



ParentZone Gippsland

Newsletter Term 4 2022

**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**



Welcome to the ParentZone Term 4 update

This term we welcome a new team leader to the ParentZone team. Bernie Vella comes to us from a range of Programs within Anglicare Victoria and across the welfare field which include Kindship care, Home based care and Family Violence. Bernie will be supporting the team and ParentZone in the continuation of program delivery to support families and Carers in our community.

ParentZone has said farewell to facilitator Anita Weber who has moved on from Anglicare to continue her professional growth in other areas of the welfare field. Anita will be sadly missed within the team and Agency and we thank Anita for her years of service supporting Parentzone participants.

Term 4 will be another busy term leading into the holiday period which can be highly stressful for many families. As such ParentZone will be running a session to support families and Carers with this.

Learning Through Play continues to be offered in Morwell and Churchill locations, and this term will see the continuation of After school support also being facilitated in Churchill.

We will continue to deliver our interactive parenting supports on line this term which will include tuning into kids and tuning into teens as well as many single information sessions.

This newsletter contains information about all our programs running this term in the Gippsland region. Please take a look and reach out to us for further information by contact us at: parentzone.gippsland@anglicarevic.org.au.

PARENTZONE



What is ParentZone

ParentZone is a free service supporting local families with education, information and support to navigate and cope with the challenges of raising families. We offer all parents and carers a chance to develop and strengthen their parenting skills as well manage their own self care in a supportive non judgement and understanding environment.

ParentZone aims to cater to all ages and stages, from newborns to teenagers with a range of topics and information to assist in the many complexities families can bring.

Our program content responds to the needs of our communities, based on what you ask for. Our skilled and experienced facilitators will tailor the sessions to meet the interests of each group. Meet other parents in person or online while making sure the core messaging and evidence based training is delivered to give everyone the best possible success and outcomes.

ParentZone aims help you to:

- Improve communication and understanding between parents/carers and children.
- Feel more prepared for the different ages and stages of childhood.
- Learn new ideas and strategies to shape children's behaviour positively and develop their potential.
- Strengthen relationships within the whole family.
- Foster stronger relationships while dealing with loss, disability, trauma, separation or divorce.
- Empower children to deal with their emotions.
- Build a more resilient family that can grow together.

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How can ParentZone Support you

What parenting and caring challenges are you experiencing? Is there an area of parenting you would like to learn more about? Is there something you would like to do differently in your parenting?

We want to hear from parents and carers throughout Gippsland, and the professionals who support them. Contact ParentZone Gippsland at parentzone.gippsland@anglicarevic.org.au

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.

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ParentZone Term 4 Programs

All sessions will run online



Tuning in to Teens

Tuning into Teens is an evidence-based program that supports parents to feel more confident to connect with their teens, understand their needs and challenges, support them to manage strong emotions and reduce conflict.

This course provides a number of skills and strategies to help with everyday parenting challenges, based on emotionally-tuned parenting. this course is a 6 week program, with a sessions running weekly.

Where: On line via TEAMS

When: Thursday 13th October- 17th November 2022

Time: 10:30am -12:30pm

Cost: FREE. Bookings essential

For enquiries contact:

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Tuning in to Kids

Tuning into Kids is an evidence-based program that supports parents to feel more confident to connect with their children, understand their needs and support them to manage and convey their emotions.

This course provides a number of skills and strategies to help with everyday parenting challenges, based on emotionally-tuned parenting. this course is a 6 week program, with a sessions running weekly.

Where: On line via TEAMS

When: Friday 14th October- 18th November 2022

Time: 10:30am -12:30pm

Cost: FREE. Bookings essential

For enquiries contact:

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Lets Talk About Parenting

We understand parenting can raise challenges we never expected and with the highs comes the lows.

Lets Talk about Parenting explores ways to support you in your carer journey.

- 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.

This course provides a number of skills and strategies to help with everyday parenting challenges, based on emotionally-tuned parenting. Come along to these 5 sessions to learn strategies, share stories and take some time out for you!

Where: On line via TEAMS

When: Friday 11th October- 15th November 2022

Time: 10:30am -12:30pm

Cost: FREE. Bookings essential

For enquiries contact:

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ParentZone Term 3 Parent Programmes

Single Sessions



Raising Resilient Kids

As we know navigating the world can sometimes be overwhelming and scary, especially for our young people.

Raising Resilient kids looks at:

- Helping your child cope in a chaotic world.
- supporting you to support your child's confidence and self esteem.
- Learning strategies to support your child to cope with change.

Where: On line via TEAMS

When: Friday 11thth November 2022

Time: 10:30am -12:30pm

Cost: FREE. Bookings essential

For enquiries contact:

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When Kids Refuse to go to School

In this 2-hour session , we will address many of the issues associated with school refusal, such as:

- Social anxiety in children and teens.
- Building resilience and self-esteem in your child.
- Parenting from love and compassion instead of fear and worry.
- Helping parents dealing with their own anxiety about school refusal.
- Open the lines of communication with your child and work together on solutions.

Where: On line via TEAMS

When: Friday 11th October 2022

Time: 10:30am -12:30pm

Cost: FREE. Bookings essential

For enquiries contact:

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Routines

For Parents and Carers to help support and implement routines to support a harmonious home. we look at ways to help you work through strategies, where to next and discuss concerns with "sticking to it". we understand creating routines can mean big changes for parents and Carers as well as our young people.

Where: On line via TEAMS

When: Thursday 24th November 2022

Time: 10:30am -12:30pm

Cost: FREE. Bookings essential

For enquiries contact:

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Making time for 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: On line via TEAMS

When: Friday 25th November 2022

Time: 10:30am -12:30pm

Cost: FREE. Bookings essential

For enquiries contact:

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Bullying

What is Bullying and how do we know when it is occurring?
Through this session we look at

- Understanding what bullying is
- Recognising the signs your child is being bullied.
- How to support your child and advocate for their needs?
- Help your child build resilience and learn protective behaviors?

Where: On line via TEAMS

When: Tuesday 29th November 2022

Time: 10:30am -12:30pm

Cost: FREE. Bookings essential

For enquiries contact:

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Surviving the holidays

The holiday season can raise a lot of stress, concerns, grief, and emotions for families and individuals, making it a very long period.

During this session we aim to explore

- strategies that can help support the whole family.
- Look at ways to creatively keep kids engaged
- Self care
- Information on additional ongoing supports

Where: On line via TEAMS

When: Friday 2nd December 2022

Time: 10:30am -12:30pm

Cost: FREE. Bookings essential

For enquiries contact:

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Understanding your Childs behavior

Are you worried about your Childs Behaviour?

Do you want a better understanding of what is age appropriate and when to look for supports?

Understanding your Childs Behaviour aims to look into

- What is age appropriate
- Strategies to help you deal with the changes in your child development leading o change in behaviors
- Improve communication with your child
- Stay connected to you child
- How to maintain your emotions when parenting through difficult phases
- When to seek help

Where: On line via TEAMS

When: Friday 6th December 2022

Time: 10:30am -12:30pm

Cost: FREE. Bookings essential

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Learning Through Play Supported Playgroups by ParentZone Gippsland

We understand sometimes playing with your child can leaving 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 and their children aged 0-5years

- 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

This is an interactive space with you and your child.

Learning Through Play will include strategies from the smalltalk program which helps promote children's development and learning

COST: FREE for families living in Latrobe City. Bookings essential.

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Learning Through Play Locations, days and times

Mondays

Location: 101 Buckley Street Morwell

Time: 10:00am - 12:00pm

Wednesdays

Location: 101 Buckley Street Morwell

Time: 10:00am - 12:00pm

Thursdays

Location: Churchill Neighbourhood Centre - Studio,
9 Phillip Parade, CHURCHILL

Time: 10:00am - 12:00pm

Tuesdays

Location: 101 Buckley Street Morwell

Time: 10:00am - 12:00pm



Fridays

Location: Churchill Neighbourhood Centre - Studio,
9 Phillip Parade, CHURCHILL

Time: 10:00am - 12:00pm



Smalltalk In-Home support Program

Smalltalk In-Home Support program provides five one-hour sessions to parents of children from 0-4 years in their home.

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

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

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

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Kinships Support Group

Are you caring for your grandchildren for a season, a reason or a lifetime?

Although we are inclusive all of families supporting children we understand that grandparents and all forms of Kinship care unlike home based care comes with an additional layer of complexities and emotions.

Anglicare welcomes your to come and be supported by others living through this. Discuss the highs and lows, make some friends and have a few moments for yourself outside of your caregiver role.

Where: Anglicare Victoria 190 Commercial Road Morwell Victoria 3840

When: Wednesday 5th October 2022

Time: 10:00am- 12:00Pm

Cost: Free

Where: Anglicare Victoria 190 Commercial Road Morwell Victoria 3840

When: Wednesday 2nd November 2022

Time: 10:00am- 12:00Pm

Cost: Free

Where: Anglicare Victoria 190 Commercial Road Morwell Victoria 3840

When: Wednesday 7th December 2022

Time: 10:00am- 12:00Pm

Cost: Free

For further information please contact:
Parentzone Gippsland on 5135 9555 or
parentzone.gippsland@anglicarevic.org.au

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Useful contacts

Police, Fire or Ambulance 000

Nurse on call 1300 60 60 24

Maternal Child Health on call 1300 60 60 24

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 030 5135 9555

Latrobe Community Health 1800 242 696

Gippsand Center against sexual assault 03) 5134 3922

**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