



# ParentZone Gippsland

## Term 3 Newsletter 2024

Information on Programs to support parents  
and carers across Gippsland

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**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. 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.

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

parentzone.gippsland@anglicarevic.org.au

P: (03) 5135 9555

## 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.

### Do the sessions cost?

All ParentZone facilitated sessions are completely FREE of charge.

### What if I can't make all of the 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 use 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 advice and education we can suggest some referral pathways or services to contact for specialised direction and advice.

**PARENTZONE**



## Program Overview

Please see full flyers for program description and links to enrolment.

PROGRAM NAME	DURATION	PAGE NUMBER
Tuning into Kids.	6 Weeks online	Page 4
Parenting Tweens and Teens	6 Weeks online	Page 4
Bringing up Great Kids	6 Weeks online	Page 5
Supporting School engagement and connection.	6 Weeks online	Page 5
Let's Talk about parenting.	6 Weeks online	Page 6
Parenting After Separation	6 Weeks online	Page 6
Managing Challenging Behaviour.	Single Session online	Page 7
Raising resilient Kids/ Teens.	Single Session online	Page 7
Communicating with our Kids.	Single Session online	Page 8
Emotion Focus Parenting.	Single Session online	Page 8
Supported Play groups	Various Locations	Page 9

**For more information or to discuss our programs please contact us on:**  
**[parentzone.gippsland@anglicarevic.org.au](mailto:parentzone.gippsland@anglicarevic.org.au)**  
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## Tuning Into Kids

**Emotionally intelligent parenting For parents of children Aged 3-12 Years**

Tuning into Kids is an evidence-based program designed to support parents and caregivers emotionally tune in and support their children.

We work towards giving you a better understanding of your children, yourself, and improve communication, managing emotions, conflict and challenging behaviours.

**When:** Monday 29/07/2024 - 02/09/2024

**Time:** 7:00pm-9:00pm

**Where:** ZOOM

To Register Click the link or scan the code  
<https://forms.office.com/r/pQwbvHxarY>



## Parenting Tweens and Teens

**Recommended for parents and carers of children aged 8-15 years of age**

During this 6 week program, learn parenting strategies to improve your relationship with your tween and teen. 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. Understand why young people behave the way they do and learn to establish boundaries with your tween or teen along with effective ways to deal with anger and anxiety.

**When:** Wednesday 17/07/2024 - 21/08/2024

**Time:** 12:30pm - 2:30pm

**Where:** ZOOM

To Register Click the link or scan the code  
<https://forms.office.com/r/BZ27Xj9v4k>





## Bringing up Great Kids

Recommended for parents and carers of children aged 2-10 years of age

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.

**When:** Tuesday 23/07/2024 - 27/08/2024

**Time:** 10:00am- 12:00pm

**Where:** ZOOM

To Register Click the link or scan the code  
<https://forms.office.com/r/zBMhHYaUcG>



## Supporting School Engagement and Connection

For parents and carers with children in primary school and into year 7

During this 6-week program we discuss the complexities facing parents trying to get children to school and staying there for the day. Discussions such as separation anxiety, social development and inclusion, how to work with and build on your child's resilience. Work on effective communication and positive reinforcements and dealing with your own feelings and stressors regarding this challenging time.

These are interactive sessions with parents and caregivers who all understand the position you are in.

**When:** Thursday 25/07/2024 - 29/08/2024

**Time:** 12:30pm-2:30pm

**Where:** ZOOM

To Register Click the link or scan the code  
<https://forms.office.com/r/Hgz3Lwq5ep>





## Let's Talk About Parenting

**Ideal for those caring for children aged 3-13 years**

Let's talk about Parenting is suited to children 3-13 years. During this program we delve into understanding your parenting styles, how to embrace and develop our parenting skills in an inclusive, understanding and supportive environment.

We discuss topics such as:

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

Behaviour and discipline. How to get children to listen without yelling.

Communication and feelings. Creating family agreements.

Helping to manage and understand feelings, and problem solving.

**When:** Wednesday 07/08/2024 - 11/09/2024

**Time:** 10:00am-12:00pm

**Where:** ZOOM

To Register Click the link or scan the code

<https://forms.office.com/r/XFbnQQL3f3>



## Parenting After Separation

**Are you finding it difficult to navigate your child's feelings and behaviour after separation?**

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.

**When:** Tuesday 30/07/2024 - 03/09/2024

**Time:** 7:00pm-9:00pm

**Where:** ZOOM

To Register Click the link or scan the code

<https://forms.office.com/r/EeeWb9JuXW>







**Suitable for parents and caregivers of teens 12-18**

## Managing Challenging Behaviours

Throughout this session, parents will gain a better understanding as to why challenging behaviours occur and learn strategies to deal with them. Parents will look at how to communicate better and explore ways to stay connected with their child.

**When:** Wednesday 28/08/2024

**Time:** 12:30pm - 2:30pm

**Where:** ZOOM

To Register Click the link or scan the code

<https://forms.office.com/r/gZjqD8ksbm>



## Raising Resilient Kids and Teens

This session will support parents with strategies to help their children bounce back from adversity. Parents will learn how to support their child to cope with change and deal with anger and anxiety. Explore ways to improve communication and meet other parents also wanting to raise resilient children.

**When:** Wednesday 11/09/2024

**Time:** 12:30pm - 2:30pm

**Where:** ZOOM

To Register Click the link or scan the code

<https://forms.office.com/r/gZjqD8ksbm>





**Recommend for parents and carers of children of any age**

## Communicating with our Kids

This session is designed to improve communication across the family. Develop strategies to listen without judgment, help your child learn to problem solve, make safe choices and build stronger connections.

**When:** Tuesday 23/07/2024

**Time:** 12:00pm - 2:00pm

**Where:** ZOOM

To Register Click the link or scan the code

<https://forms.office.com/r/gZjqD8ksbm>



## Emotion Focused Parenting

This session looks at exploring strategies to respond calmly to your child's feelings and big emotions without escalating situations. We explore how to be connected to our emotions in order to connect to our children.

**When:** Thursday 12/09/2024

**Time:** 12:00pm - 2:00pm

**Where:** ZOOM

To Register Click the link or scan the code

<https://forms.office.com/r/gZjqD8ksbm>







## Learning Through Play Supported Playgroups

### Monday

**Location:** 101 Buckley Street Morwell

**Time:** 10:00am - 12:00pm

**Age:** 0 - 5 years

### Wednesday

**Location:** Churchill Neighbourhood Centre  
9 Phillip Parade Churchill

**Time:** 9:30am - 11:30am

**Age:** 0 - 5 years

### Thursday

**Location:** Churchill Neighbourhood Centre  
9 Phillip Parade Churchill

**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 - 5 years

**For further information please contact Kim at**  
**[Parentzone.Gippsland@anglicarevic.org.au](mailto:Parentzone.Gippsland@anglicarevic.org.au)**  
**P: (03) 5135 9555 or 0429 862 466**