



Parenting in the North

“What’s On Guide” - Term 3 2025

PARENTZONE

BETTER
TOMORROWS

Table of Contents



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

What's new at Parentzone?

Welcome to Term 3, 2025

At ParentZone Northern we are dedicated to providing responsive and accessible parenting courses for parents and caregivers, as well as professional development training for practitioners in the field. Our approach is rooted in a strengths-based, culturally sensitive, and gender sensitive practice model, which we believe is essential for fostering a supportive environment for families.

Term Two proved to be exceptionally busy as we delivered a comprehensive suite of programs and underwent a few staffing changes. During this time, we farewelled one of our facilitators and our PM Megan Johnson who has now gone over to NEMA in a similar role and we welcomed our new program manager, Tom Talevski.

Our services extend across the local government areas of Whittlesea, Hume-Merribek, Nillumbik, Banyule, Darebin, and Yarra. Collaborating closely with Anglicare Family Services teams in Epping, Preston, and Broadmeadows has allowed us to broaden our team capacity and facilitate client referrals to and from our programs. As part of a regional ParentZone, we are committed to sharing best practices and developing innovative programs that address the unique needs of our community, including initiatives focused on migrant parents, parenting children with disabilities, programs for fathers, and support for parenting after violence.

This term, we are excited to offer sessions on critical topics such as Managing Screentime, Parenting Toddlers, and Dealing with Preschool Behaviours. Additionally, we continue to provide our multi-session courses, including Tuning in to Kids for Dads, Tuning in to Kids, Tuning in to Teens, Living with Autism and Circle of Security Parenting.

The importance of parenting courses extends beyond individual families; they contribute significantly to the well-being of our wider community. By equipping parents and caregivers with essential skills and knowledge, we foster healthier family dynamics and, ultimately, stronger communities.

We look forward to welcoming you to our programs in the upcoming term. Stay warm and take care!

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

PARENT*ZONE*

Family Services

ParentZone and Family Services will continue to work in partnership throughout 2025. We will continue to deliver Parents Building Solutions (PBS), Living with Autism, and Parenting After Violence together. We look forward to seeing more Family Services staff trained and delivering PBS as co-facilitators.

Northern Parent Educator Network

NPEN Update

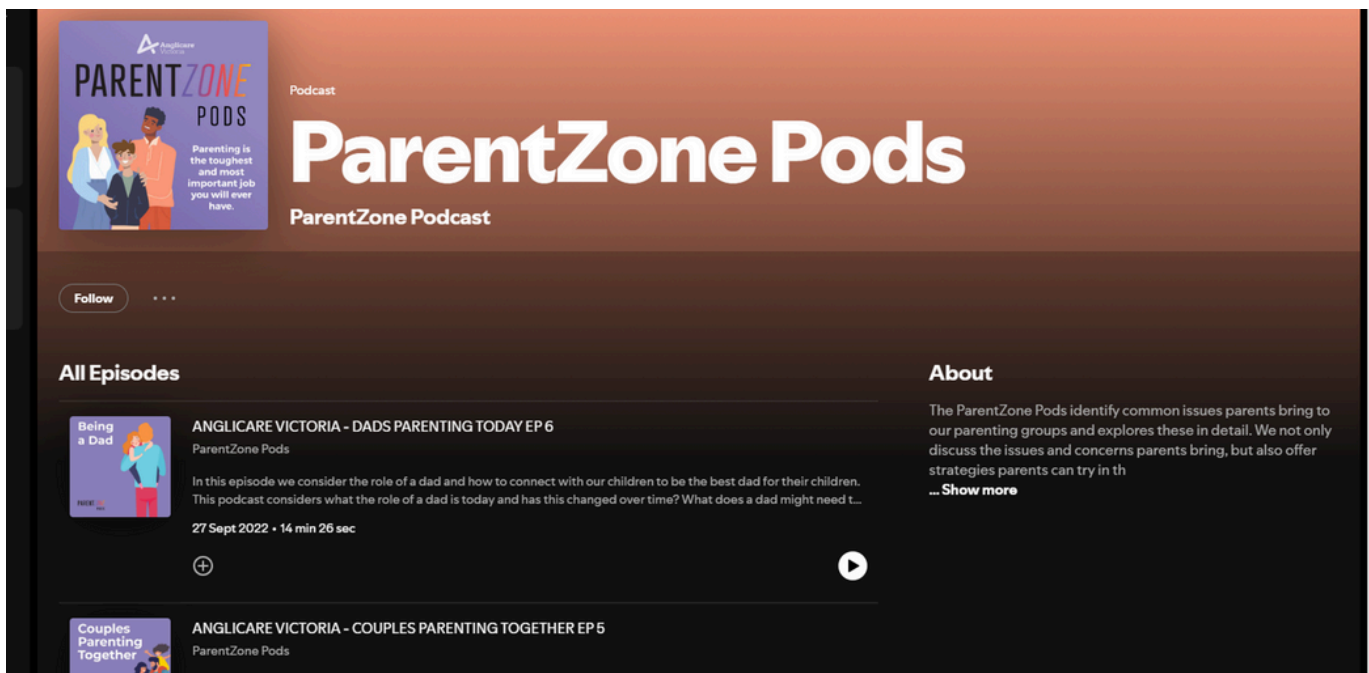
Parentzone Northern recently hosted our NPEN Annual Forum, focusing on 'Parenting in A Digital era: impacts of Digital engagement and technology on Children's development and wellbeing'. We were fortunate to welcome three outstanding presenters Fred, ReSPIN Lived Experience Speaker, Missy Ali from Gamblers Help and Dr Hannah Kirk. It was amazing listening to their insight, experiences and knowledge about this critical area which is always evolving and becoming more in more prevalence for parents, carers, children and young people.

Feedback and Future Plans:

The feedback from attendees was overwhelmingly positive, with 100% satisfaction and new learnings reported by participants. Ideas for future forums were also collected, which will guide our planning for 2026. Thank you to all who participated and contributed to the success of this forum!

We are happy to let you all know that our speakers for Term 3 NPEN, will be staff from Anglicare's Dolphin Program. NPEN is always dedicated to enhancing professional collaboration, knowledge sharing and providing a platform for networking and learning about local services. Professionals interested in attending or presenting at future NPEN meetings are encouraged to reach out to Roba Elkadi at Roba.Elkadi@anglicarevic.org.au.

Podcast on Spotify



The ParentZone Pods, is a podcast series presenting parenting snapshots on key issues for parents needing a little bit more before joining a group, or simply those wanting an idea of what to expect from our distinctive group work style. Jump on Spotify to hear it all!

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

PARENTZONE

ParentZone Northern Term 3 Multi-Session Parenting Programs



Tuning in to Teens

Dates: Tuesday 22nd July – 26th August 2025

Time: 1.00pm - 3.00pm

Venue: Headspace Plenty Valley
Shop MM1, Westfield, Plenty Valley
415 McDonalds Rd, Mill Park

Would you like to learn how to:

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

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

Facilitated by ParentZone Northern and Headspace Plenty Valley.

Bookings and Enquiries:

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



Tuning in to Teens (online)

Dates: Thursday 14th August – 18th September 2025

Time: 6.00pm-7.30pm

Venue: Online

Would you like to learn how to:

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

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

Booking and Enquiries:

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

PARENTZONE

ParentZone Northern Term 3 Multi-Session Parenting Programs



Tuning in to Kids For Dads

Dates: Thursday 31st July - 4th September 2025

Time: 6.00pm - 8.00pm

Venue: Online

Would you like to learn how to:

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

This program provides dads/father figures/carers with skills and strategies to help with everyday parenting challenges based on emotionally attuned parenting.

Bookings & Enquiries:

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



PARENTZONE

ParentZone Northern Term 3 Multi -Session Parenting Programs



Living with Autism A Parents Building Solutions Program

Dates: Thursday 31st July – 4th September 2025

Time: 10.00am-12.00pm

Venue: Epping Community Hub
713 High Street, Epping

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

ParentZone and Anglicare Epping Family Services are working together to bring you this FREE 6-week parenting group. Join us to:

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

Bookings & Enquiries:

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

Circle of Security Parenting (8 Week Program)

Dates: Tuesday 29th July – 16th September 2025

Time: 10.00am - 12.00pm

Venue: Barry Road Community Centre
36 Barry Road, Thomastown

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 their child.

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

Bookings and Enquiries:

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



PARENTZONE

ParentZone Northern Term 3 Multi -Session Parenting Programs



Tuning in to Kids

Dates: Wednesday 6th August - 10th September 2025

Time: 6.00pm - 7.30pm

Venue: Online

Would you like to learn how to:

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

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

Bookings & Enquiries:

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

PARENTZONE

ParentZone Northern Term 3 Single Sessions Parenting Programs



Sleep and Settling

Dates: Tuesday 29th July 2025

Time: 10am - 11.30am

Venue: Jindi Family and Community Centre
48 Breadalbane Avenue, Mernda

ParentZone presents an informal information session around your child's sleep, including:

- Tips and strategies to promote positive sleep patterns
- Discuss how sleep associations can influence your toddler's sleep
- The changing toddler world and how this impacts sleep
- Where to sleep your toddler safely
- Looking after yourself

Morning tea will be provided and children welcome.

Bookings & Enquiries:

Bookings via trybooking.com/CWZAG and for all enquiries contact
ParentZone Northern: (03) 8641 8900



PARENTZONE

ParentZone Northern Term 3 Single Sessions Parenting Programs



Managing Screentime

Dates: Thursday 7th August 2025

Time: 6.30pm - 8pm

Venue: Online

Would you like to learn how to:

- Navigate the challenges of managing children's screen time.
- Understand the impacts of screen time on children's health and development
- Set boundaries for screentime.

This session will provide parents with strategies and tips to help them to establish healthy screen time routines.

Bookings & Enquiries:

For bookings and enquires contact ParentZone Northern: (03) 8641 8900 or email parentzone.northern@anglicarevic.org.au



Merri-bek
City Council

PARENTZONE

ParentZone Northern Term 3 Single Sessions Parenting Programs



Parenting Toddlers Information Session

Dates: Tuesday 12th August 2025

Time: 10am – 11.30am

Venue: Jindi Family and Community Centre
48 Breadalbane Avenue, Mernda

This informal session aims to assist parents/carers to better understand their toddler's behaviour.

Parents/carers will be provided with information on toddler development and useful information and strategies to manage challenging but normal toddler behaviours.

Morning tea will be provided and children welcome.

Bookings & Enquiries:

Bookings via trybooking.com/CWZAM

For all enquiries contact ParentZone Northern: (03) 8641 8900

ParentZone Northern Term 3 Single Sessions Parenting Programs



Kids and Technology

Dates: Thursday 4th September 2025

Time: 7.00pm - 8.00pm

Venue: Online

Do you worry your child is on their tablet too much?

Do you find it hard to stop them playing games and get ready for school/bed?

Are you worried they are accessing content which is inappropriate?

Would you like to know how to set boundaries for tech use?

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

Bookings & Enquiries:

Contact ParentZone Northern on (03) 8641 8900 or email parentzone.northern@anglicarevic.org.au

ParentZone Northern Term 3 Single Sessions Parenting Programs



Dealing with Preschool Behaviours

Dates: Thursday 11th September 2025

Time: 10am - 12pm

Venue: Thomastown Library
52 Main St, Thomastown

During this informal session parents will be supported to understand the reasons behind their children's behaviours and develop new strategies to manage these behaviours.

This session will take place as part of 'Promisetown Playgroup' facilitated by Thomastown Neighbourhood House and located at the Thomastown Library.

Bookings & Enquiries:

Booking via trybooking.com/CWZBC

For all enquires call ParentZone Northern: (03) 8641 8900 or email parentzone.northern@anglicarevic.org.au

The Northern Healing and Recovery Program (NHARP)

Our Group Programs



Mothers in Mind

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

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



Connections

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

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



The Healing Circle

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

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

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



The Calm Collective

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

Participation is FREE and all yoga equipment will be provided.

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



Advocating
for children
with disability

Free online workshop

Getting Support at School



Does your child need more support at school?

Do you want to feel more confident to ask for the help they need?

Then don't miss this **FREE** online workshop by ACD.

Take a detailed look into how school processes work and learn how plans can help your child.

Who is it for?

This workshop is for Victorian families of school-aged children with disability.

How do I book?

Bookings are essential and can be done via the QR code or this link bit.ly/GSSjuly25

Who will be online?

Professional facilitators who are parents of children with disability and have personal experience advocating for their own child with disability.

Topics



- Individual Education Plans
- Behaviour Support Plans
- Reasonable adjustments
- Understanding school processes and plans

When

Monday 28 July	7:00 pm
Tuesday 29 July	10:00 am
Wednesday 30 July	10:00 am
Monday 4 August	7:00 pm

Session runs for two hours with time for questions.

Scan for more information
and to register



Email

educate@acd.org.au

Call 03 9880 7000 or

1800 654 013 regional

A FREE seven week PROGRAM FOR MUMS, DADS and CARERS

of children aged 0-6yrs

living in Glenroy,
Fawkner & surrounds



Circle of Security Parenting

- Is based on decades of research about how parent-child relationships can be strengthened
- Helps us to make sense of what our child needs

Join with other parents to share experiences and learn about parenting.



Thursdays 1-3pm

July 31st to Sep 11th

@ Wimbi
(Early Learning Vic)

84 Lowson St,
Fawkner



To book a spot
please use the QR code
or contact Michaela
earlylinks@mcm.org.au
0438 849 234

TRIPLE P

FEARLESS

About the program

Triple P - Fearless is a 6 week workshop that aims to support parents of young people aged 6 - 14 years.

It is designed to provide information about anxiety and provide positive parenting strategies that support the development and behaviour of young people with anxiety.

This workshop will provide:

- An understanding of how anxiety develops in young people
- How to support your child to express and manage upsetting emotions more effectively
- How to help your child develop coping skills and face feared situations
- How to manage children's anxiety behaviour effectively

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

Session dates and times

Wednesday 13th August
Wednesday 20th August
Wednesday 27th August
Wednesday 3rd September
Wednesday 10th September
Wednesday 17th September

Time: 10:00am - 12:00pm

Location: Kids First Australia,
273 Settlement Road, Thomastown

For all enquiries

Donna El-Cheikh
03 9450 0900 | 0409 006 126
delcheikh@kidsfirstaustralia.org.au



Useful Contacts for Families

Help Lines

- Police (24-hour stations) 000
- Lifeline Crisis Support. Suicide Prevention 13 11 14
- Parentline Victoria Counselling Service 13 22 89
- Family Violence Help: 1800 015 188
- Kids Help Line Phone Counselling Service: 1800 551 800
- Homeless Crisis Line 1800 825 955
- Drug and Alcohol Services 1800 888 236
- Mensline Counselling Service 1300 78 99 78
- Q Line Counselling & Referral for LGBTI people 1800 184 527
- 1800 Respect: 1800 737 732

City of Whittlesea

25 Ferres Boulevard, South Morang, VIC, 3752 Australia
(03) 9217 2170
<https://www.whittlesea.vic.gov.au/>

City of Darebin

274 Gower Street, Preston, VIC 3072
(03) 9470 8888
<https://www.darebin.vic.gov.au/>

Banyule City Council

1 Flintoff Street, Greensborough VIC 3088
(03) 9490 4222
<https://www.banyule.vic.gov.au/>

Nillumbik Shire Council

32 Civic Drive, Greensborough
(03) 9433 3111
<https://www.nillumbik.vic.gov.au/Home>

Yarra City Council

140 Hoddle Street, Abbotsford/333 Bridge Road, Richmond
(03) 9205 5555
<https://www.whitehorse.vic.gov.au/>

Hume City Council

1079 Pascoe Vale Road, Broadmeadows/75-95 Central Park Avenue,
Craigieburn/44 Macedon St, Sunbury VIC 3429/82/90 St Georges Blvd,
Mickleham VIC 3064
(03) 9205 2200
<https://www.hume.vic.gov.au/Your-Council/Contact-Us>

Centrelink

Carers 132 717

Families 136 150

Financial Information Service
(FIS) 136 357 (FIS seminar
booking)

Help in an Emergency 132 850

Indigenous Australians Call
Centre 1800 136 388

Languages (Multilingual)
131 202

Low Income Healthcare Card
132 490

Online Support Hotline 132 307

myGov Help Desk 132 307

People With a Disability 132 717

Medicare

General enquiries 132 011

Aboriginal and Torres Strait
Islander Line 1800 556 955

Australian Immunisation

Register
Enquiries 1800 653 809

Compensation Recovery -
Medicare 132 127

Disaster Health Care Assistance
1800 660 026

myGov help desk 132 307

Pharmaceutical Benefits Scheme
132 290

Telephone claims 1300 360 460
Translating and Interpreting
Service (TIS National) 131 450