



Term 2 2024

ParentZone Northern -

What's On

**PARENT**ZONE

**BETTER  
TOMORROWS**

# Welcome to the ParentZone Northern 'What's on Guide' for Term 2 2024

Welcome to term 2, 2024

Term 1 at ParentZone Northern has been incredibly busy, with our skilled facilitators delivering a wide range of groups to support vulnerable families and promote positive parenting practices. Some of the groups we have offered include Circle of Security (COS), Parents Building Solutions (PBS) - Stress less parenting, Tuning into Kids (TIK), Tuning into Teens (TINT), Parenting after Violence (PAV), as well as single sessions on topics such as child development and managing challenging behaviours.

Our parenting groups provide a safe and supportive environment where parents can learn and develop essential skills to enhance their parenting abilities. We are particularly proud of our very own parenting program, Parents Building Solutions- Parenting in Australia, which we have facilitated in partnership with Collingwood English Language School for Arabic-speaking communities. The PBS model has proven to be effective for our culturally and linguistically diverse communities. Parents have expressed that the PBS model allows them to connect with others who are going through similar experiences, reducing feelings of isolation and creating a sense of belonging.

In addition to our partnerships with schools and councils, we also continue to deliver single sessions and 6-week parenting programs both online and face-to-face, including evening sessions. If you are interested in partnering with us, please reach out to Roba Elkadi, the PZ Northern Coordinator. We have attached the term 2 timetable for your reference. If you have any information that you would like to be included in our newsletter, please send it to [parentzone.northern@anglicarevic.org.au](mailto:parentzone.northern@anglicarevic.org.au).

In the meantime, we encourage you to explore our ParentZone Pods, which offer a brief intervention option for parents and carers facing immediate issues or concerns. You can access the ParentZone Pods through the provided link.

Thank you for your continued support.

Warm 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 2 Parent Programmes

## Tuning in to Kids

Would you like to learn how to:

- Understand your child's emotions?
- Be aware and manage your emotions?
- Build attachment and teaching through emotional experiences?
- Help your child to understand and manage their emotions?
- Develop skills to assist your child in problem solving?

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

Thursday 2nd May - 6th June 2024

10.00am - 12.00pm

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)



## Tuning in to Teens

Would you like to learn how to:

- Understand your teen's emotions?
- Be aware and manage your emotions?
- Build attachment and teaching through emotional experiences?
- Help your teen understand and manage their emotions?
- Develop skills to assist your teen in problem solving?

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

This free 6-weeks parenting program is open to parents/carers who have children who attend Sunbury College.

Monday 6th May - 17th June 2024

5.30pm - 7.30pm

Venue: Sunbury College, 30 Racecourse Road, Sunbury

Bookings: Contact Tammy Yeo on [Tammy.Yeo@education.vic.gov.au](mailto:Tammy.Yeo@education.vic.gov.au)  
Enquiries: ParentZone Northern: 03 8641 8900  
or email [parentzone.northern@anglicarevic.org.au](mailto:parentzone.northern@anglicarevic.org.au)

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# ParentZone Term 2 Parent Programmes

## Tuning in to Teens

Would you like to learn how to:

- Understand your teen's emotions?
- Be aware and manage your emotions?
- Build attachment and teaching through emotional experiences?
- Help your teen understand and manage their emotions?
- Develop skills to assist your teen in problem solving?

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

This free 6-weeks parenting program is open to parents/carers who have children who attend St Helena College.

Thursday 9th May- 13th June 2024

5.00pm -7.00pm

Venue: St Helena College, 50 Wallowa Rd, Eltham North VIC 3095

Bookings: Contact Rachel Weiss on [RWS@sthelena.vic.edu.au](mailto:RWS@sthelena.vic.edu.au)

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

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## Circle of Security Parenting - Dads (8 Week Program)

This program is designed to help fathers to understand their child's behaviour and to build and strengthen a secure relationship with their child.

Decades of university-based research have confirmed that secure children exhibit increased empathy, greater self-esteem, better relationships with parents and peers, enhanced school readiness and an increased capacity to handle emotions more effectively when compared with children who are not secure.

Wednesday 24th April - 12th June 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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# ParentZone Term 2 Parent Programmes

## Bringing Up Great Kids

This 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 they are passing onto their children.

Tuesday 30th April - 4th June 2024

10.00am-12:00pm

Venue: Janefield Community Centre  
2 Manchester Crescent, Bundoora

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

Do you want to:

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

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

This free 6-weeks parenting program is open to parents/carers who have children who attend Holy Child Primary School.

Monday 20th May - 24th June 2024

9.00am-11.00am

Venue: Holy Child Primary School  
227 Blair Street, Dallas

For bookings: Contact Melissa Young on  
[myoung@hcdallas.catholic.edu.au](mailto:myoung@hcdallas.catholic.edu.au)

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 2 Parent Programmes

## Parents Building Solutions

Do you want to:

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

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

Tuesday 14th May - 18th June 2024

10.30am - 12.30pm

Venue: Epping Community Hub, 713 High Street, Epping

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 Program- Arabic Program

Do you want to:

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

This free 6-weeks parenting program is open to Arabic speaking parents/carers who have children who attend Aitken Creek Primary School

Tuesday 30th April-4th June 2024

9.00am - 11.00am

Venue: Aitken Creek Primary School  
51-81 Grevillea Street, Craigieburn

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 2 Parent Programmes

## Parenting in the Early Years - Parents Building Solutions Program

Do you want to:

Help your child cope in a chaotic world?

Improve your child's confidence and self-esteem?

Help your child deal with anxious feelings?

Develop strategies to manage anger?

Talk so your child will listen?

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

Recommended for: parents/carers of children (aged 2-5 years)

Tuesday 30th April - 4th June 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)





# ParentZone Term 2 Parent Programmes

## Single Sessions

### Dealing with Preschool Behaviours

During this informal session parents will be supported to understand the reasons behind their children's behaviours and develop new strategies to manage these behaviours.

Morning tea will be provided and children welcome.  
Delivered in partnership with Jindi Playgroup.

Thursday 18th April 2024

10.00am - 11.30am

Venue: Jindi Family & Community Centre,  
48 Breadalbane Avenue, Mernda

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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### Raising Resilient Teens

Would you like to learn how to:

- Respond to your teen's fears, worries in a helpful way?
- Connect with and understand your teen?
- Build your teen's resilience and nurture positive self-view?
- Explore opportunities to build their self-confidence?

This workshop will introduce parents to evidence-based strategies to help build resilience.

Thursday 2nd May 2024

7.00pm - 8.30pm

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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# ParentZone Term 2 Parent Programmes

## Single Sessions

### School Refusal (Primary School Aged Children)

Would you like to learn how to:

- Understand your child who is anxious about going to school?
- Understand what makes it tricky for them?
- Learn more about ways you can help?
- Be aware and manage your emotions?

This workshop provides information and strategies to parents/carers to help with this ever-increasing issue.

Tuesday 7th May 2024

10.00am - 12.00pm

Venue: Greenvale West Community Centre: 7 Ventura Way, Greenvale. (Community Room 2)

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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### Parental Wellbeing and Self-Care

Are you feeling burnt out and overwhelmed by everyday parenting tasks? Do you want to?

- Understand your coping patterns and habits.
- Build your resilience and be able to set boundaries.
- Manage your stress.
- Make time for yourself and your family.

Come along to this interactive session to share experiences and learn new strategies that will support you to prioritize your health and wellbeing.

Monday 24th June 2024

6.00pm - 7.30pm

Venue: Online via Zoom

Bookings via trybookings:

<https://www.trybooking.com/CQOKM>

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 2 Parent Programmes

## Single Sessions

### School Refusal

Would you like to learn how to:

- Understand your child who is anxious about going to school?
- Understand what makes it tricky for them?
- Learn more about ways you can help?
- Be aware and manage your emotions?

This workshop provides information and strategies to parents/carers to help with this ever-increasing issue.

Friday 31st May 2024

9.00am - 10.00am

Venue: Newbury Primary School  
202/226 Newbury Blvd, Craigieburn

Bookings via Sentral. For any enquiries contact Rita Toma on 03 8691 6900

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### School Refusal (Secondary School Aged Children)

Would you like to learn how to:

- Understand your teen who is anxious about going to school?
- Understand what makes it tricky for them?
- Learn more about ways you can help?
- Be aware and manage your emotions?

This workshop provides information and strategies to parents/carers to help with this ever-increasing issue.

Tuesday 14th May 2024

Expression of Interest via rego form:

Either

Afternoon 1.00pm-2.30pm: Homestead Community and Learning Centre: 30 Whiltshire Drive, Roxburgh Park 3064 (Conference room)

or

Evening, online 6.00pm-7.30pm

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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# ParentZone Term 2 Parent Programmes

## Single Sessions

### Raising Resilient Kids

Would you like to learn how to:

- Respond to your child's fears, worries in a helpful way?
- Connect with and understand your child?
- Build your child's resilience and nurture positive self-view?
- Explore opportunities to build their self-confidence?

This workshop will introduce parents to evidence-based strategies to help build resilience.

Wednesday 26th June 2024

7.00pm - 8.30pm

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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# Northern Parent Educator Network

## **NPEN Update**

The Term 1 2024 NPEN meeting was held on 14th March 2024 online via Zoom. Thank you to Bobby Lama from Whittlesea Community Connections for her presentation about the Multi-Service Coordinated Family Violence Response Project and the amazing support they are providing to women from Southeast Asian communities. Unfortunately, Tanya was not able to present this term due to work commitments so we look forward to having her present information about her program at Term 2 NPEN meeting. 15 professionals attended and shared valuable program updates. Thanks to all who attended. Term 2 NPEN meeting will be held on 30th May 2024 online via Zoom and flyer with information about presenter will be shared with NPEN members in April. 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).

## **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.

# What's Happening Elsewhere Circle of Security Parenting Program

Term 2 2024



Term 2 2024



Wednesdays 10am –12  
May 1st to June 12th  
@ Glenroy Neighbourhood House  
5B Cromwell St, Glenroy

At times all parents feel lost or without a clue about what our child might need from us. Imagine what it might feel like if you were able to make sense of what your child was really asking from you.

The Circle of Security Parenting program is based on decades of research about how secure parent-child relationships can be supported and strengthened.



This is a FREE program for parents of children  
aged 6 months - 6 years  
living in Glenroy, Fawkner and surrounds

To book a place please email: [earlylinks@mcm.org.au](mailto:earlylinks@mcm.org.au)  
or call: 0438 849 234

Melbourne City Mission's Early Links funded by the Australian  
Government Department of Social Services.



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# 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, 5th June

Session 2: Raising Confident, Competent Children  
Wednesday, 12th June

Session 3: Raising Resilient Children  
Wednesday, 19th June

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)



# Darebin Young Parents



At The Hub (Northland)

**Coming soon on Friday mornings!**  
**A dedicated group for parents or expecting parents aged 25 and under who live, work, play in, or are connected to, the Darebin area.**

## EXPRESSION OF INTEREST

Register using the QR above!

### What's Involved?

This group will focus on creating social connection between new and expecting parents. There will be food provided, and the opportunity for learning, guest speakers, activities and excursions. Children are always welcome. Let us know in the expression of interest what you would like from this group.

#### DAREBIN YOUTH SERVICES

T 8470 8926  
E [youthservices@darebin.vic.gov.au](mailto:youthservices@darebin.vic.gov.au)  
[darebin.vic.gov.au](http://darebin.vic.gov.au)

Entry to the Hub is on the outside of Northland, next to Target.  
Entry is free.



[/darebinyouthservices](https://www.facebook.com/darebinyouthservices)





# What's Happening Elsewhere

# CHAMPS - Free after school group

Term 2 2024

Expression of Interest

CHAMPS is an 8 week term-time program for children aged 8-12 who have a parent/s or family member/s who experiences a mental health challenge



## DATES

Tuesdays after school in term 2 from 7th May - 25th June, 2024 (8 weeks)

## TIME

4.00-5.30pm (arrival from 3.40pm)

## LOCATION

Keon Park Children's Hub,  
1-7 Dole Ave, Reservoir,  
3073

Facilitated in partnership between Northern Health FaPMI (Families where a Parent has a Mental Illness), Wellways, Satellite Foundation and Anglicare Victoria, the program aims to:

- Have fun with games, activities and snacks
- Give children the opportunity to meet others in similar circumstances
- Provide information and support for children about mental health, what families might experience and ideas that help
- Give parents the chance to connect with each other and support their children's experience and understanding

## REACH OUT TO REGISTER

If you have any questions, would like to register for this group, or any future groups that we may hold across Darebin and Whittlesea LGAs, please email us your name, postcode and contact phone number so we can check-in with you and start building a connection

Email: [NH-checkinandconnect@nh.org.au](mailto:NH-checkinandconnect@nh.org.au)

**Northern Health**  
Mental Health Division

**wellways**

**satellite**  
FOUNDATION

**Anglicare**  
Victoria

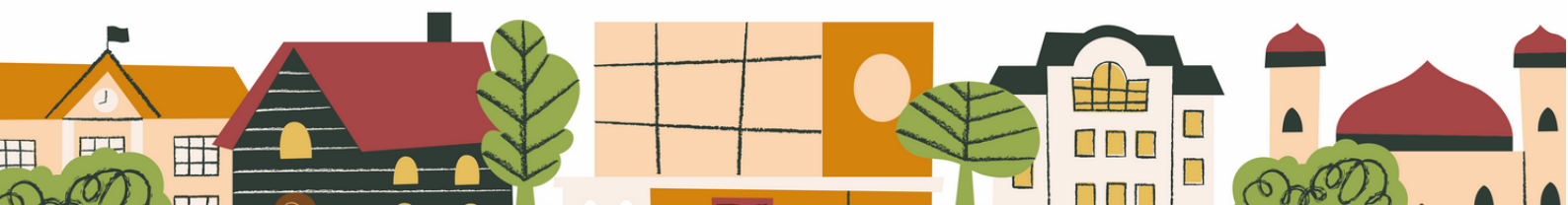
**VICTORIA**

**the bovine centre**  
FAMILY  
RESILIENCE

**LA TROBE**  
UNIVERSITY

The Victorian FaPMI Program

Families where a Parent has a Mental Illness





# Growing Connections

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

Recognised as a 'Promising Program' by the Australian Institute of Family Studies, Growing Connections aims to strengthen the bond between mothers and children who have experienced family violence. The group involves art, craft, play and movement activities.

This is a safe, supportive and fun group for mothers and children to attend together. The group will help to:

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

**DATES:** Wednesdays starting 24 April 2024 (running for 8 weeks).

Start time 11:00am - finish time

**TIME:** 2:00pm

Anglicare Broadmeadows Office

**WHERE:** 32 Railway Crescent,  
Broadmeadows

For enquiries and referrals please contact Shilpa at Shilpa.Nagesh@anglicarevic.org.au or ph: 0477 553 924

**Booking Essential**



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## ART & SOUL for Growing Connections



A **FREE program**, designed to provide mothers and their children with a space to connect through facilitated art & play-based activities. Art & Soul is a fun, interactive and safe environment designed for participants to spend quality time together and strengthen their relationship.

### What is Art & Soul?

Developed as a group-based activity, aimed at nurturing the relationship between mothers and children who are survivors of family violence.

The program will provide a mixture of activities that are:

- Art based and Creative
- Sensory Integrated
- Play based
- Collaborative and encourage parents and children to work together

**DATE:** Wednesday 10th April 2024

**TIME:** 11:00am to 1:30pm  
Food and drinks provided

**WHERE:**  
Anglicare Broadmeadows  
32 Railway Crescent,  
Broadmeadows

### Bookings Essential

Please contact Shilpa at Anglicare Broadmeadows Phone: 0477 553 924  
Email: [Shilpa.Nagesh@anglicarevic.org.au](mailto:Shilpa.Nagesh@anglicarevic.org.au)



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# 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

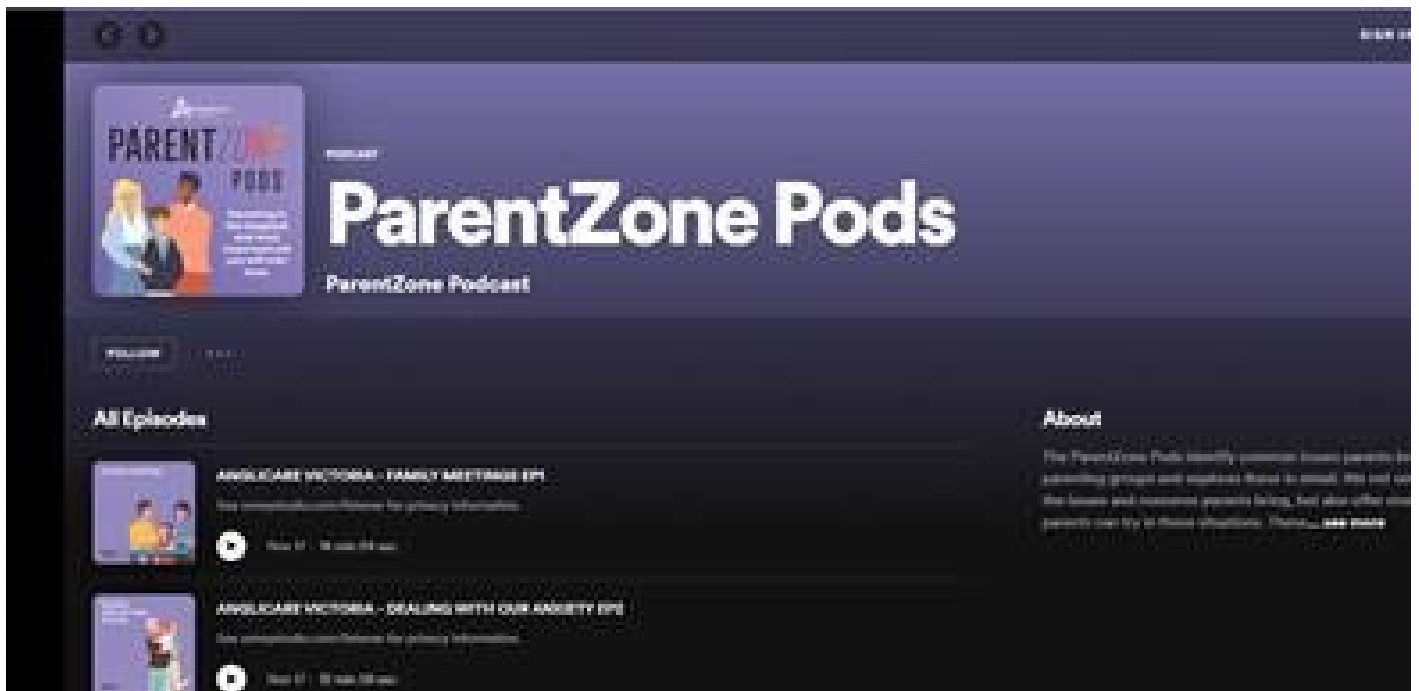
Headspace 1800 650 890

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 !