



Parenting in the North

‘What’s On Guide’ - Term 1 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?

At ParentZone Northern, we remain committed to delivering responsive and accessible parenting programs for parents, caregivers, and professional development training for practitioners in the field. Our approach is grounded in a strengths-based, culturally sensitive, and gender-sensitive practice model, ensuring that families feel supported and empowered. ParentZone Northern is based at our Anglicare Victoria- Broadmeadows Women's Community House Site. Our programs span across the local government areas of Whittlesea, Hume-Merribek, Nillumbik, Banyule, Darebin, and Yarra, and we continue to work closely with our Family Services teams in Epping, Preston, and Broadmeadows. As part of the regional ParentZone network, we are dedicated to sharing best practices and developing innovative programs that meet the diverse needs of our community. This includes initiatives for migrant parents, fathers, parents of children with disabilities, and families navigating parenting after violence.

2025 has been an exceptionally busy and rewarding year for our team. We successfully delivered a comprehensive suite of programs and proudly introduced our exciting new initiative: one-to-one parent-based support. This service provides vulnerable families with the opportunity to receive personalised assistance from practitioners in the comfort of their own homes, a vital step toward strengthening family resilience. In 2026 we are excited to continue delivering our parenting courses and supported playgroups across the Northern region. The importance of parenting programs extends beyond individual families; they contribute to the well-being of our entire community. By equipping parents and caregivers with essential skills and knowledge, we foster healthier family dynamics and stronger, more connected communities.

Our experienced and dedicated team has worked tirelessly throughout the year, and we look forward to continuing to support families in 2026. We are committed to working collaboratively and in partnership with external stakeholders and families to ensure the best outcomes for children and parents. From all of us at ParentZone Northern, we wish you a safe and happy New Year.

Thank you for being part of our journey, we look forward to another year of learning, growth, and community connection.

Bella Odicho
Team Leader
ParentZone Northern

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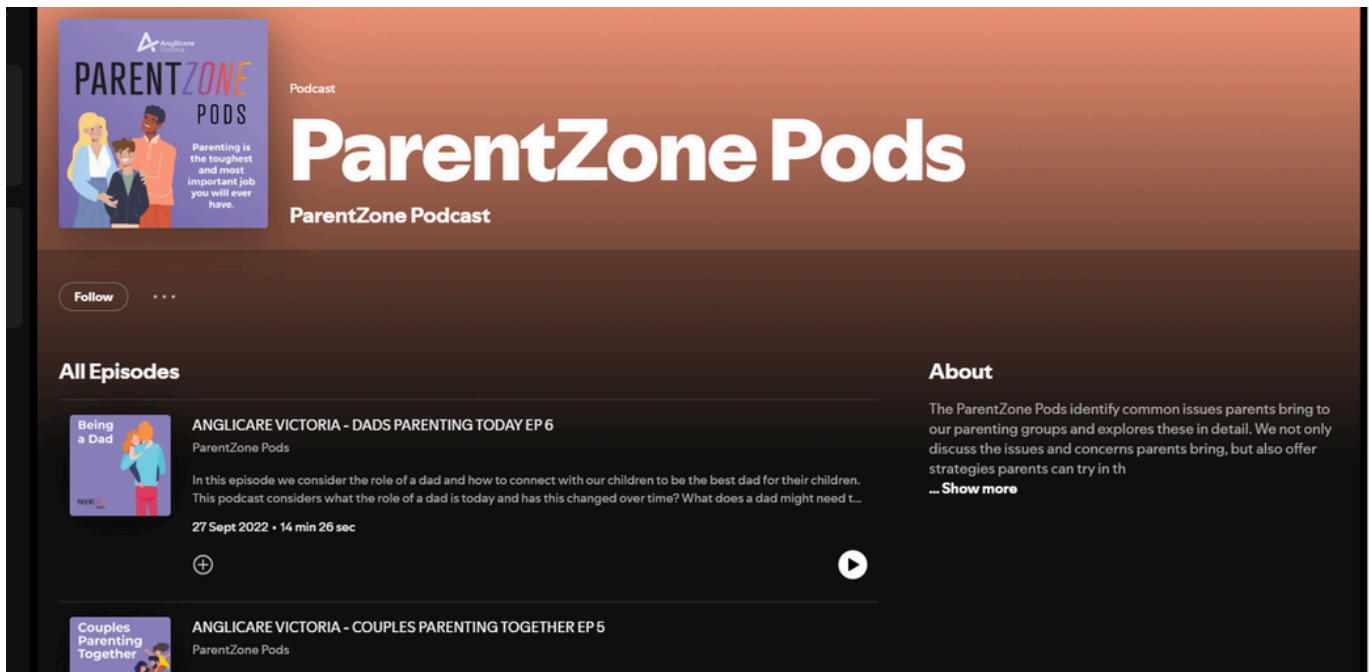
Northern Parent Educator Network (NPEN)

NPEN Update

The Term 4 NPEN meeting was held online on 13th November 2026. We were happy to have Sihem Sayoud present about Spectrum and the amazing supports and services they provide the migrant and refugee community and Dani Green present about Parent Pathways Program. It was great to hear from both services and to learn about referral and access pathways and services they offer to families. A very big thank you to both Sihem and Dani for their fantastic presentations! 15 professionals attended and valuable program updates were shared. Also, thanks to Cal our group work facilitator for delivering the self-care activity.

Please remember NPEN is a great opportunity to network/information share, develop partnerships, find out about local services, community resources and connect with other professionals. If you are interested in presenting or attending, please email 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 1 Multi-Session Parenting Programs



Tuning in to Teens

Dates: Tuesdays, 10th February – 17th March 2026
(6 sessions)

Time: 6pm - 8pm

Where: Online

Tuning in to Teens is a FREE six-session program for parents and carers of young people aged 12-18 years. 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 and help them manage and regulate them
- Be aware and manage your own emotions
- Build attachment and teaching through emotional experiences
- Develop skills to assist your teen in problem solving

Bookings and Enquiries:

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

Tuning in to Kids

Dates: Fridays, 13th February – 20th March 2026
(6 sessions)

Time: 1pm - 2.30pm

Where: Online

Tuning in to Kids is a FREE six-session program for parents and carers of children aged 6-11 years. It provides a number of skills and strategies to help with everyday parenting challenges, based on emotionally tuned parenting.

The program will help you in learning how to:

- Understand your child's emotions and help them manage and regulate them
- Be aware and manage your own emotions
- Build attachment and teaching through emotional experiences
- 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 1 Multi-Session Parenting Programs



Nuero Affirming Parenting

Dates: Wednesday, 11th February – 18th March 2026
(6 sessions)

Time: 9.30am - 11:30am

Where: Dulap Wilim Hub, 13 Leichardt St, Sunbury

Parenting a neurodiverse young person requires a unique set of skills, and every family's journey is different. Whether you're seeking more knowledge, support, or just a safe space to share your experiences, this FREE six-session program for parents and carers of young people aged 11-17 years will provide you with a toolkit to navigate your child's needs with confidence.

The program will help you to learn how to:

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

Bookings and Enquiries:

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



Tuning in to Teens

Dates: Thursdays, 12th February – 19th March 2026
(6 sessions)

Time: 10am-12pm

Where: Broadmeadows Women's Community House,
2 Hadfield Court, Broadmeadows

Tuning in to Teens is a FREE six-session program for parents and carers of young people aged 12-18 years. 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 and help them manage and regulate them
- Be aware and manage your own emotions
- Build attachment and teaching through emotional experiences
- Develop skills to assist your teen in problem solving

Bookings and Enquiries:

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

PARENTZONE

ParentZone Northern Term 1 Multi -Session Parenting Programs



Living with Autism

Dates: Mondays, 9th February - 16th March 2026

Time: 10am-12pm

Venue: Epping Views Family and Community Centre, 15 Lyndarum Drive, Epping

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

Parenting a neurodivergent child requires a unique set of skills, and every family's journey is different. Whether you're seeking more knowledge, support, or just a safe space to share your experiences, this program will provide you with a toolkit to navigate your child's needs with confidence.

ParentZone and Whittlesea City Council are working together to bring you this FREE 6-week parenting group. Join us to:

- Learn how to use compassionate communication with your child that builds their trust and reduces stress
- Discover how to reinforce positive behaviours and manage challenging behaviours in a supportive way
- Understand the importance of self-care
- Connect with other parents/carers to share stories and experiences

Booking and Enquiries:

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



Circle of Security

Dates: Thursdays, 12th February – 26th March 2026
(7 sessions)

Time: 6pm-7.30pm

Venue: Online

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

Booking and Enquiries:

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

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ParentZone Northern Term 1 Single Session Parenting Programs



Raising Resilient Kids

Date: Tuesday 24th March 2026
Time: 7pm - 8pm
Venue: Online
Cost: Free of charge, however registration is essential

As parents, we all want our children to grow up strong, confident, and capable of overcoming obstacles. In today's fast-paced, sometimes unpredictable world, resilience is more important than ever.

This session will provide you with the tools and strategies you need to help your child build emotional strength and develop a growth mindset.

You will learn:

- What resilience is and why it's essential for your child's success and well-being
- How to help your child regulate their emotions and navigate challenges with confidence
- How to encourage perseverance and a positive attitude toward setbacks
- Tips and techniques you can apply at home to nurture resilience in everyday situations
- Turning mistakes into learning opportunities and teaching your child to bounce back stronger

Booking and Enquiries:

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



Managing Your Child's Anxiety

Date: Thursday 26th March 2026
Time: 10am - 12pm
Venue: Thomastown Neighbourhood House
Cost: Free of charge, however registration is essential

As parents, we all want our children to grow up confident and secure. But in today's world, it's common for kids to experience worries and anxieties that affect their daily lives.

This session is designed to help parents understand the causes of children's worries and equip them with strategies to reduce stress and build resilience in their kids.

You will learn to:

- Understand fears, worries and anxieties that children experience
- Explore the developmental reasons children worry and how it's a normal part of their emotional growth
- Understanding and empathising with their experiences- exploring ideas and responses that support them.

Booking and Enquiries:

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



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Mother Goose Supported Playgroups



Parent-Child Mother Goose Program Playgroups

Parent-Child Mother Goose program is an evidence-based program that strengthens attachment and interaction between parents and 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.
- strengthening the parent-child connection
- promoting the language development of young children
- building a supportive group where otherwise isolated parents can feel comfortable
- reducing parental stress
- building skills and confidence of parents and caregivers to create positive family routines for their young children
- connecting parents/carers with other families and community resources

Booking and Enquiries:

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

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Mother Goose Supported Playgroups Term 1, 2026

<p>Broadmeadows Valley Primary School Hub</p>  	<p>DATE: Mondays (8 sessions over 8 weeks) 2nd February - 23rd March</p> <p>TIME: 1pm - 2.30pm</p> <p>WHERE: Broadmeadows Valley Primary School Hub: Dimboola Road, Broadmeadows</p>
<p>Ganbu Gulinj Community Centre Wollert</p> 	<p>DATE: Tuesdays (4 sessions over 4 weeks) 24th February - 17th March</p> <p>TIME: 10am - 12pm</p> <p>WHERE: Ganbu Gulinj Community Centre: 55 Macedon Parade, Wollert (MCH Program Room)</p>
<p>Broadmeadows Library</p> 	<p>DATE: Wednesdays (7 sessions over 7 weeks) 11th February – 25th March</p> <p>TIME: 10am-11am</p> <p>WHERE: Broadmeadows Library, 1093 Pascoe Vale Rd, Broadmeadows</p>
<p>Meadows Primary School Hub</p>  	<p>DATE: Thursdays (8 Sessions over 8 weeks) 5th February – 26th March</p> <p>TIME: 1pm - 2.30pm</p> <p>WHERE: Meadows Primary School, 41 Gerbert St, Broadmeadows</p> <p style="text-align: right;">PARENTZONE</p>

ParentZone Northern Playgroups



Baby & Me: Parent Child Mother Goose Program

Aimed at Babies aged 0-12 months

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 crucial early years. At the same time, children benefit from enjoyable, healthy early experiences with language and communication.

DATES: Weekly on Wednesdays
28th January - 1st April 2026

TIME: 10.30am-12pm

WHERE: Galada MCH Centre,
Galada Community Centre,
10c Forum Way, Epping

Booking and Enquiries:

Contact ParentZone Northern:

(03) 9301 5200 or email

parentzone.northern@anglicarevic.org.au

**FREE 10 Week Program for parents
and caregivers residing in Whittlesea
City Council.**



City of
Whittlesea

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What else is happening in the North?



Youth Programs: Ages 12-18



Escape Room: Trapped in the Upside Down

Find clues, solve puzzles and crack codes to help the Hawkins AV club rescue Will from the Upside Down!



Design and Print with Cricut

Learn how to create a single layered design on the Cricut - then print your design to decorate your very own tote bag to take home.



VR Adventure

Boot up the library's headsets and play some games in virtual reality! Try Beat Saber, First Steps, and more.



Mystery at the Clocktower

Outwit your friends and defeat the forces of evil in this social deduction game.

Kids' Programs: Ages 5-12



NGV: Kids On Tour

Get creative with activities designed by artists from the National Gallery of Victoria!



Craftroom Surprise, and Sea Creatures Art

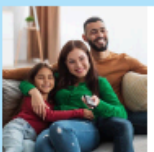
Explore the ocean and create fun sea creatures in our art activities.

All ages programs



Meeples in the Meadows

Drop in for a game with the Melbourne Meeples Board Game Club in their monthly meetup at Broadmeadows Library.



Family Movie Night

Put on your pyjamas and bring the family for a cozy movie night at the library. Films will be rated G or PG.



Summer School Holiday Calendar

14 December - 27 January 2026



Pop-Up Museum: Ocean Wonders

All ages

Find out about the wonderful things that live on our beaches and swim in our oceans. Imagine yourself as a marine biologist as you touch real objects from the Museums Victoria collections and learn about shells, sharks and ancient marine animals that lived millions of years ago.

Damo Music for Kids

Ages 3-8

Sing along with Damo! Join us for a fun musical performance featuring songs and stories that celebrate the ocean, the beach, and our favourite underwater creatures.



GROW SEARCH READ EXPLORE HUME Libraries

Follow us on humelibraries



Hume Libraries Summer School Holiday Calendar: 14 December - 27 January 2026

Symbols Key

B = Bookings required

- Early Years (ages 0 to 5)
- Children (ages 5 to 12)
- Teens (ages 12 to 18)
- All ages

Bookings

Please make sure your kids are the right age for each activity before you book.

Find more information and book tickets on the Hume Libraries app or website.

Scan the QR code to go directly to the Hume Libraries website:



Gladstone Park Community Library	Tullamarine Library	Kaikkoo Community Centre
NGV: Kids on Tour B 3pm-4pm Tuesday 6 January	Italian Storytime 10.30am-11.15am Wednesday 7 January	NGV: Kids on Tour B 12pm-1pm Tuesday 13 January
VR Adventure B 2pm-4pm Thursday 8 January	Lego Free Play B 4pm-5pm Thursday 8 January	Lort Smith Campbellfield
Library Heist B 3pm-4pm Tuesday 13 January	Damo Music for Kids B 11am-12pm Wednesday 14 January	Tales to Tails B 4pm-4.30pm Tuesdays from 15 January
Escape Room B 3pm-4pm Thursday 15 January	Sea Creatures Art B 4pm-5pm Thursday 15 January	
Library Heist B 3pm-4pm Tuesday 20 January	Craftroom Surprise B 11am-12pm Wednesday 21 January	
Mystery at the Clocktower B 3pm-4pm Thursday 22 January	NGV: Kids on Tour B 4pm-5pm Thursday 22 January	

The Big Summer Read is here!

Kids between the age of 0 and 18 who sign up, select Hume as their local library, and read at least 10 books over the Summer will go in the running to win some great prizes.

Eligible readers will go into the running to win one of 2 Nintendo Switches, or a Library Van visit to a location of your choice!

Visit vic.readbooks.com.au or scan the QR code to join.



Broadmeadows	Craigieburn	Sunbury
Tuesday 6 January		
Craftroom Surprise B 2pm-3pm	Sea Creatures Art B 2pm-3pm	Craftroom Surprise B 1.30pm-3.30pm
Wednesday 7 January		
Escape Room B 1.30pm-2.30pm 3pm-4pm	Family Movie Night 6pm-9pm	
Thursday 8 January		
Family Movie Night 6pm-9pm	Craftroom Surprise B 2pm-3pm	Dominoes Fun! B 2pm-5pm, 3pm-4pm Design & Print with Cricut B 2pm-4pm
Friday 9 January		
Design & Print with Cricut B 2pm-4pm		
Tuesday 13 January		
Craftroom Surprise B 2pm-3pm	NGV: Kids on Tour B 2pm-3pm	Craftroom Surprise B 2pm-3pm Escape Room B 1pm-2pm/2.30pm-3.30pm
Wednesday 14 January		
	Family Movie Night 6pm-9pm	Damo Music for Kids B 2.30pm-3.30pm
Thursday 15 January		
Damo Music for Kids B 2pm-3pm Meeples in the Meadows B 7pm-10pm	Craftroom Surprise B 2pm-3pm	Family Movie Night 5.30pm-7pm
Tuesday 20 January		
NGV: Kids on Tour B 2pm-3pm	Ocean Wonders Pop-Up Museum B 10.30am-2.30pm PSS FC25 Tournament B 2pm-4pm	NGV: Kids on Tour B 1.30pm-3.30pm
Wednesday 21 January		
PSS FC25 Tournament B 2pm-4pm	Family Movie Night 6pm-9pm	PSS FC25 Tournament B 2pm-4pm
Thursday 22 January		
Ocean Wonders Pop-Up Museum B 1.30pm-2.30pm	Damo Music for Kids B 2pm-3pm	Ocean Wonders Pop-Up Museum B 10.30am-11.30am



Big Summer Read is back!

It runs from 1 December 2025 to 31 January 2026.

To enter, you **need to be a Hume Libraries member**, and you can log your entries online **or** on a paper form. For the details for how to log entries, speak to a Hume Libraries staff member or check out our website via the QR code below. Entries **close** on Monday 9 February.

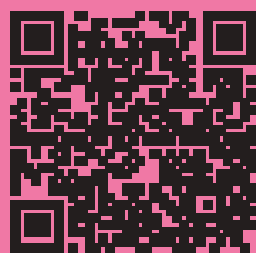
To be eligible for Hume Libraries prizes, you need to read 5 books **OR** read for 5 days, and every additional 5 days read will be an extra entry into the prize draw.

Hume Libraries Main Prizes:

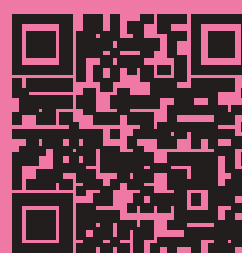
Ages 0-6: A storytime party with the library van

Ages 7-12: A Nintendo Switch 2

Ages 12-18: A Nintendo Switch 2



Hume Libraries Information



State-wide information

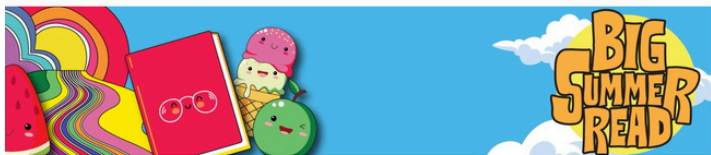
DESIGN SHARE FIND LAUGH
GROW SEARCH READ

For more information please visit:

humelibraries.vic.gov.au

 humelibraries  humelibraries





WHAT IS BIG SUMMER READ?

YPRL wants you to keep reading over the Summer break. Log your reading over December and January and go into the draw to WIN prizes! Borrow books from the library and grab a fun activity book too!

How do you participate?

Track your reading through days read OR books finished.

- **Collect your reading log** from a YPRL location.
- **Track your reading** over summer.
- Once you've read 5 books or read over 5 days you can **submit your log**.
- More reading = more logs you can submit for our prize draw!



Prizes include:

Bookish packs filled with everything from LEGO® to activity books!

NEW!

Check out these staff picks when looking for your next read! All NEW and fabulous.



Book: hilarious fantasy

Junior Comic: mystery

Audio: Family road trip

Find events near you!

We have grouped events by your local council area to help you discover more nearby.

Events in Blue = Banyule City Council
Events in Purple = Nillumbik Shire Council

Events in Orange = City of Whittlesea
Events = multiple council areas

WHAT'S HAPPENING?

There are so many great activities happening these holidays! Check out what interests you and be ready when bookings open. **Subscribe to our Family Fun eNews to be the first to hear when bookings open.**



Subscribe to Family Fun eNews

LEGO® Spike Essential

Tuesday 6 January, 2.30pm
Mill Park Library

Mid-Week Movie Marathon

Wednesday 7 January, 1.30pm
Ivanhoe Library

Rainbow Serpent Diorama

Wednesday 7 January, 2.30pm
Mill Park Library

Build your Dream Playground with LEGO® Workshops

Wednesday 7 January, Eltham Library
10.00am (ages 5-8)
12.00pm (ages 9-12)

Guided by Annie O'Reilly, from LEGO Masters Australia.

★ *The Playgrounds We Can Build Drop-In LEGO®*: 1.00pm-3.00pm

Dance Around the World

Thursday 8 January, 11.00am
Thomastown Library

Holiday Art & Craft

Thursday 8, 15 & 22 January
3.30pm, Mernda Library

Indigenous Art through Play

Monday 12 January, 11.00am
Lalor Library

Dunbi the Owl Craft

Monday 12 January, 2.30pm
Watsonia Library

Deadly Stencil Art

Tuesday 13 January, 11.00am
Eltham Library

Craftemtoon

Tuesday 13 January, 2.00pm
Kirrip Hub

Henna Workshops

Tuesday 13 January
2.30pm, Whittlesea Library
Thursday 15 January
11.00am, Thomastown Library
2.00pm, Diamond Valley Library

Design your own Treehouse

Wednesday 14 January, 11.00am
Lalor Library

Soil Safari

Wednesday 14 January, 2.30pm
Watsonia Library

Postcard Art Workshop

Thursday 15 January, 10.30am
Galada Hub

Active Arvo

Thursday 15 January, 2.30pm
Mill Park Library



yprl.vic.gov.au



What's On @ YPRL



January 2026

Scan QR code to see all upcoming events.
Most events require bookings.



First Nations Family Storytime

Friday 16 January, 11.00am
Thomastown Library

Summer Night Lanterns

Monday 19 January, 11.30am
Ivanhoe Library

Coding for Beginners

Monday 19 January, 3.00pm (Online)

Real Pigeons, Twigs, and Creativity

Tuesday 20 January, 11.00am
Lalor Library

★ Special guest **Ben Wood**,
illustrator of the beloved *Real Pigeons*
and *Hello Twigs* series!



Deadly Scratch Art

Tuesday 20 January, 11.00am
Diamond Valley Library

First Nations Family Storytime

Tuesday 20 January, 11.00am
Ivanhoe Library

Afternoon at the Movies

Tuesday 20 January, 1.30pm
Kirrip Hub

Henna Painting Drop-In

Tuesday 20 January, 2.30pm-4.00pm
Watsonia Library

Baa Baa Black Belt Karate

Tuesday 20 January, 2.30pm
Whittlesea Library

Deadly Woodcut Art

Friday 23 January, 11.00am
Whittlesea Library

NGV Kids on Tour

In partnership with National Gallery Victoria, *Kids on Tour* offers children across Victoria the opportunity to engage with art and creativity. See website for more details.

Thomastown:
Wednesday 7 January

Lalor: Friday 9 January

Ivanhoe: Tuesday 13 January

Whittlesea:
Thursday 15 January

Watsonia:
Tuesday 20 January

Mill Park:
Wednesday 21 January

Eltham: Thursday 22 January

Diamond Valley:
Friday 23 January

EVENTS FOR TEENS!

Make a Self-Care Jar
Monday 12 January, 2.00pm
Nillumbik Youth Hub

Creating a Vision Board
Wednesday 21 January
12.00pm, Eltham Library

Immersive Worlds
Wednesday 21 January
12.00pm, Ivanhoe Library

Tree of Life Art for Teens
Wednesday 21 January
2.00pm, Lalor Library



Scan and Learn More! QR

Summer Holidays

Join the fun at TRAC!

- ✓ Pool Inlatable
- ✓ Days Kids Zumba
- ✓ Splash Park Sausage Sizzle
- ✓ Kids Boxing Pool
- ✓ Party Meet a
- ✓ Superhero with Fun Inlatable



BRINGING UP GREAT KIDS- PARENTING AFTER VIOLENCE

A 7-week group to reflect on your family's story and how to move forward with safety and hope.

Has your parenting been impacted by family violence?

This group will be an opportunity to:

- Reflect on the messages that the violence communicated to you about your parenting;
- 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.

WHEN : Wednesdays from 10am-12.30pm
11th February-25th March 2026

WHERE: Epping Area

COST: FREE

HOW DO I GET INVOLVED?

To enquire or refer your client please call
Sandra on 9301 5200 or email at
sandra.walker@anglicarevic.org.au

REGISTRATIONS ESSENTIAL





Step Up for Equality – Men's Action Group!

Connect with other men to **promote respectful relationships** and **create positive change** across your community.

Are you?

- A man over 18 years of age
- Live, work, learn or play in the City of Whittlesea
- Would like to help make your community a safer and more respectful place for everyone
- Can attend regular meetings

Join the Whittlesea Men's Action Group and connect with other men to create a safer, more inclusive, and respectful community for everyone.

The Step Up for Equality - Men's Action Group will hold gatherings to learn and discuss ways men can show up for the women, men and children in their lives. Through group discussions and workshops participants will learn how to lead and take action to promote healthy, safe, and respectful attitudes and behaviours in their local communities.

Group members will be paid for their time and contributions.

For more information, or to sign-up for the action group scan the QR code or contact Tyrone: communityengagement@dpvhealth.org.au or 0402 670 598



Mens Group Flyer_V6_08OCT25

This program is supported by DPV Health and the City of Whittlesea.



City of
Whittlesea



DPV
Health®

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