



Parenting in the South

What's On Guide - Term 3, 2025

ParentZone Southern

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

E: parentzone.southern@anglicarevic.org.au

PARENTZONE

**BETTER
TOMORROWS**

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≡Welcome≡

ParentZone Southern Term 3

Hello and Welcome. We cannot believe that Winter is already here, and Spring is just around the corner.

Our team have been working hard to deliver programs that promote positive parenting and support vulnerable families and carers across the southern region.

You will find us at schools, councils, and community groups, facilitating both in-person and virtual parenting sessions in Cardinia, Casey, Greater Dandenong, Frankston and Mornington Peninsula.

Please enjoy exploring our 'What's On' guide and the great selection of programs we have lined up for Term 3. If you have information to include in our newsletter, please send us an email.

What's New?

New Help Hub service available on the Anglicare Victoria website

AV Help Hub is a new service that ensures people can access the help they need quickly, such as: emergency relief, financial counselling, disaster recovery, homeless support, and gambler's help. There is also a range of programs for Student Internet, Rental Stress, Energy Assistance, and Victims Assistance.



Why parents love our programs:

- Our facilitators are engaging, and the programs are super flexible.
- We are all about focusing on your strengths and giving you more strategies and tools.
- Programs are a team effort between you and us because you're the expert of your family!
- You can take your pick from single sessions or the 6-week programs.
- You can come to a program in person or join the online sessions.

ParentZone Southern

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

E: parentzone.southern@anglicarevic.org.au

Anglicare Victoria Pakenham Office

75 Army Rd, Pakenham, 3810

Anglicare Victoria Frankston Office

60-64 Wells St, Frankston 3199



PARENTZONE

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](#)



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

PARENTZONE

Baby Makes 3



Cranbourne - July

Day: Tuesday evenings
Dates: 8 July - 22 July 2025
Time: 6:00 - 8:00 pm
Venue: Cranbourne West Community Hub
Registration is essential

 [See flyer here](#)

Cranbourne - August

Day: Tuesday evenings
Dates: 19 August- 2 September 2025
Time: 6:00 - 8:00 pm
Venue: Cranbourne West Community Hub
Registration is essential

 [See flyer here](#)

Jasbir Singh Suropada

P: 0438 004 285

E: jasbir.suopada@anglicarevic.org.au

Baby Makes 3

**Maintaining Healthy Relationships
during the transition to parenthood**

Baby Makes 3 helps parents to understand what it means to become a parent and the impact this may have on their relationship.

Parents can develop a greater respect for each other's roles, improve communication, and share their experiences, hearing from others going through the same journey.



 **FREE**  **3-SESSIONS**

PARENTZONE

Beyond the Violence



Rosebud - July

Day: Thursday evenings
Dates: 24 July - 12 September 2025
Time: 4:00 - 6:30 pm
Venue: Details at time of booking
Light supper provided

Iris Guasch

P: 0436 007 492

E: iris.guasch@anglicarevic.org.au

 [See flyer here](#)

Dandenong - July

Day: Wednesday evenings
Dates: 30 July - 17 September 2025
Time: 4:15 - 6:30 pm
Venue: Details at time of booking
Light supper provided

Youyou Li

P: 0499 080 468

E: youyou.li@anglicarevic.org.au

 [See flyer here](#)

Beyond the Violence

Beyond the Violence is for women and children who have been impacted by family violence.

It offers an opportunity to connect with other women who have survived violence, for children to explore prosocial behaviours and make friends, and for families to reconnect with each another as a unit.

Suitable for families no longer in crisis nor living with the person using violence,



 **FREE**  **8-SESSIONS**

PARENTZONE

Parents Building Solutions



Growing Great Kids

Officer (five sessions)

Day: Tuesday mornings
Dates: 19 August - 16 September 2025
Time: 9:00 - 11:00 am
Venue: Bridgewood Primary School

For all parents, grandparents and carers. Join us in interactive sessions to share experiences, ideas and learn strategies to support your child.

- Build resilience in kids and parents.
- Use a strength-based approach with kids.
- Get kids to listen without having to yell.
- Help your child to manage and regulate their emotions.
- Mental health and wellbeing (self-care).

Jasbir Singh Suropada

P: 0438 004 285

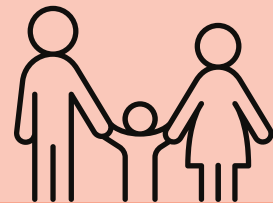
E: Jasbir.suopada@anglicarevic.org.au

 [See flyer here](#)

Parents Building Solutions

Parents Building Solutions are parenting programs that help parents develop skills to strengthen child development and wellbeing.

They often explore strategies to respond to challenging situations and cover a variety of topics from positive parenting and establishing routines through to parenting after family violence.



 **FREE**  **6-SESSIONS / 1-SESSION**

PARENTZONE

Parents Building Solutions

SIX SESSION PROGRAMS



Dads do Matter

Online
(six sessions)

Day: Monday evenings
Dates: 21 July - 25 August 2025
Time: 6:00 - 8:00 pm
Venue: Online

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.
- Connecting with other Dads.
- Improving your confidence and your communication skills as a Dad.
- Coping with stress and anger.
- Handling conflicts with respect.
- Parenting beyond separation.

Jasbir Singh Suropada
P: 0438 004 285
E: Jasbir.suopada@anglicarevic.org.au



[See flyer here](#)



Living with Autism /ADHD

Online
(six sessions)

Day: Thursday afternoons
Dates: 31 July - 4 September 2025
Time: 12:30 - 2:00 pm
Venue: Online

An interactive program for parents and carers living with children diagnosed with Autism Spectrum Disorder (ASD) and/or Attention Deficit Hyperactivity Disorder (ADHD). Topics may include:

- Developing their social skills
- Knowing their strengths
- Managing changes and transitions
- Responding to meltdowns
- Helping your child to regulate their emotions

Michelle Brown
E: Michelle.brown@anglicarevic.org.au



[See flyer here](#)

PARENTZONE

Parents Building Solutions

SIX SESSION PROGRAMS



Peaceful Parenting

Online
(six sessions)

Day: Tuesday evenings
Dates: 5 August - 9 September 2025
Time: 6:30 - 8:00 pm
Venue: Online

Are you tired of all the yelling - yours and theirs? Learn how to have more fun and less nagging through planned strategies for difficult behaviour such as:

- Having trouble getting your kids to listen the first time.
- Difficulties with increasing school participation.
- Challenging behaviours for whatever reason - Living with ASD, trauma, or ages and stages of development.

Michelle Brown
E: Michelle.brown@anglicarevic.org.au

 [See flyer here](#)

Calm Parenting

Online
(six sessions)

Day: Thursday afternoons
Dates: 5 August - 9 September 2025
Time: 12:30 - 2:00 pm
Venue: Online

For parents, step-parents, grandparents, families and carers of children of all ages. Share ideas, feel supported and learn new things:

- How to communicate better with family.
- Helping parents deal with anger in themselves and the kids.
- Understand why children behave the way they do.
- How can parenting be easier and more fun.

Michelle Brown
E: Michelle.brown@anglicarevic.org.au

 [See flyer here](#)

PARENTZONE

Parents Building Solutions

SIX SESSION PROGRAMS



Big Emotions, Calm Responses

Narre Warren South (six sessions)

Day: Thursday mornings
Dates: 7 August - 11 September 2025
Time: 9:00 - 10:30 am (after drop off)
Venue: Hillsmeade Primary School

Setting boundaries and managing both our own and our children's emotions positively and calmly is difficult. If you are finding emotional regulation a challenge - you are not alone!

- Understand what fears, worries and behaviours are "normal" for your child's age and stage of development.
- Learn how issues such as trauma or neurodiversity impact on them.
- Explore strategies to respond to your child's big feelings like anger, anxiety, fear etc.
- Establish clear boundaries that support your child's emotional regulation.

Carey Cole
P: 0437 428 281
E: Carey.cole@anglicarevic.org.au



[See flyer here](#)

Parenting after Family Violence

Online (six sessions)

Day: Thursday afternoons
Dates: 7 August - 11 September 2025
Time: 12:30 - 2:30 pm
Venue: Online

Parents who have experienced family violence, explore strategies that respond to challenging behaviours in a trauma-informed way.

- Re-establish trust in your family.
- Improve your relationship with your children.
- Improve communication in your family.
- Explore responses to big feelings.
- Help your children understand rules and establish boundaries.

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P: 0437 428 281
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[See flyer here](#)

PARENTZONE

Parents Building Solutions

SINGLE SESSION PROGRAMS



Establishing Routines

Cranbourne (one session)

Day: Friday morning
Dates: 22 August 2025
Time: 9:30 - 11:30 am
Venue: Cranbourne Carlisle Primary School

Did you know that having consistent routines helps our children know what to expect, and that this improves sleep, school engagement and emotional regulation?

- Explore strategies to be more consistent in your expectations and responses.
- Address challenges like getting up to go to school or getting to bed for your family.
- Fit in homework, school lunches and sport without becoming frazzled.

Carey Cole
P: 0437 428 281
E: Carey.cole@anglicarevic.org.au

 [See flyer here](#)

Positive Parenting Strategies

Online (two sessions)

Day: Tuesday afternoons
Dates: 29 July / 2 September 2025
Time: 9:30 - 11:30 am
Venue: Online

Conflict Resolution, Parts One and Two
Parents often tell us that they were not taught how to resolve conflict when they were growing up, and don't have the tools to support their children to develop this important skill.

- Explore strategies for positive and constructive conflict resolution.
- Promote respectful and effective communication within the family

Carey Cole
P: 0437 428 281
E: Carey.cole@anglicarevic.org.au

 [See flyer here](#)

PARENTZONE

Tuning in to Kids



Tuning in to Kids

Cranbourne (six sessions)

Day: Wednesday mornings
Dates: 30 July - 3 September 2025
Time: 10:00 - 12:00 pm
Venue: Cranbourne West Community Hub

Setting boundaries and managing both our own and our children's emotions positively and calmly is difficult. If you are finding emotional regulation a challenge at times, please join us for this parenting program - you are not alone!

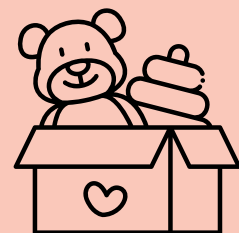
Iris Guasch
P: 0436 007 492
E: iris.guasch@anglicarevic.org.au

 [See flyer here](#)

Tuning into Kids

Parenting is one of the toughest jobs you will ever do. Tuning in to Kids shows you how to help your child develop emotional intelligence.

Children with emotional intelligence show improved concentration at school and have greater success with making and keeping friends.



 **FREE**  **6-SESSIONS**

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Tuning in to Kids



Tuning in to Kids

Berwick (six sessions)

Day: Monday mornings
Dates: 4 August - 8 September 2025
Time: 8:45 - 10:45 am
Venue: Brentwood Park Primary School

Parenting is one of the toughest jobs you will ever do, without any training! Tuning into Kids shows you how to help your children to develop emotional intelligence. You could learn to:

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

Carey Cole
P: 0437 428 281
E: Carey.cole@anglicarevic.org.au

 [See flyer here](#)

Tuning in to Kids

Doveton (six sessions)

Day: Tuesday mornings
Dates: 29 July - 2 September 2025
Time: 10:00 - 12:30 pm
Venue: Doveton Library

For parents and carers of children aged 2-10 years. An easy-to-follow five-step emotional coaching approach, empowers families to build stronger relationships and support children's emotional well-being:

- Understand and nurture your child's emotional intelligence.
- Coach your child through big feelings
- Equip your child with tools to manage emotions, problems, and challenges.
- Teach your child healthy ways to handle conflict and build resilience.

Uniting Vic Tas
P: [97048377](tel:97048377)
E: groupwork.south@vt.uniting.org

 [See flyer here](#)

PARENTZONE

Tuning into Teens



Tuning in to Teens

Clyde North (six sessions)

Day: Thursday evenings
Dates: 7 August - 11 September 2025
Time: 5:00 - 7:00 pm
Venue: Balla Balla Community Centre

For parents of teens aged 10-18 years in the Cranbourne, Clyde North and Botanic Ridge area. Would you like to learn how to:

- Improve talking with your teen and understand them better?
- Help your teen manage their emotions?
- Help to prevent challenging behaviour problems in your teen?
- Teach your teen to deal with conflict?

Youou Li

P: 0499 080 468

E: youyou.li@anglicarevic.org.au

 [See flyer here](#)

Tuning into Teens

Parenting is one of the toughest jobs you will ever do. Tuning in to Teens shows you how to help your child develop emotional intelligence.

Children with emotional intelligence show improved concentration at school and have greater success with making and keeping friends.



 **FREE**  **6-SESSIONS**

PARENTZONE

Facilitator Training

BEYOND THE VIOLENCE

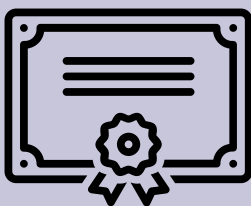


Facilitator Training

BEYOND THE VIOLENCE

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

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



 **FREE**  **3-SESSIONS**

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

Frankston

Day: Tuesdays
Dates: 12th, 19th, 26th August 2025
Time: 9:00 am - 4:30 pm
Venue: Details on registration
Food provided



[Register here](#)



[Download flyer](#)

Carey Cole
P: 0437 428 281
E: Carey.cole@anglicarevic.org.au

Bookings are essential and places are limited

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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

Deborah Reid

ParentZone Hub Coordinator

ParentZoneHub@anglicarevic.org.au

97816710



ParentZone Hub

75 Army Road, Pakenham Vic 3810

Playgroups and Help in Pakenham



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.

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](#)

Parenting Support and Programs

DADS



Dad's Matter Programs

These are for dads, stepdads, grandfathers and other men who play an important role in a child's life. 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.

City of Casey

E: dadsmatter@casey.vic.gov.au

Men's Behaviour Change Program

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

Family Life - Frankston

P: 03 9770 0341

Relationships Australia - Cranbourne North

P: (03) 5911 5400

E: cranbournenorth@rav.org.au

Cardinia Dads

A FREE program for dads living in Cardinia Shire with a child aged between 0-6 to meet, connect and share parenting experiences in an informal and supportive setting.

- meet other local dads and share your parenting experience.
- discover ways to connect with your child.
- learn more about your child's development and local parenting support services.

Register: go.cardinia.vic.gov.au/cardiniadads

Cardinia Shire Council

P: 1300 787 624

E: MaternalChildHealth@cardinia.vic.gov.au

Dads in Distress

Supports dads experiencing trauma through family breakdown and separation.

Website: parentsbeyondbreakup.com/dids

Phone: [1300 853 437](tel:1300853437)

Dads Online

We provide relevant information and ideas that tap directly into the heart of topics that are most important to Dads.

Website: www.dadsonline.com.au

PARENTZONE

Parenting Support and Programs Disability

ACD - Advocating for Children with Disability

Support Line Monday to Friday 9:00 am-5:00 pm

Email: acdsupport@acd.org.au with your preferred day and time for a callback, or

Text: [0475 577 997](tel:0475577997) with your preferred day and time for a callback

Phone: [03 9880 7000](tel:0398807000) or [1800 654 013](tel:1800654013) (regional)

AMAZE

Builds autism understanding in the community, influences policy change for autistic people and their families/supporters, and provides independent, credible information and resources.

Phone: [\(03\) 9657 1600](tel:0396571600)

Website: www.amaze.org.au

Cerebral Palsy Support Network

A community that advocates for inclusion and self-determination of individuals with Cerebral Palsy

Website: www.cpsn.org.au

Deaf Victoria

Advocates to increase access to services and to educate the wider community on how to work, play, and study with deaf and hard of hearing people.

Phone: [0431 476 721](tel:0431476721)

Website: www.deafvictoria.org.au

Down Syndrome Victoria

Provides families and people with Down syndrome with support, encouragement, information and resources.

Phone [1300 658 873](tel:1300658873)

Email info@dsav.asn.au

Website: www.downsyndromevictoria.org.au

Epilepsy Action Australia

Provider of epilepsy support and information nationwide.

Website: www.epilepsy.org.au

Scope Australia

Support for people with physical, intellectual disabilities, and developmental delays to achieve their goals.

Phone: [1300 472 673](tel:1300472673)

VALID

Equipping and empowering people with a disability and their families using training tools, information, and resources. 130 Cremorne street, Richmond Vic 3132

Phone: [\(03\) 9416 4003](tel:0394164003)

Yooralla

Provides quality services for people with disability across Victoria

Phone: [\(03\) 9666 4500](tel:0396664500)

Website: www.yooralla.com.au

Parenting Support and Programs Aboriginal and Torres Strait Islander

Nairm Marr Djambana,

In Frankston, this is a welcoming safe place for Aboriginal 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.

Website: www.djambana.org.au

Phone: (03) 9783 1521

Djirra

Where culture is shared and celebrated. Practical support is offered to Aboriginal women and particularly to Aboriginal people who are currently experiencing family violence or have in the past.

Website: djirra.org.au

Phone: (03) 9244 3333

Dardi Munwurro

Delivers a range of family violence, healing, and behaviour change programs and services. Breaks the cycle of inter-generational trauma in Aboriginal families and communities, by empowering and inspiring individuals to heal the past, Acknowledge the present and create a positive vision for the future.

Website: dardimunwurro.com.au

Phone: 1800 435 799

Aboriginal Housing Vic

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.

Website: housing.vic.gov.au

Casey Aboriginal Gathering Place

In Doveton, this is a dedicated space where community members can drop in, participate in programs, activities, and access Indigenous services and support. See more on their Facebook page.

Email: AboriginalGatheringPl@casey.vic.gov.au

Phone: (03) 9792 7378

Victorian Aboriginal Child Care Agency (VACCA)

A state-wide Aboriginal Community Controlled Organisation servicing children, young people, families, and community members. The largest of its kind in Australia.

Website: vacca.org

Phone: (03) 8727 8800

Willum Warrain

Willum Warrain in Mornington Peninsula provides information, support and referral services, health and wellbeing programs, art and culture programs and links between the Aboriginal community and the broader local community.

Website: willumwarrain.org.au

Phone: 0403 528 034

Yarnsafe

Yarnsafe at Headspace is your space to yarn safe. Headspace can help you or a friend with any problems you have; physical health, mental health and wellbeing, drugs and alcohol, work, school and study. Aimed at youth (12-25) years.

Website: headspace.org.au/yarn-safe



PARENTZONE

Parenting Support and Programs Family Violence



The Art Of Choice Art Therapy group

The Art of Choice is an Art Therapy group for women who have experienced family violence. The group aims to provide a safe space for women to explore their experiences in a creative way and strengthen their ability to make choices in a supportive environment. No art experience required. In preparation for the sessions, an information session will be held prior to the commencement of the group on:

Venue: To be provided upon registration.

Cost: Free of charge

Contact: EACH intake to register your interest on 1300 003 22

The Orange Door

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.

1800 319 353 (Bayside Peninsula)

1800 271 170 (Dandenong)

Website: orangedoor.vic.gov.au

Safe Steps

Immediate support for anyone experiencing family or Domestic violence

Phone: 1800 015 188 (24/7)

Email: safesteps@safesteps.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](#)

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 Casey Council

Ph: (03) 9705 5200

Email: caseycc@casey.vic.gov.au

Website: Casey City Council

Greater Dandenong City Council

Ph: (03) 8571 1000

Email: council@cgd.vic.gov.au

Website: Greater Dandenong City Council

Frankston City Council

Ph: 1300 322 322

Email: info@frankston.vic.gov.au

Website: Frankston City Council

Cardinia Shire Council

Ph: 1300 787 624

Email: mail@cardinia.vic.gov.au

Website: Cardinia Shire Council

Bayside City Council

Ph: (03) 9599 4444

Email: enquiries@bayside.vic.gov.au

Website: Bayside City Council

Mornington Peninsula Shire Council

Email: customerservice@mornpen.vic.gov.au

Website: Mornington Peninsula Shire Council

City Of Kingston

Ph: 1300 653 356

Email: info@kingston.vic.gov.au

Website: Kingston City Council

City of Stonnington

Ph: (03) 8290 1333

Email: council@stonnington.vic.gov.au

Website: Stonnington City Council

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
- Pharmaceutical Benefits Scheme 132 290
- Telephone claims 1300 360 460
- Translating and Interpreting Service (TIS National) 131 450

PARENTZONE