



# Parentzone Southern

## What's On

### Term 2, 2025

ParentZone Southern

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

Email: [parentzone.southern@anglicarevic.org.au](mailto: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**



# 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



*Hello everyone,*

*We cannot believe that Autumn is here already, and Easter is around the corner.*

*As usual we have a number of programs lined up for you across Term 4. You will find us at 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*

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



# PARENTZONE

# Baby Makes 3 (BM3) City of Casey

## Maintaining Healthy Relationships during the transition to parenthood

Cranbourne Communities for Children Initiative is funded by the Australian Government

Baby Makes 3 helps couples maintain a healthy relationship after the arrival of their baby.

**When** Tuesdays 8, 15, 29 April

**Time** 6.00pm - 8.00pm (Light Meal Provided)

**Where:**

**Fairhaven Family & Community Centre**  
42 Fairhaven Blvd,  
Cranbourne West, 3977

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

## Social Event for participants of Baby Makes 3

Calling all participants of the Baby Makes 3 programs to come together and build new friendships, networks and grow your village!

**19th June 2025**

**Time** 6.00pm - 8.00pm (Light Meal Provided)

**Where:** Cranbourne West Community Hub  
4 Flicka Boulevard, Cranbourne West, VIC 3977

Babies and children are welcome!

There will be FREE food, fun, games and activities!

### Contact

Jasbir Singh Suropada  
0438 004 285 or  
[jasbir.suopada@anglicarevic.org.au](mailto:jasbir.suopada@anglicarevic.org.au)



In partnership with



# PARENTZONE

Cranbourne Communities for Children Initiative is funded by the Australian Government



## POSITIVE PARENTING STRATEGIES-ONLINE

Presented by Parentzone in collaboration with PRONIA

### Online

### JOIN US FOR OUR POSITIVE PARENTING WORKSHOPS

#### Session One: Recognising your parenting style:

Do you ever sound like your own parents - and wish that you did not?!

Join the discussion to:

- explore different approaches to parenting
- identify the differences between how you were parented and the world you parent in today.
- learn strategies to become the parent you would like to be.

#### Session Two: Building trust in your family

Would you like to strengthen positive relationships and communication in your family?

This session will explore:

- Factors contributing to positive relationships and trust.
- Communication that works well to build trust.
- How to establish rules and consequences so that your child know what to expect and trusts you to be consistent and fair.

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, 6th May (Session One)

Tuesday, 17th June (Session Two)

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

**Venue:** Online (Zoom)

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

**Cost:** FREE!

Register once to attend both sessions

Use the QR code or this link:

<https://events.humanitix.com/t2-parents-building-solutions-and-pronia-pps>



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

### Contact

Carey Cole - 0437 428 281  
[carey.cole@anglicarevic.org.au](mailto:carey.cole@anglicarevic.org.au)



## School Participation and Engagement

### PARENTS BUILDING SOLUTIONS

UNDERSTANDING AND RESPONDING TO OUR  
CHILDREN'S RELUCTANCE TO ATTEND  
SCHOOL CAN BE A REAL CHALLENGE!

- Is every morning a struggle to get out your child, or children, up and out the door?
- Does your child have difficulty separating from you when you drop them off at school or kinder?
- Does school attendance (or lack of it) feel like it is taking over your life?
- Are you feeling overwhelmed, frustrated or helpless? Would it be helpful to explore strategies to respond to your child/ren's (and your) feelings of frustration, anger, and anxiety?
- Would you like to find ways to support your family to communicate in constructive ways?

**Date** Mondays, 12th, 19th, 26th May - 2nd June

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

**Where** Berwick Fields Primary School  
Gwendoline Drive, Berwick

**FREE!** Register using the QR code or this link:  
<https://events.humanitix.com/parents-building-solutions-encouraging-school-participation-and-engagement>



### Contact

Carey Cole - 0437 428 281  
[carey.cole@anglicarevic.org.au](mailto:carey.cole@anglicarevic.org.au)



# Parents Building Solutions

## PARENTS BUILDING SOLUTIONS (6 sessions)

**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 to behaviours rather than having planned strategies?
- Do you have trouble getting your kids to listen the first time? How to have more fun and less nagging
- 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.

### Tuesday am

**Tuesdays May 6, 13, 20, 27, June 3, 10 2025**

**12.45pm - 2.15pm**



**FREE**

**Please register via the link below or the QR code**

**<https://events.humanitix.com/peaceful-parenting-tuesday-t2-2025>**

### Tuesday pm

**Tuesdays May 13, 20, 27, June 3, 10, 17 2025**

**6.30 - 8pm**



**FREE**

**Please register via the link below or the QR code**

**<https://events.humanitix.com/peaceful-parenting-tuesday-pm-term-2-2025>**

**Please note: Sessions are not recorded and people are asked to have cameras on for all sessions**

**Wednesdays May 7, 14, 21, 28, June 4, 11 2025**

**12.45pm - 2.15pm**

### Wednesday afternoon

**FREE!**

**Please register via the link below or the QR code**

**<https://events.humanitix.com/peaceful-parenting-wednesday-lunch-t2-2025>**



**Please note: Sessions are not recorded and people are asked to have cameras on for all sessions**

**For more information contact  
[michelle.brown@anglicarevic.org.au](mailto:michelle.brown@anglicarevic.org.au)**

# PARENTZONE

# PARENTS BUILDING SOLUTIONS - Calm Parenting

Thursday morning

## ARE YOU TIRED OF ALL THE YELLING?

How to communicate better within the family

## DEALING WITH ANGER

Helping parents deal with anger in themselves and the kids

## RESPONDING TO BEHAVIOUR

Understand why children behave the way they do

## STRATEGIES THAT WORK

How can parenting be easier and more fun

Thursdays May 22, 29, June 5, 12, 19, 26 2025

10 - 11.30am



FREE

Please register via the link below or the QR code

<https://events.humanitix.com/pbs-calm-parenting-t2-2025>

Please note: Sessions are not recorded and people are asked to have cameras on for all sessions

# Living with Autism and/or ADHD

Thursday afternoon

**FREE 6 week interactive program for parents/carers living with children diagnosed with Autism Spectrum Disorder (ASD) and/or Attention Deficit Hyperactivity Disorder (ADHD).**

Learn and develop parenting strategies and approaches specifically to help you parent your neurodiverse children.

Topics may include:

- Developing their social skills
- Tapping into their strengths
- Navigating changes and transitions
- Responding to meltdowns and overwhelm
- Helping your child to regulate their emotions
- Support your child with their challenges
- Learning to navigate and even enjoy this atypical parenting journey
- Sharing the journey with other parents and carers who understand.

Thursdays May 15, 22, 29 June 5, 12, 19 2025

12.30pm - 2pm

FREE

Please register via the link below or the QR code

<https://events.humanitix.com/living-with-autism-adhd-t2-2025>



Please note: Sessions are not recorded and people are asked to have cameras on for all sessions

For more information contact  
[michelle.brown@anglicarevic.org.au](mailto:michelle.brown@anglicarevic.org.au)

PARENTZONE

[anglicarevic.org.au](http://anglicarevic.org.au)





## Growing Great Kids

## PARENTS BUILDING SOLUTIONS

For all Parents, grand parents and carers to join us in interactive sessions to share experiences, ideas & learn strategies to support your child.

- Building Resilience in Kids and Parents.
- Using Strength Based approach with kids.
- How to get kids to listen without having to yell?
- How to help your child to manage and regulate their emotions,
- Mental Health & Well Being (Self-Care)

**Date:** Wednesdays April 30, May 7, 21, 28  
June 6 & 11, 2025

**Time:** 9.00am-11.00am

**Venue:** Harrisfield Primary School,  
495 Princes Highway  
Noble Park VIC 3174

**TO REGISTER:**

<https://events.humanitix.com/growing-great-kids-t2-2025>

**Scan QR Code:**



Celeste - 9546 9210

Jasbir Singh Suropada at Parentzone  
M: 0438 004 285 or Email :  
jasbir.suropada@anglicarevic.org.au

PARENT**ZONE**



# Tuning into Kids - Face to Face

## 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?!

### Cranbourne West

**Date** Fridays, 16th, 23rd, 30th May - 6th, 13th & 20th June

**Time** 9.00 A.M.-11.00 A.M. (after School Drop Off).

**Where** Barton Primary School  
90 Everlasting Boulevard,  
Cranbourne West

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>

### Narre Warren

**Date** Thursdays, 8th, 15th, 22nd, 29th, May, 5th and 12th June 2025

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

**Where** Uniting Narre Warren Office  
55 Web St  
Narre Warren

For more information, contact:

Erin Surrey  
erin.surrey@anglicarevic.org.au



Register via link below or scan QR code:  
<https://events.humanitix.com/tuning-into-kids-narre-warren-term-2-2025-partnered-with-uniting>

**Uniting**

In Partnership with Uniting



Cranbourne Communities for  
Children Initiative is funded by the  
Australian Government



# PARENTZONE



# Tuning into Kids -ONLINE

## Emotionally Intelligent Parenting for children Aged 3-12 years

Based on an easy-to-follow five step emotional coaching approach, Tuning into Kids empowers families to build stronger relationships and support children's emotional wellbeing.

### Online

Would you like to learn how to:

- Understand your child's emotions?
- Helping your child to manage their emotions?
- Preventing behaviour problems in your child?
- Teaching your child to deal with conflict?
- Being aware of your own emotions?
- Finding ways to talk to your child and respond to them when they have big emotions.

Children with emotional intelligence tend to:

- Have greater success with making and keeping friends
- Show improved concentration at school.

Attendance is required at all sessions.

**Date** Wednesday 7th, 14th, 21st, 28th May and 4th, 11th June 2025

**Time** 6.00P.M.-8.00P.M.

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

Free event but you must register through the QR code below or click the link

<https://events.humanitix.com/tuning-into-kids-online-t2-2025>



For more information, contact:

For bookings and enquiries contact:

Iris Guasch 0436 007 492 or

email: [iris.guasch@anglicarevic.org.au](mailto:iris.guasch@anglicarevic.org.au)



# PARENTZONE

# Tuning into Teens -ONLINE

## Tuning in to Teens

Online

Please note: these sessions  
will NOT be recorded

Would you like to learn how to:

- Understand your teen's emotions and help manage them?
- Be aware and manage your own emotions when parenting?
- Develop skills to assist your teen to be resilient and problem solve?

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

**Attendance is required at all sessions  
and parents are required to have  
cameras on.**

**Date** Monday May 19th, 26th, June 2nd, 9th, 16th  
and 23rd.

**Time** 5.00P.M.-7.00P.M.

Free! Register via the QR code or  
the link below.

<https://events.humanitix.com/tuning-into-teens-online-t2-2025>



For more information, contact:

Youyou Li  
[youyou.li@anglicarevic.org.au](mailto:youyou.li@anglicarevic.org.au)  
0499 080 468

PARENTZONE

# Circle of Security

## Circle of Security Online

Cranbourne, Clyde (North) & Botanic Ridge areas

Online



Circle of Security is a relationship based early intervention program that explores how parents can enhance their attachment with their children.

The program is designed to help parents to understand their child's behaviour and to build and strengthen a secure relationship with them.

Recommended for young parents/carers of children aged 0-7 yrs.

Cranbourne Communities for Children Initiative is funded by the Australian Government



**DATE:** Thursdays 8th May -26th June 2025

**TIME:** 5.00pm - 7.00pm

**WHERE:** Online Via Zoom

**COST:** Free - please register via the link or scan the QR code below

<https://events.humanitix.com/circle-of-security-online-t2-2025>



For more information, contact:

Youyou Li

[youyou.li@anglicarevic.org.au](mailto:youyou.li@anglicarevic.org.au)

0499 080 468

# 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.

BEYOND THE VIOLENCE



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

### Frankston

**Day** Wednesdays,

**Date** May 7TH, 14TH, 21ST, 28TH, June 4TH, 11TH, 18TH AND 25TH 2025

**Time** 4.15 pm- 6.30 pm

**Cost** Free  
Bookings are essential and places are limited

**All enquiries contact:**

Carey Cole - 0437 428 281

[carey.cole@anglicarevic.org.au](mailto:carey.cole@anglicarevic.org.au)



# PARENTZONE

# Beyond the Violence- Facilitator training

**Are you looking to enhance your skills in working with women and children affected by family violence?**

## **SUITABLE FOR:**

Professionals or tertiary students with existing skills, backgrounds or passion for working with women and children affected by family violence.  
Those wanting increased skills and knowledge working with families affected by family violence.

### **Dandenong**

Wednesday 14th , 21st and 28th  
May 2025

9.30am - 4.30pm  
Food provided.

Dandenong area.  
Details given at time of booking.

Free! Bookings on QR Code  
<https://events.humanitix.com/beyond-the-violence-facilitator-training-dandenong-term-2-2025>



**All enquiries contact:**  
**Youyou Li 0499 080 468**  
**[youyou.li@anglicarevic.org.au](mailto:youyou.li@anglicarevic.org.au)**



### **Rosebud**

Friday 16th , 23rd and 30th  
May 2025

Friday 9.30am - 4.30pm  
Food provided.

Rosebud area.  
Details given at time of booking.

Free! Bookings on QR Code  
<https://events.humanitix.com/beyond-the-violence-facilitator-training-rosebud-term-2-2025>



**All enquiries contact:**  
**Iris Guasch - on 0436 007 492 or**  
**[iris.guasch@anglicarevic.org.au](mailto:iris.guasch@anglicarevic.org.au)**

# PARENTZONE

# Beyond The Violence Professional Training T3



BEYOND THE VIOLENCE



**Are you looking to enhance your skills in working with women and children affected by family violence?**

## BEYOND THE VIOLENCE FACILITATOR TRAINING Term 3 2025

SUITABLE FOR:

Professionals or tertiary students with existing skills, backgrounds or passion for working with women and children affected by family violence.

Those wanting increased skills and knowledge working with families affected by family violence.

### Frankston

**DATES:** Tuesday 12th, 19th and 26th  
August 2025

**TIME:** Friday 9.00am - 4.30pm  
Food provided.

**WHERE:** Frankston Location  
Details given at time of booking.

**COST:** Free! Bookings on QR Code

**BOOKINGS ARE ESSENTIAL AND PLACES ARE LIMITED - please register here:**

Carey Cole - 0437 428 281

[carey.cole@anglicarevic.org.au](mailto:carey.cole@anglicarevic.org.au)

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

PARENTZONE



# PARENTING AFTER FAMILY VIOLENCE

For parents in Cranbourne, Clyde (North) & Botanic Ridge areas

## PARENTS BUILDING SOLUTIONS

### THIS IS A 6 WEEK PROGRAM FOR PARENTS WHO HAVE EXPERIENCED FAMILY VIOLENCE

Would it be helpful to explore strategies to respond in a trauma-informed way to your child(ren)'s challenging behaviours?

Would you like to:

- Re-establish trust in your family?
- Improve your relationship with your children?
- Improve communication in your family?
- Explore strategies for responding to big feelings?
- Help your children understand rules and establish boundaries?
- Explore strategies to respond to other parenting challenges?

The program will be co-designed with participating parents, based upon their parenting goals.

Cranbourne Communities for Children Initiative is funded by the Australian Government

**DATE** Mondays May 12, 19, 26, June 2, 16, 23  
There will be no session on June 9 due to Public holiday

**TIME** 10.00 a.m. - 11.30 a.m.

**WHERE** Online.

**COST** FREE!

For more information, to explore if this program is appropriate for you, and to discuss registration, please contact:

Erin Surrey

0438 459 891

[erin.surrey@anglicarevic.org.au](mailto:erin.surrey@anglicarevic.org.au)

*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?





## RECONNECTING OUR FAMILY PARENTS BUILDING SOLUTIONS

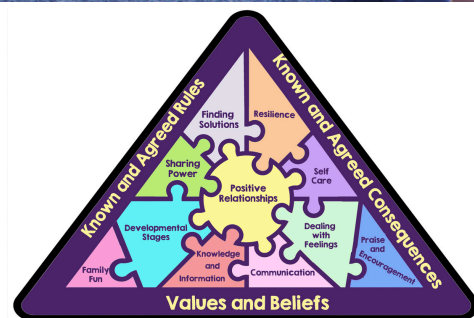
- Have the relationships between you and your children been impacted by family violence?
- Does your family feel disconnected?
- Do you feel alone?

Reconnecting Our Family is a program for parents and children who are survivors of family violence. It is suitable for families who are no longer living with the person who is abusive, and who are not in crisis.

The program offers an opportunity for parents and their children to explore ways to rebuild their relationships and to reconnect with each other as a unit. Here you can meet and connect with other parents and children who understand, and have fun together both as a family and as a group.

*The program is for parents of all genders who have experienced family violence. There is an intake process to explore whether the group is suitable for your family's circumstances.*

**DID YOU KNOW:** You can take time off work to attend the program using your Family Violence leave entitlement?



**DATE:** Thursdays, 15th May - 19th June

**TIME:** 4.00 p.m. - 5.30 p.m.

**WHERE:** Pakenham location - details provided following registration

**COST:** FREE!

For more information, to explore if this program appropriate for you, and to discuss registration, please contact:

Carey Cole

0437 428 281

carey.cole@anglicarevic.org.au

**PARENTZONE**

# Family Violence & Homelessness Support

## The Orange Door

<https://www.orangedoor.vic.gov.au/>

For women, children and young people who are experiencing family violence or families who need assistance with the care and wellbeing of children to be safe and supported.

I

1800 319 353 (Bayside Peninsula)  
1800 271 170 (Dandenong)

## Safe Steps

<https://safesteps.org.au/>

Immediate support for anyone experiencing family or Domestic violence

1800 015 188 (24/7)

Email: [safesteps@safesteps.org.au](mailto:safesteps@safesteps.org.au)

**Do you need help or support due to homelessness or family violence?**

**RESPECT: 1800 737 732**

**HOMELESSNESS Support service: 1800 627 727**

**SECASA**

<https://www.secasa.org.au/>

**9928 8741**

Sexual assault and family violence help

## WAYYS

<https://www.wayss.org.au/>

personalised support and places to stay for people at risk of or experiencing family violence, housing insecurity or homelessness

**9791 6111**

## Emerge

Women and Children Support Network

<https://emergesupport.org.au/contact/>

Provide 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).



# 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

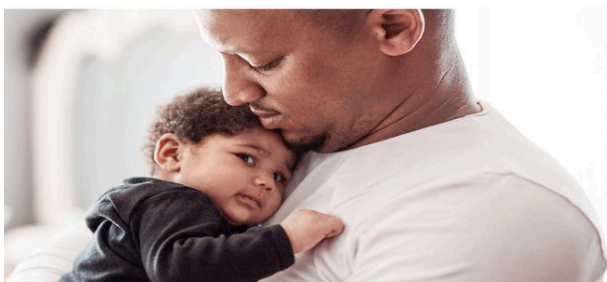
### Cardinia Dads- For dads who live in Cardinia Shire

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 April 28, May 5,12,19,26 June 2

**Time:** 6-8PM

**Cost** Free

Parent Resource Coordinator

Jasbir Singh Suropada

Call or Text 0438 004 285

Email: jasbir.suropada@anglicarevic.org.au

Click link below or Scan

QR Code to Register:

<https://events.humanitix.com/dads-do-matter-ddm-term-2-2025>



**When:** Each group runs for 6 weeks. Start dates are 7 May, 27 August, 22 October

**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](https://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](mailto:mail@cardinia.vic.gov.au).



Funded by Cardinia Shire Council and Maternal Child Health.

Facilitated by Parentzone-Anglicare Victoria



# PARENTZONE

# Men's 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

**Please contact council at [dadsmatter@casey.vic.gov.au](mailto:dadsmatter@casey.vic.gov.au)**

## Men's Behaviour Change Program- Family Life

### 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](tel:85995433)**
- **Frankston**
  - Level 1, 60-64 Wells Street, Frankston, Victoria 3199.
  - Tel: 03 9770 0341





# 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](mailto:s.kasynathan@gmail.com)



# 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**

### **Men's Helpline**

### **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](tel:0401766877)

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

This service is available globally via Zoom.

# Communities for Children Cardinia

## ENQUIRIES

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

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

## 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

# 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.

### 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

## PARENTZONEHUB

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](mailto: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](mailto: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.



# Foster Care Anglicare Victoria

## Foster Care Information Sessions

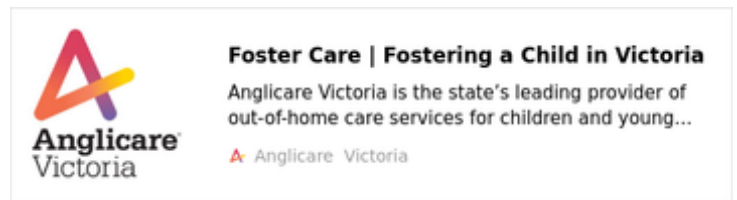
As a foster carer, you can choose from several different types of foster care placements ranging from emergency care right through to respite and longer-term care.

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 2, 2025

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 Term 2 2025.**

**28th May,**

**12th June**

**25th June**

**8th July**

**24th July**

**28th July**

**and more, check site for list and details.**

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](mailto: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 wellbeing 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?

## **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.

Translating Services Available

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

RESOURCES

# Crisis 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

**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.

## **Raising Children Network**

Offers lots of resources

Child protection South Division intake -To report children and young people whose safety is at risk.

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)

## **NEIGHBOURHOOD HOUSES VICTORIA**

For your local Community House please click [here](#)

<https://www.nhvic.org.au/find-a-neighbourhood-house>

## **Association for Children with a Disability (ACDVic) (03) 9880 7000**

Our free telephone advocacy support service helps you understand your child's rights and advocate for your child. Our confidential and judgment-free advice can help you: • Prepare for meetings with childcare, school or NDIS •

Find resources and information •

Plan the next steps in your journey

03 9880 7000

1800 654 013 for regional callers



Support Line hours are Monday to Friday, 9am – 5pm.  
calendar

Click [here](#) for the workshop

# 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](mailto:megan.prout@dpc.vic.gov.au)  
phone: 0467 578 030

## 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.

### **Djarra 1800 105 303 (9am to 5pm, Monday to Friday)**

Telephone counselling service for Aboriginal people who are experiencing or have experienced family violence.

### **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](#)

## 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](#).

## 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

#### DANDENONG HQ

39 Clow St, Dandenong, VIC 3175

03 9767 1900

03 9706 8830

[smrc@smrc.org.au](mailto: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](#)

#### [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.



#### [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](mailto: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](mailto:admin@cook4cald.org)

Instagram: @COOK4CALD

Facebook: COOK4CALD

LinkedIn: COOK4CALD