



Parenting in the North

“What’s On Guide” - Term 4 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 Term 4, 2024 - Team Leader's Report

Term 3 has been a busy time for the ParentZone Northern with Bella Odicho taking on an internal secondment role which myself stepping in as Acting Team Leader for The Broadmeadows Women's Community House (BWCH) and Parentzone team.

Throughout this term our amazing team at ParentZone Northern remained deeply engaged with our local community and community service providers to provide parenting education that is reflective of the community needs. Our ongoing commitment to delivering evidence-based parenting programs, which include Circle of Security, Tuning into Kids, Teens and Dads along with our tailored single sessions is well received and a valued resource for the residents of the Northern regions of Melbourne.

Anglicare ParentZone developed Parents Building Solution's its a standout program in the community with its co-design framework parents are feeling heard and are provided with a program that is tailored for their parenting needs.

We are looking forward to a successful Term 4 and continue to thrive to provide our community with evidence-based programs, through successful new and existing partnerships this work can only be done with thanks to our dedicated team.

Organisations interested in partnering with us for co- or who would like to include any updates or information in our newsletter please contact our Team.

For detailed information on all upcoming groups at ParentZone Northern please contact ParentZonenorthern@anglicarevic.org.au

Warm Regards, Kelly Russell Acting Team Leader, Broadmeadows Women's Community House & ParentZone Northern



PARENT*ZONE*

Northern Parent Educator Network

Parentzone Northern recently hosted our NPEN Annual Forum, focusing on "Infant, Child, and Adolescent Mental Health." We were fortunate to welcome five outstanding professionals dedicated to supporting the mental health and wellbeing of young people.

Presentations Overview:

- Barb Collard and Brittany Watson from the Austin Infant, Child and Youth Mental Health Service shared insights into their various teams, including the Community Engagement Team, Community Outreach Team, and inpatient services. Barb highlighted their holistic approach, while Brittany discussed her work in prenatal mental health and introduced the new Booboo Statewide Child and Family Centre, designed to support families alongside their children's mental health needs.
- Following a networking break, Lauren Turnbull and Helen Lambropoulos from the Department of Education presented the Mental Health Practitioner Initiative and the Respectful Relationships (RR) Program. Lauren emphasized how the initiative bolsters schools in promoting mental health awareness among staff. Helen shared inspiring stories and a video illustrating youth engagement in promoting respect and gender equality.
- Jessica Mitchell from Orygen Specialist Programs discussed how their services cater to the mental health needs of children and adolescents. After her presentation, all participants engaged in a collaborative discussion on a case study, brainstorming strategies to support the child in need.

Feedback and Future Plans:

The feedback from attendees was overwhelmingly positive, with 100% satisfaction and new learnings reported by participants. Ideas for future forums were also collected, which will guide our planning for 2025. Thank you to all who participated and contributed to the success of this forum!

We are in the process of finalizing the speaker for Term 4 NPEN, and further details will be shared at the beginning of the term. A reminder that NPEN is dedicated to enhancing professional collaboration and knowledge sharing, making it an excellent platform for networking and learning about local services. Professionals interested in attending or presenting at future NPEN meetings are encouraged to reach out to Roba Elkadi 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.

Northern Group Work Network

Northern Group Work Network – Annual Forum

What an amazing turn out for our Northern Group Work Annual Forum, we had attendees from a range of services in the Northern Regions.

Dr Wendy Bunston will be our guest presenter at our Annual Northern Network Group Meeting, presenting on “Listening to voice of Infants and Children who has experienced Family Violence”.

Dr Wendy is an international author, presenter, researcher and clinician specialising in working therapeutically with infants and their families impacted by family trauma.

Dr Wendy's PhD on the experience of infants in Women's Refuges won the distinguished 'Nancy Millis' award in 2016 and was as a finalist in the highly prestigious 2019 Victorian Premier's Health and Medical Research Awards.

Dr Wendy Buston was an insightful guest speaker, sharing her wisdom and experience to all the professional's that attended the Northern Group Work Annual Forum.

Dr Wendy Bunston was followed up by the amazing Shilpa and Zenaida who delivered our Growing Connections presentation and a dream broad activity.

Growing Connections is recognised as a Promising Program by the Australian Institute of Family Studies and is a group-based intervention consisting of eight weekly sessions. Each session includes activities drawn from three therapeutic disciplines – art therapy, movement therapy, and play therapy designed to build attachment between children (6-12yrs) and their mothers. GC participants are dyads who are survivors of family violence and for whom the intra-dyad relationship is strained, malformed or fractured. Underpinned by a sound theoretical framework, all the activities and the program itself aim to improve the relationship between mother and child as the core purpose.

We received numerous comments from attendees saying they thoroughly enjoyed the Annual Event; I wish to extend thanks and gratitude to all the many the forum a success.

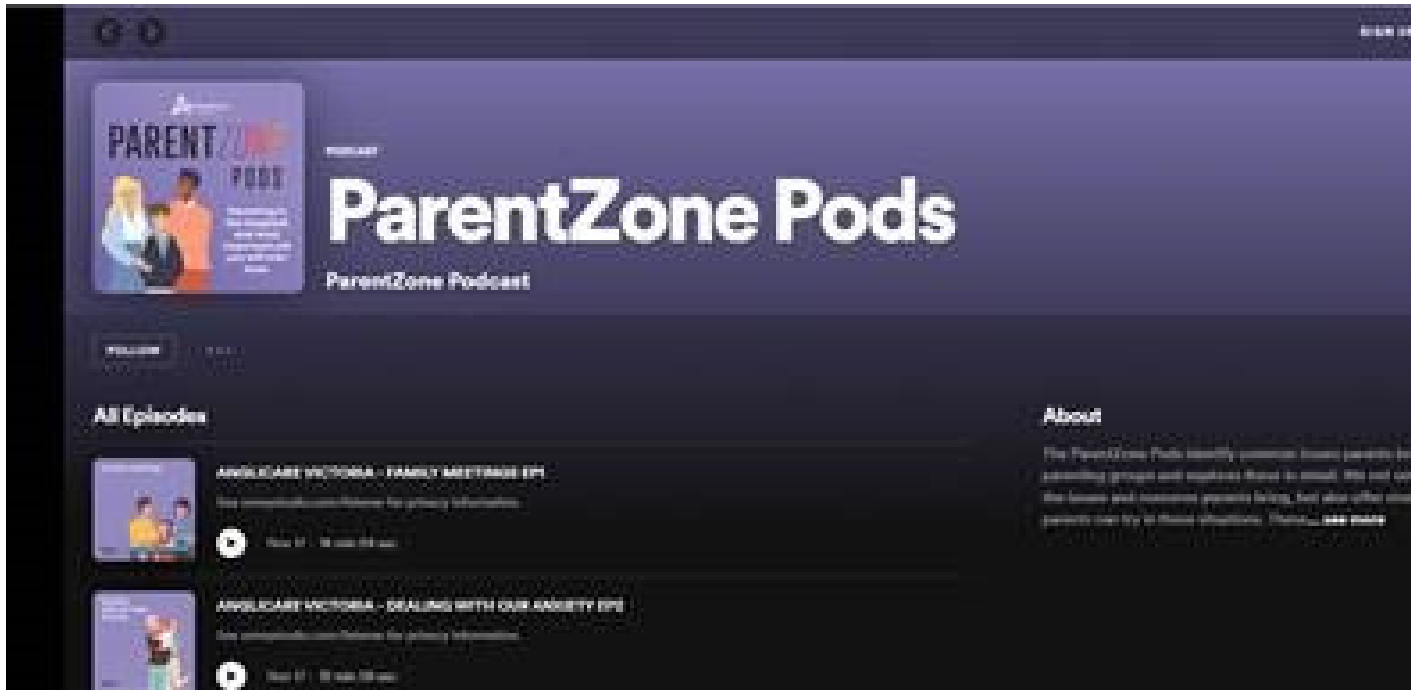
Kind regards,

Kelly Russell

Family and Relationship Skill Coordinator.

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 4 Multi -Session Parenting Programs



Circle of Security Parenting (8 Week Program)

Dates: Monday 4th November – 9th December 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

ParentZone Northern Term 4 Multi -Session Parenting Programs



Tuning in to Teens



Dates: Thursday 31st October -5th December 2024

Time: 5.30pm-7.30pm

Venue: St Helena Secondary College
50 Wallowa Road, Eltham North

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 St Helena Secondary College.

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



KIDS
FIRST™

Tuning in to Teens

Dates: Tuesday 15th October – 26th November 2024

(6 weeks, an extra week has been added due to the Public Holiday on the 5th November)

Time: 10.00am - 12.00pm

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.

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

PARENTZONE

ParentZone Northern Term 4 Multi -Session Parenting Programs



Tuning in to Kids

Dates: Friday 25th October – 29th November 2024

Time: 1.00pm - 2.30pm

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.

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

Parents Building Solutions



Dates: Thursday 17th October – 21st November 2024

Time: 9.30am - 11.30am

Venue: Bethal Primary School

26-52 Eldorado Crescent, Meadow Heights

Do you want to:

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

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

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

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

PARENTZONE

ParentZone Northern Term 4 Single Sessions Parenting Programs



Managing Screen Time

Dates: Wednesday 9th October 2024

Time: 6.30pm - 8.00pm

Venue: Online

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

PARENTZONE

ParentZone Northern Term 4 Single Sessions Parenting Programs



BEING A DAD: Navigating the Teen Years

Dates: Thursday 17th & 24th October 2024

Time: 6.30pm - 8.00pm

Venue: Online

Session One: Teen Development

- Understand the stages of adolescence
- How to help your child navigate through these times
- How to establish and maintain positive family relationships with your teen

Session Two: Resilience and self-esteem

- Understand adolescent mental health and well being
- How to help your teen build their resilience
- Explore parental behaviours that boost your teen's self-esteem and coping skills

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

PARENTZONE

ParentZone Northern Term 4 Single Sessions Parenting Programs



Supporting the Transition to Primary School

Dates: Wednesday 13th November 2024

Time: 7.00pm - 8.30pm

Venue: Janefield Community Centre,
2 Manchester Crescent, Bundoora

This interactive session will provide parents/carers with tools to support their children as they transition to primary school. Topics such as communication, responding to children's feelings and resilience will all be explored.

This session will provide the opportunity for parents and carers to share ideas and strategies that work for them.

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

Communicating with your Child- Strategies to Support Harmony

Dates: Thursday 14th November 2024

Time: 6.30pm - 8.00pm

Venue: Online

Would you like to learn strategies to:

- Support positive communication with your child and increase harmony at home?
- Improve interactions with your child?
- Build a strong relationship with your child?

Join us for this practical and supportive online workshop.

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

PARENTZONE



Breaking the Cycle

An 8 week group program aimed at supporting parents & carers to better respond to their adolescent's use of violence in the home:

- **Keep themselves and their children safe from violence.**
- **Reduce the likelihood of violence occurring, including physical violence, property damage, verbal abuse, threats of self harm and other forms of controlling behaviour.**
- **Improve communication and conflict resolution skills.**
- **Rebuild relationships between adolescents (11-20) who have used violence and their parents.**

The program is delivered by Anglicare Victoria's Hume Moreland Family Services Team and Broadmeadows Womens Community House

DATE: Tuesday 15th October -10th December

TIME: 10:00am - 12pm

WHERE: Online via Zoom

Who can attend?

The program is open to anybody providing parenting of adolescents including parents, immediate and extended family and friends and Foster Carers, regardless of their catchment area, including both metro and regional families.

Wanting to know More?

✉ Womenshouse@anglicarevic.org.au

☎ (03) 9301 5250

MARVELLOUS MYTHICAL MATES

VIPOO SRIVILASA

3 AUGUST—27 OCTOBER
COUNIHAN GALLERY



**COUNIHAN
GALLERY
IN BRUNSWICK**

Address

Free entry

233 Sydney Road, Brunswick

(Inside the Brunswick Town Hall)

11am to 5pm, Wednesday to Saturday

1pm to 5pm, Sundays



HUME CITY COUNCIL

Raising resilient, healthy children and young people in Hume Term 4 2024

Information sessions for parents and carers

FREE
EVENTS



Supporting the Transition to Primary School

This session will explore the role of parents/carers in promoting their child's social and emotional well-being and building their resilience to support and navigate this significant transition into Primary School.

Online Webinar

📍 Thursday 24 October

📅 10.00am – 11.30am

🕒 Facilitator: Drummond Street Services



Supporting the Transition to Secondary School

This session will explore the role of parents/carers in promoting their young person's social and emotional well-being and building their resilience to support and navigate the significant transition into Secondary School.

Online Webinar

📍 Thursday 14 November

📅 5.30pm – 7.00pm

🕒 Facilitator: Drummond Street Services



Living with Autism

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 and strategies to help with parenting.

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

📅 Thursday 28 November
🕒 10am – 12.00pm

🕒 Facilitator: Anglicare Parent Zone

Registrations are essential, to book or for more information, scan QR code or visit hume.vic.gov.au/parent-carer-workshops



Raising children and young people

SEPTEMBER PROGRAMS 2024



Supporting Your Child's Development and Referral Pathways This informal session will explore typical development in children 0-5 years of age. You will have the opportunity to hear about developmental milestones and steps to take if you feel your child is not reaching the milestones.

Thursday 3 September
10am – 11.30am
Jindi Playgroup,
48 Breadalbane Avenue, Mernda



Plenty Valley Parent and Carer Talks

Promoting positive relationships and sexual health: This is an informative session for parents who have questions about how to navigate tricky conversations with their young people about sex, health and relationships.

Thursday 3 September
7pm – 8.30pm
Riverside Community Centre
8 Doreen Rogen Way, South Morang



Bringing Up Kids Expo The Bringing Up Kids Expo will bring together family support agencies to provide information on services, programs and events offered in the City of Whittlesea for your family. Activities for children will be provided including face painting and more.

Thursday 12 September
10am – 1pm
Thomastown Library
52 Main Street, Thomastown



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

Positive Parenting Program

Strengthening positive relationships and promoting a safe and supportive home where your family can thrive.

About the program

Positive Parenting Program (Triple P) is an online evidence-based program that supports parents to raise happy babies and confident kids by giving them tools and tips to use with confidence.

Kids First invite you to attend any or all of our Triple P sessions. We will share ideas, tools and tips to guide your child's behaviour.

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

Session dates and times

Session 1: The Power of Positive Parenting
Thursday November 7

Session 2: Raising Confident, Competent Children
Thursday November 14

Session 3: Raising Resilient Children
Thursday November 21

Time: 6:00pm – 7:30pm

Location: ONLINE via Microsoft Teams

For all enquiries

Donna El-Cheikh

03 9450 0900 | 0409 006 126

delcheikh@kidsfirstaustralia.org.au



presented by
Early Links Merri-Bek

**Mondays 7.00-8.30pm
Oct 14th to Dec 2nd
Online via Zoom**

To book a spot please
scan the QR code below or
contact Michaela
earlylinks@mcm.org.au
9977 0019 / 0438 849 234

Would you like to learn how to:

- be better at talking with and understanding your teen?
- help your teen learn to manage their emotions and deal with conflict?

Tuning in to Teens shows you how to help your teen develop emotional intelligence so they can be more aware, assertive and have better relationships.

**A FREE 7 -WEEK
PROGRAM FOR
MUMS, DADS and
CARERS
of children
aged 10 plus**

**Living in Glenroy, Fawkner
& surrounds**



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



Tuning into Teens

Emotionally Intelligent Parenting

*A free six-session interactive online parenting group
for parents and carers of adolescents*

Please note: To be eligible to participate in this program you must reside in Banyule, Nillumbik, Darebin, Yarra or Whittlesea

Would you like to learn how to:

- be better at talking with your teen?
- be better at understanding your teen?
- help your teen learn to manage their emotions?
- help to prevent behaviour problems in your teen?
- teach your teen to deal with conflict?

Tuning into Teens shows you how to help your teen develop **emotional intelligence**. Adolescents with higher emotional intelligence:

- are more resilient - this means change and stress are easier to deal with;
- are more aware, assertive and strong in situations of peer pressure;
- have greater success with making friends and are more able to manage conflict with peers;
- are more able to cope when upset or angry;
- have fewer mental health and substance abuse difficulties;
- have more stable and satisfying relationships as adults;
- have greater career success - Emotional intelligence may be a better predictor of academic and career success than IQ!

Feedback from previous participants:

- "It was really helpful in learning how to emotionally connect with my teen - being unjudgmental and reminding me that they are people with HUGE emotions that need support"
- "I found the resources to be extremely helpful - they are laid out well, with a clear guide on how to implement emotion coaching"
- "I found the element of coming together to practice emotion coaching (playing out hypothetical scenarios) to be really useful"
- "My teen talked more to me about what was going on for her when I tried the strategies"

Where: Online via video call (Zoom)

When: Tuesdays 11am – 1pm, from 29th October – 10th December (skipping Tuesday 5th November – Melbourne Cup Day)

Contact: To express interest, email Candice and Maddy from Integrated Family Services on fsparentinggroups@berrystreet.org.au



Association for
Children with a
Disability

Free online workshop



Teens and Beyond

Do you have a child with disability aged 13+?

Then this **FREE** workshop is for you!
This popular series will give you practical
information, skills and confidence to navigate
the teenage years.

This is the only workshop that covers the full
range of information relating to teenagers with
disability in one place.

More information:

- A three-part workshop. Each session is 2.5 hours.
- Content is intended for families of children with disability in Victoria only
- Bookings are essential
- Professional workshop facilitators are parents of young people with disability

Workshop dates:

- Monday 14, 21 & 28 October 7:00 pm
- Tuesday 15, 22 & 29 October 10:00 am
- Wednesday 16, 23 & 30 October 7:00 pm

Topics include:

- Financial support
- Getting the right NDIS support for your teen
- School and post-school options
- Wellbeing: friendships, communication, behaviour support and good mental health

Read more and register now



bit.ly/TEENSoc24

Contact us



educate@acd.org.au
03 9880 7000 or



1800 654 013 (regional callers)

www.acd.org.au

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