



Parentzone Southern

What's On

Term 4, 2024

ParentZone Southern

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

Email: parentzone.southern@anglicarevic.org.au

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

PARENTZONE

**BETTER
TOMORROWS**



Get ready to jingle all the way into Term 4 with Parentzone in the South! Christmas vibes are creeping closer! 🎄

ParentZone team up with schools, councils, and community groups in the Southern region, facilitating both in-person and virtual parenting groups in Cardinia, Casey, Greater Dandenong, and Frankston/Mornington Peninsula.

Here's the scoop:

- Our facilitators are engaging, and our programs are a tag team effort between **you** and **us** - because **you're** the expert of your family!
- We're all about focusing on your strengths and giving you more strategies and tools.
- Super flexible
- Take your pick from single sessions or 6-week programs
- Come to a program in person or join the online session

Zooming into Term 4, We're excited to announce "**Tuning into Teens**" will be hitting Cranbourne Secondary College this term. 🎉

Keep scrolling for more information on how to register!

Anglicare Victoria Pakenham Office

ParentZone Southern

P: (03) 9781 6767, 9781 6710, 9781 6700

75 Army Rd, Pakenham, 3810

email: parentzone.southern@anglicarevic.org.au

Anglicare Victoria Frankston Office

ParentZone Southern Frankston and Mornington

P: (03) 9781 6767, 9781 6710, 9781 6700

60-64 Wells St, Frankston 3199

email: parentzone.southern@anglicarevic.org.au



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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

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Communities for Children-Cardinia

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PARENTZONE

Parentzone Pods

Podcasts for parents, carers and those who support others with their parenting

The ParentZone Teams are delighted to bring you **TWELVE** ParentZone Pods for you and the families you support. Each Pod identifies and explores common issues parents bring to our parenting groups and offers strategies to try in these situations.



Anglicare Victoria

PARENTZONE PODS

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



Podcast Series 1

Episode 1: [Family Meetings](#) - [click here](#)

Episode 2: [Dealing with Anxiety](#) - [click here](#)

Episode 3: [Sibling Rivalry](#) - [click here](#)

Episode 4: [Getting Children to Listen](#) - [click here](#)

Episode 5: [How to Respond to Kids' Behaviour](#) - [click here](#)

Episode 6: [How to Stop Yelling at your Kids](#) - [click here](#)

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 10th September-19th December

Time: 9.30am - 11.30am

BOOKINGS AND ENQUIRIES

Iris Guasch - Parent Resource Coordinator:

Email: iris.guasch@anglicarevic.org.au

Mobile: 0436 007 492

Call or text to book

Venue

Kananook Kindergarten

6 Buna Ave, Seaford 3198

Sarah Dickenson - FaPMI Coordinator

Email: fapmi@phcn.vic.gov.au

Text: 0439 336 808



**4th 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 15, 22 & 29 October 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

Contact Jasbir Singh Suropada

0438 004 285 or

jasbir.suropada@anglicarevic.org.au

Register Expression of Interest

<https://events.humanitix.com/baby-makes-3-program-3/tickets>

OR using the QR code,



15th October -
29th October

In partnership with
City of
Casey

baby makes 3

healthAbility

Windermere®
everyone is someone
in our community

PARENTZONE

Supported Playgroups

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- Understand what it means to become a parent and the impact it may have on their relationship
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- Share their experiences and hear from others who are going through the same journey

When Tuesdays

Date 12, 19 & 26 Nov. 2024

Time 6.00pm - 8.00pm (Light Meal Provided)

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

Cost: Free! Bookings are essential

Register Expression of Interest

<https://events.humanitix.com/baby-makes-3-program-3/tickets>

OR using the QR code,

or contact **Jasbir Singh Suropada**

0438 004 285 or

jasbir.suropada@anglicarevic.org.au



12th November -
26th November

In partnership with
City of
Casey



PARENTZONE

PREPARING FOR PREP

PARENTS BUILDING SOLUTIONS

CHANGE AND TRANSITIONS CAN BE SCARY - FOR PARENTS AND FOR CHILDREN!

- Is your child starting Prep in 2025?
- Do you, or your child, or both, feel nervous about the transition?
- Would you like to explore strategies to build your child's resilience and age-appropriate independence as they transition?
- Would you like to support your child's transition by helping them to establish and maintain good routines?

If your answer to any of these questions is "YES!", come and join the discussion with other parents. You can learn from, and encourage, one another - because you are not alone on this parenting journey!

Date: Wednesdays, 30th October and 6th November (2 sessions)

Time: 9.15 a.m. - 10.15 a.m.

Venue: Lang Lang Primary School
52 Westernport Road
Lang Lang

Cost: FREE!

For more information, contact:

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

Use the QR code or this link to register:
<https://events.humanitix.com/pbspreparingforprep>



30th October to 6th
November
2024

Parents Building Solutions

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 respond to bullying

- What is bullying behaviour, and what is not?
- How can I encourage my child to tell me if they feel they are being bullied?
- What can I do to support my child?
- How might I respond if my child is engaging in bullying behaviours?

Session Two: How to establish internet safety for preschoolers (3 - 5 years old)

- Would you like to understand the internet safety risks for preschoolers?
- What are some practical ways to keep our preschoolers safe online?
- What resources are available to support parents to help their child to be safe and responsible online?

**2 Sessions running.
Both on Tuesdays**

Date Tuesday 22nd, October (Session One)

Time 12.15 p.m. - 1.30 p.m.

Where Online (Zoom) - Please note: this session will **not be recorded**

Date Tuesday 19th, November (Session Two)

Time 12.15 p.m. - 1.30 p.m.

Online (Zoom) - Please note: this session will **not be recorded**
FREE!

For more information, contact:

Carey Cole - 0437 428 281
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-present-positive-parenting-strategies-t4-2024>



**October and November
Programs
2024**

Preparing for Change

Preparing for Change - Parents Building Solutions

6 week free face to face program for parents and carers of kids of all ages

- Is your child starting Prep in 2025?
- Is your child going to a new class room in 2025?
- Is your child going to a new school in 2025?
- Are there any home changes happening?
- Are you worried about how you and they will manage the changes?
- Are you interested in establishing and maintaining good routines which will help with these changes?

Changes and transitions can be scary for parents and for children. If you answered "yes" to any of the questions, come and join the facilitated discussion with other parents who you can learn from, share strategies and encourage one another.



Funded by Communities
for Children. A
Government Initiative



Day Wednesdays

Date 23rd, 30th October, 6th, 13th, 20th and 27th
November 2024.

Time 8.45 a.m. - 10.30 a.m.

Where Botanic Ridge Family and Community Centre
10 Echidna Parade
Botanic Ridge

Cost Free

[For more information, to register](#)

[contact:](#)

Michelle Brown

michelle.brown@anglicarevic.org.au

[Click link below or scan QR Code](#) or contact to register_

Please register via the link below or the QR code
<https://events.humanitix.com/parents-building-solutions-preparing-for-change-t42024>



PARENTZONE

Peaceful Parenting

PARENTS BUILDING SOLUTIONS

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

Parentzone will be running this twice this Term. Once during the day and the other at night for parents and carers that prefer a night program.

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

- 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, or ages and stages of development?

If your answer to any of these questions is "Yes!", please join us for this parenting program where you can meet with other parents and realise you are not alone.

1st Program (Day Time)

Day Mondays

Date September 30, October 7, 14, 21, 28,
November 11

Time 1.00p.m. to 2.30p.m.

Where ONLINE-No sessions are recorded.

Cost Free

For more information, to register contact:

Michelle Brown

michelle.brown@anglicarevic.org.au

Click link below or scan QR Code or contact to register.

<https://events.humanitix.com/parents-building-solutions-peaceful-parenting-online-day-t42024>



2nd Program (Night)

Day Wednesday

Date October 2, 9, 23, 30 November 6, 13

Time 6.30.p.m. to 8.00p.m

Where ONLINE-No sessions are recorded people are asked to turn their cameras off. No session on Wednesday 16th October.

Cost Free

For more information, to register contact:

Michelle Brown

michelle.brown@anglicarevic.org.au

Click link below or scan QR Code or contact to register.



PARENTZONE

Tuning into Teens

Tuning into Teens

Tuning into teens 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.

This 6 week free program provides a number of skills and strategies to help with everyday parenting challenges, based on emotionally-tuned parenting.

Cranbourne Communities for Children Initiative is funded by the Australian Government

DATE: Tuesdays
October 22nd, 29th, November 12th, 19th,
26th, December 3rd. **(Note this will not run on Melbourne Cup day- November 4th)**

(6 weeks - no session on November 3rd)

TIME: 12.30 p.m.-2.30p.m.

WHERE: Cranbourne Secondary College

COST: This program is free of charge but registration is essential

For enquiries contact: Youyou Li

Please register via the QR code or the link 87924612

Email youyou.li@anglicarevic.org.au



PARENTZONE



Cranbourne Communities for Children Initiative is funded by the Australian Government

PARENTZONE

Creating Routines



Parents Building Solutions -Creating Routines

Do you want to:

- Learn how to create routines in your house
- Develop strategies to follow routines and stay consistent
- Improve communication with the family

Come along to this FREE session to learn strategies, share stories and take some time out for you!

Where: Carlisle Primary School
15 Silky Oak Drive
Cranbourne

When: Friday October 25th 2024 in English
Friday November 1st 2024 in Dari

Time: 9:15am - 11:am

Cost: This session is free of charge

Register: scan the QR code or follow this link

<https://events.humanitix.com/parents-building-solutions-creating-routines>

michelle.brown@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.



Day Mondays (ONLINE)

Date 14, 21, 28 Oct, 4, 11 & 18 Nov. 2024

Time 6.00pm. to 8.00pm.

Cost Free

Parent Resource Coordinator

Jasbir Singh Suropada

Call or Text **0438 004 285**

Email: jasbir.suropada@anglicarevic.org.au

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



Cardinia Shire Council

Cardinia Dads

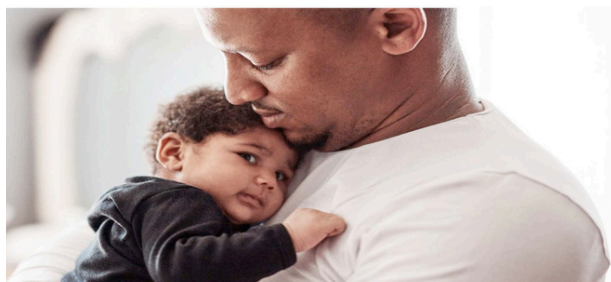
Cardinia Dads- For dads who live in Cardinia Shire

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

Are you a dad living in Cardinia Shire with a child aged between 0-6 years?

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?



Day Wednesdays

Date 9th October to 13th November

Time 5:00pm to 7.00pm

Venue ParentZone Hub

75 Army Rd, Pakenham

Cost Free. Refreshments provided

Bookings are essential and places are limited

Scan the QR code or visit

go.cardinia.vic.gov.au/cardiniadads to register your interest.

For more information

phone Council's Maternal Child

Health team on 1300 787 624

or

email 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

1800RESPECT

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.

Suicide Call Back

24-hour crisis support and counselling

1300 659 467

Effective Anger Management Counselling

Heavy M.E.T.A.L Group

Call David: **0401 766 877**

providing effective counselling for anger problems that can truly change men's behaviour for the better.

This service is available globally via Zoom.



PARENTZONE

PARENTING AFTER FAMILY VIOLENCE

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?*

Day: Thursdays

Date: 31st October - 5th December

Time: 9.30 a.m. - 11.30 a.m.

Pakenham Location
Venue: Venue will be advised on receipt of registration

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

Child Rights, Discipline and Boundaries: How do they work together?



Presented by Jasbir Singh Suropada
Senior Parent Resource Coordinator, Parentzone

- What do you know about Child Rights and how can it work with your parenting?
- How can these apply to your family?
- Where and who can you speak to for further help?

Day Tuesday,
Date 17th September, 2024
Time 6:30 - 8:00pm

Online via Zoom

ENQUIRIES

CFCCardinia@anglicarevic.org.au;
0457 825 076

REGISTER AT:

https://us02web.zoom.us/webinar/register/WN_p0Npf--zTwSh88hw3gwI9Q

or Scan QR Code



Child Safe Standards: What do they mean for us as parents and caregivers?

Presented by Michelle Brown
Parent Resource Coordinator, Parentzone

- What do you know about Child Safe Standards?
- How can you use this to inform you on choosing services for your children?
- Where and who can you speak to for further information?

Day Tuesday,
Date 12th November, 2024
Time 6:30 - 8:00pm

Online via Zoom

ENQUIRIES

CFCCardinia@anglicarevic.org.au;
0457 825 076

REGISTER AT:

https://us02web.zoom.us/webinar/register/WN_nBEbHJsZQninrOrAjpAR3Q#/registration

or scan QR code



Grooming- Keeping our children safe

Presented by Jasbir Singh Suropada
Senior Parent Resource Coordinator, Parentzone

- Why is it important to talk about grooming?
- How do you keep your children safe from potential grooming?
- Where and who can I speak to for further help?

Day Tuesday,
Date 10th, December, 2024
Time 6:30 - 8:00pm

Online via Zoom

ENQUIRIES

CFCCardinia@anglicarevic.org.au;
0457 825 076

Register at:

https://us02web.zoom.us/webinar/register/WN_tel1ZoEPTs6auHUdihGwQ

Or Scan QR Code



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?
Do contact visits unsettle your child?
Does your child struggle to make friends?
Can you identify the warning signs in a new relationship?
Do you feel alone?

Beyond the Violence is a future-focused program, suitable for families who are no longer living with the person who uses violence, and are not in crisis.



It offers an opportunity to meet and connect with other women who have survived violence, for children to explore prosocial behaviours and make friends, and for families to reconnect with each other as a unit.



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

BEYOND THE VIOLENCE - City of Frankston

When: Wednesdays, 23rd October - 11th December

Time: 4.15 pm - 6.30 pm

Venue: For safety reasons, the venue address is provided upon registration

BOOKINGS AND ENQUIRIES:

erin.surrey@anglicarevic.org.au
Parent Resource Worker

**23rd Oct-
11th Dec**

The Communities for Children Initiative is supported by the Australian Government

BEYOND THE VIOLENCE - Rosebud

When: Thursdays - 24th October - 12th December

Time: 4pm - 6:00pm

Venue: For Safety reasons details will be provided upon registration.

Free! Bookings are essential.

BOOKINGS AND ENQUIRIES:

Iris Guasch PH: 0436 007 492 or
iris.guasch@anglicarevic.org.au
Parent Resource Worker

**24th Oct-
12th Dec**



PARENTZONE

Family Violence Support

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

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

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

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

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

For Urgent assistance call Triple Zero 000

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

Go to your local council area for Services

Cardinia Shire; City Of Casey; City of Greater Dandenong

SAFE STEPS Phone: 1800 015 188

24/7 FAMILY VIOLENCE RESPONSE PHONE LINE

Email: safesteps@safesteps.org.au

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

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

WAYSS

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

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

Emerge Women & Children's Support Network

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

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

SECASA: 9928 8741 – Covers City of Casey/Cardinia/Frankston/Dandenong/Bayside/Mornington Peninsula/Kingston/Glen Eira/Stonnington.

Sexual assault and family violence help [Website](#)

PARENTZONE

BEYOND THE VIOLENCE FACILITATOR TRAINING

AIMS

Beyond The Violence 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

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

BTV IS RUN IN FRANKSTON, DANDENONG, ROSEBUD & GIPPSLAND*

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

EXPRESSIONS OF INTEREST:

If you or your agency would like to partner with us to deliver the Beyond The Violence program call Carol Abery on 0436 007 336 and 9781 6700 or email carol.abery@anglicarevic.org.au

NOTE: Priority for the facilitator training will be given to professionals who are interested in co-facilitating one or more Beyond The Violence programs during the next 12 months. The programs are being scheduled during school terms in Frankston, Gippsland, Rosebud and Dandenong*.

BEYOND THE VIOLENCE FACILITATOR TRAINING



BEYOND THE VIOLENCE FACILITATOR TRAINING Term 4 - Dandenong

**Do you want to increase your skills
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

DATES: Thursday 7th, 14th and 21st, November 2024

TIME: 9:15am to 4:00pm

WHERE: Dandenong
St James Church Hall
53 Langhorne Street

COST: Free Training
(snacks and lunch provided)

Bookings are ESSENTIAL.

**Contact: Erin Surrey 0438 459 891
erin.surrey@anglicarevic.org.au**

**MISSION
AUSTRALIA**
**Communities
for Children**

Funded by the Australian Government's
Department of Social Services

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



www.facebook.com/MissionAustraliaCFCDandenong

BEYOND THE VIOLENCE



Funded by the Australian Government Department of Social
Services. See www.dss.gov.au for more information.

**Anglicare
Victoria**



Communities for Children Franklin is funded by the Australian Government Department of Social Services

anglicarevic.org.au

PARENTZONE

ENQUIRIES

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

Term 4 we offer more Cardinia Communities for Children webinars. These are presented by Parent Resource Coordinators from PARENTZONE. 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

Cardinia Communities for Children and Parentzone

Communities for children Webinars.

Webinars are ran by Communities for Children and facilitated by Parentzone. They offer some very informative information, resources and Strategies on how to deal with Parenting. All are free to attend and online.

Running this Term is:

Communities for Children and Parentzone Webinars

Child Rights, Discipline and Boundaries: How do they work together? page 16

Child Safe Standards: What do they mean for us as parents and caregivers? page 17

Grooming - Keeping our children Safe page 17

Click on link for details

Peer Networks

Parentzone PEER Networks

City of Greater Dandenong

Date 31st, October.

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

Online

City of Casey/Cardinia

Date 22nd, October.

Time 10.00 a.m.

Online

Please Phone or Text to check details.

Jasbir Singh Suropada

Jasbir Singh Suropada

0431 203 177 or 9706 8568

Jasbir.suropada@anglicarevic.org.au

Please Phone or Text to check details

Jasbir Singh Suropada

Day: Wednesday

Date: 9th October 2024 Time: 3 - 4.30pm

Online Zoom:

[https://us06web.zoom.us/j/84265799493?](https://us06web.zoom.us/j/84265799493?pwd=85Crm8oqcUdx7LbR8qty6ts0NMKeDe.1)

[pwd=85Crm8oqcUdx7LbR8qty6ts0NMKeDe.1](https://us06web.zoom.us/j/84265799493?pwd=85Crm8oqcUdx7LbR8qty6ts0NMKeDe.1)

Meeting ID: 842 6579 9493

Passcode: 541288

Michelle Brown

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

Bring your coffee, snacks and share 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

PARENTZONE HUB

FAMILIES GROWING TOGETHER

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

We are able to offer the following services:

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



HUB Co Ordinator/Address

Deborah Reid
ParentZone Hub Coordinator
75 Army Road
Pakenham Vic 3810

@ Pakenham Hills

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



Playgroups and Help in Pakenham

Community Play Group- Full for this term

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 Full for this term

Strengthens attachment and interaction between parents or carers of young children through rhymes, songs and stories. Suitable for all children up to age 4.

MCH centre locations and opening hours

For information go to the [Locations and opening hours page](#)

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 Frankston

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

2024 Webinars for Term 4

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 for more information.

PARENTZONE

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.

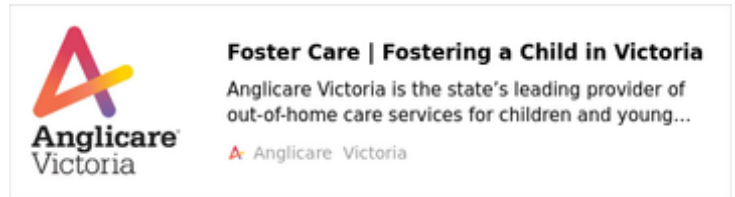
People from all walks of life can become carers. It doesn't matter whether you are in a relationship, older, younger, with or without kids, working or at home – everyone can make a positive difference in a child's life.

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



ONLINE FOSTER CARE INFORMATION SESSIONS FOR TERM 4, 2024

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.

Details for ONLINE Sessions

Date: 5th September 2024

Time: 6.30pm - 7.30pm

Contact Foster Care Team or click [HERE](#) and fill in expression of interest

Date: 11th September 2024

Time: 12.30pm - 1.30pm

Contact Foster Care Team or click [HERE](#) and fill in expression of interest

Date: 18th September 2024

Time: 6.00pm - 7.00pm

Contact Foster Care Team or click [HERE](#) and fill in expression of interest.

CLICK [HERE](#) FOR MORE SESSIONS

Southern Metro Foster Care Information Session

FREE. Booking Essential.

Contact: Southern Foster Care Team

Phone: 1800809722

Email: fostercare.southern@anglicarevic.org.au



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**

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

PARENTZONE

Supported
Playgroup



MORNINGTON
PENINSULA
Shire

8 week program commencing
10th October 2024

Grandparents Playgroup

at the Briars

Are you ready to explore the wonders of the Briars with your grandchildren?



Our Grandparents Supported Playgroup gives you the opportunity to build on your grandparenting confidence and support your grandchild's development and wellbeing. Meet other grandparents and make new connections in your community. Suitable for children aged 0 to school age.

For more information, scan the QR code (choose the Join a Smalltalk Supported Playgroup tab) or call 5950 1099.



MyTime
Cranbourne

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:

The Hunt Club Children's Centre

40 Broad Oak Drive

Wednesdays Fortnightly, 9.30am - 12.30pm

CONTACT:

Belinda – Facilitator

Email: Belindac@mytimevic.com.au

Mobile: 0466 105 825



Unwind and share experiences with others who understand

mytime.net.au

MyTime term plan

mytime.net.au

Wednesday's Fortnightly

DATES	GROUP ACTIVITY	CHILDREN'S ACTIVITY
16 th October 2024	Carer's week- Cupcake decorating session	Construction sets
30 th October 2024	Speaker- Anglicare Victoria	Art and Craft
13 th November 2024	Art and Craft session with Bunnings	Train sets
27 th November 2024	Cuppa and catch up	Outdoor play
11 th December 2024	End of year celebration – Outing brunch	Drawing

* Activities may vary depending on group interests and ability.



It's support for you



It's free to join



Professional support



Pre-school aged children are welcome

Contact

Belinda - Facilitator

Email: Belindac@mytimevic.com.au

Mobile: 0466 105 825



Why MyTime?

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

MyTime
Endeavour Hills

Unwind and share experiences with others who understand

FIND US AT:

26 Haverstock Hill Close,
Endeavour Hills
Fortnightly Tuesday 9.30-12.30 pm

CONTACT:

Belinda
belindac@mytimevic.com.au
0466105825



mytime.net.au

DATES	GROUP ACTIVITY	CHILDREN'S ACTIVITY
8 th October 2024	Art and Craft session with Bunnings	Magnetic Build
22 nd October 2024	Carers week celebration – Cupcake decorating session	Sensory Play
5 th November 2024	No Group due to Public Holiday	N/A
19 th November 2024	Guest Speaker from Each and Headspace	Playdough Creations
3 rd December 2024	End of year celebration – outing for brunch	Imagination Drawing



It's support for you



It's free to join



Professional support



Pre-school aged children are welcome

Contact

Belinda - Facilitator

Email: Belindac@mytimevic.com.au

Mobile: 0466 105 825



MyTime
PAKENHAM

Why MyTime?

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

Unwind and share experiences with others who understand

FIND US AT:

Toomah Community Centre
18 Golden Green Street,
Pakenham VIC 3810

Tuesday Fortnightly
9:45am-12:30pm

CONTACT:

Belinda- 0466 105 825
Belindac@mytimevic.com.au



mytime.net.au

MyTime term plan

mytime.net.au

Tuesday's fortnightly Term 3

DATES	GROUP ACTIVITY	CHILDREN'S ACTIVITY
15 th October 2024	Carers week- Cupcake decoration session	Car mat and Cars
29 th October 2024	Guest speaker- Behavioral support practitioner from outcomes connect	Sensory play
12 th November 2024	Morning tea and catch up	Block building
26 th November 2024	Art and Craft session with Bunnings	Construction sets
10 th December 2024	End of year celebration – outing for Lunch	Drawing
	* Morning tea, coffee and tea offered at every session	



It's support for you



It's free to join



Professional support



Pre-school aged children are welcome

Contact

Belinda - Facilitator

Email: Belindac@mytimevic.com.au

Mobile: 0466 105 825

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?

[Community Information and Support Cranbourne \(CISS\)](#)

[Making Ends Meet - low income Resource Guide](#) 2024

[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/find-a-neighbourhood-house>

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.

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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

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](#)
- [Latest Blog - Toilet training children with disability](#)

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

For full details

First Steps

Practical information to help you decide where to start and find what you need to support your child and your family. You'll learn about respite, financial supports, self-care and staying connected and supporting siblings.

Workshop dates:

11 November
12 November
13 November
18 November

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.

Workshop dates:

2 December
4 December

Teens and Beyond

A three-part workshop for families of teens aged 13+ with disability. Learn about financial support, getting the right NDIS support for your teen, school and post-school options and wellbeing.

Workshop dates:

14 October
15 October
16 October

[To Book Click HERE](#)



PARENTZONE



Free workshop

2 Day Autism Workshop for Parents and Carers Cranbourne, VIC



Scan the QR code or [click here](#) to register



This workshop is for parents, full time carers and grandparents.



Tuesday & Wednesday
26 & 27 November, 2024
9:30am - 2:30pm



Cranbourne Golf
750 Glasscocks Road
CRANBOURNE NORTH VIC 3977

Morning tea and a light lunch will be provided



Interpreters available upon request

During the workshop you will learn about:

- The diversity of autism
- Sensory processing
- Understanding behaviour
- Working together with your child's school.

Learn more about autism and ways to strengthen the partnership between home and school.

For more information or to register visit:

<https://www.positivepartnerships.com.au/PC>

ccorrigan@positivepartnerships.com.au



0447 219 627

Positive Partnerships is funded by the Australian Government Department of Education. The views expressed within this program do not necessarily represent the views of the Australian Government or the Australian Government Department of Education.

Help Lines and links Indigenous communities

Indigenous Communities

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

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

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

phone: 0467 578 030

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

Casey Aboriginal Gathering Place in Doveton

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

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)

Help lines and links Culturally and Linguistically diverse Communities

Culturally and Linguistically diverse (CALD) COMMUNITIES

South Eastern Region Migrant and Refugee Resource Centre
[Multilingual Resources-click here](#)

You can find information under the following topics:

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

DANDENONG HQ

39 Clow St, Dandenong, VIC 3175

03 9767 1900

03 9706 8830

smrc@smrc.org.au

SELANDRA RISE COMMUNITY HUB

7/9 Selandra Blvd, Clyde Nth, VIC 3978

LYNBROOK COMMUNITY CENTRE

2 Harris St, Lynbrook, VIC 3975

LIVING & LEARNING PAKENHAM INC

6B Henry St, Pakenham, VIC 3810

SPRINGVALE COMMUNITY AID & ADVICE BUREAU

45 Osborne Ave, Springvale, VIC 3171

AMES Australia

60 Douglas St, Noble Park, VIC 3174

Cultural Playgroups

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

[Playgroup Victoria Directory](#)

[VICSEG Supported Playgroups in Diverse Communities](#)

[Victorian Multicultural society](#)



- 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
- Monday - Friday : 10am - 6pm

COOK4CALD

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

Email: admin@cook4cald.org

Instagram: @COOK4CALD

Facebook: COOK4CALD

LinkedIn: COOK4CALD

[CMY - Centre for Multicultural Youth](#)

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

PARENTZONE

Help Lines and Links 0-18 and Young People

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

The Australian Parenting Website

supported by the Australian Government.

Department of Social Services

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

Topics include:

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

Children and Young People

Child protection South Division intake

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

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

South Division intake: 1300 655 795

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

Kids Help Line 1800 551 800

Kids, Youth, Parents and Teachers.

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

Parentline Victoria 1322 89

Parentline is a statewide telephone counselling and support service for all Victorian parents and carers of children from 0-18 years.



PARENTZONE

Local Councils/Maternal Child Health/Early Childhood Education

Maternal Child Health Services and Centers

City of Casey Council

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

Greater Dandenong City Council

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

Frankston City Council

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

Cardinia Shire Council

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

Bayside City Council

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



Mornington Peninsula Shire Council Offices

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

Parenting Support

Website: Mornington Shire Council

Aboriginal and Torres Strait Islander Programs

Email

customerservic@mornpen.vic.gov.au

Rosebud Office

90 Besgrove St
Rosebud

Mornington Office

2 Queen St Mornington
PH 5950 1000
Ph 1300 850 600

Hastings Office

21 Marine Pde Hastings



City Of Kingston

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

City of Stonnington

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

Emergency Relief

Clayton

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

Services

ER

Wednesdays and Thursdays

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

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

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

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

Dandenong

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

Services

ER

Wednesdays and Thursdays

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

- Residential Care
- Adult Drug and Alcohol Programs
- Fostering
- ParentZone email jasbir.suopada@anglicarevic.org.au
- TEACHaR, Specialist Education Support
- Family Services

• Beyond the Violence
email parentzone.southern@anglicarevic.org.au if interested in
Beyond the Violence for Mothers and Children or Professionals.

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

Online Safety

E Safety Commissioner: Australia's national independent regulator and educator for online safety.

Useful Links

Teens and on line Tech Time

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

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

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



For online Safety Book in your language click on: **ONLINE SAFETY BOOK** in differing languages

For Webinars coming up click on: **FIND OUT MORE**

2024 Schedule click on **link**

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

Term 4 Mental Health Month (October)

• Navigating online friendships: Transitioning to secondary school Suitable for parents and carers of young people in primary school.

• eSafety 101: How eSafety can help Suitable for parents and carers of children and young people in primary and secondary school.

Express learning for busy families

Explore our video series about supporting young people to deal with online safety issues – taken from our **parent and carer webinars**. Click **HERE** for below topics and video's.

• **Cyberbullying and online drama**

This video provides the tools to support young people to have safe and respectful online relationships, and tips on what to do if things go wrong. It's designed for parents and carers of young people aged 11 to 18 years old.

• **Parental controls**

This video helps parents and carers to understand more about the different parental controls available and which settings are best suited to your family. It's designed for parents of kids aged 4 to 13 years old.

• **Online sexual harassment and image-based abuse**

This video shows how to support young people dealing with issues like pressure to send nudes or online sexual harassment. It's designed for parents and carers of young people aged 13 to 18 years old.

• **Online safety video adventures**

Watch four short videos, each featuring a hero and their online safety superpower. This series is designed for kids aged 5 to 8 years old to help them learn how to protect themselves online.

Host a Session/Program

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

Host a Workshop or Program



CONTACT US



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

PLEASE TALK TO US OR EMAIL

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

City of Greater Dandenong

Dads Do Matter and Parents Building Solutions

Jasbir Singh Suropada

Phone: 0438 004 285

jasbir.suropada@anglicarevic.org.au

Beyond The Violence and Parents Building Solutions

Erin Surrey

Phone: 9781 6700 or 0438 459 891

erin.surrey@anglicarevic.org.au

Playgroup Our Time

Iris Guasch

Phone: 0436 007 492

iris.guasch@anglicarevic.org.au

City of Cardinia

Parents Building Solutions

Jasbir Singh Suropada

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Trauma Responsive Parenting

Carey Cole

0437 428 281

carey.cole@anglicarevic.org.au

City of Casey

Parents Building Solutions

Carey Cole

Phone: 03 9781 6767 or 0437 428 281

carey.cole@anglicarevic.org.au

City of Frankston & Mornington Peninsula

Beyond the Violence

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carey.cole@anglicarevic.org

Parents Building Solutions

Michelle Brown 0429174150

Michelle.Brown@anglicarevic.org.au

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

Please email:

parentzone.southern@anglicarevic.org.au

All of our Parenting Programs are Free!!

[Click here](#)

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

Reminder →

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