



## Parentzone Southern What's On Term 3, 2024

ParentZone Southern

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

Email: [parentzone.southern@anglicarevic.org.au](mailto: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 includes, but not limited to: Supported Playgroups; Transition Programs; Parenting Programs; and Workshops.

# PARENTZONE

**BETTER  
TOMORROWS**

ParentZone works with schools and community organisations in the Southern region and regularly facilitates face to face parenting groups in Cardinia, Casey, Greater Dandenong and Frankston/Mornington Peninsula Local Government Areas.

This term we have **two** Parents Building Solutions - **Peaceful Parenting online** sessions for anyone who wants more positive parenting strategies and family connections.

This is a 6-week program and is **free!** Look out for the flyer further down, or email Parentzone!

Please note there are no recordings of the online parenting programs and, as they are interactive, and parents need to have their cameras turned on.

This newsletter includes the Term 3 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](mailto: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](mailto: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



# Contents

[ParentZone Pods](#)

[Supported Playgroups \(My Time and Play Circle\)](#)

[Baby Makes 3](#)

[Talking to Children about consent & body autonomy \(Webinar\)](#)

PBS [Growing Great Kids](#) / Positive Parenting Statagies

[PBS Proactive Parenting](#)

[PBS-Peaceful Parenting \(All Peaceful Parenting Programs\)](#)

[PBS - Peaceful Parenting](#)

[Parenting After Family Violence](#)

Dads Do Matter/Cardinia Dads

[Men's Help lines and Services](#)

Family Violence for Women and Children

[Family Violence Help Lines and Links](#)

PROFESSIONAL TRAINING

Level 1 Accredited PBS Training for Professionals Not running this term

Beyond The Violence Facilitator Training

PEER NETWORKS

ParentZone HUB- Pakenham

Communities for Children Cardinia

[Cardinia Communities Speed Dating Network 2024](#)

[Family School Workers](#)

Linking Families and Youth Together (LYFT)

Foster Care

Other Organisations and [Crisis Lines and useful links](#)

Crisis Lines and Making Ends Meet

Help Lines and useful lines and links

0-18 and Young People

[Mental Health Help Lines and Links](#)

Indigenous Communities

[Culturally Linguistically Diverse Communities](#)

Playgroups

[Councils, Maternal Child and Health](#)

[Emergency Relief](#)

[Host a Workshop](#)

[Safety Online](#)

[ParentZone HUB](#)

[Communities for Children-Cardinia](#)

[Communities for Children Frankston](#)

# 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

### Podcast Series 2

- Episode 1: [Positive Discipline](#) - click here
- 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 July-24th September

**Time:** 9.30am - 11.30am

### Bookings and Enquiries

**Iris Guasch - Parent Resource Coordinator:**

**Email:** [iris.guasch@anglicarevic.org.au](mailto: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](mailto:fapmi@phcn.vic.gov.au)

**Text:** 0439 336 808



**3rd Term  
Playgroup**

**PARENTZONE**

# Supported Playgroups

## BABY MAKES 3 (BM3)

### Maintaining Healthy Relationships during the transition to parenthood

Cranbourne Communities for Children Initiative is funded by the Australian Government

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

**When** Tuesdays

**Date** 23rd July-6th August 2024

**Time** 6.00pm - 8.00pm (Light Meal Provided)

**Venue** Balla Balla Community Centre  
Unit 7/9 Selandra Blvd,  
Clyde North VIC 3978

**Cost:** Free! Bookings are essential

**Register Expression of Interest**

contact Jasbir Singh Suropada

0438 004 285 or

[jasbir.suopada@anglicarevic.org.au](mailto:jasbir.suopada@anglicarevic.org.au)

23rd July -  
6th August

In partnership with



# PARENTZONE



## Talking with small children about consent & body autonomy (Webinar)

Presented by **Jasbir Singh Suropada**

- Why is it important to talk about body autonomy & consent with our children?
- How do you empower your children with body autonomy and consent?
- Where and who can I speak to for further help?

**Date:** Tuesday, August 13th, 2024 6:30 - 8:00pm  
**Time:**  
**Where:** online via Zoom

**ENQUIRIES:**

[CFCCardinia@anglicarevic.org.au](mailto:CFCCardinia@anglicarevic.org.au) or call 0457 825 076

Register at:

[https://us02web.zoom.us/webinar/register/WN\\_FfsnFBuWSMKsQiluITh1HA](https://us02web.zoom.us/webinar/register/WN_FfsnFBuWSMKsQiluITh1HA)

**PARENTZONE**



CFC is funded by the Australian Government, Department of Social Services. See [www.dss.gov.au](http://www.dss.gov.au) for more information.



or scan QR code

# Parents Building Solutions

## Growing Great Kids

### Parents Building Solutions

For Parents with Children ages from 0-5 years old to join us in interactive sessions to share experiences, ideas & learn strategies to support your child.

- Building Resilience in Kids and Parents
- Using Strength Based approach with kids
- How to discipline without shouting
- How to get kids to listen without having to yell?
- How to help your child to manage and regulate their emotions,
- Mental Health & Well Being (Self-Care)

15th July-  
19th Aug

**When** Mondays 15, 22, 29 July, 5, 12 & 19 Aug. 24

**Time** 11.00am -1.30pm

**Venue-** Southern Migrant & Refugee Centre  
39 Clow St, Dandenong 3175

**TO REGISTER: Click link or Scan QR Code:**

<https://events.humanitix.com/growing-great-kids-ggk-h2kwqes5>

Sharon Smith M: 0400867874

Email: [sharons@smrc.org.au](mailto:sharons@smrc.org.au)

Tatjana Krneta M: 0413496846 OR  
97671900

Email: [tatjanak@smrc.org.au](mailto:tatjanak@smrc.org.au) OR

Jasbir Singh at Parentzone

M: 0438 004 285 or

[jasbir.suropada@anglicarevic.org.au](mailto:jasbir.suropada@anglicarevic.org.au)



## POSITIVE PARENTING STRATEGIES

### Parents Building Solutions

Presented by Parentzone in collaboration with PRONIA

Join us for our "how to..." parenting workshops

Session One:

How to establish positive family relationships:

- Understand how to develop and maintain positive relationships with your children
- Help your children learn to make great choices
- Explore the importance of rules and boundaries

Session Two:

How to foster your child's resilience and self-esteem

Did you know that another word for resilience is "bouncebackability"?

- Understand how parents can support their children to develop a resilient mindset
- Explore what parental behaviours help children to develop self-esteem



[www.pronia.com.au](http://www.pronia.com.au)

1st Session  
23rd July  
2nd session  
17th September

(Session One)

Day Tuesday, 23rd July

(Session Two)

Tuesday, 17th September

**Time Both Sessions** 12.15p.m.-1.30p.m.

**ONLINE**

**Details will be given upon booking.**

**Please note: these sessions will not be recorded.**

**Cost FREE!**

**For more information contact**

Carey Cole - 0437 428 281

[carey.cole@anglicarevic.org.au](mailto:carey.cole@anglicarevic.org.au)

**Register once to attend one, or both, sessions**

Use the QR code or this link:

<https://events.humanitix.com/pbs-and-pronia-positive-parenting-strategies-t32024>



# PARENTZONE



# Parents Building Solutions

## PROACTIVE PARENTING Parents Building Solutions

**PARENTING IS ONE OF THE TOUGHEST JOBS  
YOU WILL EVER DO...WITHOUT ANY TRAINING!**

29th July-  
2nd Sept

Do you sometimes feel as if you're treading water as a parent, and reacting, rather than being proactive? If so, would you like to:

- Improve your relationship with your children?
- Improve communication in your family?
- Learn strategies for responding to big feelings?
- Explore ways to establish healthy rules, boundaries and consequences?

If you answer is "yes" to any of these questions, or you would like to join a group of parents exploring strategies to respond to other parenting challenges, this is the group for you!

**When** Mondays, 29th July-2nd September

**Time** 9.00a.m. - 10.00a.m.

**Venue-** Hillsmeade Primary School  
82 The Promenade, Narre Warren South

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



**PARENTZONE**

# Parents Building Solutions

## PARENTS BUILDING SOLUTIONS

**PEACEFUL PARENTING - 6 week free interactive 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 your children have 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.

**Peaceful Parenting has 5 Programs this term**

A variety of dates, times and venues to suit a wide range of Mums, Dads and Carers

**Date Tuesdays - July 30, August 6, 13, 20, 27, September 3**

### Morning Program Details

**Time** 10.00-11.30am

**ONLINE-** please note there are no recordings of these sessions and people are asked to have their cameras on

**FREE!**

Please register via the link below or the QR code

<https://events.humanitix.com/t32024-peaceful-parenting-pbs-tuesday-night>

**Date Tuesdays - July 30, August 6, 13, 20, 27, September 3**

### Early Afternoon-before School Pick up- Frankston North

**Time** 1.15 pm.-3.00pm.

**Venue** - Mahogany Rise Primary School

Forster Avenue

Frankston North

**FREE!**

Please register via the link below or the QR code

<https://events.humanitix.com/mahogany-rise-peaceful-parenting-pbs-term-3-2024>

**Date Tuesdays - July 30, August 6, 13, 20, 27, September 3**

### Evening Program Online

**Time** 6.30 pm.-8.00pm.

**ONLINE**

**FREE!**

Please register via the link below or the QR code

<https://events.humanitix.com/mahogany-rise-peaceful-parenting-pbs-term-3-2024>

[For more information on any of these Peaceful Parenting Programs, contact:](#)

Michelle Brown

[michelle.brown@anglicarevic.org.au](mailto:michelle.brown@anglicarevic.org.au)



**PARENTZONE**

# Parents Building Solutions

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

[For more information on any of the Peaceful Parenting Programs, contact:](#)

Michelle Brown Parent Resource

Coordinator

michelle.brown@anglicarevic.org.au

**Date** Thursdays July 25, August 1, 8, 15, 22, 29

## Morning Program Details - Botanic Ridge

**Time** 9.00-10.00

**Venue-** Botanic Ridge Primary School

10 Echidna Parade

Botanic Ridge

**FREE!**

Please register via the link below or the QR code

<https://events.humanitix.com/t32024-peaceful-parenting-pbs-tuesday-night>

tuesday-night



**Date** Tuesdays - July 30, August 6, 13, 20, 27, September 3

## Early Afternoon-before School Pick up, Cranbourne West

**Time** 1.15 pm.-3.00pm.

**Venue** Barton Primary School

90 Everlasting Blvd

Cranbourne West

**FREE!**

Please register via the link below or the QR code

<https://events.humanitix.com/barton-primary-peaceful-parenting-pbs>



[For more information on any of these Peaceful Parenting Programs, contact:](#)

Michelle Brown

michelle.brown@anglicarevic.org.au



Facilitated by Parentzone and  
funded by Communities for  
Children

The Communities for Children Initiative is supported by the Australian Government

# PARENTZONE



## PARENTING AFTER FAMILY VIOLENCE

### PARENTS BUILDING SOLUTIONS

**THIS IS A PROGRAM FOR PARENTS WHO HAVE EXPERIENCED FAMILY VIOLENCE**

Would it be helpful to explore strategies to respond in a trauma-informed way to your child(ren)'s challenging behaviours?

Would you like to:

- Re-establish trust in your family?
- Improve your relationship with your children?
- Improve communication in your family?
- Explore strategies for responding to big feelings?
- Help your children understand rules and establish boundaries?
- Explore strategies to respond to other parenting challenges?

The program will be co-designed with participating parents, based upon their parenting goals.

*The program is open to parents of all genders who have experienced family violence.*

*It is appropriate for parents who have been unable to access Parentzone's Beyond the Violence program.*

***DID YOU KNOW:** You can take time off work to attend under the new Family Violence leave entitlements?*

**DATE:** Tuesdays, 30th July to 3rd September

**TIME:** 9.15 a.m. - 11.15 a.m.

**WHERE:** Bridgewood Primary School  
115 Bridge Road, Officer

**COST:** FREE!

For more information, to explore if this program appropriate for you, and to discuss registration, contact:

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

# PARENTZONE

# Support for Dads

## DADS DO MATTER - Online. Open to all Dads

Certificate of attendance awarded

### 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.



**Date** Mondays- 5, 12, 19, 26 Aug.  
& 2 & 9 Sept. 2024 (6 weeks)

**Time** 5.00pm to 7:00 pm.

Parent Resource Coordinator

Jasbir Singh Suropada

Call or Text **0438 004 285**

Email: [jasbir.suropada@anglicarevic.org.au](mailto:jasbir.suropada@anglicarevic.org.au)

[Click link below or scan QR Code](#) to register.

<https://events.humanitix.com/dads-do-matter-ddm-term-3-2024/tickets>



## Cardinia Dads- For dads who live in the Cardinia Shire

Cardinia Dads is a FREE program for dads to meet, connect and share parenting experiences in an informal and supportive setting.

Would you like to:

- meet other local dads and share your parenting experience?
- discover more ways to connect with your child?
- learn more about your child's development and local parenting support services?

Cardinia Dads is a FREE program for dads to meet, connect and share parenting experiences in an informal and supportive setting.



**Date** Wednesdays 17th July-21st August

**Time** 5:00p.m. to 7:00 p.m.

**Venue** ParentZone Hub

**Army Road in Pakenham**

**Bookings are essential and places are limited.**

To Register your interest

[CLICK HERE](#) to fill in Registration form

For more information

phone Council's Maternal Child Health team on  
1300 787 624

or

email [mail@cardinia.vic.gov.au](mailto:mail@cardinia.vic.gov.au).

Funded by Cardinia Shire Council and Maternal  
Child Health.

Facilitated by Parentzone- Anglicare Victoria

# PARENTZONE

# Support for Dads

## 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.

**Use QR Code to phone for a Counsellor-24 hours a day  
7 Days a week**



### **Mensline Australia 1300 789 978**

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 .

[Click link](#) for resources

### **Victims of Violence towards Men 1800RESPECT**

Hours: Available 24 hours

Learn more

1800 737 732

**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 Greater Dandenong



**When:** Wednesdays, 24th July-11th Sept ( 8weeks)

**Time:** 4.15pm to 6.30pm

**Venue:** Details given at time of booking.

**Free! Bookings are essential.**

*'The Communities for Children Initiative is supported by the Australian Government'*

**BOOKINGS AND ENQUIRIES:**

[erin.surrey@anglicarevic.org.au](mailto:erin.surrey@anglicarevic.org.au)

Parent Resource Worker

24th July -  
11th Sept

## BEYOND THE VIOLENCE - Rosebud

**When:** Thursdays 25th July- 2nd September 2024 (8weeks)

**Time:** 4pm - 6:30pm

**Venue:** Details given at time of booking.

**Free! Bookings are essential.**

**All enquiries contact -**

Iris Guasch PH: 0436 007 492

or

[iris.guasch@anglicarevic.org.au](mailto:iris.guasch@anglicarevic.org.au)

au

Parent Resource Worker

25th July -  
2nd Sept



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](mailto: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**



# 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 a Trained Facilitator from Anglicare Victoria. Parentzone's Beyond The Violence Team have 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 our team at [parentzone.southern@anglicarevic.org.au](mailto:parentzone.southern@anglicarevic.org.au)

**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**

**Training will be in a Frankston location this term**

**Mother and Children Programs will be in other Local Government Areas.**

## 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.

**PARENTZONE**



## BEYOND THE VIOLENCE FACILITATOR TRAINING - FRANKSTON

**Would you like to develop your skills when working with parents and children affected by family violence?**

### THIS TRAINING IS SUITABLE FOR:

- Professionals or tertiary students with existing group-work skills, and/or a background/passion for working with women and children impacted by family violence
- Professionals or tertiary students who would like the opportunity to learn group facilitation skills with a trauma-informed approach
- Those wishing to develop their skills and knowledge for working with families affected by family violence

**DATE:** Thursdays, 15th, 22nd and 29th August

**TIME:** 9.00 a.m. - 4.30 p.m.

**WHERE:** Frankston location  
Details provided on registration

**COST:** FREE!

**BOOKINGS ARE ESSENTIAL - please register here:**  
<https://events.humanitix.com/btvprofstont324>

When registering, select the first session only - remaining sessions will automatically be added to your order

For more information, contact:

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



The training takes place over three days, all of which must be completed to attain BTV Level One Facilitator Accreditation.

# Peer Networks

## Parentzone PEER Networks

### City of Greater Dandenong

Date 8th August

Time 2.00p.m.-4.00p.m.

Online

Please Phone or Text Jasbir Singh Suropada

### City of Casey/Cardinia

Date 20th August

Time 10.00 a.m.

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

Date 17th July

Time 2.00p.m.-3.30p.m.

Online

Michelle Brown

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

Bring your coffee, snacks and ideas.

What's happening in your area and what isn't. Which Programs are needed for parents, carers of children aged -18.

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

# 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 online 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

**Next ONLINE session**

**9th July 2024**

**Time: 6:00pm - 7:00pm**

**Price: FREE - BOOKINGS  
ESSENTIAL**

**Contact**

**Foster Care Team Phone: 1800 809 722**

**Email: [caring@anglicarevic.org.au](mailto:caring@anglicarevic.org.au)**



**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

**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.**

### **Southern Metro Foster Care Information Session**

**FREE. Booking Essential.**

**Contact: Southern Foster Care Team**

**Phone: 1800809722**

**Email: [fostercare.southern@anglicarevic.org.au](mailto: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 2024.pdf \(ciscranbourne.org.au\)](#)

[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.

## **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?

## **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

## **AMAZE (National Autism HELPLINE - 1300 308 699)**

Autism information you can trust. Free, confidential and independent.

Autism Connect is open 8am to 7pm, Monday to Friday.

Live Chat Available

Translating Services Available

Fill in the form below or [email](#) to contact an autism advisor.

[RESOURCES](#)

PAREN I ZONE

# 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](mailto: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.

## Indigenous Communities

### **Nairn 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.

### **Aboriginal Housing Victoria**

Aboriginal Housing Victoria (AHV) is an Aboriginal community organisation responsible for managing over 1,500 rental properties for Aboriginal and /or Torres Strait Islander people living in Victoria.

- You can access online or paper applications by visiting <https://housing.vic.gov.au/apply-social-housing>
- For more information about the AEC, [click here](#)

### **Djarra 1800 105 303 (9am to 5pm, Monday to Friday)**

Telephone counselling service for Aboriginal people who are experiencing or have experienced family violence.



## Indigenous Communities

### **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.



## Indigenous Communities

### **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](#)**

### **Dardi Munwurro Free call 1800 435 799**

Family violence, healing and behaviour change programs for aboriginal men

<https://www.dardimunwurro.com.au/>

### **Headspace**

**yarnsafe** headspace is your space to yarn safe. headspace can help you or a friend with any problems you have with; physical health, mental health and wellbeing, drugs and alcohol, work, school and study.

### **Youth (12-25 years)**

# 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](mailto: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](#)



- Sisters Circle Social Program
- 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](mailto: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](mailto: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.

# PARENTZONE

# 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 please contact us at:  
[parentzone.southern@anglicarevic.org.au](mailto:parentzone.southern@anglicarevic.org.au)

[Click here](#)  
fill in details to subscribe

**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](mailto:caseycc@casey.vic.gov.au)  
Website: [Casey City Council Community Services](http://Casey City Council Community Services)

### **Greater Dandenong City Council**

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

### **Frankston City Council**

Ph: 1300 322 322  
Email: [info@frankston.vic.gov.au](mailto:info@frankston.vic.gov.au)  
Parenting Support  
Website: [Frankston City Council](http://Frankston City Council)

### **Cardinia Shire Council**

Ph: 1300 787 624  
Email: [mail@cardinia.vic.gov.au](mailto:mail@cardinia.vic.gov.au)  
Website: [Cardinia Shire Council](http://Cardinia Shire Council)

### **Bayside City Council**

Ph: (03) 9599 4444  
Email: [enquiries@bayside.vic.gov.au](mailto:enquiries@bayside.vic.gov.au)  
Website: [Bayside City Council](http://Bayside City Council)



### **Mornington Peninsula Shire Council Offices**

Email: [customerservice@mornpen.vic.gov.au](mailto:customerservice@mornpen.vic.gov.au)  
Website: [Mornington Peninsula Shire Council](http://Mornington Peninsula Shire Council)

### **Parenting Support**

Website: [Mornington Shire Council](http://Mornington Shire Council)

### Aboriginal and Torres Strait Islander Programs

#### Email

[customerservic@mornpen.vic.gov.au](mailto: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](mailto:info@kingston.vic.gov.au)  
Website: [Kingston City Council](http://Kingston City Council)

### **City of Stonnington**

Ph: (03) 8290 1333  
Email: [council@stonnington.vic.gov.au](mailto:council@stonnington.vic.gov.au)  
Website: [Stonnington City Council](http://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 3ppm

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 3ppm

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](mailto: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](mailto: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](#)

## 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](#)

## Anglicare Victoria News

[What discounts are available for concession card holders?](#)

[New advice service to help renters stressed by the cost of living](#)

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](mailto: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](mailto: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](mailto:erin.surrey@anglicarevic.org.au)

#### Playgroup Our Time

Iris Guasch

Phone: 0436 007 492

[iris.guasch@anglicarevic.org.au](mailto:iris.guasch@anglicarevic.org.au)

#### City of Cardinia

##### Parents Building Solutions

Jasbir Singh Suropada

Phone: 0438 004 285

[jasbir.suropada@anglicarevic.org.au](mailto:jasbir.suropada@anglicarevic.org.au)

#### Trauma Responsive Parenting

Carey Cole

0437 428 281

[carey.cole@anglicarevic.org.au](mailto: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](mailto: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](mailto:Iris.Guasch@anglicarevic.org.au)

OR

Carey Cole

Phone: 0437 428 281

[carey.cole@anglicarevic.org](mailto:carey.cole@anglicarevic.org)

#### Parents Building Solutions

Michelle Brown 0429174150

[Michelle.Brown@anglicarevic.org.au](mailto:Michelle.Brown@anglicarevic.org.au)

PARENTZONE

# Online Safety

**E Safety 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.



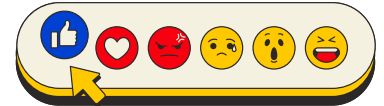
## Webinars: Online safety sessions for parents and carers

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>

If you want to be put on a waiting list for a Parenting Program or Training

Please email: [parentzone.southern@anglicarevic.org.au](mailto:parentzone.southern@anglicarevic.org.au)

All of our Parenting Programs are Free!!

[Click here](#)

[fill in details to subscribe](#) to Newsletter

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](mailto: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](mailto: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 with Parentzone**

**Please contact CFC Cardinia and Frankston or Check the Anglicare Website for other Webinars**

**CFCCardinia@anglicarevic.org.au**

**Don't miss CFC Cardinia's Speed dating Network.  
Details next Page**

**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](mailto: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](http://www.dss.gov.au) for more information.

or scan QR code

[anglicarevic.org.au](http://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 3 confirmed more will be running, please contact Emma for Frankston Communities for Children.**

**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](http://www.dss.gov.au) for more information.

**PARENTZONE**