



ParentZone Term 2 2025

Programs for parents of primary school aged children

Parenting Anxious Children

This 6-week program provides parents of 3 to 12 year olds with skills to support children experiencing worries and anxious feelings. Learn the technique of emotion coaching. Discover the skills of resilience, so your child can bounce back from life's challenges, both at home and at school.

When: Thursday 8th May to 12th Jun (6 week program)

Time: 10:00 am - 12:00 pm

Where: Online via Zoom

Cost: Free (bookings essential)

Bookings: [Click here](#) or scan QR

Enquiries: sharon.muir@anglicarevic.org.au



Tuning in to Kids

Tuning in to Kids is a 6-week program for parents of 3 to 12 year olds to develop emotional intelligence in families. Learn strategies to help your child to recognise, understand and regulate their emotions. Better understand and communicate with your child. Find solutions for challenging behaviour.

When: Tuesday 13th May to 17th June 2025 (6 week program)

Time: 10:00 am - 12:00 pm

Where: Online via Zoom

Cost: Free (bookings essential)

Bookings: [Click here](#) or scan QR

Enquiries: deborah.trengove@anglicarevic.org.au



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Dads Matter

A parenting program for dads

A 6-week program for dads who wish to develop positive relationships and communicate better with their children. Explore how to manage challenging behaviour and make family agreements that work. Support emotional wellbeing and family functioning, and discover how important dads are in the lives of children

When: Monday 12th May to 23rd June 2025 (6 weeks)

no session on Kings Birthday

Time: 7:00 - 9:00 pm

Where: Online via Zoom

Cost: Free (bookings essential)

Bookings: [Click here](#) / scan QR



Enquiries: julia.russell@anglicarevic.org.au

Strengthening Parents Support Program (SPSP)

Peer support groups for parents and carers of a child with a disability or developmental delay. No diagnosis required. Free to attend.

Online Peer Support - for parents/carers of a child with a disability, ADHD or Autism.

Thursdays 10:30-11:30 am (fortnightly)

Walking group - short walk and cuppa in Bayswater North. Thursdays 10:30-11:30 am (monthly)

PDA Support Group - online group to discuss PDA. Tuesdays 10:30-11:30 am (fortnightly)

Self Care Group - self care activities for parents. Box Hill Wednesdays 10:30-11:30 am (monthly)

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

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