



Parentzone Southern What's On Term 2, 2024

ParentZone Southern

P: (03) 9781 6767 or (03) 9781 6710

Email: parentzone.southern@anglicarevic.org.au

Find out about our ParentZone Pods, Help Lines, other Anglicare programs, Communities for Children, and ParentZone programs being run in the Southern Region which include, but not limited to: Supported Playgroups; Transition Programs; Parenting Programs; and Workshops.

PARENTZONE

**BETTER
TOMORROWS**

Welcome and News From ParentZone and Anglicare Victoria

Welcome. We hope you had a good start to the new year and more recently the Easter break. Here's to Term 2 with numerous free programs and workshops planned for this term

ParentZone works with schools and other organisations in the Southern region. You can choose both face to face groups and online options, including our free, supported playgroups: "Our Time" in Frankston North, facilitated by Iris, and "Play Circle" in the City of Greater Dandenong, facilitated by Erin, both of whom are Parent Resource Coordinators.

This newsletter includes the Term 2 sessions and programs which have been finalised thus far, but please keep checking our website for updates. We are also providing you with helpful links and details of help lines.

If you are unable to attend a program or session, or there is not one that is suited to your needs right now, remember the ParentZone pods (link below). These are a useful resource and provide parents and carers an immediate option for some of the issues or concerns they are facing now.

All our ParentZone programs are updated on the Anglicare Victoria Webpage. Keep up to date with the current programs by clicking: [here](#)



ParentZone Southern Office

ParentZone Southern
P: (03) 9781 6767, 9781 6710, 9781 6700
75 Army Rd, Pakenham, 3810
email: parentzone.southern@anglicarevic.org.au

Anglicare Victoria Frankston Office

ParentZone Southern Frankston and Mornington
P: (03) 9781 6767, 9781 6710, 9781 6700
60-64 Wells St, Frankston 3199
email: parentzone.southern@anglicarevic.org.au

ParentZone Southern covers the Southern Area including:
City of Greater Dandenong; City of Casey; City of Cardinia; City of Frankston; Mornington Peninsula Shire.

Residents in the City of Bayside; Stonnington; Kingston and Port Phillip are welcome to contact us for parenting support and advice

While some of our programs are confined to a specific geographic area, many are open to anybody who is able either to travel to the venue or join us online.

Other ParentZone Offices

ParentZone Gippsland
P (03) 5135 9555
101 Buckley Street,
Morwell, 3840

ParentZone Eastern
03 9735 4188
666 Mountain Highway,
Bayswater, 3153

ParentZone Northern
03 9465 0322
42 Mary Street,
Preston 3072



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PBS - Peaceful Parenting (Day)

PBS-Positive Parenting Strategies for Parenting Challenges

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Level 1 Accredited PBS Training for Professionals

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Host a Workshop

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ParentZone HUB

Communities for Children-Cardinia

Communities for Children Frankston

PARENTZONE

Parentzone Pods

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.



Anglicare Victoria

PARENTZONE PODS

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



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](#)

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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

Supported Playgroups

OUR TIME - SUPPORTED PLAYGROUP - Frankston area

A supported playgroup for pre-school children and their parents who have experienced mental health challenges

- Meet other parents and share ideas
- Build social connections, have some refreshments, learn parenting tips and access resources
- Help to feel closer to your child and understand what they need
- Play and have fun with your child
- Caring for ourselves



When: Tuesday

Dates: Starting 16th April-25th June

Time: 9.30am - 11.30am

Bookings and Enquiries

Iris Guasch - Parent Resource Coordinator:

Email: iris.guasch@anglicarevic.org.au

Mobile: 0436 007 492

Call or text to book

Venue

Kananook Kindergarten

6 Buna Ave, Seaford 3198

Sarah Dickenson - FaPMI Coordinator

Email: fapmi@phcn.vic.gov.au

Text: 0439 336 808



**2nd Term
Playgroup**

Play Circle - Supported Play Group Dandenong

A safe and supported space for parents and their children aged 0-5 with a trained facilitator. Meet other families in the community. Play and have fun with each other. Time out from life's worries. Also opportunity for one on one Play Coaching Sessions - please contact to enquire.

- Meet other families in the community
- Play and have fun with each other.
- Time out from lifes worries.

Also opportunity for one on one Play Coaching Sessions - please contact to enquire.

When Thursdays

Date 2nd May to 3rd June 2024

Time 10.00am to 11.30am

For bookings & enquiries contact:

Erin Surrey 0438 459 891

Erin.Surrey@anglicarevic.org.au

<https://www.facebook.com/groups/C4CDandenong>

Please scan the QR code to see
Communities for Children Greater
Dandenong's Facebook page



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PARENTZONE

Supported Playgroups

BABY MAKES 3 (BM3)

Maintaining Healthy Relationships during the transition to parenthood

Baby Makes 3 helps couples maintain a healthy relationship after the arrival of their baby.

The program helps parents to:

- Understand what it means to become a parent and the impact it may have on their relationship
- Develop a greater respect for each other's roles and improve communication
- Share their experiences and hear from others who are going through the same journey

Parents Feedback

"Learning how to go from a relationship of two to three and all the things in between"

"Very good program, would be good for every new relationship"

"It's very informative and a great way to transition into parenthood"

When Wednesdays

Date 2nd Term dates to be advised

Time 6.00pm - 8.00pm (Light Meal Provided)

Venue Cranbourne West Community Hub , 4 Flicka Boulevard, Cranbourne West, VIC 3977

Cost: Free! Bookings are essential

Register Expression of Interest

contact Jasbir Singh Suropada
0438 004 285 or

jasbir.suopada@anglicarevic.org.au

In partnership with



Baby Makes 3-Winner of VicHealth's prestigious Outstanding Health Promotion Award for 2022



PARENTZONE

Parents Building Solutions

Dealing with feelings **FREE 1 Session**

MANAGING OUR OWN, OR OUR CHILDREN'S, EMOTIONS POSITIVELY IS DIFFICULT!

- Do you, or your child(ren), feel worried and anxious?
- Do you recognise your own, or your child(ren)'s triggers?
- Would you like to stop yelling (you and/or your child(ren))?
- Would you like strategies to help your children manage their big feelings?

If your answer to any of these questions is "Yes!", please join us for this parenting session.



Parenting Today

Join us ONLINE in an interactive program to share experiences, ideas and learn strategies to support your child.

Come along to one or more relaxed sessions to connect with others and share Ideas

Different topics each week:

- Setting boundaries and consequences.
- Communication with kids
- School refusal conversations
- Self-care
- Other interesting topics suggested by you



When Wednesday 24th April 2024

Time 9.15am -11.00am

Venue- Cranbourne Carlisle School, Silky Oak Drive, Cranbourne

For more information, contact:

Carey Cole - 0437 428 281

carey.cole@anglicarevic.org.au

OR

Register using the QR code or this link:

<https://events.humanitix.com/pbsproniaterm2-positivestrategiesforparentingchallenges>



Registrations welcome on the day

24th
April

Day Wednesdays

Date 24th April -29th May

Time 10am-11am

ONLINE

Details will be given upon booking

For more information, and to register, contact

Iris Guasch- Parent Resource Coordinator:

Email iris.guasch@anglicarevic.org.au

Mobile: 0436 007 492

24th April -
29th May

PARENTZONE

Parents Building Solutions



Session 1
23rd April

Session 2
25th June

POSITIVE STRATEGIES FOR PARENTING CHALLENGES PARENTS BUILDING SOLUTIONS

Presented by Parentzone in collaboration with PRONIA

JOIN US FOR OUR HELPFUL "HOW TO..." PARENTING WORKSHOPS

Session One - How to Parent Teens

Explore positive parenting strategies to partner with your teen(s) to improve communication and cooperation, collaborate on developing boundaries, rules and consequences, and support them in making positive choices.

Session Two - How to Manage Anxiety

Some anxiety is normal - but when does it become problematic? Join us to explore this question, and strategies for responding to anxiety in our families in positive ways that promote problem-solving, healthy thinking and resilience.

NOTE: These parenting sessions are general in nature, and seek to create an environment where parents are learning from one another. We aim to equip parents with transferrable knowledge and skills, but the sessions do not address specific issues such as neurodiversity.

DATE: Tuesday, 23rd April (Session One)
Tuesday, 25th June (Session Two)

TIME: 12.15 p.m. - 1.30 p.m.

WHERE: Online (Zoom)
Please note: this session will not be recorded

COST: FREE!

For more information, contact:

Carey Cole - 0437 428 281
carey.cole@anglicarevic.org.au



Only register once to attend one, or both, sessions:
<https://events.humanitix.com/pbsproniaterm2-positivestrategiesforparentingchallenges>

Registrations close at 4.00 p.m. the day before



www.pronia.com.au

anglicarevic.org.au

PARENTZONE

PARENTS BUILDING SOLUTIONS with a Family Violence lens

PARENTS BUILDING SOLUTIONS with a Family Violence lens ONLINE

FREE 6 Week program for mums who've been impacted by family violence to talk about their kids.

- Are you dealing with the after-effects of family violence?
- Does your child's anger or anxiety worry you?
- Can you identify the warning signs in a new relationship?
- Do contact visits unsettle your child?
- Do you feel alone?

When Mondays - 29th April - 3rd June

Time 1.00pm-2.30pm

Venue Online Details will be provided upon booking

For more information, and to register, contact

Erin Surrey - 0438 459 891

Erin.Surrey@anglicarevic.org.au



29th April-
3rd June

Please scan the QR code to see
Communities for Children Greater
Dandenong's Facebook page



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The Communities for Children Initiative is supported by the Australian Government

PARENTZONE



PARENTS BUILDING SOLUTIONS

PEACEFUL PARENTING - 6 week free interactive online program for parents and carers of kids of all ages

- Are you tired of all the yelling - yours and theirs?
- Do you feel like you are reacting rather than knowing how to create more positive parenting and family connections and times?
- Do you have difficulties with increasing school participation?
- Do you have children with challenging behaviours for whatever reason - Living with ASD, Trauma, ages and stages of development; gender identity questions?

If your answer to any of these questions is "Yes!", please join us for this parenting program.

For more information, contact:

Michelle Brown
michelle.brown@anglicarevic.org.au

DATES: Monday April 29, May 6, 13, 20, 27, June 3

TIME: 6.30pm - 8pm

WHERE: Online - please note there are no recordings of these sessions and people are asked to have their cameras on

COST: FREE!



Living with Autism and/or ADHD

FREE 6 week program interactive zoom sessions for parents and carers living with a child who is diagnosed with Autism Spectrum Disorder (ASD) and/or ADHD.

Strategies to consider different approaches to help with parenting your child/ren

- How to help with social skills
- Help them tap into their strengths
- 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

Please note these are interactive sessions and will not be recorded

Where: Online via ZOOM

When: Wednesdays May 15th - June 19th

Time: 12.30pm - 2pm

Cost: FREE. Bookings essential

For further information please contact Ariane Hahn at Ariane.Hahn@anglicarevic.org.au



PARENTS BUILDING SOLUTIONS

PEACEFUL PARENTING - 6 week free interactive online program for parents and carers of kids of all ages

- Are you tired of all the yelling - yours and theirs?
- Do you feel like you are reacting rather than knowing how to create more positive parenting and family connections and times?
- Do you have difficulties with increasing school participation?
- Do you have children with challenging behaviours for whatever reason - Living with ASD, Trauma, ages and stages of development; gender identity questions?

If your answer to any of these questions is "Yes!", please join us for this parenting program.

For more information, contact:
Michelle Brown
michelle.brown@anglicarevic.org.au

DATES: Tuesday April 30, May 7, 14, 21, 28, June 4

TIME: 10.30am - 12pm

WHERE: Online - please note there are no recordings of these sessions and people are asked to have their cameras on

COST: FREE!

Gender related Program and Challenging Behaviours Webinars

GIRaFfe -Gender Identity Relationships and Fluidity for Everyone

Facilitated by Michelle Brown
Parent Resource Coordinator
ParentZone

- How best to support children through change
- Acknowledging how they and we are feeling
- Communicating their needs to others

Day Tuesday

Dates 28th May 2024

Time 6.30pm-8.00pm

ONLINE- email

michelle.brown@anglicarevic.org.au for further details - FREE. There is no recording of this sessions



28th MAY

Challenging Behaviours in Children

Presented by Jasbir Singh Suropada

- What are challenging behaviours?
- Is my child challenging me or feeling overwhelmed?
- Who do I call for support and assistance?

Date: Tuesday, May 14th, 2024

Time: 1 - 2.30pm

Where: online via Zoom

ENQUIRIES:

CFCCardinia@anglicarevic.org.au
or call 0457 825 076

Register at:

https://us02web.zoom.us/webinar/register/WN_5Y_tK1DXR0GUEXzf3HEPBQ

14th MAY

PARENTZONE



CFC is funded by the Australian Government,
Department of Social Services.
See www.dss.gov.au for more information.



or scan QR code

anglicarevic.org.au

BETTER
TOMORROWS

PARENTZONE

Support for Dads

DADS DO MATTER - Online

PARENTS BUILDING SOLUTIONS

Open to all Dads, Step-Dads, Single Dads and Grand-Dads, come along to share experiences, learn new strategies & solutions.

- Safe space to voice your frustrations and feelings without judgment
- Connect with other Dads
- Improving your Confidence & Communication as a Dad
- Coping with stress and anger.
- Handling conflicts with respect
- Parenting Beyond Separation.



Certificate of attendance awarded

please check our Website for the next Program or contact Jasbir Singh Suropada for expressions of interest.

Details not confirmed

Parent Resource Coordinator

Jasbir Singh Suropada

Call or Text **0438 004 285**

Email: jasbir.suropada@anglicarevic.org.au

Click link below or scan QR Code
to register_

Men's Help Line and Links

Men's Referral Service Phone: 1300 766 491

(8am to 9pm, Monday to Friday and 9am to 5pm, Saturday and Sunday)

Free, confidential expert support for people at risk of using family violence.

Mensline Australia 1300 789 978

Supports men and boys who are dealing with family and relationship difficulties. 24/7 telephone and online support an information service for Australian men.

Victims of Violence towards Men 1800RESPECT

Hours: Available 24 hours

Learn more
1800 737 732

Men'sline Australia 1300789978

We provide free 24/7 help, support, referrals & counselling services for men via telephone, online and video.

Contact Us

Access MensLine Australia free online counselling service today ...

Aboriginal Men's help-culturally safe call

To reach the Brother to Brother 24-hour Crisis Line for Aboriginal Men,1800 435 799

Indigenous Men's Resource and Advisory Service 9416 4266

Programs and Referral

The Aboriginal Centre for Males Referral Service is a service that focuses on Family Violence & Homelessness which aims to culturally strengthen the family, bring awareness and responsibility to the male for their actions and their role as a father\husband\Partner, and to keep the family together.

Online mental Health foundation- Multicultural Men's Support Group -

online support group every second Monday of the month

Click **HERE** for group near you and other details.

PARENTZONE

Family Violence for Women and their children

BEYOND THE VIOLENCE - for Women and their children

A FREE 8-Week program for women and their children who have been impacted by family violence.

- Are you dealing with the after-effects of family violence?
- Does your child's anger or anxiety worry you?
- Are big feelings making family relationships difficult?
- Does your child struggle to make friends?
- Can you identify the warning signs in a new relationship?
- Do contact visits unsettle your child?
- Do you feel alone?
- A free, 8-week program for women and children who have been impacted by family violence.



**For safety reasons, the venue address is provided upon registration
Bookings are essential and places are limited**



BEYOND THE VIOLENCE - City of Cardinia

When: Tuesdays 30th April - 18th June (8weeks)

Time: 4pm to 6.30pm

Venue: Details given at time of booking.

Free! Bookings are essential.

BOOKINGS AND ENQUIRIES:

Carey Cole - 0437 428 281 -

carey.cole@anglicarevic.org.au

Parent Resource Worker

**30th April -
18th June**

**2nd May -
20th June**

BEYOND THE VIOLENCE - City of Frankston

When: Thursdays 2nd May - 20th June 2024 (8weeks)

Time: 4pm - 6:30pm

Venue: Details given at time of booking.

Free! Bookings are essential.

BOOKINGS AND ENQUIRIES:

Carey Cole - 0437 428 281 -

carey.cole@anglicarevic.org.au

Parent Resource Worker

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PARENTZONE

Family Violence Support

The Orange Door 1800 319 353 (Bayside Peninsula) 1800 271 170 (Dandenong)

A way for women, children and young people who are experiencing family violence or families who need assistance with the care and wellbeing of children to access the services they need to be safe and supported. It is free to access help and support through The Orange Door and you do not need a referral.

The Orange Door is open in Barwon, Bayside Peninsula (this includes the whole Peninsula, across the City of Casey, which has other services), The Mallee and North Eastern Melbourne

<https://www.vic.gov.au/familyviolence/the-orange-door.html>

For confidential support and information call Safe Steps on: 1800 015 188

For Urgent assistance call Triple Zero 000

FOR ASSISTANCE IN OTHER AREAS in Southern Region not covered by Orange Door

Go to your local council area for Services

Cardinia Shire; City Of Casey; City of Greater Dandenong

SAFE STEPS Phone: 1800 015 188

24/7 FAMILY VIOLENCE RESPONSE PHONE LINE

Email: safesteps@safesteps.org.au

You can also chat to us online between 9am and 9pm, Monday to Friday.

As a part of our COVID-19 service response, you will be asked some additional questions about any recent travel or contact with confirmed cases. Your answers will ensure we provide you with a responsible and appropriate service to meet your individual needs.

WAYSS

For all people facing homelessness and family violence and they will support them to have a safe, secure and affordable home that enables them to live a better life. Formed in 1990's to provide responsive services for individuals and families in Greater Dandenong, Casey, Cardinia, Frankston and Mornington Peninsula.

- **WAYSS family violence specialists** are able to assist with access to crisis accommodation, referral services including counselling, housing and legal.
- **HOMELESSNESS SERVICES FOR YOUTH-** assist 16-25 with housing options, living and life skills and private rental support. They also run a refuge offering crisis accommodation.
- **HOMELESSNESS SERVICES-** WAYSS is the first point of contact for people experiencing homelessness in Greater Dandenong, Casey, Cardinia and Frankston.

Emerge Women & Children's Support Network

Emerge Women & Children's Support Network supports women and children in Victoria who have experienced family violence by providing safe refuge and practical supports, such as affordable housing, financial counselling, art therapy and counselling for women (including disadvantaged and culturally and linguistically diverse people).

Do you need help or support due to homelessness or family violence? We're here for you: call (03) 9791 6111 (9am to 5pm Mon to Fri) or 1800 RESPECT (24/7)1800 737 732

PARENTZONE

Parents Building Solutions For Professionals



MAY 2nd to
16th

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. Discover tools to support any parent in any setting including sole parents, couples, step-parents, and family groups.

(3-week training) Strength-based

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

"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

Contact:

Michelle Brown

Phone:

Email: michelle.brown@anglicarevic.org.au

Term 2, 2024 Program:

When: Thursdays May 2, 9 and 16th

Time: 9.30am-4.30pm

Where: ParentZone Hub,

75 Army Rd, Pakenham

**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.

PARENTZONE



BEYOND THE VIOLENCE

Facilitator Training - Dandenong - T2 2024

Do you want to increase your skills working with parents and children affected by Family Violence?

SUITABLE FOR:

- Professionals, volunteers or tertiary students with either existing group-work skills, or a background/interest in working with women and children impacted by family violence.
- Those wanting increased knowledge and skills working with families affected by family violence.

DATES: Fridays 17th, 24th and 31st May 2024

TIME: 9:15am to 4:30pm

WHERE: Dandenong
St James Church Hall
53 Langhorne Street

COST: Free Training
(snacks and lunch provided)

MISSION AUSTRALIA
Communities for Children



Funded by the Australian Government's
Department of Social Services

Please scan the QR
code to like and follow
the Communities for
Children Greater
Dandenong Facebook
page.



www.facebook.com/MissionAustraliaCfCDandenong

Limited places. Bookings **ESSENTIAL**
Contact: Ariane Hahn 0499 080 468
ariane.hahn@anglicarevic.org.au



Communities for Children is funded by the Australian Government

PARENTZONE

Beyond the Violence For Professionals



AIMS

Beyond The Violence (BTV) facilitator training will assist participants, through experiential learning, to develop the specialized skills and insight to facilitate the Beyond the Violence group program. All participants will receive a copy of the Beyond the Violence manual.

LEARNING OUTCOMES

The three day training will assist participants to:

- Understand the impacts of Family Violence on women and children
- Explore strength-based, participant driven group formats
- Identify techniques and strengths for group work, engagement and facilitation
- Increase skills and confidence in supporting families who have experienced violence
- Practice group work skills in a family violence context, within a parents', children's and combined family group

Participants will be provided with live supervision and debriefing.

Training will be delivered by Ariane Hahn from Anglicare Victoria, who has extensive experience in parent and community education and in working with women and children that have experienced family violence.

EXPRESSIONS OF INTEREST:

If you or your agency would like to partner with us to deliver the Beyond The Violence program contact Ariane Hahn: ariane.hahn@anglicarevic.org.au or phone 0499 080 468

Note: Priority for the facilitator training is given to those who are interested in co-facilitating one or more Beyond The Violence programs within the next 6 to 12 months..

BTV runs in Frankston, Rosebud, Pakenham & Dandenong throughout the year

This term in Dandenong and Rosebud

WHAT IS THE BEYOND THE VIOLENCE PROGRAM?

Beyond The Violence is an 8 week group for non-violent parents and children who have experienced or are experiencing Family Violence. The program helps families to establish safety, rebuild family relationships and move forward with their lives following Family Violence.

The emphasis of the group is on:

- Moving forward in a positive manner
- Re building family relationships
- Building skills - parenting skills and children's social skills
- Increasing safety and minimising risk

The program aims to allow a learning environment where participants are supported to:

- Acknowledge the past and it's impacts
- Establish or re-establish appropriate parent-child roles, relationships, responsibilities and trust
- Explore alternative approaches and behaviours that respect the rights of the individual and of others
- Feel safe
- Develop self-esteem and positive communication skills
- Accept responsibility for one's own actions
- Set and work toward family goals
- Build hope and trust
- Develop the life families want beyond the violence

Live supervision and regular debriefing will be available to all those who co-facilitate the eight week BTV program. Completing the 3-day BTV facilitator training is a prerequisite for facilitating the eight week BTV program.



BEYOND THE VIOLENCE

Facilitator Training - Rosebud - T2 2024

Do you want to increase your skills working with parents and children affected by Family Violence?

SUITABLE FOR:

- Professionals, volunteers or tertiary students with either existing group-work skills, or a background/interest in working with women and children impacted by family violence.
- Those wanting increased knowledge and skills working with families affected by family violence.

DATES: Fridays 7th, 14th and 21st June 2024

TIME: 9:15am to 4:30pm

WHERE: Advance College
6 Henry Wilson Dr, Rosebud

COST: Free Training
(snacks and lunch provided)

Limited places. Bookings **ESSENTIAL**
Contact: Iris Guasch 0436 007 492
iris.guasch@anglicarevic.org.au

Peer Networks

Parentzone PEER Networks

City of Greater Dandenong

Online

Please Phone or Text Jasbir Singh Suropada

City of Casey

Online

Please Phone or Text Jasbir Singh Suropada

Jasbir Singh Suropada

0431 203 177 or 9706 8568

Jasbir.suropada@anglicarevic.org.au

Frankston and Mornington Peninsula

Online

Monday

24th April 2024

2.00pm to 4.30pm

Michelle Brown

0429 174 150 michelle.brown@anglicarevic.org.au

Bring your coffee, snacks and ideas to help us decide which programs best suit our community. Let us know what you and your workplace are up to.

Maybe we can work together



PARENTZONE

Family School Workers

We support families and their children with targeted family centered, child focused and culturally sensitive approaches to resources. We aim to improve Individual and family well-being, school engagement and educational outcomes.

- Increased safety and well-being for vulnerable children and young people.
- Improved family relationships.
- Support parenting in skill building
- Increased referrals to the Orange Door and family connection to community supports services.
- Improved school attendance and educational outcomes for students.
- Enhance school based supports for families who are vulnerable.
- Support with transitioning from primary to high school.

“Based on campus at each school, the program’s school-based family workers take the time to get to know students, their needs and the challenges in their lives. They work with students in school and at home, providing highly individualised support, along with group activities and programs, that get them excited about school, inspired to continue studying and reconnected with learning and the school community.

Our schools-based family workers provide parents and families with easily accessible, one-on-one and group support, along with referrals to vital services to help address their needs. In the current climate, families are facing many complex issues for disengaged students, increased isolation, and the rising cost of living. All these issues are leading to higher rates of anxiety, depression, school refusal and absenteeism in vulnerable students.



Dromana Secondary School

Jodie Bradshaw

Jodie.bradshaw@anglicarevic.org.au

Karingal Heights Primary School

Sarah Carmody

Sarah.carmody@anglicarevic.org.au

Bittern Primary School

Natalie Everitt

Natalie.everitt@anglicarevic.org.au

Tootgarook Primary School

Sonia Sutcliffe

Sonia.sutcliffe@anglicarevic.org.au

LYFT - LYFT UP YOUR FAMILY GROUP

A program for parents & carers of young people (aged 12-25 years) who have challenging behaviours and may also be using alcohol and other drugs in a problematic way

- Are you concerned about your young person's risk taking behaviors?
- Are you struggling to communicate with your young person?
- Are you tired of yelling?

Please contact Kath Blommestein for details

WHERE:

Online - via Microsoft Teams

FREE. Bookings essential

For bookings and enquiries contact:

KathBlommestein

LYFT Team Leader on 9781 6700

Linking Youth and Family Together (LYFT)

Linking Youth and Family Together (LYFT) provides a unique family-systems approach to the drug and alcohol treatment of young people aged 12 to 21 years. The program assists families to develop positive ways of communicating and problem solving. The notion of family is understood broadly and includes relatives and significant others. The work is conducted in settings that offer the greatest opportunity for engagement and learning.

Working together, young people can be supported to make positive choices about their alcohol and drug use and family relationships can be strengthened resulting in improved family functioning.

Southern Region | Frankston, Mornington Peninsula | 03 9781 6700

ELIGIBILITY CRITERIA

Families with a young person aged 12 to 25 who are using Alcohol and Other Drugs in a problematic way.

The young person must be willing to engage in the program.

Families who live, work or attend school in the following catchments.

- City of Frankston
- Shire of Mornington Peninsula
- Greater City of Dandenong

Foster Care Anglicare Victoria

Foster Care Information Sessions

As a foster carer, you can choose from several different types of foster care placements ranging from emergency care right through to respite and longer-term care.

People from all walks of life can become carers. It doesn't matter whether you are in a relationship, older, younger, with or without kids, working or at home – everyone can make a positive difference in a child's life.

We're dedicated to offering a supportive environment for both children and carers alike. This ensures better outcomes for everyone involved. Our carers are trained, provided with access to comprehensive ongoing support, and reimbursed for any out-of-pocket expenses related to care.

Anglicare Victoria has both 'in-person' and online options available for all stages of the Foster Care process. Find a FREE foster care information session near you.

To speak to someone about fostering or to start the application process, please fill out the expression of interest form below or contact us at:

- Eastern Melbourne Metro Region – 1300 889 335
- North Melbourne Metro Region – 03 9301 5200
- West Melbourne Metro Region – 03 9396 7400
- **Southern Melbourne Metro Region – 03 9293 8500**
- Bendigo & Loddon Region – 03 5440 1100
- Gippsland Region – 03 5135 9555

For more information on becoming a Carer and about Foster Care Click this link and to fill in an expression of interest form.

Alternatively, phone one of the team in your area. Details on page for other areas.



Foster Care | Fostering a Child in Victoria

Anglicare Victoria is the state's leading provider of out-of-home care services for children and young...

 Anglicare Victoria

Southern Metro Foster Care Information Session

FREE. Booking Essential.

Contact: Southern Foster Care Team

Phone: 1800809722

Email: fostercare.southern@anglicarevic.org.au

Enquire about 2024 Dates

The information session will run for approximately 1 hour and will provide an opportunity to learn more about the different types of foster care, the process of becoming a foster carer, and what being a foster carer involves. You will also get the opportunity to ask any specific questions you may have.



PARENTZONE

Crisis Lines and Links

Beyond Blue 13200 22 4636 (24hrs)

Provides information and support to help everyone in Australia achieve their best possible mental health, whatever their age and wherever they live. Anxiety, depression and suicide prevention.

Parents/ Friends can ring for help.

If you need help - phone/use webchat- everything is confidential.

HEADSPACE Call 1800 650 890

Mental health and well-being support, information and services to young people aged 12 to 25 years and their families.

LIFELINE Call 13 11 14 (24 Hrs)

LifeLine is a national charity providing all Australians experiencing emotional distress with access to 24 hour crisis support and

suicide prevention services.

SUICIDE CALL BACK SERVICE Call 1300 659 467 (24 Hrs)

If you have lost someone to suicide. suicide call back service is nationwide service providing 24/7 telephone and online counselling to

people affected by suicide. You can chat or look at the vast range of resources available.

Uniting Program -who have a parent with a mental health issue?

Making Ends Meet - low income Resource Guide

An information and resource guide to assist people managing on a tight budget. Contains information about free or low cost services, tips and advice on ways to stretch your budget further, and low cost alternatives for things to do with family and friends.

Making Ends Meet 2023.pdf ([ciscranbourne.org.au](https://www.ciscranbourne.org.au))

A resource of Community Information and Support Cranbourne

NEIGHBOURHOOD HOUSES VICTORIA

For your local Community House please click here

<https://www.nhvic.org.au/neighbourhoodhouses/neighbourhood-houses>

Mental Health, Autism, Disabilities Help Lines and Links

Kids Help Line 1800 55 1800 also have Live Chat and Resources aged 5-25

Parentline 132289

Parentline is a phone service for parents and carers of children from birth to 18 years old. We offer confidential and anonymous counselling and support on parenting issues



Raising Children Network

Offers lots of resources

Beyond Blue 13200 22 4636 (24hrs)

Provides information and support to help everyone in Australia achieve their best possible mental health, whatever their age and wherever they live. Anxiety, depression and suicide prevention.

Parents/ Friends can ring for help.

If you need help - phone/use webchat- everything is confidential.

HEADSPACE Call 1800 650 890

Mental health and wellbeing support, information and services to young people aged 12 to 25 years and their families.

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people affected by suicide. You can chat or look at the vast range of resources available.

Uniting Program -who have a parent with a mental health issue?

MIND AUSTRALIA 1300 286 463

Mind offers a range of specialised psychosocial support services and therapies to help you gain better mental health and improve the quality of your life, including:

- **information and advice**
- **support coordination**
- **specialised assessments, counselling, coaching and learning**
- **in home and community support**
- **a variety of housing and support services**
- **recovery retreats**
- **sub-acute recovery care**
- **family and carer support**

Site also has resources

IRABINA AUTISM SERVICES

Irabina is Australia's largest paediatric Autism specific service provider.

Registered Charity Irabina is a registered NDIS provider and a registered charity with the ACNC. We provide wrap-around support and education to individuals, siblings, parents, carers and other professionals

Workshops and Programs for Parents and Carers with children with Autism. [Click on link below](#)

<https://www.irabina.com/parent-carer-workshops>

PARENTZONE

Help Lines and Links 0-18 and Young People

[Raisingchildren.net.au](https://raisingchildren.net.au)

The Australian Parenting Website

supported by the Australian Government.

Department of Social Services

Site set up to assist Parents with the hard roll of parenting in todays world. Tip sheets and Programs.

Topics include:

- Pregnancy and Grown ups
- Babies and Children
- Teens
- Austism & Disability

Children and Young People

Child protection South Division intake

To report children and young people whose safety is at risk.

During business hours call (check the Child protection contacts page for the areas covered)

South Division intake: 1300 655 795

After-hours call 13 12 78 (5pm to 9am, Monday to Friday, 24 hours on weekends and public holidays)

Kids Help Line 1800 551 800

Kids, Youth, Parents and Teachers.

Free, private and confidential, telephone and online counselling service specifically for young people aged between 5 and 25 in Australia. 7 days a week.



PARENTZONE

Help Lines and links Indigenous communities

Indigenous Communities

Urban South (St Kilda), Frankston, Casey, Dandenong and Mornington Peninsula (Hastings)

To find out more about LANs and Gathering Places in these areas, contact, Megan Prout:

email: megan.prout@dpc.vic.gov.au

phone: 0467 578 030

This link will take you to details of gathering places and where they are in your area.

Casey Aboriginal Gathering Place in Doveton

A range of programs are being run from the gathering place for people of all ages. They are in response to feedback and the needs of the Aboriginal community. To find out more, visit the [Casey Aboriginal Gathering Place Facebook page](#).

Nairm Marr Djambana, Frankston

is a welcoming safe place to improve Aboriginal health, cultural, recreation and social activities. It is a meeting place to provide opportunities to further advance and improve the health of Aboriginal people of all genders and ages. Other services also utilise the meeting spaces. Importantly, the local Aboriginal community in Frankston have worked tirelessly to open the doors and to keep them open.

Casey Aboriginal Gathering Place in Doveton

A range of programs are being run from the gathering place for people of all ages. They are in response to feedback and the needs of the Aboriginal community. To find out more, visit the [Casey Aboriginal Gathering Place Facebook page](#).

[Newsletter is out on face book page.](#)

[Yarn nights](#)

[Bingo nights](#)

[Homework groups](#)

[interactive gardening groups](#)

[and more.](#)

Willum Warrain, Mornington Peninsula

Willum Warrain provides:

information, support and referral services

health and wellbeing programs

art and culture programs

links between the Aboriginal community and the broader local community

To find out more, visit the [Willum Warrain Facebook page](#)



RECONCILIATION
AUSTRALIA

PARENTZONE

Mental Health, Autism, Disabilities Help Lines and Links

Association for Children with a Disability (ACDVic) (03) 9880 7000

Their vision for children with disability and their families to have the same rights and opportunities as other children and families. ACD supports all families in Victoria with children with disability aged 0 to 18 years old

For families and professionals links to what ACD Offer:

- [Support Line](#)
- [Workshops](#)
- [Information and resources](#)

Workshops coming up. Please phone to register or find out more details

Early years First Steps to Support & Connection

How to find support for you and your family when starting out on your journey. • Respite and financial supports • Staying connected and supporting siblings • Counselling and looking after yourself

School Age Student Support Group Meetings

What is a Student Support Group, and how to get the most out of the meetings. • Children's rights in education • How Student Support Group meetings can help your child • Reasonable adjustments • Advocacy and why it's important

Advocating at School

Gain the skills and confidence to advocate for your child at school to get the support they need. • Rights of children with disability • Creating positive partnerships with school • Reasonable adjustments • Advocacy and why it's important

NDIS Plan Reassessment-

Gain useful information on how to make the most of your child's plan reassessment meeting. This includes terminology, preparation, and gathering supporting evidence.

Teens and Beyond

A three-part series for families of children aged 13+ to build your knowledge and skills to support your child now and into the future.

For more - click [here](#)

Help lines and links Culturally and Linguistically diverse Communities

Culturally and Linguistically diverse (CALD) COMMUNITIES

South Eastern Region Migrant and Refugee Resource Centre

Multilingual Resources-[click here](#)

You can find information under the following topics:

- Citizenship Classes
- Health and Well being
- Learn and Grow Sisters Circle
- Disability and NDIS
- Mental Health
- Financial Issues
- Safety
- Directories and Search Engines
- Resources on our website

DANDENONG HQ

39 Clow St, Dandenong, VIC 3175

03 9767 1900

03 9706 8830

smrc@smrc.org.au

SELANDRA RISE COMMUNITY HUB

7/9 Selandra Blvd, Clyde Nth, VIC 3978

LYNBROOK COMMUNITY CENTRE

2 Harris St, Lynbrook, VIC 3975

LIVING & LEARNING PAKENHAM INC

6B Henry St, Pakenham, VIC 3810

SPRINGVALE COMMUNITY AID & ADVICE BUREAU

45 Osborne Ave, Springvale, VIC 3171

AMES Australia

60 Douglas St, Noble Park, VIC 3174

Cultural Playgroups

These playgroups are places where parents and carers meet to participate in activities that encourage their child's development and social skills; as well as interacting with people from similar cultural backgrounds.

[Playgroup Victoria Directory](#)

[VICSEG Supported Playgroups in Diverse Communities](#)

[Victorian Multicultural society](#)



Term 3, 2023 Programs

- Safety
- Mental Health
- The Learning Space:
 - English for Driving
 - Social Sewing
- Chay Khans's Men
- Youth Program:
 - Homework club
 - Youth Carer Support
 - Youth Advisory Group
 - School Holidays
- ACFE Pre-Accredited Weekly Classes

Read and write English

Conversational English

- Introduction to computers
- Employment xchange

Bakhtar Community Organisation

Provides A range of services to support individuals and communities . They aim to empower people with education, skills training, assist refugees and the Culturally Linguistically and Diverse communities.

- PO Box 4273 Narre Warren South VIC 3805
- (03) 9703 2555
- info@bakhtar.org.au
- Monday - Friday : 10am - 6pm

COOK4CALD

is a youth based, not for profit organisation. With a growing team of volunteers, COOK4CALD prepares and delivers culturally diverse meals for South East Melbourne.

Email: admin@cook4cald.org

Instagram: @COOK4CALD

Facebook: COOK4CALD

LinkedIn: COOK4CALD

CMY - Centre for Multicultural Youth

The Centre is for Multicultural Youth, based in Victoria providing specialist knowledge and support to young people from migrant and refugee backgrounds.

Help lines and links Culturally and Linguistically Diverse Communities

Tuning in to Kids- Relationships Australia

Our Afghan-language Tuning into Kids program has been developed in consultation with the local Afghan community, and provides a longer version of the program to support parents to develop their emotional literacy and wellbeing prior to learning the parenting content.

Tuning in to Kids is an evidence-based, emotion-focused group parenting program of the University of Melbourne's Mindful Centre. It is delivered over 6 sessions. Tuning into Kids is most suited to parents who are having difficulties managing their children's behaviours; who want to better understand their children's emotional experiences; and create a stronger parent-child relationship. We will teach parents about –

- Emotional intelligence and why it's important.
- The 5 steps of emotion coaching
- Different parenting styles
- Anger and conflict management
- Problem-solving
- Emotional self-care

TinK Afghan Women Cranbourne | Relationships Australia Victoria (relationshipsaustralia.org.au)

TinK Afghan Dads Cranbourne | Relationships Australia Victoria (relationshipsaustralia.org.au)

Dates/times - 8 x weekly 2-hour group sessions.

Relationships Australia-Cranbourne Office

Please phone for Enquiries or to make a referral on behalf of a family, feel free to reply to this email or phone us on (03) 5990 1900.

Extended Families-

(Working together to support school-aged students on the autism spectrum)

Free Vietnamese Community Workshop

Positive Partnerships joins Extended Families to hold this workshop where you will have the opportunity to listen, share and learn with other families from the Vietnamese community who support school-aged children on the autism spectrum.

At this workshop, you will learn about:
Understanding autism and your child
Strategies and tools to support learning

It is for parents, full-time carers and grandparents.
This workshop will be facilitated in Vietnamese and English with Vietnamese interpretation.
A free morning tea and lunch will be provided.

Location:

Noble Park Community Centre
Ross Reserve, Memorial Drive
Noble Park 3174

For more information, contact: Julia Klieber
(To speak English)

0481 955 551
Julia@extendedfamilies.org.au

Mai Thanh Nguyen(to speak Vietnamese)

0449 562 979
mai-thanh.nguyen@extendedfamilies.org.au

Playgroups

Playgroup Victoria Site:

Updated information on Playgroups in your area. Resources. Online Playgroups, Stories, Podcasts and more.
Find a Playgroup best suited to your child and their needs.

Baby
Montessori
Dads
Nature
Disability
Religious
Grandparents
Steiner
Indigenous
Christian
LGBTQI+
Culture Specific

[Find a Playgroup near you/how to join/all contact details](#)

[Playgroup link](#)

Play Circle - Supported Play Group.

Facilitated by ParentZone
funded by Mission Australia

OUR TIME- SUPPORTED PLAYGROUP

A supported playgroup for parents who have experienced mental health challenges and their preschool children

Newsletter enquiries/to subscribe or unsubscribe please
contact us at:

parentzone.southern@anglicarevic.org.au

PARENTZONE

Local Councils/Maternal Child Health/Early Childhood Education

Maternal Child Health Services and Centers

City of Casey Council

Ph: (03) 9705 5200
Email: caseycc@casey.vic.gov.au
Website: Casey City Council Community Services

Greater Dandenong City Council

Ph: (03) 8571 1000
Email: council@cgd.vic.gov.au
Parenting Support
Website: Greater Dandenong City Council

Frankston City Council

Ph: 1300 322 322
Email: info@frankston.vic.gov.au
Parenting Support
Website: Frankston City Council

Cardinia Shire Council

Ph: 1300 787 624
Email: mail@cardinia.vic.gov.au
Website: Cardinia Shire Council

Bayside City Council

Ph: (03) 9599 4444
Email: enquiries@bayside.vic.gov.au
Website: Bayside City Council



Mornington Peninsula Shire Council Offices

Email: customerservice@mornpen.vic.gov.au
Website: Mornington Peninsula Shire Council

Parenting Support

Website: Mornington Shire Council

Aboriginal and Torres Strait Islander Programs

Email

customerservic@mornpen.vic.gov.au

Rosebud Office

90 Besgrove St
Rosebud

Mornington Office

2 Queen St Mornington
PH 5950 1000
Ph 1300 850 600

Hastings Office

21 Marine Pde Hastings



City Of Kingston

Ph: 1300 653 356
Email: info@kingston.vic.gov.au
Website: Kingston City Council

City of Stonnington

Ph: (03) 8290 1333
Email: council@stonnington.vic.gov.au
Website: Stonnington City Council

Emergency Relief

Clayton

2 Dixon Street, Clayton, Victoria, 3168
03 9543 8911

Services

ER

Wednesdays and Thursdays

Times 10am-12pm and 1pm to 3pm

Emergency provisions and emotional support for individuals, families and young people in times of hardship

Food Parcels for those experiencing hardship living in Post codes 3165 or 3169.

Dandenong

131-147 Walker Street, Dandenong Victoria 3175,
Australia
03 9293 8500

Services

ER

Wednesdays and Thursdays

Times 10am-12pm and 1pm to 3pm

Residential Care provides homes for children and young people aged 12-17 who are temporarily unable to live with family or foster carers

- Beyond the Violence
email ariane.hahn@anglicarevic.org.au if interested in Beyond the Violence for Mothers and Children or Professionals.
- Residential Care
- Adult Drug and Alcohol Programs
- Fostering
- ParentZone email jasbir.suopada@anglicarevic.org.au
- TEACHaR, Specialist Education Support
- Family Services

For all of our offices and what services they offer click on link [HERE](#)



Food relief programs in Cardinia Shire

About free meals and food relief offered to vulnerable community members in Cardinia Shire ...

 [vic.gov.au](https://twitter.com/vic.gov.au) / Aug 30, 2019

South East Community Links

must live in Post Codes: and bring ID Proof for Emergency Relief

3169 Clayton South

3171 Springvale

3072 Springvale south

3073 Keysborough

3074 Noble Park'

3075 Dandenong

Click on Link for Website

[Here](#)

PARENTZONE

Host a Session/Program

Parents Building Solutions Programs for Mums, Dads, Carers or Professionals

Host a Workshop or Program



CONTACT US



If you are a School, service provider or parent support group you can support the families you connect with and host a ParentZone Interactive Session or 6 week Program Free. You provide the Venue and we can do the rest. We also can come to your Organisation or School and run a session with Staff.

PLEASE TALK TO US OR EMAIL

E: parentzone.southern@anglicarevic.org.au with some details or contact one of our Parent Resource Coordinators

City of Greater Dandenong

Dads Do Matter and Parents Building Solutions

Jasbir Singh Suropada

Phone: 0438 004 285

jasbir.suropada@anglicarevic.org.au

Beyond The Violence and Parents Building Solutions

Erin Surrey

Phone: 9781 6700 or 0438 459 891

erin.surrey@anglicarevic.org.au

Play Circle

Iris Guasch

Phone: 0436 007 492

iris.guasch@anglicarevic.org.au

City of Cardinia

Parents Building Solutions

Jasbir Singh Suropada

Phone: 0438 004 285

jasbir.suropada@anglicarevic.org.au

Trauma Responsive Parenting

Carey Cole

0437 428 281

carey.cole@anglicarevic.org.au

City of Casey

Parents Building Solutions

Carey Cole

Phone: 03 9781 6767 or 0437 428 281

carey.cole@anglicarevic.org.au

City of Frankston & Mornington Peninsula

Beyond the Violence

Iris Guasch at Parentzone

Phone: 0436 007 492

Iris.Guasch@anglicarevic.org.au

OR

Carey Cole

Phone: 0437 428 281

carey.cole@anglicarevic.org

Parents Building Solutions

Michelle Brown 0429174150

Michelle.Brown@anglicarevic.org.au

Our Time Playgroup

Iris Guasch

Phone: 0436 007 492

iris.guasch@anglicarevic.org.au

PARENTZONE

Online Safety

E Saftey Commissioner Australia's national independent regulator and educator for online safety. Our mandate is to ensure Australians have safer and more positive experiences online, encourages technology companies to anticipate, detect and eliminate online risks so digital environments are safer and more inclusive.

Webinars and tools for professionals and parents.



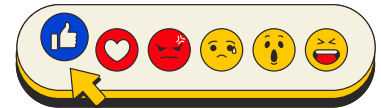
Webinars: Online safety sessions for parents and carers

Learn the knowledge, skills and tools to support your children to have safe online experiences.

Downloadable resources to help you start the chat about online safety issues and strategies with your child.

Useful Links

[Teens and on line Tech Time](#)



·**Meta** – Teens joining Facebook & Instagram will be in the most restrictive content settings. Instagram search will hide results about self-harm, suicide and eating disorders.

·**Snap** – New parental controls within Snapchat will offer parents an extended view of their teens' Snapchat activity.

·**Discord** – There are tips to make their chats safer for teens, including safety alerts and sensitive content filters.

For online Safety Book in your language click on: [ONLINE SAFETY BOOK](#) in differing languages

For Webinars coming up click on: [FIND OUT MORE](#)

2024 Schedule click on [link](#)

<https://www.esafety.gov.au/sites/default/files/2023-12/2024-parent-carer-webinar-schedule.pdf>

- **Term 2**
- **National Families Week (May)**
- **eSafety 101: How eSafety can help**
- **Suitable for parents and carers of children and young people in primary and secondary school.**
- **Wellbeing and digital technologies**
- **Suitable for parents and carers of young people in secondary school.**
- **Consent and online boundaries: How to support your primary-aged child**
- **Suitable for parents and carers of children in primary school.**
- **Setting your child up for success online**
- **Suitable for parents and carers of children in primary school**

If you would like to go on our mailing list/ Be taken off the Mailing list

OR

Be put on a waiting list for a Parenting Program or Training

Please email: parentzone.southern@anglicarevic.org.au

All of our Parenting Programs are Free!!

Reminder →

PARENTZONE

PARENTZONE HUB

FAMILIES GROWING TOGETHER

ParentZoneHub is a partnership between the Department of Education, Cardinia Shire and Anglicare Victoria and our Hub is situated on the grounds of Pakenham Hills Primary School in Army Road Pakenham. The Hub has been created as a multi-agency and community hub for parents, carers and children as well as the broader community of Cardinia.

We are able to offer the following services:

- Support & Referrals
- Parenting Groups
- Maternal & Child Health Service
- Community Computer Kiosk
- Community Programs
- Education Sessions
- Playgroup
- Community Room and Consult Room Hire



HUB Co Ordinator/Address

Deborah Reid
ParentZone Hub Coordinator
75 Army Road
Pakenham Vic 3810

@ Pakenham Hills

For all enquires, please email or call Deb Reid
ParentZoneHub@anglicarevic.org.au
97816710



Playgroups and Help in Pakenham

Community Play Group

Casual community playgroup. Come along and connect with other families and carers in the area. We offer a safe and welcoming environment for play and interaction.

Suitable for ages up to 5.

BYO snack and water bottle

Mother Goose Program

Strengthens attachment and interaction between parents or carers of young children through rhymes, songs and stories.

Suitable for all children up to age 4.

For all enquires, please email or call Deb Reid
ParentZoneHub@anglicarevic.org.au
97816710

At time of printing details not known, Check if

Program is only open to Pakenham areas- please phone and check if your area is covered by this funding.

- Relevant current Government Vaccination requirements and guidelines will need to be met.
- Parents and carers are to stay with their children during sessions and are responsible for their own children at all times.

Communities for Children Cardinia

INQUIRIES

CFCCardinia@anglicarevic.org.au
or
call 0457 825 076

Watch out for Cardinia Communities for Children webinars for 2024.

You asked and we'll deliver!

Anglicare Victoria
Cardinia Communities for Children
The ParentZone Hub
75 Army Road Pakenham
03 9781 6710

Cardinia Communities for Children Facebook page

Find us on Facebook. Look for Cardinia Communities for Children or go to the link below. Send us fliers of your activities, events and groups.

Cardinia Communities for Children website

The Am I Safe? website has been building knowledge with local children since 2011. What does being unsafe feel like? Who can I talk to? Who do I call? and more

2024 Webinars for Term 2 confirmed more will be running, please contact CFCCardinia@anglicarevic.org.au

Challenging Behaviours in Children

Presented by Jasbir Singh Suropada

- What are challenging behaviours?
- Is my child challenging me or feeling overwhelmed?
- Who do I call for support and assistance?

Date: Tuesday, May 14th , 2024

Time: 1 - 2.30pm

Where: online via Zoom

ENQUIRIES:

CFCCardinia@anglicarevic.org.au
or call 0457 825 076

Register at:

https://us02web.zoom.us/webinar/register/WN_5Y_tK1DXR0GUEXzf3HEPBQ

PARENTZONE



CFC is funded by the Australian Government,
Department of Social Services.
See www.dss.gov.au for more information.



or scan QR code

anglicarevic.org.au

BETTER
TOMORROWS

PARENTZONE

Communities for Children Cardinia



Cardinia Communities Speed Network 2024

An annual event that brings together community services, educators, and those working with children and families in Cardinia Shire to build knowledge and refine referral pathways.

Date: Wednesday 14th August, 2024
Time: 9am - 12pm
Where: Cardinia Cultural Centre,
40 Lakeside Blvd, Pakenham

ENQUIRIES:
CFCCardinia@anglicarevic.org.au
or call 0457 825 076

Register at:
<https://forms.office.com/r/kkDWeMs9sT>



CFC is funded by the Australian Government, Department of Social Services.
See www.dss.gov.au for more information.

or scan QR code

anglicarevic.org.au

BETTER
TOMORROWS

PARENTZONE

Communities for Children Frankston

Watch out for Cardinia Communities for Children webinars for 2024.
You asked and we'll deliver!

2024 Webinars for Term 2 confirmed more will be running, please contact

Contact

Emma Rafferty
Cfc_southern@anglicarevic.org.au

Phone 0439 463 469



CFC is funded by the Australian Government, Department of Social Services. See www.dss.gov.au for more information.

PARENTZONE