



# Parenting in the North

“What’s On Guide” - Term 2 2025

PARENTZONE

BETTER  
TOMORROWS



# Table of Contents



What's new at ParentZone? .....	3
NPEN Update .....	4
Parentzone Pods .....	8
ParentZone Northern Multi Session Programs .....	9
ParentZone Northern Single Session Programs .....	13
Other program being delivered in the North .....	19
Useful contacts for families .....	28

# What's new at Parentzone?

Welcome to term 2, 2025

Term 1 at ParentZone Northern has been very productive, as our dedicated staff have been actively delivering a diverse array of programs aimed at supporting vulnerable families and carers and promoting positive parenting practices.

Our group facilitators are not only passionate about their work; they are also exceptionally skilled professionals who bring a wealth of experience and knowledge to each session. Their commitment to empowering parents and fostering positive relationships within families is evident in every interaction and I commend them on their incredible work.

By equipping parents with the tools they need, we are not only enhancing their parenting capacity but also promoting stronger family units, which in turn leads to a more cohesive and supportive community. In collaboration with local schools, councils and other organisations, we continue to offer both single sessions and comprehensive six-week parenting programs, available in both online and face-to-face formats, including convenient evening sessions.

This term we are pleased to be facilitating our Living with Autism groups in both Hume City Council and with City of Whittlesea, a Circle of Security for Dads and Parents Building Solutions. Our team continues to advocate and ensure we are delivering programs that meet the needs of diverse communities in the North.

If you have any information that you would like to be included in our newsletter, please send it to [parentzone.northern@anglicarevic.org.au](mailto:parentzone.northern@anglicarevic.org.au). In the meantime, we encourage you to explore our ParentZone Pods, which offer a brief intervention option for parents and carers facing immediate issues or concerns. You can access the ParentZone Pods through the provided link.

We have attached the term 2 timetable for your reference.

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

# 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.

## Northern Parent Educator Network

### NPEN Update

The Term 1 2023 NPEN meeting was held online on 27th February 2024. We were happy to have Asha Robinson and Gina Wagstaff present about Health Mothers Healthy Babies (HMHB). It was great to hear about HMHB eligibility criteria and referral process and to learn about how the service is assisting and working with expecting mothers and their families from the case study that was presented. A very big thank you to Asha and Gina for a fantastic presentation! 12 professionals attended and valuable program updates were shared. Also, thanks to Vanja our group work facilitator for delivering the self-care activity.

In Term 2 we will be hosting the North Parent Educator Network Annual Forum where we aim to bring together various stakeholders including service providers, community agencies, schools and councils who work with children, adolescents, and their families. The theme for this year's forum is 'Parenting in a Digital Era – Impacts of Engagement and Technology on Children's Development and Wellbeing'. It will focus on understanding the benefits, presenting issues, concerns and challenges of digital technology and gaming and gambling and also provide an opportunity to learn about research and services available to support families and children. It is also a great opportunity to network and meet other passionate professionals.

To ensure that the forum is beneficial it would be great if you could please take some time to complete the survey below to help inform our forum:

#### [NPEN Forum 2025 - Attendee pre-forum questionnaire](#)

The forum is a FREE EVENT however, registration is essential. Please use the link on flyer to book your place. Feel free to share this information with your networks or anyone who you think would be interested in attending.

Please remember NPEN is a great opportunity to network/information share, develop partnerships, find out about local services, community resources and connect with other professionals. If you are interested in presenting or attending, please email [Roba.Elkadi@anglicarevic.org.au](mailto:Roba.Elkadi@anglicarevic.org.au)



# NORTHERN PARENT EDUCATOR NETWORK FORUM 2025

## **'PARENTING IN A DIGITAL ERA: Impacts of digital engagement and technology on children's development and wellbeing'**

Presentation by Dr Hannah Kirk followed by interactive workshop facilitated by Missy Ali from Gamblers Help and Fred, ReSPIN Lived Experience Speaker.



### **DATE:**

Thursday 19th June 2025

### **TIME:**

9.30am- 1.30pm

### **VENUE:**

Epping Memorial Hall  
827 High St, Epping

Participation is free, but registration is essential. Use link below to register  
<https://www.trybooking.com/CZULC>

**PARENT**ZONE



## **Dr Hannah Kirk**

Senior Lecturer in Developmental Psychology at Monash University's  
Turner Institute for Brain and Mental Health



**MONASH**  
University

Dr. Hannah Kirk is a Senior Lecturer in Developmental Psychology at the Turner Institute for Brain and Mental Health, Monash University, Melbourne. She holds a BSc in Psychology from Newcastle University (UK) and a PhD in Psychological Sciences from Monash University. In recognition of her early career achievements, she was awarded the prestigious NHMRC Peter Doherty Early Career Fellowship in 2018.

As the leader of the Child Developmental and Digital Technologies (CDDT) Laboratory, Dr. Kirk's research focuses on understanding how digital technologies shape children's mental health, cognitive development, behaviour, and academic performance. Her work is especially focused on neurodivergent populations, including children with autism spectrum disorder, ADHD, and Williams syndrome.

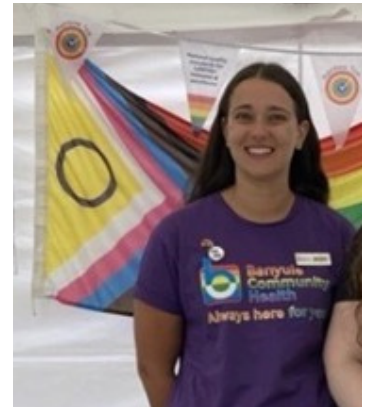
Dr Kirk is at the forefront of developing evidence-based digital interventions, incorporating cutting-edge advancements in virtual reality and game-based learning to improve childhood mental and cognitive health. Throughout her career, Dr. Kirk has received numerous accolades, including the APS Thesis Award for Studies in the Psychology of Intellectual Disability and Autism (2016), Dean's Award for Excellence in Research (2018), and the BioMelbourne Emerging Leadership Award (2021). In 2019, she was named one of ABC Radio National's Top 5 Scientists, highlighting her commitment to public engagement through science communication on radio, TV, and digital media. She also has industry experience, having served as Chief Research Officer at Tali Digital, a publicly listed medical technology company, where she led the research and development of digital health interventions.



### **Missy Ali (she/her)**

#### **Senior Health Promotion Officer, Gambler's Help**

Missy has been working in the Gambler's Help Team for 4 years in a Community Education capacity. She works in community and professional settings, including schools, to raise awareness of gambling and gaming harm and work on reducing the stigma associated with help seeking. Through building a friendship with someone who has lived experience of gambling harm, and who worked in the prevention space, Missy learnt about how much gambling can affect our loved ones and our communities. Learning this sparked her interest and passion in wanting to raise awareness of the harms that can be caused by gambling and to reduce the shame and stigma associated with speaking up.

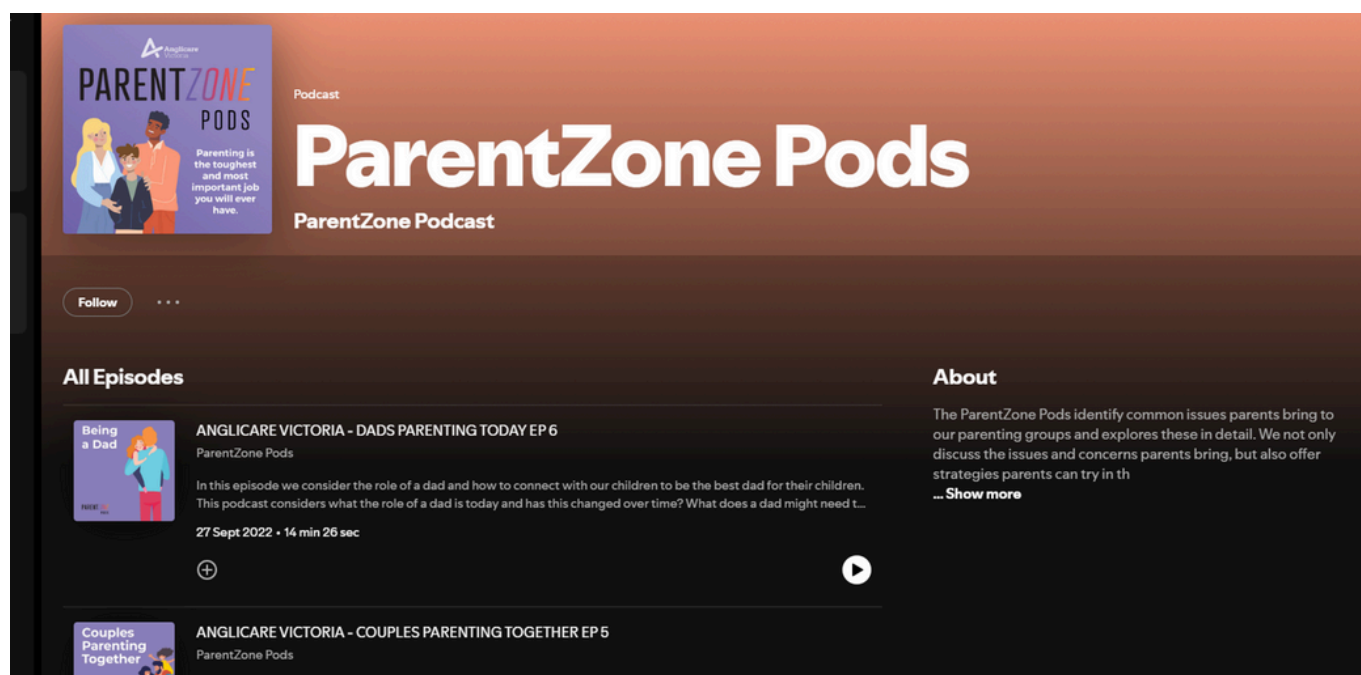


### **Fred - ReSPIN Lived Experience Speaker**



At 27yrs old, Fred is an energetic, passionate young man with a bright future but at the age of 15yrs when he began gambling, it would have been hard to see this positive future for him. He talks about his disengagement at school and the grief over losing his father at a young age. Fred has now not gambled for over four years. He now works, studies, coaches' junior soccer and leads a fulfilling life. Fred shares his story as a way of offering support and guidance to people living with a gambling addiction, family and friends and the wider community. He talks honestly about the complexity of addiction and mental health and navigating his way through recovery. He has participated in TV shows and all types of media. Fred is incredibly relatable to audiences and has the ability to tailor his story to meet the needs of the group.

# 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 2 Multi-Session Parenting Programs



## Parenting with a Purpose A Parents Building Solutions program

**Dates:** Tuesday 6th May – 10th June 2025 (6 weeks)

**Time:** 10.30am to 12.30pm

**Venue:** Online

A 'Parents Building Solutions' Program for parents of children aged 3-13 years (6-week program).

Do you want to:

- Help you child cope in an ever changing world ?
- Improve your child's confidence and self-esteem?
- Help your child deal anxious feelings?
- Develop strategies to manage stress?

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

**Bookings & Enquiries:**

ParentZone Northern: (03) 8641 8900 or email [parentzone.northern@anglicarevic.org.au](mailto:parentzone.northern@anglicarevic.org.au)

PARENTZONE

# ParentZone Northern Term 2 Multi-Session Parenting Programs



## Tuning in to Teens

**Dates:** Mondays, 5th May-16th June 2025  
(No session on 9th June - public holiday)

**Time:** 6.00pm-8.00pm

**Venue:** Online

Would you like to learn how to:

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

This FREE 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 Kids

**Dates:** Fridays, 16th May-20th June 2025

**Time:** 1.00pm - 2.30pm

**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 FREE 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)



# ParentZone Northern Term 2 Multi -Session Parenting Programs



## Living with Autism A Parents Building Solutions program

**Dates:** Thursdays, 8th May – 12th June 2025  
(6 weeks)  
**Time:** 10.00am-12.00pm  
**Venue:** Epping Views Community Family Centre,  
15 Lyndarum Drive, Epping

Are you a parent or carer of a child who has a diagnosis of autism? Do you feel like you need support?

ParentZone and City of Whittlesea are working together to bring you this FREE 6-week parenting group. Join us to:

- Talk about how autism is impacting on your child and what is going on for you as a parent/carer.
- Hear from other parents who are dealing with the same issues.
- Learn about different strategies to support your child's behaviours

### Bookings & Enquiries:

ParentZone Northern: (03) 8641 8900 or email  
[parentzone.northern@anglicarevic.org.au](mailto:parentzone.northern@anglicarevic.org.au)



## Living with Autism A Parents Building Solutions program

**Dates:** Fridays, 9th May-30th May 2025 (4 weeks)  
**Time:** 10.30am-12.30pm  
**Venue:** Craigieburn Youth Centre, 59 Craigieburn  
Road, Craigieburn

Are you a parent or a carer of a child who has a diagnosis of autism? Do you feel like you need support?

ParentZone and Hume City Council are working together to bring you this FREE 4-week parenting group. Join us to:

- Talk about how autism is impacting on your child and what is going on for you as a parent/carer.
- Hear from other parents who are dealing with the same issues.
- Learn about different strategies to support your child's behaviours

### Bookings and Enquiries:

ParentZone Northern: (03) 8641 8900 or email  
[parentzone.northern@anglicarevic.org.au](mailto:parentzone.northern@anglicarevic.org.au)



# PARENTZONE

# ParentZone Northern Term 2 Multi -Session Parenting Programs



## Arabic Parents Building Solutions Program

**Dates:** May 2025 (3 weeks)

**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 FREE 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)



# PARENTZONE



# ParentZone Northern Term 2 Single Sessions Parenting Programs



## School Refusal (single session)

**Dates:** Monday 5th May 2025

**Time:** 6.30pm - 8.00pm

**Venue:** Online

Would you like to learn how to:

- Understand your child who is anxious about going to school?
- Understand what makes it tricky for them?
- Learn more about ways you can help?
- Be aware and manage your emotions?

This FREE workshop provides information and strategies to parents/carers to help with this ever-increasing issue.

**Bookings:** [Click here to register](#)

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

## Managing Your Teen's Anxiety (single session)

**Dates:** Monday 19th May 2025

**Time:** 6.30pm - 8.00pm

**Venue:** Online

This FREE interactive session focuses on:

Typical fears, worries, and anxieties that our teen's experience.

Understanding and empathising with their experiences - exploring ideas and responses that support them.

Recommended for: parents/carers of young people

**Bookings:** [Click here to register](#)

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



# PARENTZONE

# ParentZone Northern Term 2 Single Sessions Parenting Programs



## Navigating Preteen Turbulence (single session)

**Dates:** Wednesday 21st May 2025

**Time:** 6.00pm - 7.30pm

**Venue:** Online

A 'Parents Building Solutions' Program Taster session for parent/carers of children aged 9-12 years.

Are you interested in building a positive relationship with your preteen?

Would you like to support your preteen as they approach adolescence and the hormones kick in?

Are you looking for strategies to manage emotional ups and downs your preteen is experiencing?

Come along to this FREE 1.5 hour workshop to meet parents/carers and to gain a new insight and understanding of the challenges that come with preteen years.

**Bookings:** [Click here to register](#)

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

PARENTZONE



# ParentZone Northern Term 2 Single Sessions Parenting Programs



## Parenting in the Early Years (two sessions)

**Dates:** Session One: Monday 26th May 2025 - Understanding Child Development  
Session Two: Monday 2nd June 2025 - Navigating and Managing Challenging Behaviours

**Time:** 10.00am-.12.00pm

**Venue:** Online

ParentZone Northern are presenting two FREE sessions on parenting children aged 0- 5 years based on the Parents Building Solutions Program.

Would you like some new strategies on parenting children in the early years?

Understand your child's behaviour and emotions?

Would you like to meet with other parents to share ideas?

Come along to one or both sessions, it's your choice. All sessions are free but bookings are essential

### Bookings & Enquiries:

ParentZone Northern: (03) 8641 8900 or email [parentzone.northern@anglicarevic.org.au](mailto:parentzone.northern@anglicarevic.org.au)

**PARENTZONE**



# ParentZone Northern Term 2 Single Sessions Parenting Programs



## Screentime, Cyber Safety and our Kids (single session)

**Dates:** Tuesday 3rd June 2025

**Time:** 6.30pm - 8.00pm

**Venue:** Online

- Do you worry your child is on their tablet too much?
- Do you find it hard to stop them playing games and get ready for school/bed?
- Are you worried they are accessing content which is inappropriate?
- Would you like to know how to set boundaries for screentime?

Join this FREE one-off session to share concerns, learn new tips and ideas that will assist you to establish healthy screentime routine.

**Bookings:** [Click here to register](#)

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

## Dads Building Solutions (single session)

**Dates:** Wednesday 4th June 2025

**Time:** 6.00pm - 7.30pm

**Venue:** Online

Based on ParentZone's 'Parents Building Solutions' program, this FREE session will enable dads to come together to discuss what being a Dad means to them, various parenting concerns. and ways to raise healthy and happy kids.

Together they will work on strategies and ideas on how to become the dad they want to be.

Recommended for: dads/fathers/male carers.

**Bookings:** [Click here to register](#)

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

# PARENTZONE

# ParentZone Northern Term 2 Single Sessions Parenting Programs



## Navigating Co-Parenting (single session)

**Dates:** Monday 16th June 2025

**Time:** 6.30pm - 8.00pm

**Venue:** Online

Based on the Parents Building Solutions Program, this FREE session will explore and address common challenges that separated parents face in parenting.

It is an opportunity to share ideas and strategies that work with other parents in a similar situation. Open to separated parents/carers of children of any age.

**Bookings:** [Click here to register](#)

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

## Setting Healthy Boundaries (single session)

**Dates:** Tuesday 13th May 2025

**Time:** 1.30pm-3pm

**Venue:** Collingwood English Language School  
80 Johnstone Street Broadmeadows

Anglicare ParentZone will be delivering a FREE skill building session for parents/carers of children who attend Collingwood English Language School, Broadmeadows Campus.

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)



# PARENTZONE



# ParentZone Northern Term 2 Single Sessions Parenting Programs



## Setting Healthy Boundaries (single session)

**Dates:** Thursday 15th May 2025

**Time:** 1.30pm-3pm

**Venue:** Collingwood English Language School - 71 Northleigh Ave, Craigieburn

ParentZone, Anglicare will be delivering a FREE skill building session for parents/carers of children who attend Collingwood English Language School, Craigieburn Campus.

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)



# PARENTZONE





Advocating  
for children  
with disability

FREE online workshop

# First Steps



Do you have a young child with developmental delay or disability?

Then you're probably trying to navigate the huge amount of information to find out what support your child needs.

First Steps will provide information about where to start and what you need to support your child and family.

## Who is it for?

This workshop is for Victorian families beginning their journey with their child with developmental delay or disability.

## How do I book?

Bookings are essential and can be done via the QR code or this link:  
[bit.ly/FSapril25](https://bit.ly/FSapril25)

## Who will be online?

Professional facilitators are parents of children with disability who have personal experience advocating for their child in the early years.

## Topics



- Respite
- Financial supports
- Self-care
- Staying connected
- Supporting siblings

## When

Tuesday 1 April 7:30 pm

Wednesday 2 April 10:00 am

Session runs for 90 minutes with time for questions.

Scan for more information  
and to register



Email

[educate@acd.org.au](mailto:educate@acd.org.au)

Call 03 9880 7000 or

1800 654 013 regional



## Circle of Security (Online)

This program is delivered in partnership with the Anglicare Victoria Dolphin Program

Circle of Security is a relationship based early intervention program that explores how parents/carers 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 0-12 years**

**Dates:** Mondays, 28th April - 23rd June 2025

**Time:** 10am-12pm

**Where:** Online, via Zoom

**Cost:** Free

Registration essential

Please contact Broadmeadows Women's Community House on:  
[womenshouse@anglicarevic.org.au](mailto:womenshouse@anglicarevic.org.au)



Australian Government  
Department of Social Services





DPV  
Health®

## Circle of Security Parenting Program

Circle of Security at DPV Health is a **FREE 8 week parenting program** for mothers who want to strengthen their relationship with their children aged 4 months to 6 years.

### We will help you to:

- > recognise and respond to your child's needs
- > understand your child's behaviour
- > recognise that all parents struggle at times and there is no such thing as a 'perfect parent'
- > begin to understand your own reactions to your child

**To book or for more information:**

Call 1300 234 263 (option 5)

Note: Child minding facilities are not available at this group.



DPV Health services are financially supported by the Victorian Department of Health and Human Services and Commonwealth Department of Health.



Interpreters  
available

[dpvhealth.org.au](https://dpvhealth.org.au)





Do you want to:  
Support your child as they learn and grow?  
Help your child to manage their emotions?  
Improve family communication & relationships?



## **Tuning in to Kids for Dads**

**7 May - 18 June  
Wednesdays  
7 - 8.30pm  
Online**

**FREE 7 week program.  
For fathers of children aged 3-12 years**

Book in  
via the QR code  
or <https://bit.ly/mcm-early-links>  
or call 0438 849 234  
for more information





KIDS  
FIRST™

Term 2 2025

# Positive Parenting Program

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

## About the program

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

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

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

## Session dates and times

Session 1: The Power of Positive Parenting  
Tuesday, 10th June

Session 2: Raising Confident, Competent Children  
Tuesday, 17th June

Session 3: Raising Resilient Children  
Tuesday, 24th June

Time: 6:00pm – 7:30pm

Location: ONLINE via Microsoft Teams

## For all enquiries

Donna El-Cheikh

03 9450 0900 | 0409 006 126

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





# 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

 Wednesdays from 7 May - 25 June

 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



# The Northern Healing and Recovery Program (NHARP)

## Our Group Programs



### Mothers in Mind

A therapeutic group program for mothers and their children aged 5 years and under who have experienced family violence. This group aims to build parenting confidence and connections between mothers and children through shared songs, stories and play, while also providing an opportunity to get to know other mothers.

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



### Connections

A program to support families to heal from the impacts of family violence. Run over 8 sessions, the group is open to mothers of children of all ages to connect in a safe & welcoming space. Together the group explores how to build confidence and strengthen connections between mothers and their children to support recovery from family violence.

Eligibility: Women who live, work or study in Banyule, Darebin, Nillumbik, Whittlesea, Yarra, Hume and Merri-bek.



### The Healing Circle

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

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

Eligibility: Women who live, work or study in Banyule, Darebin, Nillumbik, Whittlesea, Yarra, Hume and Merri-bek.



### The Calm Collective

A beginner friendly restorative yoga group offering breathwork, yoga and guided meditation for women who are recovering from family violence. Run over 4 weeks, this group promotes opportunities for mothers to learn self-care practices.

Participation is FREE and all yoga material will be provided.

Eligibility: Women who live, work or study in Banyule, Darebin, Nillumbik, Whittlesea, Yarra, Hume and Merri-bek.

## Our Timetable 2025

### Term 2



### Mothers in Mind

Date & time:  
Wednesdays 7th May - 25 June  
9:30 am - 11:30 am  
Venue: Reservoir East Kindergarten  
15 Gisbourne Crescent, Reservoir



### The Calm Collective

Date & time:  
Tuesdays 10th June - 1st July  
9:45 am - 10:45 am  
Venue: Valley Park Community Centre  
44 Village Cres, Westmeadows



### Connections

Date & time:  
Thursdays 8th May - 26th June  
10 am - 12:30 pm  
Venue: Kids First Australia  
273 Settlement Rd, Thomastown



### The Healing Circle

Date & time:  
Wednesdays 7th May - 25th June  
Time: 10 am - 12 pm  
Venue: Broadmeadow's Women's  
Community House  
2 Hadfield Court, Broadmeadows

### Enquiries & Referrals

Phone: (03) 9450 0900  
[nharp@kidsfirstaustralia.org.au](mailto:nharp@kidsfirstaustralia.org.au)  
[kidsfirstaustralia.org.au](http://kidsfirstaustralia.org.au)







# 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

-  Thursdays from 8 May - 26 June
-  10:00am – 12.30pm
-  Kids First Australia  
273 Settlement Road,  
Thomastown

## Enquiries & Referrals

Kids First NHARP 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



# 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  
(03) 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