



ParentZone Gippsland

January to June 2025

Information on programs to support parents
and carers across Gippsland

E: parentzone.gippsland@anglicarevic.org.au

M: PO Box 959 Morwell Vic 3840

P: (03) 5135 9555

PARENTZONE

**BETTER
TOMORROWS**

How can ParentZone Support you

At ParentZone we offer all carers and parents a space to develop and strengthen their parenting skills while creating positive changes in their family. We provide free parenting groups, workshops, resources, and training to all parents and caregivers across the Gippsland region. Our skilled and experienced facilitators tailor education programs to enhance your family. This is done by using evidence informed frameworks such as Parents Building Solutions, Breaking the Cycle, Small talk and many more.

ParentZone programs support all ages and stages, from newborns to teenagers. Our programs address the challenges faced by parents including family violence and development milestones.

For more information or to discuss our programs please contact us on:

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.

Do the sessions cost?

All ParentZone facilitated sessions are completely FREE of charge.

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

To gain the full learning and support from programs we suggest you attend all sessions. However, we understand that illness and life happen, we do have a requirement in order to receive a certificate of completion you attend a minimum of 4 of the 6 sessions.

What technology do I need for online sessions?

Our online session use 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 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 and each program is designed to cover topics to meet your parenting needs.

Can my partner or support person attend as well?

Yes, anyone who can support your parenting is welcome to attend.

Can you diagnose my Child?

No, ParentZone offers general parenting advice and education we can suggest some referral pathways or services to contact for specialised direction and advice.

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Working Towards Reconnection

This 6-week program gives you the space and opportunity to work through parenting goals that will enhance your parent child relationship focusing on empowering you to reconnect with your child.

Often, parenting groups are designed for those in full-time care situations with their children, however we know that this may not always be the case for families.

For whatever reason your parenting journey has been interrupted, and you may be working towards a reconnection, re-establishing a parenting relationship, reconnecting after separation, or parenting at a distance for an extended time.

We acknowledge this can raise many deep emotions from guilt, shame, resentment and grief. While also feeling fear and anxiety about how to cope once you are back in the full-time parenting role.

Working Toward Reconnection looks at these emotions in a safe, judgement free and proactive space.

We focus on:

- You as the parent
- How to re-establish connection.
- Self-care.
- Practical parenting strategies.
- Communication and connection.
- Emotion coaching and regulation.

See next page for registration details and links

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Working Towards Reconnection Registrations

Working toward a relationship with your child can be hard, especially when there are so many variables involved. With that in mind we have created safe space groups and age specific groups to ensure you feel welcomed to share, be heard and the topics and issues are relevant to your situation and need.

Our programs are

- Working Towards Reconnection Teens, for parents of adolescents aged 12-18 years.
- Working Towards Reconnection Mums for Women only.
- Working Towards Reconnection Dads for Men only.
- Working Towards Reconnection All ages.

Working Towards Reconnection Teens 12 years and over.

When: 03/02/2025 - 17/03/2025

Time: 10:00am- 12:00pm

Where: 190 Commercial Road Morwell 3840

<https://forms.office.com/r/v5eELnFT4y>



Working Towards Reconnection Mums.

When: 20/05/2025 - 24/06/2025

Time: 10:00am -12:00pm

Where: 2/3 Barkly St Warragal 3820

<https://forms.office.com/r/Qpc1bHg7ys>



Working Towards Reconnection Dads.

When: 01/04/2025 - 13/05/2025

Time: 12:30pm - 2:30pm

Where: 190 Commercial Road Morwell 3840

<https://forms.office.com/r/ssrqN6B60B>



Working Towards Reconnection 0-12 years.

When: 22/01/2025 - 05/03/2025

Time: 12:30pm - 2:30pm

Where: 2/3 Barkly St Warragal 3820

<https://forms.office.com/r/Q40yyKjxzc>





Dads Matter

Open to all Dads, Step-Dads, Single Dads and Grand-Dads.

These 6 sessions discuss parenting strategies, share experiences and develop your relationship and connection with your child, in a supportive environment with other dads.

Dads Matter looks at the importance of Dads in our families and society. How to challenge old ways and methodology of parenting, and how we can connect with our children regardless of the age, stage and time we spend with them.

We aim to:

- Increasing your confidence as a parent.
- Improve your communication and connection to your children.
- Create a healthy environment based on understanding boundaries.
- Learn how to cope with stress, emotions, and anger.
- Give you time to connect with other dads.

When: 28/03/2025 - 16/05/2025

Time: 12:30pm - 2:30pm

Where: ZOOM

<https://forms.office.com/r/XM8rDBPhbD>



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Parenting After Separation

Are you finding it difficult to navigate your child's feelings and behaviour after separation?

Parenting can be the hardest job in the world but especially when there have been major changes to the family such as parental separation.

Navigating the separation, changes in communication and the day-to-day challenges of a new way of life can be a lot on families.

We acknowledge that during this grief and stressful period parenting can become that little bit harder.

During Surviving Separation, we look at:

- 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
- Develop self-care strategies to support you.

When: 28/01/2025 - 11/03/2025

Time: 12:30pm - 2:30pm

Where: 190 Commercial Road Morwell 3840

<https://forms.office.com/r/C66YWMbz8H>



When: 12/03/2025 - 16/04/2025

Time: 10:00am - 12:00pm

Where: ZOOM

<https://forms.office.com/r/ebY3ELh0qY>



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Breaking the Cycle

This program 8 week program is open to anybody providing parental care of adolescents aged 12- 18 years old who are using violence and threatening behaviour in the home towards the caregiver.

Raising adolescents can be challenging with peer pressures, technology, the push back on house rules, ideals and risk-taking behaviours. It becomes increasingly harder when your young person is struggling to maintain and control their anger especially when it directed at you and their siblings

We understand there are many reasons why a young person would use violence and regardless of that reason we want to support you to keep yourself and other children safe, while trying to work through ways to reestablish the relationship. We understand this is a very difficult situation to be in for parents and caregivers and want to support you as much as possible.

During this program we discuss several topics such as:

How to keep yourself and other children safe from violence.

Reduce the likelihood of violence occurring, including physical violence, property damage, verbal abuse, threats of self-harm and other forms of controlling behaviour.

Improve communication and conflict resolution skills.

Rebuild relationships between adolescents (12-18years old)

When and where to seek help.

When: 13/03/2025 -01/05/2025

Time: 10:00am - 12:00pm

Where: ZOOM

<https://forms.office.com/r/htK0Cu3FjU>



When: 30/04/2025 - 18/06/2025

Time: 12:30pm - 2:30pm

Where: 2/3 Barkly St Warragal 3820

<https://forms.office.com/r/a7U42aVncD>





Understanding Neurodiversity

A supportive parenting program for those raising Neurodiverse children.

The diagnosis process can be long and hard, bringing up a range of issues for parents and caregivers that often cannot be explained and empathetically understood by those not going through it.

Dealing with the grief, loss, confusion and stress can be a lot to manage as well as the day-to-day life of parenting.

This program is designed to help parents take some of the small stresses out of parenting, allow some connection with others going through it and give lived in experience for what works, what hasn't and what could.

Topics may include:

- Developing your child's social skills.
- Tapping into their strengths.
- Navigating changes and transitions.
- Responding to meltdowns and overwhelming moments.
- Helping your child to regulate their emotions.
- Supporting your child with their challenges.
- Learning to navigate and even enjoy this parenting journey.
- Sharing your experience and voice with other parents and carers who understand.

Please note this program does not diagnose or link you into specialist service supports.

Please see the next page for registrations details and links

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Understanding Neurodiversity registrations

Living with neurodiversity can be extremely fatiguing especially when you are going through the diagnostic and wait lists of services or questioning you own undiagnosed challenges.

These programs are designed to give you a forum to speak, learn some tips which help and have time for yourself. The programs are available for those with older children and younger as we completely understand things are very different during different ages and stages.

Understanding Neurodiversity ages 0-12 years

When: 23/01/2025 - 27/02/2025

Time: 10:00am - 12:00pm

Where: ZOOM

<https://forms.office.com/r/tYhxNCU3q4>



Understanding Neurodiversity ages 12 plus years

When: 15/05/2025 - 19/06/2025

Time: 12:30pm - 2:30pm

Where: 190 Commercial Road Morwell 3840

<https://forms.office.com/r/u9bFgmJ60G>



Understanding Neurodiversity ages 0-12 years

When: 26/05/2025 - 23/06/2025

Time: 10:00am - 1:00pm

Where: 190 Commercial Road Morwell 3840

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



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Let's Talk About Parenting

This program is designed to support those parenting young people aged 6 -12 years of age

It's understood that although parenting is the most rewarding role we play it can often be the hardest and sometimes all at once.

With so many changes to our commitments, society and responsibilities it can be hard to remember the grass roots of parenting without getting lost in all the extra expectations.

Let's talk about parenting helps take us back to the basics of parenting and respectfully discusses the challenges, how to move forward and how to re set.

- We aim to work through strategies to talk so our children will listen.
- Understand what normal child behaviour is.
- Build better communication in the family.
- Stay connected and rebuild connection.

When: 18/03/2025 - 22/04/2025

Time: 10:00am - 12:00pm

Where: ZOOM

<https://forms.office.com/r/uaxFrEei0r>



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Tuning into Teens

Parenting program that teaches parents skills to help their teens begin to understand and regulate their emotions. For ages 12 and above

Tuning into Teens is an evidence-based program designed to support parents and caregivers emotionally tune into their teenagers. We work towards giving you a better understanding of your teen's behaviours, emotions, and reason why their brains are designed to challenge you at certain times!

We look to improve communication, managing emotions, conflict and challenging behaviours in a program designed to support you as caregivers.

Would you like to learn how to:

- Be aware and manage your emotions?
- Understand your teen's emotions?
- Build attachment and teaching through emotional experiences?
- Help your teen understand and manage their emotions?
- Develop skills to assist your teen in problem solving?

This program provides a number of skills and strategies to help with everyday parenting challenges, based on emotionally tuned parenting.

When: 31/01/2025 - 7/03/2025

Time: 10:00am - 12:00pm

Where: ZOOM



<https://forms.office.com/r/cYRDs85NFW>

E: parentzone.gippsland@anglicarevic.org.au

P: (03) 5135 9555

When: 20/05/2025 - 24/06/2025

Time: 12:30pm - 2:30pm

Where: 190 Commercial Road Morwell 3840



<https://forms.office.com/r/qhqned0HSV>

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Tuning Into Kids

Emotionally intelligent parenting For parents of children Aged 3-12 Years.

Tuning into Kids is an evidence-based program designed to support parents and caregivers emotionally tune in and support their children.

We work towards giving you a better understanding of your children, yourself, and improve communication, managing emotions, conflict, and challenging behaviours.

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.

When: 21/01/2025 - 04/03/2025

Time: 10:00am - 12:00pm

Where: ZOOM

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



E: parentzone.gippsland@anglicarevic.org.au

P: (03) 5135 9555

When: 23/05/2025 - 27/06/2025

Time: 12:30pm - 2:30pm

Where: 190 Commercial Road Morwell 3840

<https://forms.office.com/r/HsQv9mV7fN>



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