



Term 2 2023
ParentZone Northern

PARENTZONE

**BETTER
TOMORROWS**

Welcome to the ParentZone Northern Newsletter for Term 2 2023

Welcome to the 2023 term 2 Team Leader's report!

It has certainly been an interesting and frantic start to the year, with a number of our preconceptions about people's yearning to return to face to face groups not being borne out in the registrations. We had to cancel 3 face to face groups due to low numbers. What we are hearing anecdotally is that parents are instead wanting evening, online groups. One exception to this being a full Tuning in to Teens group in Thomastown. We continue to build on our relationships with school hubs in both Hume and Whittlesea. Another exciting new partnership for PZ is with COW maternal and child health to deliver sessions on toddler behaviour and sleep. We will be running PBS training for Professionals for COW. There has been significant interest in the PBS for separated parents, although we may need to tweak the title, so the prime focus is clearly on the best interests of the child rather than the relationship between ex-partners specifically. We are then considering PBS groups for separated dads and male identifying carers, and separately for mothers and female identifying carers. We are also looking to provide some additional online groups focusing specifically on issues-based PBS groups, like mental health, managing anxiety and school refusal, in addition to the ages and stages suite of groups we deliver each term. In the interim, please remember the PZ pods, link below, which are a great asset as a brief intervention, giving parents and carers a more immediate option for issues or concerns they are facing now.

[Click here to listen to the ParentZone Podcasts](#)

Take care everyone.

Helen Slonek
Team Leader, PZ and BWCH

What we do

ParentZone Northern News provides information on parenting programmes, parenting activities and support services that are available in the Northern Region to assist parents in their parenting role.

While ParentZone Northern provides the editorial support for this Newsletter, the intention is that it provides a voice for all parenting programmes in the North, in particular for the Northern Parent Educator's Network. We put out a warm welcome to all professionals in the Northern Region who work with the parents and families to attend the meetings and contribute to the Newsletter.



ParentZone Term 2 Parent Programmes

Tuning in to Kids

Tuning into Kids (TiK) is a program that provides parents and carers with skills in emotion coaching.

Emotion coaching is about recognising, understanding and managing your own emotions as a caregiver as well as your children's emotions.

When children develop these emotional skills, they are better equipped to negotiate the ups and downs of life.

TiK is an evidence-based program; randomised controlled research trials have shown that it makes a difference to parents and children.

Tuesday 2nd May - 6th June

10.00am - 12.00pm

Venue: Mickleham North Community Centre:
82-90 St Georges Blvd, Mickleham North

For bookings and enquiries contact ParentZone Northern:
03 8641 8900 or email parentzone.northern@anglicarevic.org.au

In Partnership with



Parents Building Solutions (6 week program)

Do you want to:

- Help your child cope in a chaotic world?
- Improve your child's confidence and self-esteem?
- Help your child to deal with anxious feelings?
- Develop strategies to manage anger?
- Talk so your child will listen?

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

Thursday 11th May - 15th June

10.00am - 12.00pm

Venue: Painted Hills Community Pavilion:
180 Painted Hills Road, Doreen

Bookings and enquiries to ParentZone Northern: 03 8641 8900 or email parentzone.northern@anglicarevic.org.au

In Partnership with



ParentZone Term 2 Parent Programmes

Bringing up Great Kids - First 1000 days (7 week Program)

Developed by the Australian Childhood Foundation, the Bringing Up Great Kids - First 1,000 Days program is targeted to people living in Darebin who are expecting their first child. Individuals, couples and non-birth parent/support persons are welcome to attend.

The program focuses on building a strong understanding of infant development during pregnancy and gestation up to the age of two years. The program assists families to raise children mindfully and to establish the foundation for respectful relationships – from the start!

A partnership between Parentzone Northern and Darebin City Council.

This pilot program for Darebin expecting first-time parents and caregivers is a component of the 'Equal from the Start initiative' in Darebin, which aims to promote gender equality through child-focused, mindful parenting practices and respectful relationships in the community.

Monday 24th April - 5th June

4.00pm - 6.00pm

Venue: Thornbury Early Years Centre

2A Raleigh Street, Thornbury

For bookings and enquiries contact ParentZone Northern:

03 8641 8900 or email parentzone.northern@anglicarevic.org.au

In Partnership with



ParentZone Term 2 Parent Programmes

Parents Building Solutions - Teens (6 week program)

Do you want a better connection with your teen?
Want to understand why teens behave the way they do?
Do you want to discuss and share ideas that work?
This 6 week parenting group helps you come up with solutions to common parenting challenges.
Young people are welcome to attend the drop in session while the parenting session is running.

Tuesday 2nd May- 6th June
4.00pm - 6.00pm
Venue: Innovation Youth Centre
20 Graduate Road, Bundoora

Bookings and enquiries to ParentZone Northern: (03) 8641 8900
or email parentzone.northern@anglicarevic.org.au

In Partnership with



Tuning into Teens

Tuning into Teens is an evidence-based program that supports parents to feel more confident to connect with their teens, understand their needs and challenges, support them to manage strong emotions, and reduce conflict.
This course provides a number of skills and strategies to help with everyday parenting challenges, based on emotionally-tuned parenting.

Wednesday 3rd May - 7th June
4.00pm - 6.00pm
Venue: St Helena Secondary College
The Hub, 50 Wallowa Road, Eltham North

Bookings and enquiries to ParentZone Northern: (03) 8641 8900 or
email parentzone.northern@anglicarevic.org.au

In Partnership with



ParentZone Term 2 Parent Programmes

Single Sessions

Parenting Toddlers Information Session with Whittlesea Maternal & Child Health

In Partnership with

This session aims to assist parents/carers to better understand their toddler's behaviour and sleep.

Parents/ carers will be provided with information on toddler development, and useful information and strategies to manage challenging but normal toddler behaviours and sleep needs.

Tuesday 2nd May

10.00am - 11.30am

Venue: Kirrip Community Centre

135 De Rossi Boulevard, Wollert East

For enquires contact City of Whittlesea

familytraining@whittlesea.vic.gov.au or (03) 9404 8865

For bookings go to try booking: trybooking.com/CDZRL



**City of
Whittlesea**



Raising Resilient Kids

In Partnership with

In this workshop topics will include:

- What is resilience?
- How can we build the resilience of our child and how to connect with and understand your children?

Parents will also be introduced to an evidence-based strategy to help build resilience.

Wednesday 24th May

7.00pm - 8.30pm

Venue: Online via Zoom

For enquires contact City of Whittlesea

familytraining@whittlesea.vic.gov.au or (03) 9404 8865

For bookings go to try booking: trybooking.com/CDZRV



**City of
Whittlesea**



ParentZone Term 2 Parent Programmes

Single Sessions

Childhood Development

During this session parents will explore what the development stages are in the first five years, how the environment, genes and parenting style can impact on this development and what parents can do to actively support child development.

Wednesday 21st June

10.00am - 12.00pm

Venue: Jindi Family and Community Centre
48 Breadalbane Avenue, Mernda

For enquires contact City of Whittlesea
familytraining@whittlesea.vic.gov.au or (03) 9404 8865

For bookings go to try booking: trybooking.com/CDZSF

In Partnership with



Communicating with your child - strategies to support harmony

Join Parentzone Northern for this practical and supportive online workshop.

You will learn strategies to support positive communication with your child and increase harmony at home.

Wednesday 14th June

10.00am - 12.00pm

Venue: Online via Zoom

For enquiries contact Hume Youth Services on
youth@hume.vic.gov.au / 9205 2556

Bookings: <https://www.eventbrite.com.au/e/communicating-with-your-child-strategies-to-support-harmony-tickets-528802200617>

In Partnership with



ParentZone Term 2 Parent Programmes

Single Sessions

How to manage and appropriately express emotions

Emotional maturity is learning to like oneself. It refers to learning how to manage and appropriately express emotions.

Emotional maturity supports children to manage the demands of the social and learning environments. It enables children to form relationships with their peers, recover from disappointment or sadness (building resilience), overcome frustration, and express anger in socially acceptable ways.

Ask yourself:

- Is your child able to concentrate?
- Is your child impulsive (does he/she act without thinking)?
- How do you support your child/ren to develop emotional maturity?

Aimed at parents/carers of 3-8 year olds)

Tuesday 6th June

7.00pm - 8.30pm.

Venue: Online via Zoom

Enquiries to ParentZone Northern: 03 86418900 or
parentzone.northern@anglicarevic.org.au

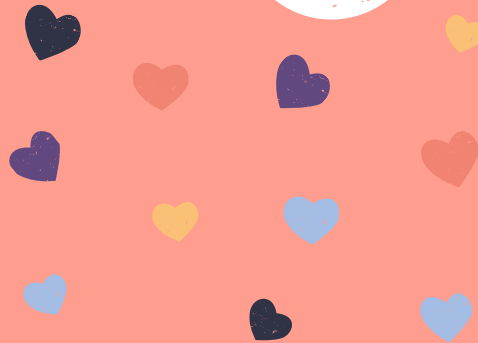
For Bookings go to try booking: <https://www.trybooking.com/CFLXF>

In Partnership with





KIDS
FIRST™



TUNING INTO KIDS

An emotion focussed parenting program

Tuning into Kids (TiK) is a program that provides parents and carers with skills in emotion coaching. Emotion coaching is about recognising, understanding and managing your own emotions as a caregiver as well as your children's emotions. When children develop these emotional skills they are better equipped to negotiate the ups and downs of life.

TiK is an evidence-based program; randomised controlled research trials have shown that it makes a difference to parents and children.

TiK is a **FREE** program run by Kids First that is suitable for parents with children aged 3 to 10 who live in Yarra, Darebin, Whittlesea, Banyule and Nillumbik areas.

Session dates and times

Session 1: Wednesday 17th May
Session 2: Wednesday 24th May
Session 3: Wednesday 31st May
Session 4: Wednesday 7th Jun
Session 5: Wednesday 14th Jun
Session 6: Wednesday 21st Jun

10:00am - 12:00pm

Location

Kids First Australia
273 Settlement Road, Thomastown

For all enquiries please contact

Donna El-Cheikh
0409 006 126 | 03 9450 0900
delcheikh@kidsfirstaustralia.org.au



Kids First Australia would like to acknowledge the Traditional Custodians of the land on which we are gathered and recognise their continuing connection to land, waters and culture. We pay our respects to their Elders past, present and future.



We celebrate and value diversity. Kids First has the HEART for providing support to the community in the most inclusive manner.



KIDS
FIRST

TRIPLE P

FEARLESS

About the program

Triple P - Fearless is a 6 week workshop that aims to support parents of young people aged 6 - 14 years.

It is designed to provide information about anxiety and provide positive parenting strategies that support the development and behaviour of young people with anxiety.

This workshop will provide:

- An understanding of how anxiety develops in young people;
- How to support your child to express and manage upsetting emotions more effectively;
- How to help your child develop coping skills and face feared situations;
- How to manage children's anxiety behaviour effectively.

This is a FREE program run by Kids First for parents who live in Yarra, Darebin, Whittlesea, Banyule and Nillumbik areas.

Session dates and times

Wednesday 10th May
Wednesday 17th May
Wednesday 24th May
Wednesday 31st May
Wednesday 7th June
Wednesday 14th June

Time: 10:00am - 12:00pm

Location: McLeans Rd Kindergarten
151 McLeans Rd Bundoora, VIC

For all enquiries

Donna El-Cheikh
03 9450 0900 | 0409 006 126
delcheikh@kidsfirstaustralia.org.au



Kids First Australia would like to acknowledge the Traditional Custodians of the land on which we are gathered and recognise their continuing connection to land, waters and culture. We pay our respects to their Elders past, present and future.



We celebrate and value diversity. Kids First has the HEART for providing support to the community in the most inclusive manner.



KIDS
FIRST™

Dads Circle of Security

Dads Circle of Security is a free, group program that helps parents to make sense of what their child is really asking and needing from them.



About the program

Dads Circle of Security is a FREE parenting program, designed to help fathers to understand their child's behaviour and to build and strengthen a secure relationship with their child.

Decades of university-based research have confirmed that secure children exhibit increased empathy, greater self-esteem, better relationships with parents and peers, enhanced school readiness, and an increased capacity to handle emotions more effectively when compared with children who are not secure.

Program Benefits

Led by Kids First's highly experienced team, over the course of eight weeks we will cover:

- ways to enhance the development of your child's self-esteem, trust and sense of security
- supporting the creation of a secure base from which your child feels able to explore their world, knowing there is a safe haven to return to strategies to build confidence as a parent
- so that you can enjoy parenting and take on new challenges along the way.

Who can access this program

Fathers of children aged 0-5 years, residing in the North East of Melbourne are very welcome to participate.

Program information

Circle of Security is a FREE program running over 8 consecutive sessions every Thursday night from 4th of May till 22nd of June

Time: 6:00 pm - 8:00 pm

Location: ONLINE via Microsoft Teams

For all enquiries please contact

Donna El-Cheikh (Family Services)
0409 006 126 | 03 9450 0900
delcheikh@kidsfirstaustralia.org.au
kidsfirstaustralia.org.au



Northern Parent Educator Network

NPEN Update

The Term 1 2023 NPEN meeting was held on Thursday 23rd February online. We were lucky enough to have two presenters. Chris De Paiva presented on Anglicare Victoria's new Energy Assistance Program. This was followed by Julie Graney from Darebin City Council presenting on the 'Bringing Up Great Kids- First 1000 days' pilot in Darebin. Thanks to both for fantastic presentations. 10 professionals attended and valuable program updates were shared with the group. Thanks to all who attended. Big thanks to Catherine Hadlow for stepping in to chair the meeting, and as always thanks for the ParentZone North team for their contributions. Please stay tuned for further updates on our Term 2 NPEN meeting. To join the NPEN mailing list or for any NPEN enquiries please email jessica.moran@anglicarevic.org.au

Family Services

Parentzone and Family Services will continue to work in partnership throughout 2023. We will continue to work in partnership through delivering Parents Building Solutions (PBS), Looking Forward, and Parenting After Violence together. We look forward to seeing more Family Services staff trained and delivering PBS as co-facilitators.

Northern Group Work Network

NGWN Update

Welcome to term two 2023. In term one the BWCH convened the network onsite at the women's house after having hosted it online for a couple of years! On the 15th February we had our very own Danielle from our AV wellbeing team present to us on the importance of wellbeing in the workplace and shared informative resources that workers can access. It was wonderful seeing everybody face to face at the house with guests telling us that they really enjoyed the meeting and catching up with everyone. Below are our network dates which all fall on a Wednesday.

2023 Network Dates:

15th February

29th March

24th May

21st June

Annual NGWN Forum Wednesday 16th August

15th November

We look forward to continuing hosting the networks at the women's house and some online meetings perhaps in the colder winter months. If you're a professional facilitating groups, working in case management, therapeutic work or even teaching then this network is for you! Attending our network will provide you with the opportunities to share information, to source referrals for groups, to network, to develop partnerships, to source venues and other locally available community resources, and to connect with experienced practitioners for co-facilitation of particular groups. If you are interested in presenting in one of our network meetings we would love to hear from you, additionally the Broadmeadows Women's Community House always welcomes partnerships and co-facilitation for some of our groups. Contact Bella on 9301 5250 or email bella.odicho@anglicarev

Bella Odicho

Broadmeadows Women's Community House

Family Relationship Skills Program Coordinator (Hume)

Broadmeadows Women's Community House

Term 2 Programmes

All enquiries – 9301 5250 or womenshouse@anglicarevic.org.au

Out and About Seniors Group

Tuesdays

10:00am - 1:00pm

Ageing and Feeling Great Seniors Group

Thursdays

10:00am - 1:00pm

Meadows Primary School Hub Supported Playgroup

Thursdays

10:00am - 11:00am

Supported Playgroups Hume LGA

Contact womenshouse@anglicarevic.org.au for further information.



Important Telephone Contacts

Police, Fire or Ambulance 000

Nurse on call 1300 60 60 24

National Home visiting Doctors 13 74 25 (13 SICK)

Poison Information Hotline 13 11 26

Safe Steps - Family Violence Response Centre
(24 hr service – Toll Free) 1800 015 188

Berry Street Northern Family & Domestic Violence Service 03 9450 4700 (Hume Moreland)
Orange Door 1800 319 355 (Banyule, Darebin, Nillumbik, Whittlesea and Yarra)

Darebin Community Mental Health Centre 03 9416 6300

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

Northern Centre Against Sexual Abuse
(NCASA) 03 9496 2240 or A.H 1800 806 292

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

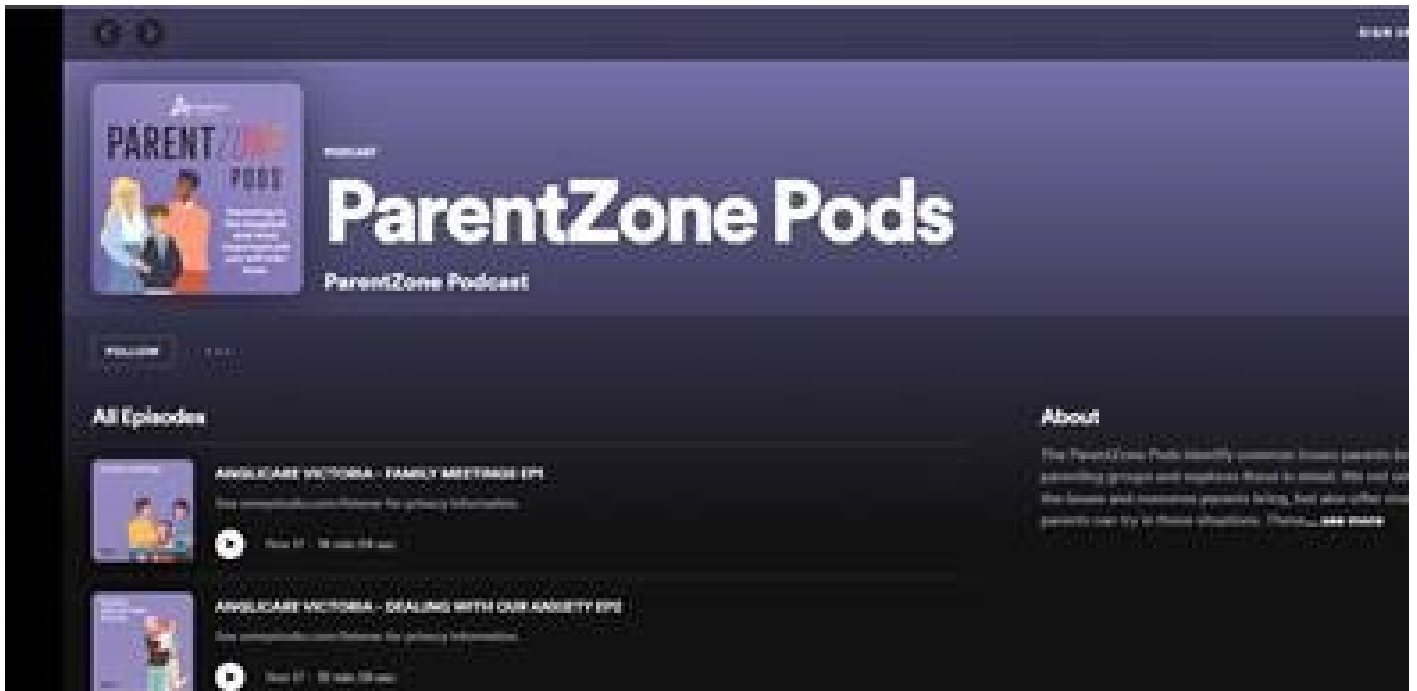
Headspace 1800 650 890

Switchboard – LGBTIQ support (3pm – midnight only) 1800 184 527

Council of Single Mothers and their Children Victoria (CSMC) 03 9654 0622 or 1300 552 511 (outside Melbourne)

Resources

ParentZone Pods | Podcast on Spotify



The ParentZone Pods, is a podcast series presenting parenting snapshots on key issues for parents needing a little bit more before joining a group, or simply those wanting an idea of what to expect from our distinctive group work style. Jump on Spotify to hear it all !