



Parenting in Gippsland

What's On Guide - Term 2, 2026

ParentZone Gippsland

P: (03) 5135 9555

E: parentzone.gippsland@anglicarevic.org.au

PARENTZONE

BETTER
TOMORROW

≡ Welcome ≡

ParentZone Gippsland Term 2

Hello and Welcome!

At ParentZone, we provide a supportive space for parents and carers to build on their strengths, develop practical skills, and create positive change within their families. We offer free parenting groups, workshops, resources, and training to all parents and caregivers across the Gippsland region.

Our skilled and experienced facilitators tailor programs to meet the unique needs of each family, drawing on evidence-informed frameworks such as Parents Building Solutions, Breaking the Cycle, Smalltalk, and more.

ParentZone programs support families through all ages and stages—from newborns to teenagers—and address a wide range of parenting challenges, including family violence, behavioural concerns, and developmental milestones.

Programs are delivered both face-to-face and online to ensure accessibility across our region. In addition, ParentZone provides individual consultations, general parenting advice, and support with referral pathways to other Anglicare Victoria services.



Why parents love our programs:

- Our facilitators are engaging, and the programs are super-flexible.
- We are all about focusing on your strengths and giving you more strategies and tools.
- Programs are a team effort between you and us, because you're the expert of your family!
- You can take your pick from single sessions or the 6-week programs.
- You can come to a program in person or join the online sessions.

ParentZone Gippsland

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Anglicare Victoria Morwell Office

188-190 Commercial Rd, Morwell 3840

Anglicare Victoria Warragul Office

3 Barkly St, Warragul 3820



Triple P Parenting



Triple P provides support to help you manage your child's behaviour, build your parenting skills, and prevent the kinds of problems that make family life stressful.

The structure of the program is 4 group sessions, 3 individual sessions and coming back together for the last group session.

Find ways that work for you and your family to:

- Learn and practice parenting skills that will encourage behaviour you like and deal with problem behaviour
- Become confident as a parent and realistic about parenting
- Achieve important family goals
- Take care of yourself
- Explore complementary modules that enhance parent relationships, communication and coping.

DATES: Wednesdays
29th April - 17th June 2026
8 sessions

TIME: 10:00am - 12:00pm

WHERE: ONLINE via ZOOM

COST: Free

To register for the Triple P Parenting program, please complete the registration by clicking this link

[2026 TERM 2: TRIPLE P – Fill out form](#)

or scan the QR code



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 FREE  8 SESSIONS



PARENTZONE 3

Circle of Security Parenting



Circle of Security is a relationship-based early intervention program that supports parents and carers to strengthen their attachment with their children.

The program helps you make sense of your child's behaviour, understand their emotional needs, and build a more secure and connected relationship.

The Circle of Security Parenting program helps parents and caregivers to:

- Strengthen the parent-child attachment
- Understand their child's emotional needs
- Develop practical strategies to respond to behaviour in ways that foster security, self-esteem, and emotional regulation

Delivered in a supportive and reflective group environment, Circle of Security offers practical tools and insights that can help everyday parenting feel calmer, more confident, and more connected.

DATES: Mondays
27th April - 22nd June 2026
8 sessions

TIME: 11:00am - 1:00pm

WHERE: Traralgon Library
Community Room 2
32-36 Kay St
Traralgon

COST: Free

To register for the Circle of Security Parenting program, please complete the registration by clicking this link

[2026 TERM 2: CIRCLE OF SECURITY PARENTING – Fill out form](#)

or scan the QR code



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 **FREE**  **8 SESSIONS**

PARENTZONE 4

Tuning Into Kids



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:

- How to create open communication channels with kids.
- Strategies for helping children manage emotions and conflicts.
- Approaches for addressing challenging behaviours.
- Ways to help kids build resilience, especially in the face of anxiety or stress.

Children with emotional intelligence:

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

DATES: Tuesdays
28th April - 2nd June 2026
6 sessions

TIME: 6:00pm - 8:00pm

WHERE: ONLINE via ZOOM

COST: Free

To register for the Tuning Into Kids program, please complete the registration by clicking this link [2026 TERM 2: TUNING INTO KIDS – Fill out form](#) or scan the QR code



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 FREE  6 SESSIONS

PARENTZONE 5

Tuning Into Teens



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

Do you want to:

- Better understand and support your teen's emotions—including anger, anxiety, and sadness?
- Improve communication and strengthen your connection with your teenager?
- Teach your teen how to handle conflict in healthy, respectful ways?
- Help your teen develop emotional regulation skills they can use for life?

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.

DATES: Thursdays
30th April - 4th June 2026
6 sessions

TIME: 11:00am - 1:00pm

WHERE: ONLINE via ZOOM

COST: Free

To register for the Tuning Into Teens program, please complete the registration by clicking this link

[2026 TERM 2: TUNING INTO TEENS – Fill out form](#)
or scan the QR code



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 FREE  6 SESSIONS

PARENTZONE 6

Emotion Focused Parenting



Parenting can be challenging, especially when children experience big emotions and difficult behaviours.

This program supports parents to better understand their child's emotional world and build stronger, more connected relationships.

Learn practical strategies to support your child while building confidence in your parenting.

Topics include:

- Understanding behaviour challenges
- Creating safe and consistent boundaries
- Emotion coaching and supporting big feelings
- Encouraging resilient thinking
- Exploring different parenting styles
- Developing coping strategies for parents and children

Connect with other parents and gain tools to support a calmer, more confident family environment.

DATES: Wednesdays
13th May- 17th June 2026
6 sessions

TIME: 10:30am - 12:30pm

WHERE: Anglicare Warragul
3 Barkly St
Warragul

COST: Free

To register for the Emotion Focused Parenting program, please complete the registration by clicking this link

[2026 TERM 2: EMOTION FOCUSED PARENTING – Fill out form](#)

or scan the QR code



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 **FREE**  **6 SESSIONS**

PARENTZONE

Single Sessions



You can now book in a one-on-one parent coaching session

In these session you will:

- Focus on a specific parenting goal
- Build confidence, skills, and problem-solving strategies
- Find clear, flexible solutions

If you have limited time but want quick positive results book a time for a session!

Call us on
5135 9555 or email us at
Parentzone.Gippsland@anglicarevic.org.au

Or you can join a 2 hour parenting workshop

Looking for practical parenting support but short on time?

Our Single Session Workshops focus on one specific parenting topic and are designed to provide helpful strategies you can start using straight away.

In just 2 hours, you'll gain practical tools, fresh ideas and helpful insights to support your parenting.

These sessions also provide a great opportunity to connect with other parents, share experiences and learn what has worked for others.

A short session with real strategies, practical ideas and immediate takeaways to support you and your family.

Routines and Transitions



Do mornings feel rushed? Are bedtime or daily transitions becoming a struggle?

This session supports parents and caregivers of preschool-aged children to understand the importance of routines and how they help children feel safe, secure and confident.

Learn practical strategies to make everyday transitions smoother and reduce stress for the whole family.

In this session you will learn:

- Why routines are important for young children
- How to create simple and effective daily routines
- Strategies to support smoother transitions between activities
- Ways to reduce resistance and challenging behaviour
- Tips to help children feel secure and confident during change

DATES: Monday
4th May 2026

TIME: 10:30am - 12:30pm

WHERE: Anglicare Morwell
188-190 Commercial Rd
Morwell

DATES: Tuesday
2nd June 2026

TIME: 12:00pm - 2:00pm

WHERE: Online via ZOOM

COST: Free

To register for the Routines and Transitions single session, please complete the registration by clicking this link

[2026 TERM 2: SINGLE SESSIONS – Fill out form or scan the QR code](#)



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 FREE  1 SESSION

PARENTZONE 9

Parenting Anxious Children



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

Come along to this session and join other parents to share experiences, learn practical strategies, and discover solutions on how to support your child.

Parenting anxious kids looks at:

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

DATES: Tuesday
12th May 2026

TIME: 11:00am - 1:00pm

WHERE: Online via ZOOM

COST: Free

To register for the Routines and Transitions single session, please complete the registration by clicking this link

[2026 TERM 2: SINGLE SESSIONS – Fill out form or scan the QR code](#)



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 FREE  1 SESSION

PARENTZONE 10

Managing Challenging Behaviours



Are you parenting children who are displaying challenging behaviours and would you like to better understand what is a normal age and stage response for a child aged 0-12 years?

This parenting workshop is for parents and carers of children who wish to:

- Understand why young children behave as they do.
- Learn strategies to manage challenging behaviour
- Decide when and how to set boundaries
- Become a calmer happier parent

DATES: Thursday
11th June 2026

TIME: 11:30am - 1:30pm

WHERE: Online via ZOOM

COST: Free

To register for the Routines and Transitions single session, please complete the registration by clicking this link

[2026 TERM 2: SINGLE SESSIONS – Fill out form or scan the QR code](#)



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 FREE  1 SESSION

PARENTZONE 11

Brief Parent Coaching



Brief Parent Coaching offers short-term, practical support to help parents manage everyday challenges and strengthen relationships with their children.

In up to three sessions (in person, phone, or Zoom), parents can focus on one or two key parenting goals and learn simple, effective strategies that can be used straight away.

Sessions may cover topics such as managing challenging behaviour, supporting emotional regulation, setting clear boundaries, improving communication, understanding child development, and strengthening routines at home.

This is action-focused support designed to build confidence and create positive change quickly. Suitable for any parent looking for practical guidance and fresh strategies.

 FREE  1-3 SESSIONS

Get in Touch

Interested in learning more or seeing if Brief Parent Coaching is right for you?

We'd love to hear from you

Our team is here to answer your questions and help you take the next step.

Reach out for a friendly chat, or to book your sessions

Email us on:
parentzone.gippsland@anglicarevic.org.au

Taking the first step can make a big difference – we're here to support you.

PARENTZONE 12

Child and Parenting Support



CaP's can support you with:

- Building parenting confidence
- Strengthening parent-child relationships
- Establishing healthy routines at home
- Understanding children's behaviours and emotional needs
- Improving family communication
- Supporting healthy eating habits
- Reducing anxiety and stress
- Sleep and settling strategies
- Linking with other services and supports

We're here to support you and your family to thrive.

For further information contact:

Kathy Gleeson 0499 005 141
or kathy.gleeson@anglicarevic.org.au

Children and Parenting Support Program (CaP's)

Support for families when you need it most

The Children and Parenting Support Program (CaP's) offers short-term, practical support for families who would benefit from a little extra guidance and encouragement.

Through weekly check-ins by phone or home visits, our friendly practitioners work alongside you to build confidence, strengthen family relationships, and support positive changes at home.

The program typically runs for 3-4 months and is available for families residing in the Latrobe Valley.

 FREE  3-4 MONTHS

PARENTZONE 13

Supported Playgroups



Supported Playgroups

Playgroups are an important way for young children to learn and grow, especially for families who may not have many opportunities for social activities.

They provide a safe and friendly place where children can play with others, helping them to develop important skills like sharing, talking, and working together.

Within our playgroup, we offer the opportunity to learn new techniques to strengthen and improve interactions and engagements with your children using the evidence-based Smalltalk strategies

All the playgroups are free to attend; however bookings are essential to ensure we have prepared enough resources.

Some things you can expect from our playgroups are:

- 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

To register for Playgroup, please complete the registration by clicking this link

[2026 TERM 2: SUPPORTED PLAYGROUPS – Fill out form](#)

or scan the QR code



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 FREE  2 HOURS

PARENTZONE 14

Supported Playgroups



Monday - Messy Play Focus

Location: Noahs Ark
25 Chestnut Ave, Morwell
Time: 1:00pm - 3:00pm
Age: 0 - 5 years

Tuesday - Playgroup

Location: Churchill Neighbourhood Centre
Studio, 9 Phillip Parade
Time: 9:30am - 11:30am
Age: 0 - 5 years

Wednesday

Location: Noahs Ark
25 Chestnut Ave, Morwell
Time: 10:00am - 12:00pm
Age: 0 - 5 years

Thursday

Location: Children's Contact Centre
101 Buckley St, Morwell
Time: 9:30am - 11:30am
Age: 0 - 5 years

Friday

Location: Churchill Neighbourhood Centre
Studio, 9 Phillip Parade
Time: 9:30am - 11:30am
Age: 0 - 5 years



 FREE  2 HOURS

PARENTZONE

In Home Coaching



In Home Coaching

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.



To register for In Home Coaching, please complete the registration by clicking this link
[2026 TERM 2: SUPPORTED PLAYGROUPS – Fill out form](#)

or scan the QR code



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 FREE  5/10 SESSIONS

PARENTZONE 16