



# ParentZone Gippsland

Newsletter Term 2 2023

Information on Programs to support parents  
and carers across Gippsland

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**BETTER  
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## Welcome to Term 2, 2023

Anglicare Victoria continues to support families across Victoria with offices in several office locations which can be found on,

<https://www.anglicarevic.org.au/contact-us/locations/>

This Term ParentZone will continue to deliver programs online and will be reintroducing face to face groups as we come back from COVID restrictions. It is hoped across the year we will have both online and face to programs on offer and would like to hear from you about which services you want made available.

ParentZone offers:

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

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

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



## SAFE CARE

**I would like to introduce the SafeCare program at Anglicare, Gippsland. SafeCare is an evidence-based parent training program for parents of children aged 0-5yrs. The program comprises 18 sessions (6 sessions per module).**

**SafeCare Educators work with families to improve parents or Caregivers' skills in three of the four areas outlined below.**

### Parent-Infant Interaction 0-18 months

- For parents of infants birth to 18 months
- Parents build on or learn skills to;
- Increase positive interactions with their infant that support development
- Enhance responsiveness to their infants needs and signals
- Enhance their understanding of their infant's development and planning of age appropriate

### Home Safety

- Targets risk factors for environmental neglect and unintentional injury. Teach parent skills to;
- Understand the importance of a safe home
- Identify the types of hazards in their home; suffocation, drowning, fire/electrical, choke, fall/activity restriction, poison, weapon, sharp, crush and organic allergen
- Know ways to remove and eliminate household hazards
- Understand the importance of supervision

### Parent-Child Interaction 18 months to 5 years

- Parents build on or learn skills to;
- Plan and organise play and daily activities (toileting, nappy change, getting dressed, meal time, etc) with their child
- Positively interact with their child
- Enhance the parent-child relationship
- Prevent challenging child behaviour
- Parents also learn about developmental milestones and ideas for play

### Health

- Targets risk factors for medical neglect. Teach parent skills to;
- Keep their children as healthy as possible
- Prepare for when their child is sick or injured
- Recognize when symptoms need an emergency response, a doctor's appointment or care at home
- Use health reference materials. Parents receive a health manual.
- Keep good health records

**If you would like to discuss a referral please contact Tracey Logan  
0428 530 550 or [tracey.logan@anglicarevic.org.au](mailto:tracey.logan@anglicarevic.org.au).**

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# Term 2

24th April - 30th June 2023



## Tuning in to Kids

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

### 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

**Dates:** Mondays 1st May - 5th June

**Time:** 10.00am - 12.00pm

**Cost:** **FREE**

**Venue:** Online via ZOOM

Register: via the QR code or contact  
Parentzone.Gippsland@anglicarevic.org.au  
P: (03) 5135 9555



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## Dealing with your child's anger

**A Parent's Building Solutions program for parents of primary school aged children with challenging behaviour.**

**Do you want to:**

- **Learn how to help your child with their BIG feelings?**
- **Build positive relationships with your child?**
- **Talk to your child so they will listen?**
- **Create rules and consequences that your child will respect?**

**Come along to these 5 sessions to learn strategies, share stories and take some time out for you!**

**Dates:** Thursdays 11th May - 15th June

**Time:** 10.00am - 12.00pm

**Cost:** **FREE**

**Venue:** Online via ZOOM

Register: via the QR code or contact  
Parentzone.Gippsland@anglicarevic.org.au  
P: (03) 5135 9555





# Surviving Separation

Are you finding it difficult navigating your children's feelings and behaviour after separation?

Come along, learn some skills to assist you and your children to build strong connections and chat with other parents in similar situations.

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

**Dates:** Fridays 12th May - 16th June 2023

**Time:** 1:00 - 3:00pm

**Cost:** FREE

**Venue:** Online via ZOOM

**Register: via the QR code or contact**  
**Parentzone.Gippsland@anglicarevic.org.au**  
**P: (03) 5135 9555**





## Current Carers Education and Support

The Current Carers education and support group has been designed to promote positive growth in your relationship as a Kinship carer and with the young people you are supporting. We understand the complexity and emotions that can impact your caring role as well as the changes in you families' dynamic. This is a judgement free supportive space designed to help you and your family reconnect while you go through this difficult time.

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

**Where:** Anglicare Victoria 190 Commercial Road Morwell Victoria 3840

**When:** Wednesday 10th May 2023

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

**Cost:** Free

**Where:** Anglicare Victoria 190 Commercial Road Morwell Victoria 3840

**When:** Wednesday 14th June 2023

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

**Cost:** Free

**For further information please contact:**  
Parentzone Gippsland on 5135 9555 or  
[parentzone.gippsland@anglicarevic.org.au](mailto:parentzone.gippsland@anglicarevic.org.au)



Register: via  
the QR code





## **Learning Through Play**

### **Supported Playgroups by ParentZone Gippsland**

We understand sometimes playing with your child can leave you feeling lost with where to start or where to next and some days there are only so many times you can read the same book!

With our Learning Through Play, we aim to support parents and their children aged 0-5 years

- Try new and fun ways to learn through imaginative play and craft activities.
- Connect through songs, dancing, nursery rhymes, and stories.
- Get ideas how to continue play at home
- Be encouraged to explore your own creativity
- Connect with other parents and children

This is an interactive space with you and your child.

Learning Through Play will include strategies from the Smalltalk program which helps promote children's development and learning

**COST: FREE for families living in Latrobe City.**  
**Bookings essential.**

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## Learning Through Play Locations, days and times

### **Mondays**

**Location:** 101 Buckley Street Morwell

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

### **Wednesdays**

**Location:** 101 Buckley Street Morwell

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

### **Tuesdays**

**Location:** Churchill Neighbourhood Centre -  
Studio, 9 Phillip Parade, CHURCHILL

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

### **Thursdays**

**Location:** Churchill Neighbourhood Centre -  
Studio, 9 Phillip Parade, CHURCHILL

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

### **Fridays**

**Location:** Churchill Neighbourhood Centre -  
Studio, 9 Phillip Parade, CHURCHILL

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



## Smalltalk In-Home support Program

Smalltalk In-Home Support program provides five one-hour sessions to parents of children from 0-4 years in their home.

Smalltalk is a set of evidence-based strategies developed by the Parenting Research Centre and has five key elements

- Warm and Gentle Interactions
- Tuning In To Your Child
- Following Your Child's lead
- Listening and Talking More
- Teachable Moments

All families completing Smalltalk In-Home Support program will be enrolled in Imagination Library (subject to eligibility criteria)

**This is a FREE support for families living in Latrobe City. Registration essential.**

**For further information please contact:  
Parentzone Gippsland on 5135 9555 or  
[parentzone.gippsland@anglicarevic.org.au](mailto:parentzone.gippsland@anglicarevic.org.au)**



# HIPPY



# Playgroup 2023

Tuesdays and Wednesdays  
Time : 9:30am – 12:30pm  
@ 99 Buckley St, Morwell

Commencing the week of the 13<sup>th</sup> of Feb

Come along, enjoy interactive and fun activities for parents and children through singing, stories, craft, dancing and everything fun!

For more information contact  
Eliza Goyne on 5135 9555 or  
0499 057 601



HIPPY Latrobe is an Aboriginal-focused site with priority given to ATSI families





## After School Connections

Do you want to connect better with your school aged child?

Come and join us at After School Connections to:

- Make Connections with other families
- Learn strategies to help you deal with the changes in your Childs development leading to changes in behaviour
- Improve communication with your child
- Stay connected to your child
- How to maintain your emotions when parenting through difficult phases
- Each week will comprise of an educational topic followed by a fun activity to cement learning
- Designed for children in primary school up to year 8

**Dates:** Thursdays during school terms

**Time:** 3.30 - 4:45pm

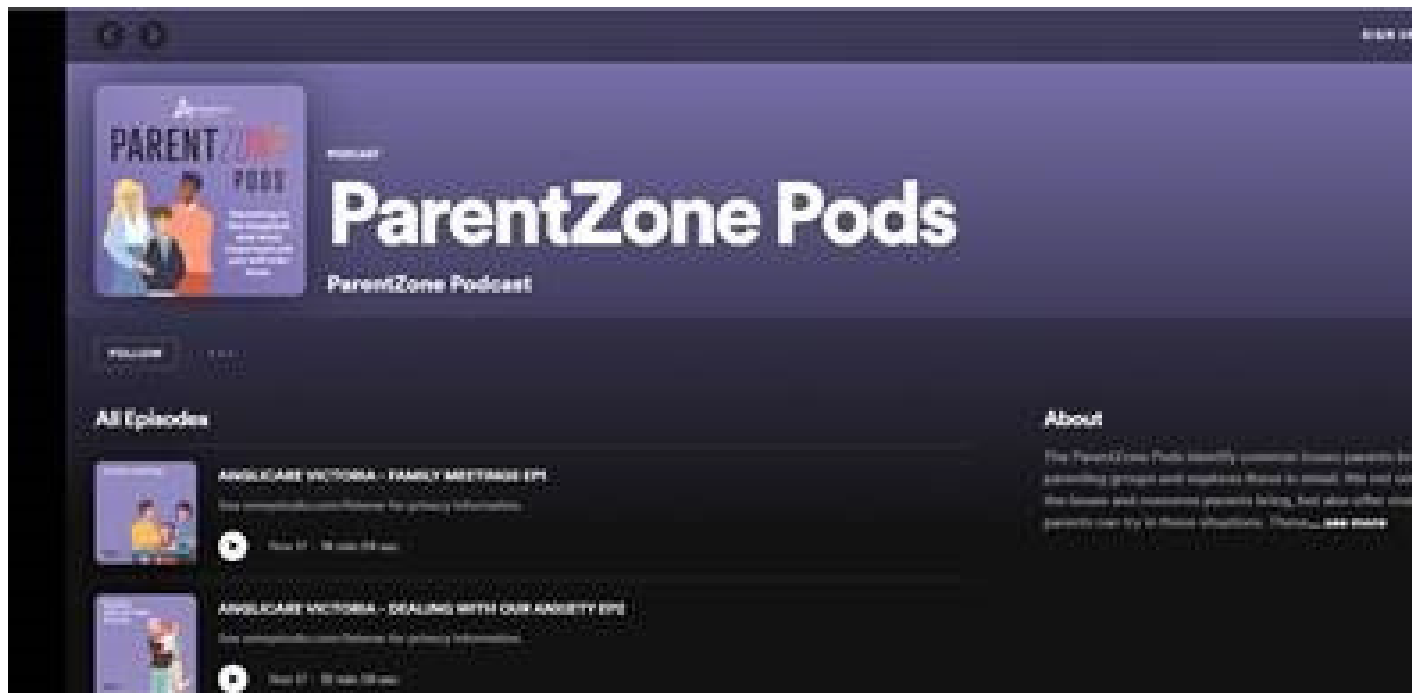
**Cost:** **FREE**

**Venue:** Churchill Hub Studio (Bottom of town hall)

Register: via the QR code or contact  
[Parentzone.Gippsland@anglicarevic.org.au](mailto:Parentzone.Gippsland@anglicarevic.org.au)  
P: (03) 5135 9555



# 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 !

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# Useful contacts

Police, Fire or Ambulance 000

Nurse on call 1300 60 60 24

Maternal Child Health on call 13 22 29

Poison Information Hotline 13 11 26

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

The Orange Door Family violence support service 1800 319 354

Anglicare Victoria Gippsland 03 5135 9555

Latrobe Community Health 1800 242 696

Sexual assaults crisis line 1800 806 292

InTouch Multicultural Centre Against Family Violence 03 9413 6500 or Free call: 1800 755 988  
Telephone Interpreter Service (TIS) (24 hr) 131 450

Child Protection After Hours Service 131 278

Foster Care Association 03) 9416 4292

Lifeline Crisis and Suicide Support 13 11 14

Beyondblue Information and support Line 1300 22 46 36  
Grief Line 9935 7400

Women's Legal Service Victoria 03 8622 0600 or 1800 133 302

Aboriginal Family Violence Prevention and Legal Service 1800 105 303

Kids' Helpline 1800 55 1800

Mensline Australia 1300 78 99 78

Suicide Call Back Service 1300 659 467

Perinatal Anxiety and Depression Australia (PANDA) 1300 726 306

Parentline Victoria 13 22 89

DirectLine – drug & alcohol services 1800 888 236

Headspace 1800 650 890

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

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