



Parenting in the North

‘What’s On Guide’ - Term 4, 2026

News and Information on programs and
services to support parents across the
Northern region of Melbourne

PARENTZONE

**BETTER
TOMORROWS**

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What's new at ParentZone Northern?

ParentZone Northern – Term 4 Highlights and Program Delivery

As we move into the warmer months, ParentZone Northern remains committed to supporting families and caregivers through a range of evidence-based parenting programs and tailored support services. Our work continues to be guided by a strengths-based approach that values inclusion, connection and the unique experiences of every family.

Throughout the year, we have seen strong engagement across our programs, with families from Whittlesea, Hume, Merri-bek, Nillumbik, Banyule, Darebin and Yarra continuing to access support, build new skills and strengthen connections within their families. The ongoing collaboration with local services and community partners remains a key strength of our work, helping to create accessible pathways for families to receive timely support.

In addition to our group programs, ParentZone Northern continues to provide individual parent coaching, offering practical and personalised support in a safe, non-judgemental environment. These sessions help parents navigate everyday challenges, build confidence in their parenting, strengthen family relationships and develop a deeper understanding of their children's needs. Many families report feeling more connected, capable and supported as a result of this work.

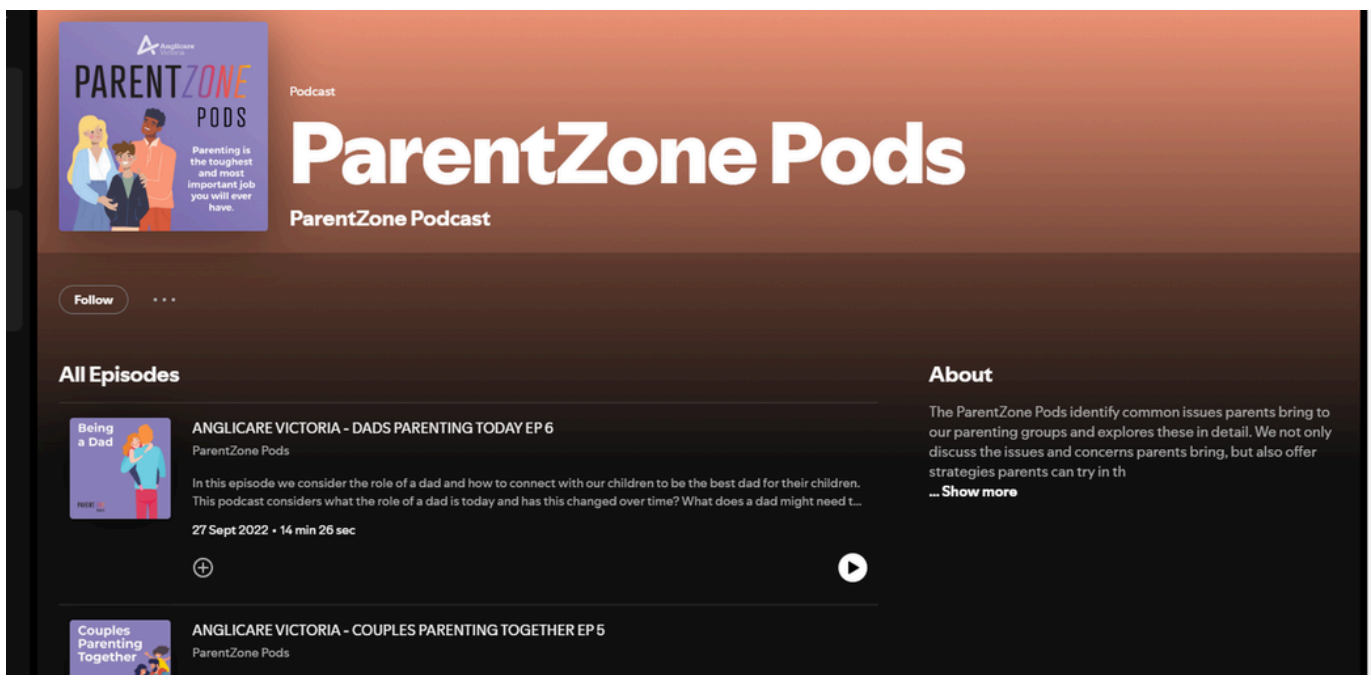
As families look ahead to the summer period, we recognise the importance of maintaining strong support networks and creating opportunities for connection and wellbeing. ParentZone Northern remains actively involved in partnerships ensuring our programs continue to respond to emerging needs and reflect best practice in parenting support.

This term, we are pleased to offer a diverse range of programs, including, Tuning in to Kids, Parents Building Solutions: Confident Dads- Practical Parenting Skills, Tuning in to Teens, Circle of Security, Bringing up Great Kids, Bringing Up Great Kids – Parenting after Violence. We also continue to provide targeted support for migrant, refugee and asylum seeker families, fathers, parents of children with disabilities, and families navigating parenting after experiences of violence.

As the year draws to a close, we celebrate the resilience, commitment and growth demonstrated by the families we work alongside. By strengthening parenting skills, confidence and community connection, ParentZone Northern continues to contribute to positive outcomes for children and families across the region. We look forward to finishing the year strongly and welcoming families and practitioners into our programs throughout Term 4 and beyond.

Bella Odicho
ParentZone Northern Team Leader

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 4 Multi-Session Parenting Programs



Circle of Security Parenting

Dates: Tuesdays 13th October - 8th December 2026
(no group on 3rd November due to public holiday)
(8 week program)

Time: 10am - 12pm

Where: Online via Zoom

Cost: This program is free of charge, but registration is essential

Circle of Security is a relationship-based program that is designed to help parents and carers to understand their child's behaviour and to build and strengthen a secure relationship with their child. This is a FREE 8 session program that will help you to:

- Understand your child's emotion world by learning to read their emotions
- Support your child to be able to manage their emotions
- Enhance your child's self-esteem
- Honour your inner wisdom and desire for your child to be secure

Bookings and Enquiries:

ParentZone Northern: (03) 9301 5200 or
email parentzone.northern@anglicarevic.org.au

PARENTZONE

ParentZone Northern Term 4 Multi-Session Parenting Programs



Confident Dads - Practical Parenting skills (Parents Building Solutions Program)

Dates: Mondays 26th October - 16th November 2026 (4 week program)

Time: 6pm-7:30pm

Where: Online via zoom

Cost: This program is free of charge, but registration is essential

A supportive, welcoming space aimed specifically for fathers and father figures who want to strengthen their parenting skills, build positive relationships with their children.

Through interactive discussions and practical strategies, participants will learn how to:

- Build strong connections with their children
- Communicate effectively and confidently
- Set clear boundaries and expectations
- Manage challenging behaviours positively
- Support children's emotional wellbeing and resilience
- Encourage responsibility and independence
- Respond calmly to conflict and family stress

Bookings and Enquiries:

ParentZone Northern: (03) 9301 5200 or
email parentzone.northern@anglicarevic.org.au

PARENTZONE

ParentZone Northern Term 4 Multi-Session Parenting Programs



Bring Up Great Kids - Parenting After Violence

Dates: Thursdays 22nd October - 3rd December 2026 (7 week program)

Time: 10:30am-1pm

Where: Epping Area

Cost: This program is free of charge, but registration is essential

Anglicare Family Services are proud to be partnering with Anglicare ParentZone to deliver this parenting program to women whose parenting has been impacted by family violence.

This group will be an opportunity to:

- Reflect on parenting in relation to the violence
- Identify the important messages you want to pass on to your children
- Understand the meaning of your children's behaviour following their experience of the violence
- Promote safety, respect, care and love in your relationships with your children
- Discover ways to take care of yourself and find support when you need it.

Bookings and Enquires:

ParentZone Northern: (03) 9301 5200 or
parentzone.northern@anglicarevic.org.au

PARENTZONE

ParentZone Northern Term 4 Multi-Session Parenting Programs



Tuning in to Teens

Dates: Thursdays 29th October - 3rd December 2026 (6 week program)

Time: 6pm-8pm

Where: Online via zoom

Cost: This program is free of charge, but registration is essential

This program is a FREE six-session program for parents and carers of children 11-18 years. Tuning in to Teens supports caregivers to build connections and understand developmental needs of teenagers. It provides a number of skills and strategies to help with everyday parenting challenges, based on emotionally tuned parenting.

The program will help you 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

Bookings and Enquires:

ParentZone Northern: (03) 9301 5200 or
parentzone.northern@anglicarevic.org.au

PARENTZONE

ParentZone Northern Term 4 Multi-Session Parenting Programs



Tuning in to Kids

Dates: Fridays 30th October - 4th December 2026 (6 week program)

Time: 1pm - 2:30pm

Where: Online via zoom

Cost: This program is free of charge, but registration is essential

This program is a FREE six-session program for parents and carers of 3-10 year-old children. It provides a number of skills and strategies to help with everyday parenting challenges, based on emotionally tuned parenting.

The program will help you 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

Bookings and Enquiries:

ParentZone Northern: (03) 9301 5200 or
email parentzone.northern@anglicarevic.org.au

PARENTZONE

ParentZone Northern Term 4 Multi-Session Parenting Programs



Tuning in to Teens

Dates: Wednesdays 4th November - 9th December 2026 (6week program)

Time: 1pm-3pm

Where: Broadmeadows Valley Primary School, Dimboola Rd, Broadmeadows VIC 3047

Cost: This program is free of charge, but registration is essential

This program is a FREE six-session program for parents and carers of children 11-18 years. Tuning in to Teens supports caregivers to build connections and understand developmental needs of teenagers. It provides a number of skills and strategies to help with everyday parenting challenges, based on emotionally tuned parenting.

The program will help you 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

Bookings and Enquires:

ParentZone Northern: (03) 9301 5200 or
parentzone.northern@anglicarevic.org.au

PARENTZONE

Mother Goose Supported Playgroups



Parent-Child Mother Goose Program Playgroups

Parent-Child Mother Goose is an evidence-based program that strengthens attachment and interaction between parents or carers and their young children by introducing them to enjoyment of using rhymes, songs and stories together.

Through the program, parents gain skills and confidence that help them create positive family patterns during their children's early years. At the same time, children benefit from enjoyable, healthy early experiences with language and communication.

Booking and Enquiries:

Call (03) 9301 5250 or email womenshouse@anglicarevic.org.au

PARENTZONE

Mother Goose Supported Playgroups

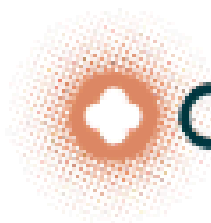
Term 4, 2026

Dallas Neighbourhood House 	DATE: Mondays, 12th October – 14th December 2026, (9 sessions) TIME: 9:30am - 11:30am WHERE: Dallas Neighbourhood House: 180 Widford St, Broadmeadows
Broadmeadows Library 	DATE: Wednesdays, 21st October – 9th December 2026, (8 sessions) TIME: 10 am-11.30 am WHERE: Broadmeadows Library: 1093 Pascoe Vale Rd, Broadmeadows VIC 3047
Sunbury Heights Primary School, Dulap Wilim Hub  	DATE: Wednesdays, 14th October – 9th December 2026, (9 sessions) TIME: 9.30am - 11.30 am WHERE: 13 Leichardt St, Sunbury
Meadows Primary School Hub  	DATE: Thursdays, 15th October – 10th December 2026, (9 sessions) TIME: 1:30pm - 2:30pm WHERE: Meadows Primary School, 41 Gerbert St, Broadmeadows
Broadmeadows Women's Community House 	DATE: Thursdays, 22nd October – 17th December 2026, (9 sessions) TIME: 10.00 am - 11.30 am WHERE: Broadmeadows Women's Community House, 2 Hadfield Crt, Broadmeadows

What else is happening in the North



*MyTime
Sunbury*



omnia Community
Health

Fussy Eater Presentation

This free 45-minute online workshop focuses on educating parents and care-givers with information to help support children who are picky eaters.

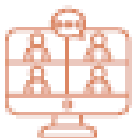


For parents and care-givers of children < 10 years of age



Monday 28 September 2026 | 11:30am AEST

Tuesday 29 September 2026 | 12:30pm AEST

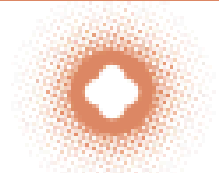


Both presentations will be hosted online via Microsoft Teams by Omnia Community Health. Registrations essential.

For more information and to register contact Janelle Mendoza:

✉ janelle.mendoza@omniach.org.au

☎ 5421 1666



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SOUTH EAST
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LINKS

FREE
CONFIDENTIAL
INTERPRETERS AVAILABLE

Get expert advice on bills, loans,
fines, credit cards, housing and more.



Bills



Mortgages
& Loans



Utilities



Tenancy



Fines



Concessions

*No money is
paid towards
your bills*



Tuesday 29 Sept 2026
10:30AM – 3:00PM



Hume Global Learning Centre
75-95 Central Park Avenue,
Craigieburn



Scan to
let us know
you are
coming and
Save the
Date!



Proudly supported by Consumer Affairs Victoria





Advocating
for children
with disability

Free online workshop

Teens and Beyond



A three-week online workshop series for families of young people aged 13+

This workshop is for parents and carers of children with disability who want to build their knowledge and skills to navigate the teenage years with confidence.

Each week covers a different topic.



The future doesn't have to be scary. There are real options and possibilities.



What to expect

- A welcoming space designed for parents and carers of children with developmental delay and disability
- Led by experienced facilitators who bring understanding and lived experience
- Delivered online via Zoom
- You will receive a confirmation email with details on how to access all three online sessions

Learn about



- Financial support
- School and post-school options
- Future planning
- Wellbeing: friendships, communication, behaviour support and good mental health

When

Monday 12, 19 & 26 October 7:00 pm

Tuesday 13, 20 & 27 October 7:00 pm

Wednesday 14, 21 & 28 October 10:00 am

Scan to register

Email

educate@acd.org.au

Call 03 9880 7000 or

1800 654 013 regional

<https://bit.ly/TEENSOct26Prom>



TRIPLE P

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

Tuesday October 27th
Tuesday November 10th
Tuesday November 17th
Tuesday November 24th
Tuesday December 1st
Tuesday December 8th

Time: 10:00am - 12:00pm

Location: ONLINE via Microsoft Teams

For all enquiries

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



Positive Parenting Program

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

About the program

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

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

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

Session dates and times

Session 1: The Power of Positive Parenting
Wednesday 11th November

Session 2: Raising Confident, Competent Children
Wednesday 18th November

Session 3: Raising Resilient Children
Wednesday 25th November

Time: 6:00pm – 7:30pm

Location: ONLINE via Microsoft Teams

For all enquiries

Donna El-Cheikh

03 9450 0900 | 0409 006 126

delcheikh@kidsfirstaustralia.org.au



*MyTime
Sunbury*

Why MyTime?

MyTime is for parents and carers of a child with a disability, chronic medical condition or other additional needs including developmental delay.

FIND US AT:

Dulap Willim Hub
13 Leichardt Street
Fridays, Fortnightly 9.30am-12.30pm

CONTACT:

Marina De Nino-Facilitator
Email: marinad@mytimevic.com.au
Mobile: 0466 106 978

Unwind and
share experiences
with others who
understand





MyTime Broadmeadows

Why MyTime?

MyTime is for parents and carers of a child with a disability, chronic medical condition or other additional needs including developmental delay.

FIND US AT:

Banksia Gardens Community Services
71-81 Pearcedale Parade
Fridays, Fortnightly 9.30am-12.30pm

CONTACT:

Marina De Nino-Facilitator
Email: marinad@mytimevic.com.au
Mobile: 0466 106 978

Unwind and
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understand



mytime.net.au



MyTime Craigieburn

Why MyTime?

MyTime is for parents and carers of a child with a disability, chronic medical condition or other additional needs including developmental delay.

FIND US AT:

Craigieburn Community Services Hub
120 Hothlyn Drive
Tuesdays, Fortnightly 10am –12pm

CONTACT:

Louisa Sheahan -Facilitator
Email: louisas@mytimevic.gov.au
Mobile: 0466 237 634

Unwind and
share experiences
with others who
understand



mytime.net.au



*MyTime
Epping*

Why MyTime?

MyTime is for parents and carers of a child with a disability, chronic medical condition or other additional needs including developmental delay.

FIND US AT:

Oakbrook kindergatern
36 Holroyd Drive, Epping
Wednesdays, fortnightly, 10am to 12pm

CONTACT:

Louisa Sheahan –Facilitator
Email: louisas@mytimevic.com.au
Mobile: 0466 237 634

Unwind and
share experiences
with others who
understand



mytime.net.au

Useful Contacts for Families

Help Lines

- Police (24-hour stations) 000
- Lifeline Crisis Support. Suicide Prevention 13 11 14
- Maternal and Child Health Line - call 13 22 29 (24 hours a day, 7 days a week).
- Headspace – 1800 650 890 (support for young people aged 12 to 25 years)
- 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

Merri-Bek City Council

90 Bell Street, Coburg, VIC 3058
(03) 9240 1111
<https://www.merri-bek.vic.gov.au>

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>

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
(03) 9205 2200
<https://www.hume.vic.gov.au>

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