



ParentZone Gippsland

July- October 2025

Information on programs to support parents
and carers across Gippsland

E: parentzone.gippsland@anglicarevic.org.au

M: PO Box 959 Morwell Vic 3840

P: (03) 5135 9555

PARENTZONE

**BETTER
TOMORROWS**

How can we at ParentZone Support you?

At ParentZone we offer all carers and parents a space to develop and strengthen their parenting skills while creating positive changes in their family. We provide free parenting groups, workshops, resources, and training to all parents and caregivers across the Gippsland region. Our skilled and experienced facilitators tailor education programs to enhance your family. This is done by using evidence informed frameworks such as Parents Building Solutions, Breaking the Cycle, Small talk and many more.

ParentZone programs support all ages and stages, from newborns to teenagers. Our programs address the challenges faced by parents including family violence and development milestones.

For more information or to discuss our programs please contact us on:

parentzone.gippsland@anglicarevic.org.au

P: (03) 5135 9555

Frequently Asked Questions

How do I register?

Simply scan the individual QR code on the flyer of your chosen session OR enter the unique MS forms code into your internet browser OR contact ParentZone directly on 03 5135 9555 or parentzone.gippsland@anglicarevic.org.au.

Do the sessions cost?

All ParentZone facilitated sessions are completely FREE of charge.

What if I can't make all of the sessions?

To gain the full learning and support from programs we suggest you attend all sessions. However, we understand that illness and life happen, we do have a requirement in order to receive a certificate of completion you attend a minimum of 4 of the 6 sessions.

What technology do I need for online sessions?

Our online session use the ZOOM platform, you will need a device that is compatible with a working camera and microphone.

Do I have to keep my camera on?

Yes, there is a requirement that your camera is on, this allows the facilitator and other participants to see one another. All our programs are designed to be interactive sessions with parent participation encouraged.

Are the sessions recorded?

No, our sessions are not recorded. This is to protect the privacy of participants as the sessions are interactive and each program is designed to cover topics to meet your parenting needs.

Can my partner or support person attend as well?

Yes, anyone who can support your parenting is welcome to attend.

Can you diagnose my Child?

No, ParentZone offers general parenting advise and education we can suggest some referral pathways or services to contact for specialised direction and advice.



Triple P Parenting Program

The Triple P – Positive Parenting Program understands that all parents have different needs. Suitable for children aged 2-12

Triple P is an evidence-based parenting program, backed up by over 35 years of research in supporting and understanding family connection and need. Triple P gives parents simple and practical strategies to help build strong, healthy relationships and confidently manage children's behaviours while preventing future problems developing.

By attending this group, you will receive personalised face to face support, and an interactive workbook designed to guide and support you through your learning journey.

The program is delivered across 4 group in person groupwork sessions, followed by 3 one on one sessions and one final group session to bring it all together.

This program requires a commitment of 8 sessions.

Monday 28/07/2025

Monday 04/08/2025

Monday 11/08/2025

Monday 18/08/2025

3 individual sessions planned with you

Final Group session

Monday 15/09/2025

Time: 12:00pm - 2:00pm

Where Anglicare Victoria Morwell
180 Commercial Road Morwell 3840

To Register please click the
link, scan the code or call
03) 5135 9555
<https://forms.office.com/r/A3JHm00DTa>



PARENTZONE



Bringing up Great Kids after Family Violence

Bringing up Great Kids: Parenting after Family Violence is a mindful, reflective and respectful program for mothers impacted by family violence. Suitable for all ages.

This 7-week face to face interactive group provides a nurturing, empowering and safe environment for women to learn from each other, and begin a journey of understanding and healing, for themselves and their children while recovering from the impacts of family violence.

During the 7 weeks we will understand how family violence affects your parenting and impacts relationships with your children. Learn how parenting is affected by family violence and how to overcome this to feel more confident in your parenting. Identify and deliver the important messages to your children.

Learn about brain development in children and its influence on their thoughts, feelings, and behaviour. Understand the meaning behind behaviours and how to respond to children's underlying feelings and needs. Discover ways to take care of yourselves and find support when needed. Support yourselves and others with parenting wisdom, inner strengths and courage.

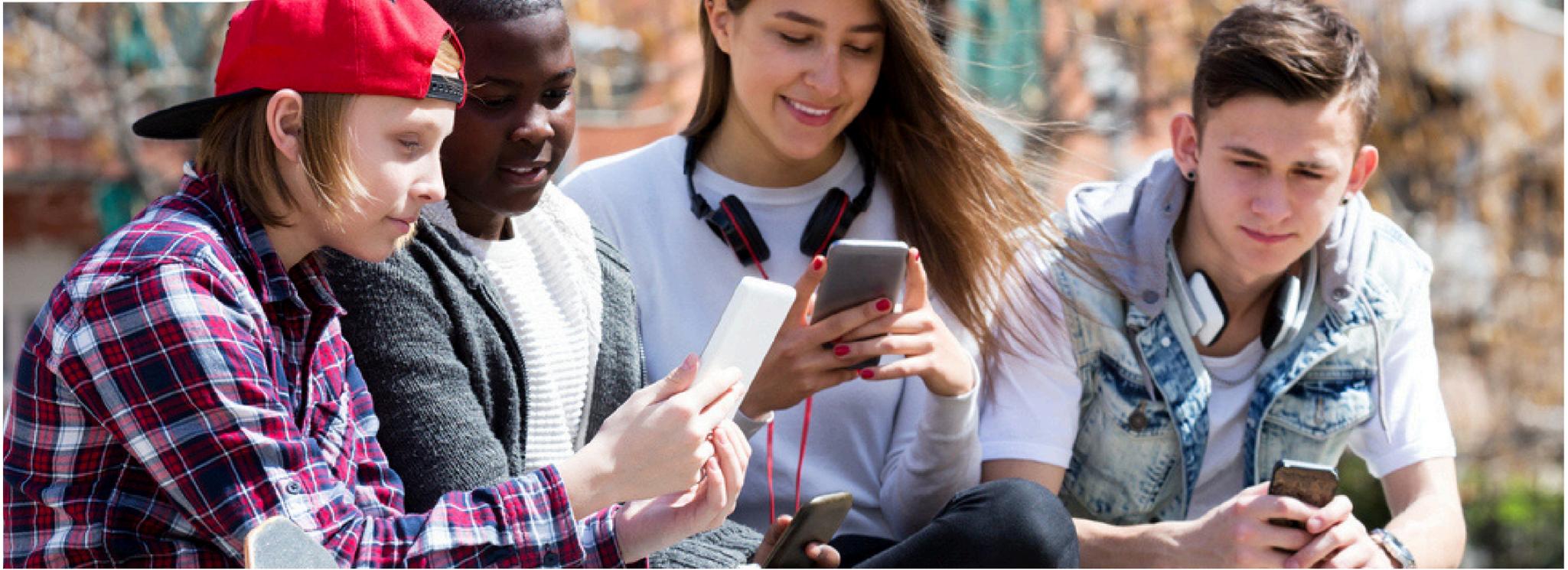
This is a 7-week program
Every Tuesday for 7 weeks
Tuesday 29th July – Tuesday 9th September

11:00am- 1:00pm

Anglicare Victoria Wonthaggi
88 Watt Street Wonthaggi Vic 3995

To Register please click
the link, scan the code
or call 03) 5135 9555
<https://forms.office.com/r/6NYXViU36P>





Tuning into Teens

Parenting program that teaches parents skills to help their teens begin to understand and regulate their emotions. Suitable for children 12 years and above.

Tuning into Teens is an evidence-based program designed to support parents and caregivers emotionally tune into their teenagers.

Emotional intelligence in teenagers refers to their ability to understand and manage their own emotions, while recognising and responding to the emotions of others. It's a crucial skill that impacts social relationships, academic performance, and overall well-being. Research shows adolescents with tuned in emotional intelligence are more aware, assertive and strong in situations of peer pressure, and have greater success making friends. Emotionally intelligent teens are better able to manage conflict with peers, improve their ability to self-regulate when upset or angry and suffer fewer mental health and substance abuse difficulties.

This six-session program helps to support teenagers develop their emotional intelligence, communicate more effectively in the home and community, and have greater success making and maintaining peer relationships. We give you the caregiver the strategies to support your teens emotional regulation, manage disappointment and conflict starting with the home.

This is a 6-week program

Tuesday 29/07/2025

Tuesday 05/08/2025

2-week break

Tuesday 26/08/2025

Tuesday 02/09/2025

Tuesday 09/09/2025

Tuesday 16/09/2025

To Register please click
the link, scan the code
or call 03) 5135 9555

<https://forms.office.com/r/H7eUfFVaCj>



6:00pm-8:00pm

Via ZOOM



Tuning Into Kids

Emotionally intelligent parenting for parents of children aged 3-12 Years.

Tuning into Kids is an evidence-based program designed to support parents and caregivers emotionally tune into their children.

Emotional intelligence in children refers to their ability to understand and manage their own emotions and recognise and respond to the emotions of others. It's a crucial skill that impacts social relationships, academic performance, and overall well-being. Research shows children with tuned in emotional intelligence are more aware, assertive and strong in communication, and have greater success with making friends and ability to focus on foundational learning.

This six-session program helps you to support your children develop a foundation of emotional intelligence, communicate more effectively in the home and school, have greater success making friends and managing sibling conflict. We give you the caregiver the strategies to support your children develop their emotional intelligence in a safe and supportive peer environment.

This is a 6-week Program running for 6 consecutive weeks

Starting

Wednesday 30/07/2025 until Wednesday 03/09/2025

6:00pm-8:00pm

Via ZOOM

To Register please click
the link, scan the code or
call 03) 5135 9555

<https://forms.office.com/r/xzYwGTcJxD>





Working Towards Reconnection

This 6-week program gives you the space and opportunity to work through parenting goals that will enhance your parent child relationship focusing on empowering you to reconnect with your child.

When working towards reunification with your children often it is suggested parents join a parent education program or a support group however, we understand a lot of parent education groups are designed for those in full-time care role.

For whatever reason your parenting journey has been interrupted, and you may be working towards a reconnection, or re-establishing a parenting relationship. Working towards reconnection works on parent education from a retrospective viewpoint and how to reflect to make alternative decisions in the future. During this interactive peer supported program, we will work through you as the parent, selfcare, when to seek help and how. Practical parenting strategies when re-establishing the parenting role, your communication and connection not only with your child but with those in your community and how to manage and regulate your emotions during transition periods.

We acknowledge this can raise many deep emotions from guilt, shame, resentment and grief. While also feeling fear and anxiety about how to cope once you are back in the full-time parenting role.

Working Toward Reconnection looks at these emotions in a safe, judgement free and proactive space.

This is a 6-week Program

Thursday 31/07/2025

Thursday 07/08/2025

Thursday 14/08/2025

1 week's break

Thursday 28/08/2025

Thursday 04/09/2025

Thursday 11/09/2025

10:00am-12:00pm

Anglicare Victoria Warragul

2/3 Barkly Street Warragul

Vict 3820

To Register please click
the link, scan the code
or call 03) 5135 9555

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r/N1JkXi9rpu](https://forms.office.com/r/N1JkXi9rpu)



PARENTZONE



Parent Building Solutions Dad's

Open to all Dads, Step-Dads, Single Dads and Grand-Dads.

Fathers and father figures can play a crucial role in shaping a child's development and well-being. A safe and consistent involved father contributes to a child's overall success, fostering a positive and secure environment that supports their growth and resilience.

This program looks at the importance of dads in our families and society. How to challenge old parenting styles and how to connect with your children regardless of the age, stage and time spent with them.

During this six-week program we will discuss how to increase your confidence as a parent, improve your communication and connect with your children, creating a healthy relationship based on boundaries and consistency. We discuss how to cope with the stress and emotions that comes from parenting in a safe and supportive way that nurtures your relationship together.

This is a 6- week program

Friday 01/08/2025

Friday 08/08/2025

2-week break

Friday 29/08/2025

Friday 05/09/2025

Friday 12/09/2025

Friday 19/09/2025

12:30pm-2:30pm

Via ZOOM

To Register please click
the link, scan the code or
call 03) 5135 9555

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School is Cool

For parents and caregivers who have children in primary school.

School refusal, also known as school avoidance or school phobia, is a significant issue for children, particularly during the primary school years, and can manifest in various ways.

School refusal is often a result of separation anxiety, the fear of the unknown and negative peer interactions, it can be complex and vary from child to child, often involving a combination of factors rather than a single issue.

During this session we encourage care givers to look at ways to imbue excitement about school attendance, manage those big feelings at drop off, and support your child after a big day so they can continue to attend daily for the weeks to come.

We discuss your needs for selfcare and how to respond to your own triggers and stressors during these periods.

This is a single session program running for 2 hours

Thursday 10/07/2025

10:30am – 12:30pm

Via ZOOM



To Register please click the
link, scan the code or call
03) 5135 9555

[https://forms.office.com/r/
2STe82ZWbQ](https://forms.office.com/r/2STe82ZWbQ)



Anxiety

A two-hour single interactive session for parents and caregivers who are supporting children aged 5- 12 years old

Anxious kids often display a range of symptoms, including feelings of worry or fear, seeking reassurance, and difficulties with concentration or sleep. These symptoms can manifest in various ways, such as avoiding social situations, school, or specific places, and even exhibiting physical signs like stomach aches or headaches.

This single session is designed for parents and caregivers with children 5-12 years who are displaying big anxious feelings regarding separation, decision making, and even peer play.

During the two-hour peer based interactive discussion, we will provide you with information and tools to support your children during these anxious moments. This will include being aware of your own anxiety, how to respond to your child in a supportive way and how to reconnect after a hard moment together.

This is a single session program running for 2 hours

Thursday 24/07/2025

10:00am – 12:00pm

Via ZOOM



To Register please click
the link, scan the code or
call 03) 5135 9555

<https://forms.office.com/r/uAS10LPUFn>



Communication

A two-hour single interactive session for parents and caregivers who want to improve the communication channels with their young people. Suited for those caring for 5-12 year olds.

Poor communication with children can lead to a range of negative impacts on their development leading to low self-esteem, poor social skills, anxiety, challenges with transitions and an inability to express their safety needs.

This two-hour interactive session works through the communication barriers we all feel with our young people at times.

During this session we discuss, listening without judgement, anger or feeling nagged.

Work on ways you can support your child to problem solve, communicate their needs effectively and build on their resilience.

And how to manage your care giver stress improving harmony in the home.

This is a single session program running for 2 hours

Wednesday 27/08/2025

12:30pm-2:30

Via ZOOM



To Register please click the
link, scan the code or call
03) 5135 9555

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PARENTZONE



Bullying

2-hour interactive session designed to help children and young people with bullying, suitable for all ages

As we know children and young people who are bullied are more likely to experience depression, anxiety, increased feelings of sadness and loneliness, changes in sleep and eating patterns, and loss of interest in activities they used to enjoy.

During this two-hour interactive session, we will learn what bullying is, how you as a care giver can recognise the signs your child is being bullied or is bullying others.

How to effectively have these challenging conversations and support your child through seeking support to resolve the issue. We aim to improve your communication together and empower you to advocate for your child.

This is a single session program running for 2 hours

Wednesday 10/09/2025

11:30am-1:30pm

Via ZOOM



To Register please click the
link, scan the code or call
03) 5135 9555

<https://forms.office.com/r/Rc6B4kYLAd>



Raising resilient kids

Two-hour interactive caregiver discussion supporting those caring for children aged 4-13 years old

Children who exhibit poor resilience may struggle with emotional regulation, self-esteem, navigating social situations and making simple decisions. They may also be more prone to anxiety and stress which can present in many ways such as emotional outbursts, lashing out and complaining of frequent stomach aches.

During this session we discuss how to support your child through change, decision making and hard tasks. How you can support their big feelings while supporting yourself and how to work with your child on developing their own regulation plan.

This is a single session program running for 2 hours

Wednesday 24/09/2025

10:00am-12:00pm

Via ZOOM



To Register please click the
link, scan the code or call
03) 5135 9555

<https://forms.office.com/r/fUhvCf4zvE>



Preparing for Kinder

Information to help prepare yourself and your children for kindergarten. For parents and caregivers of children starting 4 year old Kinder

To be considered "kinder ready," a child should be able to manage separation from caregivers, interact positively with others, concentrate for short periods, and demonstrate some independence with self-help skills. They should also be able to follow simple rules, understand basic concepts, and show an interest in learning.

During this interactive session we look at ways to support you and your child manage the emotions to handle drop off and exhaustion after a big day of learning. We discuss developing routines, communication and listening skills at home easing the stress of transitions of early education.

This is a single session program running for 2 hours

Tuesday 30/09/2025

10:00am-12:00pm

Via ZOOM



To Register please click the
link, scan the code or call
03) 5135 9555

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Smalltalk In Home Support

Smalltalk is a set of evidence-based strategies that parents can use to enhance the home learning environment for their children from birth up to school age.

In-Home Support involves a qualified facilitator visiting a family in their own home. Parents participating in In-Home Support may also be attending a Supported Playgroup. During these home-based sessions, parents see practical examples of the smalltalk strategies, and have the opportunity to practice these ideas with guidance from a qualified facilitator.

The parent and the qualified facilitator go through an In-Home Support videos together, which shows examples of the smalltalk strategies. The parent and facilitator then work together through the remainder of the session, practising the strategies modelled on the DVD, incorporating suggestions by the parent.

How Many Sessions are there?

Families attending a supported playgroup are eligible for 5 In-Home sessions.

Families not attending a supported playgroup are eligible for 10 sessions.

To discuss this program further, please call or text or email

Kim on 0429 862 466. P: (03) 5135 9555

Parentzone.Gippsland@anglicarevic.org.au



Learning Through Play Facilitated Playgroups

Some things you can expect from our playgroup are:

New and fun ways to learn through imaginative play and craft activities. Connect through songs, dancing, nursery rhymes, and stories. Get ideas how to continue play at home. Be encouraged to explore your own creativity. Connect with other parents and children. Within our playgroup, we offer the opportunity to learn new techniques to strengthen and improve interactions and engagements with your children using the evidence based Smalltalk strategies.

Monday

Location: Noahs Ark
25 Chestnut Ave, Morwell
Time: 10:00am - 12:00pm
Age: 0 - 5 years

Tuesday

Location: Childrens Contact Centre
101 Buckley St, Morwell
Time: 10:00am - 12:00pm
Age: 0 - 5 years

Wednesday

Location: Noahs Ark
25 Chestnut Ave, Morwell
Time: 10:00am - 12:00pm
Age: 0 - 5 years

Thursday

Location: Churchill Neighbourhood
Centre
Studio, 9 Phillip Parade
Time: 10:30am - 12:30am
Age: 0 - 5 years

Friday

Location: Glendonald Preschool
Churinga Drive, Churchill
Time: 9:30am - 11:30am
Age: 0 - 5 years

To discuss groups further,
please call or text or email
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