



Parenting in the North What's On Term 3 2024

News and Information on Programs and Services
to Support Parents across the Northern Region of Melbourne

PARENTZONE

**BETTER
TOMORROWS**

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What's new at ParentZone?

Welcome to the third edition of **What's on in the North** for 2024!

Term 2 for ParentZone Northern was quite eventful and productive. I stepped in as Acting Team Leader overseeing operations of both ParentZone Northern and Broadmeadows Women's Community House for seven weeks while Bella Odicho took on an internal secondment. Our team of skilled facilitators delivered a diverse range of groups in collaboration with primary and secondary schools, community partners and local councils. These include, Dads Circle of Security, Parents Building Solutions (PBS) and Parents Building Solutions Arabic, Tuning in to Kids, Tuning in to Teens and Bring Up Great Kids and single sessions on topics like School refusal, Raising Resilient Kids, Raising Resilient Teens and Dealing with Dealing with Preschool Behaviours.

Continued collaboration with partner organisations, schools and local councils across the North to meet the needs of parents and carers, focusing on the parent child relationships. Mental health and wellbeing emerged as a significant concern amongst parents promoting interest in sessions specifically addressing Managing Anxiety, Managing Screen Time and School Refusal. Next term there are plans expand offerings of these sessions online and at various schools as well as a variety parenting groups that we deliver each term.

If you are interested in partnering with us or would like to include information about your upcoming groups or programs, please reach out to us via our PZ Northern email parentzone.northern@anglicarevic.org.au.

In the interim, please remember the PZ pods, link below, which are a great asset as a brief intervention, giving parents and carers a more immediate option for issues or concerns they are facing now.

Thank you for your continued support.

Warm Regards, Roba Elkadi Acting Team Leader, ParentZone Northern & Broadmeadows Women's Community House



PARENTZONE

Northern Parent Educator Network

The Term 4 2023 NPEN meeting was held on 30th May 2024 online, featuring two insightful presentations and it brought together 14 professionals who shared updates on valuable programs. Tanya Stelmach from Whittlesea Community Legal Centre discussed the "Safe Journey" Health Justice Partnership between Whittlesea Community Connections and City of Whittlesea Maternal and Child Health Service and Eileen Carison who presented an overview of CatholicCare Victoria's new counselling program, The 'Open Doors Program'. Both presentations were well received and attendees benefited from the informative content shared by Tanya and Eileen.

Next term the Annual NPEN forum is scheduled for September 11th from 9am -1pm at Janefield Community Centre, Bundoora. The theme for the forum will be 'Infant, Child and Adolescent Mental Health'. The event aims to feature presenters from leading agencies and services in the Child and Youth Mental Health Space.

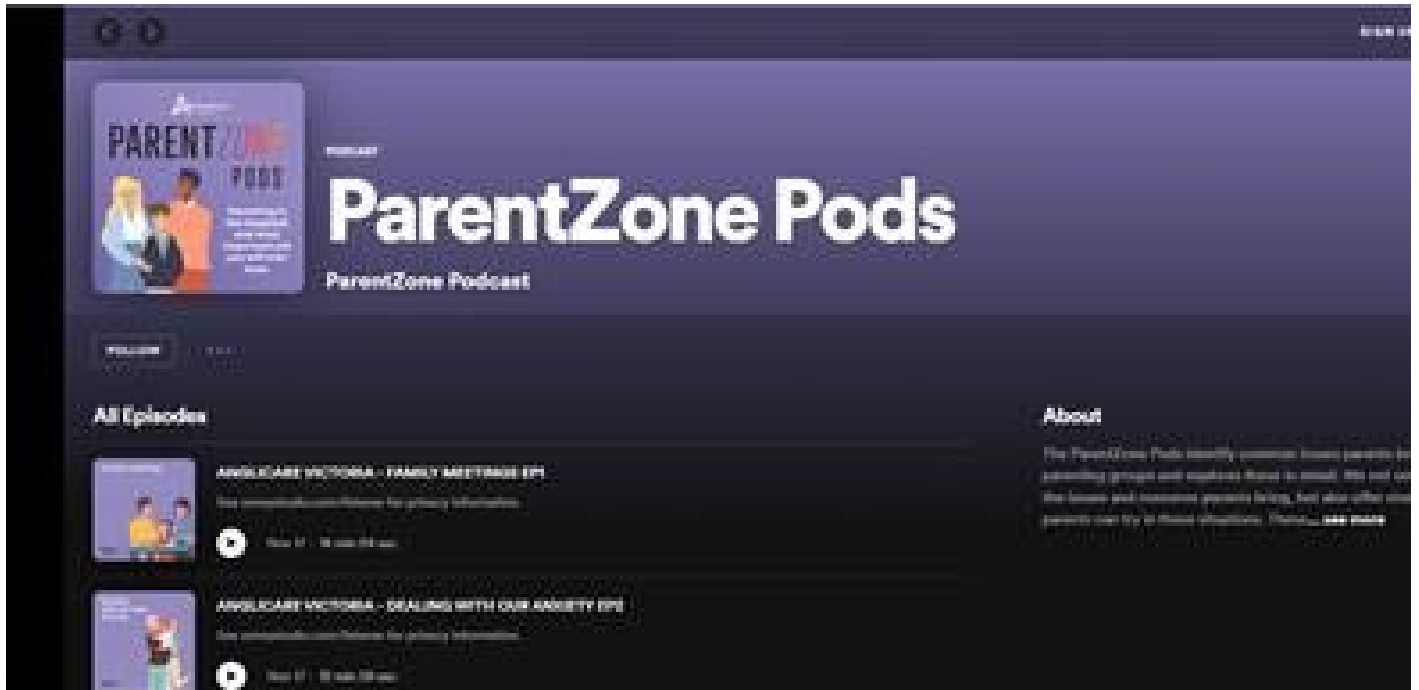
Also, just a friendly reminder that NPEN is committed to enhancing professional collaboration and knowledge sharing and continues to be a great platform for network and partnership development and to learn about local and community services. Professionals interested attending our Annual Forum or interested in presenting at future NPEN meetings are encouraged to contact Roba Elkadi via email at 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.

ParentZone Pods

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 !

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

PARENTZONE

ParentZone Northern Term 3 Multi -Session Parenting Programs



Circle of Security Parenting 8 Week program

Dates: Tuesday 30th July – 17th September 2024

Time: 10.00am to 12.00pm

Venue: Online

Circle of Security is a relationship based early intervention program that explores how parents can enhance their attachment with their children.

The program is designed to help parents to understand their child's behaviour and to build and strengthen a secure relationship with them.

Recommended for young parents/carers of children aged 0-7 yrs.

Bookings & enquiries: Parentzone Northern:
(03) 8641 8900 or email
parentzone.northern@anglicarevic.org.au



Looking Forward 7 Week Program

Dates: Wednesday 7th August-18th September 2024

Time: 12:00noon - 2:30pm (light lunch provided)

Venue: Preston Area

Women in the Northern region of Melbourne who have left an abusive or hurtful relationship are invited to participate in a supportive in-person 7 week women's empowerment group. The group uses creative arts activities and discussions to focus on the following areas:

The group will focus on the following areas:

- Defining abusive and hurtful relationships
- Exploring healthy relationships
- Exploring strengths and coping skills
- The importance of self-care, recovery and healing

Limited childcare available.

The group is a partnership between Northern Parentzone and Anglicare Family Services

Bookings & enquiries: Parentzone Northern:
(03) 8641 8900 or email
parentzone.northern@anglicarevic.org.au

PARENTZONE

ParentZone Northern Term 3 Multi -Session Parenting Programs



Tuning in to Teens



Dates: Monday 29th July- 2nd September 2024

Time: 9.00am - 11.00am

Venue: Holy Child Primary School, 227 Blair St, Dallas

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.

Bookings: Contact Melissa Young on myoung@hcdallas.catholic.edu.au

Enquiries: Parentzone Northern: (03) 8641 8900 or email parentzone.northern@anglicarevic.org.au

Tuning in to Teens

Dates: Thursday 15th August - 19th September 2024

Time: 6.00pm - 7.30pm

Venue: Online

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-week parenting program is open to parents/carers who have children who attend Sunbury College.

Bookings and enquiries: Parentzone Northern: (03) 8641 8900 or email parentzone.northern@anglicarevic.org.au

PARENTZONE

ParentZone Northern Term 3 Multi -Session Parenting Programs



Tuning in to Kids

Dates: Tuesday 30th July – 3rd September 2024

Time: 10.30am - 12.00pm

Venue: Online

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 skills and strategies to help with everyday parenting challenges, based on emotionally tuned parenting.

This free 6-week parenting program is open to parents/carers who have children who are clients of Anglicare's Young Parents Program.

Bookings: Contact Rebecca Miller on Rebecca.Miller@anglicarevic.org.au

Enquiries: Parentzone Northern: (03) 8641 8900 or email parentzone.northern@anglicarevic.org.au



Communities for
Children Hume

Uniting

Tuning in to Kids

Dates: Friday 9th August-13th September 2024

Time: 10.00am - 11.30am

Venue: Online

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.

Bookings and enquiries: Parentzone Northern:
(03) 8641 8900 or email
parentzone.northern@anglicarevic.org.au

PARENTZONE

ParentZone Northern Term 3 Multi -Session Parenting Programs



Living with Autism

Dates: Thursday 1st August – 5th September 2024

Time: 10.00am - 12.00pm

Venue: Whittlesea Community Centre,
61 Laurel Street, Whittlesea,

Are you the parent or carer of a child who has a diagnosis of autism?

This program is an opportunity to ask questions about the autism spectrum, and will assist you to consider different approaches/strategies to help with parenting

Bookings & enquiries: Parentzone Northern:
(03) 8641 8900 or email
parentzone.northern@anglicarevic.org.au



PARENTZONE

ParentZone Northern Term 3 Multi -Session Parenting Programs



Stress Less Parenting- Parenting Building Solutions Program

Dates: Friday 2nd August – 6th September 2024

Time: 9.00am - 10.30am

Venue: Newbury Child and Community Centre,
440 Grand Boulevard, Craigieburn

Do you find parenting stressful? Have you tried lots of different methods and nothing seems to change?

This program looks at practical ways to tackle issues that create stress in families - communication, discipline etc., and most importantly ways to lower stress levels of parents with basic self-care and emotional regulation techniques.

This free 6 week parenting program is open to parents/carers who have children who attend Newbury Primary School

Bookings: Via Sentral.

Enquires: Contact Rita Toma on 03 8691 6900



PARENTZONE

ParentZone Northern Term 3 Single Sessions Parenting Programs



Managing Screen Time

Dates: Thursday 25th July 2024

Time: 9.00am - 11.00am

Venue: Bethal Primary School,
26-52 Eldorado Cres, Meadow Heights

Would you like to learn how to:

Navigate the challenges of managing children's screen time.
Understand the impacts of screen time on children's health
and development Set boundaries for screentime.

This session will provide parents with strategies and tips to
help them to establish healthy screen time routines

Bookings & enquiries: Parentzone Northern: (03) 8641 8900
or email parentzone.northern@anglicarevic.org.au



School Refusal

Dates: Thursday 1st August 2024

Time: 6.00pm - 7.30pm

Venue: Online

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.

Bookings: Contact Sophie Patitsas via email on :
SPatitsas@merri-bek.vic.gov.au

Enquiries: Parentzone Northern: (03) 8641 8900 or email
parentzone.northern@anglicarevic.org.au



PARENTZONE

ParentZone Northern Term 3 Single Sessions Parenting Programs



Managing Anxiety



Dates: Thursday 8th August 2024

Time: 10.00am - 12.00pm

Venue: Newbury Primary School

202/226 Newbury Blvd, Craigieburn VIC 3064

ParentZone, Anglicare will be delivering a skill building session for parents/carers around the topic of managing anxiety

Would you like to explore and discover:

- how anxiety can present in children
- the impact it has on children, their friendships, schoolwork or family life
- what they can do to support their children when they are feeling anxious.

Join us for this interactive workshop to discover practical tools and evidence-based strategies.

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

Parenting Toddlers Information Session

Dates: Tuesday 13th August 2024

Time: 10.00am - 11.30am

Venue: Jindi Family and Community,
48 Breadalbane Avenue, Mernda



This informal session aims to assist parents/carers to better understand their toddler's behaviour. Parents/carers will be provided with information on toddler development and useful information and strategies to manage challenging but normal toddler behaviours.

Bookings via link below:

www.trybooking.com/CNKAS

Enquiries: Parentzone Northern: (03) 8641 8900 or email parentzone.northern@anglicarevic.org.au

PARENTZONE

ParentZone Northern Term 3 Single Sessions Parenting Programs



Supporting Children to be Preschool Ready

Dates: Tuesday 20th August 2024

Time: 10.00am - 12.00pm

Venue: Klripp Community Centre, 135 DeRossi Boulevard, Wollert

This session will provide practical tips for parents regarding how to help their child prepare for 3- and 4-year-old preschool.

Bookings via link below:

www.trybooking.com/CMKVC

Enquiries: Parentzone Northern: (03) 8641 8900 or email parentzone.northern@anglicarevic.org.au

Dates: Tuesday 10th September 2024

Time: 10.00am - 11.30am

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

This is an informal information session around your child's sleep, including:

- Tips and strategies to promote positive sleep patterns
- Discuss how sleep associations can influence your toddler's sleep
- The changing toddler world and how this impacts sleep
- Where to sleep your toddler safely
- Looking after yourself

Morning tea will be provided, and children are welcome.

Bookings via link below:

www.trybooking.com/CNJFK

Enquiries: Parentzone Northern: (03) 8641 8900 or email parentzone.northern@anglicarevic.org.au



PARENTZONE

Parenting Support and Programs Early Years - 0 to 5 year olds



Raising children and young people

JULY PROGRAMS 2024



Kinder Application Help Sessions

Come along to this free information session to learn about Kindergarten and get help with applying. Translators will be available.

Friday 19 July 2024
9.30am – 1pm
Thomastown Library,
52 Main Street, Thomastown



Circle of Security – Parenting

For parents with children aged 0-5, this program helps you understand your child's behaviour and build a strong, secure relationship with them.

Tuesday 23 July – 10 September
2024 (8 weeks)
Wollert Community Centre,
525 Epping Road, Wollert



Parenting in Australia

This 6-week program offers practical tips for parenting in a new culture. You will learn how to boost your child's confidence and self-esteem, understand their behaviour, and manage your own feelings.

Wednesday 24 July – 28 August
2024 (6 weeks)
Epping Community Centre,
378 Findon Road, Epping



Childhood Development

For parents of children aged 0-5 years, you will learn about the stages of development, how the environment, genes, and parenting style affect this growth. You will also find ways to support your child's development.

Thursday 25 July 2024
Mercy Health, Whittlesea Early Parenting Centre,
34 Anchorage Dr, South Morang

All ages Birth - Preschool Early Primary Tweens Teens



Scan the QR code for more information or to register for one of these programs



whittlesea.vic.gov.au/familytraining



Free telephone
interpreter service

131 450

 City of
Whittlesea

**Parenting Support -
Playgroups**

**TINY
TOTS
PLAYGROUP**



PLAY GROUP

FROM BIRTH TO 2 YEARS OF AGE

**9AM - 10:30AM
EVERY MONDAY MORNING
DURING SCHOOL TERMS**



**AIMED AT BABIES AND TODDLERS TO
PROGRESS FROM TUMMY TIME, TO
CRAWLING, TO WALKING, WHILE BUILDING
THEIR CONFIDENCE BEFORE BEGINNING
0-5 BEEHIVE PLAYGROUP.**

**IT WILL ALSO PROVIDE A SPACE FOR
FAMILIES TO GATHER AND CONNECT.**

**DULAP WILIM HUB
13 LEICHARDT STREET,
SUNBURY**



Mother Goose Playgroups Term 3 2024

Broadmeadows Women's Community House offers a range of Parent Child Mother Goose Supported Playgroups. Mother Goose is an evidence-based program that supports parent child attachment and bonding through songs and stories.

Our specialist trained facilitators are Multilingual in Urdu, Punjabi, Hindi, Saraiki and also English.

When	Time	Location	Contact
Monday	9.30-11.30am	Broadmeadows Valley Primary School Hub	Womenshouse@anglicarevic.org.au
Wednesday	9.30-10.15am	Little Steps , Broadmeadows Women's Community House	Womenshouse@anglicarevic.org.au
Thursday	10am-11.30am	Craigieburn Community Service Centre	Womenshouse@anglicarevic.org.au
Thursday	9.30-11.30am	Meadows Primary School Hub	Womenshouse@anglicarevic.org.au
Thursday	1.30pm-2.30pm	Meadows Primary School Hub	Womenshouse@anglicarevic.org.au



9AM - 10:30AM
EVERY FRIDAY MORNING
DURING SCHOOLS TERMS

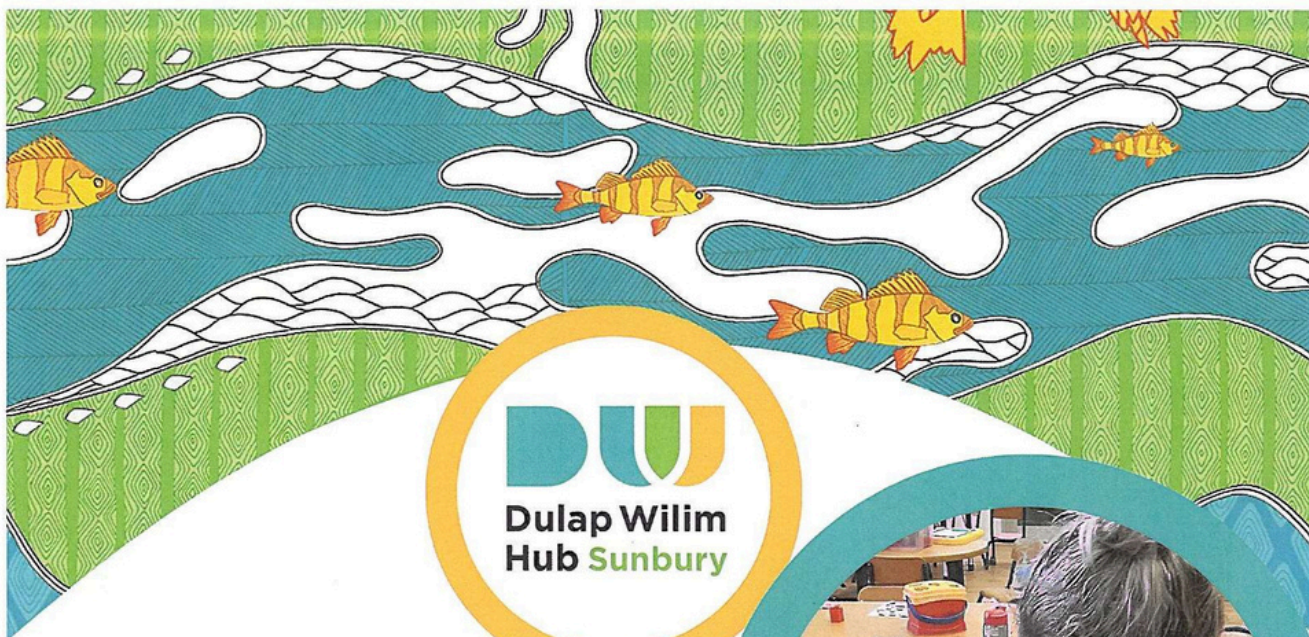
**"THE ACTIVITIES THAT
ARE THE EASIEST,
CHEAPEST, AND MOST
FUN TO DO - SUCH AS
SINGING, PLAYING
GAMES, READING,
STORYTELLING, AND
JUST TALKING AND
LISTENING - ARE ALSO
THE BEST FOR CHILD
DEVELOPMENT."**

- JEROME SINGER



\$2

DULAP WILIM HUB
13 LEICHARDT ST, SUNBURY




INTER- GENERATIONAL *Playgroups*


**WEDNESDAYS
9-11AM**

Intergenerational playgroup brings together multiple generations, supporting our community and nurturing relationships through play. This playgroup is led by the adult/s attending. Any further queries, please contact Sharon.



 13 Leichardt Street, Sunbury

 sharon.ramunno@education.vic.gov.au

 03 9732 0183

We welcome all community members and families to join the Toy Library!



How much does it cost?

This is a FREE toy lending service for your local community.

What can I borrow?

Our toy library has a great range of fun and educational toys to suit children's interests and developmental needs from 6 months to 5 years old. The toys can be taken home for up to 2 weeks.

How do I become a Toy Well member?

- Complete the Toy Well Member Application Form.
- Choose what toys you would like to borrow and have fun playing at home!

Who runs the toy library?

Your Toy Well is run by people from your community who volunteer to help.

Toy Well is a program of Toy Libraries Australia with the support of Community Hubs Australia. Funding is provided by the Trawalla Foundation and Besen Family Foundation.

Are the toys clean?

Yes, we ask all Toy Well members to clean toys before returning them to the toy library. We lend toys that are easy to clean, long-lasting, and lots of fun to play with.



Where is the toy library located?

The toy library is in the **Dulap Wilim Hub**. Please speak to the Hub Coordinator for further details.

Address

Dulap Wilim Hub,
13 Leichardt St, Sunbury 3429

Opening Hours

Scan for current opening hours
Open during school term only



Can I help at the toy library?

Yes! We are always looking for more volunteers to help us sort and lend out toys. It is a great way to make new friends and get involved in the local community.

Talk to the Hub Coordinator the next time you're at the toy library to find out more.

Do you accept toy donations?

We welcome donations of quality second-hand toys that can be played with for many more years to come.

Please talk to the Hub Coordinator or a staff member to find out more.





You're invited to **NAIDOC Week** **Playgroup** **Pop-up!**

There's lots to learn and enjoy at this fun, First Nations-inspired playgroup celebrating NAIDOC Week.

- Aboriginal-themed children's activities, games and arts and craft
- Storytime with Nicola from Whittlesea Library – Check out the 'deadly' book collection available for you to borrow

**Children, mums, dads,
and grandparents are welcome!**

Wednesday 10 July | 9.30am-11.30am

Whittlesea Community Centre,
57-61 Laurel Street, Whittlesea
For more information email
playgroups@whittlesea.vic.gov.au

About NAIDOC Week

NAIDOC Week is an opportunity for all Australians to learn about First Nations cultures and histories and participate in celebrations of the oldest, continuous living cultures on earth.

Each year, the NAIDOC Week theme is chosen to highlight matters of importance, create awareness and to recognise the achievements of Aboriginal and Torres Strait Islander peoples. The NAIDOC Week theme for 2024 – Keep the fire burning! Blak, loud and proud – honours the enduring strength and vitality of First Nations culture – with fire a symbol of connection to Country, to each other, and to the rich tapestry of traditions that define Aboriginal and Torres Strait Islander people.

Find out more about NAIDOC Week
naidoc.org.au



For more NAIDOC Week events near you check out
whittlesea.vic.gov.au/NAIDOCWeek



Tuning in to Kids™

Emotionally intelligent parenting - Six week group program

Join Family Support Worker Joan Lauricella for this six week program to learn how to:

- Be better at talking with your child
- Be better at understanding your child
- Help your child learn to manage their emotions
- Help prevent behavioural problems in your child
- Teach your child to deal with conflict



Tuning in to Kids shows you how to help your child develop emotional intelligence.

Children with higher emotional intelligence:

- Have greater success with making and keeping friends
- Have better concentration at school
- Are more able to calm down when upset or angry
- Tend to have fewer childhood illnesses

Emotional intelligence may be a better predictor of academic and career success than IQ!

Please scan to book:





Booking link:


www.trybooking.com/CTDHD

For more information:

Email: joan.lauricella@healthability.org.au

 9.30am – 11.30am

 Wednesdays 31 July, 7 August, 14 August, 21 August, 28 August and 4 September

 \$60 per adult, \$100 per couple, \$40 concession

 healthAbility, 917 Main Road, Eltham Vic 3095

Box Hill: 43 Carrington Road, Box Hill VIC 3128

Eltham: 917 Main Road, Eltham VIC 3095

Phone: (03) 9430 9100 | Email: contact@healthability.org.au

Website: healthability.org.au

A FREE PROGRAM FOR PARENTS and CARERS
Living in Glenroy, Fawkner & surrounds



**For mums, dads and
carers of children
aged 3-10**

A 6 week program

Tuning in to Kids can help your child (and yourself) be more aware of and manage their own emotions. This can improve communication, behaviour and social relationships.

Thursdays 10am - 12 pm

from August 1st to September 5th

**Fawkner Meeting Room
77 Jukes Rd, Fawkner
(behind the Senior Citizens Centre)**



facilitated by
Early Links & ECIS
**(Early Childhood
Intervention Services)**

**To book a spot
please contact Michaela
earlylinks@mcm.org.au
0438 849 234**

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



TUNING IN TO KIDS®

An emotion-focused parenting program

Tuning into Kids (TiK) is a program that provides parents and carers with skills in emotion coaching. Emotion coaching is about recognising, understanding and managing your own emotions as a caregiver as well as your children's emotions. When children develop these emotional skills they are better equipped to negotiate the ups and downs of life.

TiK is an evidence-based program; randomised controlled research trials have shown that it makes a difference to parents and children.

TiK is a **FREE** program run by Kids First and Relationships Australia Victoria that is suitable for parents with children aged 3 to 10 who live in Yarra, Darebin, Whittlesea, Banyule and Nillumbik areas.

Session time and dates

10am - 12pm

Session 1:	Tuesday 30th July
Session 2:	Tuesday 6th August
Session 3:	Tuesday 13th August
Session 4:	Tuesday 20th August
Session 5:	Tuesday 27th August
Session 6:	Tuesday 3rd September

Location

ONLINE via Microsoft Teams

For all enquiries please contact

Donna El-Cheikh
0409 006 126 | 03 9450 0900
delcheikh@kidsfirstaustralia.org.au





KIDS
FIRST

TRIPLE P

FEARLESS

About the program

Triple P - Fearless is a 6 week workshop that aims to support parents of young people aged 6 - 14 years.

It is designed to provide information about anxiety and provide positive parenting strategies that support the development and behaviour of young people with anxiety.

This workshop will provide:

- An understanding of how anxiety develops in young people
- How to support your child to express and manage upsetting emotions more effectively
- How to help your child develop coping skills and face feared situations
- How to manage children's anxiety behaviour effectively

This is a FREE program run by Kids First for parents who live in Yarra, Darebin, Whittlesea, Banyule and Nillumbik areas.

Session dates and times

Tuesday 6th August
Tuesday 13th August
Tuesday 20th August
Tuesday 27th August
Tuesday 3rd September
Tuesday 10th September

Time: 6:00pm - 8:00pm

Location: Online via Microsoft Teams

For all enquiries

Donna El-Cheikh
03 9450 0900 | 0409 006 126
delcheikh@kidsfirstaustralia.org.au





KIDS
FIRST

Tuning into Teens

Equipping parents with skills to build on their emotionally intelligent parenting.



Tuning into Teens (TinT) is an evidence based program that supports parents to feel more confident to connect with their teens, understand their needs and challenges, support them to manage strong emotions and reduce conflict.

One of the things parents find most helpful about attending this series is the chance to share experiences that are common for parents at this time, and hear new ideas about connecting with teenagers.

TinT is a FREE program run by Kids First for parents with teens that live in Yarra, Darebin, Whittlesea, Banyule and Nillumbik areas.

Session dates and times

- Session 1: Wednesday 31st July
- Session 2: Wednesday 7th August
- Session 3: Wednesday 14th August
- Session 4: Wednesday 21st August
- Session 5: Wednesday 28th August
- Session 6: Wednesday 4th Sep

Time: 6 : 0 0pm - 8:00pm

Location

ONLINE via Microsoft Teams

For all enquiries please contact

Donna El-Cheikh

03 9450 0900 | 0409 006 126

delcheikh@kidsfirstaustralia.org.au



Raising resilient, healthy children and young people in Hume | Term 2 & 3 | 2024

Information sessions for parents and carers

FREE
EVENTS

HUME CITY COUNCIL
Youth
services



Supporting your Neurodivergent Child

This session targets parents/carers of children aged 10 and up.

Some topics that will be explored:

- What is disability?
- What is neurodivergence?
- Affirming language

Greenvale West Community Centre: 7 Ventura Way, Greenvale, 3059 (Training room)

Thursday 6 June
5.30pm – 7.00pm
Facilitator: YDAS



Raising Resilient Kids

This session targets parents/carers of children aged 5 to 12 years old

- Get a clear understanding of resilience and coping with life's setbacks.
- Learn how to build and foster resilience in your child.
- Learn strategies to help your child bounce back from adversity.

Greenvale West Community Centre: 7 Ventura Way, Greenvale, 3059 (Training room)

Thursday 25 July
10am – 12.00pm
Facilitator: ParentZone, Anglicare



Managing anxiety in your child (2-10 years)

This session targets parents/carers of children aged 2 to 10 years old.

Managing anxiety in children requires patience, understanding, and consistent support. By creating a safe and nurturing home environment, this enables a space where your child can openly express their emotional needs and learn how to regulate themselves.

Online Webinar

Tuesday 6 August
10am – 12.00pm
Facilitator: ParentZone, Anglicare



Setting Healthy Boundaries

This session targets parents/carers of school aged children.

Topics to be explored include:

- Creating and maintaining healthy boundaries using positive approaches
- Punishment vs Discipline
- Boundary setting at home

Online Webinar

Wednesday 29 August
6pm – 7.30m
Facilitator: ParentZone, Anglicare



To register or for more information, visit our website via the QR code or type the url provided

Have a question? Let's talk!
email youth@hume.vic.gov.au
or phone 9205 2556.



www.hume.vic.gov.au/parent-carer-workshops





Merri-bek
City Council

PARENTS
& CARERS

We are
MERRI-BEK
YOUTH

Parent wellbeing & self-care

For parents & carers of teens

A free information session to support parents & caregivers

About

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 to support your health and wellbeing.

Facilitated by Anglicare ParentZone, with support from Merri-bek Youth.



Program details:

When

Monday 22nd July
6pm - 7pm

Where

Oxygen Youth Space, 4-8 Gaffney Street, Coburg North

Register

Please scan the QR code or visit <https://bit.ly/3VC3Q47>



For more information please email

Liam on lwalsh@merribek.vic.gov.au or call 1800 699 688.

Merri-bek Language Link

Italiano	Italian	9280 1911
Ελληνικά	Greek	9280 1912
عربي	Arabic	9280 1913

Türkçe	Turkish	9280 1914
Tiếng Việt	Vietnamese	9280 1915
पंजाबी	Nepali	9280 0751

普通话 Chinese (Simplified) 9280 0750

National Relay Service:
13 36 77 or relayservice.com.au

Parenting Support and Programs - Disability



Why MyTime?

MyTime is for parents and carers of a child with a disability, chronic medical condition or other additional needs including developmental delay.

FIND US AT:

Dulap Willim Hub Sunbury

Fri fortnightly 9:30am– 12:30PM

CONTACT:

Facilitator:
Marina 0466106978
marinad@mytime.com.au

MyTime
Sunbury

Unwind and
share experiences
with others who
understand



mytime.net.au

Parent and Carer Programs

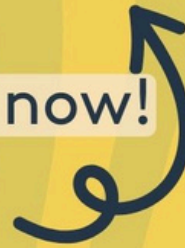
Darebin Young Parents



At The Hub (Northland)

Every Friday - Register now!

Register using the QR above!



Fridays, Weekly



11am - 12:30pm
(Lunch provided)



The Hub (Northland)

DAREBIN YOUTH SERVICES

T 8470 8926
E youthservices@darebin.vic.gov.au
darebin.vic.gov.au

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



[/darebin.youthservices](https://www.facebook.com/darebin.youthservices)



Professional Training for Educators



Training and Education

JULY PROGRAMS 2024



Supporting Respectful Relationships in the Early Years

A practical and interactive 2-hour workshop to examine the limiting attitudes, expectations and stereotypes that contribute to gender inequality and the important role educators have in supporting respectful relationships and positive outcomes for children of all ages.

Tuesday 23 July

6.30pm – 8.30pm

Janefield Community Centre,

2 Manchester Crescent, Bundoora



Planning for assessment

Using a rights-based and trauma informed assessment tool

This session will support early years educators to apply a rights-based approach to children's participation in their early years setting and additionally, consider how the needs of trauma informed children might impact their work to support children's voices.

Thursday 25 July

6.30pm – 8.30pm

City of Whittlesea,

Council Offices, Fountain View Room,
25 Ferres Boulevard, South Morang



Indigenous Inspired Places Bus Tour

Join our Access and Engagement team in visiting Indigenous inspirational early education and support services. Experience high quality and inclusive environments to inspire your own Indigenous practices.

Tuesday 30 July

8.45am – 3.30pm

Starting at City of Whittlesea



Scan the QR code for more information or to register for one of these programs



whittlesea.vic.gov.au/familytraining



Free telephone interpreter service

131 450



City of Whittlesea

Useful Contacts for Families

Help Lines

Police (24-hour stations) 000
Lifeline Crisis Support. Suicide Prevention 13 11 14
Parentline Victoria Counselling Service 13 22 89
Family Violence Help: 1800 015 188
Kids Help Line Phone Counselling Service: 1800 551 800
Homeless Crisis Line 1800 825 955
Drug and Alcohol Services 1800 888 236
Mensline Counselling Service 1300 78 99 78
Q Line Counselling & Referral for LGBTI people 1800 184 527
1800 Respect: 1800 737 732

City of Whittlesea

25 Ferres Boulevard, South Morang, VIC, 3752
Australia
(03) 9217 2170
<https://www.whittlesea.vic.gov.au/>

City of Darebin

274 Gower Street, Preston, VIC 3072
(03) 9470 8888
<https://www.darebin.vic.gov.au/>

Banyule City Council

1 Flintoff Street, Greensborough VIC 3088
(03) 9490 4222
<https://www.banyule.vic.gov.au/>

Nillumbik Shire Council

32 Civic Drive, Greensborough
03 9433 3111
<https://www.nillumbik.vic.gov.au/Home>

Yarra City Council

140 Hoddle Street, Abbotsford/333 Bridge Road,
Richmond
03 9205 5555
<https://www.whitehorse.vic.gov.au/>

Hume City Council

1079 Pascoe Vale Road, Broadmeadows/75-95 Central Park
Avenue, Craigieburn/44 Macedon St, Sunbury VIC 3429/82/90
St Georges Blvd, Mickleham VIC 3064
9205 2200
<https://www.hume.vic.gov.au/Your-Council/Contact-Us>

Centrelink

Carers 132 717
Families 136 150
Financial Information Service (FIS) 136 357 (FIS seminar booking)
Help in an Emergency 132 850
Indigenous Australians Call Centre 1800 136 388
Languages (Multilingual) 131 202
Low Income Healthcare Card 132 490
Online Support Hotline 132 307
myGov Help Desk 132 307
People With a Disability 132 717

Medicare

General enquiries 132 011
Aboriginal and Torres Strait Islander Line 1800 556 955
Australian Immunisation Register Enquiries 1800 653 809
Compensation Recovery - Medicare 132 127
Disaster Health Care Assistance 1800 660 026
myGov help desk 132 307
Pharmaceutical Benefits Scheme 132 290
Telephone claims 1300 360 460
Translating and Interpreting Service (TIS National) 131 450