



ParentZone Gippsland

Newsletter Term 1 2024

29th January - 28th March

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

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PARENTZONE

**BETTER
TOMORROWS**

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Looking toward 2024

Welcome to 2024

This coming year Parent Zone will continue to run our education and information sessions both online and in person. We aim to make services accessible to everyone with varying times and locations.

We will continue to offer a variety of parent and carers support modules such as, Tuning into kids, Bringing up Great Kids and Parents Building solutions. Single sessions will be running across the year, and we always welcome feedback to what you would like us to deliver.

We have added an additional location for the 'learning through play' groups, with groups running across Morwell and Churchill please see information on the location times and age of groups.

For more information on the groups being ran and how Anglicare Victoria and ParentZone can support you please continue to read through the newsletter.

Kindest regards,

ParentZone

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How can ParentZone Support you

Are there areas of your parenting you would like to learn more about or do differently? Do you feel like you're constantly facing parenting challenges? Or struggling in your relationships at home? ParentZone may be able to support you with strategies and education that can be easily transpired from a learning space to living space.

We understand the challenges facing families in the current climate and the pressures felt by families in our region. We are local to the region and want to support our community to move forward.

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.

Contact ParentZone Gippsland at parentzone.gippsland@anglicarevic.org.au

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Frequently Asked Questions

How do I register?

Simply scan the individual QR code on the flyer of your chosen session OR enter the unique MS forms code into your internet browser OR contact ParentZone directly on 03 5135 9555 or parentzone.gippsland@anglicarevic.org.au

What do the sessions cost?

All parentzone facilitated sessions are completely free of charge

What if I can't make to all of the sessions?

To get the best benefit and learning out of the programs, it is best that you attend all sessions. However we understand that illness occurs and sometimes things happen, there is a requirement to attend at least 4/6 sessions to receive a certificate of completion

What technology do i need for online sessions?

Our online session uses the ZOOM platform, you will need a device that is compatible with a working camera and microphone.

Do I have to keep my camera on?

Yes, there is a requirement that your camera is on, this allows the facilitator and other participants to see one another. All of our programs are designed to be interactive sessions with parent participation encouraged.

Are the sessions recorded?

No, our sessions are not recorded. this is to protect the privacy of participants as the sessions are interactive.

Program Overview

Please read individual flyers for detailed information

PROGRAM NAME	DURATION	DATES	DELIVERY
Talking Dads	6 Weeks	30/1 - 5/3/24	Online
Breaking the Cycle	8 Weeks	2/2 - 22/3/24	In person
Tuning into Teens	6 Weeks	6/2 - 12/3/24	Online
Raising Resilient Kids	6 Weeks	6/2 - 12/3/24	In person
Living with Autism	6 Weeks	7/2 - 13/3/24	In person
Parenting with Purpose	6 Weeks	8/2 - 14/3/24	In person
Parenting in the Early Years	6 Weeks	16/2 - 22/3/24	In person
Tuning into Kids	6 Weeks	21/2 - 27/3/24	Online

PROGRAM NAME	DURATION	DATES	DELIVERY
Setting Boundaries	Single Session	31/01/2024	Online
School Refusal	Single Session	1/02/2024	Online
Creating Routines	Single Session	28/02/2024	In person
Learning Self Care	Single Session	13/03/2024	In person
Learning Self Care	Single Session	18/03/2024	Online
Communicating with your family	Single Session	28/03/2024	Online

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Talking Dads

Come along to these 6 sessions 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 children
- Creating a healthy environment for your children
- Learning how to cope with stress, emotions and anger

Please note these are interactive sessions and will not be recorded

Venue: Online via ZOOM

Dates: Tuesdays 30th January - 5th March

Time: 7:00pm - 9:00pm

Cost: FREE

Register: scan the QR code, follow the MS forms link <https://forms.office.com/r/yeC2BABjLE> OR contact Parentzone.Gippsland@anglicarevic.org.au
P: (03) 5135 9555



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Breaking the Cycle

A group for parents and carers whose adolescent is abusive and/or violent in the home

- Do you feel threatened, frightened or even controlled by your son or daughter?
- Are family members and younger siblings feeling scared?
- Feeling anxious, isolated, ashamed, resentful?
-

YES? Then join the 'Breaking the Cycle' group. It gives you an opportunity to discuss all issues and learn new skills to better manage challenging situations.

Come along to these 8 sessions to learn strategies, share stories and take some time out for you!

Where: Anglicare Office,
190 Commerical Rd,
Morwell

When: Fridays 02/02/24 - 22/03/24

Time: 12:30pm - 2:30pm

Cost: FREE. Bookings essential

Register: via the QR code, follow the MS forms link <https://forms.office.com/r/a691cnF1M2> or contact

Parentzone.Gippsland@anglicarevic.org.au

P: (03) 5135 9555



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Tuning in to Teens

Parenting program that teaches parents skills to help their teens begin to understand and regulate their emotions

Do you want to:

- Learn how to better understand and manage your teen's emotions, such as anger, anxiety and sadness?
- improve your communication with your teen?
- Teach your teen to deal with conflict
- Help your teen learn to manage their emotions?

Supporting the development of your teen's emotional intelligence will help them:

- Have greater success with making and keeping friends.
- Be more able to calm down when angry or upset.
- Have better communication at school.
- Better manage challenges and change.

Please note these are interactive sessions and will not be recorded

Dates: Tuesday 6th February- 12th March

Time: 7:00pm - 9:00pm

Cost: FREE

Venue: ONLINE via ZOOM

Register: scan the QR code, follow the MS forms link
<https://forms.office.com/r/7TMwnZt32Z>
OR contact
Parentzone.Gippsland@anglicarevic.org.au
P: (03) 5135 9555



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Raising Resilient Kids

Do you want to:

- Help your child cope in a chaotic world?
- Improve your child's confidence and self esteem?
- Deal with anxious feelings?
- Help your child to cope with change?
- Develop strategies to manage anger?
- Communicate better with your child?

Come along to these 6 sessions to learn strategies, share stories and take some time out for you!

Please note these are interactive sessions and will not be recorded

Venue: Anglicare Office,
190 Commerical Rd,
Morwell

Dates: Tuesdays 6th February - 12th March

Time: 1:00pm - 3:00pm

Cost: FREE

Register: scan the QR code, follow the MS forms link
<https://forms.office.com/r/tqgSkG22qu> OR contact
Parentzone.Gippsland@anglicarevic.org.au
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Living with Autism

FREE 6 week program interactive zoom sessions for parents and carers living with a child who has been diagnosed as having Autism Spectrum Disorder (ASD).

Strategies to consider different approaches to help with parenting children on the spectrum

- How to help with social skills
- Managing changes and transitions
- responding to meltdowns
- How to respond when your child gets overwhelmed?
- Help your child to regulate their emotions?
- Support your child with their challenges?

Where: Anglicare Morwell Office
190 Commercial Rd
Morwell

When: Wednesdays, February 7th - March 13th

Time: 12:00pm - 2:00pm

Cost: FREE. Bookings essential

Register: scan the QR code, follow the MS forms link
<https://forms.office.com/r/4RXfwQ7Z88>
OR contact
Parentzone.Gippsland@anglicarevic.org.au
P: (03) 5135 9555



Please note these are interactive sessions and will not be recorded

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Parenting with Purpose

A Parent's Building Solutions Program

Do you want to know how to talk so children will listen?

Understand what is normal children's behaviour?

Communicate better with your child?

Stay connected to your child?

Come along to these 6 sessions to learn strategies, share stories and take some time out for you!

Please note these are interactive sessions and will not be recorded



Dates: Thursdays 8th February - 14th March

Time: 10.00am - 12.00pm

Cost: FREE

Venue: Traralgon Library
Kay St, Traralgon

Register: scan the QR code, follow the MS forms link

<https://forms.office.com/r/P5Rttty9gP>

OR contact

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Parenting through the Early Years

A parenting program design to guide you through the first 5 years of your child's life

- 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: Moe Library

29 George St, Moe

When: Fridays 16th February - 22nd March

Time: 10:30am - 12:30pm

Cost: FREE. Bookings essential

Register: scan the QR code, follow the MS forms link <https://forms.office.com/r/TiDMUdVgEk>

OR contact

Parentzone.Gippsland@anglicarevic.org.au

P: (03) 5135 9555



Please note these are interactive sessions and will not be recorded.

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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

Please note these are interactive sessions and will not be recorded.

Dates: Wednesdays 21st February - 27th March 2024

Time: 1:00pm - 3:00pm

Cost: FREE

Venue: Online via ZOOM

Register: scan the QR code, follow the MS forms link <https://forms.office.com/r/DujuPK7dnj>

OR contact

Parentzone.Gippsland@anglicarevic.org.au

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Setting Boundaries

Do you want to learn about setting safe boundaries for your pre-teen/teen.

- What is a safe boundary
- How to understand and support safe risk taking behaviours
- Open communication channels
- Learn to face challenges together

Come along to this FREE session to learn strategies, share stories and take some time out for you!

Please note these are interactive sessions and will not be recorded

DATE: Wednesday 28th February 2024

TIME: 9:00am - 11:00am

WHERE: Online Via Zoom

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

Register: scan the QR code, follow the MS forms link <https://forms.office.com/r/dmqQ2dicPN>
OR contact
Parentzone.Gippsland@anglicarevic.org.au
P: (03) 5135 9555



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School Refusal

- Is school refusal turning your home into a battleground?
- Is your child experiencing separation anxiety?
- Would you like to understand some of the reasons for school refusal?
- Would you like to know what works for other parents?

Where: On line via ZOOM

When: Thursday 1st February 2024

Time: 9:30am - 11:30am

Cost: FREE. Bookings essential

Register: via the QR code, MS forms link
<https://forms.office.com/r/dmqQ2dicPN> OR
contact

Parentzone.Gippsland@anglicarevic.org.au

P: (03) 5135 9555



Please note these are interactive sessions and will not be recorded

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Creating Routines

Do you want to:

- Learn how to create routines in your house
- Develop strategies to follow routines and stay consistent
- Improve communication with the family

Where: Moe Library
26 George st, Moe

When: Wednesday 28th February, 2024

Time: 9:30am - 11:30am

Cost : FREE. Bookings essential

Come along to this FREE session to learn strategies, share stories and take some time out for you!



Register: scan the QR code, follow the MS forms link
<https://forms.office.com/r/dmqQ2dicPN>
OR contact
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Learning Self Care

**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: Traralgon Library
Kay St, Traralgon

When: Wednesday 13th March, 2024

Time: 10:00am - 12:00pm

OR

Where: Online via ZOOM

When: Monday 18th March 2024

Time: 1:00pm - 3:00pm

Cost: FREE. Bookings essential

Register: scan the QR code, follow the MS forms link

<https://forms.office.com/r/dmqQ2dicPN>

OR contact

Parentzone.Gippsland@anglicarevic.org.au

P: (03) 5135 9555



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Communicating with your Family

Do you want to:

- Communicate better as a family?
- Develop strategies to listen without judgment?
- Help your children problem solve and make safe choices?
- Stay connected?

Come along to this FREE session to learn strategies, share stories and take some time out for you!

Please note these are interactive sessions and will not be recorded

DATE: Thursday 28th March 2024

TIME: 12:30pm - 2:30pm

WHERE: Online Via Zoom

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

Register: scan the QR code, follow the MS forms link <https://forms.office.com/r/dmqQ2dicPN>
OR contact
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Connecting Together

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 an educational topic followed by a fun activity to cement learning
- Designed for children in primary school up to year 8

DATES: Mondays 19/02/23 and 18/03/23

TIME: 3.30 - 4:45pm

COST: FREE

VENUE: Churchill Hub Studio (Bottom of town hall)

Register: scan the QR code, follow the MS forms link <https://forms.office.com/r/kQD0VU2hsv>

OR contact

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Smalltalk In Home Support

Smalltalk is a set of evidence-based strategies that parents can use to enhance the home learning environment for their children from birth up to school age.

In-Home Support involves a qualified facilitator visiting a family in their own home. Parents participating in In-Home Support may also be attending a Supported Playgroup. During these home-based sessions, parents see practical examples of the smalltalk strategies, and have the opportunity to practice these ideas with guidance from a qualified facilitator.

The parent and the qualified facilitator go through an In-Home Support videos together, which shows examples of the smalltalk strategies. The parent and facilitator then work together through the remainder of the session, practising the strategies modelled on the DVD, incorporating suggestions by the parent.

How Many Sessions:

- Families attending a supported playgroup are eligible for 5 In-Home sessions.
- Families not attending a supported playgroup are eligible for 10 sessions.

Eligibility Criteria

- A family member holds a health care card
- A family member identifies as Aboriginal and/or Torres Strait Islander
- Families in kinship care arrangements
- Families referred by The Orange Door / Child Protection
- Families referred or participating in Enhanced Maternal and Child Health Services
- Parent aged under 25
- Parent not completed high school
- Single Parent Family
- 10 or less children's books in the home

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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

Thursday

Location: Churchill Neighbourhood Centre
Studio, 9 Phillip Parade

Time: 9:30am - 11:30am

Age: 0 - 5 years

Friday

Location: Glendonald Preschool
Churinga Drive, Churchill

Time: 1:00pm - 3:00 pm

Age: 0 - 18 months Infant Specific

Wednesday

Location: Churchill Neighbourhood Centre
Studio, 9 Phillip Parade

Time: 9:00am - 11:00am

Age: 0 - 5 years

Friday

Location: Glendonald Preschool
Churinga Drive, Churchill

Time: 9:00am - 11:00am

Age: 0 - 5 years

For further information please contact
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