



# Parenting in the South

## What's On Guide - Term 2, 2026

ParentZone Southern

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

E: [parentzone.southern@anglicarevic.org.au](mailto:parentzone.southern@anglicarevic.org.au)

**PARENTZONE**

**BETTER  
TOMORROWS**

# ≡ Welcome ≡

## ParentZone Southern Term 2

### Hello and Welcome!

With the Easter holidays approaching, many families are looking forward to a well-earned break and some extra time together. Whether your household keeps a familiar routine or enjoys a more relaxed pace during the holidays, this time can offer valuable opportunities to connect, recharge, and have a little fun.

The ParentZone team will also be taking a short break from group programs over Easter, returning refreshed and ready for a busy and exciting Term 2.

Throughout the term, we'll be delivering a range of programs that support positive parenting and strengthen families and carers across the southern region. Our groups will continue to be offered online, in schools, and within the community.

Whilst we are on break from group programs during the school holidays, if you have a particular parenting issue, please contact us for a one-on-one session with our experienced facilitators 9781 6700 and ask for ParentZone.



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

### Anglicare Victoria Pakenham Office

75 Army Rd, Pakenham, 3810

### Anglicare Victoria Frankston Office

60-64 Wells St, Frankston 3199



# Baby Makes 3- City of Casey



Registration is essential

## Cranbourne - April

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**Day:** Tuesday evenings  
**Dates:** 14 -28 April 2026  
**Time:** 6:00 - 8:00 pm  
**Venue:** Cranbourne West Community Hub  
4 Flicka Boulevard, Cranbourne Wwest

 [See flyer here](#)  [Register here](#)

## Cranbourne - May

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**Day:** Tuesday evenings  
**Dates:** 14- 26 May 2026  
**Time:** 6:00 - 8:00 pm  
**Venue:** Cranbourne West Community Hub  
4 Flicka Boulevard, Cranbourne West

 [See flyer here](#)  [Register here](#)

Enquiries:

**Jasbir Singh Suropada**

P: 0438 004 285

E: parentzone.southern@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 with each other.

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

# Baby Makes 3- City of Greater Dandenong



Registration is essential

## Keysborough - April

**Day:** Tuesday evenings  
**Dates:** 21 -28 April & 5 May 2026  
**Time:** 6:00 - 8:00 pm  
**Venue:** Keysborough Community Hub  
10 Villiers Rd, Keysborough VIC 3173

 [See flyer here](#)  [Register here](#)

## Keysborough - May

**Day:** Tuesday evenings  
**Dates:** 16- 30 June 2026  
**Time:** 6:00 - 8:00 pm  
**Venue:** Keysborough Community Hub  
10 Villiers Rd, Keysborough VIC 3173

 [See flyer here](#)  [Register here](#)

Enquiries:

P: 03 9761 6700

E: [parentzone.southern@anglicarevic.org.au](mailto:parentzone.southern@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 with each other.

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

# PARENTZONE

# Beyond the Violence



Registration is essential

## Frankston

**Day:** Wednesday evenings  
**Dates:** 29 April - 17 June 2026  
**Time:** 4:15 - 6:30 pm  
**Venue:** Details at time of booking  
*Light supper provided*

**Jayde Mitrevski**

P: 0438 459 891

E: [jayde.mitrevski@anglicarevic.org.au](mailto:jayde.mitrevski@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 other as a unit.

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



 FREE  8-SESSIONS

# PARENTZONE

# Parents Building Solutions



## Parents Building Solutions (PBS)

Parenting is both the most important and most difficult job you will ever do!

Parents Building Solutions parenting programs focus on the end goal - independent, resilient, purposeful and positive young adults.

Our programs are

- Co-designed by you and us - you tell us what you want or need, because you are the expert of your family
- Strengths-based - we focus on what you already do and build on that
- Flexible
- Single sessions or multisession programs
- Face to face in the community and/or online

Come along to these single or multisession programs to learn strategies, share stories and take some time out for you!

## Parenting Programs Summary

- Baby Makes 3
- Beyond The Violence for Parents and Children
- Calm Parenting
- Parenting in Neuro Divergent families
- Dads Do Matter
- School refusal or School can't
- Parenting After Family Violence
- Families Moving Forward
- Circle of Security Parenting
- Tuning into Kids
- Tuning into Teens
- Cardinia Dads
- Facilitator Training - Beyond the Violence

Please check **EVENTS** on Anglicare Victoria Site. for more Programs.

[CLICK  
HERE](#)

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

**PARENTZONE**

# Parents Building Solutions

## SIX SESSION PROGRAMS



### Talking Dads

#### Online (2 sessions)

**Day:** Wednesday  
**Dates:** 17 & 24 May  
**Time:** 6:30-8:00pm  
**Venue:** Online

Connect with other fathers, share experiences, and learn practical strategies to help you:

- Build confidence in your role as a Dad
- Improve communication and strengthen your bond with your children
- Create a safe, supportive and healthy home environment
- Understand and manage stress, emotions and anger more effectively

PBS uses a strengths-based approach- we focus on what you do well and build on that.

**Michelle Brown**

E: [Michelle.brown@anglicarevic.org.au](mailto:Michelle.brown@anglicarevic.org.au)

 [Register here](#)

 [Download flyer](#)



### Calm Parenting Online

#### Online (six sessions)

**Day:** Thursday  
**Dates:** 23 April-28 May 2026  
**Time:** 12.30pm- 2.00pm  
**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

**Michelle Brown**

E: [Michelle.brown@anglicarevic.org.au](mailto:Michelle.brown@anglicarevic.org.au)

 [Register here](#)

 [Download flyer](#)

# PARENTZONE

# Parents Building Solutions

## SIX SESSION PROGRAMS



### Parenting after Family Violence (Hastings)

Online  
(six sessions)

**Day:** Tuesday  
**Dates:** 28 April - 2 June 2026  
**Time:** 10.00am - 12.00pm  
**Venue:** Given at time of booking

Are you dealing with the after-effects of family violence?  
Does your child's anger or anxiety worry you?  
Can you identify the warning signs in a new relationship?  
Do contact visits unsettle your child?  
Do you feel alone?

**Iris Guasch**  
**P:** 0436 007 492  
**E:** [iris.guasch@anglicarevic.org.au](mailto:iris.guasch@anglicarevic.org.au)

 [Download flyer](#)



### Parenting in Neuro Divergent Families -Parents Building Solutions

Online am & pm sessions  
(six sessions)

**Day:** Tuesday  
**Dates:** 28 April - 2 June 2026  
**Time:** 10:30 - 12:00 pm OR 6:30-8:00pm  
**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).

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

Topics may include:

- Managing changes and transitions
- Knowing their strengths
- Responding to meltdowns
- Helping your child (and you) to regulate emotions
- Sharing Neuro-Affirming Language
- Sharing with other parents and carers who understand.

**Michelle Brown**  
**E:** [Michelle.brown@anglicarevic.org.au](mailto:Michelle.brown@anglicarevic.org.au)

 [Register here am](#)

 [Register here pm](#)

 [Download flyer](#)

# PARENTZONE

# Parents Building Solutions



## Parenting after Family Violence

(Six sessions)

**Day:** Wednesday  
**Dates:** 13 May-17 June 2026  
**Time:** 12:00-2:00pm  
**Venue:** Pakenham Location

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.

The program is open to parents of all genders who have experienced family violence

**Carey Cole**  
0437 428 281  
Carey.cole@anglicarevic.org.au

 [Download flyer](#)



## Families Moving Forward Parents Building Solutions

(Six sessions)

**Day:** Tuesday  
**Dates:** 12 May - 16 June 2026  
**Time:** 4:30-6.30 pm  
**Venue:** Pakenham Location

A program for parents and children who have experienced family violence and are now safe and no longer in crisis.

Has family violence affected your relationship with your children?

Are you feeling disconnected or alone?

This group offers a safe space to:

- Reconnect with your children
- Meet other families with shared experiences
- Relax, play, and rediscover joy together

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

 [Download flyer](#)

**PARENTZONE**

# Parents Building Solutions



## Growing Great Kids Parents Building Solutions (0-6yrs)

(Six sessions)

**Day:** Thursday  
**Dates:** 16 April- 21 May 2026  
**Time:** 5:00-7:00 pm  
**Venue:** Expedition Early Learning Journey,  
Narre Warren North

Supporting children to cope with challenges,  
change and setbacks

Using Strength Based approach in parenting

Supporting children to listen without yelling & to  
regulate emotions,

Self-care and wellbeing

**Jasbir Singh Suopada**

**P: 0437 428 281**

**E: Jasbir.Suopada@anglicarevic.org.au**

 [Register here](#)

 [Download flyer](#)

## School Refusal or School Can't Positive Parenting Strategies

(Two sessions)

Presented by Parentzone in collaboration with PRONIA

**Day:** Tuesday  
**Dates:** 12<sup>th</sup> May, & 2<sup>nd</sup> June  
**Time:** 12:15-1:30 pm  
**Venue:** Online

These sessions will aim to explore and understand the experiences of families who are navigating the distress and overwhelm of school attendance challenges, discuss reasons why school attendance may be difficult for some children and young people, and explore helpful strategies. You are so welcome to join the conversation!

**Carey Cole**

**P: 0437 428 281**

**E: Carey.cole@anglicarevic.org.au**

 [Register here](#)

 [Download flyer](#)

**PARENTZONE**

# Circle of Security Parenting



IN CASE YOU  
MISSED IT...

## Would you like some individual parenting support?

You can now book in a one-on-one parent coaching session

In these sessions you will:

- Focus on a specific parenting goal
- Build confidence, skills, and problem-solving strategies
- Find clear, flexible solutions

If you have limited time but want quick positive results book a time for a session!

Call us on  
9781 6700 or email us at  
[Parentzone.Southern@anglicarevic.org.au](mailto:Parentzone.Southern@anglicarevic.org.au)

## Circle of Security Parenting

(Eight sessions)

**Day:** Friday  
**Dates:** 24 April- 12 June 2026  
**Time:** 12:00-2:00 pm  
**Venue:** Barton Primary School Community Hub

Circle of Security Parenting program helps parents and caregivers:

- Strengthen the parent-child attachment,
- Understand a child's emotional needs
- Develop strategies to respond to behaviour in ways that foster security, self-esteem, and emotional regulation

**Youou Li**  
**P:** 0499 080 468  
**E:** [youyou.li@anglicarevic.org.au](mailto:youyou.li@anglicarevic.org.au)

 [Download flyer](#)

**PARENTZONE**

# Tuning in to Teens



## Tuning in to Teens (online pm)

### Six Sessions Cranbourne/Clyde/Clyde North

**Day:** Tuesday  
**Dates:** 28 April - 2 June 2026  
**Time:** 5 pm- 7 pm  
**Venue:** Online via Zoom

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

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

**Youou Li**  
**P:** 0499 080 468  
**E:** [youyou.li@anglicarevic.org.au](mailto:youyou.li@anglicarevic.org.au)

 [Download flyer](#)

## Tuning in to Kids & Teens

Tuning in to Kids & 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

# Tuning in to Kids & Teens



## Tuning in to Kids (Berwick Lodge)

### Six Sessions

**Day:** Monday  
**Dates:** 11 May - 22 June 2026  
**Time:** 09:15 - 11:15am  
**Venue:** Berwick Lodge Primary School

Learn how to be better at:

- talking with your child
- understanding your child
- helping your child manage their emotions
- preventing behaviour problems in your child
- teaching your child to deal with conflict

**Carey Cole**

P: 0437 428 281

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

 [Register here](#)

 [Download flyer](#)

## Tuning in to Kids (online)

### Six Sessions

**Day:** Thursdays  
**Dates:** 7 May - 11 June 2026  
**Time:** 12:30pm - 2:30 pm  
**Venue:** Online

Learn how to be better at:

- talking with your child
- understanding your child
- helping your child manage their emotions
- preventing behaviour problems in your child
- teaching your child to deal with conflict

**Jayde Mitrevski**

P: 0438 459 891

E: [jayde.mitrevski@anglicarevic.org.au](mailto:jayde.mitrevski@anglicarevic.org.au)

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**PARENTZONE**

# Dads Programs

## DADS DO MATTER (DDM) - ONLINE ZOOM

PARENTS BUILDING SOLUTIONS

Open to all Dads, Step-Dads, Single Dads and Grand-Dads, come along to share experiences, learn new strategies and solutions.

- Connect with other dads
- Improve your Confidence & Communication as a dad
- Manage emotions
- Handling conflicts with respect
- Navigating co-parenting.

**Day:** Monday  
**Dates:** 4 May-22 June 2026  
**Time:** 6pm- 8pm  
**Venue:** Online

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



[Register here](#)



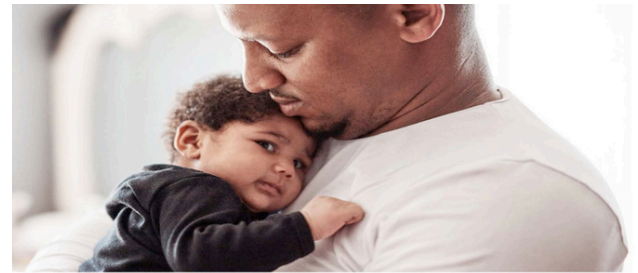
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Cardinia Shire Council

## Cardinia Dads

Cardinia Dads- A free program for dads who live in Cardinia Shire



**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?

**Day:** Wednesday  
**Dates:** 29 April - 27 May 2026  
**Time:** 2pm - 4pm  
**Venue:** ParentZone hub  
75 Army Road, Pakenham

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 contact:  
Council's Maternal Child Health team on 1300 787 624  
email: mail@cardinia.vic.gov.au.

Funded by Cardinia Shire Council and Maternal Child Health.

Facilitated by Parentzone- Anglicare Victoria



[Register here](#)



[Download flyer](#)



# PARENTZONE

# Facilitator Training

## BEYOND THE VIOLENCE



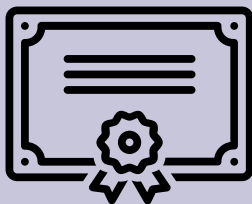
## Facilitator Training

### BEYOND THE VIOLENCE

Suitable for professionals, tertiary students with existing skills, and those with lived experience who are passionate about 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

**Bookings are essential and places are limited**



 FREE  3-SESSIONS

### Dandenong

*Food provided*

**Day:** Wednesday  
**Dates:** 6, 13 and 20 May 2026  
**Time:** 9:30 am - 4:30 pm  
**Venue:** Details on registration

### Iris Guasch

**P: 0436 007 492**

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



[See flyer here](#)

# PARENTZONE

## PARENTZONE HUB

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](#)**

# 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.

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).

**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
- **Frankston**
  - Level 1, 60-64 Wells Street, Frankston, Victoria 3199.
  - Tel: 03 9770 0341

# 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.

# 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**

# 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

# Crisis Lines and Links

**Kids Help Line 1800 55 1800** also have  
Live Chat and Resources  
aged 5-25

## **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](https://www.nhvic.org.au/find-a-<br/>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.  
workshop calendar

**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.

Click [here](#) for the



# PARENTZONE

# Emergency Relief

## Clayton

2 Dixon Street, Clayton, Victoria, 3168  
03 9543 8911

### Services

ER

Wednesdays and Thursdays

Times 10am-12pm and 1pm to 3pm

## Dandenong

131-147 Walker Street, Dandenong Victoria 3175  
03 9293 8500

### Services

ER

Wednesdays and Thursdays

Times 10am-12pm and 1pm to 3pm

## Cranbourne

Community Information & Support Cranbourne Inc.

156 Sladen Street

Cranbourne Vic 3977

Phone: [\(03\) 5996 3333](tel:(03)59963333)

[Click Here](#)-services and programs.

Times 9:30am and 4:00pm Monday to Friday

For all of Anglicare Victoria's offices and services  
they offer click on link [HERE](#)

### South East Community Links

must live in Post Codes: and bring ID Proof for Emergency  
Relief

3169 Clayton South

3171 Springvale

3072 Springvale south

3073 Keysborough

3074 Noble Park'

3075 Dandenong

Click on Link for Website

[Here](#)

# Online Safety

**E Safety Commissioner:** Australia's national independent regulator and educator for online safety.

### Useful Links

#### [Teens and on line Tech Time](#)

**Meta** - Teens joining Facebook & Instagram will be in the most restrictive content settings. Instagram search will hide results about self-harm, suicide and eating disorders.

**Snap** - New parental controls within Snapchat will offer parents an extended view of their teens' Snapchat activity.

**Discord** - There are tips to make their chats safer for teens, including safety alerts and sensitive content filters.

For online Safety Book in your language click on: [ONLINE SAFETY BOOK](#) in differing languages

For Webinars coming up click on: [FIND OUT MORE](#)



# PARENTZONE

# Useful Contacts for Families

## Help Lines

- Police (24-hour stations) 000
- Lifeline Crisis Support. Suicide Prevention 13 11 14
- 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](mailto:caseycc@casey.vic.gov.au)

Website: [Casey City Council](http://Casey City Council)

### Greater Dandenong City Council

Ph: (03) 8571 1000

Email: [council@cgd.vic.gov.au](mailto:council@cgd.vic.gov.au)

Website: [Greater Dandenong City Council](http://Greater Dandenong City Council)

### Frankston City Council

Ph: 1300 322 322

Email: [info@frankston.vic.gov.au](mailto:info@frankston.vic.gov.au)

Website: [Frankston City Council](http://Frankston City Council)

### Cardinia Shire Council

Ph: 1300 787 624

Email: [mail@cardinia.vic.gov.au](mailto:mail@cardinia.vic.gov.au)

Website: [Cardinia Shire Council](http://Cardinia Shire Council)

### Bayside City Council

Ph: (03) 9599 4444

Email: [enquiries@bayside.vic.gov.au](mailto:enquiries@bayside.vic.gov.au)

Website: [Bayside City Council](http://Bayside City Council)

### Mornington Peninsula Shire Council

Email: [customerservice@mornpen.vic.gov.au](mailto:customerservice@mornpen.vic.gov.au)

Website: [Mornington Peninsula Shire Council](http://Mornington Peninsula Shire Council)

### City Of Kingston

Ph: 1300 653 356

Email: [info@kingston.vic.gov.au](mailto:info@kingston.vic.gov.au)

Website: [Kingston City Council](http://Kingston City Council)

### City of Stonnington

Ph: (03) 8290 1333

Email: [council@stonnington.vic.gov.au](mailto:council@stonnington.vic.gov.au)

Website: [Stonnington City Council](http://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**

# Parenting Support and Programs Aboriginal and Torres Strait Islander

## **Nairm Marr Djambana, Frankston**

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.

**Website:** [mmigp.org.au](http://mmigp.org.au)

**Phone:** [\(03\) 9725 2166](tel:(03)97252166)

## **Djirra**

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

**Website:** [djirra.org.au](http://djirra.org.au)

**Phone:** [\(03\) 9244 3333](tel:(03)92443333)

## **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](http://dardimunwurro.com.au)

**Phone:** [1800 435 799](tel:1800435799)

## **Boorndawan Willam Aboriginal Healing Centre**

A culturally safe service that assists in their healing journey from the impact of family violence Boorndawan Willam (Safe House) is a place where you can strengthen your family and relationships through our holistic Aboriginal cultural and spiritual approach

**Website:** [bwahs.com.au](http://bwahs.com.au)

**Phone:** [\(03\) 9212 0200](tel:(03)92120200)

## **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](http://vacca.org)

**Phone:** [\(03\) 8727 8800](tel:(03)87278800)

## **Oonah Health & Community Services Aboriginal Corporation**

A welcoming and culturally affirming place that provides information, services, and programs focused on building a healthy, strong, and skilled community.

**Website:** [oonah.org.au](http://oonah.org.au)

**Phone:** [\(03\) 5962 2940](tel:(03)59622940)



# 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

## 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](#)

## 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)

## 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](#)



PARENTZONE

# Parenting Support and Programs

## MyTime

MyTime is a place where you can access peer support, unwind, and share ideas and experiences with others who understand.

It is for all parents and carers of children under the age of 18 who need a higher level of care than other children due to a disability, chronic medical condition, or other additional needs including developmental delay.

Groups are **free** and morning tea is provided. Preschool-age children are welcome.

While you unwind, your child is kept engaged nearby by MyTime play leaders.

Contact the Facilitator to obtain your preferred group's term schedule, or submit an enquiry at

<https://www.mytime.net.au/groups/>

## MyTime group locations

### Cranbourne

Contact: Belinda Coleclough  
0466 105 825  
[belindac@mytimevic.com.au](mailto:belindac@mytimevic.com.au)

### Carrum Downs

Contact: Imogen Cenacchi  
0411 523 187  
[imogenc@mytimevic.com.au](mailto:imogenc@mytimevic.com.au)

### Bentleigh East

Contact: Sarah Lacy  
0413 655 659  
[sarahl@mytimevic.com.au](mailto:sarahl@mytimevic.com.au)

### Endeavour Hills

Contact: Belinda Coleclough  
0466 105 825  
[belindac@mytimevic.com.au](mailto:belindac@mytimevic.com.au)

### Berwick

Contact: Lynne Wood  
0413 091 651  
[lynnew@mytimevic.com.au](mailto:lynnew@mytimevic.com.au)

### Officer

Contact: Belinda Coleclough  
0466 105 825  
[belindac@mytimevic.com.au](mailto:belindac@mytimevic.com.au)

### Springvale (Vietnamese group)

Contact: Tu Hue Quan  
0452 236 850  
[tuhue@extendedfamilies.org.au](mailto:tuhue@extendedfamilies.org.au)

### Online

Contact: Alison Burns  
0423 934 484  
E [alisonb@mytimevic.com.au](mailto:alisonb@mytimevic.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](mailto: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](http://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](http://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](http://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](mailto:info@dsav.asn.au)

**Website:** [www.downsyndromevictoria.org.au](http://www.downsyndromevictoria.org.au)

## **Epilepsy Action Australia**

Provider of epilepsy support and information nationwide.

**Website:** [www.epilepsy.org.au](http://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](http://www.yooralla.com.au)

**PARENTZONE**