



ParentZone Eastern Newsletter Term 4 2022

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

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What's New at ParentZone?

Welcome to Term 4 2022!

Another term is coming to a close and we are delighted that all ParentZone Eastern groups this term were filled to capacity. The term 4 calendar (below) offers a variety of online and face-to-face groups, both of which have been developed by identifying the needs of parents in the community.

We will again be offering **Talking Tweens** and **Dads Matter** which continue to be popular along with **Surviving Separation** and **Parenting from Preschool to Prep** which is timely for all families with children starting school in 2023.

Michelle will continue to offer her support groups both online and face to face with the **Living with Autism** support group fortnightly on a Tuesday night.

Term 4 will see a change in the team with Jo Templeton moving on to the Team Leader role with Southern ParentZone. This was the best decision for Jo with Tamara returning early in 2023. It will be great to continue to be part of the ParentZone team with a permanent Team Leader Role. Julia will be stepping into these shoes for a time as Jo has some Long Service Leave before starting the new role. The ongoing replacement will be announced shortly.

It has been fabulous welcoming Deborah to the team in Laurie's absence and Deborah will pick up the **Talking Teens** in term 4 which is fully booked due to a waitlist from the last term. Sonia continues with us into term 4 and her support to the team has been invaluable. We wish Sonia all the best with her studies and her future career.

Term 4 will also see the launch of six more **ParentZone Pods** due to the success of the first round. Watch this space for further updates.

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.

Thanks to all who contacted us to have their information included in this terms edition.

ParentZone

Keep well!

From the ParentZone Eastern team

Jo, Sharon, Julia, Michelle, Deborah, and Tamara

PARENTZONE

ParentZone Term 4 Parenting Programs



Free Parents Building Solutions programs for parents living in the Eastern Suburbs Melbourne

Parenting from Preschool to Prep

For parents of children starting school in 2023

- How to prepare your child to start school in 2023
- Develop resilience to cope with change
- why do children behave the way they do
- How to set boundaries with your child
- Ways to deal with your own frustrations and anxiety as a parent

When: Tuesdays (6-afternoon sessions)

Tues 11th October to 22nd November

Excludes Melb Cup public holiday

Time: 1:00 to 3:00pm

Where: Box Hill South Family Centre

Corner Station St & Riversdale Rd

Box Hill Sth Vic 312

Cost: Free to attend

Bookings [click here](#) (limited places)

Enquiries: sharon.muir@anglicarevic.org.au

Dads Matter

A Parents Building Solutions
Program for Fathers

- Better understand the important role you play in the life of your children
- Have family agreements that work
- Improve communication and your relationship with your child
- Discover what they need from you

When: Tuesdays (6 evening sessions)

8th November - 13 December 2022

Time: 7.00pm to 9.00pm

Bookings: [Click here](#) to register

Cost: Free of charge

Enquiries: Julia at Parentzone

9721 3629 or 0400 866 495

PARENTZONE

ParentZone

Term 4 Parenting Programs



Free Parents Building Solutions programs for parents living in the Eastern Suburbs Melbourne

Surviving Separation

For parents who are in conflict with each other and would you like to:

- Manage your parenting arrangements
- Support your children through separation
- Learn better ways to deal with your emotions and your child
- Build communication skills for the future,
- learn about the best ways to co-parent

When: Mondays - October 10th - December 5th Inclusive (eight sessions, no session on October 31)

Time: 7:00pm - 9:00pm

Where: Online via Zoom

Cost: Free (Bookings essential)

Bookings: [Click here to register](#)

Enquiries: Julia at Parentzone
9721 3629 or 0400 866 495

Talking Tweens

For parents of children aged 8 to 13 years who would like to:

- Deal with conflict and improve relationships
- Improve communication
- Deal with anger and anxiety
- Establish boundaries with your child
- Understand tween development

When: Monday evenings (6 sessions)
Mon 10th Oct to Mon 14th Nov 2022

Time: 12:00noon - 2:00pm

Where: Online via Zoom

Cost: Free of charge

Enquiries:

sharon.muir@anglicarevic.org.au

PARENTZONE

Other Parenting Programs



Relationships Australia Parenting Programs

We provide programs designed to improve the wellbeing and safety of children and young people, providing strategies for communication and emotional development.

Website:

relationshipsaustralia.org.au/child-parenting-courses

COACH Mentoring

Come alongside individuals and families that are doing it tough for a period of 12 months or longer to provide support and to help them to make positive improvements to their lives.

Contact person: Christine Leong

Phone: 9871 8900

Email: Christine.Leong@citylife.care

Relationships Matters Parenting Programs

- Tuning into Kids
- Tuning into Teens
- Parenting after separation
- Keep Calm and Parent on
- Making stepfamilies work
- Roadworthy for dads

Website:

<https://relationshipsaustralia.com.au/program-category/parenting-programs/>

Triple P Parenting Program

The Triple P – Positive Parenting Program provides practical strategies to help parents raise happy, confident children; set family routines and rules that everyone can follow; and balance work and family life with less stress. Free to attend online

Bookings: triplep-parenting.net.au/vic-uk-en/triple-p/

PARENTZONE

Other Parenting Programs

Mum's & Munchkins (Single Mum's Group)

- Build new friendships with those on a similar journey
- Improve parental confidence
- Explore parenting topics that help navigate issues you may struggle to deal with

Where: CityLife Community Care, 1248 High Street Road Wantirna South

When: 6th & 20th October & 3rd & 17th November

Time: 10am - 11:30am

Contact: Bronwyn

Phone: 9871 8900

Email: bronwyn.upton@citylife.care

Mummy & Me

A mentoring program for Mums in the Knox area with children 0 - 11 years old who have little or no family or community support.

- Volunteer mentors help in the home for on a weekly or fortnightly basis
- Work together on reaching established goals, gain competence in motherhood and share valuable life experience
- Build confidence and self-esteem
- Build connections and help break social isolation
- The program is for 6 weeks with an option to extend if required

Phone: 9871 8900

Email: bronwyn.upton@citylife.care



Young Parents Group

A support group for young parents under the age of 25 years

When: Fridays during school terms

Time: 10:00am - 12:00pm

Contact: Michelle Pascoe 9298 8311

Email:

Michelle.pascoe@knox.vic.gov.au

Young Mums Group

This is a group for young mums and children. Activities include art therapy, outings to cafes/parks/play centers, origami, knitting.

When: Wednesdays (during school term)

Time: : 12pm -2pm

Where: Burgess Family Centre, Box Hill

Contact Person: Vanita Harris

Phone: 03 9890 2673

Email: vharris@fan.org.au

PARENTZONE

Other Parenting Programs

Understanding your Teen

The session will touch on creating resilient teens and knowing where and when to get extra support

When: Tuesday 11th October

Time: 7pm until 8:30pm

Where: Online

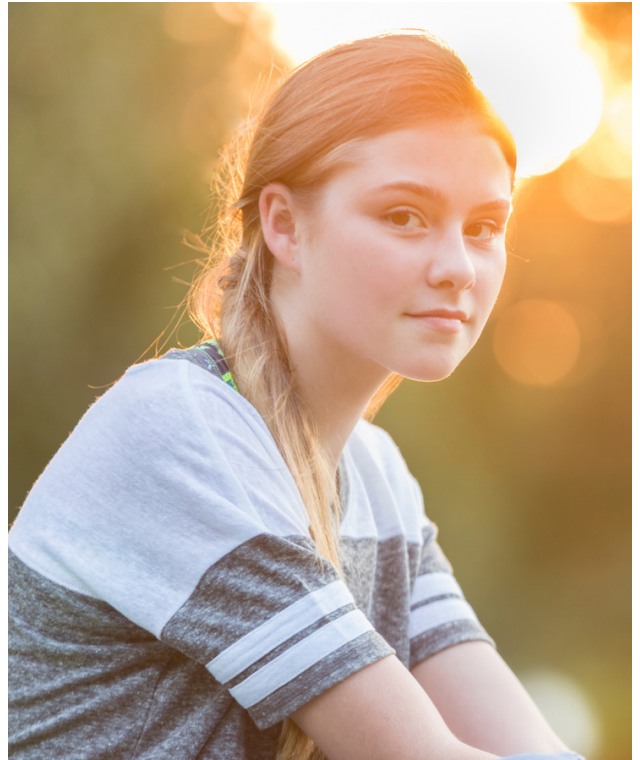
Cost: Free of charge

Contact person: Rachel Simpson

Phone: 0477 329 540

parentresource@whitehorse.vic.gov.au

Website: [click here](#)



Family Yoga

Family yoga will strengthen the bond between you and your children whilst focusing on fun.

Expect some games, yoga poses, and relaxation activities. All levels and abilities, no previous experience is needed.

For health reasons we encourage all participants to bring a yoga mat, but some will be available if you do not have one.

When: Tuesdays 18th October – 29th November (6 sessions, excluding Melb Cup)

Time: Arrive at 4 pm for 4.15pm- 5.15pm

Where: Box Hill (Exact location will be provided once registered)

Cost: Free of charge, Bookings essential

Contact: The TRAK Forward Program Intake on 03 9896 6395 or trakeast@anglicarevic.org.au

Parent Support Group

For parents supporting someone with drug or alcohol issues.

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

When: Every Tuesday

Time: 5.30pm-7.30pm

Where: Box Hill or Wantirna TBA

Cost: Free of charge, Bookings essential

Contact person: Leigh or Stacey

Phone: 0427 975 071 / 0499 004 239

Parenting Sessions - information forums and webinars



Boroondara City Council

[_boroondara.vic.gov.au/community-support/boroondara-families/activities-families/activities-parents-and-caregivers](https://www.boroondara.vic.gov.au/community-support/boroondara-families/activities-families/activities-parents-and-caregivers)

Knox City Council

[knox.vic.gov.au/parentworkshop](https://www.knox.vic.gov.au/parentworkshop)

Manningham City Council

[manningham.vic.gov.au/Parenting-Seminar-Series](https://www.manningham.vic.gov.au/Parenting-Seminar-Series)

Maroondah City Council

www.maroondah.vic.gov.au/Community-support-business/Children-and-families/Parenting-information-sessions

Monash City Council

[monash.vic.gov.au/Community/Children-Family/For-Parents/Parenting-Programs](https://www.monash.vic.gov.au/Community/Children-Family/For-Parents/Parenting-Programs)

Whitehorse City Council

[whitehorse.vic.gov.au/living-working/people-and-families/family-activities-and-resources/parenting-information-forums](https://www.whitehorse.vic.gov.au/living-working/people-and-families/family-activities-and-resources/parenting-information-forums)

Yarra Ranges Council

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

PARENTZONE

Child and Family Counselling

Child and Family Counselling with Bailey the Therapy Dog

EACH is now providing Canine Assisted Therapy for all families who access our Child and Family counselling services based in Ringwood East. Child and Family Counselling uses family therapy interventions with an assistance of a therapy dog to engage in counselling and support families to find solutions together.

A first appointment requires a parent/s only session to determine the needs of the family and assess the suitability of the service.

Contact: 1300 003 224

When: Monday, Tuesdays, Wednesdays

Where: 75 Patterson St Ringwood East



Cire Reconnect Program

Reconnect can provide up to 18 months of mentorship and support for adults seeking to re-enter the workforce or training. Suitable for parents (aged 17-64) who have not been in education or employment for 6 months or more and want support to re-engage. In addition, any adults with lifetime experiences of Out of Home Care are eligible. Participation is free and voluntary - not tied to any Centrelink payments.

Contact: Erica German

Phone: 1800 835 235

Email: ericagerman@cire.org.au

Webpage: <https://www.cire.org.au/reconnect/>

PARENTZONE

Support for Parents of 0 to 6-year-olds Maternal & Child Health Centres

Boroondara MCH Centres

Bookings phone 9278 4606 or email
boroondara@boroondara.vic.gov.au

- 1 Cherry Road Balwyn (03)9836 8151
- 5 Anderson Rd, Hawthorn East (03) 9835 7861
- 21 Strathalbyn St, Kew East
- 152 Pakington St, Kew (03) 9853 9466
- Kendall St, Canterbury VIC (03) 9836 2106

Manningham MCH Centres

Bookings phone 9840 9188 or
email 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 (03) 9840 9188
- Tunstall Rd, Doncaster East (03) 9840 9188

Maroondah MCH Centres

- Arrabri House Bayswater North 9729 4017
- 90 Bonnie View Road Croydon North 9294 5777
- Croydon Civic Square 9294 5540 or 9294 5541
- Norwood Centre, Ringwood 9870 7264 / 9879 8813
- 75 Patterson Street Ringwood East 9879 6583
- 127 Oban Rd, Ringwood North 9876 3307, 9879 0854
- Tarralla, 38 Gracedale Ave, Ringwood East 9294 5777

Yarra Ranges MCH 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

Knox MCH Centres

Bookings phone 9298 8741

- Billoo Park 40 Birchfield Crescent Wantirna Forest Road (Cnr. Stockton Ave)
- Ferntree Gully Knox CFC - 41 Phyllis Street Bayswater
- Knox CFC - 81 Argyle Way Wantirna Sth
- 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

Monash MCH Centres

Bookings phone 9518 3662

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

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

PARENTZONE

Support for Parents Early Years - 0 to 6 year olds

Maternal & Child Health Telephone Service

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

Phone: 13 22 29



SmallTalk Supported Playgroups

Free facilitated playgroups for families with a child aged 0-6 years who 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

Monash Council:

playgroups@monash.vic.gov.au or 0466 026 290

Whitehorse Council:

supportedplaygroup@whitehorsevic.gov.au

Yarra Ranges Council:

earlyyears@yarraranges.vic.gov.au 1300 368 333

PANDA - Perinatal Anxiety and Depression Australia

Provides support, information, referral, and counseling to any new parent struggling during pregnancy or after the birth of their baby. Callers do not need to have a diagnosis of antenatal or postnatal depression to make contact with the helpline.

Phone: 1300 726 306

The Orange Door

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

Boroondara, Manningham, Monash, and Whitehorse **Phone:** 1300 354 322

Knox, Maroondah, and Yarra Ranges
Phone: 1300 271 150

Early Parenting Services

Day stay, residential, and group services provided to enhance parent-child relationships and support parents with strategies for achieving their parenting goals. For parents children up to 4-years of age.

Where:

O'Connell Family Centre, Canterbury
Phone: (03) 8416 7600

Queen Elisabeth Centre, Noble Park
Phone: (03) 9549 2777

Tweedle Child and Family Health Service, Footscray **Phone:** (03) 9689 1577

PARENTZONE

Support for Parents Early Years - 0 to 6 year olds

Australian Breastfeeding Association

The Breastfeeding Helpline is available 24hrs, 7 days a week, staffed by trained volunteer counselors who answer in their own homes.
Phone: 1800 686 268

Local groups meet regularly to provide information, "mother to mother" support, and activities in community centres, cafes, local parks, and online.

Whether, pregnant, fully breastfeeding, partially breastfeeding, expressing, or bottle-feeding all mothers will be welcomed.

Find local group meetings dates, times, and locations;

www.breastfeeding.asn.au/contacts/groups



Signee Tots Playgroup

Auslan based playgroup for children aged 0 to 5

Dates:

4th, 10th, 18th, 24th October
7th, 15th, 21st, 29th November.
5th & 13th December 2022

Time: 10am to 12pm

Where: 25-35 High Street, Prahan

Phone: Catherine Miller 0422013596
(SMS only)

Email: signeetots@jpc.org.au



Support for Parents Early Years - 0 to 6 year olds



Parentline Victoria

Counselling information Service for Victorian parents and carers of children 0-18 years **Phone:** 13 22 89 or visit their **website** www.parentline.vic.gov.au

Little Stars Playgroup

Facilitated playgroup for preschoolers and their carers.

Dates: Each Tuesday during the school term

Time: 10:00 - 11.30am

Where: 13 Bedford Road Ringwood

Phone: 9870 8169

Contact: Tiffany Gilmour, Playgroup Coordinator

Email: playgroup@ringwoodchurch.org.au

Webpage:

www.ringwoodchurch.org.au/beinvolved/kids-families/

Mother Goose

An hour of songs, rhymes, and stories facilitated by trained Parent-Child Mother Goose Facilitators to support language development and Parent/Child attachment.

0-2yrs Age Group

Monday 10th October to 12th December
10:00am - 11:00am

2-4yrs Age Group

Thursday 13th October to 15th December
10:00am - 11:00am

Where: 75 Patterson St, Ringwood East

Phone: 7038 6423

Contact: Shelley Neil

Email: cdtcorrespondence@each.com.au

PARENTZONE

Support for Parents Middle Years - 7 to 11 year olds

Eastern Child & Youth Mental Health Service (CYMHS)

Eastern Health CYMHS is a Specialist Mental Health Services for children and young people up to the age of 24 years who are displaying symptoms of psychiatric disorder or severe emotional and behavioral disturbance.

The service is available to families who live in the central and outer eastern regions of Melbourne

Contact: 1300 721 927 (Press Option 2)

Website:

[www.easternhealth.org.au /site/item/99-child-youth-mental-health-service-cymhs](http://www.easternhealth.org.au/site/item/99-child-youth-mental-health-service-cymhs)



Talking Tweens

For parents of children aged 8 to 13 years who would like to:

- Deal with conflict and improve relationships
- Improve communication
- Deal with anger and anxiety
- Establish boundaries with your child
- Understand tween development

When: Monday evenings (6 sessions)
Mon 10th Oct to Mon 14th Nov 2022

Time: 12:00noon - 2:00pm

Where: Online via Zoom

Cost: Free of charge

Enquiries:

sharon.muir@anglicarevic.org.au

Kids of Gold Camps

Building self-esteem and confidence for children in grades 4 - 6.

Dates: Friday 21st to Sunday 22nd October

Time: Friday 7:30 am to Sunday 3:30 pm

Contact person: Gary Parsons

Contact phone: 0415 427 396

Email: kidsofgold@gmail.com

Website: www.kidsofgold.org.au

Support for Parents of 12 to 18 year olds

Meridian

Youth and Family Therapy

Therapy for people aged 10-23 and their families to address conflict from issues such as violence, anxiety, bullying, depression, eating disorders, family breakdown, gaming or internet misuse, grief, self-harm, suicidal thoughts, sexual or physical abuse, sexual identity & gender issues, school refusal, & social isolation.

Phone: Meridian Intake on 03 9896 6322

Email: meridian@anglicarevic.org.au

Breaking the Cycle

An eight-week therapeutic group work program for parents/carers experiencing adolescent violence in the home (AVITH)

When: 12th October – 30th Nov 2022

Time: 6.30pm – 8.30pm

Where: Anglicare Victoria, Level 2, 37-41 Prospect Street, Box Hill 3128 or Online

Phone: 03 9896 6322

Email: meridian@anglicarevic.org.au

Partners in Parenting (PiP)

For parents or guardians of teenagers aged 12-17 years.

Monash University and Prevention United are offering FREE access to an evidence-based online parenting program to make sense of adolescence and raise their teenager with confidence.

PiP+ includes features such as:

- An online community with other parents of teens
- Personalised feedback about parenting, and well-being of the parent and teenager
- 10 user-friendly interactive online modules (15-25mins each) for parents to do in their own time
- A world-leading research project

Website: partnersinparenting.com.au

Email: med-pip-plus@monash.edu or

Phone: 0492 476 075

COACH Program

COACH program offers the support of a trained volunteer for an hour a week for one year.

Mentors provide a friendship with a purpose to individuals and families. They can assist with goals around parenting, social connection, life skills, study, and employment.

Mentors use an empowerment model to help people maximize their own resources and stay on track with the goals they set. Men are matched with men and women with women.

Cost: free.

Where: Monash and surrounding areas.

Contact Rosie on 9803 9144

Email; rmerrigan@sb.org.au

PARENTZONE

Eastern Youth Services

Boroondara Youth Services

Website: www.boroondara.vic.gov.au/community-support/young-people/visit-our-youth-centre **Phone:** 9278 4608

Knox Youth Services

Website: knox.vic.gov.au/youth
Phone: 9298 8000

Manningham Youth Services

Website: each.com.au/manninghamyouth/youth-programs/
Phone: 130000 EACH / (1300 00 3224)

Maroondah Youth Support Service

Website: maroondahyouth.com.au/Support-for-Young-People
Email: youth@maroondah.vic.gov.au
Phone: 9294 5704

Monash Youth Services

Website: monashyouth.org.au/Programs
Phone: 9518 3900

Whitehorse Youth Services

Website: whitehorse.vic.gov.au/living-working/people-and-families/young-people/services-activities
Phone: 9898 9340

Yarra Ranges Youth Services

Website: yarraranges.vic.gov.au/Community/Youth
Phone: 1300 368 333

YSAS

Youth Support and Advocacy Service

Website: ysas.org.au
Phone: 9415 8881

Headspace

Confidential and free mental health support for young people aged 12 to 25 years

Website: headspace.org.au

Phone:
Knox - 9801 6088
Hawthorn - 9006 6500

PARENTZONE

Youth Groups

EACH Youth and Family

EACH Youth & Family is running several online and in-person group social activities for young people aged 15- 25 years

Programs include:

- Just Vibing - an inclusive social group for 15 - 25-year-olds to engage in fun activities.
- Just Shine - therapeutic group program for young women aged 14-18 years.
- Youth & Family Craft Space - group craft space for young people aged 15-25 years

More information:

EACH Youth & Family Facebook page;
facebook.com/groups/eachyouthvic

Walk and Talk

Walk and Talk is a peer support walking group for young people in Maroondah aged 15-25 years old. The group provides a safe space, open for all kinds of conversation while being supported by a Youth Worker, a Mental Health Worker (Counsellor/Provisional Psychologist) and their therapy dog.

When: Fortnightly Wednesday 4:30 pm - 5:30 pm

Contact: Maroondah Youth and Children's Services

Email: youth@maroondah.vic.gov.au

Website:

www.maroondahyouth.com.au/Programs-for-Young-People

You Matter

An opportunity for teens to express themselves, their feelings & experiences through the creative arts.

A creative art therapy group for teens aged between 13-18 years who are living with or have lived with family violence.

- Improve confidence and self-esteem
- Learn about healthy relationships
- Form new friendships
- A safe space that encourages listening & caring

Dates: 7 November - 12 December 2022

Time: Mondays 4:00pm - 6:00pm

Cost: Free

Location: Doncare, Suite 4, Level 1, MC2, 687 Doncaster, Road, Doncaster 3108

Contact: Sonia Tomasiello

Phone: 9856 1500

Email: sonia.tomasiello@doncare.org.au

EV's Hangout

A drop-in program for young people aged 12-25. Each week young people have access to the pool, table tennis, video games, board games, food, and other activities. Young people can also connect with our youth workers for a casual chat or to seek support.

When: Every Thursday 3:00 - 6:00 pm

Contact: Maroondah Youth and Children's Services

Phone: 9294 5704

Email: youth@maroondah.vic.gov.au

Website:

www.maroondahyouth.com.au/Programs-for-Young-People/Hangout

PARENTZONE

Disability Programs for Parents

Living with Autism Support Group

An informal peer support group for parents/carers who are caring for children living with Autism

When: Fortnightly Tuesday Evenings
Oct 11th & 25th, Nov 8th & 22nd, Dec 6th

Time: 7:00-8:00pm

Location: Zoom

Bookings:

To book please email

Michelle.emeryevans@anglicarevic.org.au

If you'd like more information feel free to contact Michelle on 0438 646 744.



Strengthening Parent Support Program

Are you a parent or carer of a child with a disability or developmental delay (with or without a formal diagnosis)?

Come along and join other parents and carers at one of our friendly supportive peer support groups.

Share stories and strategies, and have a cuppa, a chat, and some laughs with other supportive parents and carers in a casual and comfortable environment.

You can come to one or as many groups as you like!

Vermont

Dates: 1st Tuesday of every month

Time: 10:00 - 11:00am

Bayswater North

Dates: 2nd Wednesday of the month

Time: 10.30 - 11.30am

Online Group

Dates: Fortnightly on Thursday mornings.

Time: 10.30 - 11.30am via Zoom

Enquiries and Bookings:

michelle.emeryevans@anglicarevic.org.au

Michelle on 0438 646 744

Disability Support for Parents



Teens and Beyond Online Workshop

A free online workshop on how to get the right NDIS support, school and post-school options, future planning, and how to support their teenager's wellbeing.

The workshop runs over three consecutive weeks. All our professional facilitators are parents of young people with disability who have personal experience of navigating the teenage years.

When: Tuesday 11, 18, 25 October – 10:00 am
Tuesday 11, 18, 25 October – 07:00 pm
Wednesday 12, 19, 26 October – 10:00 am
Thursday 13, 20, 27 October – 10:00 am

Cost: Free

Location: Online

Bookings: bit.ly/TeensBeyondOCT

Phone: 03 9880 7000

Email: educate@acd.org.au

EACH Family Relationship Support for Carers Program

Carer workshops, information sessions, and events with topics relevant to carer needs.

- Tuning Into Kids and Tuning Into Teens
The programs are facilitated by a trained psychologist in this field. No cost
- Wills & Estate Planning, including Disability Trust information.
- Carer Wellness events.

Short-term counseling support. (Individual, couples & family sessions)

For further information please contact EACH on **1300 303 346** or frsc@each.com.au

PARENTZONE

Disability Contacts for Families

Association for Children with a Disability (ACD)

Support Line Monday to Friday 9:00 am-5:00 pm

Email: acdsupport@acd.org.au with your preferred day and time for a callback Text: 0475 577 997 with your preferred day and time for a callback

Phone: 03 9880 7000 or 1800654 013 (regional)

AMAZE

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

Phone: (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.

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

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 **Website:** <http://www.downsyndromevictoria.org.au/>

Epilepsy Action Australia

Provider of epilepsy support and information nationwide.

Website: <https://www.epilepsy.org.au/>

Scope Australia

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

VALID

Equipping and empowering people with a disability and their families using training tools, information, and resources. 130 Cremorne street, Richmond Vic 3132

Phone: 03 9416 4003

Yooralla

Provides quality services for people with disability across Victoria **Phone:** 03 9666 4500

Website: <https://www.yooralla.com.au/>

Aboriginal and Torres Strait Islander Support for Families

Mullum Mullum Indigenous Gathering Place

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

Website: mmigp.org.au

Phone: (03) 9725 2166

Djirra

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

Website: djirra.org.au

Phone: (03) 9244 3333

Dardi Munwurro

Delivers a range of family violence, healing, and behaviour change programs and services.

Breaks 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.

Website: dardimunwurro.com.au

Phone: 1800 435 799



Boorndawan Willam Aboriginal Healing Centre

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

Website: bwahs.com.au

Phone: (03) 9212 0200

Victorian Aboriginal Child Care Agency (VACCA)

A state-wide Aboriginal Community Controlled Organisation servicing children, young people, families, and community members.

The largest of its kind in Australia.

Website: vacca.org **Phone:** (03) 8727 8800

Oonah Health & Community Services Aboriginal Corporation

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

Website: oonah.org.au **Phone:** (03) 5962 2940

PARENTZONE

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.

Website: miceastmelb.com.au

Chinese Family Services

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

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

Phone: Joseph Jin - 0422008145 or 98754222

Email: 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 interfaith networks, language service providers, government agencies, language schools, and events

Phone: (03) 7005 1267

Website: multiculturalcommission.vic.gov.au

Asylum Seeker Resource Centre

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

Website: asrc.org.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

Website: ringwoodchurch.org.au/be-involved/community



PARENTZONE

Family Violence Support



Mums Guiding Kids Forward

An 8-week parenting program for mothers who have experienced family violence and abuse.

- Build a stronger foundation for your children's future
- Develop your parenting skills to better meet the needs of your children.

This group provides a safe space for mothers to gain additional skills and strategies to parent children affected by family violence.

Where: Anglicare Victoria - Via Zoom

When: Monday, 3rd October - 28th November 2022

Time: 10:00am - 12:00pm

Cost: Free of charge. Bookings essential

Bookings: Ayala Vansover & Tracy Morganella
9735 6100 or via **email**

WomenandChildrensprogram@anglicarevic.org.au

Doncare

Counselling services offer for Children, Youth and Family Violence.

Contact Person: Intake Co-ordinator

Phone: 9856 1500

Email: intake@doncare.org.au

Website: <https://doncare.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 Phone: 03 9896 6395

Email: trakeast@anglicarevic.org.au

Crossways Life Care

Offers support to women and children who have experienced family violence through various group programs, counseling, mentoring, financial care, food pantry and community events.

Phone: (03) 9886 3899

Email:

lifecare@crosswaylifecare.org.au

PARENTZONE

Family Violence Support

“Women Supporting Women, Recovering from Family Violence “

This ongoing group is for women on the road to recovery:

- Self-Care
- Healing
- Family relationships
- Healthy and Unhealthy relationships
- Boundaries
- Anger

Who can attend:

Women that have experienced family violence but are now in the recovery phase (have experienced some counselling or attended other groups as part of their recovery)

Women will have a brief talk to a group facilitator prior to attending the group.

When:

Wednesdays, 12-2pm, currently face to face at MC2 Building, 687 Doncaster Rd Doncaster VIC 3108

Groups will run during term time (starting week 2 of each term).

For more information, please contact Andrea via [email](#)

andrea.derauch@doncare.org.au or [call](tel:98561500) 9856 1500

Sunshine Playgroup

Sunshine Playgroup is open to all families with children aged between 2.5-5 years old who have been impacted by family violence. It is not a therapy program, but rather a playgroup where children and parents can spend time together in a creative and safe space.

When: Wednesdays

Time: 10am-11.30am

Where: Burwood East

Cost: Free

Morning tea provided

For more information please contact LifeCare on 9886 3899 or FVPrograms@crosswaylifecare.org.au



Re:SPECT

The Women's Re:SPECT program utilises the visual arts, journaling and mindfulness for self-expression. To explore themes relating to emotions, values and identity. Moving towards healing and recovery.

- A Space to Pause, Express, Connect & Thrive
- Experience self-acceptance and growth in a safe and supportive environment
- Connect and share with other women who have had similar experiences
- Break free from self-blame and fear
- Reconnect with your personal strengths, your power and wisdom

Move forward and celebrate the future!

When: Tuesday's 8 Nov - 13 Dec, 10:00am - 12:00pm.

Location: Doncare, Suite 4, Level 1, MC2, 687 Doncaster Road, Doncaster 3108

Cost: Free

For more information, please contact Sonia via [email](#)

sonia.tomasiello@doncare.org.au or [call](tel:98561500) 9856 1500

PARENTZONE

Family Violence Support



Courage to Heal

The Courage to Heal Program is a 12 month group therapy program for women who have experienced intimate-partner violence.

The program runs weekly during school terms and breaks over school holidays. Courage to Heal covers topics including understanding abuse, managing emotions, healthy boundaries and healthy relationships. The program aims to create community, empower and support women as they heal and recover from the impacts of family violence.

Occasional child care available for pre-school aged children while their mums attend the program

When: Thursdays, October 6th 2022 - September 2023

Time: 10:00am - 12:30pm

Where: Waratah House, confidential location within City of Whitehorse

Cost: Free

Contact: Beth 9886 3899

Email: FVPrograms@crosswaylifecare.org.au

Website: <https://www.crosswaylifecare.org.au/our-services/family-violence-programs/>

PARENTZONE

Family Violence Support

CAREing Connections

A weekly peer support group that provides women a safe, relaxed space to connect and discuss topics of resilience and wellbeing over a cup of tea.

Topics to be explored include:

- Self-Care
- Healing
- Family relationships
- Healthy / Unhealthy relationships
- Boundaries
- Anger

When: Wednesdays (Groups will run during term time, starting week 2 of each term.)

Time: 12:00pm - 2:00pm

Where: Doncare, Doncaster

Cost: Free

For more information please contact:

Zehra.Yalcin@anglicarevic.org.au

Andrea.derauch@doncare.org.au

Phone: 9856 1500

Create and Connect

An 8-week art therapy group for women who have experienced family violence.

Art therapy uses the creative process of making art as a safe way to represent your inner experiences and work towards healing.

- Connect with peers
- Build self-esteem
- Find hope and rest
- No artistic skill is required at all!

When: Tuesdays, weekly during Term 4 (11th Oct - 6th December)

Time: 10am - 12pm

Where: Waratah House, City of Whitehorse (address provided on registration)

Contact: Beth 9886 3899

Email:

FVPrograms@crosswaylifecare.org.au

Website: <https://www.crosswaylifecare.org.au/our-services/family-violence-programs/>



Eastern Domestic Violence Services (EDVOS)

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

Phone: 9259 4200

Safe Steps Phone: 1800 015 188 (24-hour crisis line)

Website: edvos.edvos.org.au

PARENTZONE

Support for Dads



Dads Matter

A Parents Building Solutions Program for fathers to:

- Better understand your importance in your child's life
- Have agreements that work
- Improve your relationship with your child
- Get your head around what they need from you

When: Tuesdays (6 evening sessions)
8th November - 13 December 2022

Time: 7.00pm to 9.00pm

Bookings: Click here to register, Free of charge

Enquiries: Julia at Parentzone
9721 3629 or 0400 866 495

DadsLink

DadsLink group is a space for all Dads and Father figures to connect, while also creating opportunities to enjoy healthy activities and camps with their children.

Where: Hocokah House in Canterbury.

Contact: dadslink@ymca.org.au

Dads Online

Dads come in all shapes and sizes and many are part of a separated family. There is one distinct common thread that connects us, we love our children, we embrace fatherhood, and intentionally make it a priority.

Dads Online are dedicated to these Dads. We provide relevant information and ideas that tap directly into the heart of topics that are most important to Dads.

Where: Online

Contact: www.dadsonline.com.au/contact

Dads in Distress

Supports Dads experiencing trauma through family breakdown and separation. DID acknowledge the specific issue of father-child contact and custody battles commonly termed 'parental alienation, a factor closely linked to stress, separation anxiety, depression, isolation, and suicide in Australia.

Website:

<https://www.parentsbeyondbreakup.com/dids>

Phone: 1300 853 437

PARENTZONE

Financial Counselling



Anglicare Victoria Financial Counselling Program

- Unable to pay your bills?
- Struggling to pay your debts?
- Thinking about bankruptcy?
- Struggling with paying your mortgage or rent?
- Do you have debts as a result of family violence?

Financial Counselling is free and confidential to anyone living in the Inner Eastern Metropolitan Region experiencing financial hardship.

Free services to anyone living in the Boroondara, Manningham, Monash, and Whitehorse local government areas. You can see a Financial Counsellor over the phone, at our Box Hill office, or at an outreach location in Glen Waverley.

To make an appointment to see a Financial Counsellor please call 9896 6322

Financial Counsellors can work with you to establish payment plans for:

Utilities

- Credit Cards
- Loan repayments
- Telecommunication providers
- Fines

Financial Counsellors can:

- Provide options and explain the consequences of each option.
- Offer details of government concession and other assistance
- Support you with Centrelink matters
- Provide information on the bankruptcy process
- Refer you to other services that may be able to assist

PARENTZONE

Useful Contacts for Families

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 Victoria Counselling information Service 13 22 89 or visit
their website www.parentline.vic.gov.au

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

Anglicare Box Hill - (03) 9896 6322

37-41 Prospect 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
- ParentZone

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
- Integrated Family Services
- Child FIRST

EACH

Eastern Access
Community Health

each.com.au/services

Phone: 1300 003 224

- 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

Temcare

03 9877 7729

www.temcare.org.au

- Respite Foster Care - regular care in the home of a volunteer 1 weekend a month 2-12 years old
- Mates Mentoring - 1:1 mentoring support for teenagers 11-16
- Youth Workers - outreach youth support
- Integrated Family Support - support for families - parenting/case management/advocacy/NDIS access/mental health/court support/referral support
- Counselling for children - Play therapy /outreach in their school or creche / 3-12 years old / Evidence based psychotherapy promoting healing and growth for trauma/mental health and disability in children.

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

Email: 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

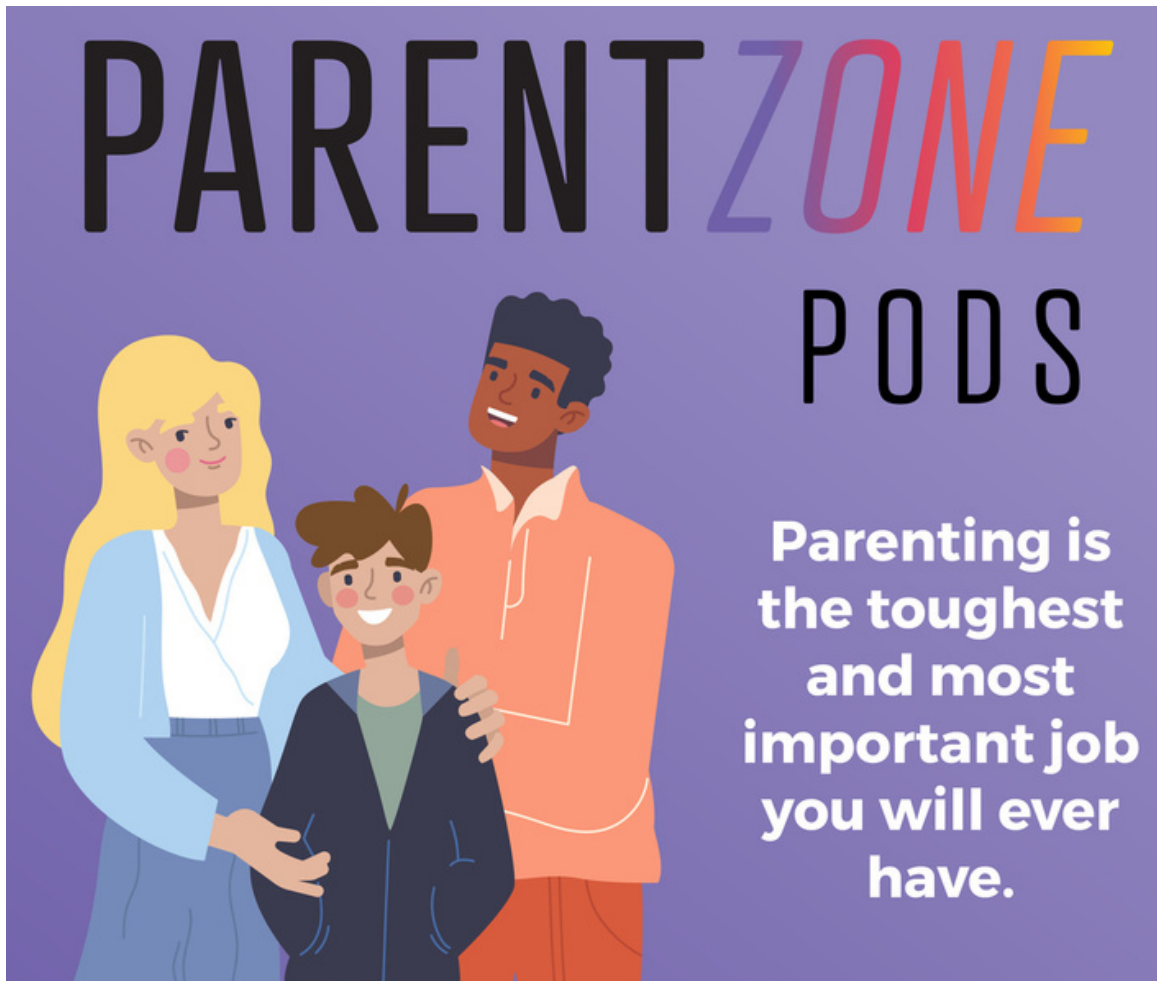
Uniting Wesley Croydon (03) 9839 6100 Ringwood (03) 8870 4070

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

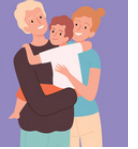
ParentZone Pods



Family meetings everyone will love



Dealing with your kids' anxiety



Sibling rivalry



Getting my children to listen



How to respond to our kids' behaviour



How to stop yelling at your kids



For parents, carers, and those who support parenting

The ParentZone Teams are delighted to bring you 6 ParentZone Pods for you and the families you support. Each Pod identifies and explores common issues parents bring to our parenting groups, and offers strategies to try in these situations.

Podcast Episodes Available Now!

Episode 1: [Family Meetings](#) - [click here to listen](#)

Episode 2: [Dealing with Anxiety](#) - [click here to listen](#)

Episode 3: [Sibling Rivalry](#) - [click here to listen](#)

Episode 4: [Getting Children to Listen](#) - [click here to listen](#)

Episode 5: [How to Respond to Kids' Behaviour](#) - [click here to listen](#)

Episode 6: [How to Stop Yelling at your Kids](#) - [click here to listen](#)

ParentZone Pods can be found on our website and via Apple and Spotify

PARENTZONE

Partnering and Professional Training with ParentZone

Parent Educators Network

The next Parent Educators Network Meeting will be in December, the team will send out further information closer to the time. . 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!

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

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

We look forward to hearing from you!

The ParentZone Eastern team,

Tamara, Sharon, Julia, Michelle, Deborah, and Jo



Newsletter Submissions What Are Your Plans for 2023?

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 parentzone.eastern@anglicarevic.org.au by the last day of each school term.

Professional Training

Bringing Up Great Kids: Facilitator Training

This practical workshop provides participants with the opportunity to learn how to successfully establish and run the Bringing Up Great Kids Parenting Program.

Dates: 4th & 5th October, 10th & 11th October, 13th & 14th October, 19th & 20th October, 25th & 26th October, 3rd & 4th November, 8th & 9th November, 17th & 18th November, 24th & 25th November.

Time: 2 sessions x3.5hrs each - 10am-1.30pm

Where: Online

Contact person: Pat Jewell

Phone: 1300 381 581

Email address: PJewell@childhood.org.au

Website:

<https://professionals.childhood.org.au/training-development/>

Bringing Up Great Kids: Parenting after family violence

This workshop will provide participants with the knowledge and skills to facilitate a parent group with survivors of family violence in a safe, respectful and reflective space.

Dates: 12th October

Time: 1 session x3.5hrs - 10am-1.30pm

Where: Online

Contact person: Pat Jewell

Phone: 1300 381 581

Email address: PJewell@childhood.org.au

Website:

<https://professionals.childhood.org.au/training-development/>

Bringing Up Great Kids: for Aboriginal & Torres Strait Islander Families

This workshop provides participants with skills and knowledge to facilitate a BUGK parenting group tailored for Aboriginal and Torres Strait Islander families

Dates: 12th October

Time: 1 session x3.5hrs - 10am-1.30pm

Where: Online

Contact person: Pat Jewell

Phone: 1300 381 581

Email address: PJewell@childhood.org.au

Website:

<https://professionals.childhood.org.au/training-development/>

Bringing Up Great Kids: in the First 1000 days

This training provides participants with the opportunity to focus on developing their knowledge and skills to support parents during the pre-natal period and first two years of their child's life - the First Thousand Days.

Dates: 28th October

Time: 1 session x3.5hrs - 10am-1.30pm

Where: Online

Contact person: Pat Jewell

Phone: 1300 381 581

Email address: PJewell@childhood.org.au

Website:

<https://professionals.childhood.org.au/training-development/>

PARENTZONE

Professional Training

Bringing Up Great Kids: Parenting Adolescents

This workshop will provide participants with skills and knowledge to facilitate a BUGK parenting group tailored for parents who are embarking on the challenging and rewarding relational journey with their adolescents.

Dates: 30th November

Time: 1 session x3.5hrs - 10am-1.30pm

Where: Online

Contact person: Pat Jewell

Phone: 1300 381 581

Email address: PJewell@childhood.org.au

Website:

<https://professionals.childhood.org.au/training-development/>

Bringing Up Great Kids: Learning the basics for professionals who work one on one with parents

This training session is an introduction to Bringing Up Great Kids Program materials and resources. It is specifically for professionals who have no previous knowledge of the BUGK program. It showcases BUGK resources and materials and demonstrates how the material can be used in everyday practice with parents

Dates: 20th October

Time: 1 session x3.5hrs - 10am-1.30pm

Where: Online

Contact person: Pat Jewell

Phone: 1300 381 581

Email address: PJewell@childhood.org.au

Website:

<https://professionals.childhood.org.au/training-development/>

Running online Bringing Up Great Kids Groups for Parents

This practical workshop provides participants with skills and knowledge about facilitating a Bringing Up Great Kids (BUGK) Online Parenting Group. This interactive and live training will support participants to adapt their knowledge and skills about BUGK to successfully facilitate a BUGK parent group in the online environment.

Dates: 10th November

Time: 1 session x3.5hrs - 10am-1.30pm

Where: Online

Contact person: Pat Jewell

Phone: 1300 381 581

Email address: PJewell@childhood.org.au

Website:

<https://professionals.childhood.org.au/training-development/>



PARENTZONE