



ParentZone Gippsland

Term 4 Newsletter 2024

Information on programs to support parents
and carers across Gippsland

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PARENTZONE

**BETTER
TOMORROWS**

How can ParentZone Support you

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

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

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

parentzone.gippsland@anglicarevic.org.au

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Frequently Asked Questions

How do I register?

Simply scan the individual QR code on the flyer of your chosen session OR enter the unique MS forms code into your internet browser OR contact ParentZone directly on 03 5135 9555 or parentzone.gippsland@anglicarevic.org.au.

Do the sessions cost?

All ParentZone facilitated sessions are completely FREE of charge.

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

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

What technology do I need for online sessions?

Our online session use the ZOOM platform, you will need a device that is compatible with a working camera and microphone.

Do I have to keep my camera on?

Yes, there is a requirement that your camera is on, this allows the facilitator and other participants to see one another. All our programs are designed to be interactive sessions with parent participation encouraged.

Are the sessions recorded?

No, our sessions are not recorded. This is to protect the privacy of participants as the sessions are interactive and each program is designed to cover topics to meet your parenting needs.

Can my partner or support person attend as well?

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

Can you diagnose my Child?

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

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Program Overview

Please see full flyers for program description and links to enrolment.

PROGRAM NAME	DURATION	PAGE NUMBER
Dads Matter	6 Weeks online	Page 4
Parenting After Separation	3 Weeks in Person	Page 4
Working Towards Reconnection	6 Weeks In Person	Page 5
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Raising Resilient Kids and Tweens	6 Weeks online	Page 6
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Dads Matter

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

We aim to:

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

When: Monday 7th October - Monday 11th November

Time: 4:00pm-6:00pm

Where: ZOOM

To Register Click the link or scan the code

<https://forms.office.com/r/TKC129WSqf>



Parenting After Separation

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

Would you like to:

- Learn how to best support your children through separation?
- Learn ways to better deal with your emotions and theirs?
- Build communication skills for the future, for yourself and your children?
- Develop strategies to manage your children's behaviour
- Develop self-care strategies to help you through this period.

When: Wednesday 27th November -Wednesday 11th December

Time: 10:00am - 2: 00pm

Where: 190 Commercial Road Morwell 3840

To Register Click the link or scan the code

<https://forms.office.com/r/px96nL4A3X>



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Working Towards Reconnection

Often Parent groups are not designed for those who are currently not providing full time care or are living without their children. For whatever reason your parenting journey has been interrupted and you may be working towards reconnection, re-establishing a parenting relationship, reconnecting after separation, or parenting at a distance for an extended time.

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

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

We look at:

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

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

When: Thursday 31st October - Thursday 5th December

Time: 10:30am - 12:30pm

Where: 190 Commercial Road Morwell 3840

To Register Click the link or scan the code

<https://forms.office.com/r/3QxdpApW0T>



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Tuning into Teens

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

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

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

When: Tuesday 15th October - Tuesday 26th November

1 week gap due to Melbourne Cup day holiday

Time: 1:30pm-3:30pm

Where: ZOOM

To Register Click the link or scan the code

<https://forms.office.com/r/bsyKiW0Va1>



Raising Resilient Kids and Tweens

This Parents Building solutions program is recommended for parents and carers of children aged 8-12 years of age.

During this 6-week program, learn parenting strategies to improve your relationship with your tween and teen. Teach your child the skills of resilience to bounce back from life's challenges while you improve communication and connections with your tween or teen. Understand why young people behave the way they do and learn to establish boundaries with your tween or teen along with effective ways to deal with anger and anxiety.

When: Tuesday 22nd October - Tuesday 26th November

1 week gap due to Melbourne Cup day holiday

Time: 11:30am - 1:30pm

Where: ZOOM

To Register Click the link or scan the code

<https://forms.office.com/r/RKa1zpgCg4>



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Tuning Into Kids

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

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

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

Would you like tips and strategies to:

- Better understand and communicate with your child?
- Help your child learn to manage their emotions and deal with conflict?
- Manage challenging behaviours?
- Parent anxious children?
- Raise resilient children?

Children with emotional intelligence:

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

When: Monday 14th October - Monday 18th November

Time: 10:30am - 12:30pm

Where: Leongatha Healthcare Building (opposite the main hospital building) 14 Koonwarra Rd, Leongatha VIC 3953

To Register Click the link or scan the code
<https://forms.office.com/r/ds1CSdgJR5>



OR

When: Friday 25th October - Friday 29th November

Time: 12:00pm - 2:00pm

Where: ZOOM

To Register Click the link or scan the code
<https://forms.office.com/r/dLAjPgDnQ4>





Bringing up Great Kids

Recommended for parents and carers of children aged 2-10 years of age.

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 behaviour.

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

When: Wednesday 16th October - Wednesday 20th November

Time: 12:30pm - 2:30pm

Where: ZOOM

To Register Click the link or scan the code
<https://forms.office.com/r/m7uP427VXq>



Dealing with Feelings

Do you or your children have difficulty in expressing feelings in appropriate ways. Are there challenges when communicating or even greeting each other!

Does your child often seem anxious, angry, frustrated, jealous or sad?

This program looks at positive responses to this parenting challenges, improved communication and understanding of your children's emotions and development and how to create a harmonious home life.

When: Monday 25th November - Monday 9th December

Time: 10:00am - 2:00pm

Where: 190 Commercial road Morwell

To Register Click the link or scan the code
<https://forms.office.com/r/rNZce0jFvX>





Emotion Focused Parenting

For parents and carers with children in primary school and into year 7.

During this 6-week program we discuss the complexities facing parents trying to get children to school and staying there for the day. Discussions such as separation anxiety, social development, and inclusion, how to work with and build on your child's resilience. Work on effective communication and positive reinforcements and dealing with your own feelings and stressors regarding this challenging time.

These are interactive sessions with parents and caregivers who all understand the position you are in.

When: Wednesday 16th October - Wednesday 20th November

Time: 10:00am-12:00pm

Where: ZOOM

To Register Click the link or scan the code
<https://forms.office.com/r/86rqKVJDby>



Calm Parents, Happy Kids

Ideal for those caring for children aged 3-13 years.

During this program we delve into understanding your parenting styles, how to embrace and develop your parenting skills in an inclusive, understanding and supportive environment.

We discuss topics such as:

Working with child development stages and the changes to behaviours that come with them.

Behaviour and discipline.

How to get children to listen without yelling.

Communication and feelings.

Creating family agreements.

Helping to manage and understand feelings, and problem solving.

When: Tuesday 22nd October - Tuesday 26th November

1 week gap due to Melbourne Cup day holiday

Time: 9:30am - 11:30am

Where: ZOOM

To Register Click the link or scan the code
<https://forms.office.com/r/Xnwx67pYZj>





Single sessions

Managing Challenging Behaviours

Throughout this session, parents will gain a better understanding as to why challenging behaviours occur and learn strategies to deal with them. Parents will look at how to communicate better and explore ways to stay connected with their child.

When: Thursday 17th October

Time: 12:00pm-2:00pm

Where: ZOOM



To Register Click the link or scan the code
<https://forms.office.com/r/DFGyNHbQ5t>

Setting Boundaries

This session will support parents with strategies to help their children bounce back from adversity. Parents will learn how to support their child to cope with change and deal with anger and anxiety. Explore ways to improve communication and meet other parents also wanting to raise resilient children.

When: Wednesday 23rd October

Time: 12:30pm- 2:30pm

Where: 190 Commercial Road
Morwell 3840



To Register Click the link or scan the code
<https://forms.office.com/r/mUZGhPcCnh>

Communication

This session is designed to improve communication across the family. Develop strategies to listen without judgment. Help your child learn to problem solve. Make safe choices and build stronger connections.

When: Wednesday 11th December

Time: 10:30am- 12:30pm

Where: ZOOM



To Register Click the link or scan the code
<https://forms.office.com/r/D1smZfdphC>



Sibling Rivalry

Has sibling rivalry made your home a battleground? If so, come along to this 2-hour session to work through ways to support your children communicate effectively, make better choices, establish consistent positive rules, consequences, boundaries and support good relationships. Help your children to deal with issues and problem solve effectively giving them a skill for life.

When: Wednesday 4th December

Time: 12:30pm- 2:30pm

Where: ZOOM



To Register Click the link or scan the code

<https://forms.office.com/r/TDacc7siRy>

Dealing with Transitions

Have you noticed your child needs time to process and cope with transitions. How to understand what children are telling us and respond effectively. Explore ways of communicating with your child so they will listen.

When: Wednesday 6th November

Time: 9:30am-11:30am

Where: ZOOM



To Register Click the link or scan the code

<https://forms.office.com/r/manbBtDYW8>