippsland@anglicarevic.org.au
P: (03) 5135 9555