



Parentzone Southern

What's On

Term 1, 2025

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**

Welcome to Parentzone, Anglicare Victoria



Christmas is just around the corner! We can hear the Jingle of the reindeers bells and the echos of Santa's laughter!

We are all looking forward to the Christmas break to reset and refresh for the new year!

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 why parents love us:

- 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

As we head into the Summer holidays, we have some single sessions for you - so that you dont miss us too much! We would love to journey with you.

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

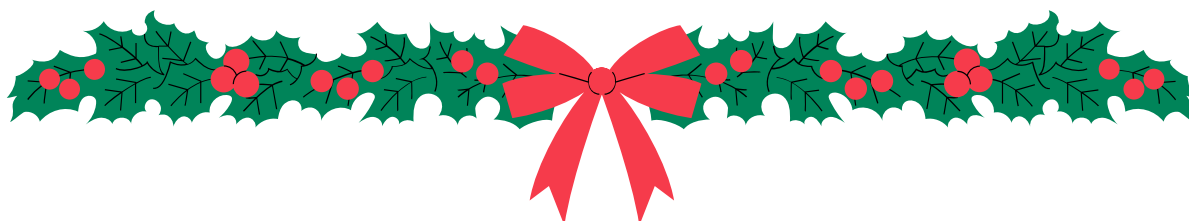
Anglicare Victoria Frankston Office

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



PARENTZONE



Contents

[ParentZone Pods](#)
[Baby Makes Three \(BM3\)](#)
[City of Greater Dandenong](#)
[Baby Makes Three \(BM3\) City of Casey](#)
[Supported Playgroups \(My Time and Play Circle\)](#)
[PBS Positive Parenting Strategies One Session Programs](#)
[PBS Big Emotions Calm Responses](#)
[PBS Parenting in Australia](#)
[Peaceful Parenting Frankston / Peaceful Parenting Pearcedale/ Online](#)
[Parents Building Solutions-Parenting Teens and Tweens](#)
[Tuning into Kids](#)
[Tuning into Teens Botanic Ridge and Online Programs](#)
[Dads Do Matter/Cardinia Dads](#)
[Dads Matter/Relationships Matter](#)
[Men's Circle](#)
[Men's Help lines and Services](#)
[Men's Behaviour Change Program](#)
[Parenting After Family Violence](#)
[Family Violence for Women and Children](#)
[Family Violence Help Lines and Links](#)
[PROFESSIONAL TRAINING - Beyond The Violence Facilitator Training](#)
[PEER NETWORKS](#)
[ParentZone HUB- Pakenham](#)
[Communities for Children Cardinia](#)
[Communities for Children Frankston-Bullying Webinar](#)
[Family School Workers](#)
[Linking Families and Youth Together \(LYFT\)](#)
[Foster Care](#)
[Other Organisations and Crisis Lines and useful links](#)
[Crisis Lines and Making Ends Meet](#)
[Help Lines and useful lines and links](#)
[0-18 and Young People](#)
[Mental Health Help Lines and Links](#)
[Association for Children with a Disability Workshops](#)
[Autism Workshop](#)
[Indigenous Communities](#)
[Culturally Linguistically Diverse Communities](#)
[Playgroups](#)
[Councils, Maternal Child and Health](#)
[Emergency Relief](#)
[Safety Online](#)
[Host a Workshop](#)

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.



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](#)



New episodes
coming in 2025!



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

PARENTZONE

**BOOK
NOW**

ParentZone Online Summer Sessions

Register via the link or scan the QR code
<https://events.humanitix.com/summer-series-2025>

Encouraging Positive Behaviours

Tuesday 14th January, 1:30pm - 3:00pm

Learn strategies to improve communication and getting kids to choose to behave well.



Encouraging School Participation

Monday 13th January, 1:30pm - 3:00pm

During this session you will come together to discuss reasons for school can't, acknowledging feelings and exploring strategies that help school engagement.

Dealing with Feelings- 2 sessions

**Tuesday 14th January, 10:00am - 11:30am
OR**

Wednesday 15th January, 12:30pm - 2:00pm

During this session, participants will explore how to deal with big feeling, including how to deal with anger and/or anxiety.

Parenting Teens

Wednesday 15th January, 10:00am - 11:30am

In this session, participants will explore common adolescent issues, explore ways to communicate and get your teen to listen and how to problem solve. A range of helpful strategies will be shared.

Setting Rules and Boundaries

Thursday 16th January, 10:00am - 11:30am

Learn how boundaries can support your child's wellbeing and discover ways to set better boundaries.

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Baby Makes 3- City of Greater Dandenong

Maintaining Healthy Relationships during the transition to parenthood



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

FEBRUARY

When Mondays
Date 10th, 17th, 24th February 2025
Time 6.00pm - 8.00pm (Light Meal Provided)

Springvale Community Hub
5 Hillcrest Grove,
Springvale VIC 3171

Register via the link below or QR code below:
<https://events.humanitix.com/dandenong-baby-makes-3-february-t1-2025>



MARCH

When Mondays
Date 17th, 24th, 31st March 2025
Time 6.00pm - 8.00pm (Light Meal Provided)

Springvale Community Hub
5 Hillcrest Grove,
Springvale VIC 3171

Register via the link below or QR code below:
<https://events.humanitix.com/dandenong-baby-makes-3-march-t1-2025>



Contact

Erin Surrey
0438 459 891 or
erin.surrey@anglicarevic.org.au

In partnership with



Communities for Children Initiative is funded by the
Australian Government Department of Social services

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Baby Makes 3- City of Casey

BABY MAKES 3 (BM3)

Maintaining Healthy Relationships during the transition to parenthood

FEBRUARY

When Tuesdays
Date 11, 18 & 25 February 2025
Time 6.00pm - 8.00pm (Light Meal Provided)

Cranbourne West Community Hub ,
4 Flicka Boulevard, Cranbourne
West, VIC 3977

Register via the link below or QR code below:
<https://events.humanitix.com/baby-makes-3-program-3/tickets>



MARCH

When Tuesdays
Date 11, 18 & 25 March 2025
Time 6.00pm - 8.00pm (Light Meal Provided)

Cranbourne West Community Hub ,
4 Flicka Boulevard, Cranbourne
West, VIC 3977

Register via the link below or QR code below:
<https://events.humanitix.com/cranbourne-baby-makes-3-march-t1-2025>



Contact

Jasbir Singh Suropada
0438 004 285 or
jasbir.suopada@anglicarevic.org.au

In partnership with



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Cranbourne Communities for Children Initiative is funded by the Australian Government

POSITIVE PARENTING STRATEGIES - Online

Presented by Parentzone in collaboration with PRONIA

JOIN US FOR OUR POSITIVE PARENTING WORKSHOPS

Session One: How to respond to bullying

Explore what bullying is, and how to recognise if your child is being bullied (or being a bully). Discuss ways to support your child to be safe, both online and in the real world.

Session Two: What is a Child's Job?

Explore why our children behave in particular ways, and how to encourage age appropriate independence, responsibility and participation in the family.

Session Three: Behave or Misbehave - That is the Question!

Parents do not need to put up with unacceptable behaviour. Explore strategies that teach your child/ren to choose to behave well.

NOTE: These parenting sessions are general in nature, and seek to create an environment where parents are learning from one another. We aim to equip parents with transferrable knowledge and skills, but the sessions do not address specific issues such as neurodiversity.

Dates: Tuesday, 21st January (Session One)

Tuesday, 11th February (Session Two)

Tuesday, 1st April (Session Three)

Time: 12.15 P.M. - 1.30 P.M.

Venue: Online (Zoom)

Please note: these sessions will **NOT** be recorded

Cost: FREE!

For more information, contact:

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

Register once to attend all three sessions

Use the QR code or this link:

<https://events.humanitix.com/parents-building-solutions-and-pronia-present-positive-parenting-strategies-kqujgrwr>



Registrations close at 4.00 p.m. the day before each session



BIG EMOTIONS, CALM RESPONSES

MANAGING OUR OWN, OR OUR CHILDREN'S, EMOTIONS POSITIVELY AND CALMLY IS DIFFICULT!

- Are you or your child/ren finding emotional regulation a challenge at times?
- Would you like to understand what fears, worries and behaviours are "normal" for your child/ren's age and stage of development, and how issues such as trauma or neurodiversity impact on them?
- Would it be helpful to explore strategies to respond to your child/ren's big feelings like anger, anxiety, fear, and frustration?
- Do you find it a challenge to establish clear boundaries that support your child's emotional regulation?

If your answer to any of these questions is "Yes!", please join us for this parenting session.

Date Mondays, 17th February - 31st March (no session on Labour Day)

Time 9.15 A.M.-11.15A.M. (after School Drop Off).

Where **Berwick Lodge Primary School**
139 - 145 Mansfield Street, Berwick
FREE!

For more information, contact:

Carey Cole - 0437 428 281

carey.cole@anglicarevic.org.au

OR

Register using the QR code or this link:

<https://events.humanitix.com/parents-building-solutions-big-emotions-calm-responses>



Parenting in Australia

PARENTS BUILDING SOLUTIONS

For all Migrant and newly arrived parents. Come and join us in interactive sessions to share experiences, ideas & learn strategies to support your child.

How to deal with tantrums

How to get kids to listen without having to yell

Anxiety in us and our kids. Helping parents, helping kids deal with emotion

Develop resilience as a family

Looking after our families and yourself

Day **Fridays**

Date: 14, 21, 28 February,
7, 14 & 21 March 2025

Time 10.00 A.M. to 12.00 A.M.

Venue: Noble Park English Language School.

Casey Campus
58-96 Fordholm Road, Hampton Park,
VIC 3976.

TO REGISTER: Click link or

[https://events.humanitix.com/
parenting-in-australia](https://events.humanitix.com/parenting-in-australia)

Scan QR Code:



For more information

Rubina Nawabi (M:0405151713) or 97990288 Email:
Rubina.Nawabi@education.vic.gov.au>

Jasbir Singh at Parentzone

Call / Text 0438 004 285 to register or
Email: jasbir.suopada@anglicarevic.org.au



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PARENTS BUILDING SOLUTIONS

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

- Are you tired of all the yelling - yours and theirs?
- Do you feel like you are reacting rather than knowing how to create more positive parenting and family connections and times?
- Do you have difficulties with increasing school participation?
- Do you have children with challenging behaviours for whatever reason - Living with ASD, Trauma, ages and stages of development; gender identity questions?



If your answer to any of these questions is "Yes!", please join us for this parenting program.

DATES: Thursdays February 13, 20 , 27 and March 6, 13, 20

TIME: 10.00 - 11.30am

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

COST: FREE!
Please register via the link below or the QR code:

<https://events.events.humanitix.com/morning-session-peaceful-parenting-term-1-2025>



DATES: Tuesdays February 11, 18, 25, Mar 4, 11, 18 2025

TIME: 1.15 - 3pm

WHERE: Mahogany Rise Primary School
Forster Avenue
Frankston North

COST: FREE!
Please register via the link below or the QR code

<https://events.humanitix.com/peaceful-parenting-mahogany-rise-primary-term-1-2025>



For more information, contact:
Michelle Brown michelle.brown@anglicarevic.org.au



PARENTS BUILDING SOLUTIONS

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

Are you tired of all the yelling - yours and theirs?

Do you feel like you are reacting rather than knowing how to create more positive parenting and family connections and times?

Do you have difficulties with increasing school participation?

Do you have children with challenging behaviours for whatever reason - Living with ASD, Trauma, ages and stages of development; gender identity questions?

If your answer to any of these questions is "Yes!", please join us for this parenting program.

DATES: Thursdays February 13, 20 , 27
March 6, 13, 20 2025

TIME: 1.30 P.M. - 3P.M.

WHERE: Pearcedale Primary School
740 Baxter-Tooradin Road
Pearcedale 3912

COST: FREE!
Please register via the link below or the QR code

<https://events.humanitix.com/peaceful-parenting-pearcedale-primary-school-term-1-2025>



For more information contact:
Michelle Brown
michelle.brown@anglicarevic.org.au



PARENTS BUILDING SOLUTIONS

PARENTING Tweens and Teens - 3 week free interactive online program for parents and carers

- Are you tired of all the yelling - yours and theirs?
- Do you feel like you are reacting to behaviours rather than having planned strategies?
- Do you and your tween or teens still talk? Do you have fun together?
- 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.

DATES: Mondays February 10, 17, 24

TIME: 6.30 P.M. - 8 P.M.

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

COST: FREE!

Please register via the link below or the QR code



<https://events.humanitix.com/parenting-tweens-and-teens-night-program-term-1-2025>

For more information, contact:

Michelle Brown

michelle.brown@anglicarevic.org.au

PARENTZONE

**BETTER
TOMORROWS**

Tuning into Kids

Emotionally Intelligent Parenting

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

Would you like to learn to:

- Be better at talking to, and understanding, your child/ren?
- Help your child/ren manage their emotions?
- Address and/or prevent behaviour problems?
- Teach your child/ren to deal with conflict?



If you answer is "yes" to any of these questions, Tuning into Kids shows you how to help your child/ren to develop emotional intelligence.

Did you know: Emotional intelligence may be a better predictor of academic and career success than IQ?!

Clyde North

Date Tuesdays, 18th ,25th February, 4th, 11th, 18th
25th March 2025

Time 9.15A.M.-11.15A.M. (after School Drop Off).

Where Ramleigh Park Primary School
34 Thoroughbred Drive, Clyde North

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/tuning-into-kids-emotionally-intelligent-parenting-b4vfr4ty>



RAMLEIGH PARK
PRIMARY SCHOOL



Windermere®
everyone is someone
in our community

Cranbourne Communities for Children Initiative is
funded by the Australian Government

Pakenham

Date Tuesdays, 13th ,20th, 27th February, 6th, 13th,
20th March 2025

Time 10.00 A.M.-12.30 A.M.

Where ParentZone Hub
75 Army Road
Pakenham, 3810

For more information, contact:

Erin Surrey
erin.surrey@anglicarevic.org.au

Uniting

In Partnership with Uniting

PARENTZONE

Tuning into Teens

Tuning in to Teens

Families within the Cranbourne/Clyde Area

A six-session parenting program for parents with adolescent aged 11-18

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

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?



Botanic Ridge

DATE: Mondays: February 17, 24
March 3, 17, 24, 31
(No session on March 10)

TIME: 12.30 P.M. - 2.30 P.M.

WHERE: Botanic Ridge Family & Community
Centre, 10 Echidna Parade,
Botanic Ridge

COST: Free!

Register via the QR code or click the link below
<https://events.humanitix.com/tuning-into-teens-t1-2025>



For more information, contact:
Youyou Li
youyou.li@anglicarevic.org.au
0499 080 468

Cranbourne/Clyde area(ONLINE)

DATE: Tuesdays: February 18, 25
March 4, 18, 25 2025

TIME: 7.00P.M.- 8.30 P.M.

WHERE: Online via Zoom

COST: Free. Bookings essential

For more information contact:
iris.guasch@anglicarevic.org.au

Cranbourne Communities for Children Initiative is funded
by the Australian Government



PARENTZONE

Dads Programs

DADS DO MATTER (DDM) - ONLINE ZOOM

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.



Cardinia Shire Council

Cardinia Dads

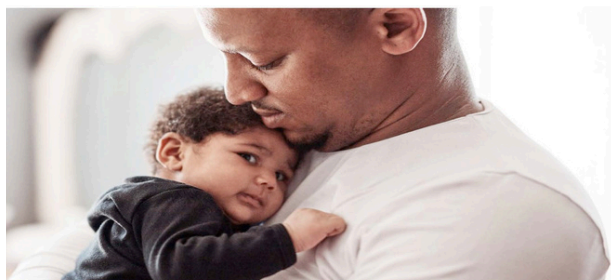
Cardinia Dads- For dads who live in Cardinia Shire

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?



Date Mondays -3, 10, 17, 24 February, 3 & 17 March 2025

Time 6.00 PM to 8.00 PM

Cost Free

Parent Resource Coordinator

Jasbir Singh Suropada

Call or Text 0438 004 285

Email: jasbir.suopada@anglicarevic.org.au

Click link below or Scan QR Code to Register:
<https://events.humanitix.com/dads-do-matter-ddm-term-1-2025>



Day Wednesdays

Date 5th, 12th, 19th, 26th February, 5th, 12th March

Time 5:00 P.M. to 7.00 P.M.

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

Dads Programs

Dads Matter Programs

City of Casey

About the program

Our programs are for dads, step-dads, grandfathers and other men who play an important role in a child's life.

Our programs include:

- Cook it with Dad: for dads and kids to cook and eat healthy meals together
- Dad's Little Builders: for dads and kids to connect through creating and building
- Baby Play Time: for dads and babies (0 – 18 months) to have fun and meet other dads.
- Dig it with Dad: get dirty with your kids and grow fruit and vegetables in our private garden plot

How to attend

Dads Matter programs are FREE for all father figures and their children.

Please click on the event tiles at the bottom of this page for information on how to attend each of the programs.

It is important to register via email (dadsmatter@casey.vic.gov.au) before attending all Dads Matter programs.

Please contact council at dadsmatter@casey.vic.gov.au for 2025 Dates.

If interested, please register as a [member online](#).



Relationships Matter 1300 543 396

Roadworthy for Dads

- Roadworthy for Dads is a 6 week program designed specifically for dads of babies to young teenagers. You will discover: what it means to be a parent (the nuts and bolts of parenting).
- how to develop a healthy parenting style.
- how to improve family communication and handle conflict with respect.
- practical tools to help stay calm and avoid the potholes of parenting.
- how to tune into your kids at different stages and different ages.
- how to work as a team to make a positive difference.
- how to look after yourself and make sure you're firing on all cylinders.

Prerequisites to join the program:

- Intake with a practitioner to assess suitability for program*

*A more suitable program may be offered

Cost of this program \$250 (concession available)

PARENTZONE



Men's circle

Are you from a migrant or refugee background?

The Open Exchange creates space for migrant and refugee men to connect with one another, and talk about some of the shared barriers we face as we settle into our new lives in this country. Like finding work, or accessing important services, or overcoming loneliness.

We meet on the first Tuesday of each month.

**Location: 79 Langhorne Street, Dandenong,
Ann Room**

Time: 6.30pm to 8pm.

FREE
including refreshments



For more information email: s.kasynathan@gmail.com

Men's Programs

Men's Behaviour Change Program

aims to help you address the problematic behaviour, discuss your personal issues and overcome them in a supportive and helpful environment.

Is this program for me?

Family violence isn't just physical and can come in many forms. If you have shown any of the following behaviours, it might be time to make a change in your life:

- Have you struggled to control your anger, or felt frustrated and controlling?
- Have you made your partner or family members fear you?
- Have you regretted how you acted or felt embarrassed about your behaviour?
- Have you lashed out, using words or your fists?

What will I learn?

This 20 week program offers group-based support to help you make long term, positive changes to your behaviour. You will have the opportunity to talk with other men in similar situations about their journey so far, and learn how to be a better father, partner and role model

Family Life-City of Frankston

- **Sandringham**
 - 197 Bluff Road, Sandringham, Victoria 3191. If you would like to know more about this service or check your eligibility, contact Family Life on (03) 8599 5433 or submit a request through our [Contact Us](#) page. To request support from this service, please complete [this form](#).
 - Tel: 03 8599 5433
- **Frankston**
 - Level 1, 60-64 Wells Street, Frankston, Victoria 3199.
 - Tel: 03 9770 0341

If you would like to know more about this service or check your eligibility, contact Family Life on (03) 8599 5433 or submit a request through our [Contact Us](#) page. To request support from this service, please complete [this form](#) [Contacts Page click HERE](#).

Relationships Australia- City of Casey

Dates/times

We run groups regularly. Each group runs for 20 x 2-hour sessions.

Please contact us to express your interest and organise an intake assessment.

Pricing

Free of charge.

Bookings are essential as places are limited.

Location

Contact our centre in Cranbourne North

.Phone (03) 5911 5400

or

email cranbournenorth@rav.org.au

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.

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?

Day: Thursdays

Date: 20th, 27th February, 6th, 13th, 20, 27th March 2025

Time: 12.00p.m.-2.00p.m.

Venue: Online

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

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?



PARENTZONE

Family Violence for Women and their children

BEYOND THE VIOLENCE - for Women and their children

A FREE 8-Week program for women and their children who have been impacted by family violence.

Are you dealing with the after-effects of family violence?
Does your child's anger or anxiety worry you?
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 Greater Dandenong

Day Wednesdays

Date 12th February to 2nd April 2025

Time 4.15 to 6.45pm

Food provided.

City of Greater Dandenong Area

All enquiries contact:

Youyou Li - on 0499 080 468 or

youyou.li@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

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



Parent Resource Worker

BEYOND THE VIOLENCE - Rosebud

When: Thursday 6th February- 27th March

Time: 4.00 pm - 6.30pm 2025

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

Free! Bookings are essential. Please click on QR code.

Food provided.

Mornington Peninsula Area

Contact:

Iris Guash - on 0499 080 468 or

youyou.li@anglicarevic.org.au



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 Through the year*

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 1- Frankston

**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: Wednesdays, 26th February, 5th and 12th of 12th of March 2025

TIME: 9:00 A.M. to 4:30 P.M.

WHERE: Frankston Location.
Details provided on registration

COST: Free Training!

Bookings are ESSENTIAL.-please register here:
<https://events.humanitix.com/btv-training-frankston-term-1-2025>

For more information, contact
Carey Cole -0437 428 281
carey.cole@anglicarevic.org.au



Click on QR code
to register

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

**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/MissionAustraliaCFCGDandenong

BEYOND THE VIOLENCE



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



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

anglicarevic.org.au

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

Communities for Children Cardinia

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 in Term 1 2025:

PARENTZONE

Peer Networks

Parentzone PEER Networks

City of Greater Dandenong

Date 6th March.

Time 2.00 P.M.-4.00p P.M.

Online

City of Casey/Cardinia

Date 11th March.

Time 10 A.M.- 12 P.M.

Online

For more information please email:
jasbir.suropada@anglicarevic.org.au or call 0438004285

Join Zoom Meeting

[https://us06web.zoom.us/j/83854432947?
pwd=hQSaDNcJyI9QzWB5zqZYKP6tnPk6dV.1](https://us06web.zoom.us/j/83854432947?pwd=hQSaDNcJyI9QzWB5zqZYKP6tnPk6dV.1)

Meeting ID: 838 5443 2947

Passcode: 790746

Join Zoom Meeting

[https://us06web.zoom.us/j/83854432947?
pwd=hQSaDNcJyI9QzWB5zqZYKP6tnPk6dV.1](https://us06web.zoom.us/j/83854432947?pwd=hQSaDNcJyI9QzWB5zqZYKP6tnPk6dV.1)

Meeting ID: 838 5443 2947 Passcode: 790746

Frankston/Mornington Peninsula

Date: Tuesday Feb 4th 2025

Time 3 - 4.30pm

Online Zoom:

[https://us06web.zoom.us/j/81480155070?
pwd=elYk9SAlSzjzEBGsO6GJPF1uZx9QG9.1](https://us06web.zoom.us/j/81480155070?pwd=elYk9SAlSzjzEBGsO6GJPF1uZx9QG9.1)

michelle.brown@anglicarevic.org.au



**Bring your coffee, snacks and share ideas.
What's happening in your area and what isn't.
Maybe we can work together**

Join us to discuss:

- What's new?
- Share new resources, programs and learning
- What's needed?
- Gaps in services and how to fill them
- What's happening?
- Share what we are doing
- What's best practice?
- Professional development segment

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

Bittern Primary School

Natalie Everitt

Natalie.everitt@anglicarevic.org.au

Karingal Heights Primary School

Sarah Carmody

Sarah.carmody@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](#)

For all enquires about waiting lists and other possible vacancies, please email or call Deb Reid
ParentZoneHub@anglicarevic.org.au
97816710

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 2025.

You asked and we'll deliver!



Understanding Bullying: It Takes a Village - SafetyNet presented by Bully Zero

Communities For Children Frankston Community Workshop Series is designed for local parents/carers, volunteers and staff working or living with children, who are seeking information and practical strategies.

Facilitated by Bully Zero

It Takes a Village – SafetyNet workshop is for parents / carers and professionals supporting families who are seeking an understanding of bullying and cyberbullying, how to minimise risks and of support services.

This free, online workshop will cover:

- What is bullying and cyberbullying
- Case studies and statistics
- Understanding current online trends, dangers and risks
- What parents/carers can do to minimise risks
- Help and support services

DATE: Wednesday 5th February 2025

TIME: 7.00–8.30pm

WHERE: Online event via Zoom webinar

SCAN TO REGISTER:



For questions contact Sally McIntyre
at cfc_southern@anglicarevic.org.au



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

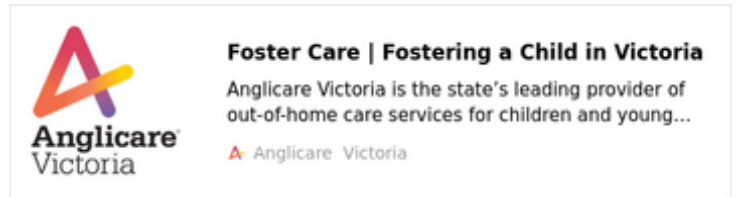
As a foster carer, you can choose from several different types of foster care placements ranging from emergency care right through to respite and longer-term care.

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

Please check the Anglicare Victoria Web Site for the session dates and times for 2025.

CLICK [HERE](#) FOR SESSION Details

Southern Metro Foster Care Information Session

FREE. Booking Essential.

Contact: Southern Foster Care Team

Phone: 1800809722

Email: fostercare.southern@anglicarevic.org.au



PARENTZONE

Crisis Lines and Links

Beyond Blue 13200 22 4636 (24hrs)

Provides information and support to help everyone in Australia achieve their best possible mental health, whatever their age and wherever they live. Anxiety, depression and suicide prevention.

Parents/ Friends can ring for help.

If you need help - phone/use webchat- everything is confidential.

HEADSPACE Call 1800 650 890

Mental health and well-being support, information and services to young people aged 12 to 25 years and their families.

LIFELINE Call 13 11 14 (24 Hrs)

LifeLine is a national charity providing all Australians experiencing emotional distress with access to 24 hour crisis support and

suicide prevention services.

SUICIDE CALL BACK SERVICE Call 1300 659 467 (24 Hrs)

If you have lost someone to suicide. suicide call back service is nationwide service providing 24/7 telephone and online counselling to

people affected by suicide. You can chat or look at the vast range of resources available.

Uniting Program -who have a parent with a mental health issue?

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.

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people affected by suicide. You can chat or look at the vast range of resources available.

Uniting Program -who have a parent with a mental health issue?

MIND AUSTRALIA 1300 286 463

Mind offers a range of specialised psychosocial support services and therapies to help you gain better mental health and improve the quality of your life, including:

- information and advice
- support coordination
- specialised assessments, counselling, coaching and learning
- in home and community support
- a variety of housing and support services
- recovery retreats
- sub-acute recovery care
- family and carer support

Site also has resources

AMAZE (National Autism HELPLINE - 1300 308 699)

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

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

Live Chat
Available

Translating Services Available

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

RESOURCES

PAREN I ZUNE

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.

NDIS Plan Reassessment-

Gain useful information on how to make the most of your child's plan reassessment meeting. This includes terminology, preparation, and gathering supporting evidence.

Teens and Beyond

A three-part 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.

[To Book Click HERE](#)



PARENTZONE

Help Lines and links Indigenous communities

Indigenous Communities

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

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

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

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)

PARENTZONE

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



PARENTZONE

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.

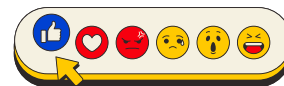
Useful Links

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.

PARENTZONE