



ParentZone Gippsland

Newsletter Term 4 2023

2nd October - 20th December

**Information on Programs to support parents
and carers across Gippsland**

E: parentzone.gippsland@anglicarevic.org.au

M: PO Box 959 Morwell Vic 3840

P: (03) 5135 9555

PARENTZONE

**BETTER
TOMORROWS**

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Welcome to Term 4, 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.



Smalltalk In Home Support

Smalltalk is a set of evidence-based strategies that parents can use to enhance the home learning environment for their children from birth up to school age.

In-Home Support involves a qualified facilitator visiting a family in their own home. Parents participating in In-Home Support may also be attending a Supported Playgroup. During these home-based sessions, parents see practical examples of the smalltalk strategies, and have the opportunity to practice these ideas with guidance from a qualified facilitator.

The parent and the qualified facilitator go through an In-Home Support videos together, which shows examples of the smalltalk strategies. The parent and facilitator then work together through the remainder of the session, practising the strategies modelled on the DVD, incorporating suggestions by the parent.

How Many Sessions:

- Families attending a supported playgroup are eligible for 5 In-Home sessions.
- Families not attending a supported playgroup are eligible for 10 sessions.

Eligibility Criteria

- A family member holds a health care card
- A family member identifies as Aboriginal and/or Torres Strait Islander
- Families in kinship care arrangements
- Families referred by The Orange Door / Child Protection
- Families referred or participating in Enhanced Maternal and Child Health Services
- Parent aged under 25
- Parent not completed high school
- Single Parent Family
- 10 or less children's books in the home



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

Please note these are interactive sessions and will not be recorded.

- Dates:** Wednesdays 4th October - 15th November
PLEASE NOTE: NO SESSION 18/11/23
- Time:** 9:30am - 11:30am
- Cost:** FREE
- Venue:** Online via ZOOM

Register: scan the QR code, follow the MS forms link
<https://forms.office.com/r/s8j22s0tQU>

OR contact

Parentzone.Gippsland@anglicarevic.org.au
P: (03) 5135 9555





Talking Teens

A Parents Building Solutions Program

Do you want to:

- Learn how to talk so they will listen?
- Help your teen problem solve and resolve conflict?
- Communicate better with your teen?
- Stay connected?

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

Please note these are interactive sessions and will not be recorded

Dates: Wednesdays 04/10/23 - 08/11/23

Time: 1:00pm - 3:00pm

Cost: **FREE**

Venue: Online via ZOOM

Register: scan the QR code, follow the MS forms link
<https://forms.office.com/r/xLztquGZWn>

OR contact

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P: (03) 5135 9555





Let's Talk about Parenting

A Parent's Building Solutions Program

Do you want to know how to talk so children will listen?

Understand what is normal children's behaviour?

Communicate better with your child?

Stay connected to your child?

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

Please note these are interactive sessions and will not be recorded

Dates: Thursdays 5th October - 9th November

Time: 12.30pm - 2:30pm

Cost: FREE

Venue: Online via ZOOM

Register: scan the QR code, follow the MS forms link

<https://forms.office.com/r/X9a6kRsKqQ>

OR contact

Parentzone.Gippsland@anglicarevic.org.au

P: (03) 5135 9555





Parenting Together

**Are you finding it difficult aligning your parenting styles?
Find strategies to co-parent your child in a positive and consistent way.**

- **Build communication skills for the future, for yourself and your Children.**
- **Develop strategies to understand and manage your Children's behaviour.**
- **Learn ways to better deal with your own emotions and your children's.**
- **Encourage resilience and self esteem in your child.**

Dates: Fridays 20th October - 24th November

Time: 12.30pm - 2:30pm

Cost: **FREE**

Venue: Online via ZOOM

Register: scan the QR code, follow the MS forms link

<https://forms.office.com/r/X9a6kRsKqQ>

OR contact

Parentzone.Gippsland@anglicarevic.org.au

P: (03) 5135 9555



Please note these are interactive sessions and will not be recorded

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Tuning in to Teens

Parenting program that teaches parents skills to help their teens begin to understand and regulate their emotions

Do you want to:

- Learn how to better understand and manage your teen's emotions, such as anger, anxiety and sadness?
- improve your communication with your teen?
- Teach your teen to deal with conflict
- Help your teen learn to manage their emotions?

Supporting the development of your teen's emotional intelligence will help them:

- Have greater success with making and keeping friends.
- Be more able to calm down when angry or upset.
- Have better communication at school.
- Better manage challenges and change.

Please note these are interactive sessions and will not be recorded

Dates: Tuesday 24th October - 5th December
Please note there will be no session on Tuesday 7th November due to Melbourne Cup public holiday

Time: 10.00am - 12.00pm

Cost: FREE

Venue: ONLINE via ZOOM

Register: scan the QR code, follow the MS forms link
<https://forms.office.com/r/2J0rKHH9Gj>

OR contact

Parentzone.Gippsland@anglicarevic.org.au

P: (03) 5135 9555





Bringing up Great Kids

Bringing up great kids (BUGK) parenting program is a mindful parenting program which gives parents the skills to slow down and respond to children in a calm and relaxed manner, leading to less stress in their lives and positive changes in their children's behaviour.

The BUGK program supports parents as they explore what influences their parenting practices, and the messages their passing onto their children.

Recommend for: parents/carers of children (aged 2-10 years of age)

Please note these are interactive sessions and will not be recorded

DATE: Mondays 6th November- 11th December 2023 (6 weeks)

TIME: 1:00pm - 3:00pm

WHERE: Online via Zoom

COST: FREE

Register: scan the QR code OR follow the MS forms link <https://forms.office.com/r/Lp4sNaj1Pk> OR contact Parentzone.Gippsland@anglicarevic.org.au P: (03) 5135 9555





Parenting Anxious Kids

Are you parenting young children who are displaying signs of anxiety in every day situations, would you like to better understand what is a normal age and stage response for a child aged 0-12years?

Parenting anxious kids looks at:

- Recognising the signs of anxiety
- What causes Anxiety in kids
- How this triggers parents
- Develop the skills to cope and discuss fears in an attempt to move through them
- How to respond when your child gets overwhelmed?
- Help your child to regulate their emotions?
- Support your child with their challenges?

Please note these are interactive sessions and will not be recorded

Where: On line via ZOOM

When: Tuesdays, November 14th - December 12th

Time: 10:00am - 12:00pm

Cost: FREE. Bookings essential

Register: scan the QR code, follow the MS forms link <https://forms.office.com/r/X2K1CRMaXT> OR contact Parentzone.Gippsland@anglicarevic.org.au P: (03) 5135 9555





Parents Building Solutions

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!

Please note these are interactive sessions and will not be recorded

Dates: Wednesdays 15/11/23 - 13/12/23

Time: 12:30pm - 2:30pm

Cost: FREE

Venue: Online via ZOOM

Register: scan the QR code, follow the MS forms link
<https://forms.office.com/r/UGMQfngbbm>
OR contact
Parentzone.Gippsland@anglicarevic.org.au
P: (03) 5135 9555





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/carers and their children aged 0-5 years using the Smalltalk program in an interactive playgroup environment.

Smalltalk is an evidence-based program that provides easy to use strategies that can be incorporated into your everyday life. These strategies are designed to increase parent/carer's positive interactions and connections with your child. Our playgroups are open to parents, foster and kinship families.

- 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.

COST: FREE for Latrobe City families.

Bookings essential.



Learning Through Play Supported Playgroups

Come along to one of our supported playgroups

Monday

Location: 101 Buckley Street Morwell

Time: 10:00am - 12:00pm

Age: 0 - 5 years

Tuesday

Location: 101 Buckley Street Morwell

Time: 10:00am - 12:00pm

Age: 0 - 5 years

Collaboration with the HIPPY playgroup

Wednesday

Location: Churchill Neighbourhood Centre
Studio, 9 Phillip Parade

Time: 9:00am - 11:00am

Age: 0 - 5 years

Thursday

Location: Churchill Neighbourhood Centre
Studio, 9 Phillip Parade

Time: 10:00am - 12:00pm

Age: 0 - 18 months Infant Specific

Friday

Location: Churchill Neighbourhood Centre
Studio, 9 Phillip Parade

Time: 10:00am - 12:00pm

Age: 0 - 5 years



HIPPY



Playgroup 2023

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

Commencing the week of the 13th 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





Children and Parenting Support

Supporting families in Churchill and surrounds.

The Children and Parenting Support Program (CaP's) can support you with:

- Building your parenting confidence
- Strengthening relationships
- Establishing routines
- Identifying children's emotional needs
- Understanding children's behaviours
- Enhancing communication skills
- Introducing a healthy diet
- Reducing anxiety
- Sleep settling
- Support with referrals and linking with other services.

The Program is available to all Parent and Carers of children ages 0-12 living in the Churchill area.

The Program provides support to families for up to 3-4 months in the home or via video conferencing.

For further information contact:

Kathy Gleeson 0499 005 141
or kathy.gleeson@anglicarevic.org.au



Connecting Together

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: Mondays 16/10/23, 13/11/23, 11/12/23

Time: 3.30 - 4:45pm

Cost: FREE

Venue: Churchill Hub Studio (Bottom of town hall)

Register: scan the QR code, follow the MS forms

link <https://forms.office.com/r/13GhMe3VqH>

OR contact

Parentzone.Gippsland@anglicarevic.org.au

P: (03) 5135 9555



Youth Space Latrobe

Come and try our Music & Digital Media Space to play, rehearse, record, create, engineer your own music and digital content. Available Mon - Fri at LYS

GAME ON!
Table Top Gaming Workshop including - D&D One Shot Competition, Mini Fig painting, LARPing and more...

LET'S GET COOKING!
Join us in the kitchen as we cook up some delicious meals to share and stock up the freezer. Every Mon/Wed/Fri at LYS

SPORT & REC EXPO*
Come along and try a variety of sports and activities with local sports clubs and Gippsport at GRISS. Snacks. Showbags. Music. Booking required.

CREATE & CONNECT JUNKYARD JUNGLE
Booking required.

CERAMICS WORKSHOPS
Create art works with clay and join us for an excursion* to a working artists studio. Booking required.

THE SUMMIT
outdoor adventure park
Challenge yourself and break through personal barriers with a day of fun filled outdoor activities. Booking required.

MOE SKATE PARK LAUNCH*
Come along and help us cut the ribbon on the new skate park in Moe. Booking required.

G.R.A.C. EXCURSION*
Join us for an excursion to Gippsland Regional Aquatic Centre. Have some fun in the pool & on the waterslides. Booking required.

LEGO WORKSHOPS
Come in and get creative. Build something to plan or make something from scratch. LEGO giveaways for every participant.

CRAFT WORKSHOPS
Join Sarah and learn how to make your own bespoke items. Jewellery, Keyrings, Book marks and more...

HUGE WORKSHOPS
build, create, explore with LEGO giveaways and more...

2023 SEPTEMBER BREAK
There's plenty going on at Latrobe Youth Space
OPEN MON - FRI 9am to 5pm

More info? contact reception 0482 477 744 or email admin@latrobeyouthspace.org.au

LATROBE Youth Space

MORE INFO?
contact reception 0482 477 744 or email admin@latrobeyouthspace.org.au

SEPTEMBER BREAK PROGRAMS

GAME ON! - TABLETOP GAMING WORKSHOP 10am to 4pm Tuesday 19th September
Includes access to D&D gaming, mini figure painting, and LARPing (Live Action Role Playing) activities. This Game On! workshop will include a D&D One Shot Competition with prizes and giveaways. Facilitated by trained Dungeon Masters from Bond & Wild Co. Whether its your first time or you are a seasoned player, all experience levels are welcome.

ART & CRAFT WORKSHOPS - Create your own amazing, bespoke items
Get your art and craft on, learn some new skills and create some amazing things for yourself to take home or gift to others. Join Sarah to make amazing jewellery or other amazing items, or hang out in the Art Space and make your own masterpiece.

CONNECT & CREATE: JUNKYARD JUNGLE - Satellite Foundation Event Booking required 10am to 4pm Friday 22nd September
The Satellite Foundation are bringing an exciting FREE event for 12 to 15-year-olds who have a family member with mental health challenges. Junkyard Jungle is an exploration of who we are - both inside and out! Come and create some art, make friends and make your mark on the World - using recycled materials, bring our stories to life. Registrations required prior to the event. Scan QR code for more info

THE SUMMIT - Outdoor Recreation & Adventure Excursion Booking required Wednesday 20th September
The Summit in Trafalgar East is a premier outdoor adventure park with a range of activities that will challenge your determination and endurance. Join the crew for a fun filled day of activities aimed at breaking physical and mental barriers. Transport and lunch provided.

HUGE LEGO WORKSHOPS
There's so much we can do with LEGO and Youth Space has just had a HUGE shipment arrive. Join us for a session of creativity and construction, snacks and LEGO giveaways. Build to plan or create your own designs with the Worlds favourite plastic bricks. No booking required. Bring a friend to win a bonus LEGO prize.

SPORT AND REC EXPO Booking required 11am to 4pm Wednesday 27th September
Local sports clubs and organisations are coming together to provide a 'Come & Try - Expo' event at the Gippsland Regional Indoor Sports Stadium in Traralgon. Transport provided from and returning to LYS. FREE entry for LYS Members.

MOE SKATE PARK LAUNCH Booking required TIME TBC Thursday 28th September
Join us for the launch of the all new Moe Skate Park. Transport provided from LYS.

SWIMMING AT G.R.A.C. Booking required Thursday 21st September
Grab your swim suit and towel and come along to have some fun in the pool and on the waterslides at Gippsland Regional Aquatic Centre. Transportation from LYS provided or meet us at the venue.

CERAMICS WORKSHOP & STUDIO VISIT Booking required Monday 25th & Tuesday 26th September
Create some unique works of art using clay under the guidance of local artist Steph Shields. Join us for a workshop at the Palette & Kiln studio, create more works in a working studio and see how the whole process comes together. Transport provided with required booking

D&D Thursdays 4 - 7pm
Churchill Neighborhood Centre

Help us design a Program for you

Follow us on socials
@GippslandYouthWellington

Youth Space Wellington & East Gippsland

MON 18

**POP UP
OUTREACH**



CANN RIVER & MALLACOOTA
Meet the team for a BBQ & have a chat. Find out more about What's On! with our Gippsland programs

TUES 19



HOT SPRINGS*
Join us for a day of pampering at the Metung Hot Springs. booking required

WEDS 20



**FUN DAY
3PM - 7PM**
Join the crew in Mallacoota for a fun filled day, with open air cinema, skate jam, VR, games, snacks & more.

THU 21

**POP UP
OUTREACH**



ORBOST
Meet the team for a BBQ & have a chat. Find out more about What's On! with our Gippsland programs

GIPPSLAND

YOUTH SEPTEMBER BREAK

What's On! with Gippsland Youth Spaces

MON 25



SPLATBALL*
Join us for some fun playing paintball. Booking required

WEDS 27



Join us for an excursion* to The Summit in Trafalgar East for a day of outdoor adventure. Booking required. Limited spots

THU 28



MTB PARK EXCURSION*
Join the crew for a guided mountain bike tour at Blores Hill

*Booking form required for participants wishing to attend any of the listed excursions.

Contact for full details
East Gippsland
Kelly 0476 225 013

Wellington
Phil 0466 884 781 or
Tash 0427 277 174

WELLINGTON WAGON SEPTEMBER BREAK

Help us Design a Program for you



MON 18

11AM TO 1PM - CANN RIVER COMMUNITY & INFORMATION CENTRE, 13 PRINCES HWY
4.30PM TO 6PM - MALLACOOTA SKATE PARK, DEVELLING DRIVE

THU 21

12PM TO 2PM - ORBOST TENNIS CLUB ORBOST RECREATION RESERVE

**POP UP
OUTREACH**

**DROP IN AND MEET THE TEAM
FIND OUT MORE ABOUT
PROGRAMS IN YOUR AREA.**



Follow us on socials

@GippslandYouth-Wellington

For more information on our programs or how to get involved contact us:
0484 777 972
info@gippslandyouth.au



Latrobe City Libraries

Free Activities over the School Holidays

Family Movies

Bring the whole family for a fun movie day with a whole lot of popcorn and choc-tops to boot! We'll be screening an awesome kids' film suitable for ages 8+. Bookings required.

Monday 18 September

- Morwell Library: 10am to 12noon

Wednesday 20 September

- Moe Library: 10am to 12noon

Lego Lab

Unlock endless imaginary worlds with Lego! Ages 5+. Bookings required.

Mondays 18 and 25 September

- Traralgon Library: 10am to 12noon and 2pm to 4pm

Thursdays 21 and 28 September

- Morwell Library: 10am to 12noon and 2pm to 4pm

Wednesday 27 September

- Moe Library: 10am to 12noon
- Churchill Library: 2pm to 4pm

Family Quiz Night

Test your trivia skills with our fun rounds of quiz questions.

Wednesday 20 September

- Morwell Library 5pm to 7pm

Preschool Yoga

Gentle exercise in the library for preschoolers!

Friday 22 September

- Morwell Library 10am and 11am
- Moe Library 2pm

Thursday 28 September

- Traralgon Library 10am and 11am
- Churchill Library 2pm

Manga Drawing Workshops

Learn the basics of creating characters. No experience necessary. For young people aged 12 to 18 years. Bookings required. Places limited.

Wednesday 20 September

- Churchill Library: 10am to 11.30am

Saturday 23 September

- Moe Library: 10am to 11.30am

Wednesday 27 September

- Morwell Library: 10am to 11.30am
- Traralgon Library: 2pm to 4pm

Badge and Button Making

Unbutton your imagination to create your own unique badge to take home. All ages. Drop in sessions.

Wednesday 20 September

- Traralgon Centre Plaza 11am to 2pm

Thursday 21 September

- Traralgon Library 9.30am to 11.30am
- Churchill Library 2pm to 4pm

Monday 25 September

- Morwell Library 9.30am to 11.30am
- Moe Library 2pm to 4pm

Artbus Free Arts Program

Join us for a FREE arts program, where the magic of ideas will come to life through the power of art.

Tuesday 26 September: Morwell Library

- 5 to 10 year olds: 10am to 12noon
- 11 to 17 year olds: 1pm to 3pm

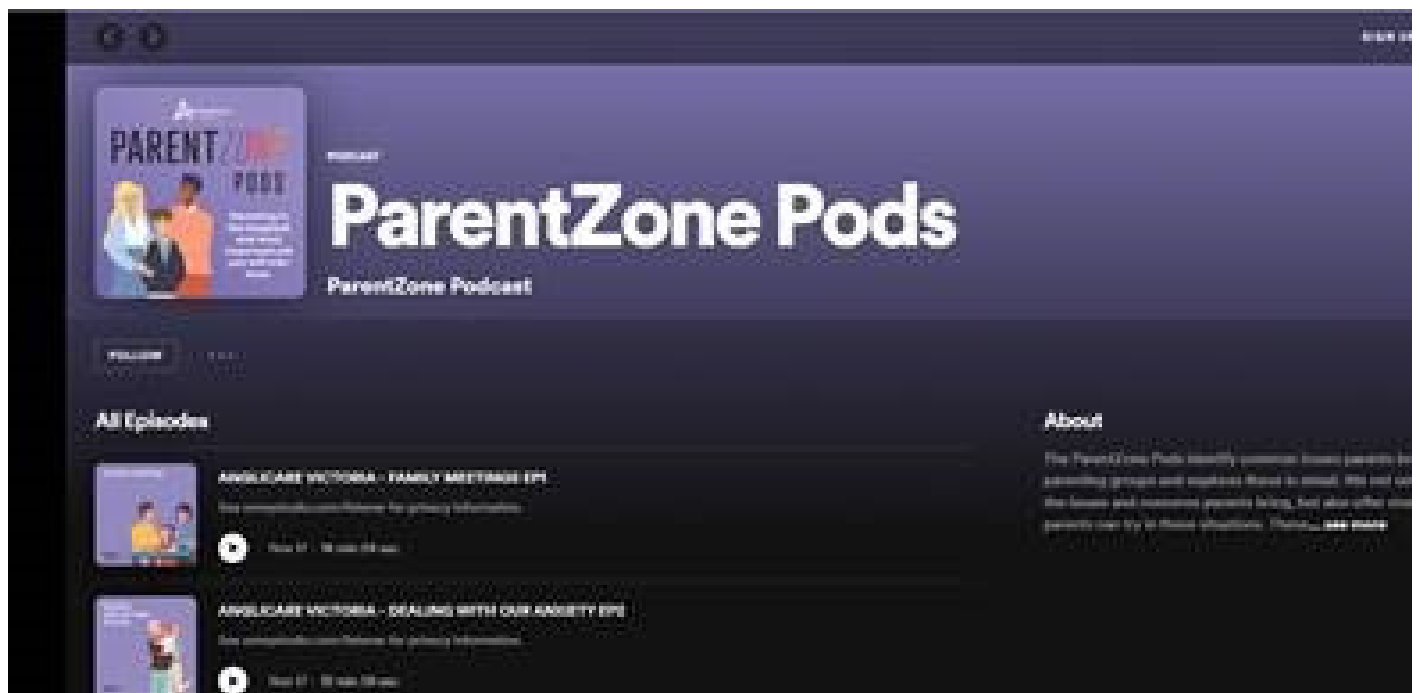
Paper Plate Tigers

Celebrate footy fever and create a tiger plate. Drop in session.

Thursday 28 September

- Traralgon Centre Plaza: 1pm to 3pm

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 !

PARENTZONE

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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