



# ParentZone Gippsland

**Newsletter Term 3 2023**

**10th July - 15th September**

**Information on Programs to support parents  
and carers across Gippsland**

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P: (03) 5135 9555

**PARENTZONE**

**BETTER  
TOMORROWS**

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## Welcome to Term 3, 2023

Anglicare Victoria continues to support families across Victoria with offices in several office locations which can be found on,

<https://www.anglicarevic.org.au/contact-us/locations/>

This Term ParentZone will continue to deliver programs online and will be reintroducing face to face groups as we come back from COVID restrictions. It is hoped across the year we will have both online and face to programs on offer and would like to hear from you about which services you want made available.

ParentZone offers:

- Parenting education and support groups both online and face to face.
- One on one Support and in home modules
- Flexible learning modules
- Information on local services
- Support to families, Foster carers, Kinship carers and children.

ParentZone Gippsland is the Regional Parenting Service for Gippsland and supports families within the local government areas of Bass Coast, Baw Baw, East Gippsland, Latrobe, South Gippsland, and Wellington.

ParentZone want to hear from parents and carers throughout Gippsland, and the professionals who support them with how we can support you in the future.



# Intensive Family Support

## Do you want some more support for your family?

Integrated Family Services (IFS) is a voluntary, early intervention program aimed to promote the safety, stability and development of vulnerable children, young people and their families. IFS focuses on building capacity and resilience for children, families and communities. The program is delivered by a partnership of agencies across Inner Gippsland including: Bass Coast, Baw Baw, Latrobe, and South Gippsland Shires.

IFS provides a case management approach which can assist with:

- improving school attendance
- sleep and settling
- developing routines
- age and stage of development
- boundaries
- protective behaviours
- nutrition and health information
- community parenting groups
- referrals to other support services

To speak to someone regarding IFS supports a call to the orange door will put you in the right direction. The orange door is available for service intakes, general advice and information.

Anyone can contact The Orange Door on 1800 319 354.



## Children and Parenting Support

Supporting families in Churchill and surrounds.

The Children and Parenting Support Program (CaP's) can support you with:

- Building your parenting confidence
- Strengthening relationships
- Establishing routines
- Identifying children's emotional needs
- Understanding children's behaviours
- Enhancing communication skills
- Introducing a healthy diet
- Reducing anxiety
- Sleep settling
- Support with referrals and linking with other services.

The Program is available to all Parent and Carers of children ages 0-12 living in the Churchill area.

The Program provides support to families for up to 3-4 months in the home or via video conferencing.

**For further information contact:**

Kathy Gleeson 0499 005 141  
or [kathy.gleeson@anglicarevic.org.au](mailto:kathy.gleeson@anglicarevic.org.au)



**Term 3 - 10th July - 15th September**

## Tuning in to Kids

**Emotionally Intelligent Parenting For Parents of Children Aged 3-12 Years**

**Would you like tips and strategies to:**

- Better understand and communicate with your child?
- Help your child learn to manage their emotions and deal with conflict?
- Manage challenging behaviours?
- Parent anxious children?
- Raise resilient children?

**Children with emotional intelligence:**

- Have greater success with making and keeping friends
- Show improved concentration at school
- Have fewer illnesses

**Dates:** Mondays 31st July - 4th September

**Time:** 10.00am - 12.00pm

**Cost:** **FREE**

**Venue:** Online via ZOOM

**Register: via the QR code or contact**  
**Parentzone.Gippsland@anglicarevic.org.au**  
**P: (03) 5135 9555**



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# Surviving Separation

Are you finding it difficult navigating your children's feelings and behaviour after separation?

**Come along, learn some skills to assist you and your children to build strong connections and chat with other parents in similar situations.**

**Would you like to:**

- Learn how to best support your children through separation?
- Learn ways to better deal with your emotions and theirs?
- Build communication skills for the future, for yourself and your children?
- Develop strategies to manage your children's behaviour

**Dates:** Thursday 20th July - 23rd August 2023

**Time:** 10:00am - 12:00pm

**Cost:** FREE

**Venue:** Online via ZOOM

**Register: via the QR code or contact  
Parentzone.Gippsland@anglicarevic.org.au  
P: (03) 5135 9555**





## Current Carers Education and Support

**The Current Carers education and support group has been designed to promote positive growth in your relationship as a Kinship carer and with the young people you are supporting.**

We understand the complexity and emotions that can impact your caring role as well as the changes in your families' dynamic. This is a judgement free supportive space designed to help you and your family reconnect while you go through this difficult time.

The program will run throughout the year with a monthly face to face meeting. Each month a new educational topic will be presented by Relationships Australia and ParentZone.

**Where:** Anglicare Victoria  
190 Commercial Road Morwell  
Victoria 3840

**When:** Wednesday 19th July 2023

**Time:** 10:00am- 12:00pm

**Cost:** Free

**Where:** Anglicare Victoria  
190 Commercial Road Morwell  
Victoria 3840

**When:** Wednesday 30th August 2023

**Time:** 10:00am- 12:00pm

**Cost:** Free

**Where:** Anglicare Victoria  
190 Commercial Road Morwell  
Victoria 3840

**When:** Wednesday 13th September 2023

**Time:** 10:00am- 12:00pm

**Cost:** Free



Register: via the QR code or contact  
Parentzone.Gippsland@anglicarevic.org.au  
P: (03) 5135 9555





## Parenting Pre-Schoolers

- Gain a better understanding of your pre-schooler's behaviour?
- Learn positive discipline strategies?
- Improve communication with your pre-schooler?
- Get your pre-schooler to listen?  
Encourage the skills of resilience?
- Deal with your own frustrations and anxiety as a parent?

**Where:** On line via ZOOM

**When:** Wednesday 2nd August

**Time:** 10:00am - 12:00pm

**Cost:** FREE. Bookings essential

For bookings scan the QR code or contact:

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

**M:** PO Box 959 Morwell Vic 3840

**P:** (03) 5135 9555





## Self Care for Parents and Carers

**Are you feeling burnt out and overwhelmed by every day tasks?**

**Self care can sound like a simple thing to achieve however are you stuck with where to start?**

Making time for self care looks at:

- Strategies for feeling less overwhelmed.
- Improving your confidence and self esteem.
- Building resilience and setting boundaries.
- Making time for yourself and your family

**Where:** On line via ZOOM

**When:** Friday 4th August, 2023

**Time:** 1:00pm - 3:00pm

**Cost:** FREE. Bookings essential

**For bookings scan the QR code or contact:**

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

**M:** PO Box 959 Morwell Vic 3840

**P:** (03) 5135 9555





## Parenting Anxious Kids

**Are you parenting young children who are displaying signs of anxiety in every day situations, would you like to better understand what is a normal age and stage response for a child aged 0-12years?**

Parenting anxious kids looks at:

- Recognising the signs of anxiety
- What causes Anxiety in kids
- How this triggers parents
- Develop the skills to cope and discuss fears in an attempt to move through them
- How to respond when your child gets overwhelmed?
- Help your child to regulate their emotions?
- Support your child with their challenges?

**Where:** On line via ZOOM

**When:** Wednesday 30th August 2023

**Time:** 1:00pm - 3:00pm

**Cost:** FREE. Bookings essential

**Register:** via the QR code or contact  
[Parentzone.Gippsland@anglicarevic.org.au](mailto:Parentzone.Gippsland@anglicarevic.org.au)  
**P:** (03) 5135 9555





## Dealing with Feelings

### Feelings can make us very uncomfortable

- Does your child (or you) have difficulty expressing feelings in appropriate ways?
- Does your child often seem to be anxious, angry, frustrated, jealous or sad?
- Would it be helpful to explore what other parents are doing to support their children?

If your answer to any of these questions is "YES!" come along to join a discussion that explores positive responses to this parenting challenge, and to hear what works for other parents.

**DATE:** Friday 8th September 2023

**TIME:** 1:00pm - 3:00pm

**WHERE:** Online Via Zoom

**COST:** This session is free of charge but registration is essential

Register: via the QR code or contact  
[Parentzone.Gippsland@anglicarevic.org.au](mailto:Parentzone.Gippsland@anglicarevic.org.au)  
P: (03) 5135 9555





## Learning Through Play

### Supported Playgroups by ParentZone Gippsland

We understand sometimes playing with your child can leave you feeling lost with where to start or where to next, and some days there are only so many times you can read the same book!

With our Learning Through Play, we aim to support parents/carers and their children aged 0-5 years using the Smalltalk program in an interactive playgroup environment.

Smalltalk is an evidence-based program that provides easy to use strategies that can be incorporated into your everyday life. These strategies are designed to increase parent/carer's positive interactions and connections with your child. Our playgroups are open to parents, foster and kinship families.

- Try new and fun ways to learn through imaginative play and craft activities.
- Connect through songs, dancing, nursery rhymes, and stories.
- Get ideas how to continue play at home.
- Be encouraged to explore your own creativity.
- Connect with other parents and children.

**COST: FREE for Latrobe City families.**

**Bookings essential.**



## Learning Through Play Supported Playgroups

Come along to one of our supported playgroups

### Monday

**Location:** 101 Buckley Street Morwell

**Time:** 10:00am - 12:00pm

**Age:** 0 - 5 years

### Tuesday

**Location:** 101 Buckley Street Morwell

**Time:** 10:00am - 12:00pm

**Age:** 0 - 5 years

Collaboration with the HIPPY playgroup

### Wednesday

**Location:** Churchill Neighbourhood Centre  
Studio, 9 Phillip Parade

**Time:** 9:00am - 11:00am

**Age:** 0 - 5 years

### Thursday

**Location:** Churchill Neighbourhood Centre  
Studio, 9 Phillip Parade

**Time:** 10:00am - 12:00pm

**Age:** 0 - 18 months Infant Specific

### Friday

**Location:** Churchill Neighbourhood Centre  
Studio, 9 Phillip Parade

**Time:** 10:00am - 12:00pm

**Age:** 0 - 5 years



## Smalltalk In-Home support Program

**Smalltalk In-Home Support program provides individual sessions to parents of children from 0-5 years in their home.**

Smalltalk is a set of evidence-based strategies developed by the Parenting Research Centre and has five key topics:

- Warm and Gentle Interactions
- Tuning In To Your Child
- Following Your Child's lead
- Listening and Talking More
- Teachable Moments

During the visits, parents/carers will learn about the different Smalltalk topics and be given opportunities to practice the strategies and receive feedback.

All families completing Smalltalk In-Home Support program will be enrolled in Imagination Library (subject to eligibility criteria)

**This is a FREE support for families living in Latrobe City. Registration essential.**

**For further information please contact:  
Parentzone Gippsland on 5135 9555 or  
[parentzone.gippsland@anglicarevic.org.au](mailto:parentzone.gippsland@anglicarevic.org.au)**



# HIPPY



# Playgroup 2023

Tuesdays and Wednesdays  
Time : 9:30am – 12:30pm  
@ 99 Buckley St, Morwell

Commencing the week of the 13<sup>th</sup> of Feb

Come along, enjoy interactive and fun activities for parents and children through singing, stories, craft, dancing and everything fun!

For more information contact  
Eliza Goyne on 5135 9555 or  
0499 057 601



HIPPY Latrobe is an Aboriginal-focused site with priority given to ATSI families







## After School Connections

Do you want to connect better with your school aged child?

**Come and join us at After School Connections to:**

- Make Connections with other families
- Learn strategies to help you deal with the changes in your Childs development leading to changes in behaviour
- Improve communication with your child
- Stay connected to your child
- How to maintain your emotions when parenting through difficult phases
- Each week will comprise of an educational topic followed by a fun activity to cement learning
- Designed for children in primary school up to year 8

**Dates:** Thursdays during school terms

**Time:** 3.30 - 4:45pm

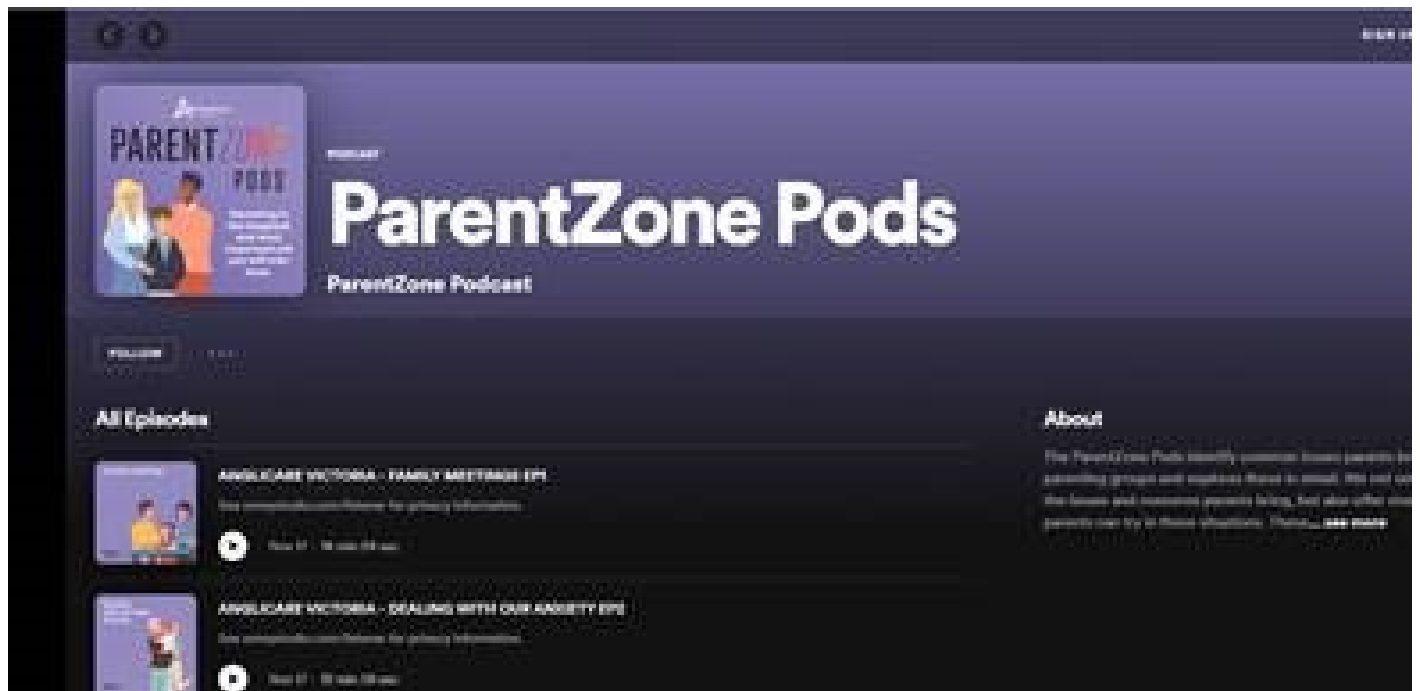
**Cost:** FREE

**Venue:** Churchill Hub Studio (Bottom of town hall)

**Register: via the QR code or contact**  
**Parentzone.Gippsland@anglicarevic.org.au**  
**P: (03) 5135 9555**



# ParentZone Pods Podcast on Spotify



The ParentZone Pods, is a podcast series presenting parenting snapshots on key issues for parents needing a little bit more before joining a group, or simply those wanting an idea of what to expect from our distinctive group work style.

Jump on Spotify to hear it all !

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# Useful contacts

Police, Fire or Ambulance 000

Nurse on call 1300 60 60 24

Maternal Child Health on call 13 22 29

Poison Information Hotline 13 11 26

Safe Steps - Family Violence Response Centre  
(24 hr service – Toll Free) 1800 015 188

The Orange Door Family violence support service 1800 319 354

Anglicare Victoria Gippsland 03 5135 9555

Latrobe Community Health 1800 242 696

Sexual assaults crisis line 1800 806 292

InTouch Multicultural Centre Against Family Violence 03 9413 6500 or Free call: 1800 755 988  
Telephone Interpreter Service (TIS) (24 hr) 131 450

Child Protection After Hours Service 131 278

Foster Care Association 03) 9416 4292

Lifeline Crisis and Suicide Support 13 11 14

Beyondblue Information and support Line 1300 22 46 36  
Grief Line 9935 7400

Women's Legal Service Victoria 03 8622 0600 or 1800 133 302

Aboriginal Family Violence Prevention and Legal Service 1800 105 303

Kids' Helpline 1800 55 1800

Mensline Australia 1300 78 99 78

Suicide Call Back Service 1300 659 467

Perinatal Anxiety and Depression Australia (PANDA) 1300 726 306

Parentline Victoria 13 22 89

DirectLine – drug & alcohol services 1800 888 236

Headspace 1800 650 890

Switchboard – LGBTIQ support (3pm – midnight only) 1800 184 527

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