



Parenting in the East What's On Term 4 2024

News and Information on Programs and Services
to Support Parents across the Eastern Region of Melbourne

PARENTZONE

**BETTER
TOMORROWS**

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What's new at ParentZone?

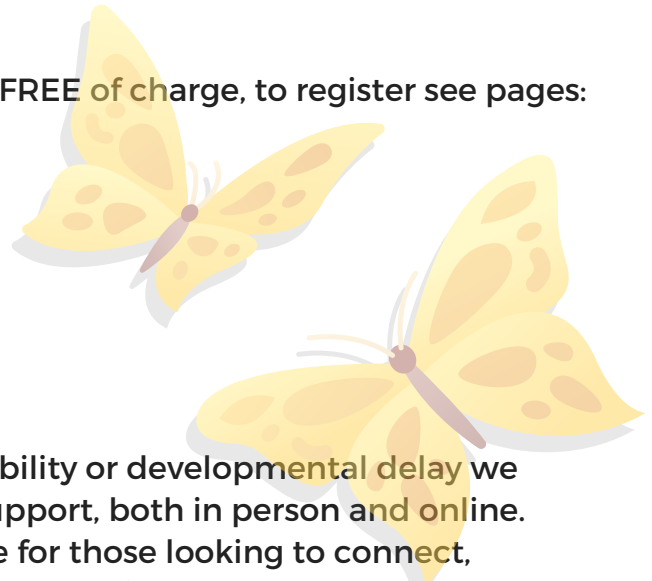
Welcome to the winter edition of **What's on in the East** for 2024.

Little darlin' its been a long, cold, lonely winter... but we say, here comes the sun, here comes the sun, and we say, it's alright!

The ParentZone team are happily humming away at their computers to the tune of Spring, planning some widely sought after parenting groups on a variety of topics YOU asked for!

The following groups are available this term online **FREE** of charge, to register see pages: 5-7 of the What's on Guide.

- Talking Teens
- Emotion Focused Parenting
- Surviving Separation
- Dads Matter
- Building Better Behaviour



For parents and carers who have a child with a disability or developmental delay we offer free support groups and limited one on one support, both in person and online. We have in person groups in Bayswater and Lilydale for those looking to connect, support and share strategies. For those who can't get to an in-person group, we also have a variety of online peer support groups to check out!

We'd love to hear from you about our parenting programs, including the best times/days to participate, whether you want to join a group online or in person and what themes you want to explore. [Click here to take the anonymous survey.](#)

Parenting can be hard, and we all need extra support and skills to break old habits and improve our relationships with our children. Come along to one of our groups, meet other like-minded parents, and find new ways to enjoy parenting.

We feel privileged to be walking alongside you on your parenting journey.

From the ParentZone Eastern Team
Tamara, Julia, Sharon, Michelle & Deborah



PARENTZONE

ParentZone Eastern Term 4 Parenting Programs - Online



Dads Matter

A program for dads

Dates: Tuesdays (6 evening sessions)
22nd October to 3rd December
(no session on 5 November)

Time: 7.00pm to 9.00pm

Venue: Online via Zoom

A program for dads to better understand the importance of their role in the lives of their children

Bookings: [Click here to register \(limited places\)](#)

Enquiries: Julia 9721 3629 or 0400 866 495

Cost: Free

Emotion Focused Parenting for Parents and Carers of school- aged children / teens

Dates: Mondays (6 afternoon sessions)
21st November to 17th December 2024

Time: 12.30pm - 2.30pm

Venue: Online via Zoom

A Parents Building Solutions parenting program exploring emotionally connected parenting, hands on strategies and the benefits of this parenting approach

Bookings: [Click here to register \(limited places\)](#)

Enquiries: Julia 9721 3629 or 0400 866 495

julia.russell@anglicarevic.org.au

Cost: Free

All parents are welcome at our FREE parenting programs, however priority is given to parents from the Eastern Region of Melbourne

Talking Teens

For parents of 12 to 18 year olds

Dates: Mondays (6 evening sessions)
21 October to 2nd December 2024
(no session on 4 November)

Time: 7.00pm to 9.00pm

Venue: Online via Zoom

Learn why teens behave like they do. Discover strategies to deal with conflict, anxiety and improve your relationship with your young person

Bookings: [Click here to register \(limited places\)](#)

Enquiries: Deborah 9896 6363

deborah.trengove@anglicarevic.org.au

Cost: Free

Surviving Separation

Dates: Mondays (8 evening sessions)
21 October to 16th December 2024
(no session on 4 November)

Time: 7.00pm - 9.00pm

Venue: Online via Zoom

Come along, learn some skills to resolve conflict and connect with other parents around how to best support your children after separation

Bookings: [Click here to register \(limited places\)](#)

Enquiries: Julia 9721 3629 or 0400 866 495

Cost: Free

PARENTZONE

ParentZone Eastern Term 3 Parenting Programs - In person

Building Better Behaviour

6-week program for parents of 2-7 year olds

- Discover why young children behave as they do.
- Learn strategies to manage challenging behaviour and set boundaries with your child.
- Help your children deal with feelings.
- Become a calmer happier parent

Dates: Tuesdays 15th October to 26th November
(no session on 5 November)

Time: 10.00 am to 12.00 noon

Venue: ZOOM/Online

Bookings: [Click here to book \(limited places\)](#)

Enquiries: sharon.muir@anglicarevic.org.au

Cost: Free



Tuning in to Kids Online

6 week program for parents of 4 to 12 year olds

- Learn parenting strategies to help your child deal with anger, anxiety, grief and jealousy.
- Improve communication and connection with your child.
- Find solutions to manage challenging behaviours, and become an emotionally intelligent parent

Dates: Monday 21st October to 25th November

Time: 10.00 am to 12.00 noon

Venue: ZOOM/Online

Bookings: [Click here to book \(limited places\)](#)

Enquiries: sharon.muir@anglicarevic.org.au

Cost: Free

Parenting Anxious Children

for parents of 5 to 12 year olds

- Learn parenting strategies to help your child cope with feelings of anxiety and anger.
- Support your child to cope with change and manage challenging behaviours
- Teach your child the skills of resilience to bounce back from adversity

Dates: Thursdays (6 morning sessions)

th October to 26th November

(**Time:** 10.00 am to 12.00 noon)

Venue: ZOOM/Online

Bookings: [Click here to book \(limited places\)](#)

Enquiries: sharon.muir@anglicarevic.org.au

Cost: Free

Tell us what you want!

Our skilled facilitators are trained in a variety of parenting programs including Tuning into Kids, Tuning into Teens, Circle of Security Parenting, Bringing up Great Kids and our flagship Parents Building Solutions programs.

Please contact us if you would like to attend a FREE parenting program, or if you would like us to facilitate a parenting program for your school or community group.

All parents are welcome at our FREE parenting programs, however priority is given to parents from the Eastern Region of Melbourne

PARENTZONE

Disability Support and Programs for Parents

Strengthening Parent Support Program

For parents & carers of children with a disability (including ASD, ADD)



Are you a parent or carer of a child with a disability or developmental delay (with or without a formal diagnosis)?

Could you use a bit of support and connection with others who understand?

Come along and join other parents and carers at one of our monthly peer support groups.

Share stories and strategies, and have a cuppa, a chat and some laughs with other supportive parents and carers in a casual and comfortable environment. You can come to one or as many groups as you like!

Free of charge.
Bookings are required.

Contact **Michelle** on **0438 646 744** or
StrengtheningParentSupport@anglicarevic.org.au

Online Group

Dates: Fortnightly on Thursdays during school term

Time: 10:30am - 11:30am

Location: Online via Zoom

Bayswater

Dates: 2nd Wednesday of every month during school term

Time: 10:30am - 11:30am

Location: Glen Park Community Centre - 30 Glen Park Rd, Bayswater North

Lilydale

Dates: 3rd Tuesday of every month during school term

Time: 10:30am - 11:30am

Location: Anglicare Victoria, 47-51 Castella Street, Lilydale

ADD/ADHD Support Group

Dates: Fortnightly on Thursdays during the school term

Time: 10.30am - 11:30am

Location: Online via Zoom

[To register to attend a group click here!](#)

PARENTZONE

ParentZone Pods



Anglicare
Victoria

PARENTZONE PODS

Parenting is the toughest and most important job you will ever have.



Podcasts for parents, carers and those who support others with their parenting

The ParentZone Teams are delighted to bring you **TWELVE** ParentZone Pods for you and the families you support. Each Pod identifies and explores common issues parents bring to our parenting groups, and offers strategies to try in these situations.

Podcast Series 1

- Episode 1: [Family Meetings](#)
- Episode 2: [Dealing with Anxiety](#)
- Episode 3: [Sibling Rivalry](#)
- Episode 4: [Getting Children to Listen](#)
- Episode 5: [How to Respond to Kids' Behaviour](#)
- Episode 6: [How to Stop Yelling at your Kids](#)

Podcast Series 2

- Episode 1: [Positive Discipline](#)
- Episode 2: [School Refusal](#)
- Episode 3: [Parenting our Teenagers](#)
- Episode 4: [Meltdowns vs Tantrums](#)
- Episode 5: [Couples Parenting Together](#)
- Episode 6: [Dads Parenting Today](#)

ParentZone Pods can be found on our [website](#), [Apple](#) and via [Spotify](#).



PARENTZONE

Parenting Support and Programs



Parentline Victoria

Counselling information Service for Victorian parents and carers of children 0-18 years.

Phone: 13 22 89

Webpage: www.parentline.vic.gov.au

The Orange Door

Easily accessible, community-based point of entry for children, young people, and families needing support.

Boroondara, Manningham, Monash, and Whitehorse

Phone: 1300 354 322

Knox, Maroondah, and Yarra Ranges

Phone: 1300 271 150

Triple P Parenting Program

The Triple P – Positive Parenting Program provides practical strategies to help parents raise happy, confident children; set family routines and rules that everyone can follow; and balance work and family life with less stress. Free to attend online

[For more information click here](#)

Relationships Matters Parenting Programs

- Tuning into Kids
- Tuning into Teens
- Parenting after separation
- Keep Calm and Parent on
- Making stepfamilies work
- Roadworthy for dads

Website:

<https://relationshipmatters.com.au/program-category/parenting-programs/>

Relationships Australia Parenting Programs

We provide programs designed to improve the wellbeing and safety of children and young people, providing strategies for communication and emotional development.

Website: relationshipsaustralia.org.au/child-parenting-courses

PARENTZONE

Parenting Support and Programs



The Table Talk Project

Who We Are:

The Table Talk Project is a groundbreaking **FREE** Mental Health Wellbeing Social Enterprise dedicated to strengthening family relationships through the simple act of gathering around the dinner table. We provide evidence-based resources and support to help families foster meaningful conversations and enhance mental health and wellbeing.

Join The Table Talk Project Today:

Visit our website at thetabletalkproject.org to learn more and get started on your journey toward stronger, healthier family relationships.

WWW.THETABLETALKPROJECT.ORG

Bringing up Great Kids

Suitable for: Parents with children aged 12 months – 8 years

When: Tuesdays, 12/11 – 17/12

Time: 10am - 12.00pm

Where: Seville Public Hall

590 Warburton Highway, Seville

Cost: Free

Contact: Uniting

Phone: 9724 2222

Email: familywellbeingreferrals@vt.uniting.org

Scan the code to register



Tuning into Kids

Suitable for: Parents with children aged 3 – 10 years.

When: Thursdays 24/10 - 28/11 (6 weeks)

Time: 5.30pm - 7.30pm

Where: Online via Teams

Cost: Free

Contact: Uniting

Phone: 9724 2222

Email: familywellbeingreferrals@vt.uniting.org

Scan the code to register



Circle of Security Parenting

Suitable for: Parents with children aged 0 – 5 years

When: Thursdays, 17/10 – 5/12

Time: 10am - 11.30am

Where: Mitcham Family Centre

15 Brunswick Road, Mitcham

Cost: Free

Contact: Uniting

Phone: 9724 2222

Email: familywellbeingreferrals@vt.uniting.org

Scan the code to register



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Parenting Support and Programs Mentoring

C.O.A.C.H. (Creating Opportunity And Casting Hope)

C.O.A.C.H. is a long-term mentoring program that equips mentors (volunteers) to walk alongside families or individuals who are doing it tough. It is a goal-oriented program and the mentor will help the client to achieve their goals and make positive improvements in their life. The mentor will support the client for approximately 12 months.

Cost: Free

When: All year round

Where: CityLife Community Care - 1248 High Street Road, Wantirna South

Contact Person: Christine Leong

Email: Christine.leong@citylife.care

Website: <https://www.citylife.care/>

Cire Reconnect Program

Reconnect can provide up to 18 months of mentorship and support for adults seeking to re-enter the workforce or training. Suitable for parents (aged 17-64) who have not been in education or employment for 6 months or more and want support to re-engage. In addition, any adults with lifetime experiences of Out of Home Care are eligible. Participation is free and voluntary – not tied to any Centrelink payments.

Contact: Erica German

Phone: 1800 835 235

Email: ericagerman@cire.org.au

Webpage:

<https://www.cire.org.au/reconnect/>

Mummy & Me

A mentoring program for Mums in the Knox area with children 0 - 11 years old who have little or no family or community support.

- Volunteer mentors help in the home for on a weekly or fortnightly basis for 1 - 2 hours
- Work together on reaching established goals, gain competence in motherhood and share valuable life experience
- Build confidence and self-esteem
- Build connections and help break social isolation
- The program is for 6 - 8 weeks with an option to extend if required

Contact: Bronwyn at CityLife Community Care

1248 High Street Road, Wantirna South

Phone: 9871 8900

Email: bronwyn.upton@citylife.care

COACH Community Mentoring (SBC/ABC)

Participants are matched with a volunteer mentor to meet for an hour a week for one year. Participants choose their own goals, which may include parenting, social connection, life skills, education, employment etc., Mentors provide supportive friendship to assist follow through. Bi-lingual mentors may be available.

When: Flexible

Cost: Free

Contact Person: Rosie Merrigan

Phone: 9803 9144

Email: rmerrigan@sb.org.au

Parenting Support and Programs Dads



Dads Matter

A Parents Building Solutions Program:

- Better understand your importance in your child's life
- Improve your relationship with your child

Enquiries: Julia 9721 3629 or 0400 866 495

Bookings: [Click here to register \(limited places\)](#)

Dads in Distress

Supports dads experiencing trauma through family breakdown and separation. DID acknowledge the specific issue of father-child contact and custody battles commonly termed 'parental alienation', a factor closely linked to stress, separation anxiety, depression, isolation, and suicide in Australia.

Website: parentsbeyondbreakup.com/dids

Phone: 1300 853 437

DadsLink

DadsLink group is a space for all Dads and Father figures to connect, while also creating opportunities to enjoy healthy activities and camps with their children.

Where: Hocokah House in Canterbury.

Contact: dadslink@ymca.org.au

Dads Online

Dads come in all shapes and sizes and many are part of a separated family. There is one distinct common thread that connects us, we love our children, we embrace fatherhood, and intentionally make it a priority.

Dads Online are dedicated to these Dads. We provide relevant information and ideas that tap directly into the heart of topics that are most important to Dads.

Where: Online

Contact: www.dadsonline.com.au/contact

Knox Dad's Playgroup - FREE

For Children 0 - 5 and their dads and father figures

Join to connect with other dads in Knox * Have some special time to play together with your child * Help your child develop social skills and confidence

When: Friday's during school terms

Time: 10.00am - 12.00pm

Contact: Knox Playgroup Team

Email: play@knox.vic.gov.au

Registration Link: <http://tix.yt/knox-dads-playgroup>

When: Saturday's during school terms

Time: 10.00am - 12.00pm

Contact: The Basin Playgroup Committee

Email: basinplaygroup@gmail.com

Registration Link: <http://tix.yt/knox-dads-playgroup-saturday>

PARENTZONE

Parenting Support and Programs Separated Parents



Family Dispute Resolution General Information Session

When: Weekly

Time: 10.00am - 11.00am or 6.00pm - 7.00pm

Online via Zoom

Information for separated parents and other family members around Family Dispute Resolution and Parental Conflict.

Contact: Intake Worker

Phone: 9871 6300

Email: cso@each.com.au

www.ringwoodfrc.org.au

Family Dispute Resolution Parenting Orders Program

When: Quarterly

Time: 10.00am - 11.00am or 6.00pm - 7.00pm

Online via Zoom

Program for separated parents who are in high conflict and have been court ordered to complete a Parenting Orders Program or Post Separation Parenting Program.

Contact: Karen Barton

Phone: 9871 6300

Email: cso@each.com.au

www.ringwoodfrc.org.au

Parents Beyond Breakup

Parents Beyond Breakup is a charity that supports parents experiencing trauma related to family breakdown and separation.

Helpline: 1300 853 437

www.parentsbeyondbreakup.com

Family Relationships Online

Information for all families – whether together or separated – about family relationship issues. Find out about a range of services to assist families manage relationship issues, including helping families agree on arrangements for children after parents separate.

Helpline: 1800 050 321

<https://www.familyrelationships.gov.au/>

Family Relationships Advice Line

The Family Relationship Advice Line is a national telephone service that helps families affected by relationship or separation issues, including information on parenting arrangements after separation. It can also refer callers to local services that provide assistance.

<https://www.familyrelationships.gov.au/talk-someone/advice-line>

Supporting Children after Separation

The Supporting Children after Separation program provides support services for children and young people of all ages who need some help coping with and understanding their parents' separation. The services use a range of age appropriate interventions, such as individual counselling or group work. Fees are payable for these services, with arrangements made for families on low incomes. To find a local service under the Supporting Children after Separation program near you, call the [Family Relationship Advice Line](https://www.familyrelationships.gov.au/talk-someone/advice-line) on 1800 050 321

PARENTZONE

Parenting Support and Programs Early Years - 0 to 6 year olds

Mums & Munchkins

(Support for Mums through challenge)

- Improve your confidence & self esteem
- Build new friendships with people on a similar journey
- Invest time into yourself
- Explore topics of interest with a parenting focus
- A play program will be provided for birth to pre-school aged children

Where: CityLife Community Care, 1248 High Street Road Wantirna South

When: 1st and 3rd Thursday each month during the school term.

Time: 10am - 11:30am

Contact: Bronwyn

Phone: 9871 8900

Email: bronwyn.upton@citylife.care

SmallTalk Supported Playgroups

To be eligible for Smalltalk a family member must hold a Health Care Card or equal and have a child aged between 0 - 5 years.

At a Smalltalk supported playgroup you can:

- get tips & strategies to support your child's learning & language development
- interact in fun, engaging activities & experiences
- meet other families with young children in your local area
- gain support in the development of parenting skills

Dates: Multiple days during school terms

Times: Multiple sessions

Knox Council families: Knox Playgroup Team

Contact: 9298 8499

Email address: play@knox.vic.gov.au

Yarra Ranges families:

Contact: 1300 368 333

Email address: earlyyears@yarraranges.vic.gov.au

[Click for more information](#)

Knox Rainbow Family Playgroup

Council's early years' host playgroups for parents and carers of babies and children from birth to 5 years of age. Playgroup is having special time to play together, build relationships, meet new friends and gain a sense of community involvement. Playgroups usually meet on a regular basis once a week during school terms

The Knox Rainbow Family Playgroup is a safe space for LGBTQIA+ families and their children to build friendships, play, learn and have fun.

When: Wednesday's in School Terms

Where: Knox Playgroup Team

Time: 2.00pm - 4.00pm.

Contact: 9298 8499

Email: play@knox.vic.gov.au

When: 2nd Saturday of the month

Where: Billoo Park Playgroup Room, 40 Birchfield Cres, Wantirna

Time: 10.00am - 12.00pm.

Contact: 9298 8499

Email: play@knox.vic.gov.au

Knox Young Parents Group

Supported group for young parents under the age of 25 years with a baby under the age of 1 facilitated by Knox Children's Services and Knox Youth Services.

When: Fridays

Time: 10:00am - 12:00pm

Where: Marie Chandler Playgroup room, 11-136 Park Cres, Boronia

Contact Person: Michelle Pascoe

Contact Number: 9298 8311

Email: michelle.pascoe@knox.vic.gov.au

PARENTZONE

Parenting Support and Programs Early Years - 0 to 6 year olds



Mother Goose

An hour of songs, rhymes, and stories with your child. This group is aimed at strengthening the bond between parent and child, and developing group friendships. This is a free program.

0-2yrs Age Group

Mondays 10:00am - 11:00am

Term 1: 12th February to 25th March

Term 2: 22nd April to 24th June

Term 3: 22nd July to 16th September

Term 4: 14th October to 9th December

2-4yrs Age Group

Thursdays 10:00am - 11:00am

Term 1: 15th February to 28th March

Term 2: 2nd May to 27th June

Term 3: 25th July to 19th September

Term 4: 17th October to 12th December

Where: EACH Freeman St Meeting Room, 28 Freeman St, Ringwood East

Phone: 03 7038 6423

Contact: Shelley Neil

Email: cdtcorrespondence@each.com.au

<https://www.each.com.au/parent-child-mother-goose-program/>

Young Mums Group

This is a group for young mums (under 25) and children. Activities include art therapy, outings to cafes/parks/play centers, origami, knitting, cooking, etc.

When: Wednesdays

Time: 2:00pm - 3:30pm

Where: Box Hill Neighbourhood House - 47 Kitchener St Box Hill South

Contact Person: Kelly

Phone: 03 9890 2673

Email: fan@fan.org.au

Website: <https://www.fan.org.au/>

[Click here to book](#)



Little Stars Playgroup

Facilitated playgroup for preschoolers and their carers.

Dates: Each Tuesday during the school term

Time: 10:00 - 11.30am

Where: 13 Bedford Road Ringwood

Phone: 9870 8169

Contact: Tiffany Gilmour, Playgroup Coordinator

Email: playgroup@ringwoodchurch.org.au

Webpage: www.ringwoodchurch.org.au/be-involved/kids-families/

Parenting Support and Programs Early Years - 0 to 6 year olds

Maternal & Child Health Telephone Service

Confidential, 24-hour Maternal and Child Health Line provides information and advice about the care and health of your child (from birth to school age).

Discuss your concerns about child health and nutrition, breastfeeding, your own health, and any parenting issues

Phone: 13 22 29

ForWhen

A judgment free mental health referral service. Mental health support for expecting and new parents.

We connect parents that are struggling to navigate the complex waters of pregnancy and new parenthood to the critical mental health services they need.

ForWhen is a national support line for new and expecting parents, mums, dads and guardians. It is a national support line that connects you to the right service that can help you understand what you're feeling and provide the guidance and support you need at the right time.

You can call our free national helpline number at **1300 242 322** to speak to a local specialist

Australian Breastfeeding Association

The Breastfeeding Helpline is available 24hrs, 7 days a week, staffed by trained volunteer counselors who answer in their own homes.
Phone: 1800 686 268

Local groups meet regularly to provide information, "mother to mother" support, and activities in community centres, cafes, local parks, and online.

[For local group meetings dates, times, and locations click here](#)



PANDA - Perinatal Anxiety and Depression Australia

Provides support, information, referral, and counseling to any new parent struggling during pregnancy or after the birth of their baby. Callers do not need to have a diagnosis of antenatal or postnatal depression to make contact with the helpline.

Phone: 1300 726 306

Early Parenting Centres

EPCs strive to support happy, healthy, safe and thriving babies and toddlers by promoting the parent-child relationship, and equipping parents with a pathway to achieve their parenting goals.

These goals often relate to sleep and settling, child behaviour and health and wellbeing.

For parents of children up to 4 years of age.

O'Connell Family Centre, Canterbury
Phone: (03) 8416 7600

Queen Elizabeth Centre, Noble Park
Phone: (03) 9549 2777

Tweedle Child & Family Health Service,
Footscray
Phone: (03) 9689 1577

PARENTZONE

Parenting Support and Programs Early Years - 0 to 6 year olds

Bookaburra Story Time

Bookaburra Volunteer Storytellers run FREE interactive sessions including stories, rhymes and fun. The program is open to all children and their families and provides support in language development, building social connections and small group skills. No booking required!

These sessions are open to all families with children aged 0-5 years.

When: Monday-Friday mornings (excluding school holidays)

Where: Variety of locations across Yarra Ranges

Contact: Michelle Lehmann

Phone: 0407 319 456

Email: earlyyears@yarraranges.vic.gov.au

<https://www.yarraranges.vic.gov.au/Experience/Events/Bookaburra-Storytime>

Yarra Ranges school holiday program

Supporting families and children across Yarra Ranges with a range of free and low-cost activities during the school holidays.

Activities support children and families to build social and community connections, provides ideas for free and low-cost play at home and an opportunity for families to find out about local services and programs.

Cost: Free or low cost

Date: school holidays

Where: various locations across Yarra Ranges

Contact: Michelle Lehmann 0407 319 456

Email: earlyyears@yarraranges.vic.gov.au

[For more information click here](#)

Kindergarten Outreach Program for Culturally and Linguistically Diverse Families

The free Kindergarten Outreach Program supports children and families from culturally and linguistically diverse backgrounds to enrol and participate in kindergarten.

Bilingual staff are available to support families, and interpreters are available if required.

The program supports children and families that have recently arrived in Australia:

- to enrol and participate in 3-year-old and 4-year-old kindergarten
- to transition into primary school
- to engage in other early childhood support services

Enquiries:

Maroondah: 1300 882 233 / 9294 5939 or outreach.program@maroondah.vic.gov.au
[Click for more information](#)

Yarra Ranges: 1300 368 333
earlyyears@yarraranges.vic.gov.au
[Click for more information](#)



Parenting Support and Programs Early Years - 0 to 6 year olds



Family Services

Children have the best outcomes in life when they grow up with the support of a healthy family. The goal of Family Services – Anglicare Victoria’s largest service area – is to keep families safely together.

Anglicare Victoria’s Family Services teams support thousands of vulnerable families across Victoria every year, offering a broad range of inclusive family and parenting services and programs.

Family support workers visit families at home, meeting face-to-face in the place where they feel most in control. They work alongside parents to help them build skills and awareness, resulting in safer and more caring environments for their children.

They connect families with other specialist services when this is needed, such as mental health, family violence, disability or alcohol and other drugs.

Children are at the centre of all discussions and great care is taken to make sure the voice of the child is heard throughout the process

Referrals to Family Services are made through [The Orange Door](#)

Safe Care

Safe Care is a parenting program for parents and caregivers of Children aged 0 to 5 years. Safe Care educators work with families to increase positive interactions they have with their child, keep their child healthy and make their home safe.

Safe Care educators conduct weekly home visits, with the program being completed in 18-20 weeks. The Safe Care Topics are:

Parent/Child Interaction/Parent Infant Interaction:

To increase positive interactions they have with their children during play and daily activities. PCI can also help to reduce challenging behaviours in young children.

Health: This module helps parents and caregivers to prepare for when their child is sick or injured and recognise when symptoms need emergency care, a doctor’s appointment or cared for at home.

Home Safety: This module helps parents and caregivers to identify and remove common household hazards and understand the importance of child supervision.

Contact Person; Genna Hatcher

Phone: 9735 6100

Email: genna.hatcher@anglicarevic.org.au

PARENTZONE

Services for Children and young people Mental Health



Eastern Child & Youth Mental Health Service (CYMHS)

Eastern Health CYMHS is a Specialist Mental Health Services for children and young people up to the age of 24 years who are displaying symptoms of psychiatric disorder or severe emotional and behavioral disturbance.

Contact: 1300 721 927 (Press Option 2)
[For more information click here](#)

Anxiety Recovery Centre Victoria

Programs for parents who have anxiety, or who have a child with anxiety including workshops on a variety of parenting topics.

OCD & Anxiety HelpLine
9830 0533 or 1300 ANXIETY (1300 269 438)

Headspace

Connect with a clinician 1-on-1 through webchat, email or call 1800 650 890 between 9am - 1am AEDT.

[For more information and resources click here](#)

Kids Helpline

Connect with a clinician 1-on-1 through webchat, email or call [1800 55 1800](#)

24/7 - Every day and night.

for kids aged 5 - young adults aged 25

[For more information and resources click here](#)

PARENTZONE

Parenting Support and Programs Young People - 10yrs +

Meridian

Youth and Family Therapy

Therapy for people aged 10-23 and their families to address conflict from issues such as: violence, anxiety, bullying, depression, eating disorders, family breakdown, gaming or internet misuse, grief, self-harm, suicidal thoughts, sexual or physical abuse, sexual identity & gender issues, school refusal, & social isolation.

Phone: Meridian Intake on 03 9896 6322

Email: meridian@anglicarevic.org.au

Partners in Parenting (PiP)

For parents or guardians of teenagers aged 12-17 years.

Monash University and Prevention United are offering FREE access to an evidence-based online parenting program to make sense of adolescence and raise their teenager with confidence.

PiP+ includes features such as:

- An online community with other parents of teens
- Personalised feedback about parenting, and well-being of the parent and teenager
- 10 user-friendly interactive online modules (15-25mins each) for parents to do in their own time
- A world-leading research project

Website: partnersinparenting.com.au

Email: med-pip-plus@monash.edu or

Phone: 0492 476 075



Artventurers

Artventurers is a free fortnightly art program for young people aged 10-14 years.

Explore new ways of creating art, access artist supplies, and connect with other young people in a safe and supported environment.

Dates: Fortnightly on a Wednesday (4.30-6.30pm) at EV's Youth Centre in Croydon.

Enquiries: 9294 5704 or youth@maroondah.vic.gov.au

<https://www.maroondah.vic.gov.au/Community-support-business/Youth-Services/Youth-programs-and-support/Artventurers>

Kids of Gold Camps

Building self-esteem and confidence for children in Grades 4-6. Level 1 Beginners

Date: Enquire for upcoming dates

Where: Lyrebird Park Campgrounds
510 Beenak Road, Yellingbo 3139.

Cost: \$85.00 for the weekend.

Contact person: Gary Parsons

Contact phone: 0415 427 396

Email: kidsofgold@outlook.com

Website: www.kidsofgold.org.au

PARENTZONE

Services for Young People

Eastern Youth Services

Boroondara Youth Services

Website: www.boroondara.vic.gov.au/community-support/young-people/visit-our-youth-centre
Phone: 9278 4608

Knox Youth Services

Website: knox.vic.gov.au/youth
Phone: 9298 8000

Manningham Youth Services

Website: each.com.au/manninghamyouth/youth-programs/
Phone: 130000 EACH / (1300 00 3224)

Maroondah Youth Support Service

Website: <https://www.maroondah.vic.gov.au/Community-support-business/Youth-Services/Youth-programs-and-support/Youth-Support-sessions>.
Email: youth@maroondah.vic.gov.au
Phone: 9294 5704

Monash Youth Services

Website: monashyouth.org.au/Programs
Phone: 9518 3900

Whitehorse Youth Services

Website: whitehorse.vic.gov.au/living-working/people-and-families/young-people/services-activities
Phone: 9898 9340

Yarra Ranges Youth Services

Website: yarraranges.vic.gov.au/Community/Youth
Phone: 1300 368 333

YSAS

Youth Support and Advocacy Service

Website: ysas.org.au
Phone: 9415 8881

Headspace

Confidential and free mental health support for young people aged 12 to 25 years

Website: headspace.org.au
Phone:
Knox - 9801 6088
Hawthorn - 9006 6500

PARENTZONE

Services for Young People Youth Groups

EV's Hangout

A FREE drop-in program for young people aged 12- 25. Each week young people have access to the pool, table tennis, video games, board games, food, and other activities. Young people can also connect with our youth workers for a casual chat or to seek support.

When: Every Thursday 3:00 - 6:00 pm

Maroondah City Council - Artbreakers

Artbreakers is a free fortnightly art program for young people aged 18-25 years. Explore new ways of creating art, access artist supplies, and connect with other young people in a safe and supported environment.

When: Fortnightly on Wednesday's at EV's Youth Centre in Croydon

Enquiries for all Maroondah Council Youth programs: 9294 5704

youth@maroondah.vic.gov.au

[More information on Maroondah Council programs here](#)

EACH Youth and Family

EACH Youth & Family is running several online and in-person group social activities for young people aged 15- 25 years

Programs include:

- Just Vibing - an inclusive social group for 15 - 25-year-olds to engage in fun activities.
- Just Shine - therapeutic group program for young women aged 14-18 years.
- Youth & Family Craft Space - group craft space for young people aged 15-25 years

More information:

EACH Youth & Family Facebook page

facebook.com/groups/eachyouthvic

Maroondah City Council - Sage

Sage provides a safe space for young LGBTIQA+ people (aged 14-18 years) who live, work, study or play in Maroondah to connect with peers, discuss different topics, eat snacks and have fun!

When: Runs fortnightly every Monday at EV's Youth Centre in Croydon.

Maroondah City Council - MY Pride

MY Pride is a fortnightly group for young people aged 10 - 13 who identify as LGBTIQA+ or who are exploring their identity.

MY Pride provides a safe space for young people who live, work, study or play in Maroondah to connect with peers, discuss different topics, eat snacks and have fun!

When: Runs fortnightly every Monday at EV's Youth Centre in Croydon.

Parenting Support and Programs Disability



Association for Children with a Disability (ACD)

ACD supports all families in Victoria raising children with disability aged 0 to 18.

They provide free information and resources in English and five community languages on topics such as:

- **NDIS access and planning**
- **Early intervention**
- **School and education support**
- **Supporting teens**

ACD also offers:

- **Free workshops for families**
- **Presentations about ACD for professionals**
- **Monthly online newsletter**

A free telephone advocacy is available Monday to Friday, 9am-5pm.
No diagnosis is needed.
Interpreters are available.

Support line: 9880 7000

Support line (regional): 1800 654 013

Support email: acdsupport@acd.org.au

Website: acd.org.au

Facebook: @acdvic

EACH Family Relationship Support for Carers Program

Carer workshops, information sessions, and events with topics relevant to carer needs.

- Tuning Into Kids and Tuning Into Teens.
- Wills & Estate Planning, including Disability Trust information.
- Carer Wellness events.
- Short-term counseling support.

For further information please contact EACH on **1300 303 346** or frsc@each.com.au

Strengthening Parent Peer Support Program

Peer support groups free of charge for parents or carers who have a child with a disability, developmental delay or neurodivergence in the Eastern Region. Groups available face to face and online across multiple times and dates.

Contact: Michelle on 0438 646 744

StrengtheningParentSupport@anglicarevic.org.au

PARENTZONE

Parenting Support and Programs Disability

Association for Children with a Disability (ACD)

Support Line Monday to Friday 9:00 am-5:00 pm

Email: acdsupport@acd.org.au with your preferred day and time for a callback, or

Text: 0475 577 997 with your preferred day and time for a callback

Phone: 03 9880 7000 or 1800654 013 (regional)

AMAZE

Builds autism understanding in the community, influences policy change for autistic people and their families/supporters, and provides independent, credible information and resources.

Phone: (03) 9657 1600 **Web:** <https://www.amaze.org.au/>

Autism Counselling

Suite 2/171 Boronia Rd, Boronia 0414 487 509

Cerebral Palsy Support Network

A community that advocates for inclusion and self-determination of individuals with Cerebral Palsy <https://cpsn.org.au/> 9478 1001

Deaf Victoria

Advocates to increase access to services and to educate the wider community on how to work, play, and study with deaf and hard of hearing people.

Phone: 0431 476 721 **Website:** <https://www.deafvictoria.org.au/>

Down Syndrome Victoria

Provides families and people with Down syndrome with support, encouragement, information and resources. **Phone** 1300 658 873 **Email** info@dsav.asn.au

Website: <http://www.downsyndromevictoria.org.au/>

Epilepsy Action Australia

Provider of epilepsy support and information nationwide.

Website: <https://www.epilepsy.org.au/>

Scope Australia

Support for people with physical, intellectual disabilities, and developmental delays to achieve their goals. **Phone:** 1300 472 673

VALID

Equipping and empowering people with a disability and their families using training tools, information, and resources. 130 Cremorne street, Richmond Vic 3132

Phone: 03 9416 4003

Yooralla

Provides quality services for people with disability across

Victoria **Phone:** 03 9666 4500 **Website:**

<https://www.yooralla.com.au/>

PARENTZONE

Parenting Support and Programs Aboriginal and Torres Strait Islander

Mullum Mullum Indigenous Gathering Place

Elders, Men's, Women's and Youth networks

- Burrai Playtime
- Food bank
- Access and support
- Aboriginal Health Promotion and Chronic Care Program (AHPACC)
- Indigenous Community Links

Website: mmigp.org.au

Phone: (03) 9725 2166

Djirra

Where culture is shared and celebrated, and practical support is offered to all Aboriginal women and particularly to Aboriginal people who are currently experiencing family violence or have in the past.

Website: djirra.org.au

Phone: (03) 9244 3333

Dardi Munwurro

Delivers a range of family violence, healing, and behaviour change programs and services.

Breaks the cycle of inter-generational trauma in Aboriginal families and communities, by empowering and inspiring individuals to heal the past, Acknowledge the present and create a positive vision for the future.

Website: dardimunwurro.com.au

Phone: 1800 435 799

Boorndawan Willam Aboriginal Healing Centre

A culturally safe service that assists in their healing journey from the impact of family violence. Boorndawan Willam (Safe House) is a place where you can strengthen your family and relationships through our holistic Aboriginal cultural and spiritual approach

Website: bwahs.com.au

Phone: (03) 9212 0200

Victorian Aboriginal Child Care Agency (VACCA)

A state-wide Aboriginal Community Controlled Organisation servicing children, young people, families, and community members.

The largest of its kind in Australia.

Website: vacca.org **Phone:** (03) 8727 8800

Oonah Health & Community Services Aboriginal Corporation

A welcoming and culturally affirming place that provides information, services, and programs focused on building a healthy, strong, and skilled community.

Website: oonah.org.au **Phone:** (03) 5962 2940



Culturally and Linguistically Diverse Families

Migrant Information Centre

The Migrant Information Centre (Eastern Melbourne) (MIC) assists families and children from migrant and refugee backgrounds residing in the eastern suburbs of Melbourne to understand Australian life, integrate into a multicultural community, and access services.

Website: miceastmelb.com.au

Chinese Family Services

Uniting Connections offers a range of programs to support families living in Monash.

Programs offered include:

- Chinese Playgroup
- Information sessions for Chinese parents
- Support for Chinese fathers

Phone: Joseph Jin - 0422 00 8145
or 03 9875 4222

Email: Joseph.Jin@vt.uniting.org

Victorian Multicultural Commission

Strengthens cultural diversity in Victoria through consultation, advocacy, celebration, and promotion. Site list more than 1700 services including interfaith networks, language service providers, government agencies, language schools, and events

Phone: (03) 7005 1267

Website:
multiculturalcommission.vic.gov.au



Asylum Seeker Resource Centre

The ASRC has a food bank and can provide material aid, healthcare, housing support, education support, and legal aid for refugees and asylum seekers residing in Australia.

Phone: 03 9326 6066

Website: asrc.org.au

English Conversation Corner

Free online weekly sessions to practice your English skills in a relaxed supportive environment. Organised by volunteers with training through AMES. Conversation groups are for those over 18 years of age

Website: ringwoodchurch.org.au/be-involved/community

Parenting Support and Programs Drugs and Alcohol



Parent Support Group

Anglicare's Parent Support Group is for parents who are supporting someone with drug or alcohol issues.

- Improve your knowledge of alcohol and drugs
- Develop communication skills to improve your family relationships
- Develop strategies to manage your own stress and tension
- Improve your parental/carer confidence and self-esteem

When: Every Tuesday

Time: 5.30pm-7.30pm

Where: Anglicare Box Hill, Level 2/ 37-41 Prospect Street, Box Hill 3128

Cost: Free of charge - bookings essential

Contact: Leigh or Stacey

- leigh.davidson@anglicarevic.org.au
- stacey.caldwell@anglicarevic.org.au

Family Drug Support

Family Drug Support runs peer support group meetings at a range of locations in Victoria as well as online.

This group is open to anyone who has a family member that uses drugs or alcohol. It is non-religious, non-judgmental, and safe.

When: Wednesday and Thursday fortnightly

Where: Currently, all groups are held online.

Cost: Free

Contact: Chloe on 0448 177 083

Webpage: please click [here](#), or copy the URL www.fds.org.au/meetings-events

Parenting Support and Programs Family Violence

DAWN Mentoring Program

DAWN provides long-term support to women recovering from the ramifications of domestic violence. This is done through a mentoring process, where volunteers are matched with a client to provide social support, assistance with practical issues and companionship.

Participants can be referred by family support workers, counsellors, emergency relief workers, women's refuges, police, and other services. The DAWN program is delivered by Doncare.

If you would like to find out more about the DAWN program or query eligibility, please call.

Phone: 03 9856 1500

Webpage: doncare.org.au/the-dawn-program

Doncare

Counselling services for people who have experienced family violence, including children and young people.

Contact Person: Intake Co-ordinator

Phone: 9856 1500

Email: intake@doncare.org.au

Website: <https://doncare.org.au/>

Crossways Life Care

Offers support to women and children who have experienced family violence through various group programs, counseling, mentoring, financial care, food pantry and community events.

Phone: (03) 9886 3899

Email: lifecare@crosswaylifecare.org.au



TRAK Forward - Anglicare

Provides FREE therapeutic recovery and healing for adults and kids following their experience of family violence.

- Individualised Trauma and Family Violence informed recovery focused counselling for adults, parents & children and young people.
- Recovery focused groups
- Connections to others with lived experience

If you live, work or study in Manningham, Boroondara, Monash and Whitehorse contact-

Intake Phone: 03 9896 6395

Email: trakeast@anglicarevic.org.au

Free From Family Violence

Previously called: Eastern Domestic Violence Services (EDVOS)

Support includes working with police and the court system, housing assistance, counselling, and men's family violence intake.

Services are free and confidential.

Phone: 9259 4200

Safe Steps Phone: 1800 015 188

(24-hour crisis line)

Website: <https://www.fvree.org.au/>

PARENTZONE

Parenting Support and Programs Family Violence



Courage to Heal

The Courage to Heal Program is a 12 month group therapy program for women who have experienced intimate-partner violence.

Courage to Heal covers topics including understanding abuse, managing emotions, healthy boundaries and healthy relationships. The program aims to create community connections, empower and support women as they heal and recover from the impacts of family violence.

Occasional child care is available for pre-school aged children while their mums attend the program

Who: the program provides post-crisis support. It is suitable for women who have experienced intimate-partner violence but are no longer in an abusive relationship and are able to commit to the 12-month program.

When: Tuesdays 11.30am-2pm commencing 22/10

Where: Waratah House, a confidential location within City of Whitehorse

Cost: Free

Bookings: email FVPrograms@crosswaylifecare.org.au or call 9886 3899

[For more information on programs by Crossway Lifecare click here](#)

Treehouse

An 8-week therapeutic program for children impacted by family violence. This program supports children to build social skills, self-esteem, manage strong feelings and develop resilience.

This program is for children in Grade 6

Dates: October 23rd - December 11th 2024

Email address:

fvprograms@crosswaylifecare.org.au

Artful Healing

An art-based self-care group for victim-survivors of family violence. Come along to a supportive space where you can explore your creativity and reconnect with yourself. Whether you're an experienced artist or new to the creative process, this is your space to relax, express, and heal.

Where: Waratah House, confidential location within the City of Whitehorse

Cost: Free

Dates: Commencing October 23rd

Time: Wednesdays 10am-12pm

Contact: Family Violence Intake Team
9886 3899 or 0403 870 716

PARENTZONE

Parenting Support and Programs Family Violence



The Art Of Choice Art Therapy group

The Art of Choice is an Art Therapy group for women who have experienced family violence. The group aims to provide a safe space for women to explore their experiences in a creative way and strengthen their ability to make choices in a supportive environment. No art experience required. In preparation for the sessions, an information session will be held prior to the commencement of the group on:

Venue: To be provided upon registration.

Cost: Free of charge

Contact: EACH intake to register your interest on 1300 003 22

Therapeutic Hub Services for Children - RFVP

'The Regional Family Violence Partnership Therapeutic Hub is a free resource for therapeutic services in the Eastern Metropolitan Region. It is designed to help people connect with appropriate support.

To view supports currently available click here!

Shark Cage

An 8-week supportive and informative group for women who have had more than one experience of Family Violence in their lives.

Cost: Free

Date: 7th October to 2nd December

Time: 10.00am -12.15pm

Where: 47-51 Castella Street, Lilydale

Contact person: Tracey or Amanda

Contact phone: 9896 6375

Email address:

womenandchildrensprogram@anglicarevic.org.au

Breaking The Cylce

'Breaking the Cycle' is a FREE 8-week therapeutic group work program to support parents/carers who are experiencing adolescent violence in the home (AVITH)

Dates: Wednesday 16th Oct – Wed 4th Dec

Time: 10am – 12pm

Venue: Face to face at Japara house, Kilsyth

Contact: Meridian Intake

Phone: 9896 6322

Email: meridian@anglicarevic.org.au

Cost: Gold coin donation

PARENTZONE

Parenting Support and Programs Family Violence



Family Yoga

A fun non-conversational Family violence recovery program for Women and their children aged 4 - 10 years. Sibling groups welcome

Family Yoga creates a safe place to re-build physical and emotional safety and strengthen parent / child connections through co-regulation, and play.

*Please note
No yoga experience required.
All materials provided.

When: Wednesdays During School term

Time: 4.30pm-5.30pm

Where: Anglicare Box Hill

Cost: FREE

Contact: Anglicare TRAK Forward Intake

Phone: 03 9896 6395

Email: trakeast@anglicarevic.org.au

CAREing Connections

A weekly peer support recovery group that provides women a safe, relaxed space to connect and discuss participant-identified topics (such as resilience and wellbeing) over a cup of tea.

When: Wednesdays during term starting week 2

Time: 12:00pm - 2:00pm

Where: Doncare at Manningham City Square, Doncaster Road, Doncaster 3108

Cost: Free

Contact: Anglicare TRAK Forward Intake

Phone: 03 9896 6395

Email: trakeast@anglicarevic.org.au

Re:SPECT

Re:SPECT is a 6 week creative art therapy recovery group for women who have experienced family violence. Providing a Safe space to Pause, Express, Connect and Thrive.

When: Tuesdays, Durign School Term

Time: 10:00am - 12:00pm.

Where: Doncare, Suite 4, Level 1, MC2, 687 Doncaster Road, Doncaster 3108

Cost: Free

Contact: Anglicare TRAK Forward Intake

Phone: 03 9896 6395

Email: trakeast@anglicarevic.org.au

S.T.A.R Kids

Is a FREE art therapy recovery group for kids in grades 4-6 who have experienced or witnessed family violence.

This program is designed to help children:

- Get creative, express themselves, and have fun with their peers.
- Gain self-confidence and self-esteem.
- Learn to manage emotions.
- Make new friends.

When: Tuesdays During School term

Time: 4:00pm - 6:00pm

Where: Suite 4, Level 1, 687 Doncaster Road, Doncaster 3108

Cost: Free

Contact: Anglicare TRAK Forward Intake

Phone: 03 9896 6395

Email: trakeast@anglicarevic.org.au

PARENTZONE

Parenting Support and Programs

Financial Counselling



Anglicare Victoria Financial Counselling Program

- Unable to pay your bills?
- Struggling to pay your debts?
- Thinking about bankruptcy?
- Struggling with paying your mortgage or rent?
- Do you have debts as a result of family violence?

Financial Counselling is free and confidential to anyone living in the Inner Eastern Metropolitan Region experiencing financial hardship.

Free services to anyone living in the Boroondara, Manningham, Monash, and Whitehorse local government areas.

You can see a Financial Counsellor over the phone, at our Box Hill office, or at an outreach location in Glen Waverley.

To make an appointment to see a Financial Counsellor please call 9896 6322

Financial Counsellors can work with you to establish payment plans for:

- Utilities
- Credit Cards
- Loan repayments
- Telecommunication providers
- Fines

Financial Counsellors can:

- Provide options and explain the consequences of each option.
- Offer details of government concession and other assistance
- Support you with Centrelink matters
- Provide information on the bankruptcy process
- Refer you to other services that may be able to assist

Information forums and webinars



Boroondara City Council

boroondara.vic.gov.au/community-support/boroondara-families/activities-families/activities-parents-and-caregivers

Knox City Council

knox.vic.gov.au/parentworkshop

Manningham City Council

manningham.vic.gov.au/Parenting-Seminar-Series

Maroondah City Council

www.maroondah.vic.gov.au/Community-support-business/Children-and-families/Parenting-information-sessions

Monash City Council

monash.vic.gov.au/Community/Children-Family/For-Parents/Parenting-Programs

Whitehorse City Council

whitehorse.vic.gov.au/living-working/people-and-families/family-activities-and-resources/parenting-information-forums

Yarra Ranges Council

<https://www.yarraranges.vic.gov.au/Community/Family/Family-Webinars>

PARENTZONE

Useful Contacts for Families Maternal & Child Health Centres

Boroondara MCH Centres

Bookings: phone 9278 4606 or email
boroondara@boroondara.vic.gov.au

- 1 Cherry Road Balwyn (03)9836 8151
- 5 Anderson Rd, Hawthorn East (03) 9835 7861
- 21 Strathalbyn St, Kew East
- 152 Pakington St, Kew (03) 9853 9466
- Kendall St, Canterbury VIC (03) 9836 2106

Manningham MCH Centres

Bookings: phone 9840 9188 or
email mchadmin@manningham.vic.gov.au

- 5/7 Derreck Ave, Bulleen (03) 9840 9188
- 1/687 Doncaster Rd, Doncaster (03) 9840 9188
- 39 Mayfair Ave, Templestowe Lower (03) 9840 9188
- 510-518 Blackburn Rd, Doncaster East (03) 9840 9188
- Tunstall Rd, Doncaster East (03) 9840 9188

Maroondah MCH Centres

- Arrabri House Bayswater North 9729 4017
- 90 Bonnie View Road Croydon North 9294 5777
- Croydon Civic Square 9294 5540 or 9294 5541
- Norwood Centre, Ringwood 9870 7264 / 9879 8813
- 75 Patterson Street Ringwood East 9879 6583
- 127 Oban Rd, Ringwood North 9876 3307, 9879 0854
- Tarralla, 38 Gracedale Ave, Ringwood East 9294 5777

Yarra Ranges MCH Centres

Central Maternal Child Health 1300 368 333

Urban Maternal and Child Health Centres:

- Chirnside Park, Kilsyth, Lilydale, Mooroolbark,
- Montrose, Mount Evelyn
-

Hills Maternal and Child Health Centres:

- Belgrave, Belgrave Sth, Monbulk, Selby, Upwey
-

Valley Maternal and Child Health Centres:

- Badger Creek, Coldstream, Healesville, Wandin, Warburton, Woori Yallock, Yarra Glen, Yarra Junction

Knox MCH Centres

Bookings: phone 9298 8741

- Billoo Park 40 Birchfield Crescent Wantirna Forest Road (Cnr. Stockton Ave)
- Ferntree Gully Knox CFC - 41 Phyllis Street Bayswater
- Knox CFC - 81 Argyle Way Wantirna Sth
- Knoxfield 81 Anne Road Knoxfield
- Liberty 77 Liberty Avenue Rowville
- Murrindal 100 Murrindal Drive Rowville
- Marie Chandler Park Crescent Boronia
- Wattleview 17 Fuchsia Street Ferntree Gully

Monash MCH Centres

Bookings: phone 9518 3662

- Batesford Hub: 94 Batesford Road, Chadstone
- Brandon Park: 7 Collegium Avenue Wheelers Hill
- Clayton Comm Centre, 9-15 Cooke Street Clayton
- Huntingdale: 59 Greville Street Oakleigh East
- Kerrie: 35 Boyanna Road Glen Waverley
- Mount Waverley: 35 Sherwood Road Mt Waverley
- Mulgrave: 55 Shaftsbury Drive Mulgrave
- Oakleigh: Link Centre, 8-10 Johnson St, Oakleigh
- Pinewood: 11 Pinewood Drive Mount Waverley

Whitehorse MCH Centres

- Bookings phone: 9837 1116

Child Health and Development checks up to 4 years, Enhanced Home Visiting, Lactation Clinic, Sleep and Settling program and New Parent Groups.

Whitehorse Youth Services

- Bookings phone: 9898 9340

Email: youth.workers@whitehorse.vic.gov.au

Facebook: www.facebook.com/YouthConneXions

Instagram: [@youthconnexions](https://www.instagram.com/youthconnexions)

PARENTZONE

Useful Contacts for Families

Help Lines

Police (24-hour stations) 000
Lifeline Crisis Support. Suicide Prevention 13 11 14
Parentline Victoria Counselling Service 13 22 89
Family Violence Help: 1800 015 188
Kids Help Line Phone Counselling Service: 1800 551 800
Homeless Crisis Line 1800 825 955
Drug and Alcohol Services 1800 888 236
Mensline Counselling Service 1300 78 99 78
Q Line Counselling & Referral for LGBTI people 1800 184 527
1800 Respect: 1800 737 732

Eastern Region Councils

Boroondara City Council

8 Inglesby Rd, Camberwell VIC 3124
(03) 9278 4444
<https://www.boroondara.vic.gov.au/>

Knox City Council

511 Burwood Highway, Wantirna South VIC
3152 (03) 9298 8000
<http://www.knox.vic.gov.au/>

Manningham City Council

699 Doncaster Rd, Doncaster VIC
3108 (03) 9840 9333
<https://www.manningham.vic.gov.au/>

Maroondah City Council

Braeside Avenue, Ringwood or Civic Square,
Croydon
1300 88 22 33 or (03) 9298 4598
<https://www.maroondah.vic.gov.au/>

Whitehorse City Council

379-397 Whitehorse Rd, Nunawading
3131 (03) 9262 6333
<https://www.whitehorse.vic.gov.au/>

Yarra Ranges Council

15 Anderson Street Lilydale, VIC 3140
P 1300 368 333 (03) 9735 4249
<https://www.yarraranges.vic.gov.au/Home>

Centrelink

Carers 132 717

Families 136 150

Financial Information Service
(FIS) 136 357 (FIS seminar
booking)

Help in an Emergency 132 850

Indigenous Australians Call
Centre 1800 136 388

Languages (Multilingual) 131 202

Low Income Healthcare Card
132 490

Online Support Hotline 132 307

myGov Help Desk 132 307

People With a Disability 132 717

Medicare

General enquiries 132 011

Aboriginal and Torres Strait
Islander Line 1800 556 955

Australian Immunisation Register
Enquiries 1800 653 809

Compensation Recovery -
Medicare 132 127

Disaster Health Care Assistance
1800 660 026

myGov help desk 132 307

Pharmaceutical Benefits Scheme
132 290

Telephone claims 1300 360 460

Translating and Interpreting
Service (TIS National) 131 450

Eastern Region

Community Services Contacts

ANGLICARE VICTORIA

1800 809 722 anglicarevic.org.au

Anglicare Box Hill - (03) 9896 6322
37-41 Prospect Street, Box Hill VIC 3128

- Adolescent Support, Youth Counselling and Mediation
- Crisis Accommodation for Young People
- Drug & Alcohol Services
- Family Counselling
- Family Services
- Financial Counselling
- Foster and Kinship Care
- Men's Behaviour Change Group
- Residential Care
- ParentZone

Anglicare Lilydale - (03) 9735 6100
47-51 Castella Street, Lilydale, Victoria, 3140

- Family Violence Support
- Foster Care Intake and Services
- Integrated Family Services
- TEACHaR
- Functional Family Therapy
- Safe Care
- Family Preservation and Reunification

Temcare

03 9877 7729

www.temcare.org.au

- Respite Foster Care - regular care in the home of a volunteer 1 weekend a month 2-12 years old
- Mates Mentoring - 1:1 mentoring support for teenagers 11-16
- Youth Workers - outreach youth support
- Integrated Family Support - support for families - parenting/case management/advocacy/NDIS access/mental health/court support/referral support
- Counselling for children - Play therapy /outreach in their school or creche / 3-12 years old / Evidence based psychotherapy promoting healing and growth for trauma/mental health and disability in children.

EACH

Eastern Access
Community Health
each.com.au/services

Phone: 1300 003 224

- Assistance in accessing NDIS Services
- Childhood Intervention Services and therapy
- Counselling
- Playgroups
- Psychology
- Youth services including Counselling, Group programs & Mental Health support

DONCARE

Manningham City Square, Suite 4 L1/687 Doncaster Rd, Doncaster

[Low-cost Counselling in Doncaster | Doncare](#)
(03) 9856 1500

- Emergency Relief
- Family Services
- Child and Youth Counselling
- Men's Wellbeing Counselling
- Couples Counselling
- Generalist Counselling
- Family Violence Specialist Counselling and Groups
- Doncare's Counselling programs offer low-cost counselling.

BEYOND BLUE 1300 22 4636

Support for depression and anxiety

HEADSPACE YOUTH MENTAL HEALTH

Phone Counselling 1800 650 890
Hawthorn (03) 9815 0818
Knox (03) 9801 6088

INPSPIRO COMMUNITY HEALTH

Lilydale (03) 9738 8801
Belgrave (03) 9738 8853

RELATIONSHIPS AUSTRALIA

1300 364277

SANE AUSTRALIA 1800 18 7263

Mental illness and support information

UNITING

Email: www.vt.uniting.org Phone: 1300 003 224

Uniting Burwood East Phone: (03) 9803 3400
Emergency Relief: 9:30am to 3:35pm Counselling: By appointment

Uniting Connections Blackburn 9875 4222 Croydon 9724 2222
Child FIRST, Family Services, Home-Start Scheme, Parenting Assessment and Skills Development Service, Starting Out

Uniting Harrison Mount Waverley (03) 9051 3000
Crisis assistance, Family Mediation, Youth Support, Affordable Housing

Uniting Wesley Croydon (03) 9839 6100 Ringwood (03) 8870 4070
Foster Care, Adolescent Support, Family Violence, Homelessness & Crisis

Uniting Prahran Kew East (03) 9692 9400 Mt Waverley (03) 9692 9400
Mental Health Support, Personal Helpers and Mentor Service



PARENTS BUILDING SOLUTIONS

Level 1 Accredited Training for Professionals with ParentZone

Parents Building Solutions provides an evidence-based comprehensive framework for any professional who works with parents. Discover tools to support any parent in any setting including sole parents, couples, step-parents, and family groups.

The 6-week program includes:

Strength-based tools to effectively engage parents in reflective conversations about parenting.

Tips to Support parents with setting boundaries, understanding their child's development, emotional wellbeing, resilience, and positive family relationships

The Tools of the trade - a 390 page Parents Building Solutions e-manual with practical activities, and insights to support the emerging needs of parents today.

Development of communication and facilitation skills to best support parents

"The training was both practical and reflective. I learned new ways to communicate with parents and feel more confident discussing tricky topics"- Family Services Worker

Contact: Tamara

Email: tamara.dixon@anglicarevic.org.au

[Click here to express interest in this program](#)

Term 1, 2025 Program:

When: Mondays, February 10th 2025 - March 24th 2025

Six 3.5 hour sessions

No training on Labour day, March 10th

Time: 9.30am - 1.00pm

Where: Anglicare, 47/51 Castella st, Lilydale
(Directions and parking details will be provided upon registration)

Cost: On enquiry

Includes PBS Manual-USB

Hardcopy PBS Manual is also available for purchase

Level 1 PBS Assessment & Methodology:

The program is experiential - combining theory and practice wisdom to give participants fresh insights and practical tools they can use when working with families. Upon completion of the training and assessment, all participants may be accredited to Level 1 PBS practitioner. The required assessment includes 90% attendance, demonstrated competence according to the PBS assessment matrix, completion of 5 program reflections which focus on the additional reading articles and/or weekly activities, and in pairs facilitation of an activity from the PBS manual to the wider group.

PARENTZONE

Professional Training



Bringing Up Great Kids Facilitator Training

This practical workshop provides participants with the opportunity to learn how to successfully establish and run the Bringing Up Great Kids Parenting Program

Date: Multiple dates

Time: 9.30am - 4.00pm

Where: Online

Cost: \$297

Contact person: Pat Jewell

Phone: 1300 381 581

Email address: PJewell@childhood.org.au

Bringing Up Great Kids variations available this term:

- Kinship and Foster Carers
- In the first 1000 Days
- for Aboriginal & Torres Strait Islander Families
- Parenting after family violence
- Parenting adolescents
- One on one

Website:

<https://professionals.childhood.org.au/course/bugk>

PARENTZONE

Partner with ParentZone

Parent Educators Network

The final Parent Educators Network Meeting will be held on the **18th of September 9.30am - 11.30am at City Life Community Care.**

If you would like to attend this network next year, please book. We are always pleased to see new faces!

This term we have Hayley Gladman from the YSAS Reconnect program. Reconnect focuses on improving connections with family, work, education and community, while also working on the reasons for and impacts of the substance use and how to make healthy changes.

Any professionals working with parents in the Eastern Region are welcome to join us in sharing resources, networking, and hearing from our informative guest speakers!

ParentZone offers professional consults and training to professionals working with parents on a variety of themes and covering all ages and stages.

Subscribe to our mailing list to hear about future ParentZone events, or if you would like further information on training opportunities available through ParentZone please email: parentzone.eastern@anglicarevic.org.au

We look forward to hearing from you!

The ParentZone Eastern team,
Tamara, Julia, Sharon, Michelle & Deborah



Newsletter Submissions

What Are Your Plans for 2025?

As a Parent Resource Service, we are very interested in hearing from professionals who work with parents throughout the Eastern region of Melbourne.

What emerging needs have you identified?

What upcoming programs and services is your organization offering or planning to offer?

To submit an entry into future ParentZone newsletters email us at: parentzone.eastern@anglicarevic.org.au
Level 2, 37 - 41 Prospect Street, Box Hill
(03) 9721 3646

