



ParentZone Gippsland

Newsletter Term 1 2023

Information on Programs to support parents
and carers across Gippsland

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PARENTZONE

**BETTER
TOMORROWS**



Looking toward 2023

Welcome to the ParentZone Newsletter

In 2023 ParentZone will welcome a new staff member Kim to the Team. We are excited to welcome Kim and look forward to introducing her around the groups.

This coming year Parent Zone will continue to run our education and information sessions online as well as re introduce some face-to-face groups. We will continue to offer a variety of parent and carers support modules such as, tuning into kids, Bringing up Great Kids and Dads Matter. Single sessions will be running across the year and we always welcome feedback to what you would like us to deliver.

We have added an additional location for the 'learning through play' groups, with Monday now including Yinnar South and Morwell. Learning through will continue across Morwell and Churchill so keep an eye out for the details below.

After school Connections on a Thursday at Churchill with a focus on modelling behaviors and developing transferable skills from group to home that every family can benefit from.

The kinship support group has been revised to meet the need of the wider community of Kinship cares. The group will be focusing on current carers and will be delivering education to support the young people in your care. This will continue to be partnered with Relationship Australia offering evidence-based education modules to support carers and young people through the caring phase.

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

Kindest regards Bernie

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Anglicare Victoria

Anglicare Victoria has celebrated 25 years of service across Victoria in 2022.

This is a fantastic milestone for our community, who for the last 25 years have been able to access a range of service supports from the one agency.

Across the years Anglicare Victoria has designed and adapted their suite of programs to meet the growing need of the regions to ensure we can support as many families, children and carers as possible.

In 2023 ParentZone Gippsland would like to highlight some of the programs we have on offer to continue to support and nurture our community.

This newsletter will look at Gippsland Community Legal Service and Financial Counseling. Each newsletter will look at a different program the agency holds and how we can support you.



Gippsland Community Legal Service

Gippsland Community Legal Service (GCLS) is a Community Legal Centre that provides free legal services and legal education to people who live, work or study in Gippsland. GCLS lawyers are based in the Bairnsdale, Morwell and Wonthaggi offices of Anglicare Victoria.

GCLS can help with a range of legal problems, including:

- Debts
- Discrimination
- Employment
- Family violence
- Family law
- Insurance
- Mental Health
- Fines and Infringements
- Guardianship and Administration
- Neighbourhood Disputes
- Police complaints
- Personal Safety Intervention Orders
- Tenancy
- Victims of Crime (VOCAT)

GCLS also provides disaster recovery legal services to people recovering from the Black Summer Bushfires in East Gippsland.

For more information <https://www.gcls.org.au> or call 1800 004 402



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Financial Counselling

Anglicare Victoria has one of the largest financial counselling networks in the State and can provide free confidential assistance to Victorians in financial difficulty. Our qualified Financial Counsellors are trained in Family Violence matters, can make assessments on financial situations and provide assistance by explaining options if bills can't be paid. They can suggest payment plans for gas/electricity debts, help deal with credit card and loan repayments and give information on the bankruptcy process. They will also provide support in regards to contract law and Ombudsman.

Bushfire Recovery – Financial Counselling

Individuals and families who have been affected by the 2020 Victorian Bushfires are eligible to access financial counselling. Financial counsellors can assist with a range of financial issues including insurance matters, debt issues, access to grants and support.

No Interest Loans Scheme (NILS)

Program Service Area: Bass Coast, Baw Baw, Latrobe and East Gippsland

The No Interest Loans Scheme aims to provide people on low incomes with affordable, interest free loans for a range of items including essential household goods, education expenses and health related items. Loans are generally around \$1500 and applicants are required to attend an interview either by phone or face to face providing their detailed budgeting information.

Email: NILS.Gippsland@anglicarevic.org.au

To speak to one of our financial counsellors please 1800 286 260

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How can ParentZone Support you

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

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

ParentZone offers:

- Parenting education and support groups both online and face to face.
- One on one Support and in home modules
- Flexible learning modules
- Information on local services
- Support to families, Foster carers, Kinship carers and children.

ParentZone Gippsland is the Regional Parenting Service for Gippsland and supports families within the local government areas of Bass Coast, Baw Baw, East Gippsland, Latrobe, South Gippsland, and Wellington.

ParentZone want to hear from parents and carers throughout Gippsland, and the professionals who support them with how we can support you in the future.

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

PARENTZONE

Term 1

30th January - 7th April 2023



Tuning into Teens

Emotionally Intelligent Parenting For Parents of Children Aged 12-18 Years

Tuning into Teens is an evidence-based program that supports parents to feel more confident to connect with their teens.

The program is designed to help you as parents and care givers understand the needs and challenges facing teenagers, while supporting them to manage strong emotions and reduce conflict in the home and wider community.

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 9th February - 16th March 2023

Time: 10:30am -12:30pm

Cost: FREE. Bookings essential

For enquiries contact:

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PARENTZONE



Tuning into Kids

Emotionally Intelligent Parenting For Parents of Children Aged 3-12 Years

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
- Is based on emotionally-tuned parenting.
- Improve communication and boundaries setting
- Parenting anxious children

This course is a 6 week program, with a sessions running weekly.

Where: On line via TEAMS

When: Friday 10Th February - 17th March

Time: 10:30am -12:30pm

Cost: FREE. Bookings essential

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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: Tuesday 21st February -21st March 2023

Time: 1:00pm-3:00pm

Cost: FREE. Bookings essential

For enquiries contact:

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Bringing up Great Kids

Bringing up great kids (BUGK) parenting program is a mindful parenting program which gives parents the skills to slow down and respond to children in a calm and relaxed manner, leading to less stress in their lives and positive changes in their children's behavior.

The BUGK program supports parents as they explore what influences their parenting practices, and the messages they are passing onto their children.

Recommend for: parents/carers of children (aged 2-10 years of age)

Where: On line via TEAMS

When: Tuesday 7th February -14th March 2023

Time: 10:30am -12:30pm

Cost: FREE. Bookings essential

For enquiries contact:

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Dads Matter

Are you a dad who would like to:

Better understand your importance in your child's life?

Have agreements that work?

Further develop your relationship with your young people?

Get your head around what they need from you?

Come along to these 5 online sessions. Share strategies, strengths and stories.

Take some time out for you and celebrate the importance of being a Dad!

Where: On line via TEAMS

When: Tuesdays 14th February - 14th March 2023

Time: 5:30pm-7:30pm

Cost: FREE. Bookings essential

For enquiries contact:

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Breaking the Cycle

For parents and carers whose adolescent is displaying violent behaviors in the home

Do you feel threatened, frightened or even controlled by your son or daughter?
Are family members or younger siblings feeling scared?
Are you or family members feeling anxious, isolated, ashamed, as a result of the behaviour?

Breaking the cycle looks at understanding and working on the behaviour not laying blame on you or your child.

Breaking the Cycle gives you an opportunity to discuss all issues and learn new skills to better manage challenging situations.
Find the difference in the child and the behaviour and reconnect with your young person again.

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

Where: On line via TEAMS

When: Friday 10th February -31st March 2023

Time: 10:30am -12:30pm

Cost: FREE. Bookings essential

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Single sessions



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 28th March 2023

Time: 10:30am -12:30pm

Cost: FREE. Bookings essential

For enquiries contact:

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Self Care for Parents and Carers

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 24th March 2023

Time: 10:30am -12:30pm

Cost: FREE. Bookings essential

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Understanding your Childs Behaviour

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 Childs development leading to changes in behaviour
- Improve communication with your child
- Stay connected to your child
- How to maintain your emotions when parenting through difficult phases
- When to seek help

Where: On line via TEAMS

When: Wednesday 5th April 2023

Time: 10:00am -12:00pm

Cost: FREE. Bookings essential

For enquiries contact:

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Communication

The basis of a sound relationship with children is your ability to communicate effectively in a friendly and respectful manner. This involves two important aspects – listening and talking.

This 2 hour sessions looks at effective and non effective communication in the home

- What is communication
- The difference between verbal and non-verbal messages
- Listening
- Reacting
- Personal triggers and responses
- Calm and effective communication

Where: On line via TEAMS

When: Wednesday 15th February 2023

Time: 10:00am -12:00pm

Cost: FREE. Bookings essential

For enquiries contact:

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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.
- Helping you assist your child to build on their confidence and self esteem.
- Learning strategies to support your child to cope with change.
- Help your young person manage their emotions especially when dealing with conflict
- Assist children find their voice and have the confidence to use it

Where: On line via TEAMS

When: Wednesday 1st March 2023

Time: 10:30am -12:30pm

Cost: FREE. Bookings essential

For enquiries contact:

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Parenting Anxious kids

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

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 how to respond when your child gets overwhelmed?
- Help your child to regulate their emotions?
- Support your child with their challenges?

Where: On line via TEAMS

When: Wednesday 22nd March 2023

Time: 10:00am -12:00pm

Cost: FREE. Bookings essential

For enquiries contact:

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Risky Business

Curiosity and exploration is a normal part of development for all young people. Watching your young person break away from parental ideals while developing their own can be a difficult phase for all. However there are times that can become concerning.

If you are concerned about your young person or the changes to their behavior coming along to Risky Business may assist.

We will look at:

- What is normal, and what is deemed risky?
- Age and stage development.
- Improved ways to communicate with your teen.
- Develop strategies to listen without judgment.
- Help your teen problem solve and make safe choices.
- Stay connected.

Where: On line via TEAMS

When: Thursday 06th April 2023

Time: 10:30am -12:30pm

Cost: FREE. Bookings essential

For enquiries contact:

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Learning Through Play

Supported Playgroups by ParentZone Gippsland

We understand sometimes playing with your child can leave 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 0-5 years

- 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

Term 1 we will be offering an additional location at Yinnar South which will mean 2 groups will be run simultaneously on a Monday.

COST: FREE for families living in Latrobe City.

Bookings essential.

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Learning Through Play

Locations, days and times

Mondays

Location: Yinnar south Community hall
30 Brewsters Road

Time: 10:00am - 12:00pm

Wednesday

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

Mondays

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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Current Carers Education and Support

The Current Carers education and support group has been designed to promote positive growth in your relationship as a Kinship carer and with the young people you are supporting.

We understand the complexity and emotions that can impact your caring role as well as the changes in your families' dynamic. This is a judgement free supportive space designed to help you and your family reconnect while you go through this difficult time.

The program will run throughout the year with a monthly face to face meeting. Each month a new educational topic will be presented by Relationships Australia and ParentZone.

Where: Anglicare Victoria 190 Commercial Road Morwell Victoria 3840

When: Wednesday 8th February 2023

Time: 10:00am- 12:00pm

Cost: Free

Where: Anglicare Victoria 190 Commercial Road Morwell Victoria 3840

When: Wednesday 8th March 2023

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 13 22 29

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 03 5135 9555

Latrobe Community Health 1800 242 696

Sexual assaults crisis line 1800 806 292

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