



## ParentZone Term 4 2022

Parenting programs \* Free of Charge \* Bookings Essential

### Dads Matter

Dates: Tuesdays (6 evening sessions)  
8th November - 13th December 2022  
Time: 7.00pm to 9.00pm  
A program for dads to better understand the importance of their role in the lives of their children  
**Click here to register** (limited places)  
Enquiries: [julia.russell@anglicarevic.org.au](mailto:julia.russell@anglicarevic.org.au)

### Surviving Separation

Dates: Mondays - October 10th - December 5th inclusive (eight evening sessions, no session on October 31)  
Time: 7:00pm - 9:00pm  
Learn how to support your children through separation, deal with conflict, and better manage your parenting arrangements  
**Click here to register** (limited places)  
Enquiries: [julia.russell@anglicarevic.org.au](mailto:julia.russell@anglicarevic.org.au)

### Strengthening Parents Support Program

Strengthening Parents Support Program provides monthly peer support groups for parents who have a child with a disability or developmental delay.  
Contact: Michelle at  
[StrengtheningParentSupport@anglicarevic.org.au](mailto:StrengtheningParentSupport@anglicarevic.org.au)

### Talking Tweens

Dates: Monday afternoons (6 sessions)  
Mon 10th Oct to Mon 14th Nov 2022  
Time: 12.00pm to 2.00pm  
Come along to discuss how to improve communication with your child, deal with anger and anxiety and establish boundaries with your child around screen use and other challenging behaviors  
**Click here to register** (limited places)  
Enquiries: [sharon.muir@anglicarevic.org.au](mailto:sharon.muir@anglicarevic.org.au)

### Parenting from Preschool to Prep

Dates: Tuesdays (6-afternoon sessions)  
Tues 11th October to 22nd November  
Excludes Melbourne Cup public holiday  
Time: 1:00 to 3:00pm  
Venue: Box Hill South Family Centre  
Come together to discover how to prepare your child to start school in 2023, Develop your child's resilience to cope with change, and understand why children behave the way they do.  
**Click here to register** (limited places)  
Enquiries: [sharon.muir@anglicarevic.org.au](mailto:sharon.muir@anglicarevic.org.au)

