



# ParentZone Eastern Newsletter Term 4 2020

**News and Information on Programs and  
Services to Support Parents Across the  
Eastern Region of Melbourne**

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**BETTER  
TOMORROWS**



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## What's News at ParentZone?

Welcome to the Term 4 ParentZone Eastern Newsletter!

We have had a busy Term 3 facilitating a variety of webinars and parenting groups online and offering one on one support. We offered webinars on Schooling and Parenting During COVID and sell-out parenting groups including Calm Parents, Happy Kids and Dad's Matter.

We facilitated sessions in partnership, including a session on self-care with FaPMI (Families where a parent has a mental illness), as well as a 7 week peer support/parent education group with the Australasian Birth Trauma Association (ABTA) for Mum's who gave birth during COVID.

Whilst we have been missing seeing all the wonderful parents and professionals we work with face to face, we have found some rewards in online groupwork, including improving accessibility across the Eastern Region.

Term 4 will be another exciting and busy term, with the majority of our groups already booked out. In addition to our parent education events, we will also be offering professional development opportunities- Parents Building Solutions online, as well as our new Teachers Building Solutions package for Early Years Educators.

This newsletter has some great information about other programs and services available in the Eastern Region, so please check it out and get in touch if you need any further information.

Keep well!

From the ParentZone Eastern team

Tamara, Sharon, Julia, Michelle, Laurie and Carly

# Term 4 ParentZone Programs

## Parenting Programs

The Following 6-week parenting programs are **fully booked** for term 4

We are now taking enquiries for 2021  
[parentzone.eastern@anglicarevic.org.au](mailto:parentzone.eastern@anglicarevic.org.au)

### Calm Parents Happy Kids

A 5-week online parenting programs to learn how to stay calm and improve family relationships.

### Talking Teens

A 6-week online parenting program to improve communication and relationships with teens.

### Emotion Focused Parenting

A 6-week online program to develop parenting strategies whilst going through separation.

### Dads Matter

A 6-week online program for dads to develop parenting strategies and improve relationships.



## Strengthening Parents Support Program (SPSP)

Peer support program for parents/carers of children with a disability with or without a disability

Tuesday night Group

Starts 7th October 2020 7:00 to 8:00 pm

Thursday afternoon Group

Starts 8th October 2020 1:30 to 2:30 pm

Where: Online via zoom

Contact: Michelle 0438 646 744

[strengtheningparentsupport@anglicarevic.org.au](mailto:strengtheningparentsupport@anglicarevic.org.au)

# Term 4 ParentZone Webinars

## Emotion Focused Parenting

Join Parent Educator, Julia Russell for this 1.5 hr free webinar on Emotion Focused Parenting.

Would you like tips and strategies to:

- Deal with strong emotions such as anxiety and anger, yours and theirs?
- Help your child learn to manage their emotions and deal with conflict?
- Manage challenging behaviours?

When: Wednesday December 9th 2020

Time: 7:00 to 8:30 pm

Where: Online, via Zoom

Cost: Free to attend

Bookings:

[https://www.eventbrite.ie/e/emotion-focused-parenting-webinar-tickets-122332703409?](https://www.eventbrite.ie/e/emotion-focused-parenting-webinar-tickets-122332703409?utm_campaign=post_old_publish&utm_medium=email&utm_source=eventbrite&utm_content=shortLinkViewMyEvent)

[utm\\_campaign=post\\_old\\_publish&utm\\_medium=email&utm\\_source=eventbrite&utm\\_content=shortLinkViewMyEvent](https://www.eventbrite.ie/e/emotion-focused-parenting-webinar-tickets-122332703409?utm_campaign=post_old_publish&utm_medium=email&utm_source=eventbrite&utm_content=shortLinkViewMyEvent)



## Parenting Together Webinar

**A Free interactive online workshop for Couples, Separated Parents, Grandparents and Carers**

- Do you want to work together more effectively to parent your children?
- Do you want to work as a team to get the best outcomes for your family?
- Would you like to support each other in dealing with anxiety and anger?
- Would you like to be the best team player you can be?

When: Tuesday 15th December

Time: 7.00pm - 9.00pm

Where: Online, Via Zoom

Cost: Free

Bookings: Julia 9735 6190 or 0400 866 495

Email: [julia.russell@anglicarevic.org.au](mailto:julia.russell@anglicarevic.org.au)

Email your questions/concerns/thoughts beforehand and together we will look at what can be different during these unusual times

# Parenting during Covid-19 Workshops & Webinars

## **Boroondara Council Helping families manage the Coronacoaster - raising resilient kids in the COVID-19 era**

Dr Michael Carr-Gregg will explore:  
Strategies on managing remote schooling, how to manage disappointment, what to say and what to do in these challenging times.

When: Wed 30 September 2020 7:00pm - 8:00pm

Where: Online - Delivered Via WebEx

Cost: Free Book online:

<https://www.boroondara.vic.gov.au/events/helping-families-manage-coronacoaster-raising-resilient-kids-covid-19-era>

Contact: Children and Youth Support - 9278 4014  
[earlyyears@boroondara.vic.gov.au](mailto:earlyyears@boroondara.vic.gov.au)



## **Whitehorse Council Let's learn to cope with COVID Presented by ARCVic**

This FREE Information sessions will cover:  
Understanding the role of anxiety, stress and worry  
The signs and symptoms and when do I need further help  
What's helpful and unhelpful  
Relaxation techniques and tools, mindfulness, breathing etc.  
Where to go for more information/help  
Fact sheets, practical exercises will be provided.

When:: Wed 30th September 07:00 to 8:00 pm

Bookings: [www.eventbrite.com.au/e/lets-learn-to-cope-with-covid-tickets-118416586197](http://www.eventbrite.com.au/e/lets-learn-to-cope-with-covid-tickets-118416586197)

Contact: Rachel [parentresource@whitehorse.vic.gov.au](mailto:parentresource@whitehorse.vic.gov.au) or  
0477 329 540

## **Maroondah Council From Surviving to Thriving A Free Online Community Event**

From surviving to thriving will teach you strategies to cope with life's challenges whether it is a world-wide event like COVID-19, a personal tragedy or the trials we face every day.

Monday, 5 October 2020 - 7:00pm to 8:30pm

Free to attend. Bookings Essential

Book Online

<https://www.maroondah.vic.gov.au/Explore/Whats-on-in-Maroondah/Events-calendar/From-surviving-to-thriving-a-free-community-online-event>

Contact person: Fiona Burridge

Contact phone: 9294 5737

Email address: [Fiona.burridge@maroondah.vic.gov.au](mailto:Fiona.burridge@maroondah.vic.gov.au)

# Parenting during Covid-19 Workshops & Webinars

## Survive and Thrive VCE

An online presentation where families and young people can come together and learn together. The workshop will look at the big VCE picture and talk about realistic expectations. Learn some practical self-help skills to develop sound strategies for managing stress and anxiety leading up to VCE.

Time: Tuesday October 6th - 7:00pm to 8:00pm

COST: FREE & BOOKINGS ESSENTIAL!

Register: [www.eventbrite.com.au/e/survive-thrive-vce-together-tickets-118420997391](http://www.eventbrite.com.au/e/survive-thrive-vce-together-tickets-118420997391)

Contact Rachel Simpson, Parent Resource Officer, Whitehorse City Council via [parentresource@whitehorse.vic.gov.au](mailto:parentresource@whitehorse.vic.gov.au) or 0477329540.



## Yarra Ranges Council Family Webinars (Prerecorded)

<https://www.yarraranges.vic.gov.au/Community/Family/Family-Webinars>

## Doncare Thriving For Parents

Thriving for Parents is best suited to parents who are finding parenting more challenging during the pandemic and would benefit from some time out to focus on themselves and their own care. Helping you to develop optimism and resilience.

When: Thursdays 8 - 29 October 7:00 to 8:15pm or  
Wednesdays 11 Nov to 2 Dec 10:00 to 11:15 am

Venue: Online via Zoom

Contact: Andrea de Rauch 9856 1500

[doncare@doncare.org.au](mailto:doncare@doncare.org.au)

Cost: \$40 for 4 sessions

## Empower Yourself to Best Support Your Child's Education

Hosted by a Master's trained primary school teacher, this information session aims to empower parents to rethink how they can best engage and motivate their primary-school aged child to learn effectively in a post COVID-19 world.

This is suitable for parents who have found distance learning to be challenging, and would like the advice of an expert to help them take a more active role in educating their child.

When: Thursdays 7:30pm - 8:00pm

Contact: Andy Parthenopoulos 0438891288

Email address: [andy@edmentor.com.au](mailto:andy@edmentor.com.au)

<http://www.edmentor.com/webinar>

## ParentZone Pre-Recorded Webinar Schooling and Parenting During Covid 19

<https://www.youtube.com/watch?v=96INWdqIcxc&feature=youtu.be>

# Parenting during Covid-19

## Wellbeing Resources

### PARENTING RESOURCES DURING COVID-19

Coronavirus Mental Wellbeing Support Service  
(60+) resources for coping with COVID 19.

<https://coronavirus.beyondblue.org.au/i-need-support-now/information-in-languages-other-than-english.html>

Raising Children - Australian Government resource

<https://raisingchildren.net.au/guides/coronavirus-covid-19-guide>

Family Law during Coronavirus

<https://www.familyrelationships.gov.au/covid-19>

Emerging Minds - Day to day living during the pandemic

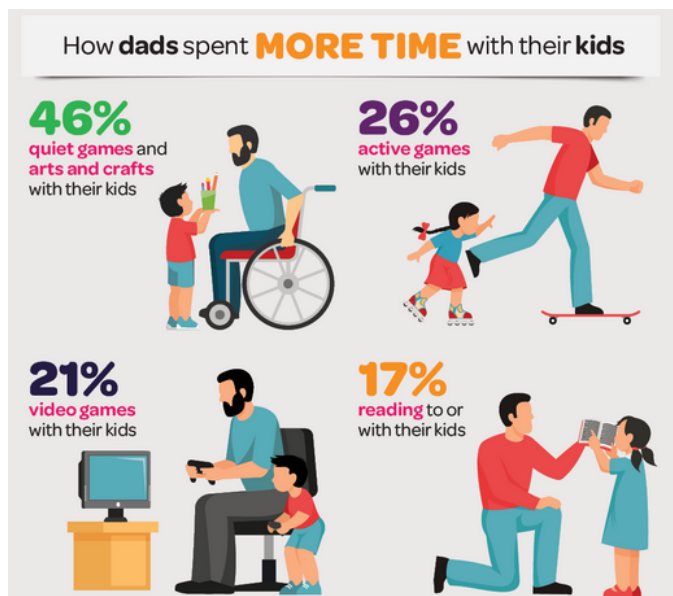
<https://emergingminds.com.au/resources/supporting-children-during-the-coronavirus-covid-19-outbreak/>

Supporting mental health during COVID-19

<https://safeguardingchildren.acu.edu.au/practice-tools/safeguarding-children-during-covid-19>

### Families in Australia Survey Life during COVID-19 What we did during lockdown

<https://aifs.gov.au/publications/what-we-did>



Australian Institute of Family Studies

**We're here to provide support for your mental wellbeing.**

Struggling to cope during the pandemic?  
Our trained counsellors are available 24/7.  
Give them a call on 1800 512 348

### Maroondah Council Introduction to Mindfulness

Tuesday 13 October, 2:00pm to 3:00pm

Explore a variety of mindfulness practices and how to bring them into everyday life. Establish present moment awareness and be guided in mindful breathing techniques.

<https://www.trybooking.com/book/event?eid=653126&>

Bookings are essential and close Sunday 11 October.  
Free to attend Contact Fiona on 9294 5737.

### Doncare Mind Calm

Mindfulness techniques for those who are new to meditation and people who wish to explore or extend their current practice.

When: Mondays, 5 to 26 October 7:00 to 8:15pm

Venue: Online via Zoom

Contact: Andrea de Rauch 9856 1500 doncare@doncare.org.au

Cost: \$40 for 4 sessions

### All the Feels Therapeutic Art Program

Understand and manage 'big feelings', self-worth and relationships through Art. Each session focuses on a different Emotion. For parents and children Grade 1 to 6

Contact Bec Filliponi Accredited Mental Health Social Worker  
rebeccafilliponi@gmail.com 0491 748 733

Facebook: Bec Filliponi Therapeutic Services

# PARENTZONE



# Mental Health Awareness Month

## **Eastern Health Families where a Parent has a Mental Illness (FaPMI) program**

FaPMI work with agencies in Eastern Metropolitan Melbourne for better outcomes for these families through:

- Collating services and programs to run in the Eastern Metropolitan Melbourne
- Web based information and resources for families
- Providing training, resources and secondary consultation for professionals and agencies that come into contact with families where a parent has a mental illness
- Providing systems consultation for agencies

<https://www.easternhealth.org.au/services/item/204-families-where-a-parent-has-a-mental-illness-fapmi>

### **FaPMI Virtual Family Fun Day**

Free event online for families impacted by parental mental illness. Join us for games, music and activities – all from the comfort of your lounge room.

When: Saturday 21st November 2020

Time: 1.30-4.30pm.

Contact Email: .Bronwyn.Sanders@easternhealth.org.au

### **FaPMI Online Parent Support Group**

Eastern Health FaPMI are taking expressions of interest to trial an online parent support group for parents with mental health challenges. If you are interested please email:

.Bronwyn.Sanders@easternhealth.org.au

### **CHAMPS MAT life skills online program**

A physically active therapeutic program for children aged 8 to 12 years who have a parent with mental health issues, including children who do not live with parents.

Commencing Wednesday 14th October 4pm

Contact: Bronwyn Sanders - 9871 3964 or 0408 291 580

<https://www.easternhealth.org.au/services/item/183-children-families-better-understand-mental-illness-champs>

### **Mental Health Foundation Online Support Groups**

<https://www.mhfa.org.au/CMS/online-support-groups>

## **Australian Institute of Family Studies Child Mental Health Webinars**



**Words matter: Getting the language of child mental health right**

[aifs.gov.au](http://aifs.gov.au)



**Words matter: How to use frames effectively to advance child mental**

[aifs.gov.au](http://aifs.gov.au)

## **Maroondah City Council Mental Health First Aid training**

Two day workshops to increase your knowledge of mental health first aid, including:

- how to recognise the signs and symptoms of mental illness
- how to give appropriate initial help and support.

When: Tuesday 20 & 27 October, 9.30am to 12noon OR  
Wednesday 21 & 28 October, 12.30pm to 3:00pm

Please note, you must be over 18 years and a volunteer within the Maroondah community.

<https://www.maroondah.vic.gov.au/Explore/Whats-on-in-Maroonah/Events-calendar/Mental-Health-First-Aid-training>

## **Boroondara Youth Services SPACE4US**

Online program for young people who have a parent, or other family members, affected by mental illness. Meet peers with similar experiences, to learn more about mental illness, ways of coping, take some time out and have fun!

When: Tue 8th Oct to 12th Nov 4:30-6:00pm

Contact: Caroline Varney 9835 7830

Email: [caroline.varney@boroondara.vic.gov.au](mailto:caroline.varney@boroondara.vic.gov.au)

<https://www.boroondara.vic.gov.au/community-support/young-people/join-youth-program>

# PARENTZONE

## Early Years Support & Learning

### Maternal and Child Health Telephone Service Phone: 13 22 29

Confidential, 24-hour Maternal and Child Health Line provides information and advice about the care and health of your child (from birth to school age).

Discuss your concerns about child health and nutrition, breastfeeding, your own health and any parenting issues.

### Post and Antenatal Depression Association (PANDA)

Provides support, information, referral and counselling to any new parent struggling during pregnancy or after the birth of their baby, as well as their partner, family and friends..

Callers do not need to have a diagnosis of antenatal or post natal depression to make contact with the help line.

Phone: 1300 726 306

### SmallTalk Supported Playgroups

Free facilitated playgroups for families with a child aged 0-6 years and have a current Health Care Card. The program provides strategies to support children's early learning and development.

Knox Council: 9298 8348 or [play@knox.vic.gov.au](mailto:play@knox.vic.gov.au)

Monash Council: [playgroups@monash.vic.gov.au](mailto:playgroups@monash.vic.gov.au) 0466 026 290

Whitehorse Council: [supportedplaygroup@whitehorsevic.gov.au](mailto:supportedplaygroup@whitehorsevic.gov.au)

Yarra Ranges Council: [earlyyears@yarraranges.vic.gov.au](mailto:earlyyears@yarraranges.vic.gov.au) 1300 368 333

### Little Stars Playgroup Online

Playgroup for children 0-5 years and their carers

Dates: Tuesdays, starting 6 October 2020

Time: 10:00-10:45 am

Contact: Tiffany Gilmour 9870 8169

Email: [playgroup@ringwoodchurch.org.au](mailto:playgroup@ringwoodchurch.org.au)

<https://www.ringwoodchurch.org.au/be-involved/kids-families/>

### Online Story Times

#### Eastern Libraries

<https://www.yourlibrary.com.au/storytimes/>

#### Monash Libraries

<https://www.monlib.vic.gov.au/Kids-Youth>

#### Manningham & Whitehorse Libraries

<https://wml.spydus.com/cgi-bin/spydus.exe/MSGTRN/WPAC/HOME>

### Child and Family Services Information, Referral and Support Teams (Child FIRST)

An easily accessible, community-based point of entry for children, young people and families needing support.

Boroondara, Manningham, Monash and Whitehorse Phone: 1300 762 125

Knox, Maroondah and Yarra Ranges Phone: 1300 369 146



### Breast Feeding Help Line Australia Breastfeeding Association

The Breastfeeding Helpline is available seven days a week. It is staffed by trained, volunteer counsellors who answer calls on a roster system in their own homes.

Website: [breastfeeding.asn.au](http://breastfeeding.asn.au) Phone: 1800 686 268

### Useful Early Years Websites

Royal Children's Hospital - <https://www.rch.org.au/home/>  
Kids health and Women's health information

Raising Children Network <https://raisingchildren.net.au/>  
Australian Parenting Website. Provides videos, articles and apps backed by Australian experts.



**Knox City Council - Resources for Learning at Home**

[knox.vic.gov.au](http://knox.vic.gov.au)

# PARENTZONE

## Maternal and Child Health Services

- *Key Ages & Stages consultations for parents of children aged 0 to 5 years*
- *Information and support on lactation, baby settling, sleep routines, diet and early childhood behavior*
- *Assistance and referrals to specialists as required*
- *A 24-hour, 7 days a week statewide telephone service offering support and advice to families with children 0-6 years of age. Phone 13 22 29*

### Knox MCH Centres - Phone 9298 8741

- Billoo Park 40 Birchfield Crescent Wantirna
- Forest Road (Cnr. Stockton Avenue) Ferntree Gully
- Knox Children and Family Centre - 41 Phyllis Street Bayswater
- Knox Children and Family Centre - 81 Argyle Way Wantirna South
- Knoxfield 81 Anne Road Knoxfield
- Liberty 77 Liberty Avenue Rowville
- Murrindal 100 Murrindal Drive Rowville
- Marie Chandler Park Crescent Boronia
- Wattleview 17 Fuchsia Street Ferntree Gully

### Maroondah Maternal Child Health Centres

- Arrabri House Bayswater North 9729 4017 90
- Bonnie View Road Croydon North 9294 5777
- Croydon Civic Square 9294 5540, 9294 5541 or 9294
- Norwood Centre, Ringwood 9870 7264 / 98798813
- 75 Patterson Street Ringwood East 9879 6583127
- Oban Road, Ringwood North 9876 3307, 9879 0854
- Tarralla, 38 Gracedale Avenue Ringwood East, 9294 577

### Whitehorse MCH Centres

- Blackburn North Family Centre 9898 3611
- Box Hill South Family Centre 9889 8900
- Burgess Family Centre Box Hill North 9898 3611
- Forest Hill Family Centre 889 8900
- Mitcham Family Centre 9262 6332
- Vermont South Family Centre 92626332

### Boroondara MCH Centres

For information and bookings call 9278 4606 or email [boroondara@boroondara.vic.gov.au](mailto:boroondara@boroondara.vic.gov.au) between 8.30am and 4.30pm, Monday to Friday.

- 1 Cherry Road Balwyn (03) 9836 8151
- 5 Anderson Rd, Hawthorn East (03) 9835 786121
- Strathalbyn St, Kew East
- 152 Pakington St, Kew (03) 9853 9466
- Kendall St, Canterbury VIC (03) 9836 2106

### Manningham MCH Centres

To book your appointment, contact us between 9.00am to 4.00pm, Monday to Friday by phone 9840 9188 or by email [mchadmin@manningham.vic.gov.au](mailto:mchadmin@manningham.vic.gov.au)

- 5/7 Derreck Ave, Bulleen (03) 9840 9188
- 1/687 Doncaster Rd, Doncaster (03) 9840 9188
- 39 Mayfair Ave, Templestowe Lower (03) 9840 9188
- 510-518 Blackburn Rd, Doncaster East 9840 9188
- Tunstall Rd, Doncaster East (03) 9840 9188

### Monash MCH Centres - Phone 9518 3662

- Batesford Hub: 94 Batesford Road, Chadstone
- Brandon Park: 7 Collegium Avenue Wheelers Hill
- Clayton: Clayton Community Centre, 9-15 Cooke Street Clayton
- Huntingdale: 59 Greville Street Oakleigh East
- Kerrie: 35 Boyanna Road Glen Waverley
- Mount Waverley: 35 Sherwood Road Mount Waverley
- Mulgrave: 55 Shaftsbury Drive Mulgrave
- Oakleigh: Link Community Centre, 8-10 Johnson St, Oakleigh
- Pinewood: 11 Pinewood Drive Mount Waverley

### Yarra Ranges Centres

**Central Maternal Child Health 1300 368 333**

#### Urban Maternal and Child Health Centres:

Chirnside Park, Kilsyth, Lilydale, Mooroolbark, Montrose, Mount Evelyn

#### Hills Maternal and Child Health Centres:

Belgrave, Belgrave Sth, Monbulk, Selby, Upwey

#### Valley Maternal and Child Health Centres:

Badger Creek, Coldstream, Healesville, Wandin, Warburton  
Woori Yallock, Yarra Glen, Yarra Junction

# Programs & Support for Parents and Young People aged 12 to 24 years

## Survive and Thrive VCE

An online presentation where families and young people can come together and learn together. The workshop will look at the big VCE picture and talk about realistic expectations. Learn some practical self-help skills to develop sound strategies for managing stress and anxiety leading up to VCE.

Time: Tuesday October 6th - 7:00pm to 8:00pm

COST: FREE & BOOKINGS ESSENTIAL!

Register: [www.eventbrite.com.au/e/survive-thrive-vce-together-tickets-118420997391](http://www.eventbrite.com.au/e/survive-thrive-vce-together-tickets-118420997391)

Contact Rachel Simpson, Parent Resource Officer, Whitehorse City Council via [parentresource@whitehorse.vic.gov.au](mailto:parentresource@whitehorse.vic.gov.au) or 0477329540.

## Anglicare Parent Support Group For Parents Supporting Someone with Drug or Alcohol Issues

- Improve your knowledge of alcohol and drugs
- Improve communication skills and family relationships
- Develop strategies to manage your own stress and tension
- Improve your parental / carer confidence and self esteem

Date: Thursdays 2:00 to 4:00 pm

Venue: Online via Zoom

Contact: Leigh 0427 975 071

Cost: Free of Charge. Bookings Essential

## It's Time we talked: About Pornography, Autism and Teenagers

A free informative parent night run with Marree Crabbe and Kathleen Davey

When: Tuesday 13th October 6.30-8.30pm

Registration link- <https://bit.ly/3k0kyGc>



## Anglicare LYFT up your Family Program For Parents of Young People 12 to 24 yrs

A program for parents and carers of young people (aged 12 to 24 years) who have challenging behaviour and may be using alcohol and drugs in problematic ways.

Date: Wednesdays (6 weeks) 14 October to 18 November, 2020

Venue: Online via Zoom

Contact: Rachelle [rachelle.eddy@anglicarevic.org.au](mailto:rachelle.eddy@anglicarevic.org.au)

Time: 6:00 to 8:00 pm

Cost: Free to attend. Bookings Essential

# Programs & Support for Parents and Young People aged 12 to 24 years

## **Child and Family Services Information, Referral & Support Teams (Child FIRST)**

An easily accessible, community-based point of entry for children, young people and families needing support.  
Boroondara, Manningham, Monash and Whitehorse  
Phone: 1300 762 125  
Knox, Maroondah and Yarra Ranges Phone: 1300 369 146



## **EASTERN REGION**

### **Child & Youth Mental Health Service (CYMHS)**

Eastern Health CYMHS is one of thirteen Specialist Mental Health Services in Victoria for children and young people up to the age of 24 years who are displaying symptoms of psychiatric disorder or severe emotional and behavioural disturbance. The service is available to families who live in the central and outer eastern region of Melbourne  
1300 721 927 (Press Option 2)  
After hours/weekends urgent inquiries: 1300 721 927  
Website: <https://www.easternhealth.org.au/site/item/99-child-youth-mental-health-service-cymhs>

### **Meridian Youth and Family Therapy**

Therapy for young people aged 10 - 23 and their families to address conflict arising from issues such as: violence, anxiety, bullying, depression, eating disorders, family breakdown, gaming & internet misuse, grief and loss, self-harm & suicidal thoughts, sexual or physical abuse, sexual identity & gender issues, school refusal, & social isolation.  
Phone Meridian Intake on: 03 9896 6322 or  
Email: [meridian@anglicarevic.org.au](mailto:meridian@anglicarevic.org.au)

### **Reach Out Website**

<https://parents.au.reachout.com/>

Information to help parents support their teenagers through everyday issues and tough times. Includes common concerns such as mental health, family conflict, cyber bullying, alcohol and other drug use etc.  
Provides strategies for parents to improve communication and family relationships.

# Eastern Youth Services

## Maroondah Youth Hangout at Home for 12 to 25 year olds

Hangout at Home is a chill space online where young people can 'hangout' from the comfort of their homes. We have a new topic each week to discuss & some light trivia thrown in. Previous topics have included Harry Potter, Star Wars, videogames, music through the ages, superheroes, etc

Cost: Free

When: Every Thursday 4.30-6:00pm

Booking form: [www.maroondahyouth.com.au/hangoutathome](http://www.maroondahyouth.com.au/hangoutathome)

Contact Ash on 9294 5734, 0448 557 269 or email

[Ashley.Mallett-Wallace@maroondah.vic.gov.au](mailto:Ashley.Mallett-Wallace@maroondah.vic.gov.au)

## Body project program Headspace

An online body confidence group facilitated by headspace Hawthorn and Boroondara Youth. Build confidence and start to feel better about your body. We tackle society's expectations of our bodies and unpack comparison culture to have more control over how we feel about our bodies.

Date: Tuesdays Sep 22nd 2020 to- Oct 27th 2020.

Time: 4:30-6:00pm

Contact: Caroline Varney 9835 7830

Email: [caroline.varney@boroondara.vic.gov.au](mailto:caroline.varney@boroondara.vic.gov.au)

<https://www.boroondara.vic.gov.au/community-support/young-people/join-youth-program>

Services	Programs	Phone
YSAS - Youth Support Advocacy Service	<a href="https://ysas.org.au/">https://ysas.org.au/</a>	9415 8881
Maroondah Youth Services	<a href="http://www.maroondahyouth.com.au/Home">http://www.maroondahyouth.com.au/Home</a>	9294 5704
Yarra Ranges Youth Services	<a href="https://www.yarraranges.vic.gov.au/Community/Youth">https://www.yarraranges.vic.gov.au/Community/Youth</a>	1300 368 333
Knox Youth Services	<a href="http://www.knox.vic.gov.au/youth">http://www.knox.vic.gov.au/youth</a>	9298 8000
Boroondara Youth Services	<a href="https://www.boroondara.vic.gov.au/community-support/young-people/visit-our-youth-centre">https://www.boroondara.vic.gov.au/community-support/young-people/visit-our-youth-centre</a>	9278 4608
Monash Youth Services	<a href="https://www.monashyouth.org.au/Programs">https://www.monashyouth.org.au/Programs</a>	9518 3900
Manningham Youth Services (EACH)	<a href="https://www.each.com.au/manninghamyouth/youth-programs/">https://www.each.com.au/manninghamyouth/youth-programs/</a>	1300 00 EACH (1300 00 3224)
Whitehorse Youth Services	<a href="https://www.whitehorse.vic.gov.au/community-directory/youth-connexions-whitehorse-youth-services">https://www.whitehorse.vic.gov.au/community-directory/youth-connexions-whitehorse-youth-services</a>	
Headspace Confidential and free mental health support for young people aged 12-25	<a href="https://headspace.org.au/">https://headspace.org.au/</a>	Knox - (03) 9801 6088 Hawthorn - (03) 9006 6500
Eastern Child and Youth Mental Health Services For young people up to the age of 24 years who are displaying symptoms of psychiatric disorder or severe emotional and behavioural disturbance.	<a href="https://www.easternhealth.org.au/site/item/99-child-youth-mental-health-service-cymhs">https://www.easternhealth.org.au/site/item/99-child-youth-mental-health-service-cymhs</a>	1300 342 225
Kids Help Line Phone counselling for kids, teens & young people	<a href="https://kidshelpline.com.au/">https://kidshelpline.com.au/</a>	1800 55 1800 (24/7 support)

# Aboriginal and Torres Strait Islander Families



**Indigenous Cultural Awareness** for people aged 16-25 but all ages welcome

**Monday 28th September 2020**  
**10am – 11.30am online webinar**

- Respect for Indigenous culture
- Engage in our shared history
- Learn about our local Wurundjeri culture

**Free webinar**

**BOOK ONLINE:** [www.trybooking.com/BKZWX](http://www.trybooking.com/BKZWX)  
**P:** 9294 6716 **E:** [youth@yarraranges.vic.gov.au](mailto:youth@yarraranges.vic.gov.au)

Logos: Youth Services Unit, OONAH (Health & Community Services Aboriginal Corporation), OELLEN, Yarra Ranges Council

## Victorian Aboriginal Child Care Agency (VACCA)

<https://www.vacca.org/>  
(03) 8727 0200

A state-wide Aboriginal Community Controlled Organisation servicing children, young people, families, and community members. The largest of its kind in Australia.

## Dardi Munwurro

<https://www.dardimunwurro.com.au/>

Delivers a range of family violence, healing and behaviour change programs and services, to break the cycle of inter-generational trauma in Aboriginal families and communities, by empowering and inspiring individuals to heal the past, acknowledge the present and create a positive vision for the future.

## Boorndawan Willam Aboriginal Healing Centre

<https://www.bwahs.com.au/>  
(03) 9212 0200

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

## Mullum Mullum Indigenous Gathering Place

<https://www.mmigp.org.au/>

- Elders, Men's, Women's and Youth networks
- Burrai Playtime
- Food bank
- Access and support
- Aboriginal Health Promotion and Chronic Care Program (AHPACC)
- Indigenous Community Links

## Djirra

<https://djirra.org.au/>

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

## The Healesville Indigenous Community Services Association (HICSA)

<https://hicsa.org.au/>  
(03) 5962 2940

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

# Culturally and Linguistically Diverse Families

## Migrant Information Centre

The Migrant Information Centre (Eastern Melbourne) (MIC) assists families and children from migrant and refugee backgrounds residing in the eastern suburbs of Melbourne to understand Australian life, integrate into a multicultural community and access services.

### Term 4 online events:

<http://miceastmelb.com.au/whats-on/events/>

Zomi Sewing Program via Zoom

When: Wednesday from 4.00pm – 6.00pm.

Emergency Call '000' Information Session – Chinese community

When: Thu 24 Sep 1:30 to 2:30pm

Migration Information Session – Iranian Community

When: Wed 7 Oct 4:00 to 6:00 pm

Ringwood Phone 9870 1351 Box Hill Phone: 9285 4888



## Asylum Seeker Resource Centre

Provides material aid, housing, education support, legal aid, for people seeking asylum

<https://www.asrc.org.au/covid-19/>

## Chinese Family Services

Uniting Connections offer a range of programs to support families living in Monash. Programs offered include:

- Chinese Playgroup
- Information sessions for Chinese parents
- Support for Chinese fathers

Contact Joseph Jin - 0422008145 or 98754222

Email: [Joseph.Jin@vt.uniting.org](mailto:Joseph.Jin@vt.uniting.org)

## Victorian Multicultural Commission

Strengthens cultural diversity in Victoria through consultation, advocacy, celebration and promotion. Site list more than 1700 services including inter faith networks, language service providers, government agencies, language schools and events  
Phone: 7005 1267

<https://www.multiculturalcommission.vic.gov.au/>

## English Conversation Corner

Free online weekly sessions to practice your English skills in a relaxed supportive environment. Organised by volunteers with training through AMES. Conversation groups are for those over 18 years of age

When: Thursdays 7:00-8:30pm

Contact: Tim Brewster 0407 824 185

Email address: [office@ringwoodchurch.org.au](mailto:office@ringwoodchurch.org.au)

Webpage link (if applicable): [www.ringwoodchurch.org.au](http://www.ringwoodchurch.org.au)

## Translated Coronavirus Resources

**134 resources in total. To see which languages this resource is available in, click on its title.**

<https://www.healthtranslations.vic.gov.au/bhcv2/bhcht.nsf/PresentEnglishResourceAll?Open&x=&s=Coronavirus>



## Disability and additional needs

### **AMAZE**

Builds autism understanding in the community, influences policy change for autistic people and their families/supporters, and provides independent, credible information and resources.

(03) 9657 1600 Web: <https://www.amaze.org.au/>

### **Autism Counselling**

Suite 2/171 Boronia Rd, Boronia 0414 487 509

### **Cerebral Palsy Support Network**

A community that advocates for inclusion and self-determination of individuals with Cerebral Palsy <https://cpsn.org.au/> 9478 1001

### **Deaf Victoria**

Advocates to increase access to services and to educate the wider community on how to work, play and study with Deaf and hard of hearing people.

<https://www.deafvictoria.org.au/> 0431 476 721

### **Down Syndrome Victoria**

Provides families and people with Down syndrome with support, encouragement, information and resources. Phone 1300 658 873  
Email [info@dsav.asn.au](mailto:info@dsav.asn.au) <http://www.downsyndromevictoria.org.au/>

### **Epilepsy Action Australia**

Provider of epilepsy support and information nationwide.,  
<https://www.epilepsy.org.au/>

### **Scope Australia**

Support for people with physical, intellectual and multiple disabilities and developmental delays to achieve their goals. 1300 472 673

### **Spectrum Journeys**

Equipping and empowering Carers and Educators as they support children on the Autism Spectrum to flourish.

<https://spectrumjourneys.org.au/>

### **Yooralla**

provides quality services for people with disability across Victoria  
<https://www.yooralla.com.au/> 03 9666 4500

## **Anglicare ParentZone Strengthening Parents Support Program (SPSP)**

Peer support program for parents/carers of children with a disability with or without a disability

Tuesday night Group

Starts 7th October 2020 7:00 to 8:00 pm

Thursday afternoon Group

Starts 8th October 2020 1:30 to 2:30 pm

Where: Online via zoom

Contact: Michelle Emery Evans 0438646744

Email:

[strengtheningparentsupport@anglicarevic.org.au](mailto:strengtheningparentsupport@anglicarevic.org.au)

## **Get Connected Deaf Children Australia**

Get Connected is an online mentor course provides a fun and engaging way for students aged 12 to 15 years to build social connections and confidence in a safe and supportive environment.

Participants will develop skills in self-advocacy, build lasting friendships with peers and create stronger connections to the deaf community. An Auslan interpreter will be present.

Date: Starts October 15

Time: 5:00pm to 6:30pm

Contact: Leanne 1800 645 916

Email address: [events@deafchildren.org.au](mailto:events@deafchildren.org.au)

<https://www.deafchildreinaustralia.org.au/event/?eventtemplate=2-get-connected>

## **It's Time we talked: About Pornography, Autism and Teenagers**

A free informative parent night

When: Tuesday 13th October 6.30-8.30pm

Registration link- <https://bit.ly/3k0kyGc>

# Family Violence Support



## **Reclaim, Renew, Reconnect**

An 8 week art therapy group for women recovering from family violence

The RRR program uses painting, drawing, sculpture, poetry, movement and music to explore the experiences of self and motherhood in the recovery from family violence.

Workshops provide women with a safe space to:

- Experience healing, acceptance and growth
- Share and connect with other women with similar experiences
- Break down the silence around abusive relationships
- Reconnect with inner strength and wisdom

**Where:** Online via Zoom

**When:** Wed October 21st - December 9th 2020

**Time:** 10:00 am - 1:00 pm

**Cost:** Free of charge. Bookings essential

**Bookings:** Karen or Christine 9735 6100 or via email

[WomenandChildrensprogram@anglicarevic.org.au](mailto:WomenandChildrensprogram@anglicarevic.org.au)

- No artistic skills required
- Women are required to have attended some family violence counselling

## **EASTERN DOMESTIC VIOLENCE SERVICES (EDVOS)**

Support includes working with police and courts, housing assistance, counselling and men's intake. Free and confidential service

b/h 9259 4200 a/h 1800 015 188 (crisis line)

[www.edvos.org.au](http://www.edvos.org.au)

## **DAWN Mentoring Program - Doncare**

DAWN provides long-term support to women recovering from the ramifications of domestic violence. This is done through a mentoring process, where volunteers are matched with a client and provide in-home social support, assistance with practical issues and companionship.

Phone 9856 1500 to find out more about referrals into the DAWN Program.

# Family Violence Support

## Courage to Heal

Taking referrals for term 1 2021

A 12-month group therapy program lead by Psychologists and Counselors for women whom have experienced family violence. This is a post-crisis recovery program focusing on empowering women in their journey of healing and recovery. Case management support also available

Contact: Beth Taylor on 0423 911 428

Email: [womenscentre@crosswaylifecare.org.au](mailto:womenscentre@crosswaylifecare.org.au)

[www.crosswaylifecare.org.au/our-services/domestic-violence-recovery/](http://www.crosswaylifecare.org.au/our-services/domestic-violence-recovery/)



## Resilient Kids Resilient Women Family Violence Therapeutic Interventions

Uniting Wesley, Safe Futures Foundation, EACH and the Australian Childhood Foundation, provide a range of therapeutic responses to support women and children who have experienced family violence.

The program includes a therapeutic assessment, referral to counselling and/or case management for children. Group programs may also be offered.

Make a referral to Uniting Wesley 03 8870 4040 or email [resilientkidsresilientwomen@wesley.org.au](mailto:resilientkidsresilientwomen@wesley.org.au)

## Crossways Life Care

Supports women who have experienced family violence through counselling, mentoring, financial care, a women's centre, meals and community groups.

Phone: (03) 9886 3899

[lifecare@crossways.org.au](mailto:lifecare@crossways.org.au)

## The TRAK Forward Program

Supports people to move forward after family violence, Includes

- Safety Planning
- Child and Family Counselling
- Coaching in the home or refuge
- Support to access other services
- Access to peer support

People living in Manningham, Boroondara, Monash and Whitehorse can access the service free of charge. Intake - T: 03 9896 6322

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

## Footsteps

Uniting Wesley with Safe Futures Foundation and Yarra Ranges Council is delivering Footsteps, a therapeutic group for mothers and their infants who have experienced family violence. The group is for women of any age and their infants up to 8 months of age (exceptions considered).

Phone 8870 4040 for more information



# Useful Contacts for Families

## National Help Lines

**Police** (24-hour stations) **000**

**Lifeline** Crisis Support. Suicide Prevention **13 22 89**

**Homeless** Crisis Line **1800 825 955**

**Drug and Alcohol** Services **1800 888 236**

**Family Violence** Help: **1800 015 188**

**Kids Help** Line Phone Counselling Service: **1800 551 800**

**Parentline** Counselling information Service **1300 301 300**

**Mensline** Counselling Service **1300 78 99 78**

**Q Line** Counselling & Referral Service for LGBTI people **1800 184 527**

## CENTRELINK

Carers 132 717

Families 136 150

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

Help in an Emergency 132 850

Indigenous Australians Call Centre  
1800 136 388

Languages (Multilingual) 131 202

Low Income Healthcare Card  
132 490

Online Support Hotline 132 307

myGov Help Desk 132 307

People With a Disability 132 717

## EASTERN REGION COUNCIL OFFICES

### Boroondara City Council

8 Inglesby Rd, Camberwell VIC 3124

(03) 9278 4444

<https://www.boroondara.vic.gov.au/>

### Knox City Council

511 Burwood Highway, Wantirna South VIC 3152

(03) 9298 8000

<http://www.knox.vic.gov.au/>

### Manningham City Council

699 Doncaster Rd, Doncaster VIC 3108

(03) 9840 9333

<https://www.manningham.vic.gov.au/>

### Maroondah City Council

Braeside Avenue, Ringwood or Civic Square, Croydon

1300 88 22 33 or (03) 9298 4598

<https://www.maroondah.vic.gov.au/>

### Whitehorse City Council

379-397 Whitehorse Rd, Nunawading 3131

(03) 9262 6333

<https://www.whitehorse.vic.gov.au/>

### Yarra Ranges Council

15 Anderson Street Lilydale, VIC 3140

P 1300 368 333 (03) 9735 4249

<https://www.yarraranges.vic.gov.au/Home>

## MEDICARE

**General enquiries 132 011**

Aboriginal and Torres Strait  
Islander Line 1800 556 955

Australian Immunisation Register  
Enquiries 1800 653 809

Compensation Recovery -  
Medicare 132 127

Disaster Health Care Assistance  
1800 660 026

myGov help desk 132 307

Pharmaceutical Benefits Scheme  
132 290

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



# Eastern Region Community Services Contacts

## ANGLICARE VICTORIA

1800 809 722 [anglicarevic.org.au](http://anglicarevic.org.au)

### Anglicare Bayswater (03) 9721 3688

666 Mountain Highway Bayswater VIC 3153

- Child FIRST
- Cradle to Kinder (C2K)
- Integrated Family Services
- Men's Behaviour Change Group
- ParentZone

### Anglicare Box Hill (03) 9896 6322

7-11 Shipley Street Box Hill VIC 3128

- Adolescent Support, Youth Counselling and Mediation
- Crisis Accommodation for Young People
- Drug & Alcohol Services
- Family Counselling
- Family Services
- Financial Counselling
- Foster and Kinship Care
- Men's Behaviour Change Group
- Residential Care

### Anglicare Wantirna (03) 9721 3650

1/603 Boronia Road, Wantirna South VIC, Australia

- Drug & Alcohol Services

### Anglicare Lilydale (03) 9735 4188

47-51 Castella Street, Lilydale, Victoria, 3140

- Family Violence Support
- Foster Care Intake and Services
- Integrated Family Services
- Men & Boys Program
- TEACHaR

## EACH

Eastern Access

Community Health

<https://each.com.au/services>

Phone: 1300 003224

- Assistance in accessing NDIS Services
- Childhood Intervention Services
- Speech Pathology
- Occupational Therapy
- Counselling
- Dietetics
- Oral Health
- Playgroups
- Psychology
- Child care
- Youth Clinic
- Youth Development
- Youth Counselling
- Youth Group programs
- Youth Mental Health support

## DONCARE

Manningham City Square,  
Suite 4 L1/687 Doncaster Rd,  
Doncaster (03) 9856 1500

- Information & Emergency Relief
- Counselling
- Family Services
- Family Violence Prevention and Recovery Services

### BEYOND BLUE 1300 22 4636

Support for depression and anxiety

### HEADSPACE YOUTH MENTAL HEALTH

Phone Counselling 1800 650 890

Hawthorn (03) 9815 0818

Knox (03) 9801 6088

### INPSPIRO COMMUNITY HEALTH

Lilydale (03) 9738 8801

Belgrave (03) 9738 8853

### RELATIONSHIPS AUSTRALIA

1300 364277

### SANE AUSTRALIA 1800 18 7263

Mental illness and support information

## UNITING

<https://www.vt.uniting.org/> Phone: 1300 003 224

### Uniting Burwood East Phone: (03) 9803 3400

Emergency Relief: 9:30am to 3:35pm Counselling: By appointment

### Uniting Connections Blackburn 9875 4222 Croydon 9724 2222

Child FIRST, Family Services, Home-Start Scheme, Parenting Assessment and Skills Development Service, Starting Out

### Uniting Harrison Mount Waverley (03) 9051 3000

Crisis assistance, Family Mediation, Youth Support, Affordable Housing

### Uniting Wesley Croydon (03) 9839 6100 Ringwood (03) 8870 4070

Foster Care, Adolescent Support, Family Violence, Homelessness & Crisis

### Uniting Prahran Kew East (03) 9692 9400 Mt Waverley (03) 9692 9400

Mental Health Support, Personal Helpers and Mentor Service



# Getting in touch

## We come to you!

We are always on the lookout for schools, community houses and other local venues throughout the Eastern Region who may like to host one of our popular and free parenting education events or groups. Please contact: [parentzone.eastern@anglicarevic.org.au](mailto:parentzone.eastern@anglicarevic.org.au) if you have a venue and would like to host a group for your local community.

ParentZone offer professional consults and training to professionals working with parents on a variety of themes and covering all ages and stages.

ParentZone also offer an accredited training, based on the Parents Building Solutions parenting package. This training is low cost and offers practical and empowering tools for working with parents both one on one and in groupwork.

We are pleased to now offer Teachers Building Solutions, a professional development program for teachers and early years educators covering a range of topics to support their learning needs. This term we have planned a 3 session series on Building Resilience in Early Years Education, which sold out in a number of days!

The Parent Educators Network Meeting will be on the 20th of October from 9.30am - 11.00am on Zoom. Any professionals working with parents in the Eastern Region are welcome to join us in sharing resources, networking and hearing from our informative guest speakers!

Please RSVP to [parentzone.eastern@anglicarevic.org.au](mailto:parentzone.eastern@anglicarevic.org.au)

**If you would like to be on our mailing list to hear about future ParentZone events, or if you would like further information on training opportunities available through ParentZone please email:**  
[parentzone.eastern@anglicarevic.org.au](mailto:parentzone.eastern@anglicarevic.org.au)

We look forward to hearing from you!

The ParentZone Eastern team,  
Tamara, Sharon, Julia, Michelle, Laurie and Carly



## ParentZone Newsletter Submission Dates What Are Your Plans for 2021?

As a Parent Resource Service we are very interested in hearing from professionals who work with parents throughout the Eastern region of Melbourne.

What emerging needs have you identified? What upcoming programs and services is your organisation offering or planning to offer?

**To submit an entry into future ParentZone newsletters please email [sharon.muir@anglicarevic.org.au](mailto:sharon.muir@anglicarevic.org.au) by the last day of each school term.**