



# PARENTZONE SOUTHERN DIRECTORY

Term 1, 2018

Information on groups and programs offered by Parentzone and Community Services across the Southern Region of Melbourne.

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### WHAT'S ON IN YOUR REGION?

Please send us details of any programs, workshops or support groups that you plan to run in Term 2, 2018.

[parentzone.southern@anglicarevic.org.au](mailto:parentzone.southern@anglicarevic.org.au) or contact us on 03 5945 2000

## Overview of Parentzone Term 1 Programs (full details on appropriate page)

Region Page	Program	Dates	Time	Open to
<b>Cardinia</b> <b>Page 16</b>	<b>Parents Building Solutions – Growing Great Kids</b>	Day Wednesdays (6weeks) Date February 21 <sup>st</sup> , 28 <sup>th</sup> March 7 <sup>th</sup> , 14 <sup>th</sup> , 21 <sup>st</sup> , 28 <sup>th</sup> 2018	1pm – 3pm	Open to all Mums, Dads, Carers & Grandparents of Primary aged children
<b>Cardinia</b> <b>Page 16</b>	<b>Parents Building Solutions – Parenting Teens</b>	Day Wednesdays Date 9 <sup>th</sup> May to 13 <sup>th</sup> June 2018	6pm- 8.30pm	Open to all Mums, Dads, Carers & Grandparents of Secondary aged children
<b>Casey</b> <b>Page 25</b>	<b>Koorie Kids Playgroup (VACCA run) Cranbourne</b>	Thursdays during school terms	10:30am – 1:00pm	Aboriginal and Torres Strait Islander Children 0 – 5 & their parent/carer
<b>Casey</b> <b>Page 25</b>	<b>Parents Building Solutions– A 6 week program. (Parents of Children aged 3-12yrs)</b>	Day Tuesday Date 13 <sup>th</sup> Feb to 20 <sup>th</sup> March 6 weeks	9.15- 11.30am	Open to all Mums, Dads, Carers & Grandparents of Primary aged children
<b>Frankston</b> <b>Page 45</b>	<b>Parents Building Solutions– A 6 week program. (Parents of Children aged</b>	Day Tuesdays Date 13 <sup>th</sup> Feb- 20 <sup>th</sup> March Somerville Primary	9.15 – 11.15am	Open to all Mums, Dads, Carers & Grandparents of Primary aged children
<b>Frankston</b> <b>Page 45</b>	<b>Parents Building Solutions– A 6 week program. (Parents of Children aged</b>	Day Thursdays Date 15 <sup>th</sup> Feb – 24 <sup>th</sup> March Kananook Primary	9.30am- 11.30am	Open to all Mums, Dads, Carers & Grandparents of Primary aged children
<b>City of Greater Dandenong</b> <b>Page 66</b>	<b>Parents Building Solutions – Growing Great Kids</b>	Day Thursdays (6weeks) Date 15 <sup>th</sup> March to 3 <sup>rd</sup> May Noble Park Primary School	9.00 to 11.30	Open to all Mums, Dads, Carers & Grandparents of Primary aged children

<b>City of Greater Dandenong</b> Page 66	<b>Parents Building Solutions –</b> Parenting in Australia	Day Date	Tuesdays 20 <sup>th</sup> Feb to 27 <sup>th</sup> March	1pm – 3pm	Open to all Mums, Dads, Carers & Grandparents of Primary aged children
<b>City of Greater Dandenong</b> Page 68	<b>Parents Building Solutions –</b> Parenting in Australia	Day Date	Fridays 16 <sup>th</sup> February to 23 March	9.45 – 12.15pm	Open to all Mums, Dads, Carers & Grandparents of Primary aged children
<b>City Of Greater Dandenong</b> Page 68	<b>3 year Old Playgroup</b>	Day Date	Tuesday School Term	9.00am – 10.30	Is your child starting School in 2020. If so, we would like to invite you to our playgroup that will prepare and encourage your child to start Kindergarten in 2019.
<b>City Of Greater Dandenong</b> Page 68	<b>General Playgroup</b>	Day Date		9.00am – 10.30am	Open to all Mums, Dads, Carers & Grandparents of Pre school children
<b>City of Greater Dandenong</b> Page 67	<b>Parents Building Solutions</b>	Day Date	Wednesday 21,28 Feb, 7,14,21,28 Mar	12.30pm – 2.30pm	Open to all Mums, Dads, Carers & Grandparents of Primary aged children
<b>Greater Dandenong</b> Page 67	<b>BEYOND THE VIOLENCE</b> An 8 week parent and children’s program for those who have experienced or are experiencing Family Violence.	Day Date Cost	Mondays 5th Feb to 26th March (no group 12th March due to Labour Day) Final session on Thursday 29th March Free of charge	4pm to 6.30pm	For Non-Offending Parents and their children who have experienced Family Violence. <ul style="list-style-type: none"> <li>• Are you dealing with the effects of Family violence?</li> <li>• Does your child’s anger or anxiety worry you?</li> <li>• Are you tired of yelling?</li> </ul>

<p><b>City Of 'Mornington Peninsula Page 85</b></p>	<p><b>Parents Building Solutions</b>– A 6 week program.</p>	<p>Day Tuesdays Date 13<sup>th</sup> Feb- 20<sup>th</sup> March Somerville Primary</p>	<p>9.15 – 11.15am</p>	<p>Open to all Mums, Dads, Carers &amp; Grandparents of Primary aged children</p>
<p><b>City Of 'Mornington Peninsula Page 85</b></p>	<p><b>Parents Building Solutions</b>– A 6 week program</p>	<p>Day Thursdays Date 15<sup>th</sup> Feb – 24<sup>th</sup> March  Boneo Primary School</p>	<p>1.00pm - 3pm</p>	<p>Open to all Mums, Dads, Carers &amp; Grandparents of Primary aged children</p>
<p><b>City Of 'Mornington Peninsula Page 85</b></p>	<p><b>Parents Building Solutions</b>– A 2hr program</p>	<p>Day Thursday Date 8<sup>th</sup> Feb Time 1pm -3pm Balnarring Primary School</p>	<p>1pm -3pm</p>	<p>Open to all Mums, Dads, Carers &amp; Grandparents on Primary aged children</p>

**Please note**

- All the above Parenting Programs are free to attend. More details are on the appropriate page number.
- Bookings are essential

## PEER Networks, Parents Building Solutions (formerly POP) Training & BTV Training

### PHILOSOPHY OF PARENTING (POP)

A comprehensive framework for professionals who work with parents. This core training will develop practical tools and strategies that professionals can use with parents in any circumstance.

#### SUITABLE FOR

Anyone who works with parents! A wide variety of people have told us they really benefited from this program - social workers, teachers, psychologists, case managers, children's services workers, family services practitioners, volunteers and residential staff.

#### For more information contact:

**Michelle Brown** – 0429 174 150  
michelle.brown@anglicarevic.org.au

**Carol Abery** – 5945 2000  
carol.abery@anglicarevic.org.au

**Limited places left.**

**This will run again and we do have a waiting list.**

#### Details

Day Wednesdays

Date 14<sup>th</sup>, 21<sup>st</sup>, 28<sup>th</sup> February

2018

Time 9.30 – 4pm

#### Venue

**Anglicare Frankston,  
Level 2, 60-64 Wells Street, Frankston**

#### Cost

\$340 (incl GST) training only

\$433.50 (incl GST) training and manual

Limited number of funded places are available for volunteers, ACCO's and Anglicare Victoria Staff- these are very limited

Email [Parent Resource Workers](mailto:Parent.Resource.Workers@anglicarevic.org.au)

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

**BEYOND THE VIOLENCE**



**BEYOND THE VIOLENCE facilitator Training Dandenong**

**Do you want to increase your skills in working with parents and children affected by Family Violence?**

**SUITABLE FOR:**

Professionals who have existing group work skills and experience, or a background working with women and children impacted by family violence

**Details**

**Day** Please phone to find out when this is running next.

**Cost** Free of charge- **Registration Essential**

**Bookings:** Ariane Hahn on 0499 080 468 or 03 5945 2000

[Ariane.hahn@anglicarevic.org.au](mailto:Ariane.hahn@anglicarevic.org.au)

**BEYOND THE VIOLENCE facilitator Training Cranbourne**

**Do you want to increase your skills in working with parents and children affected by Family Violence?**

**SUITABLE FOR:**

Professionals who have existing group work skills and experience, or a background working with women and children impacted by family violence

**Details**

**Day** Thursday 1<sup>st</sup>, 8<sup>th</sup>, and 15<sup>th</sup> March

**Time** 9.30am -4.30pm

**Cost** Free of charge- **Registration Essential**

**Bookings:** Karen Piscopo on 0499 079 749 or alternatively email

[karen.piscopo@anglicarevic.org.au](mailto:karen.piscopo@anglicarevic.org.au)

## PEER Networks

Our networks for parent educators are always a great place to discuss parent engagement, share resources and get to know what's happening in your region. Parentzone operates 5 PEER networks across the Southern Region.

Region	Contact	Venue	Dates
Bayside and Kingston	Michelle Brown 9781 6700 <a href="mailto:michelle.brown@anglicarevic.org.au">michelle.brown@anglicarevic.org.au</a>	Please phone Michelle for details	Please phone for details
Cardinia	Jasbir Singh Suropada 0431 203 177 <a href="mailto:Jasbir.suropada@anglicarevic.org.au">Jasbir.suropada@anglicarevic.org.au</a>	Anglicare Victoria Level 1, 66-68 Main St Pakenham	Day Tuesday Date 25 <sup>th</sup> February Time 10am – 12pm
Casey	Sandra Phillips 0447 500 355 <a href="mailto:sandra.phillips@anglicarevic.org.au">sandra.phillips@anglicarevic.org.au</a>	Gleneagles Sec College 58 Reema Blvd, Endeavour Hills Victoria 3802 Endeavour Hills	Day Tuesday Date 6 <sup>th</sup> Feb TBC please phone or SMS Sandra Time 9.30 -11.30am
Greater Dandenong	Jasbir Singh Suropada 0431 203 177 or 9706 8568 <a href="mailto:Jasbir.suropada@anglicarevic.org.au">Jasbir.suropada@anglicarevic.org.au</a>	Dandenong Anglicare Victoria Suite 12, 131-147 Walker St Dandenong	Day Thursday Date 15 <sup>th</sup> February Time 2.00pm to 4.00pm
Frankston and 'Mornington Peninsula	Michelle Brown 9781 6700 <a href="mailto:michelle.brown@anglicarevic.org.au">michelle.brown@anglicarevic.org.au</a>	'Mornington Library 2 Queen St 'Mornington	Day Monday Date 26 <sup>th</sup> March Time 1.30pm -3.30pm

## Parentzone Resource Library

Parents, professionals, students or anyone who is interested in parenting can borrow resources from Parentzone at:

Pakenham	Frankston	Rosebud West
66-68 Main St, Level 1 P: 5945 2000	60-64 Wells St, Level 2 P: 9781 6700	1703 Point Nepean Road P: 5986 9900

The Dandenong Office is now located at:

Suite 12,  
131-147 Walker Street,  
Dandenong, VIC 3175  
ph: 03 9293 8500  
f: 03 9792 5900

The PO Box number is the same: PO Box 7100 Dandenong, VIC 3175

There is no library at the Dandenong Office.

## Groups and Programs

### City of Bayside

Group / Program	Contact	Address	Details/ Other
<b>Parenting</b>			
<b>PARENT EDUCATION PROGRAMS</b>	<b>Bayside City Council</b> Ph. 9599 4444 or see <a href="http://www.bayside.vic.gov.au">www.bayside.vic.gov.au</a> for further details and bookings	For more info: Parent education sessions	Please phone for next dates, venue and costs
<b>AUSLAN STORY TIME</b> Experience a visual language in this interactive session with our storyteller and an Ulsan interpreter signing some favourite stories	<b>Bayside City Council</b> Ph. 9599 4444 or see <a href="http://www.bayside.vic.gov.au">www.bayside.vic.gov.au</a> for further details and bookings	Bayside Library Services 14 Wilson Street, Brighton Tel 9591 5900	Ulsan Storytime is being incorporated into our regular Thursday preschool sessions at Brighton Library. Day Thursday Date Please phone Time 10.30am – 11.30am
<b>MATERNAL CHILD &amp; HEALTH CHILD SERVICES</b> Phone your closest centre to see what they offer or visit Maternal and child health <ul style="list-style-type: none"> <li>• Baby capsule hire service</li> <li>• Breastfeeding and lactation advice</li> <li>• Home cleaning service for new parents</li> <li>• Child health and development</li> <li>• Maternal health</li> <li>• Parent child relationships</li> <li>• Safety and injury prevention</li> <li>• Immunisation</li> <li>• Nutrition</li> <li>• Family planning</li> <li>• Other local support services and resources</li> </ul> Advice and information is also available on the Maternal and Child Health Service 24-hour line. Phone 13 22 29.			

## City of Bayside

Group / Program	Contact	Address	Details/ Other
<b>Playgroups &amp; Playhouses</b>			
Visit Playgroups and playhouses or phone 9599 4444 for more info			
<b>Healthy Bubs &amp; Families</b> Education and skill development for parents around the importance of early attachment. Intake assessment only.	<b>Family Life</b> 8599 5433 <a href="mailto:info@familylife.com.au">info@familylife.com.au</a>	Community House 12 Keith Street, Hampton East	Please phone for day and dates.
<b>Keith St Community House Playgroup</b>	<b>Family Life</b> 8599 5433 <a href="mailto:info@familylife.com.au">info@familylife.com.au</a>	Community House 12 Keith Street, Hampton East	Please phone for day and dates.
<b>Community Bubs</b> Intensive support for families who have an infant	<b>Family Life</b> 8599 5433 <a href="http://familylife.comm.au/">http://familylife.comm.au/</a> <a href="mailto:info@familylife.com.au">info@familylife.com.au</a>	Level 2, 11 Chesterville Rd, Cheltenham	Please phone to arrange time.
<b>BAYSIDE CHILDREN'S CONTACT SERVICE</b> –Family Life Providing a safe, neutral and child friendly environment for children.	<b>Family Life</b> For more information please read our <a href="#">FAQ</a> , call us (03 8599 5433) or email your enquiry to <a href="mailto:bccs@familylife.com.au">bccs@familylife.com.au</a> .	Times can be scheduled at a mutually beneficial time; weekdays or weekends, before nap-time or after-school. We are happy to work with you to make the make arrangements that suit everyone involved and are in the best interests of the child	The Bayside Children's Contact Service is a safe, neutral, child focused venue for supervised contact visits and changeovers to occur between children and their parents, where separated parents are unable to manage their own contact arrangements without conflict.
<b>Time For Me Parenting Group</b>	<b>Family Life and Bayside City Council</b> Contact Courtney or Belinda from the Community Bubs Team 9782 7800	Fern St Children's Centre Crn of Fern St & Bluff Rd, Black Rock	Day Every Tuesday Dates During School Term Time 10.00 – 12pm Free, light refreshments provided
<b>Peaceful Parenting</b> Positive ideas to help you manage your child's behaviour and result in positive change.	<b>Family Life</b> Bookings essential Contact Sharon from the Shine team at Family Life 9770 0341 <a href="mailto:info@familylife.com.au">info@familylife.com.au</a>	Level 1, 450 Nepean Hwy, Chelsea	Date Please phone Time 10.00-3.00pm Cost Free but booking is essential
<b>Challenging Behaviours, Disabilities, Alcohol &amp; Drugs, Family Violence, Mental Health, Carer Support Groups &amp; other</b>			

## City of Bayside

Group / Program	Contact	Address	Details/ Other
<b>Kinship Care Support Group</b> Are you a kinship carer who is caring for a child who is not your own? Come and meet with other Kinship Carers. Includes discussion, resources, guest speakers and morning tea	<b>Kinship Care Oz Child</b> Contact: OzChild Kinship Care Dandenong Central Office ph. 9212 5600 for further information	Facilitated groups are held monthly in Highett, Frankston and Rosebud	Phone for dates and times
<b>Dementia Carer Support Group</b> For carers of people with dementia	Marlee Creaser 8256 9699 mcreaser@aol.com	15 Black St, Brighton Melways 97 B1	Day 1st Tuesday in month Time 10am-11.30
<b>Brighton Carer Support Group</b> For people caring for aged relatives or those with dementia	<b>Girrawheen Day Centre</b> Enquiries to Intake 9575 5322	Girrawheen Day Centre 3 Murphy St Brighton Mel Ref 67E7	Day 2nd Wed of month Time 7.30-9.30pm
<b>Making Choices</b> A course for women who wish to learn how to make choices and re-gain some control over their lives in a safe and supportive atmosphere	<b>Family Life</b> 8599 5433 Open to City of Kingston, Bayside, Glen Eira and Port Phillip	Service Address 197 Bluff Rd, Sandringham	Please phone for help and or further details.
<b>Creating Connections</b> An 8 week support group for women who have already attended a family violence group or counselling, such as "Making Choices".	<b>Family Life</b> 85995433	Please phone for details when booking	Please Phone for details
<b>Who's In Charge?</b> An 8 week program for parents for carers of young people (aged 11 to 18) who are beyond control, violent or defiant.	<b>Family Life</b> Tom 9782 7800 tmulvaney@familylife.com.au	Family Life 197 Bluff Rd, Sandringham RSVP Tom 97827800	Please phone for further details
<b>Brighton Dementia Carer Support Group</b> For carers of people with Dementia.	Contact: Marlee Creaser, 8256 9699 Email: rmcreaser@aol.com	Trinity House, 15 Black Street, Brighton Melways: 67 E11	Day 1st Wed of month Time 10.00 to 11.30am
<b>Chelsea Carer Support Group</b> For carers of frail older people and those with disabilities	Brian Sinclair 9782 7633 info@cbchs.org.au	Central Bayside Community Health Service 3/1 The Strand, Chelsea	Day First Wed of month Time 1.00pm-3pm

## City of Bayside

Group / Program	Contact	Address	Details/ Other
<b>Clarinda Carer Support Group</b>	<b>Central Bayside Community Health</b> Lyn Entwistle 9552 0833 Info.cbchs.org.au	Central Bayside Community Health Service 58 Viney St Clarinda	Day 3rd Wed of month Time 11 am- 12.30pm
<b>Mood Disorders Support Group</b> Provides friendship and support to those with a mood disorder, their family and friends. Uni-polar, bi polar, general anxiety and depressive illnesses	<b>Mental Health Victoria</b> If you plan to attend, we strongly encourage you to register. Email: admin(at)mentalhealthvic.org.au Phone: 03 9826 1422	Suite J, 450 Chapel Street South Yarra, VIC, 3141 (Enter via Wilson Street. Parking is available at Jam Factory - 500 Chapel Street)	Please phone for details
<b>ASD Coffee Group</b> Support for parents of children with autism	<b>MOIRA</b> Kerri Rolfe - Parent Support Coordinator for Southern Region 8552 2222	Highett Neighbourhood community house 2 Livingston Street Highett	Day 2 <sup>nd</sup> Thursday of month Time 9.45 – 11.45am
<b>CEREBAL PALSY COFFEE MORNINGS</b>	<b>MOIRA</b> Kerri Rolfe - Parent Support Coordinator for Southern Region 8552 2222	Castlefield Community Centre Bluff Road Hampton	Day Tuesday mornings (once a month during school term) Contact for date
<b>Sandringham Reach Respite Program for Carers</b> For carers of the elderly and those with dementia	<b>Sandybeach Centre</b> www.sandybeach.org.au contact 9598 2155	Sandybeach Centre 2 Sims St, Sandringham Melways 76 G10	Day 3rd Tuesday of month Time 1.30 - 3.00pm
<b>Live Your Community Program</b> Provides flexible volunteer based inclusion support for children with disabilities who experience barriers to participation in sport, recreation and leisure. For children aged 6-17yrs with a diagnosed disability	<b>Extended Families</b> Mornington Peninsula and Frankston Phone: 03 5950 1055 Email: peninsula@extendedfamilies.org.au Southern – South East areas Phone: 03 9285 4839 Email: southern@extendedfamilies.org.au	Please phone for details	Please phone for details There is no cost to families accessing LYCP. Cost to sporting activity chosen by the child are generally met by the family

## Man & Fathers

## City of Bayside

Group / Program	Contact	Address	Details/ Other
<p><b>MATES – (MEN'S BEHAVIOUR CHANGE GROUP)</b></p> <p>Offers men the opportunity to learn and use alternatives to behaving in a violent or abusive manner.</p>	<p><b>Family Life</b> 8599 5433 <a href="http://familylife.com.au/">http://familylife.com.au/</a></p>	197 Bluff Rd, Sandringham is the Service Address	Please phone for direct service, some help or information
<p><b>THE BBQ BOYS</b></p> <p>Support group for male carers, offering peer support, fun and relaxing social activities, a space to talk about bloke's carer issues, as well as information, referral and support.</p>	<p><b>Respite South</b> See Frankston Area For Information On this</p>		First Tuesday of each month
<p><b>PIT STOP</b></p> <p>Better Men Australia a parenting tune up for every father who wants to see his family firing on all cylinders.</p>	<p><b>Bettermen</b> Ph. Rick Wakelin 0411 695 810 <a href="mailto:Rick.wakelin@bettermen.com.au">Rick.wakelin@bettermen.com.au</a></p>	Phone for further details	
Children, Youth & Families			
<p><b>BAYSIDE TOY LIBRARY</b></p>	<p><b>Hampton Toy Library</b> ph: 9598 5253</p>	212 Dendy St East Brighton	Please phone for details
<p><b>DUNKLY ESTATE HIGHETT BREAKFAST CLUB</b></p> <p>Provides cooked breakfast for estate residents.</p>	Contact Marilyn 8559 5433	Dunkley Estate Highett. Phone for further details.	Ongoing 7.30am – 9.00 am Except School Holidays

## City of Bayside

Group / Program	Contact	Address	Details/ Other
<p><b>DUNKLY ESTATE HIGHETT AFTER SCHOOL CLUB</b></p> <p>A good opportunity for children to complete homework and join in some activities.</p>	<p>Contact Tim. M. or Louise. A. 8559 5433</p>	<p>Dunkley Estate Highett. Phone for further details.</p>	<p>Ongoing 4:00pm – 6.00pm <i>Except School Holidays</i></p>
<p><b>SOUTH EASTERN MULTIPLE BIRTH ASSOCIATION (SEMBA)</b></p> <p>A support group for multiple birth families, run by parents with multiples.</p>	<p>New Parent Contact: sembanewparent@hotmail.com President: sembapresident@hotmail.com</p>	<p>South East of Melbourne, covering the main areas of Bayside, Glen Eira and Kingston Councils. <a href="http://semba.amba.org.au/index.html">http://semba.amba.org.au/index.html</a></p>	<p>Playgroups on Monday, Wednesday and Thursday mornings contact us for details</p>
<p><b>HAMPTON COMMUNITY CENTRE</b></p> <p>Various Playgroups including French, German, Jolly Gymbuks &amp; Tambourine Time</p>	<p>9598 2977 <a href="http://www.hamptoncommunitycentre.com.au">www.hamptoncommunitycentre.com.au</a></p>	<p>Hampton Community Centre 14 Willis St Hampton</p>	<p>Day: Mon, Tues &amp; Wed Please call for times and further information.</p>
<p><b>YOUNG MUMS SUPPORTED PLAYGROUP</b></p> <p>For mothers under the age of 25 and with children up to 5 years.</p>	<p><b>BGLLEN</b> Bayside City Council Maternal Child and health 9599 4755</p>	<p>Highett Maternal Child and Health Care Centre Community room</p>	<p>Day Wednesday Date During term Time 1.30-3pm Cost free Please book</p>
<p><b>IMPACT PROGRAM</b></p> <p>For young people 20 – 25, pick an area you've interested in, get some work experience and then design a project that will make a real contribution.</p>	<p><b>BGKLEN</b> Sandy beach 9598 2155 ask to speak to Andrea</p>	<p>Sandy Beach Centre 2 Sims St, Sandringham</p>	<p>Day Friday Cost Please phone for further details and to book Time 9.30am-2.30pm</p>
<p><b>REACH OUT</b></p> <p>For children who have a significant member of their family with a mental illness</p>	<p>Commonwealth Carer Respite Centre, <b>Southern Mental Health</b> carers@smha.org.au hgeerts@smha.org.au Heather - 9585 5677</p>	<p>Cheltenham area</p>	<p>The group runs once a month, (Saturday), please call for further information.</p>

## City of Bayside

Group / Program	Contact	Address	Details/ Other
<b>POPCORN PRODUCTIONS FReeZA COMMITTEE</b> Help plan, organise, deliver and evaluate events such as the Push Start Battle of the Bands and the Youth Art Exhibition.	<b>Bayside Youth Services</b> <a href="http://www.bayside.vic.gov.au/youth">www.bayside.vic.gov.au/youth</a> 9599 4446	Peterson Youth Centre Highett Corner of Peterson St and Highett Rd Highett	Day Tuesdays during school term Time 5.00-6.30pm Please phone for further details.
<b>PETERSON YOUTH CENTRE DROP IN</b> Free use of pool and table tennis tables, Nintendo Wii, internet access, food and drinks. Counselling and individual support can also be arranged	<b>Bayside Youth Services</b> <a href="http://www.bayside.vic.gov.au/youth">www.bayside.vic.gov.au/youth</a> 9599 4446	Peterson Youth Centre Highett Corner of Peterson St and Highett Rd Highett	Mondays, Tuesday and Thursday 2.30pm-5.30pm For 10-25 year olds Cost: Free
<b>PFLAG (Parents and Friends of Lesbians and Gays)</b>	<b>BGKLEN</b> Call PFLAG 9660 3960. <i>This is a message bank and is checked daily</i> <a href="http://www.pflagvictoria.org.au">www.pflagvictoria.org.au</a>	Sol Green Community Centre Cnr Montague and Coventry Streets South Melbourne	4th Tues in month 7.30pm-9.30pm Free Please phone and book.

## Cardinia Shire

Group / Program	Contact	Address	Details/ Other
<b>PARENTZONE PARENTING PROGRAMS</b>			
<p><b>PARENTS BUILDING SOLUTIONS – Growing Great Kids – 5 weeks</b></p> <p><b>Open to all Mums, Dads, Carers &amp; Grandparents</b></p> <p>Tired of Yelling? Dealing with Anger and Relationships, strategies, understanding the challenges your kids face in School, how to cope with stress and emotions are just some of the Topics covered.</p>	<p><b>Parentzone, Anglicare Victoria</b></p> <p>For further information or to book, contact Lee Naismith or Mathew Anderton on 03 5997 7261</p> <p>Email <a href="mailto:Naismith.lea.l@edumail.vic.gov.au">Naismith.lea.l@edumail.vic.gov.au</a></p> <p>or</p> <p>Jasbir Singh, 0431 203 177</p> <p><a href="mailto:jasbir.suopada@anglicarevic.org.au">jasbir.suopada@anglicarevic.org.au</a></p>	<p>Lakeside College Junior School 2 Portobello Rd, Pakenham Cardinia</p>	<p>Day Wednesdays (6 weeks)</p> <p>Date February 1<sup>st</sup>, 28<sup>th</sup> March 7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup>, 28<sup>th</sup></p> <p>Time 1pm – 3pm</p> <p>Cost FREE</p> <p>Booking Essential</p>
<p><b>PARENTS BUILDING SOLUTIONS – Parenting Teens</b></p> <p><b>Open to all Mums, Dads, Carers &amp; Grandparents</b></p> <p>Tired of Yelling? Dealing with Anger and Relationships, strategies, understanding the challenges your kids face in School, how to cope with stress and emotions are just some of the Topics covered.</p>	<p><b>Parentzone, Anglicare Victoria</b></p> <p>For further information</p> <p>Jasbir Singh, 0431 203 177</p> <p><a href="mailto:jasbir.suopada@anglicarevic.org.au">jasbir.suopada@anglicarevic.org.au</a></p>	<p>Emerald Secondary College 425 Belgrave-Gembrook Rd, Emerald VIC 3782</p>	<p>Day Wednesdays</p> <p>Date 9<sup>th</sup> May to 13<sup>th</sup> June</p> <p>Time 6pm to 8.30pm</p> <p>Cost Free</p>

## Cardinia Shire

Group / Program	Contact	Address	Details/ Other
<p><b>PARENTS BUILDING SOLUTIONS – Dad’s Do Matter</b></p> <p><b>Open to all Dads, Granddads, Step Dads, &amp; Uncle’s</b></p> <p>A one off workshop, come join other Dads to share experiences, learn new strategies and solutions on: increasing your confidence as a dad, improving communication and closeness with your kids, creating a healthy environment for your children, learning how to cope with stress, emotions and anger, parenting beyond separations.</p>	<p><b>Parentzone, Anglicare Victoria</b></p> <p>For further information or to book, contact Text or email to register</p> <p>Jasbir Singh, 0431 203 177  <a href="mailto:jasbir.suopada@anglicarevic.org.au">jasbir.suopada@anglicarevic.org.au</a></p>	<p>Pease contact Jasbir for further information</p>	<p>Not running this term                      Please contact for further details</p>
<p><b>PARENTS BUILDING SOLUTIONS – Open to all Mums, Dads, Carers &amp; Grandparents. 1 session</b></p> <p>Tired of Yelling? Dealing with Anger and Relationships, strategies, understanding the challenges your kids face in School, how to cope with stress and emotions are just some of the Topics covered.</p>	<p><b>Parentzone, Anglicare Victoria</b></p> <p>For further information or to book, contact Jasbir Singh,                      0431 203 177  <a href="mailto:jasbir.suopada@anglicarevic.org.au">jasbir.suopada@anglicarevic.org.au</a></p>	<p>Cockatoo Primary School                      19-33 Belgrave-Gembrook Rd,                      Cockatoo</p>	<p>Day Thursday                      Date 8<sup>th</sup> March                      Time 9.30am – 12                      Cost FREE                      Booking Essential</p>

## Cardinia Shire

Group / Program	Contact	Address	Details/ Other
<b>PARENTING PROGRAMS</b>			
<b>EARLY PARENTING UNIT</b> Kooweerup Regional Health Service Day program for parents with children 0-12 months focussing on sleep settling and feeding issues.	<b>Kooweerup Regional Health Service</b> 5997 9674 <a href="http://www.kooweeruphospital.net.au">www.kooweeruphospital.net.au</a>	215 Rossiter Rd Kooweerup	Free Service Call to register for program Waiting lists may apply
<b>KINDERGARTENS</b> Kinders Together	The Kinders Together cluster operate a variety of Kindergarten programs throughout Cardinia Shire. Visit <a href="http://www.kinderstogether.com.au">www.kinderstogether.com.au</a> or phone 03 5629 2067 for more information. Further information can also be found on the <b>Cardinia Shire</b> Website - <a href="http://www.cardinia.vic.gov.au/Page/Page.aspx?Page_Id=4544">http://www.cardinia.vic.gov.au/Page/Page.aspx?Page_Id=4544</a>		
<b>MATERNAL AND CHILD HEALTH SERVICE</b>	<b>Cardinia Shire</b> Please note all centres and sessions are by appointment only. Please phone 5945 4250 to arrange an appointment at specific centres: Andrews Centre; Beaconsfield Centre; Beaconsfield Upper Centre; Bunyip Centre; Cockatoo Centre; Emerald Centre; Hollings Centre; Home Garth Centre; Koo Wee Rup Centre; Lakeside Centre; Lang Lang Centre; Nar Nar Goon Centre Or visit <a href="http://www.cardinia.vic.gov.au/Page/Page.aspx?Page_Id=1480&amp;nc=5">http://www.cardinia.vic.gov.au/Page/Page.aspx?Page_Id=1480&amp;nc=5</a> Advice and information is also available on the Maternal and Child Health Service 24-hour line - phone 13 22 29		
<b>VOLUNTEER CARERS NEEDED</b> <b>Wesley Mission</b> Victoria is seeking local residents from all walks of life with a spare bedroom to become volunteer foster carers of children aged 0-18 years who are unable to live with their families and require a safe and nurturing home environment for varying periods of time. For further details, call Wesley Mission Victoria on 9794 3000.			
<b>PARENT AND PROFESSIONALS INFORMATION SESSIONS –SCHOOL</b> Parent and professional information sessions to prepare for school.	<b>Windermere</b> Phone: 1300 946 337		Phone for further details
<b>123 MAGIC PARENTING PROGRAM-Wed</b> A 3 week program to assist parents to manage difficult behaviour in their children by incorporating the use of 1-2-3 Magic techniques. For parents or carers of children aged 2 to 12 years.	<b>Windermere</b> Phone Group Coordinator Ph. 9705 3200 Phone: 1300 946 337 Fax: (03) 9796 7650 Or email: <a href="mailto:groups@windermere.org.au">groups@windermere.org.au</a>	Toomah Community Centre 18 Golden Green St, Pakenham	Day Thursday Mornings Date February 8 <sup>th</sup> 15 <sup>th</sup> 22 <sup>nd</sup> 2018 Time 10:00am – 12:30pm  Please phone and book

## Cardinia Shire

Group / Program	Contact	Address	Details/ Other
<p><b>PARENTING – A SIMPLE APPROACH</b>                      Better understand you child and build a more harmonious family.                      For Parents or carers of children 3 – 16 years.</p>	<p><b>Windermere</b>                      Group Co Coordinator                      9705 3200</p>	<p>Windermere                       Pakenham Office</p>	<p>Day Thursday                      Date 8<sup>th</sup> Feb to 1<sup>st</sup> March                      Time 5.30pm-7.30pm</p>
<b>FATHERS/ MEN'S PROGRAMS AND PARENTING FATHERS PROGRAMS</b>			
<p><b>CARDINIA DAD'S</b>                      Fun activities for dads &amp; young kids on Saturday mornings</p>	<p>Find us on Facebook:  <a href="https://www.facebook.com/CardiniaDADS">facebook.com/CardiniaDADS</a>                       or for more info call                      Tim 0417 520 188</p>	<p>Normally held at Hollins Children's Centre                      10 Atlantic Drive Pakenham                      Contact for further details</p>	<p>Saturdays – fortnightly                      Please contact to confirm dates                       8:30am – 10:30am                      Contact for further details</p>
<p><b>MEN'S SHED</b>                      A drop in for men. Open to all men over 18yrs.</p>	<p><b>Koo Wee Rup Regional Health Services</b>                      Brian Harlow                      03 5997 9679  <a href="mailto:Harlowb@hrhs.net.au">Harlowb@hrhs.net.au</a></p>	<p>Koo Wee Rup Regional Hospital                      215 Rossiter Road                      Koo Wee Rup</p>	<p>Open Wednesday and Thursday                      Time 10.00am – 3pm</p>
<b>FAMILY VIOLENCE, CHALLENGING BEHAVIOURS, DISABILITIES, GRIEF, SEPARATION AND OTHER</b>			
<p><b>COUPLES HEAVY M.E.T.A.L GROUP</b>                      This program is for men and women who want to stop hurting their loved ones, and are prepared to learn new ways to express themselves</p>	<p><b>Heavy Metal Group</b> (Men's Education Towards Anger &amp; Life)                      David Nugent                      0401 766 877  <a href="http://www.heavymetalgroup.com.au">www.heavymetalgroup.com.au</a></p>	<p>Outlook Community Centre                      Pakenham                      Phone for women's anger Program.</p>	<p>Ring for times and dates</p>
<p><b>NEW BEGINNINGS</b>                      A group for women who are currently experiencing or have previously experienced family violence. Learn about the effects of abusive relationships, explore how to start a new beginning for yourself and develop self-esteem in a safe, supportive environment.</p>	<p><b>Connections UnitingCare</b>                      03 5990 8400</p>	<p>Pakenham. Phone for details.</p>	<p>Ring for next Program</p>

## Cardinia Shire

Group / Program	Contact	Address	Details/ Other
<b>LITTLE MONKEYS-</b> A supported playgroup for children 0-6 years old. Activities are designed specially to accommodate all abilities in a welcoming and supportive environment	<b>Windermere</b> Booking essential 9709 6900	Hollins Children's Centre 10 Atlantic Drive Pakenham	Cost Free  Phone 9709 6900
<b>NARCOTICS ANONYMOUS</b> If you are faced with a narcotic problem.	<b>Living and Learning Centre</b> NA Hotline 9525 2833 Living Learning Centre Pakenham 5941 2389	Living Learning Centre Pakenham	Day Monday Time from 7.30pm
<b>ALCOHOLICS ANONYMOUS</b> If you are faced with a drinking problem	<b>Living and Learning Centre</b> Phone Living and Learning Telephone (03) 5941 2389	Living and Learning in Cardinia. PB Ronald Pavilion 6B Henry St, Pakenham Old basketball and squash courts	Day Sunday Time 8.00pm
<b>GRIEF SUPPORT GROUP</b> A group for people who have experienced loss, helping to understand & manage your grief in a friendly, local environment	<b>Living Learning Centre</b> Pakenham 5941 2389	Living Learning Centre, 68 Henry St Pakenham	Please phone for further information
<b>HILLS AUTISM AND SPECIAL NEEDS SUPPORT GROUP</b> For parents of people with additional needs. For any age group, children or adults. Have a chat & enjoy others company with coffee	Barb Brown 0400 596 961  Email: <a href="mailto:brum-bs-4ever@live.com">brum-bs-4ever@live.com</a>	Meets in Emerald for lunch	Held on a Friday. Please phone for dates and times
<b>HILLS AUTISM GROUP AND EMERALD COMMUNITY HOUSE</b> iPad Training for Special needs students, those who support them: their parents, carers, clients & staff of Day Services	<b>Emerald Community House</b> 5968 3881 Please phone for dates and further information 356-358 Belgrave-Gembrook Road, Emerald	Please call Emerald Community House to confirm dates and register attendance  Please refer to the website: <a href="http://www.emeraldcommunityhouse.org.au">www.emeraldcommunityhouse.org.au</a> For other programs and short courses available	

## Cardinia Shire

Group / Program	Contact	Address	Details/ Other
<b>FAMILY SUPPORT AND SUPPORTED PLAYGROUPS</b>			
<b>PARENT-CHILD MOTHER GOOSE PROGRAM</b> For 2 and half year old to 5 year olds come along with a parent/caregiver and enjoy an hour of rhymes, stories and songs.	<b>Connections</b> Contact Kathie 5990 8400 Runs all year except School holidays	6b Henry St Pakenham	Day Tuesday Date During School Term Time 10.00am -11.00am
<b>Respect and Protect Yourself</b> Information sessions to build knowledge about safe and respectful relationships and behaviours, positive and informed decision making, and self-awareness. Any school class groups in year 10, year 11 and year 12	<b>Windermere</b> Contact Katrina Herbert Can be booked directly with the Schools availability. 9705 3200	At your school	When - Time to be negotiated with your school  Cost - No charge.
<b>THE MUMS AND BUBS PROGRAMS</b> Single women aged between 18-25 years who are homeless or at risk of homelessness. The program can currently accommodate one children under five years of age.	<b>Windermere</b> Housing Intake worker 9705 3200 Windermere Child and Family Services	Officer	3-6 months accommodation and support for young single mothers (18-25 years) facing homelessness. Please call for further information and referrals
<b>YOUNG MUMS GROUP</b> For young mums with babies aged up to 12months or Pregnant women. Infant health; playing and interacting with your infant and the introduction of food all covered.	<b>Living Learning Centre</b> Contact Kaylie 5945 4351or 0408 701 332 k.sinnbeck@cardinia.vic.gov.au	Living Learning Centre 6B Henry St Pakenham	Runs during School Term Day Mondays Time 1pm - 3.00pm Babies and Toddlers Welcome
<b>CARDINIA KIDS IN ACTION</b> Free School Holiday activities for families with children 0-12 years.	<b>Cardinia Shire Council</b> For dates and times of sessions please visit <a href="http://www.cardinia.vic.gov.au">www.cardinia.vic.gov.au</a>	Various locations throughout the Cardinia Shire Council	For more information please call the Family Connections Team on 1300 787 624
<b>PAL (Play and Learn) Playgroup:</b> Supported playgroup. Koo Wee Rup Primary Koo Wee Rup Primary School and Playgroup Victoria	Facebook <b>PAL PLAYGROUP</b> Enquiries Lisa Butera 0413 098 582 Or Chelsea O'Neill 0401 098 369	Koo Wee Rup Primary School Gym. Moody St, Koo Wee Rup	Day Wed Date during School Term Time 10 - noon Cost \$2 per week per child over 1. or \$20 a term per family.

## Cardinia Shire

Group / Program	Contact	Address	Details/ Other
<p><b>SUPPORTING MUMS, EMPOWERING FAMILIES</b>                      Women supporting women from CALD background, Promoting wellbeing.</p>	<p><b>Uniting Church and Connections UnitingCare</b>                      Contact: Belinda 0400 559 423, Email: baclear@bigpond.com or Joy 5945 3900, Email: joy.long@connections.org.au</p>	<p>Pakenham Uniting Church,                      47 James Street, Pakenham.</p>	<p>Please phone to see when next program is running</p>
<p><b>COMMUNITY PLAYGROUPS</b></p>	<p><b>Cardinia Shire</b>                      Various playgroups operate throughout Cardinia Shire. Visit <a href="http://www.cardinia.vic.gov.au/Directory/AgencyList.aspx?S3Key=445">http://www.cardinia.vic.gov.au/Directory/AgencyList.aspx?S3Key=445</a> or phone 1300 787 624 for more information about Playgroup locations, times and contact numbers.                      Further information can also be found at <a href="http://www.playgroup.org.au">www.playgroup.org.au</a></p>		
<p><b>TOY LIBRARY</b>                      Toy library offers parents &amp; children a chance to borrow toys &amp; puzzles, plus a variety of kids craft activities.</p>	<p>Upper Beaconsfield Community Centre Inc                      office@ubcc.org.au                      www.ubcc.org.au                      5944 3484</p>	<p>Upper Beaconsfield                      Community Centre Inc                      10 Salisbury Rd                      Upper Beaconsfield</p>	<p>Opens monthly. Visit <a href="http://ubtl.mibase.com.au">http://ubtl.mibase.com.au</a> for more details or phone 5944 3484</p>
<p><b>HEALTHY CHILDREN INITIATIVE-</b>                      Achievement Program.                      Available to all schools and early childhood services and those wishing to support these settings.</p>	<p><b>Cardinia Shire Council.</b>                      Julia Hobbs                      59454454                      j.hobbs@cardinia.vic.gov.au</p>	<p>Cardinia Shire</p>	<p>Please call for details</p>
<p><b>TINIES' TIME</b>                      A special Rhyme Time suitable for babies and Toddlers up to the age of 3.                       Runs during School Terms.</p>	<p><b>Casey-Cardinia Library Corporation</b>                      5941 2036 <a href="http://www.cclc.vic.gov.au">www.cclc.vic.gov.au</a>                      FREE- no bookings required</p>	<p>Pakenham Library                      Ph.: 5940 6200                       Emerald Library                      Ph.: 5949 4600</p>	<p><b>Pakenham Library</b>                      Day Monday                      Time 2.00 -2.30pm                       Day Thurs                      Time 11.00 – 1.30am   <b>Emerald Library</b>                      Day Friday                      Time 11.15am-11.45am</p>
<p><b>AFTER SCHOOL PROGRAM</b> designed for students in years 5, 6, 7 and 8. Kids can join in different games and craft activities and enjoy a tasty and healthy afternoon tea.</p>	<p>Brain Harlow  <a href="mailto:harlowb@krhs.net.au">harlowb@krhs.net.au</a>                      call 03 59979687</p>	<p>Men's shed in Koo Wee Rup.                      Phone for details</p>	<p>Day Mondays                      Time 3.30pm – 5.30pm                      Cost \$2</p>

## Cardinia Shire

Group / Program	Contact	Address	Details/ Other
<p><b>PRE-SCHOOL-STORYTIME</b>                      Story time can be a special sharing time with your child as well as being great fun. Story time provides an introduction to a wide range of children's books, stimulates new ideas and interests, and provides children with an opportunity to socialise. Most suited for 3 to 5 year olds</p>	<p><b>Casey-Cardinia Library Corporation</b>                       5941 2036  <a href="http://www.cclc.vic.gov.au">www.cclc.vic.gov.au</a>                       FREE- no bookings required                       Runs during School Terms</p>	<p>Pakenham Library                      Ph.: 5940 6200                       Emerald Library                      Ph.: 59 494 600</p>	<p>Day Tuesday                      Time 11.00 -11.45am                       Day Thursday                      Time 11.15am -12.15pm</p>
<p><b>BABY RHYME TIME</b>                      Join other new mums, dads and carers and learn about the importance of singing and reading to your baby. Discover songs and rhymes that babies love and learn about books your baby will enjoy. Babies aged 0-12months. Held weekly during School term and is free.</p>	<p><b>Casey-Cardinia Library Corporation</b>                       5941 2036  <a href="http://www.cclc.vic.gov.au">www.cclc.vic.gov.au</a>                       FREE- no bookings required                       Runs during School Terms</p>	<p>Pakenham Library                      Ph. 5940 6200</p>	<p>Day Wednesday                      Time 10.30am – 11.00am</p>
<p><b>KOORIE KIDS PLAYGROUP- VACCA</b>                      Gather and meet other Koorie families, sing and dance, play with other Koorie Kids, listen to stories and learn about culture.</p>	<p><b>Victorian Aboriginal Child Care Agency</b>                       (VACCA)                      9701 4200</p>	<p>Lilypond Community House 62 Duncan Dve Pakenham                      Tootgarook Community Hall, 30 Barry St Tootgarook</p>	<p>Day Fridays                      Date during school term                      Time 10.30-1.00pm phone for further details                      Transport, morning tea and lunch provided free</p>
<p><b>SMALLTALK</b> Playgroups                      A free program for families who hold a Health Care or Pensioner Concession Card, are refugees, Aboriginal families, or are caring for children in kinship care.</p>	<p><b>Cardinia Shire Council</b>                       Sashi Prasad                      Playgroup Facilitator                       Phone: +61 3 5943 4317 0466350160                      Families must be referred</p>	<p>Henry Family Children's Centre                      145 Henry Rd, Pakenham                      Pakenham Springs Primary School                      Livingstone Blvd, Pakenham VIC 3810                      Pakenham Hills Primary School                      15 Kennedy Rd, Pakenham VIC                      Homegarth Community Centre                      9A Dunbarton Dr, Pakenham                      Hollins Children's Centre                      10 Atlantic Drive, Pakenham</p>	<p>Mondays during school terms                      Please phone for more details                      Tuesdays during school terms                      Please phone for more details                      Wednesdays during school terms                      Please phone for more details                      Thursdays during school terms                      Please phone for more details                      Fridays during school terms                      Please phone for more details</p>

## Cardinia Shire

Group / Program	Contact	Address	Details/ Other
<p><b>COMMUNITY GARDEN</b> Brings people together to grow and harvest fresh food. A great place to come for some physical activity and to meet other like-minded locals.</p>	<p>Email Brian on harlowb@krhs.net.au or phone 03 5997 9687</p>	<p>Ring for venue Koo Wee Rup area.</p>	<p>Open every day Group meeting on Tuesdays and Saturdays from 9.30. Community Kitchen groups run every Monday from 10.30am and Tuesday from 11.00am</p>
<p><b>L2P Learner Driver Program</b> Koo Wee Rup Regional Health is a joint initiative between Kooweerup Regional Health Service and Cardinia Shire that assists learner drivers gain the minimum 120 hours needed to get their license.</p>	<p><b>Koo Wee Rup Regional Health</b> Email Brian on harlowb@krhs.net.au or phone 03 5997 9687</p>	<p>Please phone for details</p>	<p>Driving sessions usually occur weekly for a minimum of 1hour. Must be aged 16-21 and face barriers to supervised driving experience phone for details</p>
<p><b>IRIBANA Autism Services</b> Irabina's community hub in Pakenham provides individual and group programs to families and organisations</p>	<p>Email - autism@irabina.com or (03) 9720 1118</p>	<p>Cardinia Branch: 9A Dumbarton Drive Pakenham  Ph.: 03 8658 6636</p>	<p>Current services include our Diagnostic Clinic, programs and individual services for children and young adults. Our Adolescent Program is now available for children 11 years and above.</p>
<p><b>MUSIC TOGETHER</b> Music therapy program for pre-school children and their parents/carers.</p>	<p><b>Connections</b> Contact Bronwyn Atkin 5990 8400</p>	<p>Outlook Community Centre 24 Toomuc-Valley Rd Pakenham</p>	<p>Day Tuesday Time 10.am – 11am Runs during School term</p>

## City Of Casey

Group / Program	Contact	Address	Details/ Other
<b>Parentzone Parenting Programs</b>			
<p><b>PARENTS BUILDING SOLUTIONS</b> A 6 week program for parents, carers, grandparents, step parents of children aged 0 -5 years.</p> <p>ARE YOU TIRED OF YELLING? How to get kids to listen, without having to yell</p> <p>DEALING WITH ANGER Helping parents, helping kids deal with anger and frustration</p> <p>RESPONDING TO BEHAVIOUR STRATEGIES THAT WORK How can parenting be easier</p>	<p><b>Anglicare Victoria Parentzone Southern</b></p> <p>Sandra Phillips 5945 2000 or 0447 500 355</p> <p>sandra.phillips@anglicarevic.org.au</p>	<p>Rangebank Primary School 14-36 Lesdon Ave Cranbourne</p>	<p>Day Tuesdays Date 13<sup>th</sup> February to 20<sup>th</sup> March (6weeks) Time 9.15am-11.30am Cost Free</p> <p>Bookings Essential Refreshments provided</p>
<p><b>PARENTS BUILDING SOLUTIONS</b> A 6 week program for parents, carers, grandparents, step parents of children aged 0 -5 years.</p> <p>ARE YOU TIRED OF YELLING? How to get kids to listen, without having to yell</p> <p>DEALING WITH ANGER Helping parents, helping kids deal with anger and frustration</p> <p>RESPONDING TO BEHAVIOUR STRATEGIES THAT WORK How can parenting be easier</p>	<p><b>Anglicare Victoria Parentzone Southern</b></p> <p>Sandra Phillips 5945 2000 or 0447 500 355</p> <p>sandra.phillips@anglicarevic.org.au</p> <p><a href="http://www.tinyurl.com/cclcevents">www.tinyurl.com/cclcevents</a> or phone the library on 9792 9497</p>	<p>Doveton Library 24 Autumn Place, Doveton</p>	<p>Day Wednesday Date 21<sup>st</sup> February to 28<sup>th</sup> March (6weeks) Time 5.30pm – 7.30pm Cost Free</p> <p>Bookings Essential Refreshments provided</p>

## City Of Casey

Group / Program	Contact	Address	Details/ Other
<b>Parentzone Parenting Programs</b>			
<p><b>PARENTS BUILDING SOLUTIONS – DADS DO MATTER (DDM)</b></p> <p><b>Open to all Dads, Stepdads</b></p> <p>Come and join other dads to share experiences learn new strategies and solutions on: Increasing your confidence as a dad; improving communication and closeness with your kids, creating a healthy environment for your children. Learn strategies and tools that work. Learning how to cope with stress emotions and anger</p>	<p><b>Parentzone, Anglicare Victoria</b>                      Jasbir Singh,                      (simply text your name in to register)                      0431 203 177  <a href="mailto:jasbir.suopada@anglicarevic.org.au">jasbir.suopada@anglicarevic.org.au</a></p>		<p>Not running this term.                      Please contact for further information                      Cost FREE                      Booking Essential</p> <p>Certificate upon completion</p>
<p><b>BEYOND THE VIOLENCE</b></p> <p>A program for non-offending parents and children FREE 8 week parent and children's program for those who have experienced or are experiencing Family Violence.</p> <ul style="list-style-type: none"> <li>• Are you dealing with the effects of family violence?</li> <li>• Does your child's anger or anxiety worry you?</li> <li>• Are you tired of yelling?</li> </ul>		<p>Is running in Dandenong this term or you can phone and book for Term 2</p> <p>Casey is offering a Facilitator training for professionals. See page 5</p>	<p>Not running in Cranbourne in Term 1. Is running Term 2, 2018</p> <p>Or</p> <p>Ring and book                      Cost FREE of Charge. refreshments provided)</p> <p>Bookings are essential</p>
<p><b>PARENTZONE PEER NETWORK- CASEY FOR PROFESSIONALS ONLY</b></p> <p><b>Guest Speaker</b></p>	<p><b>Anglicare Victoria</b>                      Sandra Phillips                      0447 500 355  <a href="mailto:Sandra.Phillips@anglicarevic.org.au">Sandra.Phillips@anglicarevic.org.au</a></p>	<p>Gleneagles Secondary College                      Endeavour Hills</p>	<p>Day Tuesday                      Date 6<sup>th</sup> Feb                      Time 9.30-11.30                      Check with Sandra first.</p>

## City Of Casey

Group / Program	Contact	Address	Details/ Other
<b>Parenting Programs</b>			
<p><b>CITY OF CASEY SERVICES</b>                      Maternal and Child Health; Childcare; Family and Children’s centres; immunisation; kindergartens; parent information sessions; playgroups; best start; dads matter programs; Youth Services; Community Support; Casey Directory; disability Services; libraries;                      Other services are available, some different languages.                      Telephone: 9705 5200 Fax: 9704 9544 Email: <a href="mailto:caseycc@casey.vic.gov.au">caseycc@casey.vic.gov.au</a> www.casey.vic.gov.au</p>			
<p><b>TUNING INTO KIDS</b>                      A 6 Session program to help you tune into the child in your care.</p>	<p><b>Uniting</b>  <b>5990 8400</b></p>	<p>Bunjil Place                      2 Patrick Northeast Drive                      Narre Warren 3805</p>	<p>Day Tuesday                      Date 20<sup>th</sup> Feb-27<sup>th</sup> March                      Time 10am – 12:30pm                       Gold coin donation</p>
<p><b>CALD PARENTING LOST IN TRANSLATION</b>                      A four week program encouraging families from culturally and Linguistically Diverse (CALD) backgrounds to share their journey of raising children in Australia and help them to develop essential strategies to build positive relationships with their children.</p>	<p><b>Windermere</b>                      Phone Group Coordinator                      Ph 9705 3200                      Phone: 1300 946 337                      Fax: (03) 9796 7650                      Or email: <a href="mailto:groups@windermere.org.au">groups@windermere.org.au</a></p>	<p>St Agatha Primary School                      3 Scott Street, Cranbourne  <a href="#">Windermere Narre Warren Office</a></p>	<p>Accepting expressions of interest                       Please phone if you are interested or have a client who is.</p>

## City Of Casey

Group / Program	Contact	Address	Details/ Other
<p><b>YOUNG PARENTS EDUCATION PROGRAM</b></p> <p>A program for young parent aged 15-20, currently not enrolled in School. Ever considered VCAL? We offer Young Parents Education Program which reconnects young parents to access the VCAL in a supportive and flexible environment. Combined with parenting tips from experts within the community.</p>	<p><b>Windermere</b>                      Natalie Lees                      Ph. 9705 3200                      Phone: 1300 946 337                      Fax: (03) 9796 7650                      Or email: <a href="mailto:groups@windermere.org.au">groups@windermere.org.au</a></p>	<p>Cranbourne Secondary College                      Stawell st                      Cranbourne</p>	<p>Day Tues, Wed, Thurs and Friday\                      Date School term                      Time 9.30am – 2.30pm</p> <p>Please phone to book and for more information</p>
<p><b>KOORIE KIDS PLAYGROUP-</b></p> <p>Gather and meet other Koorie families, sing and dance, play with other Koorie Kids, listen to stories and learn about culture. Includes healthy morning tea and lunch.</p>	<p><b>Victorian Aboriginal Child Care Agency Playgroup Team</b>                      0408 949 755                      Or                      9701 4200</p>	<p>Cranbourne Community House                      49 Valepark Cres                      Cranbourne</p>	<p>Thursdays. During School Terms</p> <p>Time 10:30am – 1:00pm                      Transport provided free if required.</p>
<p><b>FAIRHAVEN SUPPORTED PLAYGROUP</b></p> <p>For children 0-5years with a special focus on families with a CALD background. All families welcome.</p>	<p><b>Windermere</b>                      Group Co-ordinator on 9705 3200                      Email: <a href="mailto:groups@windermere.org.au">groups@windermere.org.au</a>                      Or                      1300 946 337</p>	<p>Fairhaven Family &amp; Children Centre                      Community Room                      42-52 Fairhaven Boulevard                      Cranbourne West</p>	<p>Day Tuesdays                      Date School Term                      Time 9.30am-11.30am                      Cost Free</p> <p>Interpreting support for Hindi speaking families is available</p>
<p><b>MY FRIENDS YOUTH –</b></p> <p>A 10 week course that provide adolescents with the tools to build resilience and confidence.</p>	<p><b>Windermere</b>                      48 Webb Street Narre Warren VIC                      Phone: 1300 946 337 Fax: (03) 9796 7650</p>	<p>Mayone-Bulluk Family &amp; Community Centre                      66 Bradman St, Cranbourne West</p>	<p>Accepting expressions of interest for 2018</p>

## City Of Casey

Group / Program	Contact	Address	Details/ Other
<p><b>STEP FAMILY SURVIVAL STRATEGIES WORKSHOP</b> A practical guide to help parents navigate themselves, their children and stepchildren through the exciting, difficult and rewarding journey in a stepfamily.</p>	<p><b>Relationships Victoria</b> Ph 8768 4111 Email: <a href="mailto:enquiries@berwickfrc.org.au">enquiries@berwickfrc.org.au</a></p>	<p>Berwick Family Relationship Centre 38 Clyde Road Berwick</p>	<p>To find out more &amp; reserve your place in the seminar contact Relationships Victoria</p>
<p><b>TUNING INTO KIDS</b> Supports parents with children aged 12 years and under to develop and enhance their parenting skills, focusing on building the relationship between parent and child. Participants are required to attend an information and registration morning on Friday</p>	<p><b>Relationships Australia BOOKINGS</b> 5990 1900 or email <a href="mailto:cranbourne@rav.org.au">cranbourne@rav.org.au</a> and <b>Windermere</b> 48 Webb Street Narre Warren VIC Phone: 1300 946 337 Fax: (03) 9796 7650</p>	<p>Carlisle Park Family and Children's Centre 2/20 Majestic Boulevard, Cranbourne North</p>	<p>Please contact Windermere for further details</p>
<b>MENS AND FATHERS PROGRAMS</b>			
<p><b>READ-PLAY-MAKE NARRE WARREN – DADS MATTER PROGRAM</b> The Read – Play – Make program develops strong relationships between dads and children through story-telling and activities.</p>	<p>Contact <b>City of Casey</b> 9705 5200 or email <a href="mailto:dadsmatter@casey.vic.gov.au">dadsmatter@casey.vic.gov.au</a></p>	<p>Narre Warren Library Overland Drive Narre Warren (Melways: 110 D4)</p>	<p>Date Thursdays Time 6.00pm – 7.30pm Cost No cost Registration essential (Feb-Dec)  Held all year including school holidays</p>

## City Of Casey

Group / Program	Contact	Address	Details/ Other
<p><b>REPAIR-ENTING</b> A structured group program for dads who have used violence in their relationships. A program for men who have completed a men's behaviour change program in the past year, and who are currently parenting children on a part- or full-time basis, or are hoping to redevelop a relationship with their children</p>	<p><b>Relationships Australia Victoria's</b> Cranbourne Centre on (03) 5990 1900 or email <a href="mailto:cranbourne@rav.org.au">cranbourne@rav.org.au</a></p>	<p>Relationships Australia Victoria 2/199 South Gippsland Highway Cranbourne</p>	<p>Please contact for further details</p>
<p><b>READ-PLAY-MAKE NARRE WARREN – DADS MATTER PROGRAM</b> The Read – Play – Make program develops strong relationships between dads and children through story-telling and activities.</p>	<p>Contact <b>City of Casey</b> 9705 5200 or email <a href="mailto:dadsmatter@casey.vic.gov.au">dadsmatter@casey.vic.gov.au</a></p>	<p>Narre Warren Library Overland Drive Narre Warren (Melways: 110 D4)</p>	<p>Date Thursdays Time 6.00pm – 7.30pm Cost No cost Registration essential (Feb-Dec)  Held all year including school holidays</p>
<p><b>COOK IT WITH DAD – DAD'S MATTER PROGRAM</b> The Cook it with Dad program is an opportunity for fathers and children to experience cooking together.</p>	<p>Contact <b>City of Casey</b> 9705 5200 or email <a href="mailto:dadsmatter@casey.vic.gov.au">dadsmatter@casey.vic.gov.au</a></p>	<p>Selandra Family and Children's Centre 45 Haflinger Ave, Clyde North Melways Ref 134 H4</p>	<p>Day Saturdays (not in school holidays) Time 10.30am – 12noon Cost No cost Registration essential</p>
<p><b>DADS LITTLE BUILDERS</b> The Dad's Little Builder program has been designed to encourage dads and children to connect through creating and building.</p>	<p>Contact <b>City of Casey</b> 9705 5590 or email <a href="mailto:dadsmatter@casey.vic.gov.au">dadsmatter@casey.vic.gov.au</a> Registration Essential</p>	<p>Arbourlea Family and Children's Centre 75 Wheelers Park Dve Cranbourne North Melways Ref 130 K10</p>	<p>Day Mondays (not in school holidays or on public holidays) Time 6.00pm-7.30pm Cost No cost Registration essential</p>
<p><b>TIME FOR A CHANGE</b> Men's behaviour change program designed to help men address those issues &amp; stop using any forms of abuse &amp; violence in their relationships with others.</p>	<p><b>Relationships Australia</b> Cranbourne Centre 03 5990 1900</p>	<p>Kalimna Building – 67-69 Webb Street, Narre Warren, Victoria 380</p>	<p>Please phone for assessment for programs running in 2017</p>

## City Of Casey

Group / Program	Contact	Address	Details/ Other
<p><b>BEING DAD</b> A group for fathers of children aged 0-17 designed to help us be the dad we want to be.</p>	<p><b>Uniting</b> <b>Sid Ashby – 5990 8400</b> <b>Jonathon Gonsalvez – 5945 3900</b></p>	<p>Uniting Connections 55 Webb St Narre Warren 3805</p>	<p>No cost Every Tuesday 13 Feb – 20 March 10am-12. Six week program Bookings essential</p>
<b>CHALLENGING BEHAVIOURS, DISABILITIES, GRIEF, ALCOHOL &amp; DRUGS, FAMILY VIOLENCE, MENTAL HEALTH, SUICIDE, RELATIONSHIPS AND OTHER</b>			
<p><b>WHO'S IN CHARGE?</b> Who's in Charge? A 7 week program for parents or carers of young people (8 to 18) who are beyond control, violent or defiant.</p>	<p><b>Connections</b> Ph. Kathie Hockley 5990 8400  <b>connections.org.au</b></p>	<p>Connections 55 Webb St Narre Warren</p>	<p>Day Wednesdays Date February 14<sup>th</sup> 21<sup>st</sup> 28<sup>th</sup> March 7<sup>th</sup> 14<sup>th</sup> 21<sup>st</sup> 28<sup>th</sup> Time 10 am -12.30pm Cost Gold Coin donation</p>
<p><b>MAKING CHANGES FOR NEW BEGINNINGS</b> Making Changes for New Beginnings is a therapeutic support group for women who have experienced family violence. Topics covered include; cycle of violence, difference between anger and violence, healthy and unhealthy relationships.</p>	<p><b>Connections</b> <b>Samantha Sacco</b> 5945 3900  <b>connections.org.au</b></p>	<p>TBA Ring and book.</p>	<p>Details not available at time of printing please phone</p>
<p><b>KEEPING IT TOGETHER</b> Free program for women over the age of 18. Learn skills to strengthen yourself and your relationships</p>	<p><b>CISS</b> Sancha ph. 97056699 Email <a href="mailto:snoranho@caseynothciss.com.au">snoranho@caseynothciss.com.au</a></p>	<p>Hallam Community Learning Centre 56 Kay's Ave Hallam</p>	<p>Day Thursdays Date 8<sup>th</sup> Feb to 29<sup>th</sup> March Time 9.30am-12.00pm Childcare available for this group</p>
<p><b>KEEPING IT TOGETHER</b> Free program for women over the age of 18. Learn skills to strengthen yourself and your relationships</p>	<p><b>CISS</b> Sancha ph. 97056699 Email <a href="mailto:snoranho@caseynothciss.com.au">snoranho@caseynothciss.com.au</a></p>	<p>Cranbourne Library 65 Berwick-Cranbourne Rd, Cranbourne VIC 3977</p>	<p>Day Thursday Date 15<sup>th</sup> Feb to 29<sup>th</sup> March Time 1.00pm-3.30pm</p>

## City Of Casey

Group / Program	Contact	Address	Details/ Other
<p><b>KEEPING IT TOGETHER</b> Free program for women over the age of 18. Learn skills to strengthen yourself and your relationships</p>	<p><b>CISS</b> Sancha ph 97056699 Email <a href="mailto:snoranho@caseynothciss.com.au">snoranho@caseynothciss.com.au</a></p>	<p>Bridgewater Family and Community Centre, 45 Bridgewater Blvd, Berwick VIC 3806</p>	<p>Day Friday Date 9<sup>th</sup> Feb to 23<sup>rd</sup> March Time 9.30am-12pm</p>
<p><b>FUN BUDDIES</b> An 8 week group for families with pre-school aged children to create positive and exciting play experience for mums and children who have experienced family violence</p>	<p><b>Uniting Remi</b> 5945 3900 <b>Samantha</b> 8792 8999 (Outer South)  <b>connections.org.au</b></p>	<p>Hampton Park Uniting Place, 1 coral Drive, Hampton Park</p>	<p>Day Thursday Date 7<sup>th</sup> Feb to 28<sup>th</sup> March Time 10.30 – 12pm</p>
<p><b>THE INCREDIBLES</b> A group for kids aged 7-10 who have experienced or witnessed family violence.</p>	<p><b>Connections Remi</b> 5945 3900  <b>connections.org.au</b></p>	<p>To be announced Please phone</p>	<p>To be announced. Please phone.</p>
<p><b>PARENTING AFTER SEPARATION</b> A 4 week program to help parents to better understand the effects of separation on their children and learn useful strategies for helping children to adjust. For: Separating and Separated parents <b>Note: only one person from a separated couple can attend each group</b></p>	<p><b>Windermere</b> Group Coordinator 9705 3200  Email: <a href="mailto:groups@windermere.org.au">groups@windermere.org.au</a></p>	<p>Windermere Child &amp; Family Services 48 Webb Street Narre Warren</p>	<p>Day Wednesday Evenings Date February 21<sup>st</sup> 28<sup>th</sup> March 17<sup>th</sup> 14<sup>th</sup> Time 5:30pm – 8:00pm Cost total cost \$45 – includes parent information pack. Discount applies for Healthcare card holders</p>
<p><b>MYFRIENDS Youth Program</b> A 10 week course that aims to provide young people with: the tools to build resilience and confidence, skills and techniques to manage difficult or anxiety provoking situations, strategies for self-regulation.</p>	<p><b>Windermere</b> 48 Webb Street Narre Warren VIC Phone: 1300 946 337 Fax: (03) 9796 7650</p>	<p>Where: Cranbourne West Mayone-Bulluk Family &amp; Community Centre 66 Bradman Drive, Cranbourne West (off Everlasting Boulevard)</p>	<p>Accepting expressions of interest for 2018</p>
<p><b>WOMEN MANAGING ANGER</b> 6 week program for women who want practical strategies and support to take control of their anger.</p>	<p><b>Windermere</b> 48 Webb Street Narre Warren VIC Phone: 1300 946 337 Fax: (03) 9796 7650</p>	<p>Windermere Child &amp; Family Services 48 Webb Street Narre Warren</p>	<p>Day Monday Date 5<sup>th</sup> Feb to 18<sup>th</sup> March Time 10am-12pm</p>

## City Of Casey

Group / Program	Contact	Address	Details/ Other
<p><b>ADHD SUPPORT GROUP</b> For parents of children living with ADHD within Cranbourne. Share your experiences and find support from other parents who truly understand the struggles of having a child with ADHD</p>	<p><b>Windermere</b> 48 Webb Street Narre Warren VIC Phone: 1300 946 337 Fax: (03) 9796 7650</p> <p>To access this program or find out more, contact Cranbourne Information &amp; Support Service Phone Flora or Ann on 03 5996 3333</p>	<p>Cranbourne Community House 49 Vale park Cres. Cranbourne</p>	<p>Please phone for further details</p>
<p><b>STEP FAMILY SURVIVAL STRATEGIES WORKSHOP</b> A practical guide to help parents/step parents navigate themselves, their children and stepchildren through the exciting, difficult and rewarding journey in a stepfamily.</p>	<p><b>Windermere</b> Contact Group Coordinator on 9705 3200 Or email: <a href="mailto:groups@windermere.org.au">groups@windermere.org.au</a></p>	<p>Windermere Child &amp; Family Services 48 Webb Street Narre Warren</p>	<p>Runs some terms. Phone for next one.</p>
<p><b>SELF-REPRESENTATION IN COURT 2017 Community Legal Education Session Series</b> This free information session is presented by Andrea Videion, Child Support Lawyer at the Springvale Monash Legal Service. It covers: understanding the risks and benefits of representing yourself in court; preparing documents; the stages of a hearing.</p>	<p><b>Family Relationships Centre / Relationships Australia – Victoria</b>  Ph: 8768 4111 or email: <a href="mailto:enquiries@berwickfc.org.au">enquiries@berwickfc.org.au</a></p>	<p>Berwick Family Relationship Centre 38 Clyde Road  Berwick</p>	<p>Runs some terms. Please phone for next one.</p>

## City Of Casey

Group / Program	Contact	Address	Details/ Other
<p><b>THE BBQ BOYS</b> A carer support group especially for men who are in a caring role and would like to have better access to self-care &amp; respite opportunities. A carer is a person who provides unpaid care and support to family members and friends who have a disability, mental illness, dementia or who are frail aged. The BBQ BOYS was established to address a gap in services by reducing social isolation, promoting carer wellbeing and providing “some ME time” for male carers. The group offer carers a variety of activities to assist them to maintain life balance and care responsibilities. Membership criteria:</p> <ul style="list-style-type: none"> <li>• Male and caring for someone who has a disability, mental illness, dementia or who is frail aged</li> </ul>	<p><b>Respite South</b> The BBQ Boys Carers Inc. Ring one of the committee members on Peter-0404 044 283 Honk – 0455 179 692 Bill 0447 985 327 or Sandy – 0439 530 413 Enquiries: Please send us an email about your enquiries Email: <a href="mailto:info.bbq.boys@gmail.com">info.bbq.boys@gmail.com</a></p>	<p>This is now held in Frankston. Frankston NEAMI office. 1 Douglas Grove, Frankston</p>	<p>first Tuesday of the month from 11am – 2pm</p>
<p><b>WINDERMERE</b> Runs various programs throughout the year and offer Counselling for women and children who have experienced family violence (ph. 9705 3200) and other programs (9707 3200). Some are listed below and in the Cardinia and Dandenong Sections, to check on other programs and assistance please phone or check their website. Girls in charge (self-esteem for young women); – ring for information Ph. Program Officer 5995 4655. Or <a href="mailto:info@windermere.org.au">info@windermere.org.au</a>. Web <a href="http://www.windermere.org.au">www.windermere.org.au</a></p>			
<p><b>ASSIST</b> Suicide prevention program teaches participants to recognise when someone may be at risk of suicide, how to respond in ways that help increase their immediate safety and link them to further help.</p>	<p><b>Windermere</b> Booking and more information. Program Officer 5995 4655 or <a href="mailto:info@windermere.org.au">info@windermere.org.au</a></p>	<p>Windermere child and Family Services 48 Webb St Narre Warren Ran each term</p>	<p>No dates at time of printing Please contact for next dates</p>

## City Of Casey

Group / Program	Contact	Address	Details/ Other
<p><b>FEELING IS THINKING</b> An 8 week program for primary aged school children experiencing difficulty in expressing their strong feelings.</p>	<p><b>Windermere</b> Contact: Edith Schaaf 9799 0708 or Kristy Morley 9705 3200</p>	<p>Hampton Park Community House 16-20 Stuart Avenue Hampton Park</p>	<p>Day Tuesday afternoon Date during school term Time 4.00pm – 5.30pm Cost Free Bookings Essential</p>
<p><b>BEREAVEMENT SUPPORT GROUP</b> This group is for people who have been bereaved within the past two years.</p>	<p><b>Cardinia Casey Community Health</b> (03) 5990 6789</p>	<p>Cardinia-Casey Community Health Service 140-154 Sladen St Cranbourne</p>	<p>Day Thursday Date Please phone for dates Time 10.00am to 12.00pm Cost Free <b>NOTE:</b> no childcare provided</p>
<p><b>HEALTHY WOMEN HEALTHY RELATIONSHIPS</b> A 6 week program that Assist women to identify and understand the dynamics and impact of family violence and understand the meaning of healthy relationships.</p>	<p><b>Windermere</b> Contact Group coordinator 9705 3200</p>	<p>Windermere child and Family Services 48 Webb St Narre Warren</p>	<p>No details at time of printing Please phone to check if this is Running this term</p>
<p><b>FAMILY SUPPORT GROUP</b> For families and friends impacted by another's drug and or alcohol use.</p>	<p><b>Stepping up &amp; SHARC</b> Please phone Kerry on 1800 828 466</p>	<p>Stepping up 61 High St Cranbourne</p>	<p>Please contact for details</p>
<p><b>GROW</b> Provides a peer supported program for growth and personal development to people with a mental illness and those experiencing difficulties in coping with life's challenges.</p>	<p><b>GROW Vic</b> 1800 558 268 www.grow.net.au free call 1800 558 268 for the current times and locations of Group Meetings.</p>	<p>Balla Balla Centre 65 Berwick Cranbourne Road Cranbourne</p>	<p>Day Thursdays Time 10am – 12.30pm Cost FREE</p>
		<p>Berwick N'hood Centre 112 High St, Berwick (Mel: 111 D8)</p>	<p>Day Wednesdays Time 10am-12.30pm Cost FREE</p>

## City Of Casey

Group / Program	Contact	Address	Details/ Other
<p><b>CRANBOURNE ADHD SUPPORT GROUP</b> If you feel the need to be part of a Support Group where you can share your experiences, stories and knowledge and be supported by other parents who truly understand the struggles of life that families and their children go through every day, then please join us for a coffee in a relaxed and non-judgmental environment. Meetings are open to all people from surrounding Suburbs.</p>	<p><b>Cranbourne Information &amp; Support Service</b> Contact: Flora or Ann 59 963 333</p>	<p>Cranbourne Community House 49 Valepark Crescent Cranbourne</p>	<p>Please phone for further details of 2018</p>
<p><b>e.motion21</b> A high quality dance and fitness program for children and young adults with Down syndrome. Classes for all ages; Kinder, Primary, Teens and Adults.</p>	<p>Ph.: 9853 2121 <a href="http://www.emotion21.org.au">www.emotion21.org.au</a></p>	<p>Cranbourne Senior Citizens Club 1 Codrington Street Cranbourne</p>	<p>Day Wednesdays Dates During School Terms</p>
<p><b>CASEY ASPERGER SUPPORT GROUP (CASS)</b> –runs regular support group meetings for parents/carers. We operate activity groups for children’s of all ages and their siblings. We also hold regular workshops and information sessions. Primary school social group; Tweens social group; Teenage social group; Aspie Girls Group; Creative Arts Group and more. View website for information and upcoming events <a href="http://www.thecass.com.au">www.thecass.com.au</a> CASS Headquarters 20 Agonis St Doveton Please email for further details and to register for events. Find on Facebook. <a href="mailto:info@thecass.com.au">info@thecass.com.au</a></p>			
<p><b>WOMEN FOR CHANGE</b> A women’s discussion group. A chance to release your passion and have your say and maybe make a difference. We discuss current issues and world affairs in</p>	<p><b>Balla Balla</b> Community Centre <a href="http://www.ballaballa.com.au">www.ballaballa.com.au</a>  ph. 5990 0900</p>	<p>Balla Balla Community Centre Casey Indoor Leisure Complex 65 Berwick Cranbourne Rd, Cranbourne East</p>	<p>Contact for next activity Dates not available at time of publication</p>

## City Of Casey

Group / Program	Contact	Address	Details/ Other
<p><b>THE INCREDIBLES</b> For kids aged 7-10 who have experienced family violence. Running weekly over 8-week period. Kids learn about safety, understanding emotions and feelings, building self-esteem and confidence through a range of supportive, fun activities.</p>	<p><b>Connections</b> Contact Remi 87928999</p>	<p>Please phone for details. Running in Casey in Term 4.</p>	<p>Please Phone for details</p>
<p><b>FAMILY DRUG/ALCOHOL SUPPORT</b> Ran by family members for family members and focuses on the well-being of the family</p>	<p><b>Call Toll Free 1300 660 068</b></p>	<p>Balla Balla Community Centre Casey Indoor Leisure Complex 65 Berwick Cranbourne Rd, Cranbourne East.</p>	<p>1<sup>st</sup> and 3<sup>rd</sup> Wednesday of each month  Time 6.00pm -8.00pm</p>
<b>FAMILY SUPPORT AND SUPPORTED PLAYGROUPS</b>			
<p><b>MUSIC TOGETHER</b> Music therapy program for pre-school children and their parents/carers.</p>	<p><b>Connections</b> Contact Kathie 5990 8400</p>	<p>Hampton Park Uniting Place 1 Coral Dve, Hampton Park</p>	<p>Day Thursday Time 10.00am – 10.45am Runs during School term</p>
<p><b>CONVERSATION PLUS</b> For Non English Speaking Background people. Learn to deal with bill paying, appointments, school notices and local services. Fun, friendly classes.</p>	<p><b>Hallam Community Learning Centre</b> Rita 9703 1688 Childcare available Wednesdays only</p>	<p>Hallam Community Learning Centre 56 Kays Avenue Hallam</p>	<p>Days Wednesdays Time 12.45-2.45pm Cost \$2 per session</p>
<p><b>WOMEN'S FRIENDSHIP CAFÉ- Cranbourne</b> ALL Women are invited. Busy Women, busy lives, a small conversation can change a whole day. Make new friends, activities, morning tea, art, craft, sewing and information. <b>Bring your children, friends, aunties.</b></p>	<p>ST Johns Community Hall Contact Biftu Hawas 0402 526 718  <a href="http://www.facebook.com/WomensFriendshipCafe/">www.facebook.com/WomensFriendshipCafe/</a></p>	<p>St John's Community Hall 27 Childers St Cranbourne</p>	<p>Day Wednesday Date During School Term Time 10.00am-12 noon</p>

## City Of Casey

Group / Program	Contact	Address	Details/ Other
<p><b>ROSSMOYN SUPPORTED PLAYGROUP</b> Meet other local families, learn about your child's development and parenting through the Smalltalk program.</p>	<p>City of Casey customer service. 03 9705 5200 Or email <a href="mailto:playgroupReferral@casey.vic.gov.au">playgroupReferral@casey.vic.gov.au</a></p>	<p>19 Beldale Crt Berwick</p>	<p>During School Term Day Monday Time 9.30am-11.00am</p> <p>Please phone or email the council to book in</p>
<p><b>SIMPLE PLEASURES ARBOURLEA</b> Meet other local families, learn about your child's development and parenting through the Smalltalk program.</p>	<p><b>City Of Casey Free supported playgroups</b>  City of Casey customer service. 03 9705 5200 Or email <a href="mailto:playgroupReferral@casey.vic.gov.au">playgroupReferral@casey.vic.gov.au</a></p>	<p>75 wheelers Park Dve Cranbourne Nth</p>	<p>During School Term Day Tuesday Time 10.00 -12.00pm</p> <p>Please phone or email the council to book in</p>
<p><b>CRANBOURNE WEST SUPPORTED PLAYGROUP</b> Meet other local families, learn about your child's development and parenting through the Smalltalk program.</p>	<p><b>City Of Casey Free supported playgroups</b>  City of Casey customer service. 03 9705 5200 Or email <a href="mailto:playgroupReferral@casey.vic.gov.au">playgroupReferral@casey.vic.gov.au</a></p>	<p>42-52 Fairhaven Boulevard. Cranbourne West</p>	<p>During School Term Day Tuesday Time 9.30am – 11.00am</p> <p>Please phone or email the council to book in.</p>
<p><b>STRATHAIRD WEDNESDAY SUPPORTED PLAYGROUP</b> Meet other local families, learn about your child's development and parenting through the Smalltalk program.</p>	<p><b>City Of Casey Free supported playgroups</b>  City of Casey customer service. 03 9705 5200 Or email <a href="mailto:playgroupReferral@casey.vic.gov.au">playgroupReferral@casey.vic.gov.au</a></p>	<p>106-108 Strathaird Dve Narre Warren South</p>	<p>During School Term Day Wednesday Time 9.30am – 11.00am</p> <p>Please phone or email the council to book in.</p>

## City Of Casey

Group / Program	Contact	Address	Details/ Other
<b>STRATHAIRD THURSDAY SUPPORTED PLAYGROUP</b> Meet other local families, learn about your child's development and parenting through the Smalltalk program.	<b>City Of Casey Free supported playgroups</b> City of Casey customer service. 03 9705 5200 Or email <a href="mailto:playgroupReferral@casey.vic.gov.au">playgroupReferral@casey.vic.gov.au</a>	106-108 Strathaird Dve Narre Warren South	During School Term Day Thursday Time 9.30am – 11.30am  Please phone or email the council to book in.
<b>LITTLECROFT SUPPORTED PLAYGROUP</b> Meet other local families, learn about your child's development and parenting through the Smalltalk program.	<b>City Of Casey Free supported playgroups</b> City of Casey customer service. 03 9705 5200 Or email <a href="mailto:playgroupReferral@casey.vic.gov.au">playgroupReferral@casey.vic.gov.au</a>	51 The Strand Narre Warren South	During School Term Day Thursday Time 9.30 – 11.30am  Please phone or email the council to book in.
<b>CORAL DRIVE PLAYGROUP</b> Meet other local families, learn about your child's development and parenting through the Smalltalk program	<b>City Of Casey Free supported playgroups</b> City of Casey customer service. 03 9705 5200 Or email <a href="mailto:playgroupReferral@casey.vic.gov.au">playgroupReferral@casey.vic.gov.au</a>	187 -191 Coral Dve Hampton Park	During School Term Day Thursday Time 9.30am -11.30am Please phone or email the council to book in.
<b>HALLAM GARDENS – Mon. pm</b> Meet other local families, learn about your child's development and parenting through the Smalltalk program	<b>City Of Casey Free supported playgroups</b> City of Casey customer service. 03 9705 5200 Or email <a href="mailto:playgroupReferral@casey.vic.gov.au">playgroupReferral@casey.vic.gov.au</a>	26-28 Nettle Dve Hallam	During School Term Day Monday Time 1.30pm – 3.00pm Please phone or email the council to book in.
<b>HALLAM GARDENS- Tues. pm</b> Meet other local families, learn about your child's development and parenting through the Smalltalk program	<b>City Of Casey Free supported playgroups</b> City of Casey customer service. 03 9705 5200 Or email <a href="mailto:playgroupReferral@casey.vic.gov.au">playgroupReferral@casey.vic.gov.au</a>	26-28 Nettle Dve Hallam	During School Term Day Tuesday Afternoon Time 1.30pm – 3.00pm Please phone or email the council to book in.

## City Of Casey

Group / Program	Contact	Address	Details/ Other
<b>CONVERSATION PLUS</b>	<b>Hallam Community Learning Centre</b> Rita 9703 1688 Childcare available Wednesdays only	Hallam Community Learning Centre 56 Kays Avenue Hallam	Days Wednesdays Time 12.45-2.45pm Cost \$2 per session
<b>BABY BEARS PLAYGROUP</b> For disadvantaged families with complex needs.	<b>Merinda Park Learning &amp; Community Centre</b> 5996 9056 <a href="http://www.merindapark.com.au">www.merindapark.com.au</a> admin@merindapark.com.au	Annex Building 149 Endeavour Dr Cranbourne	Please phone for details
<b>PLAYGROUP – FACILITATED</b> Meet other local families, learn about your child's development	<b>Balla Balla Centre</b> <b>Ph. 5990 0900</b>	Balla Balla Casey Indoor Leisure complex 65 Berwick-Cranbourne Rd, Cranbourne East	During School Term Day Thursday Time 10.00am – 12pm Please phone the Balla Balla Centre to Book in
<b>CRANBOURNE COMMUNITY HOUSE PLAYGROUP</b> For culturally and linguistically diverse children and their families, especially for those recently arrived.	<b>Cranbourne Community House</b> Contact Cheri 5996 2941	Cranbourne Community House 49 Valepark Drive Cranbourne	Fridays 1.00pm – 3.00pm No Cost
<b>SUPPORTED PLAYGROUP-</b> For families with children aged 0-5. Join us and have fun together with live music, singing, dancing, instrument play, morning tea and culturally diverse events.	<b>Windermere</b> Child and Family Services Integrated Family Services Intake Worker 9705 3200	Fairhaven Family and children's centre, community room. 42-52 Fairhaven Boulevard Cranbourne West	Day Tuesday Time 9.30 -11.30 Runs during School Term Cost Free
<b>Koori PlaySpot Playgroup</b> For Indigenous families. Each playgroup runs a Story, Song and Dance time at the end of each session	Contact 0459 026825	Autumn Place Kindergarten 29 Autumn Place Doveton	Please phone for details

## City Of Casey

Group / Program	Contact	Address	Details/ Other
<p><b>BALEE KOOLIN BUBUP BUSH PLAYGROUP</b> A supported playgroup for children and parents to have fun together with live music, singing, dancing, instrument play and culturally diverse events. Set within a culturally safe and meaningful early years learning environment. Where indigenous Elders, artists and cultural educators come along to share traditional cultural knowledge, stories and language with families in the bush playgroup. Also include planned playgroup excursions at Cranbourne's Library's Koori Kids Library events.</p>	<p><b>Windermere</b> Child and Family Services Integrated Family Services Intake Worker 9705 3200</p>	<p>Stringybark Picnic Area Royal Botanic Gardens, Victoria, Cranbourne</p>	<p>Day Tuesdays Date During School Term Time 10.30am -12.30pm Cost No Charge</p> <p>Program is funded through the Communities for Children initiative</p>
<p><b>PARKERS PLAYGROUP –</b> For disadvantaged families with complex needs.</p>	<p><b>Cranbourne Park Primary</b> Natasha 5996 1142 Lauren 5995 4655</p>	<p>Cranbourne Park Primary School. Tucker Street, Cranbourne</p>	<p>Please phone for details</p>
<p><b>OPEN UP – Community Lunch</b> Cuppa and a chat from 10.30am onwards. Playground for Littlies.</p>	<p><b>Hampton Park Uniting Church</b> Ph.: 9799 7994</p>	<p>Hampton Park Uniting Church 1 Coral Drive, Hampton Park</p>	<p>Day Thursdays during school term Time from 10.30am – meal served at 12.30pm Cost FREE</p>
<p><b>BUSH PLAYGROUP</b> A Culturally safe and meaningful early years learning environment for Aboriginal &amp; TSI children and their careers and families.</p>	<p>Jo Fyfe ph.: 59 902 206 <a href="mailto:Joanne.fyfe@rbg.vic.gov.au">Joanne.fyfe@rbg.vic.gov.au</a> Jaffa Richardson ph.: 0418 766 281 <a href="mailto:Janine.richardson@rbg.vic.gov.au">Janine.richardson@rbg.vic.gov.au</a></p>	<p>Royal Botanic Gardens Stringy Bark Picnic Area Cnr Ballarto Road &amp; Botanic Drive Cranbourne</p>	<p>Day Tuesdays during school term Time 10.30am – 12.30pm</p>
<p><b>MyTime Playgroup</b> For parents with children under 5 who have a disability or chronic medical condition</p>	<p>Contact Genevieve O'Connor 1800 171 882 Contact Lindy 0447 520543</p>	<p>Casey Locations Endeavour Hills, Cranbourne, Narre Warren, Berwick, Narre Warren South</p>	<p>Please phone for details</p>
<p><b>SIMPLE PLEASURES PLAYGROUP</b> For parents suffering from Post Natal Depression and their children.</p>	<p>Contact Wendy Beamish 0414916963</p>	<p>St Andrews Uniting Church 46 Wilson St Berwick</p>	<p>Day Tuesdays Time 9.30 – 11.30am</p>

## City Of Casey

Group / Program	Contact	Address	Details/ Other
<b>YOUNG Parents GROUP</b> For mums 25 years or under with children aged under 2 years.	<b>City of Casey Youth Services</b> Phone 9705 5200	Cranbourne Youth Information Centre Shop 58 Centro Shopping Centre High St Cranbourne	Date Wednesdays Time 1.00 – 2.30pm Cost Free
<b>BERWICK TOY LIBRARY</b> Timbarra Community Centre	<b>Timbarra Community Centre</b> Phone 0423 744 816 berwicktoylibrary@gmail.com	Timbarra Community Centre Parkhill Drive Berwick	Fortnightly during term Day Tuesdays Time 9.30am-10.30am Day Wednesdays Time 7.30pm-8.30pm Cost From \$50 /year
<b>CRANBOURNE TOY LIBRARY</b>	<b>Cranbourne Library</b> Contact Maree 59 900 900 cranbournetoylibrary@hotmail.com	Cranbourne Library Administration Building 65 Cranbourne-Berwick Rd Cranbourne	Please phone or check website
<b>STORYTIME</b> Songs, rhymes, stories and activity suitable for pre-schoolers aged 3-5years	<b>Casey-Cardinia Library Corporation 5941 2036</b> <a href="http://www.cclc.vic.gov.au">www.cclc.vic.gov.au</a> Cranbourne 5990 0150 Narre Warren 9704 7696 Doveton 9792 9497 Endeavour Hills 8782 3400	Held at Cranbourne, Narre Warren, Hampton Park and Endeavour Hills	<a href="http://www.cclc.vic.gov.au">www.cclc.vic.gov.au</a> For days and times please phone or check site.
<b>LITTLE RAYS SUPPORTED PLAYGROUP</b> We provide a developmentally enriched environment for children to play and learn. Activities are designed specifically to accommodate all abilities in a welcoming and supportive environment This group is available to Windermere ECDS families and others eligible for Early childhood intervention Services. Parents with children aged 0-6. . Siblings are very welcome.	<b>Windermere Child and Family Services</b> Integrated Family Services Intake Worker 9705 3200	Chisholm –Berwick Campus Building C 25 Kangan Dve Berwick	Day Thursdays Date School Terms Time 9.30 – 11.00am Cost Gold Coin  Bring own snacks, drink bottle, hat and sunscreen. No nuts or nut products. Phone and book

## City Of Casey

Group / Program	Contact	Address	Details/ Other
<p><b>TINIES TIME</b> A special Rhyme Time for Babies and toddlers up to age 3</p> <p>NOTE: This program does NOT run during school holidays</p>	<p><b>Casey-Cardinia Library Corporation</b></p> <p>5941 2036 www.cclc.vic.gov.au Cranbourne 5990 0150 Narre Warren 9704 7696 Doveton 9792 9497 Endeavour Hills 8782 3400</p>	<p>Held at Cranbourne, Narre Warren, Hampton Park and Endeavour Hills</p>	<p><u>Cranbourne</u> Wednesdays 11.15 – 11.45am <u>Emerald</u> Fridays 11.15 – 11.45am <u>Endeavour Hills</u> Wednesdays 11.15 – 11.45am <u>Hampton Park</u> Tuesdays 11.00 – 11.30am <u>Narre Warren</u> Tuesdays 11.15 – 11.45am Wednesdays 11.15 – 11.45am <u>Pakenham</u> Mondays 2.15 – 2.45pm Tuesdays 11.15 – 11.45am</p>
<p><b>BABY RHYME TIME</b> Join with other new mums, dads and carers. Discover and learn songs and rhymes that babies enjoy. NOTE: This program does NOT run during school holidays</p>	<p><b>Casey-Cardinia Library Corporation</b></p> <p>5941 2036 www.cclc.vic.gov.au Cranbourne 5990 0150 Narre Warren 9704 7696 Doveton 9792 9497 Endeavour Hills 8782 3400 Casey-Cardinia Library Corporation 5941 2036</p>	<p>Held at Cranbourne, Narre Warren, Hampton Park and Endeavour Hills Cranbourne Narre Warren Endeavour Hills</p>	<p><u>Cranbourne</u> Wednesdays 10.15 – 10.45am <u>Endeavour Hills</u> Wednesdays 14.pm- - 14.45pm <u>Narre Warren</u> Wednesdays 14.15 – 14.45pm <u>Pakenham</u> Wednesday 10.30am – 11.00am</p>
<p><b>MUSIC TOGETHER</b> A Music therapy program for preschool children and their carers</p>	<p><b>Uniting</b> <b>Kathie 5990 8400</b></p>	<p>Uniting Place 1 Coral Drive Hampton park</p>	<p><u>Every Thursday 10am during school terms</u></p>

## City Of Casey

Group / Program	Contact	Address	Details/ Other
<p><b>AFGHANI WOMEN'S LITERACY CLASS</b> This class is especially designed for women who speak Hazara, Dari or Pashto and need help with daily activities such as doctor's appointments and understanding road rules. Get helpful information about citizenship, shopping in Australia and more.</p>	<p><b>Hampton Park Community House / Learning Centre</b>  Call Bahanita on 8794 9957 for further details.</p>	<p>Hampton Park Community House, 16-20 Stuart Avenue, Hampton Park.</p>	<p>Day Monday Time 10am -12 noon and 12noon – 2pm Day Tuesday Time 10am -12 noon and 12noon – 2pm</p>
<p><b>Department of Justice and Regulation</b></p>	<p>Cranbourne Justice Service Centre 176 Sladen Street Cranbourne Ph: 1300 292 936</p>	<p>Cranbourne Justice Service Centre 176 Sladen Street Cranbourne</p>	<p>Services offered; Community Correctional Services, Sheriff Services (by appointment), Births, Deaths and Marriages and Consumer Affairs (by appointment)</p>
<p><b>Play 2 Learn</b> A weekly play group sessions run in school terms that incorporate early childhood learning through play and family support for parents with children aged 0 - 5 years</p>	<p>Please contact Rei Kori (Team Leader, Casey Programs) for Term 4 Program schedule, referrals and enquiries at <a href="mailto:rei.kori@savethechildren.org.au">rei.kori@savethechildren.org.au</a>  Ph 03 8765 0146</p>	<p>Save the Children Australia Doveton College 62 Tristania Street, Doveton VIC 3177</p>	<p>Day Tuesdays and Wednesdays Time 10.00 – 12pm</p>
<p><b>Small Talk</b> A 10 week supported play group sessions and fortnightly in Home Support Visits for eligible participants of the playgroup, which incorporate parenting interventions for creating positive home learning environments for parents with children aged 0 - 5 years</p>	<p>Please contact Rei Kori (Team Leader, Casey Programs) for Term 4 Program schedule, referrals and enquiries at <a href="mailto:rei.kori@savethechildren.org.au">rei.kori@savethechildren.org.au</a>  Ph. 03 8765 0146</p>	<p>Save the Children Australia Doveton College 62 Tristania Street, Doveton VIC 3177</p>	<p>Ph. 03 8765 0146</p>
<p><b>Multicultural Women's Group</b> A weekly group for asylum seeker parents with children aged 0 - 5 years to support parents in engaging with their child's early learning and development through interactive learn to play sessions and information sessions</p>	<p>Please contact Rei Kori (Team Leader, Casey Programs) for Term 4 Program schedule, referrals and enquiries at <a href="mailto:rei.kori@savethechildren.org.au">rei.kori@savethechildren.org.au</a> Ph. 03 8765 0146</p>	<p>Save the Children Australia 62 Tristania Street, Doveton VIC 3177</p>	<p>Ph 03 8765 0146</p>

## City Of Casey

Group / Program	Contact	Address	Details/ Other
<b>Family Casework Support</b> case management support for families with children aged 0 - 5 years in Hallam, and informal support for participants of play groups	Please contact Rei Kori (Team Leader, Casey Programs) for Term 4 Program schedule, referrals and enquiries at <a href="mailto:rei.kori@savethechildren.org.au">rei.kori@savethechildren.org.au</a>  Ph. 03 8765 0146	Save the Children Australia 62 Tristania Street, Doveton VIC 3177	Ph 03 8765 0146

## City of Frankston

Group / Program	Contact	Address	Details/ Other
<p><b>PBS PARENTING BUILDING SOLUTIONS – Primary Aged</b></p> <p>A free 6 week program for parents and carers of Primary School aged children. Share experiences and ideas and learn strategies to support your children <b>Please phone Michelle to book in</b></p>	<p><b>Anglicare Victoria Parentzone Southern</b> Michelle Brown. <u>0429 174 150</u> Or 9781 6700 <a href="mailto:Michelle.brown@anglicarevic.org.au">Michelle.brown@anglicarevic.org.au</a></p>	<p>Kananook Primary school Wells Rd Seaford</p>	<p>Day Thursday Date 15 Feb - 24 March Time 9.30am-11.30am</p>
<p><b>LYFT UP YOUR FAMILY</b></p> <p>A confidential six week evening group for parents and carers of young people (aged 12-18 years) experimenting or using alcohol and other drugs and displaying challenging behaviours</p>	<p><b>Anglicare Victoria LYFT Team Frankston. YSAS</b> For referrals please contact Reynold Ephraim at Anglicare Frankston 9781 6700 email <a href="mailto:Reynold.Ephraim@anglicarevic.org.au">Reynold.Ephraim@anglicarevic.org.au</a></p>	<p>Headspace 62 Playne St Frankston 3199</p>	<p>Day Tuesday Date 13<sup>th</sup> Feb for 6 Weeks Time 6pm -8pm</p>

### PARENTING PROGRAMS

#### CITY OF FRANKSTON

PO Box 490 **Frankston** 3199

Tel: 1300 322

Frankston City Council provides a range of services to Parents, for more information, visit [http://www.frankston.vic.gov.au/Our\\_Community/Family\\_Services](http://www.frankston.vic.gov.au/Our_Community/Family_Services)

## City of Frankston

Group / Program	Contact	Address	Details/ Other
<p><b>PARENT EDUCATION PROGRAM</b></p> <p>The Maternal Child Health Service run programs to assist with the problems you can confront when bringing up children. Ran at different Maternal Child Health Centres throughout the year</p> <ul style="list-style-type: none"> <li>- Post baby core strength</li> <li>- Sleep and settling newborns</li> <li>- Sleep and settling 3-6mths</li> <li>- Foods for baby 4-12mths</li> <li>- Sleep and settling 7-12mths</li> </ul> <p>Newborn communication</p>	<p><b>Frankston City council Maternal and Child Health service</b></p> <p>Parent Education Program Please ph. 9784 1754</p> <p>Programs are run at various locations:</p> <ul style="list-style-type: none"> <li>• Ebdale Community Hub and Learning Centre, 20 Ebdale St Frankston</li> <li>• Mahogany Rise MCHC, 24 Jenkens St Frankston Nth</li> <li>• Botany Park Maternal and Child Health Centre, 53 Lyrebird Dve, Carrum Downs</li> <li>• Seaford MCHC, 41 Railway Pde, Seaford</li> <li>• Montague Park MCHC, Bentley Place, Frankston</li> <li>• Cube 37, next to Frankston Arts Centre, Davey St, Frankston</li> <li>• Lakewood Child and Family Centre, 107-109 Raphael Cres, Frankston</li> </ul>		Please phone for details
<p><b>PARENTING GROUPS AND PROGRAMS AS PART OF THE FSFI</b></p> <p>Programs and groups held in conjunction with local Schools.</p> <p>Available to Parents outside the schools or inside.</p>	<p><b>Frankston School &amp; Family Initiative (FSFI)</b></p> <p><b>Karingal Heights Primary</b> – Phone: (03) 9789 3288 Email: karingal.heights.ps@edumail.vic.gov.au</p> <p><b>Naranga School</b> - Phone (03) 9788 2222 E-mail -naranga.ss@edumail.vic.gov.au</p> <p><b>Kingsley Park Primary School</b> - Telephone 03 9789 0077 Email: kingsley.park.ps@edumail.vic.gov.au</p> <p><b>Mahogany Rise Primary School</b> – phone (03) 9786 3211</p>		Contact school for dates and times
<p><b>MINDFUL PARENTING</b></p> <p>A 3 week small group program for parents/expectant parents up to 25.</p>	<p>Head Space 62 Playne St Frankston Office details 9769 6419 <a href="mailto:headspace@headspacefrankston.org.au">headspace@headspacefrankston.org.au</a> <a href="http://www.facebook.com/headspacefrankston">www.facebook.com/headspacefrankston</a></p>	Contact for location	<p>Phone for further details Robin Pantours Ph.: 0410 564 471 <a href="mailto:rpantours@headspacefrankston.org.au">rpantours@headspacefrankston.org.au</a></p>

## City of Frankston

Group / Program	Contact	Address	Details/ Other
<p><b>GIRL TALK</b></p> <p>Program for girls aged 13-17yrs. Includes topics such as : Self-care, healthy relationships, self-esteem, sexual health, drugs and alcohol and Mental Health</p>	<p><b>Head Space</b></p> <p>Contact Claire or Amanda 9781 0188</p>	<p>Headspace Building 62 Playne St Frankston</p>	<p>Please contact for further information</p>
<p><b>THE BABES PROJECT</b></p> <p>The Babe Project works with women who are seeking additional support during pregnancy. Delivered by trained volunteers.</p>	<p>Frankston Pregnancy Support Service Ph: 1300 140 212</p>	<p>9 O'Grady Avenue Frankston</p>	<p>Tuesday – Wednesday 9am – 3pm by appointment</p>
<p><b>EMPOWER YOUTH</b></p> <p>Inviting young people 14-18 to come along and build the skills you need to help you on your way. Explore your goals, Boost your health, fitness and wellbeing, kick start your career, and resume writing, budgeting and cooking.</p>	<p><b>Head Space</b></p> <p>To get involved contact us prior to the group start date to make a referral Or for more information Ph Katie-J2i 0437 911 047 Sarah Detour 0436 001 571</p>	<p>Headspace Building 62 Playne St Frankston</p>	<p>Please contact for further information</p>
<p><b>PLAYGROUP FOR CHILDREN WITH ADDITIONAL NEEDS</b></p>	<p>Michelle Windt 0413 972 286</p>	<p>Nepean School Special Education School 33 Klauer St, Seaford</p>	<p>Day Monday's Time 9.30am – 11.30am</p>
<p><b>MY TIME – for parents and carers of a children with a disability</b></p>	<p>Michelle Windt 0413 972 286</p>	<p>Nepean School Special Education School 33 Klauer St, Seaford</p>	<p>Day Wednesday's – fortnightly Time 11.30am – 2.30pm</p>
<p><b>THE BABES PROJECT</b></p> <p>The Babe Project works with women who are seeking additional support during pregnancy. Delivered by trained volunteers.</p>	<p><b>Frankston Pregnancy Support Service</b> Ph: 1300 140 212</p>	<p>9 O'Grady Avenue Frankston</p>	<p>Tuesday – Wednesday 9am – 3pm by appointment</p>

## City of Frankston

Group / Program	Contact	Address	Details/ Other
<b>CHALLENGING BEHAVIOURS, DISABILITIES, ALCOHOL &amp; DRUGS, FAMILY VIOLENCE, MENTAL HEALTH, CARER SUPPORT GROUPS AND OTHER</b>			
<p><b>MAKING CHOICES GROUP</b> A group for women who are living in, or have lived in an abusive relationship.</p>	<p><b>Family Life</b> Bree L or Amanda H 9770 0341 info@familylife.com.au</p>	<p>Family Life Level 1, 146 Young St, Frankston</p>	<p>Contact for next group program</p>
<p><b>KEEPING FAMILIES SAFE-</b> A 10 week program for parents and adolescents (12-17) to attend where adolescents are violent or abusive in the home. Opportunities to develop strategies for behaviour change with a focus on rebuilding trusting, respectful family relationships.</p>	<p><b>Peninsula Community Health Access –</b> 1800 655 781 For next program dates Agency referral/self-referrals accepted, interview prior to registration www.peninsulahealth.org.au Chris Blakey</p>	<p>Frankston Integrated Health Centre</p>	<p>Day Wednesday Time 6.00pm -8.00pm Light Dinner provided  Ring for dates and other information 1800 655 781</p>
<b>DADS PROGRAMS and SUPPORT</b>			
<p><b>GRANDPARENTING AFTER SEPARATION</b> A group or individual workshop to support grandparents. Phone for further details Must book</p>	<p><b>Lifeworks</b> Frankston Office Reception or phone 9783 7611 www.lifeworks.com.au or email lifeworks@lifeworks.com.au Lifeworks Relationship Counselling &amp; Education Service  Booking at Frankston Office Reception or phone 9783 7611</p>	<p>Lifeworks 345 Nepean Hwy, Frankston</p>	<p>Please phone for further details and to book</p>
<p><b>PINES COMMUNITY MENS SHED</b></p>	<p>PH: 9786 1008</p>	<p>14 Stringybark Cres Frankston Nth 3200</p>	<p>Please phone for days</p>

## City of Frankston

Group / Program	Contact	Address	Details/ Other
<p><b>THE BBQ BOYS-</b></p> <p>The BBQ BOYS is a carer support group especially for men who are in a caring role and would like to have better access to self-care &amp; respite opportunities. A carer is a person who provides unpaid care and support to family members and friends who have a disability, mental illness, dementia or who are frail aged. The BBQ BOYS was established to address a gap in services by reducing social isolation, promoting carer wellbeing and providing “some ME time” for male carers. The group offer carers a variety of activities to assist them to maintain life balance and care responsibilities.</p>	<p>The BBQ Boys Carers Inc.  <b>Respite South</b>                      Ring one of the committee members on Peter-0404 044 283                      Honk – 0455 179 692                      Bill 0447 985 327 or                      Enquiries:                      Please send us an email about your enquiries                      Email: info.bbq.boys@gmail.com This is now held in Frankston. Frankston NEAMI office.                      1 Douglas Grove, Frankston</p>	<p>Now Held                      38 Valetta St                      Carrum</p>	<p>Day Tuesdays                      Date School term                      Time 11am – 2pm</p> <p>Please phone if attending to book in.                      Membership criteria:</p> <ul style="list-style-type: none"> <li>• male and</li> <li>• caring for someone who has a disability, mental illness, dementia or who is frail aged</li> </ul>
<p><b>DIDS (DADS IN DISTRESS)</b></p> <p>A safe forum for men going through the trauma of divorce, separation or relationship breakdown to express their grief. Help in navigating the future and understanding the past.</p>	<p><b>Orwill St Community House</b>                      Ph: 1300 853 437</p>	<p>Orwil Street Community House                      16 Orwil Street,                      Frankston</p>	<p>Meets every Wednesday evening.                      From 7.30pm</p>
<p><b>DADS IN FAMILY FOUNDATION</b></p> <p>Assists males 16 years and over to understand the importance of the role of men within the family and to deal with the consequences of their actions. A non-denominational, faith based organisation.</p>	<p><b>Dads in Family Foundation</b>                      Phone: 0417 009 667 or 9781 4343                      dadsinfamiliesfoundation@hotmail.com</p>	<p>Church of Christ                      130 Cranbourne Rd,                      FRANKSTON</p>	<p>Time: Saturdays 10:00am - 11:00am                      Cost: Donation.</p>

## City of Frankston

Group / Program	Contact	Address	Details/ Other
<p><b>ROADWORTHY FOR DADS</b> A 9 week group program for fathers. Discover what it means to be a parent, how to develop a healthy parenting style, communicate with the family and more. Please phone for details and to register. Limited places.</p>	<p><b>Lifeworks</b>  www.lifeworks.com.au  ph. 9783 7611  Email: lifeworks@lifeworks.com.au</p>	<p>Frankston North Community Centre 26 Mahogany Ave Frankston North</p>	<p>Please phone for further details  <b>Note:</b> To be eligible you must live in the Frankston catchment. An intake interview is required prior to beginning the program. This will need to be scheduled in before the program commences.</p>
<p><b>MEN'S BEHAVIOUR CHANGE PROGRAM-</b> Designed for men who are committed to changing their patterns of abusive behaviour. It is particularly relevant to men who behave violently at home. Conducted over thirteen weeks and provides intensive work to enable men to accept responsibility for their behaviour and to learn to handle strong emotions and conflict with understanding, confidence and self-control.</p>	<p><b>Life works</b> phone 9783 7611 www.lifeworks.com.au or email lifeworks@lifeworks.com.au</p>	<p>345 Nepean Hwy, Frankston Lifeworks Frankston</p>	<p>Please phone for next program</p>
<b>MARRIAGE/SEPARATION</b>			
<p><b>PARENTING IN A STEP FAMILY</b> 6 session activity based program is for primary and early secondary school aged kids who are struggling with sadness because of loss through death or family changes</p>	<p><b>Lifeworks</b> www.lifeworks.com.au or  Register at Frankston Office or phone 9783 7611</p>	<p>Lifeworks 345 Nepean Hwy, Frankston</p>	<p>Please phone for further details</p>

## City of Frankston

Group / Program	Contact	Address	Details/ Other
<p><b>SUPPORTING CHILDREN AFTER SEPARATION</b></p> <p>For families requiring assistance after separation.</p>	<p><b>Family Mediation Centre</b></p> <p>345 Nepean Hwy Frankston ph. 9783 7611</p>	<p>Please phone for details of programs. Also available in other locations</p>	<p>Please phone for further details</p>
<p><b>ALL ABOUT RELATIONSHIPS</b></p> <p>Are there relationships in your life that pull you down, leaving you feel empty, distressed, angry, sad or frustrated? We discuss, explore and understand how to learn better ways to deal with relationship conflicts. Topics are: effective Communication, conflict resolution skills, anger management, stress reduction techniques, how to repair and build meaningful relationships.</p>	<p><b>Orwill St Community House</b></p> <p>Phone 9783 5073</p>	<p>Orwil St Community House, 16 Orwil St Frankston</p>	<p>Date Every 2nd Tues</p> <p>Time 3.00-4.30pm</p> <p>Cost Gold coin</p>
<p><b>PARENTING IN A STEP FAMILY</b></p> <p>6 session activity based program is for primary and early secondary school aged kids who are struggling with sadness because of loss through death or family changes</p>	<p><b>Lifeworks</b></p> <p>www.lifeworks.com.au or</p> <p>Register at Frankston Office or phone 9783 7611</p>	<p>Lifeworks 345 Nepean Hwy, Frankston</p>	<p>Please phone for further details</p>

## City of Frankston

Group / Program	Contact	Address	Details/ Other
<p><b>GRANDPARENTING AFTER SEPARATION</b></p> <p>A group or individual workshop to support grandparents. Phone for further details Must book</p>	<p><b>Lifeworks</b></p> <p>Frankston Office Reception or phone 9783 7611</p> <p>www.lifeworks.com.au or email lifeworks@lifeworks.com.au</p> <p>Lifeworks Relationship Counselling &amp; Education Service</p> <p>Booking at Frankston Office Reception or phone 9783 7611</p>	<p>Lifeworks</p> <p>345 Nepean Hwy, Frankston</p>	<p>Please phone for further details and to book</p>
<p><b>PARENTING AFTER SEPARATION</b></p> <p>A group workshop to support parents. Lifeworks are unable to enrol ex-partners in the same program.</p> <p>There are intensive weekly programs; weekend programs; weekly programs</p> <p>Several Programs coming up, check Details and other for all.</p>	<p><b>Lifeworks</b></p> <p>Frankston Office Reception or phone 9783 7611</p> <p>www.lifeworks.com.au or email lifeworks@lifeworks.com.au</p> <p>Lifeworks Relationship Counselling &amp; Education Service</p> <p>Booking at Frankston Office Reception or phone 9783 7611</p>	<p>Lifeworks</p> <p>345 Nepean Hwy, Frankston</p>	<p>Details not available at time of printing. Please check.</p>

## City of Frankston

Group / Program	Contact	Address	Details/ Other
<p><b>ALL ABOUT RELATIONSHIPS</b></p> <p>Are there relationships in your life that pull you down, leaving you feel empty, distressed, angry, sad or frustrated? We discuss, explore and understand how to learn better ways to deal with relationship conflicts. Topics are: effective communication, conflict resolution skills, anger management, stress reduction techniques, how to repair and build meaningful relationships.</p>	<p><b>Orwill St Community House</b></p> <p>Phone 9783 5073</p>	<p>Orwil St Community House, 16 Orwil St Frankston</p>	<p>Date Every 2nd Tues</p> <p>Time 3.00-4.30pm</p> <p>Cost Gold coin</p>
<b>DISABILITIES, CHALLENGING BEHAVIOURS, MENTAL HEALTH, GRIEF/LOSS and OTHER</b>			
<p><b>POST NATAL DEPRESSION SUPPORT GROUP</b></p> <p>Provides support for women who are overcoming the challenges of Post Natal Depression and strengthen the relationships between mum's and their children along with other family members.</p>	<p><b>Frankston City Council</b> For further information please contact Julie O'Brien 9293 7117 or Catriona Cochrane on 9293 7119</p>		
<p><b>STEPS TO WHOLENESS – ANXIETY &amp; DEPRESSION GROUP</b></p> <p>Offering support, understanding and caring within a safe and non-judgmental environment. The program offers members strategies which may assist in recovery through group activities incorporating a creative approach.</p>	<p><b>Orwill St Community House</b></p> <p>Phone 9783 5073</p> <p>Mon – Friday</p> <p>Facilitator Margaret Devis</p>	<p>Orwil St Community House 16 Orwil St, Frankston</p>	<p>Please phone for details</p>

## City of Frankston

Group / Program	Contact	Address	Details/ Other
<p><b>LIVE YOUR COMMUNITY PROGRAM</b></p> <p>Provides flexible volunteer based inclusion support for children with disabilities who experience barriers to participation in sport, recreation and leisure. For children aged 6-17yrs with a diagnosed disability</p>	<p><b>Extended Families</b></p> <p>www.extendedfamilies.org.au</p>	<p>Contact Rachel De Summa Ph. 9285 4839 or 0438 752 126 Email Rachel@extendedfamilies.org.au</p>	<p>There is no cost to families accessing LYCP. Cost to sporting activity chosen by the child are generally met by the family.</p> <p>Contact for more details</p>
<p><b>WELLWAYS – Building a Future</b></p> <p>Our Wellways Building a Future course is a 12-week education program designed to increase the capacity of carers and family members to care for themselves and support their family member living with a mental illness. The program is delivered by trained facilitators who also have experience as family members of a person with mental illness.</p>	<p>Family Services Team on (03s) 9784 6800</p>	<p>45 Davey Street Frankston</p>	<p>Please phone Wellways for this program and more.</p>
<p><b>PARENT/CARERS SUPPORT &amp; RESOURCE GROUP</b></p> <p>Are you the parent of a child or adult with a disability? Gain support, friendship and information.</p>	<p><b>Orwil Street Community House</b></p> <p>Contact: Lani Peach 59 719 100</p>	<p>Orwil St Community House 16 Orwil St, Frankston</p>	<p>Day 4<sup>th</sup> Wednesday of the month</p> <p>Time 10:00am to 12 noon</p> <p>Cost: \$25</p>
<p><b>ASSERTIVENESS COACHING</b></p> <p>A 3hr workshop. Learn how to find your voice, express yourself respectfully and improve communication in all your relationships.</p>	<p><b>Lifeworks</b> Relationship Counselling &amp; Education Service 9783 7611 Or Register on line At www.lifeworks.com.au</p>	<p>Lifeworks 345 Nepean Hwy Frankston</p>	<p>Day Tuesday</p> <p>Please phone for next session dates</p> <p>Time 10.00am -12pm</p> <p>Cost \$200(\$150 concession)</p>

## City of Frankston

Group / Program	Contact	Address	Details/ Other
<p><b>SEA CHANGE</b></p> <p>A PROGRAM FOR Women who would like to feel more in control of their anger and to find healthier ways to manage their responses, communicate and express their feelings.</p>	<p><b>Lifeworks</b> Relationship Counselling &amp; Education Service 9783 7611 1300 543 396 Or Register on line At <a href="http://www.lifeworks.com.au">www.lifeworks.com.au</a></p>	<p>Lifeworks 345 Nepean Hwy Frankston If booked out also runs in Melbourne City in Feb and April</p>	<p>Please phone for further details Booking essential</p>
<p><b>KINSHIP CARER SUPPORT GROUP</b></p> <p>Are you a kinship carer who is caring for a child that is not your own on a fulltime basis? Attend a social group to gain information, share ideas and have fun in an informal setting.</p>	<p><b>Orwil Street Community House</b></p> <p>Contact: Sue Gale 9212 5600</p>	<p>Orwil St Community House 16 Orwil St, Frankston</p>	<p>Day Thursday mornings during school term Time 9.30am to 12 noon</p>
<p><b>AUTISM FRIENDSHIP GROUP (BALLAM PARK)</b></p>	<p><b>MOIRA</b> Kerri Rolft – Parent Support Coordinator Ph: 8552 2222</p>	<p>Ballam Park Primary School Belar Avenue Frankston</p>	<p>Day 2<sup>nd</sup> Monday of the month during school term Time 10am – 12noon</p>

## City of Frankston

Group / Program	Contact	Address	Details/ Other
<p><b>HEADSPACE-</b> Frankston is a health service for young people living in the Frankston and Mornington Peninsula region. We collocate with YSAS (Youth Support and Advocacy Service), SalvoCare, MIND, PSS, Skills plus and have access to other youth services. We also outreach to Shed11 in Hastings and Y-Lounge in Rosebud. If you wish to access any of our services, give us a call on (03) 9769 6419. All services offered at <b>headspace</b> Frankston are free and confidential.</p> <p>If you are experiencing any mental health issues, want to reduce your use of alcohol and other drugs, are trying to find somewhere to live, need support getting into work or study, need an STI check or have anything else going on in your life you need support with, we can help.</p> <p>Sexual Health services; youth reference group, youth early psychosis program, work and study services; mental health services; alcohol and drug services, youth programs and more. Please contact them. Your information is confidential</p> <p>Opening Hours - Mon –Fri 9.00am-5.00pm Intake workers - Mon - Friday: 11am – 4pm Programs offered below. Please phone and talk to intake worker for further details and bookings. <b>Email:</b> <a href="mailto:headspace@peninsulaheadspace.org.au">headspace@peninsulaheadspace.org.au</a> <b>Web:</b> <a href="https://headspace.org.au/headspace-centres/frankston">https://headspace.org.au/headspace-centres/frankston</a></p> <p>Some of these are in Frankston and some run in Hastings and Rosebud.</p>			
FAMILY, CHILDREN & YOUTH SUPPORT			
<p><b>THE HANGOUT-YOUTH SUPPORT, INFORMATION AND REFERRAL</b> Offers general support, information and referrals to young people aged 12 to 24 and their families.</p>	<p>Imogen 0439 351 433 Tennille 0488 592 621</p>	<p>Please phone for further details or if in need of help.</p>	<p>Please Phone for further details</p>
<p><b>KINSHIP CARER SUPPORT GROUP</b> For those people caring for a child who is not their own. Morning tea provided.</p>	<p><b>Oz Child</b> Sue Gale 92125600 <a href="mailto:kinship@ozchild.org.au">kinship@ozchild.org.au</a></p>	<p>Orwil St community House 16 Orwil St, Frankston</p>	<p>Please phone for details</p>

## City of Frankston

Group / Program	Contact	Address	Details/ Other
<b>SWITCH BOARD SPORTS</b> For youth 12 to 17yrs. Come and enjoy board sports, design workshops, life skill classes and community projects.	<b>Lyrebird Community Centre</b> 9768 1366 As Above Booking essential	Lyrebird Community Centre Carrum Downs	Please phone for details
<b>MULTICULTURAL PLAYGROUP</b> For parents that have recently arrived in Australia or who was born outside Australia, share your cultures and make new friends.	<b>Frankston City Council</b> Contact Jo 8786 6650	Karingal Place 103 Ashleigh Ave Frankston	Please phone for details
<b>ORWILL HOUSE</b> The House offers a range of low cost activities for people of all ages. Our experienced tutors offer friendly, well-prepared classes and workshops. We also love to hear from new tutors who want to try their wings. New people and ideas are always welcome. We offer Information, Referrals, Support, Qualified Low Cost Counselling, Friendship, Volunteer and Student placements, Playgroup, Self-Help Groups. Venue for Hire for meetings/classes. Photocopy, laminating, fax, computer access at reasonable rates. This House welcomes people of all ages, culture, gender, health status, affection preferences, background or ability. Drop by soon! We gratefully acknowledge financial support from the Victorian Government, Phone 9783 5073. Fax 9770 0172 Monday to Friday 9.00am to 3.00pm <a href="http://www.orwilst.org">http://www.orwilst.org</a> <a href="http://www.orwilst.org.au.au/">http://www.orwilst.org.au.au/</a> Department of Health and Human Services and Frankston City Council			
<b>HIPPY</b> Home interaction program for parents and youngsters. A 2 year program. Need to live in Frankston nth, Seaford east, Karingal or Frankston central and care for a child who will be starting school in 2015.	<b>Brotherhood of St Laurance</b> Ph. Louise Mackinnon 9786 0724 Call or text 0429 861 118 Frankston North coordinator Email LMackinnon@bsl.org.au	Phone for details, to see if your family is eligible.	
<b>YOUTH RESOURCE CENTRE</b> A youth service which provides information and support for the young people of Carrum Downs aged 12-24 years	<b>Frankston Youth Resource Centre</b> 9768 1366	9 Ross Smith Ave West Frankston	Please phone for details

## City of Frankston

Group / Program	Contact	Address	Details/ Other
<p><b>TRANSITION TO WORK</b> Are you aged 15 – 21 and looking for work, but don't know where to start? We can help.</p>	<p><b>Brotherhood of St Laurence</b> Ph: 1800 719 404 <a href="mailto:TTWFrankston@bsl.org.au">TTWFrankston@bsl.org.au</a></p>	<p>High Street Centre 24 – 26 High Street Frankston</p>	<p>Phone for further information and details</p>
<p><b>RED GROUP</b> Place where mums, aunts, grandmothers &amp; step-mums can exchange their stories with other fantastic women.</p>	<p><b>Orwil Street Community House</b> Sandra 0407 337 232 or 9783 5073</p>	<p>Orwil Street Community House16 Orwil St Frankston</p>	<p>Date Tuesdays (in school Term) Time 1.00 – 3.00pm Cost Gold coin</p>
<p><b>LYREBIRD COMMUNITY CENTRE</b>- runs several playgroups, only music playgroup; occasional care programs and immunisations. Lyrebird Community Centre - 203 Lyrebird Drive, Carrum Downs Check with centre or local council. 972 0133(centre) City of Frankston Family Services Links are: <a href="http://www.frankston.vic.gov.au/Our_Community/Family_Services">http://www.frankston.vic.gov.au/Our_Community/Family_Services</a> - City Council link <a href="http://lyrebird.org.au/">http://lyrebird.org.au/</a> Lyrebird community centre link <b>COOKING FOR KIDS</b> 6-12yrs <b>FRANKSTON ADOPTION SUPPORT GROUP</b> – a group to support parents of adopted children <b>CRAFT FOR KIDS</b> A fun and affordable class for primary school children aged 8 and above. <b>YOUTH RESOURCE CENTRE</b> come and join us for some fun. Hang out during the holidays. For people aged 12-17yrs living, working or attending school in Frankston Municipality.</p>			
<p><b>LANGWARRIN COMMUNITY CENTRE</b> Langwarrin Community Centre\ 2-6 Lang Rd. Langwarrin ph: 9789 7653 <b>STORYTIME PLAYTIME</b>- This is a fun story &amp; play session for children aged 1 to 5 years and their parent/caregiver <b>LANGWARRIN YOUTH HUB</b> - Information, support, referral and activities <b>PLAYGROUP</b>-Playgroup is for parents &amp; toddlers, An ideal environment to introduce toddlers to each other <b>PLAYTIME – 3 YEAR OLD KINDER.</b>- Playtime is a stepping stone to 4 year old kinder. Trained staff run structured sessions that include lots of activities</p>			

## City of Frankston

Group / Program	Contact	Address	Details/ Other
<p><b>FRANKSTON TOY LIBRARY</b> An extensive range of toys include outdoor play, role play, puzzles, games, musical &amp; construction toys</p>	<p>Phone 9781 3900 Playgroup Development Officer 9784 1047</p>	<p>Frankston Toy Library 60a Playne St Frankston. (next door to the Frankston Library) Carrum Downs</p>	<p>Day wed Time 5.00-8.00pm</p> <p>Day Thurs &amp; Fri Time 10.00 – 5.00pm</p> <p>Day Sat Time 10.00-3.00pm</p>
<p><b>KOORIE KIDS PLAYGROUP</b> VACCA A facilitated playgroup for all Koorie families</p>	<p><b>VACCA</b> 9706 6383</p>	<p>Montague Park Playgroup Hall, Bently Place Frankston</p>	<p>Times 9.30 – 12.00pm Day Wednesday During School Term</p>
<p><b>KOORIE KIDS HOMEWORK CLUB</b> Get help with your homework and learn more about culture.</p>	<p><b>VACCA</b> <b>9701 4200</b></p>	<p>Nairm Marr Djambana Nursery Avenue Frankston</p>	<p>Wednesday afternoons 4pm – 6pm</p>
<p><b>GATEWAY PLAYGROUP</b> Is a community based playgroup run by Gateway Church (Australia) Ltd. We are members of Playgroups Victoria and cater for families with children aged between 0-4 years of age</p>	<p><b>Gateway Church</b> Sally Jones (Children's Pastor) Ph.: 9785 7500</p>	<p>Gateway Worship and Performing Arts Centre in Seaford (Mel Ref: 99 G5). Parking is available at the rear of the building at 14 Heversham Drive, Seaford</p>	<p>Days Monday and Friday Time 10.00am-12.00pm Tea, coffee &amp; morning tea is provided for parents Cost: \$40 per family, per term</p>
<p><b>WEEKLY STORYTIME</b> Tiny Tots 0-2 years Preschool 3-5 years</p>	<p><b>Frankston City Libraries</b> Phone: 9784 1020</p>	<p>Frankston, Carrum Downs, Seaford, Belvedere Community centre, Frankston North Community Centre, Langwarrin Customer Service Centre, Karingal PLACE</p>	<p>*Please note: Storytime sessions do not run during school holidays Or public holidays.</p> <p>Cost FREE</p>

## City of Frankston

Group / Program	Contact	Address	Details/ Other
<b>KARINGAL PLACE NEIGHBOURHOOD CENTRE</b> Has many ongoing classes but can also arrange new courses or programs so please contact us if you have any ideas on classes we can run. We welcome new ideas.	03 8786 6650	Karingal Place Neighbourhood Centre 103 Ashleigh Avenue Frankston	Contact Centre for programs, activities and services currently being run.
<b>MY TIME PLAYGROUP, SEAFORD</b> For parents and families with children who have a chronic illness or disability.	Contact Tina P. 0409 542 238	Belvedere Community Centre 36 Belvedere Rd Seaford	Thursday (every second) 10am - 12pm
<b>BELVEDERE COMMUNITY CENTRE</b> 36 Belvedere Road, SEAFORD VIC 3198 (Next to the Belvedere Park Primary School) Phone:9776 8922 Fax:9776 8956 Mail: P.O. Box 1057 Belvedere Park LPO 3198 Email: reception@belvedere.org.au <a href="http://www.belvedere.org.au/">http://www.belvedere.org.au/</a> Playgroups; Mums and Bubs; Story Time; Youth programs; workshops. Phone or email for Playgroups, story times and other programs and workshops or go to web site.			
<b>YOUNG MUM'S PLAY AND LEARN GROUP-</b> For mums 25 and under looking for any or all of these: Friendship for your or your baby. Some time with other like-minded young mums, support.	<b>Orwill St community House</b> Facilitator: Danielle Loogman 03 9783 5073 <a href="http://www.orwilst.org.au/">http://www.orwilst.org.au/</a>	16 Orwill St Frankston	Day Monday Date all term Time 1.00pm-2.30pm Cost \$2 donation

## City of Frankston

Group / Program	Contact	Address	Details/ Other
<p><b>POP ALONG PLAYGROUP</b></p> <p>A great opportunity to meet new people and allow your child to play and socialise. New families always welcome. Grandparents and stay at home Dads are most welcome too!</p>	<p><b>Orwill St community House</b></p> <p>Facilitator: Athina Houvardas 03 9783 5073 <a href="http://www.orwilst.org.au/">http://www.orwilst.org.au/</a></p>	16 Orwill st Frankston	Please phone for further details
<p><b>MESS MAKERS</b></p> <p>Sensory play enhances learning opportunities offering a variety of experiences and endless possibilities for play.</p>	<p><b>Orwill St community House</b></p> <p>Heather Waterman 0468 741 433</p>	16 Orwill St Frankston	<p>Day Fortnightly 1<sup>st</sup> &amp; 3<sup>rd</sup> Thursday's</p> <p>Time 10.00am – 11.00am</p> <p>Cost \$15 per session. \$10 for siblings</p>

## City of Glen Eira

Group / Program	Contact	Address	Details/ Other
<b>PARENTING</b>			
<p><b>GLEN EIRA CITY COUNCIL</b>  <b>Glen Eira City Council</b>                      Offers many services: Maternal and child health; children’s centres; occasional care- short term flexible child care for children aged 6mths to 5yrs.; Childhood immunisation; family and children’s publications; playgroups and toy libraries; training and support for parents/guardian’s/grandparents/ playgroup attendees and early childhood educators.                      The Council also offers other services.                      Glen Eira City Council                      Corner Glen Eira and Hawthorn Roads, Caulfield, Victoria. PO Box 42 Caulfield South 3162                      Telephone 03 9524 3333, Speak and Listen 1300 555 727, Facsimile 03 9523 0339, Email <a href="mailto:mail@gleneira.vic.gov.au">mail@gleneira.vic.gov.au</a>  <a href="http://www.gleneira.vic.gov.au">www.gleneira.vic.gov.au</a></p>			
<b>MENS AND FATHERS</b>			
<p><b>DADS REUSCITATION (cpr) FOR BABIES</b>                      Learn about CPR, unconsciousness, choking, fevers and seizures. Provided by Little Aid Running 4 different sessions throughout the year. So if you miss one book the other.</p>	<p><b>Maternal Child Health</b>                      To Book phone MCH administration 9524 3403 or talk to your MCH nurse.</p>	<p>Bentleigh Maternal and Child Health Centre                      542 Centre Rd                      Bentleigh</p>	<p>Please Phone for further details</p>
<p><b>MEN’S RESPONSIBILITY GROUP</b>                      A group for men who want to say “no” to violent &amp; controlling behaviour &amp; learn new ways of relating to their families.</p>	<p><b>Monash link Community Health Service</b>                      Pauline A                      1300 552 509</p>	<p>Monash link Community Health Service                      568 Neerim Rd                      Hughesdale</p>	<p>Please phone for further details.  <a href="http://www.monashlink.org.au">www.monashlink.org.au</a></p>

## City of Glen Eira

Group / Program	Contact	Address	Details/ Other
<p><b>THE BBQ BOYS</b> Support group for male carers living in the southern region of Melbourne. It offers peer support, fun and relaxing social activities, a space to talk about bloke's carer issues, as well as information, referral and support. <b>SEE PAGE 6</b></p>	<p><b>RESPIRE SOUTH</b> Ring Nathan 9212 3006 Or 0417 1233 189 or email <a href="mailto:n.diep@alfred.org.au">n.diep@alfred.org.au</a></p>	Ring Nathan. Venues change	Day First Tuesday of each month
<p><b>DUCKS</b> <b>(Dads Understanding Challenging Kids)</b> For fathers of children with a disability peer support group</p>	<p><b>MOIRA</b> Kerri Rolfe Parent Support Coordinator for Southern Region Ph: 9855 2222</p>	Gabriella's Pizza Carnegie	Day 1 <sup>st</sup> Thursday of month Time 7.30pm onwards
DISABILITIES, CHALLENGING BEHAVIOURS, ALCOHOL & DRUGS, MENTAL HEALTH			
<p><b>LEADING THE NEXT STEPS</b> Workshop for parents/primary carers of children with a disability and our presenters are parents or siblings of a person with a disability themselves so they understand issues from a family perspective.</p>	<p><b>Association for Children with a Disability</b> <a href="http://www.trybooking.com/32010">www.trybooking.com/32010</a> or ph. 9818 2000 Rural callers 1800 654 013 email <a href="mailto:mail@acd.org.au">mail@acd.org.au</a> <a href="http://www.acd.org.au">www.acd.org.au</a></p>	Please contact for details	Please contact for details
<p><b>KINSHIP CARER SUPPORT GROUP</b> Are you a kinship carer who is caring for a child who is not your own? Living in the municipalities of Bayside, Glen Eira, Port Phillip and Stonington-Come and meet with other Kinship Carers and share the highs and lows of being a kinship carer!</p>	<p>Kinship Care <b>Oz Child</b> Contact Sue Gale ph. 9212 5600 for further information</p>	Highett Neighbourhood Community House 2 Livingston Street, Highett	Day 1 <sup>st</sup> Friday of month Time 10.00am- 12noon Morning tea provided

## City of Glen Eira

Group / Program	Contact	Address	Details/ Other
<p><b>GAMBLING &amp; GAMING</b></p> <p>The impact of Video Games on young people. Workshops and programs including the READYS award winning Video Game Project- The Lab- (Game development for young people with Autism and Asperger's).</p>	<p><b>Gambler's Help Southern</b> 9575 5353 Gamblershelpsouthern.org.au</p>	<p>Clarinda Community Centre Free parking Please phone for details</p>	<p>Please phone for further information and any programs.</p>
<p><b>WELLWAYS-</b></p> <p>run programs through MI Fellowship Victoria and other partner organisations for families and friends of people with a mental illness.</p>	<p><b>Wellways</b> 276 Heidelberg Rd Fairfield 03 8486 4200 Enquiries: <a href="mailto:enquiries@mfellowship.org">enquiries@mfellowship.org</a> <a href="http://www.mfellowship.org">www.mfellowship.org</a></p>	<p>Please phone 9784 6800 for further information.</p>	<p>Phone for current programs 9784 6800</p>
<p><b>SHARC</b> - provides a confidential telephone helpline and web-based information services; community based training programs and support groups across Victoria, in metro, regional and rural areas; a peer based residential program for young people; a consumer advocacy service for treatment service users; and training for health and welfare workers. Address: 140 Grange Road, Carnegie, 3163 Phone: 03 9573 1700 E-mail: <a href="mailto:info@sharc.org.au">info@sharc.org.au</a></p>			
FAMILY SUPPORT			
<p><b>PLAYGROUPS</b></p>	<p><b>Playgroup Victoria</b> <a href="http://www.playgroup.org.au">www.playgroup.org.au</a></p>	<p>Check website for locations</p>	<p>Check website for locations Telephone: toll free 1800 171 882 (within Victoria)</p>
<p><b>THE SUPPER CLUB</b></p> <p>A new support group for families dealing with grief and loss due to alcohol and /or drug overdose or related illness.</p>	<p><b>Family Drug Help</b> Ph. 9573 1789 <a href="mailto:fdh@Share.org.au">fdh@Share.org.au</a></p>	<p>Family Drug Help 140 Grange Rd, Carnegie</p>	<p>Please phone for details</p>

## City of Glen Eira

Group / Program	Contact	Address	Details/ Other
<p><b>WOMEN RECLAIMING THEIR LIVES GROUP</b> 9 week group for women who have experienced or are experiencing violence at home.</p>	<p><b>Monash link Community Health Service</b> 568 Neerim Rd Hughesdale Jennifer or Helen 1300 552 509</p>	<p>Monash link Community Health Service City of Monash Location to be advised upon booking</p>	<p><a href="http://www.monashlink.org.au">www.monashlink.org.au</a></p>
<p><b>South Eastern Multiple Birth Association</b> A support group for multiple birth families, run by parents with multiples. Programs ran, so please contact. <a href="http://semba.amba.org.au/index.html">http://semba.amba.org.au/index.html</a></p>	<p><b>SEMBA</b> New Parent Contact: <a href="mailto:sembanewparent@hotmail.com">sembanewparent@hotmail.com</a> President: <a href="mailto:sembapresident@hotmail.com">sembapresident@hotmail.com</a></p>	<p>South East of Melbourne, covering the main areas of Bayside, Glen Eira and Kingston Councils.</p>	<p>Playgroups on Monday, Wednesday and Thursday mornings contact us for details</p>
<p><b>SOME SPACE FOR ME</b> a support group to assist Women with Self Esteem.</p>	<p>Trish Parker 9690 9144 or Sandra Peachy 9525 1300</p>	<p>South Port Centre 341 Coventry St. South Melbourne</p>	<p>Date Phone for date Time 10.30am-1.00pm</p>
<p><b>SOCIAL GROUP for MUMS</b> Up to 25 years</p>	<p><b>Bentleigh Bayside Community Health Service Inc</b> Rachael 0438 538 119</p>	<p>Bentleigh Bayside Community Health Service Gardeners Rd, Bentleigh East</p>	<p>Date Thursday Time 11.00 – 1.00pm Please phone and check.</p>
<p><b>YUMI SUPPORTED PLAYGROUPS</b> For Women experiencing emotional difficulties since the birth of their baby.</p>	<p><b>Moongala Women’s Community House</b> House Co-ordinators: Julie &amp; Jude Ph.: 9570 3468 <a href="mailto:moongala@optusnet.com.au">moongala@optusnet.com.au</a></p>	<p>Moongala Women’s Community House 824 Centre Road East Bentleigh</p>	<p>Date Thursday’s Time 10.00am – 11.30am Please phone and check.</p>
<p><b>MUM FOR MUM PROGRAM</b> MUM is a non-denominational program of the National Council of Jewish Women of Australia (Vic) that provides women who have a child less than one year of age with emotional support. Women can self-refer or may be referred through health professionals such as their maternal and child centre nurse, GP, obstetrician or counsellor. Check out: <a href="http://port-philip-leader.whereilive.com.au/news/story/glen-eira-outreach-service-to-keep-mum-happy/">http://port-philip-leader.whereilive.com.au/news/story/glen-eira-outreach-service-to-keep-mum-happy/</a> Website too: <a href="http://www.mumformum.org.au">www.mumformum.org.au</a> Phone 9523 0535</p>			

## City of Greater Dandenong

Group / Program	Contact	Address	Details/ Other
<b>PARENTZONE PROGRAMS ; PARENTING</b>			
<p><b>PARENTS BUILDING SOLUTIONS – PARENTING IN AUSTRALIA</b></p> <p>A Program for CALD parents, step parents, grandparents or carers of Primary Aged children. Tired of Yelling; Dealing with Anger, Self-care are some of the topics. Come and share experiences and solutions.</p>	<p><b>Parentzone, Anglicare Victoria</b></p> <p>Bookings and enquiries. Mary Verwey Principal 95467562 <a href="mailto:verwey.mary.d@edumail.vic.gov.au">verwey.mary.d@edumail.vic.gov.au</a></p> <p>Debra Kingstone 95467562 <a href="mailto:Kingston.debra.1@edumail.vic.gov.au">Kingston.debra.1@edumail.vic.gov.au</a></p> <p>Jasbir Singh, Call or text 0431 203 177 <a href="mailto:jasbir.suopada@anglicarevic.org.au">jasbir.suopada@anglicarevic.org.au</a></p>	<p>Healthershill Primary School 959 Heatherston Rd Springvale</p>	<p>Day Tuesday Date 20<sup>th</sup> Feb to 27<sup>th</sup> March Time 6pm to 8.30pm Cost Free</p>
<p><b>PARENTS BUILDING SOLUTIONS – PARENTING PARENTS BUILDING SOLUTIONS – GROWING GREAT KIDS</b></p> <p>A Program parents, step parents, grandparents or carers of Primary Aged children. Tired of Yelling; Dealing with Anger, Self-care are some of the topics. Come and share experiences and solutions.</p>	<p><b>Parentzone, Anglicare Victoria</b></p> <p>Jasbir Singh, Call or text 0431 203 177 <a href="mailto:jasbir.suopada@anglicarevic.org.au">jasbir.suopada@anglicarevic.org.au</a></p>	<p>Yarraman Oaks Primary School 27 Liege Ave, Noble Park VIC 3174</p>	<p>Day Thursdays Date 15<sup>th</sup> March to 3<sup>rd</sup> May Time 9.00 to 11.30 Cost Free</p>

## City of Greater Dandenong

Group / Program	Contact	Address	Details/ Other
<p><b>PARENTS BUILDING SOLUTIONS – PARENTING PARENTS BUILDING SOLUTIONS –</b> For Primary Aged</p> <p>An interactive program for parents, carers, grandparents of children aged 5 to12 years to share experiences and ideas and learn strategies to support your child.</p>	<p><b>Anglicare Victoria Parentzone. Keysborough Primary School and Mission Australia.</b></p> <p>For booking and more information Vanja Flett call or SMS 0429 454 693 Or 03 5945 2000 Patricia Hill at Keysborough Primary School 03 9798 4764</p>	<p>Community Room Keysborough Primary School, 33 Coomoora Rd, Springvale South</p>	<p>Day Wednesday Date 21, 28 Feb, 7, 14 21, 28 Mar Time 12.30pm – 2.30pm</p> <p>Please advise when booking if interpretators are needed</p>
<p><b>PARENTS BUILDING SOLUTIONS – PARENTING IN AUSTRALIA</b></p> <p>A Program for CALD parents, step parents, grandparents or carers of Primary Aged children. Tired of Yelling; Dealing with Anger, Self-care are some of the topics. Come and share experiences and solutions.</p>	<p><b>Parentzone, Anglicare Victoria Catholic Care.</b></p> <p>For bookings and enquiries contact: Catholic Care Reception - 8710 9600 Email: <a href="mailto:Dandenong@ccam.org">Dandenong@ccam.org</a>. at Catholic Care Or Jasbir Singh, Call or text 0431 203 177 <a href="mailto:jasbir.suopada@anglicarevic.org.au">jasbir.suopada@anglicarevic.org.au</a></p>	<p>Catholic Care Level 2, 33 Princes Hwy Dandenong Vic 317</p>	<p>Day Fridays Date 16<sup>th</sup> Feb to 23 march Time 9.45am – 12.15pm</p> <p>Please advise when booking if interpretators are needed</p>
<p><b>BEYOND THE VIOLENCE</b></p> <p>A parent and children’s program for those who have experienced or are experiencing Family Violence. Are you dealing with the effects of family violence?</p> <ul style="list-style-type: none"> <li>• Does your child’s anger or anxiety worry you?</li> <li>• Are you tired of yelling?</li> </ul>	<p><b>Anglicare Victoria Parentzone &amp; Mission Australia</b></p> <p>For Booking and further information, please phone: Ariane Hahn on 0499 080 468 03 5945 2000</p> <p>BOOKINGS ESSENTIAL</p>	<p>The Jacaranda Centre Dandenong High School Cnr Herbert and Ann Streets, Dandenong</p>	<p>Day Monday (last session Thurs) Date 5<sup>th</sup> Feb to 29<sup>th</sup> March Time 4pm to 6.30pm Cost Free of charge</p>

## City of Greater Dandenong

Group / Program	Contact	Address	Details/ Other
<p><b>3 YEAR OLD PLAYGROUP</b></p> <p>Is your child starting school in 2020?. If so, we would like to invite you to our playgroup that will prepare and encourage your child to start kindergarten in 2019.</p>	<p><b>Anglicare Victoria Parentzone. Keysborough Primary School and Mission Australia.</b></p> <p>For booking and more information Vanja Flett 0429 454 693 Or 03 5945 2000</p>	<p>Community Room Keysborough Primary School, 33 Coomoora Rd, Springvale South</p>	<p>Day Tuesdays Time 9.00 -10.30 School Term Bring a piece of fruit, a coat and a hat for your child. Booking essential</p>
<p><b>General Playgroup</b></p> <p>Your child will have many learning experiences in a safe and friendly environment, including story time, outdoor/indoor play and many fun activities, while making new friends. Like any other playgroup, your child will need to be accompanied by an adult</p>	<p><b>Anglicare Victoria Parentzone. Keysborough Primary School and Mission Australia</b></p> <p>For further details Keysborough Primary School on 9798 4764 or Vanja Flett, ParentZone, on 0429 454 693</p>	<p>Community Room Keysborough Primary School, 33 Coomoora Rd, Springvale South</p>	<p>Day Fridays Time 9.00 -10.30 School Term Bring a piece of fruit, a coat and a hat for your child. Booking essential</p>
<p><b>PARENTS BUILDING SOLUTIONS DADS DO MATTER (DDM)</b></p> <p>A Program for dads. Intake is via Corrections case managers. Share experiences learn new strategies and solutions on: Increasing your confidence as a dad; improving communication and closeness with your kids, creating a healthy environment for your children. Learn strategies and tools that work. Learning how to cope with stress emotions and anger.</p>	<p><b>Anglicare Victoria Parentzone</b></p> <p>For Booking and further information, please phone: Jasbir Singh Suropada 0431 203 177 Email: <a href="mailto:jasbir.suopada@anglicarevic.org.au">jasbir.suopada@anglicarevic.org.au</a></p>	<p>Expressions of interest Jasbir Singh Suropada 0431 203 177 Email: <a href="mailto:jasbir.suopada@anglicarevic.org.au">jasbir.suopada@anglicarevic.org.au</a></p>	<p>Please contact Jasbir for further details</p>

### PARENTING PROGRAMS

## City of Greater Dandenong

Group / Program	Contact	Address	Details/ Other
<b>HELP FOR PARENTS AND CHILDREN</b> Ph 9767 0817 talk to your Maternal Child Health Nurse	Offers many services: Maternal and child health; children's centres; occasional care- short term flexible child care for children aged 6mths to 5yrs.; Childhood immunisation; family and children's publications; playgroups and toy libraries; training and support for parents/guardian's/grandparents/ playgroup attendees and early childhood educators. Special assistance is available for children with: disabilities, developmental difficulties, from Aboriginal or Torres Strait islander Families. <a href="http://www.greaterdandenong.com/section/25485/your-council-services">http://www.greaterdandenong.com/section/25485/your-council-services</a> Gives you main page <a href="http://www.greaterdandenong.com/section/84/families-children">http://www.greaterdandenong.com/section/84/families-children</a> Family Day Care; Maternal Child and Health; Kindergarten & childcare; Family Support & counselling; Playgroups; Toy Libraries; child and Family Partnership; After Hours Help and Advice.. The Council also offers other services. <a href="http://youth.greaterdandenong.com/">youth.greaterdandenong.com/</a> youth Services available. Update for programs in 2016 please call Telephone: 03 9793 2155. Hours: 9am - 5pm, Monday – Friday		
<b>CHALLENGING BEHAVIOURS, DISABILITIES, GRIEF, Drug &amp; Alcohol dependency, AND OTHER</b>			
<b>NARCOTICS ANONYMOUS</b> A support group for those recovering from drug & alcohol dependency.	<b>Neighbourhood House</b> Matt 0431 024 838 Neighbourhood House 9792 5298	34 King St, Dandenong	Please phone for further details
<b>NEXT STEP</b> Develop your potential and get ready to take that next step in life.	<b>Dandenong Neighbourhood House</b> Please phone and book 9792 5298	Dandenong Neighbourhood House 34 King St	Please phone for further details

## City of Greater Dandenong

Group / Program	Contact	Address	Details/ Other
<b>KINSHIP CARE- A CHANCE FOR CARERS</b> Grandparents, aunts, uncles, friends and any significant other( who care for children when their parents are unable to), to get together and have a cuppa, some lunch, listen to a guest speaker but mainly have time to talk to each other about what's happening for you.	<b>Wesley Mission</b> For more information please call Ivanka Kisvardai, Family Support Worker on 9794 3000 Guest speakers attend	Wesley Mission 280 Thomas St Dandenong	Day last Thurs in month Time 10.00am-2pm Cost Free Light refreshments available
<b>NEW LIFE</b> A recovery program for women with problems of addiction. Join this friendly support group.	9792 5298 email <a href="mailto:dynhouse@satlink.com.au">dynhouse@satlink.com.au</a>	34 King St, Dandenong Neighbour House	Please phone for further details
<b>FAMILY SUPPORT</b> Alcohol and/or drug use impacting on family	<b>Connections</b> -Alliance Family Counselling Group Lynn 8792 8999	9 Maralinga Ave Keysborough Maralinga Primary School	Please phone for further details
<b>Anxiety Recover Centre Victoria</b> Support group for people that been affected by anxiety disorders, that have similar experiences. Family friends and members are welcome	<b>Anxiety Recover Centre</b> 1300 269 438	Please phone for details.	Contact Anxiety Recover Centre 1300 269 438
<b>MY TIME PLAYGROUP</b> For special needs children. Playgroup.	<b>Extended Families Southern Region</b> 5950 1055 <a href="mailto:peninsula@extendedfamilies.org.au">peninsula@extendedfamilies.org.au</a> Phone Thuy Cal 0405 015 445	11 Morwell Parade, Springvale	<b>Please Contact</b> Doris Wong for up to date information as it can change. Ph. 9767 0826 <a href="mailto:dwong@cgd.vic.gov.au">dwong@cgd.vic.gov.au</a>
<b>PLAYGROUP</b> For children aged 0-5yrs	<b>Jan Wilson Community Centre</b> Contact Doris Wong Ph. 9767 0826   <a href="mailto:dwong@cgd.vic.gov.au">dwong@cgd.vic.gov.au</a>	Jan Wilson Community Centre Halton Road, Noble Park North. Ph. 97959279	<b>Please Contact</b> Doris Wong for up to date information as it can change.

## City of Greater Dandenong

Group / Program	Contact	Address	Details/ Other
<b>TINY MINY MUSLIMS PLAYGROUP</b> a Program packed full of joyful educational experiences for children and Mums, including play activities and a Mothers discussion group. All welcome	<b>Please contact Doris Wong for up to date information</b> Ph. 9767 0826 dwong@cgd.vic.gov.au		<b>Please Contact</b> Doris Wong for up to date information as it can change. Ph. 9767 0826 dwong@cgd.vic.gov.au
<b>WAHINES</b> A mature age women's group, which meets weekly for social activities, friendship, outings and connections with the local community. Meets during School Holidays also. Dandenong Neighbourhood House	Please contact Doris Wong for up to date information Ph. 9767 0826 dwong@cgd.vic.gov.au		Please Contact Doris Wong for up to date information as it can change. Ph. 9767 0826 dwong@cgd.vic.gov.au
MENS AND FATHERS PROGRAMS			
<b>MEN FACING TODAY'S CHALLENGES.</b> Dandenong Neighbourhood House We look at strategies for dealing with issues in our lives & developing new life skills	<b>Dandenong Neighbourhood House</b> 9792 5298	34 King St dynhouse@satlink.com.au	Please Phone for details
<b>THE BBQ BOYS-</b> A support group for male carers living in the southern region of Melbourne. It offers peer support, fun and relaxing social activities, a space to talk about bloke's carer issues, as well as information, referral and support. SEE PAGE 6	<b>RESPITE SOUTH</b> Ring Nathan 9212 3006 Or 0417 1233 189 or email <a href="mailto:n.diep@alfred.org.au">n.diep@alfred.org.au</a>	Ring Nathan. Venues change	Day - First Tuesday of each month

## City of Greater Dandenong

Group / Program	Contact	Address	Details/ Other
<b>PIT STOP</b> An eight-session 'parenting tune-up' for fathers who like seeing their families fire on all cylinders. Get the FACTS on FATHERHOOD	<b>Connections</b> Sid Ashby 5945 3900 or Andrew Chisholm 8571 1317 Jonathan Gonsalvez 5945 3900 Connections.org.au Greaterdandenong.com	To be announced	Please phone for further details.
<b>FAMILY, CHILDREN &amp; YOUTH SUPPORT</b>			
<b>TOY LIBRARY</b>	<b>Springvale Services for Children</b> 8558 3800 <a href="mailto:enquiries@springvalesc.com">enquiries@springvalesc.com</a>	23-28 Lightwood Road, Springvale. VIC 3171	10:00-12.00 Mondays, 10.00-1.00 Tuesday, Thursday and Friday, 10.30-12.30 Saturday.
<b>PLAYGROUP</b>	<b>Springvale Services for Children</b> 8558 3800 <a href="mailto:enquiries@springvalesc.com">enquiries@springvalesc.com</a>	23-28 Lightwood Road, Springvale. VIC 3171	Friday and Saturday Mornings 10:00am – 12:00pm \$2 per child
<b>PARENTS BUILDING SOLUTIONS PLAYGROUP</b> 6 Sessions	<b>For more information please call</b> Pat Hill, Keysborough Primary School (03) 9798 4764 or Vanja Flett 0429 454 693	Community Room Keysborough Primary School, 33 Coomoora Rd, Springvale South	Wednesdays and Fridays (school weeks) 21 <sup>st</sup> , 28 <sup>th</sup> Feb, 7 <sup>th</sup> , 14 <sup>th</sup> , 21 <sup>st</sup> & 28 <sup>th</sup> Mar 12:30 - 2:30pm  *What to bring: piece of fruit or a snack, a coat and a hat for your child
<b>KEYSBOROUGH PS PLAYGROUP</b> 8 Weeks	<b>For more information please call:</b> Pat Hill, Keysborough Primary School on (03) 9798 4764 or Vanja Flett 0429 454 693	Community Room Keysborough Primary School, 33 Coomoora Rd, Springvale South	Wednesdays and Fridays 7 <sup>th</sup> , 14 <sup>th</sup> , 21 <sup>st</sup> , 28 <sup>th</sup> Feb; 7 <sup>th</sup> , 14 <sup>th</sup> , 21 <sup>st</sup> , 28 <sup>th</sup> Mar 9.00 – 10.30am (School weeks)  *What to bring: a piece of fruit or a snack, a coat and a hat for your child

## City of Greater Dandenong

Group / Program	Contact	Address	Details/ Other
<b>KEYSBOROUGH PS 3 Yo PLAY GROUP</b> 8 Weeks	<b>For more information please call:</b> Pat Hill, Keysborough Primary School on 9798 4764 or Vanja Flett on 0429 454 693	Community Room Keysborough Primary School 33 Coomoora Rd, Springvale South	Tuesdays 6 <sup>th</sup> , 13 <sup>th</sup> , 20 <sup>th</sup> , 27 <sup>th</sup> Feb, 6 <sup>th</sup> , 13 <sup>th</sup> , 20 <sup>th</sup> , 27 <sup>th</sup> Mar 9.00 – 10.30am  * What to bring: a piece of fruit, a coat and a hat for your child
<b>YOUNG MOTHERS WALKING GROUP</b> A weekly walk from Springvale Service for Children to local parks where children can play and mothers can chat before they walk back. Each walk will take approximately 15-25 minutes	<b>Springvale Services for Children</b> 8558 3800 <a href="mailto:enquiries@springvalesc.com">enquiries@springvalesc.com</a> For more information or to register your interest please contact Carolyn on (03) 8558 3800	23-28 Lightwood Road, Springvale. VIC 3171	Every Thursday Time: 10am-12pm
<b>KOORIE KIDS PLAYGROUPS</b> Wonderful creative ideas to build our muscles, coordination and develop our pencil grips, ready for kinder and school next year	<b>Koori Kids</b> Playgroup Team 9706 6383	Please Phone for further details	Please Phone for further details
<b>FRIENDSHIP GROUP</b> Extended Families Vietnamese Family Friendship Group. Larger groups for children with a disability and their families meet regularly for fun, friendship and social development	<b>Extended Families</b> 03 9285 4838 Vietnamese speaking workers available	Please Phone for further details	Operates on a monthly basis. Please phone for more details.
<b>LIVING AND LEARNING TOGETHER.</b> A supportive group for CALD women	<b>Wellsprings for Women</b> 9701 3740 <a href="http://www.wellspringsforwomen.com">www.wellspringsforwomen.com</a> <a href="mailto:wells@satlink.com.au">wells@satlink.com.au</a>	Wellsprings for Women 79 Langhorne St Dandenong	Please call for further details

### FAMILY, CHILDREN & YOUTH SUPPORT

## City of Greater Dandenong

Group / Program	Contact	Address	Details/ Other
<p><b>CONVERSATIONAL ENGLISH.</b> A supportive group for women of varies backgrounds to come together and practise their English conversations skills</p>	<p>Phone: (03) 9701 3740 <a href="mailto:administration@wellspringsforwomen.com">administration@wellspringsforwomen.com</a> During school terms the office is open: Mon – Thu 9.00am – 4.00 pm Fri 9.00am – 2.00pm</p>	<p>Wellsprings for Women Inc. 79 Langhorne Street Dandenong Vic 3175</p>	<p>Phone for program details</p>
<p><b>DROP IN AT ABA</b> Drop in for a chat support and information. For individual appointments please phone on a Tuesdays Wednesdays or Thursdays</p>	<p><b>Australian</b> Breastfeeding Association Tel Yvette 9791 4644</p>	<p>ABA 71 Robinson St Dandenong</p>	<p>Day Wednesdays Date On going Time 10.30-3.30pm Cost Free</p>
<p><b>MOTHERS' SUPPORT GROUP</b> For Mothers whose children attend Dandenong West Primary School and community</p>	<p>Ongoing</p>	<p>Dandenong West Primary School 32, Birdwood Ave, Dandenong</p>	<p>Please phone further details 97922868</p>
<p><b>KITH &amp; KIN CARERS SUPPORT GROUP</b> A support, social contact, activities &amp; information sharing group</p>	<p><b>Oz Child Family Services</b> Bronwyn Harrison 9212 5600 <a href="mailto:bharrison@ozchild.org.au">bharrison@ozchild.org.au</a></p>	<p>Mornington &amp; Dandenong</p>	<p>Meetings monthly Newsletter quarterly</p>
<p>Aim'n High Young Mums Education and Support Program For mums aged 15-25 who are ready to continue their education, we'll help with:</p> <ul style="list-style-type: none"> <li>• Enrolment in VCE, VCAL and/or VET</li> <li>• Study Support</li> <li>• Childcare in the same building</li> <li>• JET funding for childcare fees (through Centrelink)</li> <li>• Case manager for ongoing support</li> <li>• Parenting Education</li> <li>• Personal Development</li> <li>• Support to transition to the next stage</li> </ul> <p>For referral or more information, 1800 335 106 or <a href="mailto:cooperk@missionaustralia.com.au">cooperk@missionaustralia.com.au</a> Aim N High classes are 10:00- 3:30 Mon -Thurs in Doveton.</p>			 <p>Mission Australia Empowering Youth Hallam Senior College Linking Learning and Life Mission Australia Early Learning Distance Education Centre Victoria Flexible learning for all</p>

## City of Greater Dandenong

Group / Program	Contact	Address	Details/ Other
<p><b>REFUGEE &amp; SETTLEMENT PROGRAM</b> Provides family relationship counselling, mediation, loss &amp; grief programs for children, marriage preparation program &amp; personal support program &amp; School Refusal program</p>	<p><b>Centre care Catholic</b> Family Services <a href="#">Contact Details</a> T.8710 9600 E.<a href="mailto:rspdandenong@ccam.org.au">rspdandenong@ccam.org.au</a> <a href="http://lbourne.org.au">lbourne.org.au</a></p>	<p>224 Thomas Street Dandenong, VIC 3175</p>	<p>Phone for more details 8710 9600</p>
<p><b>CONFIDENT LIVING PROGRAM</b> A creative arts &amp; social integration program for people with progressive MS&amp; other neurological disorders.</p>	<p><b>Multiple Sclerosis Australia</b> Jenny Murray 9845 2772</p>	<p>Noble Park Community Centre, Ross Reserve, Memorial Drive, Noble Park (Melway Ref 80 E12)</p>	<p>Please phone for details</p>
<p><b>LITTLE BROTHER AND SISTER PLAY GROUP</b> Activities includes; Free play, Story Time, Art time, Obstacle Courses and more. Next term we will be having the SING AND GROW program for ten weeks</p>	<p><b>Noble Park Primary</b> Please phone 9546 8811 for more information.</p>	<p>Noble Park Primary School, 65 Buckley Street, Noble Park</p>	<p>Please phone for session times. Please bring a piece of fruit. Sandwiches provided.</p>
<p><b>PLAY STEPS</b> This 8 week program builds parenting skills with the emphasis of learning and connecting through play. It is designed to improve parent-child interaction by assisting parents develop a positive relationship with their child. 0-3 years.</p>	<p><b>Queen Elizabeth Centre</b> Ph: 9549 2777</p>	<p>QEC 53 Thomas St Noble Park</p>	<p>Each session will be 2 hours duration • Toddler Group: 12 months to 3 year olds, 9:30am-11:30am • Infant Group: 0 -12 month olds, 1pm-3pm Tea, coffee &amp; morning/afternoon tea provided.<a href="http://qec.org.au">qec.org.au</a></p>
<p><b>WOMEN'S ONLY SWIMMING</b> All women are welcome. Female only lifeguards and instructors are on duty at all times.</p>	<p><b>Oasis Leisure Centre</b> 9767 5100</p>	<p>Dandenong Oasis Leisure Centre Cnr Heatherton Rd and Cleeland St Dandenong</p>	<p>Date Sunday evenings Time 6.15pm – 8.15pm Cost Please phone</p>

## City of Kingston

Group / Program	Contact	Address	Details/ Other
<b>PARENTING</b>			
<p><b>CITY OF KINGSTON</b> - Child Care Enrolments, Family Day Care, Outside School Hours Care for Primary School Aged care programs selected venues across the municipality.( Vacation Care, Before and After School Care and Curriculum Day Care).                      Maternal and Child Health, Kindergartens, child care centres, Playgroups, Toy Libraries, What's Happening Children's Week, Networks and Workshops are available to families and those who work with families and children in the City Of Kingston.  <a href="https://www.facebook.com/cityofkingston">https://www.facebook.com/cityofkingston</a> phone 1300 653 356 <a href="mailto:info@kingston.vic.gov.au">info@kingston.vic.gov.au</a>                      Please contact Council for any of the Above. The site also has a range of other services that are available.</p>			
<p><b>Parenting Support Groups</b>  <b>Positive Parenting Service</b>  <b>Information and Referral</b>  <b>Case Management</b></p>	<p><b>Kingston Youth Services</b>                      For more information about this service please contact the Family Support Services Coordinator on 9581 4860</p>	<p>Southland – Shop 1137 Southland Shopping Centre , Nepean Highway, Cheltenham                      And                      Aspendale Gardens Community Centre                      103-105 Kearney Drive                      Aspendale Gardens</p>	<p>Drop in Monday to Friday 1pm -5pm                       Drop in Monday, Tuesday or Thursday                      3.30pm – 5.30pm</p>
<p><b>HEALTHY BUBS AND FAMILIES</b>                      Provides education and skill development for parents around the importance of early attachment.</p>	<p><b>Family Life</b>                      8599 5433 or 97734624  <a href="mailto:reden@familylife.com.au">reden@familylife.com.au</a></p>	<p>Community House                      Keith Street</p>	<p>Please phone for day and dates.</p>
<p><b>FAMILY LIFE- COMMUNITY BUBS</b>                      Provides intensive support for families who have an infant</p>	<p><b>Family Life</b>                      8599 5433  <a href="http://familylife.comm.au/">http://familylife.comm.au/</a>  <a href="mailto:info@familylife.com.au">info@familylife.com.au</a></p>	<p>Level 2, 11 Chesterville Rd,                      Cheltenham</p>	<p>Please phone to arrange time.</p>

## City of Kingston

Group / Program	Contact	Address	Details/ Other
<b>MEN'S AND FATHERS PROGRAMS</b>			
<b>PIT STOP Parenting Tune-Up</b> A life changing course designed and delivered by men for every father who wants to see his family firing on all cylinders.	<b>City of Kingston</b>  Email <a href="mailto:youth.services@kingston.vic.gov.au">youth.services@kingston.vic.gov.au</a> Phone Alisa on 1300 369 436	City of Kingston Council Mentone Office Mentone Room 34 Brindisi Street, Mentone	Ran sometimes. Please phone and check if this is running this term
<b>The BBQ Boys</b> Support group for male carers living in the southern region of Melbourne. It offers peer support, fun and relaxing social activities, a space to talk about bloke's carer issues, as well as information, referral and support.	<b>RESPIRE SOUTH</b> Ring Nathan 9212 3006 Or 0417 1233 189 or email <a href="mailto:n.diep@alfred.org.au">n.diep@alfred.org.au</a>	Ring Nathan. Venues change	Day First Tuesday of each month
<b>MEN'S BEHAVIOURAL CHANGE PROGRAM</b> Provides men with an opportunity to learn and use alternatives to behaving in an abusive or violent manner. Men may be provided with individual counselling assistance prior to and after the group MATES Program.	Ph. 8599 5433	197 Bluff Rd Sandringham Service Address	Please phone for Direct help, and enquiries.
<b>CHALLENGING BEHAVIOURS, DISABILITIES, GRIEF, CARERS SUPPORT AND OTHER</b>			
<b>MAKING CHOICES</b> Provides support and education for women who are or have experienced family violence.	<b>Family Life</b> Ph. 8559 5433 <a href="http://familylife.com.au/">http://familylife.com.au/</a> <a href="mailto:info@familylife.com.au">info@familylife.com.au</a>	197 Bluff Rd Sandringham	Please phone for further information and help.

## City of Kingston

Group / Program	Contact	Address	Details/ Other
<p><b>KINSHIP CARE GROUP</b></p> <p>Our group support meetings are a great way to meet other Kinship carers in your area, providing a supporting environment in a relaxed and informal setting. Facilitated groups are held monthly in Highett, Frankston and Rosebud. These groups are open and welcoming and our casual environment helps you access support services and increase your skills.</p>	<p><b>Oz Child</b></p> <p>Access to this service is via the Dandenong Central office on 9212 5600 during business hours</p>	<p>2 Livingston St Highett</p>	<p>Please phone for further details.</p>
<p><b>CHELTENHAM ALZHEIMERS CARER SUPPORT GROUP</b></p> <p>For people caring for aged relatives or friends including those with dementia</p>	<p><b>Central Bayside Community Health</b> Jane Cheong 8587 0194 <a href="mailto:Jane.cheong@southernhealth.org.au">Jane.cheong@southernhealth.org.au</a></p>	<p>Central Bayside Community Health Centre 335-337 Nepean Hwy Parkdale</p>	<p>Day 2<sup>nd</sup> Thurs in month Time 1.30-3.00pm</p>
<p><b>WHO'S IN CHARGE</b></p> <p>8 week program for parents or carers of young people (8-18) who are out of control, violent or defiant. Jenny &amp; Libby from MYFS will be facilitating.</p>	<p><b>MYFS</b> and the City of Monash Limited places Phone Libby or Jenny 9518 3900</p>	<p>Monash Youth &amp; Family Services (MYFS) Batesford Community Hub, 94 Batesford Rd, Chadstone</p>	<p>Please phone for next session.</p>
<p><b>CHELTENHAM CARERS SUPPORT GROUP</b></p> <p>For carers of people with a mental illness. A further group also operates for young people 8-18 supporting someone with a mental illness.</p>	<p><b>Mind Australia</b> 9093 5977 <a href="mailto:infoVIC@mindaustralia.org.au">infoVIC@mindaustralia.org.au</a></p>	<p>17 Taylor St, Moorabbin</p>	<p>Day 1<sup>st</sup> Wed month Time 7.30pm</p>
<p><b>DOWN SYNDROME COFFEE GROUP</b></p> <p>Support for parents of children with down syndrome</p>	<p>Moira Kerri Rolfe – Parent Support Coordinator For southern region Ph: 8552 2222</p>	<p>Mentone Baptist Church 36 Harpley Street Cheltenham</p>	<p>Day 1<sup>st</sup> Wednesday of month during school term Time 1.00 – 2.30pm</p>

## City of Kingston

Group / Program	Contact	Address	Details/ Other
<b>GROW</b> Runs groups for people with depression or anxiety in a supportive environment.	03 9528 2977 <a href="mailto:vic@grow.net.au">vic@grow.net.au</a>	707 Glenhuntly Rd Caulfield South Vic 3162	Please phone for details
<b>ODESSY HOUSE PROGRAM</b> Structured 8 week program for those with issues with alcohol or drugs.	<b>Odyssey House</b> 9420 7610 George	Please phone for details	Please phone for details
<b>LIVE YOUR COMMUNITY PROGRAM</b> Provides flexible volunteer based inclusion support for children with disabilities who experience barriers to participation in sport, recreation and leisure. For children aged 6-17yrs with a diagnosed disability.	<b>Extended Families</b> Contact Rachel De Summa Ph. 9285 4839 or 0438 752 126 Email <a href="mailto:Rachel@extendedfamilies.org.au">Rachel@extendedfamilies.org.au</a> <a href="http://www.extendedfamilies.org.au">www.extendedfamilies.org.au</a>		There is no cost to families accessing LYCP. Cost to sporting activity chosen by the child are generally met by the family
<b>MOVEMENT DISORDERS COMMUNITY SUPPORT GROUP</b> For carers of people with neurological disorders. A respite care group occurs at the same time to enable carers to attend	<b>Church of Christ</b> Barbara Winkler 9265 1481	Church Of Christ 2-12 Chesterville Rd Cheltenham	Day 1 <sup>st</sup> Monday Time 10.30am-12.30pm
<b>SOUTH EASTERN ASPERGERS PARENT GROUP</b> For parents and carers with children and teens who have high functioning Asperger's syndrome and PDD-NOS	<b>Headspace</b> Ph. Kirsten Cleland 9526 1600	Peterson Youth Centre Melways 77 B8 Highett Rd, Highett. Corner of Peterson St, Highett	Day 3 <sup>rd</sup> Tuesday Time 7pm-8.30pm
<b>A FAMILY GROUP</b>	<b>Taskforce/Odyssey House</b> Taskforce Community Agency/Odyssey House 9532 0811	421 South Road Moorabbin Booking essential	This program is a family peer support program specifically for parents experiencing substance use of a family member.

## City of Kingston

Group / Program	Contact	Address	Details/ Other
<b>KIDS CARE</b> <b>Mind Victoria</b> A group for young people aged 8-12 who have a parent with mental illness. This monthly group focuses on fun activity with peer support and staff who are able to provide support and leadership to those young people. Phone Mind Victoria 9093 5977 For more details.			
<b>FAMILY, CHILDREN &amp; YOUTH SUPPORT</b>			
<b>CLARINDA PARENTS GROUP</b> is an opportunity for parents and carers to meet other parents in the area and to meet Family support staff in a fun and relaxed atmosphere. Weekly activities and guest speakers are provided.	<b>City of Kingston</b> Family support 8551 1202	Clarinda community Centre 58 Viney St, Clarinda	Day Thursday Date during school term Time 10.00-11.30am Cost free
<b>MOTHERS SUPPORT GROUP</b> House-based outreach service to assist living with a mental illness	<b>Prahran Mission</b> Janet 9692 9400	Prahran Mission 15 Cromwell Rd, South Yarra	Please phone for further details
<b>CITY OF KINGSTON YOUTH –</b> For young people aged 12-25 as well as their families and partners. They also develop, promote and run events, gigs and local youth mag. <a href="http://www.kyfs.org.au">www.kyfs.org.au</a> 1300 369 436			

## City of Kingston

Group / Program	Contact	Address	Details/ Other
<p><b>SMALL TALK PLAYGROUPS –</b>                      Smalltalk Supported Playgroups are run by a qualified facilitator who provides support to parents/carers to develop the skills and confidence needed to assist in their children’s learning and development. The playgroups are free to attend for families experiencing vulnerability, including Health Care Card holders, Refugees, Aboriginal or Torres Strait Islanders, and kinship carers. In-Home Support is also available</p> <ul style="list-style-type: none"> <li>• <b>Westall</b> – Mondays 10am to 12pm at Westall Children’s Centre, 43 Westall Road, Clayton South.</li> <li>• <b>Chelsea Heights</b> – Tuesday 10am to 12pm at Chelsea Heights Community Centre, 160 Thames Promenade, Chelsea Heights.</li> <li>• <b>Patterson Lakes</b> – Wednesday 10am to 12pm at Patterson Lakes Kindergarten, 189 Gladesville Blvd, Patterson Lakes.</li> <li>• <b>Edithvale</b> – Thursday 10am to 12pm at Edithvale Family and Children’s Centre, 120 Edithvale Road, Edithvale.</li> <li>• <b>Clarinda</b> – Thursday 10am to 12pm at Clarinda Community Centre, 58 Viney Street, Clarinda.</li> <li>• <b>Cheltenham</b> – Fridays 9:30am to 11:30am at Cheltenham East Community Centre, 39 Follett Road, Cheltenham</li> </ul> <p>Phone 9581-4863 or email <a href="mailto:smalltalk@kingston.vic.gov.au">smalltalk@kingston.vic.gov.au</a></p>			
<p><b>SOUTH EASTERN MULTIPLE BIRTH ASSOCIATION</b>                      A support group for multiple birth families, run by parents with multiples.</p> <p>Expectant Parents Sessions, Playgroups, Parent's Nights Out, Family Events</p>	<p><b>SEMBA</b>                      New Parent Contact: Maxine Morley</p> <p>Phone:0409 200310</p> <ul style="list-style-type: none"> <li>• <a href="http://www.semba.amba.org.au">http://www.semba.amba.org.au</a></li> <li>• <b>Facebook:</b><a href="https://www.facebook.com/sembavic">https://www.facebook.com/sembavic</a></li> </ul>	<p>South East of Melbourne, covering the main areas of Bayside, Glen Eira and Kingston Councils.</p> <p><a href="http://semba.amba.org.au/index.html">http://semba.amba.org.au/index.html</a></p>	<p>Playgroups on Monday, Wednesday and Thursday mornings contact for details</p>
<p><b>PLAYGROUPS</b></p>	<p><b>Dingley Village</b> Neighbourhood Centre                      Belinda 0414538616</p>	<p>31b Marcus Rd                      Dingley Village</p>	<p>Time 9.30am-11.30am                      Please contact us for further details.</p>
<p><b>READING ROCKETS</b>-a hand on fun one hour class for 4 year old focusing on early reading and writing skills</p>	<p><b>Dingley Village</b> Neighbourhood Centre                      Sandy 0425 812 790</p>	<p>31b Marcus Rd                      Dingley Village</p>	<p>Please contact us for further details.</p>
<p><b>DINGLEY VILLAGE NEIGHBOURHOOD CENTRE</b>                      Places available for 3year old activity groups on Monday morning or afternoons’ sessions.                      Ph. 9558 1866 during office hours or Email <a href="mailto:admin@dvnc.com.au">admin@dvnc.com.au</a> Office hours 9am-5pm</p>			

## City of Kingston

Group / Program	Contact	Address	Details/ Other
<b>MARVELLOUS MUMS</b> Connecting mums. sharing information	Andrea Cross 0403 342 390 <a href="http://www.marvellousmums.com">www.marvellousmums.com</a> <a href="mailto:lovingmums@hotmail.com">lovingmums@hotmail.com</a>	Please Phone for further details	Please contact Andrea re venue, dates & times.
<b>PLAYGROUP</b>	<b>Family Life</b> Andrea 9782 7800 <a href="http://Familylife.com.au">Familylife.com.au</a>	8-10 Swanpool Ave Chelsea.	Day Tuesdays Time 1.00pm-3.00pm
<b>KINDER ACTIVITY GROUP-</b> Quality care to stimulate and challenge children 3 & 4 years old.	<b>Chelsea Heights Community</b> Kerri Morrison 9774 2934 0412 869 431	Beazley Reserve 160 Thames Promenade	Day Monday Time 10am-1pm Phone for bookings and further details.
<b>KIDS' BOOK CLUB</b> Quality care to stimulate and challenge children 3 and 4 years old.	<b>Chelsea Heights Community</b> Louise 0400 664 194	Beazley Reserve 160 Thames Promenade	Day Monday Time 10.15am-11.15am
<b>RHYTHM FACTORY</b> Dance, music and movement, classes for children 15months to 8 years	<b>Chelsea Heights Community</b> Nicky Reisinger 9588 1564 0408 667 058 <a href="http://www.rhythmfactory.com.au">www.rhythmfactory.com.au</a>	Beazley Reserve 160 Thames Promenade	Day Tuesday Time 9.30am-11.30am
<b>KIDS COOKING CLASSES-KIDS SAY YUM</b> Great for children 5-12 years	<b>Chelsea Heights Community Centre</b> Maddie Race 0487 427 398 <a href="http://www.kidsayyum.com.au">www.kidsayyum.com.au</a>	Beazley Reserve 160 Thames Promenade	Day Wed Time 4.30pm-5.30pm
<b>PLAYGROUP</b> Recently won an award from playgroup Victoria for 30 years of playgrouping. Great way to start the day, meet your neighbours whilst having fun with your children. Lots of toys, fun and good company	<b>Chelsea Heights Community Centre</b> Ru 0425 160 025	Beazley Reserve 160 Thames Promenade	Day Wednesday and Thursday Mornings Time 9.30am-11.00am
<b>LITTLE CHEFS</b> For 6-10yr olds.	<b>Cheltenham Community Centre</b> <a href="http://www.chelt.com.au">www.chelt.com.au</a> 9583 0095	8 Chesterville Rd, Cheltenham	Day Wednesday Time 3.45pm-4.30pm Cost \$120

## City of Kingston

Group / Program	Contact	Address	Details/ Other
<b>MULTICULTURAL GRANDPARENTS PLAYGROUP-</b> Come along and socialize whilst your grandchildren are drawing, playing, & meeting other children	<b>Clarinda Community Centre</b> 8551 1200 or Migrant Resource Centre 9563 4130	Clarinda Community Centre 58 Viney St Clarinda	Date Wednesday Time 9.30 – 11.30am Bring a piece of fruit to share
<b>HOMEWORK CLUB-</b> Kids & parents can enjoy a healthy snack, start homework early & get help with assignments.	Family Life Giovanna or Marilyn 8599 5433	Community Hall Dunkley Ave Highett	Date Mondays <i>(except public/school holidays)</i> Time 4.00 – 5.30pm Cost Free
<b>BREAKFAST CLUB-</b> Come along each Wednesday and enjoy a healthy & nutritious breakfast	Family Life Giovanna or Marilyn 8599 5433	Community Hall Dunkley Ave Highett	Date Wednesday <i>(except public/school holidays)</i> Time 7.00 – 8.30am Parents most welcome!
<b>CREATING CAPABLE COMMUNITIES</b> Do you care for a child under 10? Come and join us for coffee & a chat about supporting each other, and sharing information	Family Life  Marilyn 8599 5433	Keith Street Community House Please phone to check details with Family Life Keith Street Community House	Day Thursday Time 10.00 – 12noon
<b>AN INCREASE TO THE PARENT EDUCATION GRANT SCHEME- Anglicare Victoria Parentzone Southern</b> Provides assistance to organisations who want to promote the healthy development of families and parenting programs.  Don't forget this is open to the area of Kingston! Grants up to \$1000 NOW AVAILABLE Parentzone can provide grants to assist non-profit organisations provide parenting programs. We can even help find a facilitator. Please email or phone: Louise for the guidelines <a href="mailto:parentzone.southern@anglicarevic.org.au">parentzone.southern@anglicarevic.org.au</a> 1300 984 011 <b>FIND OUT IF YOUR PROGRAM IS ELIGIBLE</b>			

## Mornington Peninsula Shire

Group / Program	Contact	Address	Details/ Other
<b>PARENTZONE PARENTING PROGRAMS</b>			
<p><b>PBS PARENTING BUILDING SOLUTIONS – Primary aged</b></p> <p>A free 6 week program for parents and carers of Primary School aged children. Share experiences and ideas and learn strategies to support your children <b>Please phone Michelle to book in</b></p>	<p><b>Anglicare Victoria Parentzone Southern</b> Michelle Brown. <u>0429 174 150</u> Or 9781 6700 <a href="mailto:Michelle.brown@anglicarevic.org.au">Michelle.brown@anglicarevic.org.au</a></p>	<p>Somerville Primary School  Eramosa Rd East Somerville</p>	<p>Day Tuesday Date Feb 13<sup>th</sup>, 20,27 &amp; Mar 6,13,20 Time 9.15am-11.15am Cost Free</p>
<p><b>PBS PARENTING BUILDING SOLUTIONS – Primary aged</b></p> <p>A free 2 hour session for parents and carers of Primary School aged children. Share experiences and ideas and learn strategies to support your children <b>Please phone Michelle to book in</b></p>	<p><b>Anglicare Victoria Parentzone Southern</b> Michelle Brown. <u>0429 174 150</u> Or 9781 6700 <a href="mailto:Michelle.brown@anglicarevic.org.au">Michelle.brown@anglicarevic.org.au</a></p>	<p>Balnarring Primary School  3085 Frankston-flinders Road, Balnarring Victoria</p>	<p>Day Thursday Date 8<sup>th</sup> Feb Time 1pm -3pm  Cost Free</p>
<p><b>PBS PARENTING BUILDING SOLUTIONS – Primary aged</b></p> <p>A free 6 week program for parents and carers of Primary School aged children. Share experiences and ideas and learn strategies to support your children <b>Please phone Michelle to book in</b></p>	<p><b>Anglicare Victoria Parentzone Southern</b> Michelle Brown. <u>0429 174 150</u> Or 9781 6700 <a href="mailto:Michelle.brown@anglicarevic.org.au">Michelle.brown@anglicarevic.org.au</a></p>	<p>Boneo Primary School  582 BONEO Road, Boneo</p>	<p>Day Thursdays Date 15<sup>th</sup> Feb – 22<sup>nd</sup> March Time 1pm-3.pm  Cost Free</p>

## Mornington Peninsula Shire

Group / Program	Contact	Address	Details/ Other
<p><b>SPACE 4 US</b></p> <p>An 8 week free peer support group for 13 to 18 year olds living in the Mornington Shire region who have a parent or other close family member with a mental illness.</p>	<p><b>Peninsula Health. Mornington Peninsula Shire</b>  <b>Contact Allira McCall, 9784 6999</b></p>	<p>The Corner.                      91 Wilsons Rd                      Mornington</p>	<p>Date 7<sup>th</sup>,14<sup>th</sup>,21<sup>st</sup>,28<sup>th</sup> March 18<sup>th</sup> April, 2<sup>nd</sup>,9<sup>th</sup>,16<sup>th</sup> May                      School Holiday activity details for next holidays to come. –                      Phone                      Time 4.00pm -6.00pm</p>
<b>PARENTING &amp; FAMILY SUPPORT</b>			
<p><b>SHIRE OF MORNINGTON</b></p> <p>Has information on School Holiday Programs; Kindergartens; Immunisation; Maternal and child health; Playgroups and libraries; Family Day Care, Early Years and Best Start; MPYS youth Services; Youth drop ins and Centres; A Disability Directory; Accessible beach wheelchairs can be hired free of charge to people with limited mobility from a number of organisations - the council has the details. More services available. Call us on 1300 850 600 or 5950 1000                      Email: customerservice@mornpen.vic.gov.au  <a href="http://www.mornpen.vic.gov.au/Services_For_You">www.mornpen.vic.gov.au/Services_For_You</a> main page for a variety of services links  <a href="http://www.mornpen.vic.gov.au/Services_For_You/Children_Families">www.mornpen.vic.gov.au/Services_For_You/Children_Families</a> main page for Families and Children services – up to date information on School Holiday Programs; Kindergartens; immunisation; maternal &amp; child health services; Playgroups &amp; Toy Libraries; Family Day Care; Early Years &amp; Best Start</p> <p>For <b>YOUTH Programs</b> phone 5950 1666  <b>BRIGHT SPARKS</b> – PROGRAM FOR Year 6 students across the Peninsula aims at introducing students to Youth Services.  <b>L2P A</b> program to assist learner drivers between 16-21 years to gain their 120 hours of driving experience.                      See web site for more.</p>			
<p><b>EXPLORING SOLUTIONS</b></p> <p>Workshops facilitated to explore Parenting support needs.</p>	<p><b>Good Shepherd Australia New Zealand</b>                      GAYE HART – Group Coordinator Family Solutions  <a href="mailto:Gaye.hart@goodshep.org.au">Gaye.hart@goodshep.org.au</a>                      Phone 5971 9444 or 0439 576 690                      Please phone to book and for more information.</p>	<p><b>Flexible venues:</b>                      Mornington Peninsula.                      Good Shepherd sites.                      Or your organisation/school</p>	<p>Day: Negotiable Mon, Tues or Fri                      Date: 2017                      Time: a.m. or p.m.</p>

## Mornington Peninsula Shire

Group / Program	Contact	Address	Details/ Other
<p><b>PARENTING TODAY</b> A 4 week parenting program to explore building connections of parents with their children aged 7 to 14 years. Respectful children, respectful parents.</p>	<p><b>Good Shepherd Australia New Zealand</b> GAYE HART – Group Coordinator Family Solutions. <a href="mailto:Gaye.hart@goodshep.org.au">Gaye.hart@goodshep.org.au</a> Phone Office: 5971 9444 Mobile: 0439 576 690 Please phone Gaye Hart to book and register to attend this group.</p>	<p>At Crib Point Primary School. Milne St. Crib Point</p>	<p>Please phone for next one</p>
<p><b>CREATIVE WORKSHOP</b> For parents exploring feelings &amp; emotions. Understanding children and young people.</p>	<p><b>Good Shepherd Australia New Zealand</b> GAYE HART – Group Coordinator Family Solutions. <a href="mailto:Gaye.hart@goodshep.org.au">Gaye.hart@goodshep.org.au</a> Phone Office: 5971 9444 Mobile: 0439 576 690 Please phone Gaye Hart to book and register to attend this group.</p>	<p>Bittern Primary School Portsmouth Rd Bittern</p>	<p>Please phone for next one</p>
<p><b>FAMILY CASE MANAGEMENT</b> Designed to assist families to address issues that are impacting on their day to day lives. A Family Case Management Worker can help families with everything from budgeting and household bills, to getting connected to specialist support services for with a specific identified need.</p>	<p><b>Southern Peninsula Community Support and Information Centre</b> Contact Family Case Management Worker Ph 5986 1285 <a href="mailto:admin@spsic.org">admin@spsic.org</a></p>	<p>878 Point Nepean Rd Rosebud</p>	<p>Please contact for help and more details.</p>
<p><b>PEACEFUL PARENTING</b> Come together with other parents to discuss a range of parenting styles. Develop positive ideas to help manage your child's behaviour</p>	<p><b>SHINE</b> team at Family Life Ph. Sharon 9770 0341 Or <a href="mailto:info@familylife.com.au">Email info@familylife.com.au</a></p>	<p>10 Carmichael St Tootgarook</p>	<p>Please phone for details</p>

## Mornington Peninsula Shire

Group / Program	Contact	Address	Details/ Other
<p><b>MOTHER GOOSE</b> The Program aims to teach mums new ways to interact with their infants through songs and rhymes, and is run in a safe and supportive environment.</p>	<p><b>Good Shepherd Australia New Zealand</b> <b>Contact:</b> Isle Tlozek 5971 9444 or Simone Cranage 5971 9114.</p>	<p>Good Shepherd Wallaroo Community Centre, Hastings.</p>	<p>Day Tuesdays Date During School Term Time 10.30 to 11.30am Cost Free</p>
<p><b>PREMMIES ON THE PENINSULA</b> A parent &amp; child program and information session run once a month. Open to any premmie children born prior to 36 weeks and under 2years of age and their parents. Siblings are welcome.</p>	<p><b>Biala</b> Please phone 5975 1820</p>	<p>1 Elizabeth St, Mornington Behind the information Centre with adjacent car parking</p>	<p>Day 3<sup>rd</sup> Thursday Date during School term Time 9.30 -11.30 Please Register</p>
<p><b>YOUTH ADVISORY GROUP</b> For people aged 10-25. If you want to have a say and care about what's going on around you. Come and make a difference, doing our youth advisory group.</p>	<p><b>MPYS</b> Mornington Peninsula Youth Services ph. Jackie 5950 1666 <a href="mailto:jackie.rickard@mornpen.vic.gov.au">jackie.rickard@mornpen.vic.gov.au</a> <a href="http://www.mpys.com.au">www.mpys.com.au</a></p>	<p>Mornington Council Offices</p>	<p>Held Monthly Please phone for further details</p>
<p><b>ANGLICARE VICTORIA – Volunteer Tutoring Program</b> A free program which supports children from Grade 4 – year 10 who have been educationally disadvantaged.</p>	<p><b>Anglicare Victoria</b> Mel Wyatt 0499 027 753 OR Rosebud Office ph. 59 86 99 00</p>	<p>Seawinds Community Hub 11A Allambi Ave, Rosebud West</p>	<p>Day Tuesday afternoons For one hour Contact for further information and dates</p>
<p><b>UNDER THE RAINBOW-</b> Gay, lesbian, bisexual, span sexual, transgender, gender queer, straight EVERYBODY WELCOME. For young people aged 12 to 18. Inspirational workshops, activities</p>	<p><b>Headspace</b> Peninsula Pride-A Queer Straight Alliance Shine, Headspace Frankston Mornington Peninsula Youth Services Ph. Seb 9769 6419 <a href="http://www.facebook.com/peninsulapride">www.facebook.com/peninsulapride</a></p>	<p>YLounge Rosebud And Shed 11 Hastings</p>	<p>Day Tuesdays Time 3.30 to 6.00pm Does not run during School Holidays</p>

## Mornington Peninsula Shire

Group / Program	Contact	Address	Details/ Other
<b>WESTERNPORT MEN'S SHED</b> - a relaxed shed where men can come and participate in group projects or work on their own hobbies. Runs most weekdays by volunteers and all are welcome	Contact Terry Kelly Shed President Terry Kelly Phone: (03) 59791969 Mobile: 0401 269 007 Or Drop in	1973 Frankston-Flinders Rd, Hastings. Next to the Neighbourhood Renewal Hub	Day Most weekdays Time 10.30am Membership \$20.00
<b>THE BBQ BOYS</b> A support group for male carers living in the southern region of Melbourne. It offers peer support, fun and relaxing social activities, a space to talk about bloke's carer issues, as well as information, referral and support.	<b>RESPIRE SOUTH</b> Ring Nathan 9212 3006 Or 0417 1233 189 or email <a href="mailto:n.diep@alfred.org.au">n.diep@alfred.org.au</a>	Ring Nathan. Venues change	Day First Tuesday of each month
<b>ROSEBUD MENS SHED</b>	Phone: (03) 5971 9133	185 High Street Hastings VIC 3915	Please phone for further details
<b>ROSEBUD/RYE MEN'S SHED</b> - Classes are casual and do not run to specific learning outcomes. Facilitated by volunteers	<b>Rye Beach Community Centre</b> Contact Virginia Richardson (03) 5971 9133 Please phone.	Rye Beach Community Centre 27 Nelson St, Rye 5985 4462	Please phone for further details
<b>M.E.N.S.-</b> Men exploring Non-Violent Solutions – the MENS behaviour change group is for men who have used violent, abusive and/or controlling behaviours within the family and who want to stop using these behaviours.	<b>Access</b> Please phone your local Community Health Service and ask to speak to the Access Worker. Contact ACCESS 1300 665 781 Or FAX 9787 9954	Please phone for these details Frankston and Mornington	Please phone for these details

## Mornington Peninsula Shire

Group / Program	Contact	Address	Details/ Other
<b>CHALLENGING BEHAVIOURS, DISABILITIES, GRIEF, CARERS SUPPORT AND OTHER</b>			
<p><b>CHANGING TIDES</b></p> <p>Good Shepherd Australia New Zealand A Creative Art Therapy group for women who have experienced family violence. Letting go of fear and developing confidence and self-esteem for a new way of being. Processes to support families and the needs of their children.</p>	<p><b>Good Shepherd Australia New Zealand</b> GAYE HART – Group Coordinator Family Solutions <a href="mailto:Gaye.hart@goodshep.org.au">Gaye.hart@goodshep.org.au</a> Phone 5971 9444 Mobile: 0439 576 690 Please phone Gaye Hart to register/refer or for more information</p>	<p>Good Shepherd Wallaroo Community Centre. 6 Wallaroo Place Hastings</p>	<p>Day Tuesdays/Fridays Date Term 3 (8 sessions) Time 12.15pm to 3.00pm Cost Free Sumptuous afternoon teas</p>
<p><b>RESOURCE SUPPORT GROUP LIVING WITH AUTISM SPECTRUM.</b></p> <p>For parents/carers supporting each other. Discovering and sharing information. Supporting the capacity of people with autism and their families to exercise choice and control in working under the new National Disability Insurance Scheme (NDIS).</p>	<p><b>Good Shepherd Australia New Zealand</b> GAYE HART – Group Coordinator Family Solutions <a href="mailto:Gaye.hart@goodshep.org.au">Gaye.hart@goodshep.org.au</a> Phone 5971 9444 or 0439 576 690 Please phone Gaye Hart register intention to attend and confirm dates.</p>	<p>Good Shepherd Wallaroo  Community Centre. 6 Wallaroo Place Hastings.</p>	<p>Day Mondays Date 4<sup>th</sup> Monday of the month during school terms. Time 9.30 to 11.30 a.m. Cost: Free Refreshments provided.</p>
<p><b>THE ART ROOM - Art Therapy, Creative Expression.</b></p> <p>For young people Sensory based activities to build self-esteem, confidence. Developing well-being, self-awareness and self-regulation.</p>	<p><b>Good Shepherd Australia New Zealand</b> GAYE HART – Group Coordinator Family Solutions <a href="mailto:Gaye.hart@goodshep.org.au">Gaye.hart@goodshep.org.au</a> Phone 5971 9444 or 0439 576 690 Please phone Gaye Hart register intention to attend and confirm dates.</p>	<p>Good Shepherd Wallaroo  Community Centre. 6 Wallaroo Place Hastings</p>	<p>Day: TBC Date: TBC Time: TBC Cost: Free Refreshments provided</p>

## Mornington Peninsula Shire

Group / Program	Contact	Address	Details/ Other
<b>BIALA @ BENTONS –</b> PLAYING PARTNERS- open to all early intervention and community children	Benton's Community Centre Marlene Fox 5975 1820	Benton's Community Centre Benton's Square Mornington	Date Tuesdays Time 9.30-11.30am Cost \$30.00 per term for non Biala Children
<b>INCLUSIVE 3 YEAR OLD KINDERGARTEN</b> Once a week three hour program, open to any interested community children, Biala Peninsula children and children from other supported services.	For further information &/or to register your interest contact <b>Biala Peninsula</b> administration. Phone: 59751820 email: admin@bialapeninsula.org.au	Biala Peninsula, 1 Elizabeth Street Mornington.	Please phone for further details. Cost \$200 per term payable on enrolment & then payable at the end of term 2, 3, for the next term.
<b>PENINSULA AUTISM SPECTRUM SUPPORT GROUP –</b> Parents/carers who have children with a special need are invited to a monthly get together to share experiences and learn useful tips and strategies with local families.	<b>Extended Families</b> +Contact Michelle 0416 007 631 Morning tea provided Siblings welcome Newsletters	Cerberus Cottage, HMAS Cerberus Must phone and book	Date Last Thurs of month Time 9.15am-11.15am Cost Gold coin donation
<b>KINSHIP CARER SUPPORT GROUP HASTINGS</b> Come and meet with other Kinship Carers and share the highs and lows of being a kinship carer!	<b>Oz Child</b> Kinship Care Contact Sue Gale ph. 9212 5600 for further information	Wallaroo Community Centre 6 Wallaroo Place Hastings	Please phone for details Morning tea provided Phone for other dates
<b>HEART 2 HEART</b> A 7 session group for concerned mums. Dealing with the effects of family violence. Child's moods or behaviour.	Oz Child Frankston office 8796 0000	Corner Youth Centre 91 Wilsons Road Mornington	Day Tuesday's Date 11 <sup>th</sup> October – 29 <sup>th</sup> November Time 10am – 12noon (morning tea provided)

## Mornington Peninsula Shire

Group / Program	Contact	Address	Details/ Other
<b>FAMILY MENTAL HEALTH SUPPORT SERVICE (FMHSS)</b> Provides support to vulnerable families with children & young people who are at risk of developing a mental illness.	<b>FMC MEDITATION AND COUNSELLING VICTORIA</b> PH: 9784 0698 Tina Biro Tina.Biro@mediation.com.au		Please phone for further details
<b>KINSHIP CARER SUPPORT GROUP ROSEBUD WEST</b> Come and meet with other Kinship Carers and share the highs and lows of being a kinship carer!	<b>Kinship Care Oz Child</b> Contact Sue Gale ph. 9212 5600 for further information	Seawinds Community Hub 11a Allambie Ave, Rosebud West Next to Eastbourne Primary School	Please phone for details.
<b>Y LOUNGE ROSEBUD</b> Provides a safe space to drop in hang out with your friends or make new ones.	Staffed by qualified youth workers and fully supervised 5986 3585	1 Nepean Plaza, Rosebud. Corner of Ninth Ave.	Open Hours Friday 3pm -5pm
<b>HASTINGS SHED 11</b> provides a safe space to drop in hang out with your friends or make new ones centre proved	Staffed by qualified youth workers and fully supervised 5950 1666	11 Marine Parade, Hastings	Open Hours Monday 3pm -5pm Friday 3pm – 5pm
<b>KOORI SERVICES-</b> We can help you to access the services you need.	<b>Peninsula Health</b> Enquiries through ACCESS 1300 666 781	Please phone for details	
<b>GIRRINGTON WIMBI (SWEET WALLABY) PLAYGROUP</b>	<b>Good Shepherd</b> 5960 7000 or 0408 948 755	Good Shepherd Community House	Runs School Terms Day: Friday

## City of Port Phillip

Group / Program	Contact	Address	Details/ Other
<b>PARENTING AND FAMILY SUPPORT</b>			
<p><b>CITY OF PORT PHILLIP</b>- Offers a range of services. <b>Maternal and Child Health</b>; Applying for childcare; Early Childhood education &amp; Care Services; School Directory; Integrated Services for families with children aged 0-8; Playgroups; Home based Respite; Community Directories and much more. Contact your council.                      9209 6777 Cnr Carlisle St &amp; Brighton Rd St Kilda. PO Private Bag 3 St Kilda 3182 <a href="http://www.portphillip.vic.gov.au">www.portphillip.vic.gov.au</a>  <b>MATERNAL AND CHILD HEALTH CENTRE</b> 9209 6766 AH 13 2229 171 Chapel St, St Kilda</p>			
<p><b>HANOVER CHILDREN'S SPECIALIST SUPPORT SERVICES. (HCSSS)</b></p>	<p><b>Hanover Welfare Services</b>                      Service offers group work to accompanying children aged 0-18 years who have Experienced homelessness and/or family violence, in the Southern Metropolitan Region.                      217 Cecil Street, South Melbourne 3205                      Phone Sammy Hoppe on: (03) 8626 5500</p>		
<p><b>CARING MUMS</b>                      Is inviting you to learn about The reality of Motherhood across cultures. Explored are cultural differences and similarities. The range of Services available in the City Of Port Phillip</p>	<p><b>NCJWA</b>  <b>Victorian Multicultural Commission</b>  <a href="mailto:caringmums@ncjwa.org.au">caringmums@ncjwa.org.au</a>                      ph. 9523 0535  <a href="http://www.caringmums.org.au">www.caringmums.org.au</a></p>	<p>Bubup Nairm Family and Children's Centre                      998 Carlisle St,                      St Kilda</p>	<p>Please phone for details</p>
<b>CHALLENGING BEHAVIOURS, DISABILITIES, GRIEF, VIOLENCE AND OTHER</b>			
<p><b>DRUG AND ALCOHOL RECOVERY SUPPORT GROUP</b>                      A peer support group that aims to provide you with the chance to speak up about the things that affect you as you recover from harmful drug or alcohol use. All welcome drop in and have a cup of tea or coffee.</p>	<p><b>Windana Drug and Alcohol Recovery</b> Ph. 95297955 <a href="http://www.windana.org.au">www.windana.org.au</a>                      Windana Head Office                      88 Alma Rd.                      St Kilda (cnr Chapel St) The Windana Society Inc.                      Pam Williams                      Also at Dandenong and Rosebud</p>		

## City of Port Phillip

Group / Program	Contact	Address	Details/ Other
<b>WINDANA PARENTING PROGRAM</b>	<a href="http://www.windana.org.au">www.windana.org.au</a> Please phone for details		
<b>KINSHIP CARER SUPPORT GROUP</b> Are you a kinship carer who is caring for a child who is not your own? Living in the municipalities of Bayside, Glen Eira, Port Phillip and Stonington-Come and meet with other Kinship Carers and share the highs and lows of being a kinship carer!	<b>Kinship Care Oz Child</b> Contact Sue Gale ph. 9212 5600 for further information	Highett Neighbourhood Community House 2 Livingston Street, Highett	Day 1 <sup>st</sup> Friday of month Time 10.00am-12noon Morning tea provided phone and book
<b>YOUNG MUMS GROUP</b> For parents 25 & under to meet to share outings & opportunities.	<b>St Kilda Youth Services</b> Dave Wells 9696 5340	62 Pickles St South Melbourne	Please phone for further details (Accredited learning outcomes certificate of General ED.)
<b>WELLWAYS</b> - run programs through MI Fellowship Victoria and other partner organisations for families and friends of people with a mental illness.	Wellways 276 Heidelberg Rd Fairfield	Please phone 9784 6800 for further information.	Phone for current programs 9784 6800
<b>MOTHER SUPPORT PROGRAM</b> Home-based Outreach support & rehabilitation for mothers with a mental illness who have dependent children in their care	<b>Prahran Mission</b> Damien Russell 9692 9400	Prahran Mission 15 Cromwell Rd, South Yarra	Please phone for further information on times/dates
<p><b>MUM FOR MUM PROGRAM - MUM</b> A non-denominational program of <b>the National Council of Jewish Women of Australia (Vic)</b>. Its aim is to provide women who have a child less than one year of age with emotional support. Women can self-refer or may be referred through health professionals such as their maternal and child centre nurse, GP, obstetrician or counsellor. link to a video the Leader made on our program <a href="http://port-phillip-leader.whereilive.com.au/news/story/glen-eira-outreach-service-to-keep-mum-happy/">http://port-phillip-leader.whereilive.com.au/news/story/glen-eira-outreach-service-to-keep-mum-happy/</a> website too: <a href="http://www.mumformum.org.au">www.mumformum.org.au</a> Phone 9523 0535</p>			

## City of Stonnington

Group / Program	Contact	Address	Details/ Other
<b>PARENTING</b>			
<p><b>CITY OF STONNINGTON</b>                      Offers a range of services including: Maternal and Child Health Services, Listing of childcare centres, kindergartens, schools and family support services; immunisation. Baby Capsule Hire; Council Childcare services for children aged 6weeks to 5years; Parent Education Sessions; Youth Services; Dads Domain; disability services and much more. Contact your council on 8290 1333                      OR check out the website. Click on this link: <a href="#">SEO Page Title</a>                      Cnr Greville &amp; Chapel Sts Prahran. 180 Greville Street P O Box 21 Prahran 3181                      Malvern Town Hall, 1251 High Street, Malvern Prahran Town Hall, , Prahran                      Mail: City of Stonnington, PO Box 21, Prahran 3181 Email: council@stonnington.vic.gov.au                      Enquiries: 03 8290 1333 General Fax: 03 9521 225 After Hours: 03 8290 1333 Graffiti Hotline: 1800 067 072  <b>EVENTS AND PROGRAMS/PARENTING PROGRAMS</b>                      Council runs Transition Programs, Cyber Safety and Young People ; Child Infant CPR; Sibling Rivalry; Positive Parenting; Dads Talk. Please click on above link for all details or phone or email.</p>			
<b>MATERNAL AND CHILD HEALTH CENTRE</b>	Contact council or check out their website. <a href="http://www.stonnington.vic.gov.au">www.stonnington.vic.gov.au</a> 8290 1333		
<b>MOTHER GOOSE</b> A SUPPORTED GROUP OF SINGING AND RHMES ONCE A WEEK FOR 0-4 YEAR OLDS	<b>Maternal Child Health</b> Sue 0409 500 657	THE HUB BEHIND 259 MALVERN RD Sth Yarra	Day Tuesday Time 10.30-11.30 During school term
<b>STONNINGTON YOUNG PARENTS PROGRAM</b> Maternal Child Health -Parents aged under 25 given an opportunity to meet other young parents.	<b>Stonnington MCH</b> Michelle Mason 8290 7028	Princess Gardens MCH 22 Lt Chapel St Prahran	Phone for details

## City of Stonington

Group / Program	Contact	Address	Details/ Other
<b>MEN'S AND FATHERS PROGRAMS</b>			
<p><b>DAD'S DEN</b> A get together with other expectant fathers. This will help prepare you for fatherhood, find out about your new role with help and support from other dads.</p>	<p><b>Mercy Health</b> O'Connell Family Centre with the support from the Mercy Hospital. Enquiries Ann Johnson O'Connell Family Centre 8416 7615</p>	<p>Mercy Hospital for Women</p>	<p>Phone for details</p>
<p><b>FATHERZONE</b> A parenting program specifically designed for dads of young children.</p>	<p><b>Mercy Health</b> 8416 7600</p>	<p>6 Mont Albert Road Canterbury, 3126</p>	<p>Phone for details</p>
<p><b>DADS OF TODDLERS-</b> A dads only program exploring and promoting the unique relationship between you and your toddler</p>	<p><b>Mercy Health</b> O'Connell Family Centre Lisa (Clinical Educator) 8416 7600</p>	<p>6 Mont Albert Road Canterbury</p>	<p>Please phone for dates</p>
<b>CHALLENGING BEHAVIOURS, DISABILITIES, GRIEF, VIOLENCE AND OTHER</b>			
<p><b>KINSHIP CARER SUPPORT GROUP</b> Are - you a kinship carer who is caring for a child who is not your own? Living in the municipalities of Bayside, Glen Eira, Port Phillip and Stonington-Come and meet with other Kinship Carers and share the highs and lows of being a kinship carer!</p>	<p>Kinship Care <b>Oz Child</b> Contact Sue Gale ph. 9212 5600 for further information</p>	<p>Highett Neighbourhood Community House 2 Livingston Street, Highett</p>	<p>Please phone for dates and times.  Morning tea provided</p>
<p><b>WELLWAYS</b> Run programs through MI Fellowship Victoria and other partner organisations for families and friends of people with a mental illness.</p>	<p><b>Wellways</b> 276 Heidelberg Rd Fairfield</p>	<p>Please phone 9784 6800 for further information.</p>	<p>Phone for current programs 9784 6800</p>

## City of Stonington

Group / Program	Contact	Address	Details/ Other
<b>FAMILY SUPPORT</b>			
<b>MOTHER SUPPORT PROGRAM –</b> Home-based Outreach support & rehabilitation for mothers with a mental illness who have dependent children in their care	<b>Prahran Mission</b> Damien Russell 9692 9400	Prahran Mission 15 Cromwell Rd South Yarra	Please phone for further information on times/dates
<b>Nurturing the Relations With Your Child &amp; Building Their Self Esteem</b> Understand and promoting positive behaviour in the 2-4 year old sleep patterns and settling techniques	<b>O’Connell Family Centre</b> 8416 7600 <a href="http://www.mercy.com.au">www.mercy.com.au</a> email: ofc_reception@mercy.com.au	6 Mont Albert Road Canterbury, 3136	Please phone for details
<b>AFRICAN MUMS PLAYGROUP</b>	<b>City Of Stonington</b> Sarah Day 8290 7025	Princes Gardens MCH Centre Prahran and South Yarra	Please phone for further details
<b>YOUNG MUM’S GROUP</b> For Mum’s under 25 to meet and share and engage in a range of activities	<b>City Of Stonington</b> Sarah Day 8290 7025	Princes Gardens MCH Centre Prahran and South Yarra	Please phone for further details
<b>MANDARINE SPEAKING PARENTS AND BABY GROUP</b> Babies up to 12 months old	<b>Phoenix park Neighbourhood House &amp; Phoenix Park MCHC</b> 9530 4397	Phoenix Park Neighbourhood House 22 Rob Roy Rd, East Malvern.	Please phone for further details
<b>YOUNG MUMS GROUP</b> For parents 25 & under to meet to share outings and opportunities.	<b>St Kilda Youth Services</b> Dave Wells 9696 5340	62 Pickles St South Melbourne	Receive a certificate at the end. Please phone for further details
<b>MAKING STEPFAMILIES WORK.</b> Courses for couples	<b>Stepfamily Association of Victoria</b> Zoe 9639 2576 <a href="http://www.stepfamily.org.au">www.stepfamily.org.au</a>	Malvern, Flemington Doncaster & Carlton	Please phone for details of dates/venues & times
<b>PLAYING WITH YOUR BABY</b>	<b>City of Stonington</b> Bookings essential 8290 1333	Phoenix Park Neighbourhood House	Phone for details

## Telephone Help Lines

Name	Description	Contact
<b>Australian Childhood Foundation</b>	Kidscount website - A website all about childhood. It has information that can help you to raise happy & confident children. Available in different languages.	(03) 9874 3922 1800 176 453  <a href="http://directory.byronearlyintervention.org.au/node/321">http://directory.byronearlyintervention.org.au/node/321</a>
<b>ADEC (Action on Disability in Ethnic Communities)</b>	A community based organisation which represents the rights and needs of people of non-English speaking background with a disability and their careers.	1800 626 078 <a href="mailto:info@adec.org.au">info@adec.org.au</a> <a href="http://www.adec.org.au">www.adec.org.au</a>
<b>AMAZE (formerly Autism Victoria)</b>	A first point of contact for everything related to Autism Spectrum Disorder, putting the individuals and their families at the forefront of everything they do.	1300 308 699 <a href="http://www.amaze.org.au">www.amaze.org.au</a>
<b>Anxiety Recover Centre Victoria (ARC Vic)</b>	A state-wide, specialist mental health organisation, providing support, recovery and educational services to people and families living with anxiety disorders. The OCD and Anxiety Helpline provides telephone counselling, information and referral Hours of operation Monday to Friday 10.00am - 4.00pm	1300 269 438 03 9830 0533
<b>Council of Single Mothers &amp; Their Children (CSMC)</b>	A Victoria wide service run by and for women parenting alone. We provide telephone support, information & referral on a range of issues including emergency relief, housing, Centrelink, child support, family law, family violence and parenting. Become a member and receive our newsletter and email bulletins.	9654 0622 1300 552 511 <a href="mailto:csmc@csmc.org.au">csmc@csmc.org.au</a> <a href="http://www.csmc.org.au">www.csmc.org.au</a>

## Telephone Help Lines

Name	Description	Contact
<b>Gambler's Help</b>	To find a range of free health information resources, including materials in community languages. NB: Interpreting services available	1800 858 858 ( 24hrs, 7 days) 9575 5353 <a href="mailto:info@ghsouthern.org.au">info@ghsouthern.org.au</a> <a href="http://www.ghsouthern.org.au">www.ghsouthern.org.au</a>
<b>Alzheimer's Australia</b>	Children impacted by dementia in their family can now seek information and support from a new website <a href="http://www.dementiainmyfamily.org.au">www.dementiainmyfamily.org.au</a> The interactive, age appropriate site gives children the opportunity to learn more about dementia, watch other children share their experiences in videos, play games and share their own stories.	1300 526 576
<b>Grief Line</b>	For people who have suffered loss due to: death, Mental Health, Abuse, Family Violence, Depression, Health, Relationships, Loneliness, Carer Support, Exclusion, Unemployment, Addictions, Migration, Refugee Experience. Anonymous telephone counselling service and professional online counselling. 12 noon to 3.00am	9935 7400 <a href="http://www.griefline.org.au">www.griefline.org.au</a>
<b>Hanover Emergency Housing</b>	We provide a range of services to Victorians experiencing housing crisis Offices-Cheltenham 9556 5777; Southbank 9699 4566; East St Kilda (for Women) 9525 8499; South Melbourne (families) 8626 5500; Fitzroy 9288 9800; Dandenong (Family focus) 9792 0750; Windsor(Young Adults, Women) 9533 6099 Dandenong "Bob's Place" (Crisis Accommodation, Housing Support and Family Focus	<a href="http://www.hanover.org.au">www.hanover.org.au</a>

## Telephone Help Lines

Name	Description	Contact
<b>Raising Children Network</b>	Created by a partnership of member organisations of Australia's leading early childhood agencies, the Raising Children website is produced with the help of an extensive network including the Australian Government.	<a href="http://raisingchildren.net.au/">http://raisingchildren.net.au/</a>
<b>Arafemi- Respite for Carers</b>	1300 500 265 or 9810 9300 & <a href="http://www.arafemi.org.au">www.arafemi.org.au</a>	
<b>Carers Vic Respite Services</b>	1800 059 059 (emergency respite)	
<b>Commonwealth Carer Respite Centres</b>	1800 052 222 (24 hours a day) & <a href="http://www.commcarelink.health.gov.au">www.commcarelink.health.gov.au</a>	
<b>SANE</b>	Information and referral service for Carers and Consumers	1800 187 263 <a href="http://www.sane.org">www.sane.org</a>
<b>Signposts for Better Behaviour</b>	A parenting program for parents of children aged 3-15 years with a developmental delay or intellectual disability. Group and individual delivery. Special needs Parenting. Covering all of Southern Region.	03 8660 3562 <a href="mailto:signposts@parentingre.org.au">signposts@parentingre.org.au</a>
<b>Suicide Helpline</b>		1300 651 251
<b>South East Multiple Births Association</b>	Twins, Multiple Pregnancy. Free Telephone Advice Line Staffed by Trained Counsellors	1800 882 436 <a href="http://www.pregnancybirthbaby.org.au/twins">www.pregnancybirthbaby.org.au/twins</a>

## Telephone Help Lines

Name	Description	Contact
<b>The Stepfamily Org</b>	For all Victorians in or considering a stepfamily.	9663 6733 <a href="mailto:info@stepfamily.org.au">info@stepfamily.org.au</a> <a href="http://www.stepfamily.org.au">www.stepfamily.org.au</a>
<b>The Queen Elizabeth Centre</b>	Our mission is to offer specialized support, care and education to parents who have children up to three years of age, with the aim of enhancement and development of the family. Thomas St, Noble Park 3174.	9549 2777 <a href="http://www.qec.org.au">www.qec.org.au</a>
<b>Victims of Crime Helpline</b>	The Victim Support Agency is responsible for coordinating services for victims of crime and for representing the voice of victims within the criminal Justice System. Help line staff offer advice and referral to local and relevant support services.	1800 819 817 Translating service P:13 14 50 TTY Service P:13 36 77 <a href="http://www.justicevic.gov.au/victimsofcrime">www.justicevic.gov.au/victimsofcrime</a>
<b>Victorian Maternal and Child Health Services</b>	Follow link and put area in that you need the service in. Helplines and information available	<a href="http://www.pregnancybirthbaby.org.au/pregnancy-birth-baby-helpline">http://www.pregnancybirthbaby.org.au/pregnancy-birth-baby-helpline</a>
<b>WHIC (The Women's Health Information Centre)</b>	Houses a drop-in library and state wide telephone health information service with an emphasis on women's health issues. Open 9.00am-5.00pm Mon – Fri Cnr of Grattan and Flemington Rd, Parkville	8345 3045 or 1800 442 007 <a href="mailto:which@thewomens.org.au">which@thewomens.org.au</a> <a href="http://www.thewomens.org.au">www.thewomens.org.au</a>
<b>Women's Domestic Violence Crisis Service</b>	State-wide 24hour confidential crisis response service for women and women with children experiencing domestic violence.	1800 015 188

Have a great 1<sup>st</sup> Term in 2018.

Remember to send any newsletter updates to: Admin at:

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

This newsletter is updated each term – any updates that you want made or you would like to add anything, please forward to above email.

Thanks



2017 046

## **BEYOND THE VIOLENCE FACILITATOR TRAINING**

**Do you want to increase your skills  
in working with parents and children  
affected by Family Violence?**

### **SUITABLE FOR:**

Professionals who have existing  
group work skills and experience, or a  
background working with women and  
children impacted by family violence.

**DATES:** Thursdays 1st, 8th and 15th  
March 2018

**TIME:** 9:30am to 4:30pm  
(Morning tea, Lunch &  
Afternoon tea provided)

**WHERE:** St Johns Anglican Hall  
27 Childers Street,  
Cranbourne

**COST:** **FREE of Charge.**  
Bookings are essential

### **BOOKINGS:**

Karen Piscopo on 0499 079 749 or  
alternatively email  
[karen.piscopo@anglicarevic.org.au](mailto:karen.piscopo@anglicarevic.org.au)



**BEYOND THE VIOLENCE**



# BEYOND THE VIOLENCE FACILITATOR TRAINING

## AIMS

Beyond The Violence facilitator training will assist participants, through experiential learning, to develop the specialized skills and insight to facilitate the Beyond the Violence group program. All participants will receive a copy of the Beyond the Violence manual.

## LEARNING OUTCOMES

**The three day training will assist participants to:**

- Understand the impacts of Family Violence on women and children
- Explore strength-based, participant driven group formats
- Identify techniques and strengths for group work, engagement and facilitation
- Increase skills and confidence in supporting families who have experienced violence
- Practice group work skills in a family violence context, within a parents', children's and combined family group

Participants will be provided with live supervision and debriefing.

Training will be delivered by Karen Piscopo from Anglicare Victoria and Sharon Hawley from Connections. Both Karen and Sharon have extensive experience in parent and community education as well

as extensive experience in working with women and children that have experienced family violence.

## WHAT IS THE BEYOND THE VIOLENCE PROGRAM?

Beyond The Violence is an 8 week group for non-violent parents and children who have experienced or are experiencing Family Violence.

The program helps families to establish safety, rebuild family relationships and move forward with their lives following Family Violence.

**The emphasis of the group is on:**

- Moving forward in a positive manner
- Re building family relationships
- Building skills – parenting skills and children's social skills
- Increasing safety and minimising risk

**The program aims to allow a learning environment where participants are supported to:**

- Acknowledge the past and its impacts
- Establish or re-establish appropriate parent-child roles, relationships, responsibilities and trust
- Explore alternative approaches and behaviours that respect the rights of the individual and of others
- Feel safe
- Develop self-esteem and positive communication skills
- Accept responsibility for one's own actions
- Set and work toward family goals
- Build hope and trust
- Develop the life families want beyond the violence

## BTV WILL RUN IN CRANBOURNE & DANDENONG THROUGHOUT 2017

Live supervision and regular debriefing will be available to all those who co-facilitate the eight week BTV program. Completing the 3 day BTV facilitator training is a prerequisite for facilitating the eight week BTV program.

## EXPRESSIONS OF INTEREST:

If you or your agency would like to partner with us to deliver the Beyond The Violence program call Karen on 5945 2000 or email [Karen.piscopo@anglicarevic.org.au](mailto:Karen.piscopo@anglicarevic.org.au)

**Note:** Priority for the facilitator training will be given to professionals who are interested in co-facilitating one or more Beyond The Violence programs during 2016. The programs are being scheduled during the school terms in Cranbourne and Dandenong.



Communities for Children  
is funded by the Australian  
Government.



216/2017

## **BEYOND THE VIOLENCE**

### **AN 8 WEEK PROGRAM FOR NON-OFFENDING PARENTS AND THEIR CHILDREN WHO HAVE EXPERIENCED FAMILY VIOLENCE.**

- Are you dealing with the effects of family violence?
- Does your child's anger or anxiety worry you?
- Are you tired of yelling?

**DATES:** Monday 5th Feb to 26th March  
(no group 12th March due to Labour Day)  
Final session on Thursday  
29th March

**TIME:** 4pm to 6.30pm  
(hearty afternoon tea provided)

**WHERE:** Jacaranda Centre  
(behind Dandenong High School)  
Cnr of Ann & Herbert St's  
Dandenong

**COST:** **FREE of Charge.**  
Bookings are essential.

**BOOKINGS:**  
Ariane Hahn on 0499 080 468



**WE'D LIKE TO  
HEAR FROM YOU  
CALL 03 5945 2000 FOR MORE  
INFORMATION  
WE CAN HELP YOU MOVE  
BEYOND THE VIOLENCE**

**Are you finding it hard for your children and you to stop fighting and live life as you want it to be?**

**YOU ARE NOT ALONE!**

**WHAT PARENTS HAVE SAID ABOUT THIS PROGRAM:**

"It was so good to spend this time with others who have been through similar experiences and who understand."

"I can understand their behaviours and actions a lot better."

"I have stopped swearing, yelling and smacking, [now I have] other options to use."

"I feel safe and normal."

"We talk about everything and anything. We laugh together again."

"A better atmosphere in the household."

"I made new friends."

"My 5 year old is much more affectionate with me."

**Aims of the program**

Helping families to establish safety, rebuild family relationships and move forward with their lives following Family Violence.

**What happens at the Program?**

The program has a group for parents and one for children, running at the same time, and finishes with a joint "sharing time".

The parent's group is led by facilitators and offers you a safe place for discussion, information sharing and to learn new ways to deal with your children's behaviours. The children's group is led by adult facilitators and your child will have fun learning positive and supportive behaviours through games, stories, discussion and safe play.

As adults, we know that violence occurs in a cycle. This cycle can affect families in many ways, including parents' confidence, children's behaviour and family relationships. Once families are caught up in this cycle it can be hard to break free or get over the effects of it.

The Beyond the Violence program can help families to regain control, rebuild family relationships and restore hope for the future.

**Is this program for me?**

- Is your child struggling to behave at home or at school?
- Does your child have trouble making friends?
- Is your child being aggressive?
- Do you feel isolated or alone?
- Do you worry for the future?
- Do you and your children need help to reconnect?
- Do you need new ideas to manage your child's behaviour?
- Do you want to strengthen your relationship with your child?



216/2017

## **BEYOND THE VIOLENCE**

### **AN 8 WEEK PROGRAM FOR NON-OFFENDING PARENTS AND THEIR CHILDREN WHO HAVE EXPERIENCED FAMILY VIOLENCE.**

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**COST:** **FREE of Charge.**  
Bookings are essential.

**BOOKINGS:**  
Ariane Hahn on 0499 080 468



**WE'D LIKE TO  
HEAR FROM YOU  
CALL 03 5945 2000 FOR MORE  
INFORMATION  
WE CAN HELP YOU MOVE  
BEYOND THE VIOLENCE**

**Are you finding it hard for your children and you to stop fighting and live life as you want it to be?**

**YOU ARE NOT ALONE!**

**WHAT PARENTS HAVE SAID ABOUT THIS PROGRAM:**

"It was so good to spend this time with others who have been through similar experiences and who understand."

"I can understand their behaviours and actions a lot better."

"I have stopped swearing, yelling and smacking, [now I have] other options to use."

"I feel safe and normal."

"We talk about everything and anything. We laugh together again."

"A better atmosphere in the household."

"I made new friends."

"My 5 year old is much more affectionate with me."

### **Aims of the program**

Helping families to establish safety, rebuild family relationships and move forward with their lives following Family Violence.

### **What happens at the Program?**

The program has a group for parents and one for children, running at the same time, and finishes with a joint "sharing time".

The parent's group is led by facilitators and offers you a safe place for discussion, information sharing and to learn new ways to deal with your children's behaviours. The children's group is led by adult facilitators and your child will have fun learning positive and supportive behaviours through games, stories, discussion and safe play.

As adults, we know that violence occurs in a cycle. This cycle can affect families in many ways, including parents' confidence, children's behaviour and family relationships. Once families are caught up in this cycle it can be hard to break free or get over the effects of it.

The Beyond the Violence program can help families to regain control, rebuild family relationships and restore hope for the future.

### **Is this program for me?**

- Is your child struggling to behave at home or at school?
- Does your child have trouble making friends?
- Is your child being aggressive?
- Do you feel isolated or alone?
- Do you worry for the future?
- Do you and your children need help to reconnect?
- Do you need new ideas to manage your child's behaviour?
- Do you want to strengthen your relationship with your child?

## **PARENTS BUILDING SOLUTIONS PROFESSIONAL TRAINING** (FORMERLY PHILOSOPHY OF PARENTING – POP)

**A comprehensive framework for professionals who work with parents. This core training will develop practical tools and strategies that professionals can use with parents in any circumstance.**

“This whole training was fantastic and I have learned a lot. It’s something I will use with the families I work with.”

- Family Services Worker

### **LEARNING OUTCOMES**

At the end of this training, participants will be able to:

- Engage parents effectively in conversations about their parenting role by using a strengths based, reflective approach
- Draw on evidence-based materials from the Parents Building Solutions manual to respond to the expressed needs of parents
- Articulate a comprehensive framework for parenting based on family values, relationships, and boundaries
- Through individual, family or group-work, support parents to:
  - Develop known and agreed rules with their family
  - Implement appropriate discipline, including the use of known and agreed consequences
  - Develop appropriate expectations for the age and developmental stage of the child
  - Help children deal with a range of feelings, and deal with their own feelings as adults
  - Build positive family relationships and communication
  - Support resilience in children

### **METHODOLOGY**

The program is experiential – combining theory and practice wisdom to give participants fresh insights and practical tools they can use when working with families.

The programme Parents Building Solutions, developed by Parentzone Southern, is an evidence based programme

### **WHO THIS PROGRAM IS FOR?**

Anyone who works with parents! A wide variety of people have told us they really benefited from this program - social workers, teachers, psychologists, case managers, children’s services workers, family services practitioners, volunteers and residential staff.

**WHEN:** Wednesdays – 14<sup>th</sup>, 21<sup>st</sup>, 28<sup>th</sup>  
February 2018

**TIME:** 9:30am – 4pm

**WHERE:** Anglicare Frankston,  
Level 2, 60-64 Wells Street,  
Frankston

**COST:** \$340 (inc GST) Training only  
\$433.50 (inc GST) Training & Manual

A limited number of funded places are available free for volunteers, students, ACCOs & Anglicare Victoria staff. Please contact Parentzone for information on the application process.

Participants will receive an electronic copy of the Parents Building Solutions manual. Hard copies of the manual are available for \$93.50 each.

To Register: please complete the attached registration form and email to [louise.anderson@anglicarevic.org.au](mailto:louise.anderson@anglicarevic.org.au)

Following the training, Parentzone may be able to support your organisation to implement learnings from the training through co-facilitating parenting groups.

### **For more information contact:**

**Michelle Brown** – 0429 174 150  
[michelle.brown@anglicarevic.org.au](mailto:michelle.brown@anglicarevic.org.au)  
**Carol Abery** – 5945 2000  
[carol.abery@anglicarevic.org.au](mailto:carol.abery@anglicarevic.org.au)

## 2017 PROFESSIONAL DEVELOPMENT PROGRAMS - APPLICATION FORM

To register for a Parentzone professional development program, please complete and return this form to [parentzone.southern@anglicarevic.org.au](mailto:parentzone.southern@anglicarevic.org.au) or

Admin  
 Parentzone Southern  
 PO Box 774  
 Pakenham VIC 3810

Places will be confirmed via return email.

First Name:		Surname:	
Agency:			
Position:			
Address:			
Suburb:		Postcode:	
Phone:			
Email:			
Dietary Requirements:	Vegetarian <input type="checkbox"/>	Gluten Free <input type="checkbox"/>	Other*:
Register For:	Training Only <input type="checkbox"/> \$340 (incl GST)	Training & Manual <input type="checkbox"/> \$433.50 (Incl GST)	

A limited number of free places are available for volunteers, students, Anglicare Victoria staff and ACCOs. If you think you may be eligible, please contact us to discuss how you can apply.

Terms & Conditions: Places are subject to availability. Payment is by cheque or EFT transfer only. Fees will only be refunded if participants withdraw prior to 10 working days before the training date. Parentzone cannot guarantee we will be able to meet all dietary requirements.

Payment:

This form serves as a TAX INVOICE upon receipt of payment.  
 Anglicare Victoria ABN: 97 397 067 466

Cheque (enclosed) payable to Anglicare Victoria

EFT transfer: please contact for details

Office Use only: Payment rec. \_\_\_/\_\_\_/\_\_\_ Amt Rec \$: \_\_\_\_\_ Receipt No: \_\_\_\_\_

Confirmation sent:



## **PARENTING IN AUSTRALIA PARENTS BUILDING SOLUTIONS**

**A program for parents or anyone who has the care of children as their responsibility**

### **ARE YOU TIRED OF YELLING?**

How to get kids to listen without having to yell

### **DEALING WITH ANGER**

Helping parents, helping kids deal with frustration and anger

### **STRATEGIES**

Discuss and share skills that work

### **CHILDREN'S SCHOOL**

Understand the problems your kids face in School

### **SELF CARE**

How to cope with stress & emotions



**Dates:** Fridays, 16 & 23 February,  
2, 9, 16 & 23 March 2018.

**Time:** Time: 9.45am – 12.15pm.

**Where:** Catholic Care  
Level 2, 33 Princes Hwy  
Dandenong Vic 317

**Cost:** FREE. Bookings essential

**Facilitator:** Jasbir Singh - Parentzone Anglicare

**Bookings:** For bookings and enquiries contact:

Catholic Care Reception - 8710 9600

Email: Dandenong@ccam.org.au

at Catholic Care

Jasbir Singh Suropada- 0431 203 177

Email: jasbir.suropada@anglicarevic.org.au

at Parentzone



## **GROWING GREAT KIDS**

### **PARENTS BUILDING SOLUTIONS**

#### **ARE YOU TIRED OF YELLING?**

How to get kids to listen, without having to yell

#### **DEALING WITH ANGER**

Deal with our own anger and the anger of our children

#### **STRATEGIES**

Discuss and share skills that work

#### **TECHNOLOGY & OUR CHILDREN**

When to limit it and how?

#### **SELF CARE**

How to cope with stress & emotions

#### **DATES:**

Thursdays 15, 22 & 29 March  
19, 26 April and 3 May 2018

#### **TIME:**

9.00am - 11.30am

#### **WHERE:**

Yarraman Oaks Primary School  
27 Liege Avenue, Noble Park

#### **COST:**

**FREE:** Bookings essential

#### **BOOKINGS:**

**For bookings and enquiries contact:**

**Elissa Sewell** - 9792 4406 or

Email: [sewell.elissa.j@edumail.vic.gov.au](mailto:sewell.elissa.j@edumail.vic.gov.au)

**Jasbir Singh Suropada**

Call or TEXT 0431 203 177 to register  
[jasbir.suopada@anglicarevic.org.au](mailto:jasbir.suopada@anglicarevic.org.au)





# Playgroup Invitation

**When: Wednesdays and Fridays 9:00am-10:30am (school weeks)**

**Where: Community Room**

**Keysborough Primary School,**

**33 Coomoora Rd, Springvale South**

Your child will have many learning experiences in a safe and friendly environment, including story time, outdoor/indoor play and many fun activities, while making new friends.

**What to bring:** a piece of fruit or a snack, a coat and a hat for your child.

Like any other playgroup, **your child will need to be accompanied by an adult.**

**For more information, please call:**

Keysborough Primary School on 9798 4764  
or Vanja Flett, ParentZone, on 0429 454 693



## **GROWING GREAT KIDS** PARENTS BUILDING SOLUTIONS

A program for parents, grandparents, step parents & carers.

### **ARE YOU TIRED OF YELLING?**

How to get your kids to listen, without having to yell

### **DEALING WITH ANGER**

Recognising the causes and triggers for anger

### **REALTIONSHPIS**

How can parents build a better relationship with their kids?

### **STRATEGIES**

Discuss and share strategies that work

**DATES:** Wednesdays for 6 weeks  
21st, 28th February, 7th, 14th 21st &  
28th March 2018

**TIME** 1.00pm - 3.30pm

**WHERE:** Lakeside College  
2 Portobello Rd, Pakenham 3180

**COST:** **FREE:** Bookings essential  
(Refreshments provided)

**BOOKINGS:** **For bookings and enquiries contact:**  
Pastor Nathan Hedt: 0429 934 045  
**Email:** nathan.hedt@lakeside.vic.edu.au OR  
Jasbir Singh at Parentzone on 0431 203 177  
(Simply text your name in to register)  
**Email:** jasbir.suropada@anglicarevic.org.au

# PARENTS BUILDING SOLUTIONS

For parents, step-parents, grandparents & carers of children aged 3-12 years



**Join us in an interactive program to share experiences and ideas, and learn strategies to support your child**

**ARE YOU TIRED OF YELLING?**

How to get kids to listen, without having to yell

**DEALING WITH ANGER**

Helping parents, and kids, deal with anger and frustration

**RESPONDING TO BEHAVIOUR**

Better understand why children behave the way they do

**STRATEGIES THAT WORK**

How can parenting be easier and more fun!

**DATES:**

Wednesday evenings  
21<sup>st</sup> February to 28<sup>th</sup> March  
(6 weeks)

**TIME:**

5.30pm – 7.30pm

**WHERE:**

Doveton Library  
24 Autumn Place, Doveton

**COST:**

**FREE** – Bookings essential  
Refreshments provided

**BOOKINGS AND ENQUIRIES:**

Sandra Phillips at ParentZone  
03 5945 2000 or 0447 500 355  
sandra.phillips@anglicarevic.org.au

[www.tinyurl.com/cclcevents](http://www.tinyurl.com/cclcevents)  
or phone the library on 03 9792 9497



Casey  
Cardinia  
**Libraries**

# PARENTS BUILDING SOLUTIONS

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**DEALING WITH ANGER**

Helping parents, and kids, deal with anger and frustration

**RESPONDING TO BEHAVIOUR**

Better understand why children behave the way they do

**STRATEGIES THAT WORK**

How can parenting be easier and more fun!

**DATES:** Tuesdays from 13<sup>th</sup> February to 20<sup>th</sup> March (6 weeks)

**TIME:** 9.15am – 11.30am

**WHERE:** Rangebank Primary School  
14-36 Lesdon Avenue  
Cranbourne

**COST:** **FREE** – Bookings essential  
Refreshments provided

**BOOKINGS AND ENQUIRIES:**

Sandra Phillips at ParentZone  
03 5945 2000 or 0447 500 355  
sandra.phillips@anglicarevic.org.au





REFRESHMENTS  
PROVIDED  
COST: FREE  
BOOKINGS ARE  
REQUIRED

2018 004

## PARENTS BUILDING SOLUTIONS

### FOR PARENTS AND CARERS OF PRIMARY SCHOOL AGED CHILDREN

Join us in an interactive program for parents of children age 5 - 12 years to share experiences and ideas, and learn strategies to support your child.

#### WOULD YOU LIKE TO DISCUSS NEW PARENTING IDEAS ?

Please join us and exchange them with other parents.

#### HOW CAN YOU HELP YOUR CHILD REACH THE FULL POTENTIAL ?

Create even better relationship with your child and your family

#### RESPONDING TO BEHAVIOUR

Better understand why children behave the way they do

#### STRATEGIES

Discuss and share strategies that work

**DATES:** Wednesdays, 21, 28 Feb, 7, 14, 21, 28 Mar 2018

**TIME:** 12:30pm-2:30pm  
(refreshments provided)

**WHERE:** Keysborough Primary School  
33 Coomoora Rd.,  
Springvale South

#### BOOKINGS:

For bookings and enquiries contact:

Vanja Flett at Parentzone on  
03 5945 2000 or call/SMS 0429 454 693

Vanja.Flett@anglicarevic.org.au

Patricia Hill at Keysborough Primary School  
on 03 9798 4764

\* Please advise at time of booking if an interpreter is required

Communities for Children are funded by the Australian Government



## **Beyond the Violence** **“Safe Consistent Relationships and Support Spaces”**

The space is for women and their children who have experienced family violence and wish to connect with others who have a shared experience.

- Dates** Monday 5 February to Monday 26 March , 2018  
(No group Monday 12 March )
- Time** 4pm – 6pm
- Where** “Wellsprings for Women”  
79 Langhorne St, Dandenong VIC 3175
- Cost** Free of Charge – Bookings are essential
- Bookings** Alison Krusec 0409 316 620 or 03 5945 2000  
email [Alison.Krusec@anglicarevic.org.au](mailto:Alison.Krusec@anglicarevic.org.au)



Standing together with Australians in need until they can stand for themselves

