



# Parenting in the North

## “What’s On Guide” - Term 1 2025

**PARENTZONE**

**BETTER  
TOMORROWS**



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# What's new at Parentzone?

Welcome to the summer edition of What's on in the North for 2025!

During 2024 ParentZone continued collaborations with partner organisations, schools and local councils across the North to meet the needs of parents and carers by providing them with a space to strengthen their parenting skills and building positive family relationships. Together we facilitated a diverse range of FREE online and in person programs and sessions including, Circle of Security, Tuning in to Kids, Tuning in to Teens, Talking Teens and single sessions on topics like Managing Screentime and Living with Autism.

In Term 1, 2025 we will be offering a range of online and in person programs and sessions that support parents/carers with children of all ages and stages of development from babies to teens including:

- Parents Building Solutions
- Tuning in to Teens
- Tuning in to Kids
- Circle of Security
- Bring up Great Kids
- Parenting After Violence
- Several single sessions (keep scrolling for more information)

If you are interested in partnering with us or would like to include information about your upcoming groups or programs, please reach out to us via our PZ Northern email [parentzone.northern@anglicarevic.org.au](mailto:parentzone.northern@anglicarevic.org.au). In the interim, please remember the PZ pods, link below, which are a great asset as a brief intervention, giving parents and carers a more immediate option for issues or concerns they are facing now. Thank you for your continued support.

Warm Regards,  
Bella Odicho Team Leader  
ParentZone Northern & Broadmeadows Women's Community House



**PARENT***ZONE*



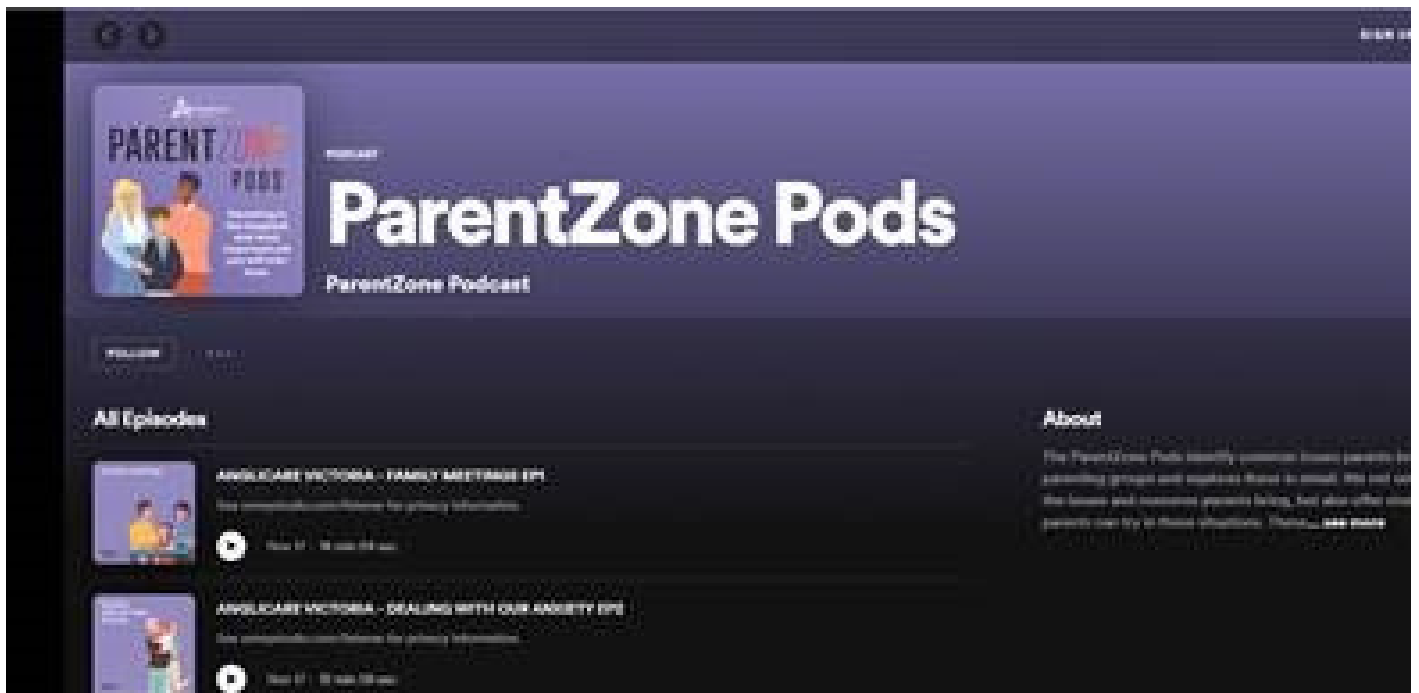
# Family Services

Parentzone and Family Services will continue to work in partnership throughout 2025. We will continue to work in partnership through delivering Parents Building Solutions (PBS), Looking Forward, and Parenting After Violence together. We look forward to seeing more Family Services staff trained and delivering PBS as co-facilitators.



# ParentZone Pods

ParentZone Pods | Podcast on Spotify



The ParentZone Pods, is a podcast series presenting parenting snapshots on key issues for parents needing a little bit more before joining a group, or simply those wanting an idea of what to expect from our distinctive group work style. Jump on Spotify to hear it all !

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

PARENTZONE



# ParentZone Northern Term 1 Multi -Session Parenting Programs



## Circle of Security Parenting (8 Week Program)

**Dates:** Tuesday 11th February – 1st April 2025 (8 weeks)

**Time:** 6.00pm to 8.00pm

**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](mailto:parentzone.northern@anglicarevic.org.au)



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Whittlesea

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# ParentZone Northern Term 1 Multi -Session Parenting Programs



## Tuning in to Teens

**Dates:** Thursday 13th February -20th March 2025  
(6 weeks)

**Time:** 6.00pm-7.30pm

**Venue:** Online

Would you like to learn how to:

- Understand your teen's emotions?
- Be aware and manage your emotions?
- Build attachment and teaching through emotional experiences?
- Help your teen understand and manage their emotions?
- Develop skills to assist your teen in problem solving?

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

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

## Tuning in to Teens

**Dates:** Tuesday 11th February-18th March 2025 (6 weeks)

**Time:** 9.15am - 11.15am

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

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](mailto:parentzone.northern@anglicarevic.org.au)



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# ParentZone Northern Term 1 Multi -Session Parenting Programs



## Tuning in to Kids

**Dates:** Friday 7th February – 14th March 2025  
(6 weeks)

**Time:** 10am - 12pm

**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](mailto:parentzone.northern@anglicarevic.org.au)

## Parents Building Solutions

**Dates:** Tuesday 11th February – 18th March 2025 (6 weeks)

**Time:** 1.00pm - 2.30pm

**Venue:** Online

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 who live in the Northern metro region of Melbourne.

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

# PARENTZONE



# ParentZone Northern Term 1 Multi -Session Parenting Programs



## Parenting After Violence

**Dates:** Thursday 6th March-27th March 2025 (4 weeks)

**Time:** 10.00am - 12.30pm

**Venue:** Preston

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

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

Limited childcare available.

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

Bookings and enquiries to Parentzone Northern:  
(03) 8641 8900 or  
[parentzone.northern@anglicarevic.org.au](mailto:parentzone.northern@anglicarevic.org.au)

**PARENTZONE**

# ParentZone Northern Term 1 Multi -Session Parenting Programs



## Arabic Parenting Building Solutions Program

**Dates:** Thursday (3 weeks in February)

**Time:** 9.00am - 11.00am

**Venue:** Epping Secondary College  
McDonalds Road, Epping

Epping Secondary College are proud to be partnering with Anglicare ParentZone in the delivery of Arabic Parents Building Solutions program.

This program will be delivered as a third part series of parenting sessions. It aims to support Arabic speaking families with children who attend Epping Secondary College to strengthen their relationship with their teens and topics to be covered will be:

- Creating and maintaining healthy boundaries using positive approaches
- Understand and supporting your teen in a new country/new culture
- Understand ways to reduce your stress levels with basic self-care and self-regulation techniques

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

## Bringing up Great Kids

**Dates:** Wednesday 12th February – 19th March 2025  
(6 weeks)

**Time:** 11.00pm - 1.00pm

**Venue:** Online

This free 6-week parenting program is open to parents/carers who have children who are clients of Anglicare's Young Parents Program. It is a mindful parenting program which gives parents the skills to slow down and respond to children in a calm and relaxed manner, leading to less stress in their lives and positive changes in their children's behaviour.

The BUGK program supports parents as they explore what influences their parenting practices and the messages they are passing onto their children.

**Bookings and Enquiries:** Contact Shilpa Nagesh on:  
[Shilpa.Nagesh@anglicarevic.org.au](mailto:Shilpa.Nagesh@anglicarevic.org.au)



# PARENTZONE



# ParentZone Northern Term 4 Single Sessions Parenting Programs



## Supporting the Transition to Primary School

**Dates:** January 20th 2025

**Time:** 6.00pm - 7.30pm

**Venue:** Online



Transiting to primary school can be a challenging time for young children and their families.

ParentZone Anglicare will be delivering an interactive session aimed at supporting parents and carers to:

- Understand transition and how they can support their child to manage this significant change.
- Explore ideas and learn practical strategies on how to best support young children to experience a positive start to primary school.

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

**Scan the QR code to register**



## Setting Healthy Boundaries

**Dates:** Thursday 20th February 2025

**Time:** 6.30pm - 8.00pm

**Venue:** Online



ParentZone Anglicare will be delivering a skill building session for parents/carers of school aged children.

Topics to be explored include:

- Creating and maintaining healthy boundaries using positive approaches
- Punishment vs Discipline
- Boundary setting at home - screentime, sleep hygiene and everyday routines.
- Addressing challenging behaviours by using emotion coaching
- Tuning in to your child's feeling and needs

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

**Scan the QR code to register**



# PARENTZONE



# ParentZone Northern Term 4 Single Sessions Parenting Programs



## Parenting Toddlers Information Session

**Dates:** Thursday 27th March 2025

**Time:** 10.00am - 12.00pm

**Venue:** Thomastown Neighbourhood House

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

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

## Parenting Toddlers Information Session

**Dates:** Monday 31st March 2025

**Time:** 9.15am - 10.30am

**Venue:** Jindi Playgroup, Whittlesea

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

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



# PARENTZONE

# ParentZone Northern Term 4 Single Sessions Parenting Programs



## Emotion Coaching Parenting

**Dates:** Thursday 13th March 2025

**Time:** 7.00pm - 8.00pm

**Venue:** Online



Emotion Coaching parenting is about helping children and parents/care givers become comfortable with their own feelings and learn to express their emotions in constructive ways.

In this session you will learn how to coach children in developing these emotional skills that will help them be better equipped to negotiate the ups and downs of life.

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

**Scan the QR code to register**



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# Mothers in Mind

Supportive Group Program for mothers and children

## What is Mothers in Mind?

Mothers in Mind (MIM) is a trauma informed mother-child group program specifically designed to meet the parenting needs of mothers who have experienced family violence with children up to five years old.

In MIM, we work together to help mothers connect with their young children in a playful, supportive environment, where parenting strengths are highlighted and built upon.

MIM covers a range of topics to help mothers explore different ways to be kind to and take care of themselves while reflecting on and gaining strategies to respond sensitively to the needs of their young child.

## Who can take part?

Mothers and their children aged 0 - 5 years old who live, work or study in Banyule, Darebin, Nillumbik, Whittlesea, Yarra, Hume and Merri-bek.

## Date, time & location

Mothers in Mind runs over 8 sessions.



Tuesdays from 11 Feb - 1 Apr



9:30am - 11:30am



Meadowglen Kindergarten  
22 – 48 Meadow Glen Dve, Epping  
3076

## Enquiries & Referrals



9450 0900



[nharp@kidsfirstaustralia.org.au](mailto:nharp@kidsfirstaustralia.org.au)



Scan to watch a  
mum's MIM  
experience.







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# Momentum

## About

Momentum is a 8-week group for teenagers who have experienced family violence.


Family violence can have a major impact on a young person's self-esteem, confidence, relationships, and capacity to participate in activities and school.


Momentum provides a safe and informal space to connect with other young people, and explore different ways to build connection and safety and promote healing.


Each session we will have informal discussions around shared experiences, creative activities, games and other fun stuff!

Participation is free and all materials and snacks are included.

## Details

 Wednesdays from 12 Feb - 2 April

 4:00pm - 6:00pm

 Headspace  
78 Main Street  
Greensborough

## Eligibility

Young people aged 12 to 17 years who live, work or study in Banyule, Darebin, Nillumbik, Whittlesea, Yarra, Hume and Merri-bek

## Enquiries & Referrals

 9450 0900

 [nharp@kidsfirstaustralia.org.au](mailto:nharp@kidsfirstaustralia.org.au)



Scan to learn more



# The Healing Circle



## About

The Healing Circle is an 8-week creative art based therapeutic program for women who are recovering from family violence.

Engaging in the creative arts can be a powerful way to connect more deeply with ourselves and others, as well as support healing and wellbeing.

- Experience self-acceptance in a safe and supportive environment.
- Connect and share with other women who have been through similar experiences.
- Build and strengthen a sense of safety.
- Establish ways to stabilise and regulate your emotions.
- Reconnect with your personal strengths and wisdom.
- Reclaim your identity and sense of self in the world.

Participation is free and all art materials and refreshments are included.

No artistic skills required; just your curiosity and an openness to new experiences!

## Eligibility

Woman who live, work or study in Banyule, Darebin, Nillumbik, Whittlesea, Yarra, Hume and Merri-bek

## Details

Thursdays from 13 Feb - 3 April

10:00am – 12.00pm

Broadmeadows Women's Community House  
2 Hadfield Court, Broadmeadows

## Enquiries & Referrals

Kids First NHARP Team

9450 0900

[nharp@kidsfirstaustralia.org.au](mailto:nharp@kidsfirstaustralia.org.au)



Scan to learn more



# Connections

A group for mothers to connect  
in a safe and welcoming space



## About Connections

Connections is a group program to support families to heal from the impacts of family violence.

Held over 8 sessions, Connections is open to mothers and provides an opportunity to connect in a safe & welcoming space.

Connections is run by Northern Healing and Recovery Program (N-HARP), a family violence therapeutic program that works with victim/survivors, children and their families.

## What to expect in this group

During each session, facilitators guide discussions & activities to explore how family violence impacts relationships, parenting & well-being.

Together the group explores how to build confidence and strengthen connections between mothers and their children to support recovery. Participants can form new connections & have the support of women with shared experiences.

## Who can take part?

Women who live, work or study in Hume, Merri-Bek, Whittlesea, Banyule, Darebin, Nillumbik, Yarra

## Details

-  Tuesdays from 11 Feb- 1 April
-  10:00am – 12.30pm
-  Gowrie Centre Community Room  
30-54 Johnstone Street  
Broadmeadows

## Enquiries & Referrals

Kids First N-HARP Team

-  9450 0900
-  [nharp@kidsfirstaustralia.org.au](mailto:nharp@kidsfirstaustralia.org.au)

Scan to  
learn more





# Parenting in a New Culture (PINC)



- A **FREE** 6 week program for migrant families new to Australia
- We provide: Program materials Refreshments Childcare Social Excursion

## Join our PINC Program to:



**Meet**  
other migrant  
families for  
friendship and  
support



**Share**  
your experiences,  
challenges and  
culture with people  
who understand



**Learn**  
new parenting  
strategies and skills  
for life in Australia



**Understand**  
Australian  
education systems  
to help your child  
succeed at school



**Find**  
ways to teach your  
culture and values  
to your children



**Discover**  
local services that  
can support your  
family

Contact: Sihem Sayoud  0431 574 482

 [sihem.sayoud@spectrumvic.org.au](mailto:sihem.sayoud@spectrumvic.org.au)

# Bringing Up Great Kids

presented by  
Early Links



We're excited to announce the launch of  
the *Bringing Up Great Kids* program  
in *Early Links*!



## Bringing Up Great Kids

is a six-week research-based parenting program designed to equip you as parents/carers with the tools to support healthy relationships with your children. This in turn fosters positive behavioral changes in your children.



**A FREE SIX WEEK  
PROGRAM FOR  
MUMS, DADS and  
CARERS  
of children 0-12yrs**

Living in Glenroy, Fawkner &  
surrounds

**Thursdays 9.30 - 11.30am  
Feb 20th to March 27th  
@ Fawkner Meeting Room**

To book a spot please  
contact Regina or Michaela  
[earlylinks@mcm.org.au](mailto:earlylinks@mcm.org.au)  
0428 253 259 / 0438 849 234



# 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