PARENTZONE EASTERN DIRECTORY

Term 4, 2017

NEWS ACROSS THE EASTERN REGION

Boroondara, Knox, Manningham, Maroondah, Monash, Whitehorse and Yarra Ranges

Welcome to Parent News Term 4, 2017

Information on groups and programs offered by Parentzone and Community Services across the Eastern Region of Melbourne

Welcome to the Parentzone Eastern Newsletter for Term 4.

Have you heard of Parents Building Solutions? Parents Building Solutions is our strengths based parenting framework which is accredited by the Australian Institute of Family Studies.

Parents Building Solutions works because it listens to what parents want to know and then delivers!

What parents are saying about Parents Building Solutions - 'I have made a commitment to myself to do a parenting course every year since 2014. I have done 5 courses so far'.

'Normally a lot of people drop out in the early stages, but this group was excellent'.

Our next PBS training will be at Anglicare Bayswater starting on 14 February 2018 (see flyer at back of newsletter for further details)

Whether it's learning about behaviour and surviving the terrible two's or understanding and communicating with your teenager, we have the group for you! Have a look at what's coming up for Term 4 in this newsletter.

The Strengthening Parent Support Program is gaining momentum with peer support groups being offered during both the day and the evenings in Lilydale and Ringwood. Additional groups will soon be offered in Clayton and Vermont. These groups are a supportive place for parents and carers of a child with a disability or development delay to come together, share their stories, offer support and enjoy some me time.

Happy reading from the Parentzone Eastern team
Tamara, Helena, Julia and Grace

Parentzone
Eastern Region

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WHAT'S ON IN YOUR AREA?

Please send us details of any programs, workshops or support groups that you plan to run in Term 1, 2018.

e| parentzone.errd@anglicarevic.org.au or call us on 03 9735 6134

EASTERN REGIONAL PARENTING SERVICE

Anglicare Victoria Parentzone

47 - 51 Castella Street, Lilydale VIC 3140

t| 9735 4188 f| 9735 5782 e| parentzone.errg@anglicarevic.org.au

Monday to Friday 9am to 4pm

OTHER REGIONAL PARENTING SERVICES IN METROPOLITAN MELBOURNE

Northern Region

Anglicare Victoria Parentzone

8 Hurtle Street, Lalor VIC 3075

t| 9465 0322 f| 9464 1887

Southern Region

Anglicare Victoria Parentzone

66-68 Main Street, Pakenham VIC 3810

t| 1300984011 f| 5940 9622

Anglicare Victoria Parentzone

60-64 Wells Street, Frankston VIC 3199

t| 9781 6700 f| 9781 4844

Western Region

McKillop Family Services / ParentsLink

118 Commercial Road, Footscray VIC 3011

t| 9680 8444

PARENT EDUCATORS NETWORK MEETINGS

STATE PARENT EDUCATORS MEETINGS

This meeting is held once a term to facilitate supportive and educational interaction between people who are providing various parenting services across Victoria. Contact Pat Jewel for further information and/or details on 0429 819 392 or email pjewell@childhood.org.au

PARENTLINE – PHONE 13 22 89

This is a free service offering telephone counselling, information and referrals to parents of children aged between 0-18 years. Parents and other carers may call to obtain advice about managing difficult behaviours – including conflict and relationship issues.

People who ring while the line is busy, or outside business hours, can leave a message and they will be called back.

PARENT EDUCATORS NETWORK MEETINGS – EASTERN REGION

This network meeting is open to all professionals involved in the provision of parenting education and information. Meeting are held once a term to facilitate supportive and educational interaction between people who are providing various parenting services across the Eastern Region. We are always open to suggestions, so please contact Parentzone if you have any particular topic requests.

If you wish to be on our email contact list for information to be sent to you or to be added to our list of parenting course providers, please email the Parentzone team at the following address parentzone.errd@anglicarevic.org.au or, alternatively, bring your details to the next meeting.

Next meeting is 18th October at Anglicare, 47 Castella Street, Lilydale

Numbers are limited, therefore, bookings are essential (see page 40)

Phone Tamara from Parentzone on 9735 6123

PARENTZONE PARENT EDUCATION PARTNERSHIP SCHEME (PEPS)

GRANTS OF UP TO $500

Boroondara, Knox, Manningham, Maroondah, Monash, Whitehorse and Yarra Ranges

Eastern Parentzone provides PEPS funding to support the delivery of parent education programs throughout the Eastern Region. PEPS empower the community through capacity building, adds value to existing services, and expands on the network of current education programs.

PEPS may be provided to a variety of partnership project types that provide parent educational experiences, materials and supports which promote resilient and healthy family relationships and parenting confidence. These may include, but are not limited to, structured parenting group work e.g. parent-child activities with a component of parenting information – supported playgroups are not funded, parent information session and parent expos.

ELIGIBILITY

Applications must meet the following eligibility criteria to be considered:

- The project is delivered within the eastern metropolitan region.
- The outcome of the project must be to provide parent education and/or support/information.
- The application does not exceed $500.
- A maximum of two funding applications per year will be approved to the one service/program.
- Reporting post project completion must be submitted prior to the funding being forwarded.
- A registered not for profit organisation.

For details and an application form:
call 9735 6123 or email parentzone.errd@anglicarevic.org.au

FUTURE PLANNING

What do you have planned for Term 4, 2017?

Term 4 Parent News deadline is 22nd September 2017

Is your information up to date?

Towards the end of each school term we send out a "**What's On**" form via email to all registered organisations to either confirm current details of activities or to update group activities and service information for the coming term.

This email is sent to a designated contact person provided by each organisation. We are especially grateful for all the responses we receive. Unfortunately, we don't receive a completed form from all registered members.

We need this information in order to have your programs advertised in Term 3, 2017.

If you are unsure of details such as dates, times, costs and venues, we can list these with a note "please phone for details" rather than exclude them – as long as we have the name of the program, a contact name and phone number.

Please use the "**What's On**" form included or emailed to you with the reminder towards the end of term.

To save time and human resources we need your help!

If you are a listed service and your contact person or program information in this edition is incorrect, or you are not receiving the "**What's On**" form via email, can you please contact us immediately to update your details and activities. Please ensure that at the end of each term you are updating and sending your details to: **parentzone.errd@anglicarevic.org.au**

Without your update, our parent educators are spending significant time each term over the school holidays contacting organisations and/or checking websites to update as much information as possible. Meanwhile we are looking at a more efficient way to update each term's information.

If you wish to be on our reminder list, let us know via email.

If you do not receive your reminder, please contact us on 9735 6134

PROFESSIONAL DEVELOPMENT TRAINING

Region	Contact	Address	Details / Other
AUTISM BEHAVIOURAL INTERVENTION ASSOCIATION (ABIA) ABIA trains, educated and supports parents, carers and professionals working with children with Autism Spectrum disorder.			
Boroondara	9830 0677 info@abia.net.au www.abia.net.au	Level 1, 121 Maling Road, Canterbury	
FAMILY MEDIATION AND COUNSELLING TRAINING			
All Areas	www.mediation.com.au	4/1001 Nepean Hwy, Moorabbin	
ANIMAL ASSISTED THERAPY			
All Areas	Melanie Jones Psychologist 9757 6200	1063 Burwood Hwy, Ferntree Gully	Reduced concession fees or ATAPS funded sessions
SUPPORTING POSITIVE TRANSITIONS NETWORKING EVENT			
Boroondara	Clara Yip 9278 4439 clara.yip@boroondara.vic.gov.au	Hawthorn Community Precinct 584 Glenferrie Road, Hawthorn	31 October 4.30 – 6.00pm Bookings essential
ECASA WORKSHOPS			
All Areas	Carol Sullivan 9870 7310 carol.sullivan@easternhealth.org.au	Wantirna Health Maroondah Hospital	**Responding** to Disclosures of Sexual Assault 1 November 9.30 -3.30 pm **Building** Foundations – Working Safely with Adult Survivors of Sexual Assault 15 November 9.30 – 3.30pm
DVRCV TRAINING			
All Areas	9486 9666 www.dvrcv.org.au/course	Ringwood venue Melbourne venue Melbourne venue	**Recognise** and Respond Appropriately to Domestic and Family Violence 10, 11, 24 and 25 October 9.30 – 4.30pm **Family** Violence is a Workplace Issue 24 October 9.30 – 4.30 pm **Adopting** Child Led Practice 23 and 24 October 9.30 – 4.30pm
DONNA ZANDER AND ASSOCIATES Unlocking Childhood Trauma and Music, Music and Drama in Transforming Trauma			
All Areas	Donna Zander 0411 399 747 www.donnazanderandassociates.com.au	Venue to be advised Melbourne CBD	17 and 18 October 9.30 – 4.30 pm 11 October 9.30 - 4.30pm
AUTISM COUNSELLING Various training and consultations for professionals. Kinder, school programs, classroom planning, transitions and positive behaviour support.			
All Areas	Jo White 0414 487 509 jowhite3130@gmail.com	Suite 2/171 Boronia Road, Boronia Outreach available	Parent courses and children's groups available. Ring for details

	www.autismcounselling.com.au		
MOUNT EVELYN COUNSELLING Mount Evelyn Counselling is a team of qualified and experienced psychologists and counsellors.			
Yarra Ranges	9736 2273 www.mountevelyncounselling.com.au	2 Clegg Road Mount Evelyn VIC 3796	
RELATIONSHIPS AUSTRALIA Provider of relationship support services for individuals, families and communities			
All Areas	Jodie Patten 8573 2271 www.relationshipsaustralia.com.au	41 Princes Street Kew Melbourne Family Relationship Centre, 379 Collins Street William Angliss Institute 555 La Trobe Street	**Introduction** to Working with Couples 11 October 9.30 – 4.00pm **Supporting** Separated Families 14 November 9.30 - 4.00pm Cost $280 **What** Works in Therapy 1 Dec. 9.30 - 4.30 pm $525
MAN ENOUGH – Pornography Awareness for Men Offers interactive talks and presentation to schools, business and community groups. Also offers confidential one-on-one programs.			
All Areas	Hugh 0456 224 803 www.manenough.com.au		
FERNHILLS CLINIC PSYCHOLOGY MENTAL HEALTH CARE Offering group therapy at Boronia, Ringwood and Ferntree Gully.			
Knox and Maroondah	9839 3300 www.fernhillsclinic.com.au		Groups available: Women's Mental Health Support group, Being Assertive.
EASTERN HEALTH COMMUNITY SEMINARS			
All Areas	www.easternhealth.org.au	Federation Estate Greenwood Avenue Ringwood	**Helping** young people who self harm 24 October 9.30 – 12.30pm **Emotional** and Behavioural Regulation 28 November 9.30 – 12.30 pm
ARCVIC – OCD COGNITIVE STRATEGIES AND RECOVERY WORKSHOP			
All Areas	9830 0566 www.arcvic.org.au	292 Canterbury Road, Surrey Hills	14 October – 2 December 2.00 – 4.00pm Cost: $214.70

CHILD AND FAMILY FOCUSED SERVICES / WORKSHOPS

Region	Contact	Address	Details / Other
FAMILY RELATIONSHIPS SERVICES FOR CARERS EACH provides an integrated range of health, disability, counselling and community mental health services across Australia.			
Maroondah	1300 003 224 frsc@each.com.au		
ELKANAH COUNSELLING *consultations by appointment only* Counsellors at Elkanah are fully qualified psychologists. Some are also family therapists, trauma therapists and mediators.			
Boroondara	9817 5654 www.elkanahcounselling.com.au	1 Whitehorse Road, Balwyn VIC 3101	8am to 8pm Mon to Fri 8am to noon Sat
FREE COMMUNITY PANTRY First Tuesday of the month 10.00 – 12.00pm			
Maroondah	9720 5097	Glen Park Community Centre Bayswater North (must be a member)	
CHILDRENS CONTACT SERVICE RINGWOOD For children of separated parents to spend safe, professionally supervised time with the parents they do not live with			
All Areas	9259 4188 www.ringwoodfrc.org.au/ccs	16 Bond Street Ringwood	Fees can be found at web address
YARRA VALLEY PSYCHOLOGY Offers a range of services. including individual and relationship counselling, family therapy, psychological assessments and mediation			
Yarra Ranges Maroondah Knox	9723 1441 www.yvp.com.au	Nunawading, Croydon and Lilydale offices	
THINKING TOGETHER THERAPY– specialised in the treatment of postnatal depression and transition to parenthood. Infant, child and adolescent mental health particularly trauma related symptoms and relational concerns.			
All Areas	Elisha Ebdon www.thinkingtogethertherapy.com	0406 782 326 72 Maroondah Hwy., Croydon	
LIFE CARE WOMEN LWC supports isolated and vulnerable women, (predominately single mothers) who have little support or connection			
Monash	patricia.karagiorgos@crosswaylifecare.org.au 9886 3899	709 Highbury Road Burwood East	
YARRA VALLEY HEALTH (formerly Yarra Valley Community Health Service**)** Free general/individual counselling for adults with a focus on mental health. Family and children's counselling for primary aged children and their parents			
Yarra Ranges	1300 130 381	Sites at Yarra Junction and Healesville	
THE BUTTERFLY FOUNDATION Support for Australians experiencing eating disorders.			
All Areas	Support line 1800 334 673 www.thebutterflyfoundation.org.au	143 Malvern Road Glen Iris	

SUPPORTING CHILDREN THROUGH COUNSELLING – Family Mediation and Counselling Service Provides a range of services to support children and their families in understanding and managing difficult situations. Children 5-18 years.			
Monash	Sally Clarke 9564 6999 chadstone@mediation.com.au	41 Stamford Road Oakleigh	Group sessions and short courses available.
WOMEN'S LEGAL SERVICE VICTORIA Providing free and confidential legal information, advice, representation and referral to women in Victoria.			
All Areas	8622 0600 www.womenslegal.org.au	Level 10 227 William Street Melbourne	
YOUTH COUNSELLING SERVICES Free counselling for young people aged between the ages of 12-25 and their families who live, work or attend school in the Yarra Ranges.			
Yarra Ranges	9738 8801	17 Clarke Street, Lilydale 3/1527 Burwood Hwy., Tecoma 333 Maroondah Hwy., Healesville	
TRANQUIL LIAISON Parent consultant/Family Therapy			
All Areas	Carol 0417 803 607	Eastern suburbs Outreach service available	

FAMILY FOCUSED WEBSITES

Region	Contact	Address	Details / Other
ASTHMA FOUNDATION OF VICTORIA Asthma Australia and Asthma Foundations work collaboratively to improve the quality of life for people with asthma.			
All Areas	Advice Line 1800 278 462 or 9326 7088 www.asthmaaustralia.org.au	491-495 King Street, Melbourne	
AUSTRALIAN MULTIPLE BIRTHS ASSOCIATION Social and practical support about PND, babysitting, equipment hire, feeding, ant-nation information, social activities and babysitting club.			
All Areas	1300 886 449 secretary@amba.org.au www.amba.org.au		Multiple playgroups in each areas and newsletters with useful information.
CHILD YOUTH AND HEALTH Women and children's health network			
All Areas	Parent Helpline 1300 364 100 www.cyh.com		
CHILDREN WITH PARENTS AFFECTED BY MENTAL ILLNESS Find resources and advices and subscribe to monthly newsletters.			
All Areas	www.copmi.net.au		
EVERYDAY WAYS TO SUPPORT YOUR BABY AND TODDLER'S EARLY LEARNING Advancing the proven power of early connections.			
All Areas	www.zerotothree.org		
MIRABEL FOUNDATION Established in 1998 to assist children who have been orphaned or abandoned due to parental illicit drug use and are now in kinship care.			
All Areas	www.mirabelfoundation.org.au		
THE RITE JOURNEY Is a unique educational program designed to support teens in the development of self-awareness, vitality, responsibility, respect and resilience.			
All Areas	0432 603 655 andrew@theritejourney.com www.ritejourney.com		
PARENTING IDEAS Michael Grose Presentations			
All Areas	www.parentingideas.com.au		
PARENTLINK ACT Fact sheets.			
All Areas	www.parentlink.act.gov.au		
PARENTING RESEARCH CENTRE Victorian Parenting Centre.			
All Areas	www.parentingrc.org.au		

Region	Contact	Address	Details / Other
STEPDUCKS The ultimate stepfamily			
All Areas	www.stepducks.com		
MAGGIE DENT – Quietly Improving Lives. Building relationships and support adolescents to adulthood.			
All Areas	www.maggiedent.com		
LOOKING FOR A NANNY? Available 8 hours per day, 2 days a week, flexible times if required.			
All Areas	Suzi 9728 1706 or 0427 017 144		
NEW MENTAL HEALTH RESOURCES Fact sheets in 21 languages.			
All Areas	www.mhima.org.au www.mentalhealth.gov.au		
EVERY DAY WITH ADHD Resources and training for parents, teachers, carers, professionals and youth.			
All Areas	www.everydaywithadhd.com.au www.healthystart.net.au	Healthy Start aims to improve health and wellbeing outcomes for children whose parents have learning difficulties	
RAISING CHILDREN NETWORK User friendly resource site which includes information, tools and resources on raising children in the pre-teen and early teen years.			
All Areas	www.raisingchildren.net.au		

GENERAL PARENTING - 0 to 5 YEARS

Region	Contact	Address	Details / Other
DADS PARENTING SEMINAR (for parents of toddlers and primary schoolers)			
All areas	Helen Rimington 9663 6733 www.ds.org.au	Drummond Street Services 100 Drummond Street, Carlton	11, 18, 25 October 6.00 – 7.30 pm
KEEP CALM AND PARENT ON			
All Areas	1300 543 396 www.lifeworks.com.au	Lifeworks, Level 4, 255 Bourke Street Melbourne	Starts 4 October 10.00 – 12.00pm Cost: $200 Conc $150
AUSTRALIAN BREASTFEEDING ASSOCIATION Website to access local information and counselling.			
All Areas	9791 4644 www.breastfeeding.asn.au		
KINDERGARTEN PARENTS VICTORIA Free training for committees at various venues			
All Areas	9489 3500 www.elaa.org.au		
MATERNAL AND CHILD HEALTH TELEPHONE SERVICE 24 hour, 7 days a week state wide service offering support and advice to families with children 0-6 years of age.			
All Areas	13 22 29		Parents and other family members may also contact this service
PLAY STEPS – a parent/child interactive play program Early year and early parenting support group – 6 to 12 months			
All Areas	8416 7600 ofc_reception@mercy.com.au www.mercyhealth.com.au	Mercy Health O'Connell Family Centre, 6 Mont Albert Road Canterbury	Fridays 13 October – 1 December 10.00 – 12.30pm **AND** Supportive Parenting Workshops For babies up to 12 months 9 October, 13 November and 11 December 1.00 – 3.00pm
MUSIC TOGETHER A music therapy program that enhances family relationships, attachment and communication			
All Areas	9871 0221 Isabel.chua@connections.org.au	Aimed at children up to five years and their parents/caregivers. $12.50 per session. Locations at Mitcham, Balwyn East, Blackburn, Warrandyte, Croydon, Mooroolbark Boronia and Heathmont.	

BOROONDARA			
TWEDDLE CHILD FAMILY HEALTH SERVICE Our highest priority is to provide assistance to families during pregnancy and with children up to school age that are facing multiple challenges and are in urgent need of therapeutic support .Residential and day stay programs			
All Areas	9689 1577 www.tweddle.org.au		
BOROONDARA FAMILY NETWORK Home visiting by volunteers for parents of children 0-5 years.			
Boroondara	Trish 0409 014 862 www.boroondarafamilynetwork.org.au		
SUPPORTIVE PARENTING WORKSHOPS Support for parents of children 0-5 years.			
MANAGING TOILET TRAINING AND BEDWETTING IN CHILDREN			
Boroondara	Clara Yip 9278 4439 clara.yip@boroondara.vic.gov.au	Cambwerwell Civic Centre 340 Camberwell Road Camberwell	24 October 7.00 – 9.00pm
KEEPING KIDS SAFE – facts, information and tips to keep your children safe			
Boroondara	Clara Yip 9278 4439 clara.yip@boroondara.vic.gov.au	Camberwell Civic Centre 340 Camberwell Road Camberwell	17 October 7.00 – 9.00pm
PARENTING WORKSHOPS / SUPPORT Access Health and Community is a comprehensive health care provider in the inner eastern Melbourne.			
Boroondara	Maria or Sarah 9885 6822	Access Health and Community Ashburton	
KNOX			
AUSTRALIAN BREASTFEEDING ASSOCIATION GROUP			
Knox	Angela in Bayswater area knoxaba@hotmail.com		
EASTERN KINSHIP CARE NETWORK			
Knox	Nicky Culhane at ANCHOR 9801 1999 kinship.info@anchor.org.au	Glen Park Community Centre 30 Glen Park Road Bayswater North	Monthly, every Thursday from noon to 2pm
KNOX YOUNG PARENTS GROUP For parents under the age of 25 with a baby under 12 months			
Knox	Michelle at Knox Youth Services 9298 8311 or 0437 351 041 michelle.pascoe@knox.vic.gov.au	Youth Information Centre, Knox Ozone, Capital City Boulevarde Wantirna South	Fridays 10.00 – 12.00pm
MANNINGHAM			
MOPS – Mothers of Pre-Schoolers Childcare including speakers and activities.			
Manningham	Anne Hill 0408 567 617 www.salvationarmy.org.au	Manningham Salvos 37 Taunton Street Doncaster East	2nd & 4th Fridays 9.30am to 11.30am $7.00 per session

PRAM WALKING GROUP			
Manningham	9842 6726	Pines Learning Centre 1 / 520 Blackburn Road Doncaster East	Tuesday 9.30 am to 10.30am
TOOLBOX PARENTING GROUP Great kids need great parents and with the right tools			
Manningham	9841 7427 www.deepcreekanglican.com	Deep Creek Anglican Church 460 Blackburn Road Doncaster East	Contact for details
MAROONDAH			
STORY TIME FOR CHILDREN – Croydon Library Held during school terms only. Visit www.erl@vic.gov.au for other Story Time locations.			
Maroondah	9800 6448	Civic Square Croydon	▸ Tiny Tots 0 to 12mths: Tuesday 1 pm ▸ Toddle Time – 1 to 3 years old: Friday 11am ▸ Pre-schoolers 3 to 5yrs: Tuesday 11am
PAEDIATRIC FIRST AID			
Maroondah	Kate Tasic 9294 7530	Arrabri Community House Allambannan Drive Bayswater North	13 November 10.00 -12.00pm Cost: $25 pp or $40 per couple
MAROONDAH INFORMATION SESSIONS			
Maroondah	Book online at www.maroondah.vic.gov.au/MCHprograms.aspx or call Kirstyn 9294 5586	Norwood Family Centre, 18 Notlen Street Ringwood	
WHITEHORSE			
ATAPS PSYCHOLOGICAL SERVICES and CHILD PSYCHOLOGY SERVICES ATAPS Psychological Services 0 to 12 years of age and Child Psychology Services 0 to preschool			
Whitehorse	9890 2220	Carrington Health 43 Carrington Road Box Hill	Free for ATAPS PS4 kids. Income based for child psychology.
BRINGING UP GREAT KIDS – parents of children under 10			
Whitehorse	EACH Melanie Fearn 8878 3806 mfearn@each.com.au	EACH 14 Silver Grove Nunawading	24 October – 21 November 10.00 – 12.30 pm Cost: Free
YARRA RANGES			
SMALL TALK – Supported playgroups for parents of children under 6 years of age Program for families with their toddlers. Play experiences and weekly topics enabled by trained facilitators.			
Yarra Ranges	1300 368 333 Bookings Essential earlyyears@yarraranges.vic.gov.au	Venues: Mooroolbark, Healesville and Millgrove, Kallista, Upwey and Selby	Healesville - Thurs 10 -12pm Millgrove – Mon 10 -12pm M'Bark – Tues, Wed and Thurs 10 -12pm Upwey – Thur 10 -12pm Kallista – Wed 10 -12pm Selby – Tues 10 -12pm

LINKING FAMILIES Free service for families living in the Upper Yarra area who have a child under 6. Gain information and support on development, health and behaviour.			
Yarra Ranges	Naomi Ween 9294 6573 n.ween@yarraranges.vic.gov.au	2444 Warburton Hwy Yarra Junction and Outreach	Monday, Tuesday and Thursdays
EASTERN KINSHIP CARE NETWORK Kinship Care Services provide support to both formal and informal kinship carers through a range of services			
Yarra Ranges	Nicky Culhane at ANCHOR 9801 1999 kinship.info@anchor.org.au	Lilydale Lake Community Room 435 Swansea Road Lilydale	Every 2nd and 4th Friday 10am to noon
YOUNG PARENTS – Yarra Junction A range of services including paediatric, physiotherapy, dietician, OT and speech therapy for children			
Yarra Ranges	YVCHS 1300 130 381 or Emma 0459 811 155	Upper Yarra Family Centre Cnr. Hoddle & Warburton Hwy Yarra Junction	Monday 1.30pm to 3.30pm
HEALESVILLE SUPPORTED PLAYGROUP			
Yarra Ranges	Michelle Norman 0418 528 860	Family Centre Vimy Ridge Healesville	Fridays 10.00 – 12.00pm
HEALESVILLE EARLY CHILDHOOD INTERVENTION Assessment, therapy through play, supporting children and their families			
Yarra Ranges	EACH intake 5962 4704 www.each.com.au/services	6 Vimy Ridge Healesville	
INSPIRO CHS Assessment and advice about children's development. Individual and group support available.			
Yarra Ranges	9738 8801 hello@inspiro.org.au	3/1527 Burwood Hwy Tecoma 17 Clarke Street, Lilydale	
EARLY SKILLS CHECK – for children aged 6 months to six years Speech/OT/Physio/Dietician			
Yarra Ranges	Eastern Health 1300 130 381 Kerri Moss 0407 947 254	2444 Warburton Hwy, Yarra Junction	2nd and 4th Tuesdays each month 9.30 – 11.30 NO Cost
UNDERSTANDING SENSORY PROCESSING			
Yarra Ranges	Early Years' Service 1300 368 333	Mt Evelyn Primary School Community Building 33	24 October 7.00 – 9.00pm FREE- Places are limited

GENERAL PARENTING - 0 to 12 years

Region	Contact	Address	Details / Other
REGIONAL			
DRUMMOND STREET SERVICES			
All Areas	Helen Rimington 9663 6733 www.ds.org.au	Drummond Street Services 100 Drummond Street, Carlton	
KEEP CALM AND PARENT ON			
All Areas	1300 543 396 www.lifeworks.com.au	Lifeworks, Level 4, 255 Bourke Street Melbourne	Starts 9 October 10.00 – 12.00pm Cost: $200 conc $150
BOROONDARA			
PARENT COACHING WITH MENTOR MAESTRO			
Boroondara	Janet 9889 3991 or 0411 091 419 janet@mentormaestro.com	20 Gowar Avenue Camberwell	Family Counselling
PARENTING ANXIOUS CHILDREN			
Boroondara	Lisa Wolfenden Anxiety Recovery Centre 9830 0566	ARCVic head office 292 Canterbury Road, Surrey Hills	9 October 7.00 – 9.00pm **AND** 28 November 7.00 – 9.00pm Cost: $20 pp bookings essential
TUNING INTO KIDS			
Boroondara	9261 8700 www.rav.org.au/KewTiK	Relationships Australia 46 Princess Street, Kew	10 October – 21 November 6.30 – 8.30 pm Cost: $150 per couple $100 per person
KNOX			
TEMPLER SOCIETY AUSTRALIA KIDS CLUB			
Knox	Martina Eaton 0433 335 815 activities@templesociety.org.au	Community Hub and Meeting Place, 51 Elizabeth Street, Bayswater	Mondays 10 am – 12pm and Wednesdays 12.30 – 3.30 pm
RESILIENCE BUILDING FOR MORE EFFECTIVE PARENTING			
Knox	Julia Russell Parentzone 9735 6190 or 0400 866 495 Or Michelle Pascoe 9298 8311 Knox Council	Knox Ozone, next to Headspace Wantirna Sth	16 November 7.00 -9.30 pm
C.O.A.C.H. Community mentoring with families to achieve set goals			
Knox	9871 8900	1248 High Street Road Wantirna South	Cost: Free of charge
MANNINGHAM			
MANNINGHAM COMMUNITY HEALTH			
Manningham	8841 3000 mchs@mannchs.org.au www.mannchs.org.au	44 Balmoral Avenue, Lwr. Templestowe	

EASTERN COMMUNITY LEGAL CENTRE – Box Hill			
Manningham	9285 4822 www.ecle.org.au	27 Bank Street Box Hill	
TOOLBOX PARENTING GROUP – 6 to 12 year olds			
Manningham	Cheryl 0403 692 856	Deep Creek Anglican Church 460 Blackburn Road Doncaster East	Ring for details
MAROONDAH			
STUDY BUDDIES			
Maroondah	9803 3400	Uniting Care Centre 220 Burwood Highway East Burwood	3.45pm to 5.30pm during school terms Cost: Free of charge
MONASH			
PSYCHOTHERAPY – 0 to 12 years. ATAPS PS 4 KIDS PS4Kids (aged 0-12) and adolescent (aged 12-25)PS4 is a short term counselling service for children who are at risk of developing a mental health disorder or have a diagnosed condition. Referrals can be made through regular GP's.			
Monash	1300 552 509 www.linkhc.org.au	Glen Waverly and Hughesdale	Cost: Free of charge
TUNING INTO KIDS			
Monash	9560 6722 admin@wavecare.org.au	Wavecare Counselling 155 Coleman Parade Glen Waverley	Starts Friday 27 October Cost: $250 for 6 x 2 hour sessions
MONASH FAMILY SERVICES			
Monash	9807 2500 www.monash.vic.gov.au	36 Burton Street Chadstone	Parenting Adolescents, Who's in Charge, Recharge and other workshops and programs
PARENTING ANXIOUS CHILDREN			
Monash	Libby Roden Monash Family Services 9807 2500	Monash Civic Centre 293 Springvale Road Glen Waverley Batesford Community Hub 94 Batesford Road Chadstone	10 November 10.30 – 12.30pm **AND** 14 November 6.30 – 8.30pm Cost: FREE (bookings essential)
WHITEHORSE			
ATAPS PSYCHOLOGICAL SERVICES (0-12) and CHILD PSYCHOLOGY SERVICES (0-preschool)			
Whitehorse	9890 2220	Carrington Health Level 2, 43 Carrington Road Box Hill	Cost: Free of charge for ATAPS PS4 children and income based for child psychology
TUNING INTO KIDS – for parents with children under 12			
Whitehorse	Julia Russell 9735 6190 or 0400 866 495 Parentzone	Mitcham Community House 19 Brunswick Road Mitcham	24 October – 5 December 7.00 – 9.30 pm Cost: FREE
BRINGING UP GREAT KIDS – parents of children under 10			
Whitehorse	EACH Melanie Fearn 8878 3806 mfearn@each.com.au	EACH 14 Silver Grove Nunawading	24 October – 21 November 10.00 – 12.30 pm Cost: Free

PARENTING ANXIOUS CHILDREN			
Whitehorse	Lisa Wolfenden Anxiety Recovery Centre 9830 0566	ARCVic head office 292 Canterbury Road, Surrey Hills	9 October 7.00 – 9.00pm **AND** 28 November 7.00-9.00pm Cost: $20 pp bookings essential
BRINGING UP GREAT KIDS			
Whitehorse	Natalie Walton 0428 619 658	Temcare 9 Queen Street, Blackburn	12 October – 7 December 10.30 – 12.30pm Cost: $20
LINK HEALTH AND COMMUNITY Relationship and family issues. Services for children			
Whitehorse	1300 552 509	Glen Waverley, Clayton and Oakleigh	
YARRA RANGES			
EASTERN KINSHIP CARE NETWORK			
Yarra Ranges	Nicky Culhane at ANCHOR 9801 1999 kinship.info@anchor.org.au	Lilydale Lake Community Room 435 Swansea Road Lilydale	Every 2nd and 4th Friday 10am to noon
FAMILY RELATIONSHIPS CENTRE RINGWOOD Information and referrals for service providers working with families in the eastern metropolitan region.			
Yarra Ranges	9871 6300 www.ringwoodfrc.org.au	68 Charter Street Ringwood	Also at Box Hill, Healesville, Ferntree Gully and Yarra Junction
KIDS MATTER			
Yarra Ranges	vic@kidsmatter.edu.au www.kidsmatter.edu.au/primary	A mental health promotion / early intervention initiative that is implemented by primary schools to support students and families, promote mental health and assist schools and families in addressing the needs of children experiencing mental health difficulties.	
GRATITUDE, EMPATHY AND MINDFULNESS SEMINAR			
Yarra Ranges	Julia Russell 97356190 Parentzone	Menzies Creek Primary School 12 School Road, Menzies Creek	24 October 9.30 – 11.00am Cost: Free (bookings essential)
LIFEWORKS RELATIONSHIP COUNSELLING AND EDUCATION SERVICES Offers counselling services for couples, individuals and families in the eastern suburbs.			
Yarra Ranges	1300 543 396 www.lifeworks.com.au	We can assist with relationship difficulties, grief and loss, life transition issues, separation, parenting. step parenting challenges, anxiety and workplace problems. Life Works also offers pre marriage education for committed couples and Employee Assistance Programs (EAP) for organisations. 666 Mountain Highway, Bayswater	
BACK TO BASICS PARENTING			
Yarra Ranges	Helena 9735 6134 Or 0488 501 204 Parentzone	Belgrave South Community House Gilmore Court, Belgrave	13 February 2018 – 13 March 7.00 – 9.00pm

SLEEP UNITS

Region	Contact	Address	Details / Other
MITCHAM PRIVATE HOSPITAL – Mitcham For diagnosis and treatment of sleep problems and disorders for teenagers and adults			
Manningham	9210 3146	27 Doncaster East Road Mitcham	Useful websites: www.sleep.org.au www.betterhealth.vic.gov.au
EPWORTH SLEEP UNIT – Richmond For diagnosis and treatment of sleep problems and disorders for teenagers and adults			
Various	9417 5113 www.epworthsleepcentre.com.au		Useful websites: www.sleep.org.au www.betterhealth.vic.gov.au
MONASH MEDICAL CENTRE - Clayton For diagnosis and treatment of sleep problems and disorders for children			
Monash	9594 5656 www.monashchildrenshospital.org	246 Clayton Road Clayton	Useful websites: www.sleep.org.au www.betterhealth.vic.gov.au
ROYAL CHILDRENS HOSPITAL - Parkville For diagnosis and treatment of sleep problems and disorders for children			
Moreland	9345 6180 www.rch.org.au/ccch	50 Flemington Road Parkville	Useful websites: www.sleep.org.au www.betterhealth.vic.gov.au
QUEEN ELIZABETH CENTRE EDUCATION SERVICES Early parenting services, home visiting services, play group programs, parenting skills development, professional education and research unit. Day stays and residential services			
Greater Dandenong	9549 2777 theqec@qec.org.au	53 Thomas Street Noble Park	QEC is a registered public hospital. If you have a Medicare card and elect to be a public patient, services will be free

PARENTS OF ADOLESCENTS - 12 to 18 years

Region	Contact	Address	Details / Other
REGIONAL			
PARENTING TEENAGERS			
All Areas	8650 6200	Lifeworks Melbourne Level 4, 255 Bourke Street, Melbourne	Starts 14 November 6.00 -9.00pm
BOROONDARA			
BOROONDARA YOUTH SERVICES Counselling referral and support service information and support groups for parents			
Boroondara	9835 7824	360 Burwood Road Hawthorn	Weekdays 10am to 6pm
KNOX			
HEADSPACE KNOX Offers young people aged 12-25 confidential advices, support and information. Services include mental health counselling and support, alcohol and drug services, vocational and educational support, general health services and group programs.			
Knox	9801 6088 www.headspace.org.au/knox	2 Capital City Boulevard Knox Ozone	
STRONGER FAMILIES PROGRAM Supports young people and their families where issues have arisen that are impacting on the family. Support is provided through one on one support and referral to specialist services.			
Knox	9871 8700 www.unitingcareharrisons.org.au	Uniting 1012 Little Burwood Highway Knox Ozone, Wantirna South	
KNOX YOUTH INFO SERVICES Information services for young people and their parents in the Knox area			
Knox	9298 8469	2 Capital City Boulevard Knox Ozone, Wantirna South	Monday to Thursday 1pm to 5pm
RAISING COMPETENT TEENAGERS			
Knox	Michelle Pascoe michelle.pascoe@knox.vic.gov.au 9298 8311	Knox City Council 511 Burwood Hwy Wantirna Sth	12 October 6.30 -8.30 pm Cost: FREE
TEMPLAR YOUTH / TEENAGE GROUP			
Knox	Susi Richter 0400 764 257 activities@templesociety.org.au		Monthly activities at various venues
SAME SEX ATTRACTED YOUNG PEOPLE SUPPORT - 12 to 25 years Eastern Region Gay and Lesbian Youth project including 'Purple Bus' magazine. Refugee Homework support			
Knox	Kate 9298 8000 kate.arnott@knox.vic.gov.au	Knox Youth Services	
MAROONDAH			
EASTERN KINSHIP CARE NETWORK			
Maroondah	Nicky Culhane 9801 1999 kinship.info@anchor.org.au	Glen Park Community Centre 30 Glen Park Road Bayswater North	Thursday noon to 2pm (also at Lilydale)

ATAPS and GENERAL COUNSELLING FOR ADOLESCENTS - 12 to 25 years			
Maroondah	9294 5704 www.maroondahyouthservices.com		Monday to Friday 9am to 5pm
MANNINGHAM			
MANNINGHAM YMCA School services, counselling and support, personal development and leadership, youth events, skate services, LAP and youth activities			
Manningham	9848 0088 www.manninghan.ymca.org.au		
MONASH			
PARENTING ADOLESCENTS			
Monash	Libby or Emily Monash Family Services 9807 2500	Monash Civic Centre 293 Springvale Road Glen Waverley	26 October – 30 November 7.00 – 9.30 pm
WHITEHORSE			
TALKING TO TEENS ABOUT RESPECTFUL RELATIONSHIPS			
Whitehorse	Molly Block City of Whitehorse 9262 6333 www.whitehorse.vic.gov.au	Whitehorse Civic Centre 379-397 Whitehorse Road, Nunawading	18 October 7.00 – 9.30 pm Cost: $2 donation
BREAKING THE CYCLE program for parents who have teens who are abusive to them and/or siblings			
Whitehorse	9896 6322 Anglicare	Anglicare, 7 – 11 Shipley Street Box Hill	12 October – 30 November 6.30 – 8.30pm Cost: Gold coin donation
YSAS Works to improve the health and wellbeing of young people 12 to 21 affected by the use of alcohol and other drugs			
Whitehorse	9890 7855 or 1800 458 658 www.ysas.org.au	Level 1 16-18 Ellingworth Parade Box Hill	
YOUTH CONNECXION Programs to support young people and families			
Whitehorse	9898 9340 youth.worker@whitehorse.vic.gov.au	Whitehorse Youth Services Level 1 Box Hill Central Box Hill	Open Monday to Friday 1pm to 5pm
YARRA RANGES			
YOUTH AND FAMILY COUNSELLING For young people 12-25 years and their families			
Yarra Ranges	1300 368 333 www.yarraranges.vic.gov.au/community/youth	Yarra Ranges Youth Services Shire of Yarra Ranges, Main Street Lilydale	
TALKING TEENS			
Yarra Ranges	Julia Russell 9735 6190 or 0400 866 495 Parentzone	Healesville Secondary School Camerons Road Healesville	25 October – 22 November 7.00 – 9.00pm
EASTERN KINSHIP CARE NETWORK			
Yarra Ranges	Nicky Culhane at ANCHOR 9801 1999 kinship.info@anchor.org.au	Lilydale Lake Community Room 435 Swansea Road Lilydale	Every 2nd and 4th Friday 10am to noon

CULTURALLY AND LINGUISTICALLY DIVERSE (CALD)

Region	Contact	Address	Details / Other
REGIONAL			
MULTICULTURAL RESOURSES DIRECTORY Important new resource to help people access services across Australia. Lists more than 1700 services including interfaith networks, language service providers, government agencies and language schools			
All Areas	www.multicultural.vic.gov.au/resources/community-directory		
BOROONDARA			
AFGHAN WOMEN'S PLAYGROUP Social support and recreation group			
Boroondara	9885 7789	Craig Family Centre 7 Samarinda Avenue Ashburton	Cost: $40 per family per term Wednesday 12am to 1.30pm
AFGHAN MEN'S GROUP / PLAYGROUP			
Boroondara	9885 7789	Craig Family Centre 7 Samarinda Avenue Ashburton	Every second Thursday 1pm to 3pm
KNOX			
MANDARIN SPEAKING PARENT / CHILD GROUP			
Knox	9720 1118	Irabina 193 Bayswater Road Bayswater	Mondays1.30pm to 3pm
HOMEWORK SUPPORT PROGRAMS Facilitated by the Migrant Information Services, Box Hill			
Knox	9285 4888 www.miceastmelb.com.au	Knox Library Knox City Shopping Centre	Wednesdays 4pm to 6pm during school terms
MAROONDAH			
ABORIGINAL BURRAI PLAYTIME			
Maroondah	9725 2166 www.nmigp.org.au	Mullum Mullum Indigenous Gathering Place 3 Croydon Way Croydon	Tuesdays at 10.30am
HOMEWORK SUPPORT PROGRAMS Facilitated by the Migrant Information Services, East Melbourne			
Maroondah	9285 4888 www.miceastmelb.com.au	Croydon Library Civic Square, Croydon	Tuesdays 4pm to 6pm during school terms
MIGRANT INFORMATION CENTRE			
Maroondah	9870 1351	1-3 Pitt Street Ringwood	Tuesday to Friday 9am to 5pm
FAMILY DISPUTE RESOLUTION IN CHINESE LANGUAGES			
Maroondah	9871 6313 - Chinese 9871 6300 - English	Ringwood Family R'ship Centre 68 Charter Street, Ringwood	

EASTERN VACCA PROGRAMS Promotes and protect the rights of vulnerable Aboriginal children, young people, families and the community.			
Maroondah	9871 9000 www.vacca.org	10 Maroondah Highway Ringwood	A variety of programs and support
MANNINGHAM			
CHINESE FAMILY PLAYGROUPS			
Manningham	9525 8313 www.kimba.vic.edu.au	Kimmba Bilingual Doncaster Playgroup 1 Sherwood Court Doncaster East	
MONASH			
JAPANESE MOTHER'S PLAYGROUP			
Monash	9887 6226 www.knk.org.au	Kerri Neighbourhood House 36 Kincumber Drive Glen Waverley	Fridays 10.30 – 12.00pm during school terms
CHINESE GRANDPARENT'S PLAYGROUP			
Monash	Amber Huang 9285 4888	St John's Uniting Church 37 Virginia Street Mount Waverley	Every second Tuesday 10.30am to midday
MULGRAVE CHINESE FAMILY SERVICES PLAYGROUP			
Monash	Joseph Jin 9875 4222	Mulgrave Neighbourhood House 36-42 Mackie Road, Mulgrave	Every Monday 10.30 – 12.00pm
CHINESE PLAYGROUP IN CLAYTON			
Monash	Joseph Jin 9875 4222	Clayton Community Centre 9-15 Cook Street, Clayton	Fridays 2.00pm – 3.30pm
SEAAC - SOUTHERN ETHNIC ADVISORY AND ADVOCACY COUNCIL Service for 12 to 25 year olds from disadvantaged multicultural backgrounds in the city of Monash			
Monash	9547 0511 www.seaac.org.au		
CHINESE SPEAKING PLAYGROUP			
Monash	Mary 9889 0791	Kerri Neighbourhood House 36 Kincumber Drive Glen Waverley	Wed 9.15 – 11.15 am Cost: $3 per session
WHITEHORSE			
CHINESE, CANTONESE AND MANDARIN ATAPS COUNSELLING - PS4 kids 0-12 CHILD PSYCHOLOGY SERVICES - 0 to preschool PS4Kids (aged 0-12) and adolescent (aged 12-25)PS4 is a short term counselling service for children who are at risk of developing a mental health disorder or have a diagnosed condition. Referrals can be made through regular GP's.			
Whitehorse	9890 2220	Carrington Health Level 2, 43 Carrington Road Box Hill	Cost: Free of charge for ATAPS PS4 children and income based for child psychology
CHINESE GRANDPARENTS PLAYGROUP			
Whitehorse	Amber Huang 9285 4888	Mitcham Community Hose 19 Brunswick Road, Mitcham	Every second Tuesday 10.30am to 12.00pm
MULTI CULTURAL PLAYGROUPS			
Whitehorse	Zoe 0416 502 260	Vermont Sth Community House 1 Karobran Dve, Vermont Sth	Chinese/English Playgroup for Toddlers Tues 3-4.00pm

MONASH			
CHINESE MOTHER'S PLAYGROUP			
Monash	9887 6226 www.knk.org.au	Kerri Neighbourhood House 36 Kincumber Drive Glen Waverley	Wednesdays 9.15am to 11.15am during school terms
JAPANESE MOTHER'S PLAYGROUP			
Monash	9887 6226 www.knk.org.au	Kerri Neighbourhood House 36 Kincumber Drive Glen Waverley	Fridays 10.30 -12.00pm during school terms
CHINESE GRANDPARENT'S PAYGROUP			
Monash	Amber Huang 9285 4888	St John's Uniting Church 37 Virginia Street, Mt Waverley	Every second Tuesday 10.30am to midday
YARRA RANGES			
HOMEWORK SUPPORT PROGRAMS			
Yarra Ranges	9285 4888 www.miceastmelb.com.au	Mooroolbark Library 7 Station Street, Mooroolbark	Monday 3.45 pm to 5.00pm during school term
BALIT INDIGENOUS PLAYGROUP			
Y. Ranges	Rhonda or Sam 5957 1100	6 Vimy Ridge, Healesville	Alternate Mondays 10am to midday
MULTICULTRUAL PLAYGROUP			
Y. Ranges	Niquita 9285 4888	Maternal Child and Health Centre, Mooroolbark	Tuesdays 11.30am to 1.30pm

SOLE PARENTS

Region	Contact	Address	Details / Other
REGIONAL			
POST SEPARATION PARENTING FOR MEN AND WOMEN			
All Areas	9261 8727 relationshipseducation@rav.org.au	Relationships Australia 46 Princess Street, Kew	20 October and 1 December 9.30 – 4.00pm Cost: $150 Conc$120
SUPPORTING CHILDREN AFTER SEPARATION Course and workshops for families dealing with separation issues			
All Areas	9847 5888 www.mediation.com.au	Family Mediation Centre 367 Maroondah Highway Ringwood	
COUNCIL OF SINGLE MOTHERS AND THEIR CHILDREN (CSMC) CSMC is a Victoria wide service run by and for women parenting alone. They provide telephone support, information and referral on a range of issues including emergency relief, housing, Centrelink, child support, family law, family violence and parenting.			
All Areas	9654 0622 1300 552 511 www.csmc.org.au		Monday to Thursday 9.30am to 3pm
MAROONDAH			
FAMILY DISPUTE RESOLUTION IN CHINESE LANGUAGES			
Maroondah	9871 6313 - Chinese 9871 6300 - English	Ringwood Family R'ship Centre 68 Charter Street, Ringwood	
THE BUSINESS OF PARENTING AFTER SEPARATION			
Maroondah	1300 003 224	Ringwood Family R'ship Centre 68 Charter Street, Ringwood	26 Oct, 2 Nov, 9 Nov, and 16 Nov 5.00 – 8.00pm Cost: Vary by income
PARENTING AFTER SEPARATION SERIES Check the website for details of various courses about parenting, detailing with conflict and relationships.			
Maroondah	9725 9964 frcintake@ringwoodfrc.org.au	Ringwood Family R'ship Centre 68 Charter Street, Ringwood	16, 23, 30 November 6.00 – 8.00pm Cost: $110
CHILD IN FOCUS Family Mediation and Counselling			
Maroondah	1800 639 523	367 Maroondah Highway Ringwood	Every 2 weeks 6pm to 7.30pm Contact for upcoming dates
CHILDRENS CONTACT SERVICE RINGWOOD For children of separated parents to spend safe, professionally supervised time with the parents they do not live with			
Maroondah	9259 4188 www.ringwoodfrc.org.au/ccs	16 Bond Street Ringwood	Fees can be found at web address

MONASH			
SUPPORTING CHILDREN THROUGH COUNSELLING Child counsellors supporting children through separation			
Monash	Sally Clarke 9564 6999	Family Relationship Centre Suites 1 and 2, 41 Stamford Road, Oakleigh	
WHITEHORSE			
EASTERN COMMUNITY LEGAL CENTRE Family Law, information on separation, divorce, children and property, and personal counselling			
Whitehorse	9285 4822 Freecall 1300 797 088	Inner East - Box Hill Outer East - Boronia	
DADSLINK YMCA Activities, events and counselling to encourage Dads to be positively involved with their children			
Whitehorse	Dan 0420 220 017 dadslink@ymca.org.au	www.victoria.mca.org.au/dadslink	
PRIMARY DISPUTE RESOLUTION			
Whitehorse	9873 4344	Centacare 510 Whitehorse Road Mitcham	
CHILD FOCUSED MEDIATION - Parent Orders Program Gordon Care now offers a local place for separated families to come for mediation. It is a safe and supportive environment where parents are helped to communicate openly and to explore options			
Whitehorse	8560 4520 info@ten20.com.au	www.ten20.com.au	

STEP AND BLENDED FAMILIES

Region	Contact	Address	Details / Other
REGIONAL			
STEP FAMILY AUSTRALIA Counselling, support groups, resources and tip sheets			
All Areas	9663 6733 www.stepfamily.org.au	Step Families Australia 100 Drummond Street Carlton	
STEP FAMILIES – STEPPING UP			
All Areas	9663 6733	Drummond Street Services 100 Drummond Street Carlton	Sat 18 November 9.30 – 4.30 pm
PARENTING AFTER SEPARATION - Intensive Program			
All Areas	1300 543 396 or lifeworks@lifeworks.com.au	Lifeworks Level 4, 255 Bourke Street Melbourne	17, 31 Oct, 31 Nov, 5, 11 Dec 10.00 – 5pm Cost: $95
PARENTING AFTER SEPARATION SERIES			
All Areas	8768 4111 enquires@berwickfrc.org.au	Berwick Family R'ship Centre 38 Clyde Road Berwick	5 Oct and 2 November 10.00 – 5.00pm Cost: $80
PARENTING AFTER SEPARATION SERIES			
All Areas	8625 3666 enquires@melbournefrc.org.au	Melbourne Family Relationship Centre, 379 Collins Street Melbourne	26 Oct, 9 Nov, 23 Nov, 14 Dec 1 day 10.00 – 5.00pm Cost: $80 pp
BOROONDARA			
POST SEPARATION PARENTING			
Boroondara	9261 8727 relationshipseducation@rav.org.au	Relationships Australia 46 Princess Street, Kew	20 Oct and 1 December 9.30 – 4.00pm Cost: $150 pp
KNOX			
MAROONDAH			
WHEN PARENTS SEPARATE Family law dispute resolution information			
Maroondah	9871 6300	Ringwood Family R'ship Centre 68 Charter Street, Ringwood	Also available at Yarra Junction. Evening appointments available. Not suitable for children.
THE BUSINESS OF PARENTING AFTER SEPARATION			
Maroondah	1300 003 224	Ringwood Family R'ship Centre 68 Charter Street, Ringwood	26 Oct, 2 Nov, 9 Nov, 16 Nov 5.00 – 8.00pm Fees dependant on income
PARENTING AFTER SEPARATION SERIES			
Maroondah	9725 9964 Boronia office	Ringwood Family R'ship Centre 68 Charter Street, Ringwood	16, 23 and 30 Nov 6.00 – 8.00pm Cost: $110

FAMILY DISPUTE RESOLUTION IN CHINESE LANGUAGES			
Maroondah	9871 6313 - Chinese 9871 6300 - English	Ringwood Family R'ship Centre 68 Charter Street, Ringwood	
SUPPORTING CHILDREN AFTER SEPARATION & CHILD IN FOCUS Individual counselling, group work for children, preventative education programs and child inclusive mediation			
Maroondah	1800 369 523 www.mediation.com.au	Family Mediation Centre 367 Maroondah Highway Ringwood	

It is up to me to recognise my child's need for independence. I will have her respect if I grant her my respect

I talk and talk and talk and I haven't taught people in my fifty years what my father taught by example in one week

Our children need to live their own lives and will do so, whether or not they have our approval

Love is an act of endless forgiveness, a tender look that becomes a habit

Silence is one of the great arts of conversation

Tact is the intelligence of the heart

Parents were invented to make children happy by giving them something to ignore ☺

GRIEF AND LOSS

Region	Contact	Address	Details / Other
STATEWIDE			
CONTACT YOUR LOCAL COMMUNITY HEALTH SERVICE FOR BEREAVEMENT COUNSELLING The Australian Centre for Grief and Bereavement for education, workshops and training.			
Statewide	9265 2100 info@grief.org.au www.grief.org.au	253 Wellington Road Mulgrave	Programs include: - Kids Grieve Too - Younger Bereaved Partners
REGIONAL			
SIDS AND KIDS VICTORIA Support for the sudden and unexpected death of a child 20 weeks gestation to 6 years of age. Range of groups and activities for families including perinatal group, multiple birth bereavement, grandparents, siblings, subsequent pregnancy groups, fathers and creative memory groups			
All Areas	24hr Crisis Help Line 1300 308 307 or 9822 9611 www.sidsandkidvic.org	1227 Malvern Road Malvern	Free counselling from qualifies grief and loss counsellors (male and female and trained bereaved parents
THE COMPASSIONATE FRIENDS BEREAVED PARENTS CENTRE Local support groups and resources for bereaved parents. Special groups for loss through suicide, for siblings over 14 years.			
All Areas	9888 4844 (24hrs) 1800 641 091 www.compassionatefriendsvictoria.org.au	229 Canterbury Road Canterbury	Monday to Friday 9.30am to 4.00pm
VERY SPECIAL KIDS Respite and support for families of children with a life threatening illness.			
All Areas	1800 888 875 www.vsk.org.au	321 Glenferrie Road Malvern	Offices in Shepparton, Ballarat, Brunswick, Hastings, Traralgon
GRIEF LINE COMMUNITY AND FAMILY SERVICE			
All Areas	9935 7400 www.griefline.org.au		Free anonymous counselling for adults and children for any type of grief or loss
OPEN DOORS Counselling re: Ectopic pregnancy, IVF losses and stillbirth. Established since 1984 in this area of grief.			
All Areas	9870 7044 www.opendoors.com.au www.4teenz.com.au	5 Greenwood Ave, Ringwood	
KNOX			
COUNSELLING AND SUPPORT			
Knox	9757 6200	Knox Community Health Service 1063 Burwood Highway Ferntree Gully	

Region	Contact	Address	Details / Other
MONASH			
SUPPORTING FAMILIES OF CHILDREN WITH LIFE THREATENING ILLNESSES			
Monash	9265 2111 or 1800 642 066 info@grief.org.au	Australian Centre of Grief and Bereavement 253 Wellington Road, Mulgrave	
SUPPORT AFTER SUICIDE For those bereaved by suicide, including children, young people extended family and others. Counselling, group program and resources. For professionals: information and referral options, secondary consultations, education and training.			
Monash	9421 7640 aftersuicide@jss.org.au www.supportaftersuicide.org.au	1227 Malvern Road Malvern	(SAS) Jesuit Social Services

MENTAL HEALTH / POST NATAL DEPRESSION SUPPORT

Region	Contact	Address	Details / Other
REGIONAL			
PARENT - INFANT RESEARCH INSTITUTE - Support during the antenatal and post-natal period The Parent-Infant Clinic offers support treatment for mothers, fathers and their infants during pregnancy and the first two years post birth.			
All Area	9496 4496 www.piri.org.au	Austin Health 300 Waterdale Road, Heidelberg Heights	A range of programs available, including both individual and group programs
NEW MENTAL HEALTH IN MULTICULTURALISM What is mental illness, personality disorder, eating disorder, schizophrenia and more…fact sheets in 21 languages			
All Areas	(02) 6285 3100 www.mhima.org.au		
HEADSPACE KNOX Offers young people aged 12-25 confidential advice, support and information. Services include: mental health counselling and support, alcohol and drug services, vocational and educational support, general health services and group programs.			
All Areas	9801 6088 www.headspace.org.au/knox	2 Capital City Boulevard Knox Ozone	
NEAMI NATIONAL Provides rehabilitation and recovery support to people recovering from mental illness. Referrals taken by Eastern Mental Health Community			
All Areas	8691 5300 www.neaminational.org.au	4-8 Water Road, Preston	
THE ANXIETY RECOVERY CENTRE VICTORIA (ARCVIC) Is a state wide specialist mental health organisation, providing support, recovery and educational services to people and families living with anxiety disorders. We aim to support and equip people with knowledge and skills that will build resilience and recovery, and reduce the impact.			
All Areas	1300 269 438 Helpline 9830 0566 Office www.arcvic.org.au	292 Canterbury Road, Surrey Hills	
ARAFEMI SUPPORT GROUPS AND RESOURCE CENTRE (NOW MIND AUSTRALIA)			
All Areas	1300 554 660 Helpline www.arafemi.org.au	270 Auburn Road, Hawthorn	
MENTAL ILLNESS FELLOWSHIP VICTORIA Support and information programs for families and friends of people with mental illness and dual diagnosis (metal illness and substance abuse)			
All Areas	9784 6800 Administrator www.mifa.org.au		
CHILDREN OF PARENTS AFFECTED BY A MENTAL ILLNESS			
All Areas	www.health.gov.au		
BOROONDARA			
HOARDING STRUCTURED GROUP and OBSESSIVE COMPULSIVE DISORDER SELF HELP SUPPORT GROUP			
Boroondara	9830 0533	ARC Vic 292 Canterbury Road Surrey Hills	Hoarding - 1pm to 2.30pm OCD - last Wed every month 7pm to 8.30pm

ANXIETY DISORDERS SUPPORT GORUP			
Boroondara	9830 0533	Hawthorn Community House 32 Henry Street	1st and 3rd Tues each month 7.30 -9.30pm
KNOX			
ANXIETY DISORDERS SUPPORT GROUP			
Knox	9830 0533	CWA 4 Sundew Avenue Boronia	Meets the 4th Tues of every month 7.00pm to 8.30pm
GROW Support group for carers of someone with mental health issues			
Knox	9528 2977 www.grow.org.au	Caulfield South	Groups in Ferntree Gully and Box Hill
MAROONDAH			
EASTERN ACCESS COMMUNITY HEALTH SUPPORT GROUPS FOR CARERS			
Maroondah	Stacy 8892 4201 or 0477 721 238	EACH Lifeworks 9 Greenwood Avenue Ringwood	Every second Wednesday 1pm to 3pm Cost: Free of charge
WHITEHORSE			
WELL WAYS BUILDING A FUTURE For carers of someone with a metal illness.			
Whitehorse	1300 111 400 www.wellways.org		
ATAPS and GENERAL COUNSELLING For individuals (child, teen or adult) with mental health or post-natal depression			
Whitehorse	9890 2220	Carrington Health Level 2, 43 Carrington Road Box Hill	Free for ATAPS counselling Income based for general counselling
YARRA RANGES			
YARRA VALLEY HEALTH			
Yarra Ranges	1300 130 381	Yarra Junction and Healesville Hospital	General individual counselling for adults with a focus on mental health – depression, anxiety, relationship issues , parenting, grief and loss, family violence counselling, transition. Also 6 week group for clients experiencing anxiety and/or depression
MENTAL HEALTH AND WELLNESS EVENING			
Yarra Ranges	9756 6227 Amanda	Monbulk Aquatic Centre Monbulk	11 and 18 October 7.00 – 9.00pm

DADS

Region	Contact	Address	Details / Other
REGIONAL			
MENSLINE AUSTRALIA - TALK IT OVER Now provides free video counselling session to help men with family and relationship concerns			
All Areas	1300 789 978 24/7 www.mensline.org.au		Real time support using Skype Free and confidential service
DADS PARENTING SEMINAR (for parents of toddlers and primary schoolers)			
All Areas	9663 6733 enquiries@ds.org.au	Drummond Street Services 100 Drummond Street, Carlton	11, 18, 25 October 6.00 – 7.30 pm
FREE LEGAL HELP WITH CHILD SUPPORT			
All Areas	1300 792 387	Victoria Legal Aid	Is independent from DHHS (Centrelink and Child Support)
DADSLINK YMCA A partnership between YMCA Victoria, Mensline Australia, Relationships Australia and the Life Is Foundation			
All Areas	9403 5000 victoriaoffice@ymca.org.au	Information. Activities and support for dads and kids	Real time support using Skype Free and confidential service
AUSTRALIAN DIRECTORY OF MEN'S SUPPORT SERVICES The aim of the ADMSS is to create a website with the most up-to-date and relevant information about men's health and wellbeing programs and services in Australia			
All Areas	www.everyman.org.au 6230 6999		Register your details on the website to become a member
MEN'S REFERRAL SERVICE Phone counselling service for men			
All Areas	1300 766 491 www.mrs.org.au		Monday to Friday noon to 9pm
BETTER MEN AUSTRALIA We are working on the shift that's sweeping the nation: average blokes who are striving to become better men, better husbands and better fathers. 'Men-touring' adventures on-line and face-to-face coaching. Entertaining Events and practical Seminars. Consultancy to Councils, Agencies, Businesses, Churches and Clubs.			
All Areas	Rob 0432 439 943 info@bettermen.com.au www.bettermen.com.au		
MAN ENOUGH WORKSHOPS Pornography awareness for men. We offer interactive talks and presentations to schools, businesses and community groups.			
All Areas	Hugh 0456 224 803 www.manenough.com.au		One on one confidential programs available
MEN'S SHED METROPOLITAN AREAS			
All Areas	www.mensshed.org.au		Contact website to find a group in your area
BOROONDARA			
INROADS - MANAGING DIFFICULT BEHAVIOUR Men's Behaviour Change Program			
Boroondara	9261 8727 www.relationshipsvictoria.com.au	Relationships Australia 46 Princess Street, Kew	Contact for details

KNOX			
BLOKES SIDE BY SIDE - By Men for Men			
Knox	9871 8900	CityLife Community Care 1248 High Street Road Wantirna	Fortnightly on Thursdays 10.30am to noon Cost: Free of charge
DADS IN DISTRESS DIDs provides peer support and referral networks to dads going through the trauma of family breakdown.			
Knox	1300 853 437	Glen Park Community Centre 30 Glen Park Road Bayswater North	Every Tuesday 7.30pm to 10pm
MEN'S BEHAVIOUR CHANGE PROGRAM			
Knox	www.rav.org.au/KnoxMBCP	Headspace Knox, 2 Capitol City Boulevard Knox City, Wantirna ALSO AT BORONIA Ring for details 9725 9964	
MAROONDAH			
MEN'S BEHAVIIOUR CHANGE PROGRAM			
Maroondah	www.rav.org.au/RingwoodMBCP	Wesley Mission 291a Maroondah Hwy., Ringwood	Ring for details
WHITEHORSE			
DAD'S PLAYGROUP			
Whitehorse	Simon 0488 300 861	The Salvation Army 325 Mitcham Road Mitcham	Thursday from 10.30am during school term Cost: $25 per term
YARRA RANGES			
HEALESVILLE DADS GROUP			
Yarra Ranges		Contact www.facebook.com/healesvilleddads for more details	Monthly on Saturdays 10 - 11.30 am
DADS SOCIAL GROUP – for dads and male carers of a child or young adult with a disability			
Yarra Ranges	Mark 9758 5522 or familysupport@ioe.org.au	Interchange Outer East	

FAMILY VIOLENCE AND ANGER MANAGEMENT

Region	Contact	Address	Details / Other
REGIONAL			
WOMEN			
EASTERN DOMESTIC VIOLENCE SERVICES (EDVOS) Phone intake for assessment and case management information - 9870 5939			
All Areas	b/h 9259 4200 a/h 1800 015 188 (crisis line) www.edvos.org.au	Provides information, advocacy, support and referrals for women and their children living in the eastern region, who are experiencing domestic violence. Service is free and confidential.	
SAFE STEPS FAMILY VIOLENCE RESPONSE CENTRE Formally Women's Domestic Violence Crisis Service			
All Areas	State wide phone service 1800 015 188 24 hour toll free line www.safesteps.org.au		
EASTERN CENTRE AGAINST SEXUAL ASSAULT - Ringwood East			
All Areas	9895 3281 1300 342 255 (24hr toll free) ecasa@easternhealth.org.au		
WOMENS CENTRE – Hope Healing Love Helping people in tough places to flourish			
All Areas	9886 3899 www.crosswaylifecare.org.au		LifeCare Women's Centre is a safe haven run by women for women
ANGER MANAGEMENT FOR WOMEN SEA CHANGE Lifeworks relationship, counselling and education services			
All Areas	8650 6200 www.lifeworks.com.au	Lifeworks Level 4, 255 Bourke Street Melbourne	
CHILDREN AND YOUTH			
KIDS HELP LINE If you are a child or young person who needs help or just someone to talk to.			
All Areas	1800 55 1800 - 24 hour toll free number or visit www.kidshelpline.com.au		
SUPPORTING CHILDREN THROUGH COUNSELLING Individual, groups or family counselling. Mediation and preventative education for schools and community groups.			
All Areas	Sally Clarke 9564 6999 sally.clarke@mediation.com.au	Family Relationships Centre Chadstone	
ADOLESCENT VIOLENCE IN THE HOME Uniting Care Kildonan. Programs and services, youth and family support			
All Areas	8401 0100 www.kildonan.org.au		
MEN			
EASTERN VICTIMS ASSISTANCE COUNSELLING PROGRAM			
All Areas	1300 884 284	46 Warrandyte Road Ringwood	

Region	Contact	Address	Details / Other
MEN'S BEHAVIOUR CHANGE Lifeworks relationship, counselling and education services			
All Areas	1300 534 396	Lifeworks Level 4, 255 Bourke Street Melbourne	Ring for details
THE LOOKOUT - Your place for family violence information Training and events, resources, media centre and updated family violence directory			
All Areas	www.thelookout.org.au	DVRC 29 Wellington Street Collingwood	
BOROONDARA			
WOMEN MAKING CHOICES			
Boroondara	9261 8727 relationshipseducation@rav.org.au	Relationships Australia 46 Princess Street, Kew	4, 11, 18, 25 Oct; AND 1, 8, 15 Nov; 6.00 – 8.30pm Cost: FREE
WOMEN MANAGING ANGER			
Boroondara	9261 8727 relationshipseducation@rav.org.au	Relationships Australia 46 Princess Street, Kew	17, 24, 31 Oct; 14,21, 28 Nov; and 5, 12 December 6.30 – 8.30pm Cost: $250 pp Conc $210
MY MUM AND ME – 7 week program for children and their mothers to connect after experiencing family violence			
Boroondara	Relationships Aust 9261 8727	46 Princess Street Kew	27 October – 8 December 4.30 – 6.00pm Cost: FREE
INROADS: MEN'S BEHAVIOUR CHANGE PROGRAM			
Boroondara	9261 8727 relationshipseducation@rav.org.au	Relationships Australia 46 Princess Street, Kew	Ring for details 6.30pm to 8.30pm
KNOX			
TOUGH LOVE - Wantirna Parent Support Group Children with unacceptable behaviour			
Knox	0488 706 221 info@vic.toughlvove.org.au	CAV Centre 8 Ashley Street Wantirna	Wednesday 7.30pm $5 per person per week No childcare available
MEN'S FAMILY VIOLENCE PROGRAM			
Knox	9735 4188 (by referral)	Anglicare Victoria 666 Mountain Highway Bayswater	Entry group 10 weeks
MEN'S BEHAVIOUR CHANGE PROGRAM			
Knox	www.rav.org.au/KnoxMBCP	Headspace Knox 2 Capitol City Boulevarde, Knox City Wantirna ALSO AT BORONIA Ring for details 9725 9964	
MAROONDAH			
EASTERN DOMESTIC VIOLENCE OUTREACH SERVICE INC Provides information, advocacy, support and referral for women and their children living in the eastern region, who are experiencing domestic violence. A free and confidential service			
Maroondah	9259 4200 www.easternfamilyviolencepartnership.org.au		There is no fee attached to either group attendance or counselling sessions

MANNINGHAM			
WOMEN'S HEALTH EAST - Investing in equality and wellbeing for women WHE acts to improve women's health, safety and wellbeing through leading, partnering, informing and delivering responses that address the needs of women			
Manningham	9851 3700 www.whe.org.au	1/125 George Street Doncaster East	
MONASH			
SECASA SECASA provides counselling for victims of sexual assault and family violence for both adults and children. This is a 24 hour service. Short, medium and long term counselling is provided at a number of locations. Counselling available for family members, carers and friends.			
Monash	9928 8741 secasa@monashhealth.org	Sexually Abusive Treatment Services - SECASA runs a program for 10-17 years olds exhibiting problem sexual/sexual abusive behaviours	
MEN'S RESPONSIBILITY GROUP For men who use violence towards their partners and/or children			
Monash	1300 552 509	Link Health and Community 568 Neerim Road Hughesdale	Wednesdays 7pm to 9pm during school terms Cost: $300 per program
WHITEHORSE			
Whitehorse	Women's Support Group Cathie 9873 4812	Mitcham Community House 19 Brunswick Road, Mitcham	Tues, Wed and Thurs
BREAKING THE CYCLE			
Whitehorse	9896 6322 Anglicare	Anglicare, 7 – 11 Shipley Street Box Hill	12 October – 30 November 6.30 – 8.30pm Cost: Gold coin donation
YARRA RANGES			
MEN'S FAMILY VIOLENCE PROGRAM - Entry Group			
Yarra Ranges	9735 4188 by referral only	Anglicare Victoria 47-51 Castella Street, Lilydale	Wednesday from 7pm $20 per session - subsidy available
MEN'S BEHAVIOUR CHANGE PROGRAM - 10 week program 'on track'			
Yarra Ranges	9735 4188	Anglicare Victoria 47-51 Castella Street, Lilydale	Wednesday from 7pm $20 per session - subsidy available
YARRA RANGES LEGAL CLINIC Free family violence legal advice, assistance and support.			
Yarra Ranges	5962 1665 1300 79 70 88 regional	Eastern Community Legal Cntr 10 River Street, Healesville	
EASTERN DOMESTIC VIOLENCE OUTREACH SERVICE INC Provides information, advocacy, support and referral for women and their children living in the eastern region, who are experiencing domestic violence. A free and confidential service			
Yarra Ranges	1300 130 381	Yarra Valley Community Health Service - Healesville	There is no fee attached to either group attendance or counselling sessions

Parent Educators Network

Eastern Region

Come and enjoy morning tea to discuss what is needed in your area.

<u>Plus</u> our guest speaker:

Family Care Sisters Holistic Centre for Women which provides for the physical, emotional, spiritual and social well-being of women. This service has been offered since 1940 with a special focus on mothers.

Wednesday 18th October 2017

9.30 – 11.30 am

To be held at Anglicare,

47 Castella Street,

Lilydale

We are always open to suggestions so please contact Parentzone if you have any particular topic requests. This network meeting is open to all professionals involved in the provision of parenting education and information.

If you wish to be on our email contacts list for information to be sent to you, or added to our list of parenting course providers, email parentzone.errd@anglicarevic.org.au or bring your details to the meeting.

Contact Tamara on 9735 6123 to book a place

SPECIAL NEEDS

Region	Contact	Address	Details / Other
REGIONAL			
EASTERN DOMESTIC VIOLENCE SERVICES (EDVOS) Phone intake for assessment and case management information - 9870 5939			
All Areas	b/h 9259 4200 a/h 1800 015 188 (crisis line) www.edvos.org.au	Real time support using Skype Free and confidential service	
EXTENDED FAMILIES AUSTRALIA Live Your Community Program (LYCP) provides flexible, practical, volunteer based inclusion support for children with disabilities who experience barriers to participate in sport, recreation and leisure activities. Assessment based for children 6 to 17 years with a disability			
All Areas	9355 8848 eastern@extendedfamilies.org.au www.extendedfamilies.org.au		
VIC DEAF News, resources, interpreter services and education			
All Areas	9473 1111 or 9473 1199 TTY info@vicdeaf.com.au		
EARLY CHILDHOOD INTERVENTION AUSTRALIA (ECIA) ECIA's work assists children with developmental delays or disabilities, their families and the networks that support them. They provide information, professional development across the sector.			
All Areas	8559 2620 www.eciavic.org.au		
DOWN SYNDROME AUSTRALIA Information, resources, encouragement and support for families. Club 21, peer support for adults 18-25 years. Groups in Melbourne and Geelong			
All Areas	1300 658 873 info@dsav.asn.au www.downsyndromevictoria.org.au	18/71 Victoria Crescent, Abbotsford	
DEAF PARENTING SKILLS Pastoral care and counselling, outreach and life skills			
All Areas	9525 1158 admin@jpc.org.au www.jpc.org.au	John Pierce Centre 25-35 High Street, Prahran	
DYSLEXIA VICTORIA Screening tests / assessments and strategies to correct symptoms. Online bookshop			
All Areas	www.dyselxiavictoriaonline.com 655 3034		
CEREBRAL PALSY SUPPORT NETWORK - State wide Self-help support group offering phone information and support via quarterly newsletters, information, seminars, workshops, support groups, recreational activities - brokerage available			
All Areas	9478 1001 or 1300 277 600 www.cpsn.org.au	525 High Street, Preston	

Region	Contact	Address	Details / Other
SPELD VIC Parent Support Group Association of parents and professionals interested in child and adults with specific learning difficulties.			
All Areas	9480 4422 www.speldvic.org.au	60 High Street, Preston	Provides diagnostic services, seminars, library and resources for sale
ASSOCIATION FOR CHILDREN WITH A DISABILITY A state wide organisation which provides a range of information booklets including 'Through the Maze: A Guide to Benefits and Services for Families of Children with a Disability' - also available in Arabic, Chinese and Vietnamese. 'Your Shout' a website for siblings of children with a disability			
All Areas	9818 2000 1800 654 013 www.yourshout.org.au www.acd.org.au	Suite 2, 98 Morang Road Hawthorn	
EPILEPSY FOUNDATION OF VICTORIA Parent / carer education and informal lunchtime get togethers. Regular information sessions, counselling, advocacy, referrals, education at school			
All Areas	8809 0600 1300 761 487 free call epilepsy@epilepsy.asn.au www.epinet.org.au	587 Canterbury Road Surrey Hills	
PARENT SUPPORT NETWORK Groups held regularly in Camberwell, Croydon Hills, Blackburn, Glen Waverley and Ferntree Gully			
All Areas	9758 5522 psn-emr@bigpond.net.au www.psn-emr.com.au	5-7 Yose Street Ferntree Gully	
AMAZE - formally Autism Victoria Parent support, books, newsletter, counselling and resources			
All Areas	9657 1600 or 1300 308 699 www.amaze.org.au	24 Drummond Street,	
STRENGTHENING PARENT SUPPORT PROGRAM – Groups in Lilydale, Clayton and Ringwood Aims to support the strong and healthy development of families with a child with a disability or developmental delay by connecting parents with each other and providing opportunities to share stories, frustrations, strategies and ideas.			
All Areas	Grace Parentzone strengtheningparentsupport@anglicarevic.org.au	9735 6164 or 0438 646 744	Bookings are essential to attend support groups or information sessions
GIFTED SUPPORT NETWORK - formally Bayside Young Active Minds - BYAMS Active network offering services to families with gifted children. Information evening with expert speakers covering issues related to the gifted. Comprehensive member's library. Quarterly newsletter containing professional articles			
All Areas	admin@giftedsupport.org	P.O. Box 2808, Cheltenham	▸ Mini Minds Activities for pre-schoolers ▸ Primary Minds Activities for primary school children ▸ Teens and Tweens Activities for teenagers
DOGS FOR KIDS WITH DISABILITES Provides support and training to families and children with special needs through the training and provision of a companion dog			
All Areas	9786 2909 www.dkd.org.au		

Region	Contact	Address	Details / Other
DIVINE WEBSITE An online community for, and by, people with a disability			
All Areas	www.divine.vic.gov.au		
INTERCHANGE VICTORIA Provides respite and recreational experiences for children with a disability			
All Areas	1300 300 436 www.interchange.org.au		
HOME AND COMMUNITY CARE PROGRAM (HACC)			
A joint federal-state program that provides services to young people with a disability and their carers and to people who are frail aged. HACC services can include a combination of in home respite and personal care. For information, contact your local shire or HACC team.			
VICTORIAN STATE DISABILITY PLACE 2017-2020			
The Victorian State Disability Plan includes the Victorian Government's ideas to make life better for people with a disability, their families and carers. The plan is part of a set of three documents. Go to www.dhhs.vic.gov.au			
ARAFEMI (MIND Australia) Supports people with a mental illness and their carers			
All Areas	1300 286 463 www.mindaustralia.org.au		
ASPERGERS VICTORIA			
All Areas	9845 2766 www.aspergersvic.org.au.au		
AUTISM FRIENDLY LEARNING			
Our website provides links to information about ASD, school supports and specific issues such as transitions.			
All Areas	www.education.vic.gov.au/about/programs/needs/Pages/autism.aspx		
BOROONDARA			
MY TIME SUPPORTED PLAYGROUP For children with special needs aged between 0 and 16 years of age			
Boroondara	Isabella Rosinsky 1800 171 882	Kew	Ring for details
ADRESSING THE COMPLEX BEHAVIOUR IN ASD			
Boroondara	Clara Yip 9278 4439 clara.yip@boroondara.vic.gov.au	360 Boroondara Youth Resource, Level 1, 360 Burwood Road, Hawthorn	9 November 1.00 – 4.30pm Bookings essential
DISABILITY SUPPORT Programs designed to promote independence, social interaction and daily living skills			
Boroondara	9885 7789 craig.disability@craigfc.org.au	The Craig Family Centre 7 Samrinda Avenue, Ashburton	
THE ABOUT FACE SOCIAL SKILLS PROGRAM			
Interactive program to improve social, communication and conversational skills in children and adolescents			
Boroondara	9821 0581 www.blcspeech.com.au	6/497 Burke Road Hawthorn	
PATHWAY FOR CARERS WALK			
Boroondara	Felicity Preston 9239 2500	Start Location: Ashburton Pool 8 Warner Ave Ashburton	Every 4th Wed of the month from 9.30am
AUTISM BEHAVIOURAL INTERVENTION ASSOCIATION (ABIA)			
Trains, education and supports parents, carer and professionals working with children with Autism Spectrum Disorder. Our purpose is to raise awareness about Applied Behaviour Analysis and its scientific basis and potential positive outcomes.			
Boroondara	9830 0677 info@abia.net.au www.abia.net.au	Level 1, 121 Maling Road Canterbury	

KNOX			
FAMILY RELATIONSHIP SUPPORT FOR CARERS			
Knox	1300 303 346	EACH 46 Warrandyte Road, Ringwood	Counselling services and community education
EMPLOYEASE - Developing skills for independence Government funded training to earn an accredited qualification to help you achieve your goals			
Knox	9761 2156	284 Dorset Road, Boronia	
AUTISM COUNSELLLING For parents and caregivers of teens with ASD. Counselling and sand play therapy			
Knox	Office 9761 2214 Jo White 0414 487 509 jowhite3130@gmail.com www.autismcounselling.com.au	Suite 2 171 Boronia Road Boronia	Parents Course: New Diagnosis And Parent Course: Teens and ASD (call for dates and times)
THE SHOP FRONT Provides information and support for families concerned about their children, especially those with additional needs			
Knox	Anne Peel 9758 7747 theshopfronttftg@gmail.com www.ferntreegully.vic.au	90 Station Street Ferntree Gully	
MY TIME SUPPORTED PLAYGROUP - 0 to 16 years with additional needs			
Knox	Isabella Rosinsky 1800 171 882	Ferntree Gully	Ring for details
PLAYCONNECT SUPPORTED PLAYGROUP - 0 to 6 years with Autism			
Knox	Sharon Bradford 9298 8348 play@knox.vic.gov.au	West Gully Children Centre Dobson Street, Ferntree Gully	Tuesdays during school terms 9.30am to 11.30 Cost: Free of charge
ADOLESCENT YOUTH CLUB – for young people with ASD			
Knox	Irabina 9720 1118 autism@irabina.com	Ev's Youth Centre, 212 Mt. Dandenong Road, Croydon	Wed 5.00 pm – 6.30 pm
WELLINGTON CARE CENTRE Relief Recovery Restoration - children specialists for Autism and Asperger's Syndrome			
Knox	9764 3738 www.wellingtoncarecentre.com.au www.rowvillebaptist.org.au	Corner Wellington Road and Le John Street Rowville	
KNOXBROOKE 365 –providing individualised 1:1 in-home and community support			
Knox	0403 707 377 Sheradon Carroll	Flexible support 365 days a year. Between 6 am – 10 pm and overnight if required	
MANNINGHAM			
PATHWAY FOR CARERS WALK			
Manningham	Felicity Preston 9239 2500	Starting location Melissa Cakes Café 65 Parker St, Lwr Templestowe	Every 3rd Thursday of the month from 10am

MAROONDAH			
MY TIME SUPPORTED PLAYGROUPS - for children 0 to 6 years with special needs			
Maroondah	Isabella Rosinsky 1800 171 882	Croydon	Contact for details
MY CHILD HAS ADD/ADHD			
Maroondah	Anglicare Parentzone Grace 0438 646 744 or 9735 6146	Central Ringwood Community House, Bedford Park, Rosewarne Lane Ringwood	Every 2nd Tuesday of the month 10 Oct, 8 Nov, 12 Dec 7..00 – 8.00pm
NEW HORIZONS SELF ADVOCACY GROUP			
Maroondah	Alby Wilson 0418 388 535 At EACH	Lifeworks 9 Greenwood Avenue Ringwood	Meets every 2nd Wed 4.00 – 8.00pm Cost $19.50 includes meal, dessert, coffee and tea
PATHWAY FOR CARERS WALK			
Maroondah	Felicity Preston 9230 2500	Start Location: Torrente Café 389 Maroondah Hwy, Ringwood	Every second Tuesday of the month from 9.30am
MONASH			
STRONGER TOGETHER PEER SUPPORT GROUP			
Monash	Grace Parentzone 9735 6146 or 0438 646 744	Clayton Community Centre Meeting room 41, 9-15 Cooke Street, Clayton	Every second Wednesday of the month 11 Oct, 8 Nov, 13 Dec 1.30 – 2.30pm
WHITEHORSE			
NDIS SUPPORT FOR CARERS			
Whitehorse	UNITING 9239 2500 events@lifeassist.org.au	Whitehorse Community Centre Level 1, 79 Mahoney's Road, Forest Hill	Every Wednesday 9.30 – 11.30 am
YARRA RANGES			
HEALESVILLE PARENT PEER SUPPORT AND INFO SESSION			
Yarra Ranges	Grace 9735 6146 strengtheningparentsupport@anglicarevic.org.au	Healesville Community Link 110 River Street Healesville	1 November 1.30 – 2.30pm
ASK (AUTISM SPECTRUM KIDS)			
Yarra Ranges	Inspiro 9738 8801 Leah and Sabatinie	Inspiro Lilydale	Tuesdays 4.30 – 6.00pm 17 Oct – 12 Dec Cost: FREE
UNDERSTANDING SENSORY PROCESSING			
Yarra Ranges	Early Years Service Yarra Ranges Council 1300 368 333	Mt. Evelyn Primary School Community Building 33	24 October 7.00 – 9.00pm
PATHWAYS FOR CARERS WALK			
Yarra Ranges	Felicity Preston 9239 2500	Starting location Mt Evelyn Community House 50 Wray Cres., Mt Evelyn	First Thursday of the month starting at 9.30am

STRONGER TOGETHER PEER SUPPORT GROUP			
Yarra Ranges	Anglicare Parentzone Grace 9735 6146 strengtheningparentsupport@anglicarevic.org.au	Anglicare Parentzone 47 Castella Street Lilydale	Every 3 weeks on a Friday 10.30 – 11.30 am 3 Nov, 24 Nov, 15 Dec
ASD AND GIRLS			
Yarra Ranges	Spectrum Journeys Inc www.spectrumjourneys.org.au	Mooroolbark Salvation Army 305 Manchester Road, Mooroolbark	11 October 7.00 – 9.00pm Cost: $40 for professionals $30 for parents

VULNERABLE AND ISOLATED PARENTS

Region	Contact	Address	Details / Other
REGIONAL			
IN HOME CHILDCARE A flexible form of child care where children can be cared for in their own home, by an approved carer. To be eligible for In Home Child Care, families must have no access to existing child care services and/or their circumstances mean that an existing child care service cannot meet their needs. Families must also meet one or more other criteria.			
All Areas	www.australianhomechildcare.com.au		
MENTAL ILLNESS FELLOWSHIP VICTORIA Support and information programs for families and friends of people with mental illness and dual diagnosis (mental illness and substance abuse)			
All Areas	1300 111 400 www.wellways.org		
RESPITE FACILITY FOR WOMEN Help to nurture the spirit of each woman who comes into their care so that they can return home more confident and with plans to cope with the stresses of life and family.			
All Areas	9723 6797 www.familycaresisters.com.au	69 Alto Avenue Croydon	
VACRO Counselling and mentoring for children with a family member in contact with the criminal justice system			
All Areas	9605 1900 www.vacro.org.au	1/116 Hardware Street Melbourne	
BOROONDARA			
ARAFEMI (MIND Australia) Workshops, seminars and support groups			
Boroondara	1300 286 463 www.mindaustralia.org.au	Heidelberg	
KNOX			
MURRINDAL REFERRAL AND SUPPORT SERVICE One off sessions, consults, counselling and support service by appointment			
Knox	Cathie Wright 0447 300 511	Rowville	Thursdays only

EASTERN KINSHIP CARE NETWORK			
Knox	Nicky Culhane 9801 1999 kinship.info@anchor.org.au	Glen Park Community Centre 30 Glen Park Road Bayswater North	Once a month on a Thursday noon to 2pm
MAROONDAH			
CHILD IN FOCUS			
Maroondah	1800 639 523 www.mediation.com.au	Family Mediation & Counselling 367 Maroondah Highway Ringwood	Every two weeks 6pm to 7.30pm
WHITEHORSE			
YOUNG MUMS GROUP			
Whitehorse	9890 2673 fan@fan.org.au	Family Access Network 1030 Whitehorse Road, Box Hill	Tuesdays 1.00pm – 3.00pm
YARRA RANGES			
HEALTHY MOTHER, HEALTHY BABIES Support for pregnant women in the community. Help to access services and other support during pregnancy and for 6 weeks post birth.			
Yarra Ranges	9028 0155 www.inspiro.org.au	Tecoma and Lilydale	
EASTERN KINSHIP CARE NETWORK			
Yarra Ranges	Nicky Culhane 9801 1999 kinship.info@anchor.org.au	Lilydale Lake Community Room 435 Swansea Road Lilydale	Every 2nd and 4th Friday 10am to noon
LINKING FAMILIES -			
Yarra Ranges	Naomi Ween 9294 6573 n.ween@yarraranges.vic.gov.au	Upper Yarra Family Centre 2444 Warburton Hwy., Yarra Junction and Outreach	Mondays, Tuesdays and Thursdays
SUPPORTED PLAYGROUP Sing, play and create for experiencing difficulties 6 months to 3 years			
Yarra Ranges	Vicki at Inspiro CHS 9028 0155	Tecoma	Ring for details

VULNERABLE AND ISOLATED PARENTS HELPFUL WEBSITES

- http://www.raisingchildren.net.au/articles/families_with_vulnerabilities.html
- www.rch.org.au/uploadedFiles/Main/...?PB18_Vulnerable_families.pdf
- www.aifs.gov.au/cfca/pubs/papers/a14861/cfca09.pdf
- http://www.community.nsw.gov.au/docswr/_.../brighterfutures_disability.pdf
- http://www.dss.gov.au
- http://www.familiescommission.org.nz/
- http://www.barnardos.org.uk
- http://actionforchildren.org.uk
- www.healthystart.net.au
  Healthy Start is a national capacity building strategy which aims to improve health and wellbeing outcomes for children whose parents have learning difficulties

DRUGS, ALCOHOL AND ADDICTIVE BEHAVIOURS

Region	Contact	Address	Details / Other
COUNSELLING - REGIONAL			
ALCOHOL AND OTHER DRUG FAMILY SERVICE - CatholicCare Professional counselling for individuals with problem drug use or all members of family and extended family and friends. Therapeutic and educational groups for family members. Supported playgroups for families affected by alcohol and other drug use. Alcohol and other drug use assessment and referral to other agencies. Community programs aimed at supporting and strengthening families.			
All Areas	9287 5555 www.ccam.org.au/servicescourses/frs.aspx	383 Albert Street East Melbourne	Evening appointments may be available
THE FIRST STOP WEBSITE – new website for families affected by alcohol and other drugs**. Detailed information about services in Inner East Region.**			
All Areas	www.thefirststop.org.au	The First Stop 378 Burwood Road, Hawthorn	
MAN ENOUGH WORKSHOPS Pornography awareness for men. We offer interactive talks and presentations to schools, business and community groups.			
All Areas	Hugh 0456 224 803 www.manenough.com.au		One on one confidential programs available
FAMILY DRUG HELP For people concern about a relative or friend using alcohol or other drugs.			
All Areas	1300 660 068 24hr helpline www.familydrughelp.com.au	140 Grange Road, Carnegie	
TOBACCO FREE CLINIC Specially trained staff for individual needs.			
All Areas	Service Co-ordinator 0417 861 324 www.easternhealth.org.au	Health Promotion Unit Box Hill & Maroondah & Yarra Valley Hospitals	Cost: $5
TURNING POINT ALCOHOL AND DRUG CENTRE 24 hour drug and alcohol counselling, information and referral service			
All Areas	8413 8413 Direct helpline 1800 888 236 www.turningpoint.org.au	54 Gertrude Street, Fitzroy	
YSAS RECONNECT Helps young people, who are using alcohol and/or drugs aged 12 to 18, who are homeless or at risk of homelessness and their families.			
All Areas	1800 458 685	16 Ellingworth Parade Box Hill	
BOROONDARA			
DRUG COUNSELLING For individuals and families who live, work or study in Boroondara.			
Boroondara	9818 6703 www.iehealth.org.au	Inner East Community Health 378 Burwood Road Hawthorn	Adult counselling and homeless outreach

Region	Contact	Address	Details / Other
KNOX			
PARENT SUPPORT GROUP For adults who are parenting people with drug and alcohol issues.			
Knox	Anglicare 9721 3688	Anglicare Victoria 666 Mountain Highway Bayswater	8 week course Cost: Free of charge
LYFT - LINKING YOUNG PEOPLE AND FAMILIES TOGETHER 12 to 21 years Working to reduce stresses at home and strengthen family relationships as a way of addressing the young person's problematic alcohol use			
Knox	Liz 9721 3688	Anglicare Victoria 666 Mountain Highway Bayswater	
SURe - Substance Abuse Recovery Individual and family counselling			
Knox	9721 3688 - Intake		Monday to Friday 11am to 3pm
HEADSPACE KNOX Offers young people aged 12 to 25 confidential advice, support and information. Services include: mental health counselling and support, alcohol and drug services, vocational and educational support, general health services and group programs			
Knox	9801 6088 www.headspace.org.au/knox	2 Capital City Boulevard Knox Ozone	
FADS - Family Alcohol and Drug Service Families with children up to 18 years where an adult has a drug and/or alcohol problem. Families with a young person up to 25 who has a drug and/or alcohol problem.			
Knox	9721 3688 - Intake		Monday to Friday 11am to 3pm
MAROONDAH			
SURe - Substance Abuse Recovery Individual, non residential recovery and family counselling			
Maroondah	1300 007 873 www.sureaod.org.au	Building B 46 Warrandyte Road Ringwood	Gold coin donation
KNOX TOBACCO FREE CLINIC			
Maroondah	0417 861 324 or 9871 3818 www.tfcbookings@easternhealth.org.au	Box Hill, Ferntree Gully, Ringwood, Yarra Junction and Healesville	Cost: $5 per appointment
MOUNTVIEW CORNER HOUSE AIDS / Hepatitis information and support. Alcohol and drug service, information and support. Pharmacotherapy substitute program.			
Maroondah	9723 2206	4 Mountview Street Croydon	
NEEDLE AND SYRINGE PROGRAM			
Maroondah	1300 003 224	Building B 46 Warrandyte Rd, Ringwood	Mon to Fri 9am to 5pm

Region	Contact	Address	Details / Other
MONASH			
ADDICTION RECOVERY SERVICE - Plus New Life Recovery Peer Support Group Is substance use becoming an issue in your family?			
Monash	1300 552 509 www.linkhc@linkhc.org.au	Link Community Health Glen Waverly, Clayton and Oakleigh	
FAMILY DRUG HELP SUPPORT GROUP			
Monash	Debbie 0412 382 812 www.fds.org.au	Monashlink Cnr. Euneva Ave and O'Sullivan Rd Glen Waverley	Thursday fortnightly 6pm to 8.00pm
WAVERLEY EMERGENCY ADOLESCENT CARE Counselling, family therapy, accommodation, education, youth drug and alcohol, material aid and training specialist youth service			
Monash	9563 2275 www.weac.org.au	156 Drummond Street Oakleigh	
WHITEHORSE			
SURe - Substance Abuse Recovery Individual, non-residential recovery and family counselling			
Whitehorse	8892 4200 www.each.com.au	Box Hill	Cost: Gold coin donation
TOBACCO FREE CLINICS Box Hill, Ferntree Gully, Ringwood, Yarra Junction and Healesville			
Whitehorse	0417 861 324 or 9871 3818 www.tfcbookings@easternhealth.org.au	Box Hill, Ferntree Gully, Ringwood, Yarra Junction and Healesville	Cost: $5 per appointment
EASTERN HEALTH ALCOHOL AND DRUG SERVICE Advice for anyone wishing to undergo withdrawal. Counselling, overdose response program, dual diagnosis			
Whitehorse	1300 342 255 www.easternhealth.org.au		
EASTERN HEALTH MENTAL HEALTH DUAL DIAGNOSIS TEAM			
Whitehorse	1300 342 255 www.easternhealth.org.au	8 Arnold Street Box Hill	Cost: Gold coin donation
YARRA RANGES			
SURe - Substance Abuse Recovery Individual, non-residential recovery and family counselling			
Yarra Ranges	1300 007 873	Yarra Junction	Cost: Gold coin donation
YSAS - Home based withdrawal for youth			
Yarra Ranges	1800 014 446 www.ysas.org.au		
TOBACCO FREE CLINICS			
	0417 861 324 or 9871 3818	Yarra Junction and Healesville	Cost: $5 per appointment

Yarra Ranges	www.tfcbookings@easternhealth.org.au		
MAROONDAH ADDICTIONS RECOVERY (MARP)			
Yarra Ranges	9737 6540 www.marp.com.au	17 Clarke Street Lilydale	

The Rules for Being Human
From: '*If Life is a Game, These are the Rules*' by
Cherie Carter Scott, Ph.D.

RULE # 1
YOU WILL RECEIVE A BODY.
You may love it or hate it, but it will be yours for the duration of your life on Earth.

RULE # 2
YOU WILL BE PRESENTED WITH LESSONS.
You are enrolled in a full-time informal school called "life." Each day in this school you will have the opportunity to learn lessons. You may like the lessons or hate them, but you have designed them as part of your curriculum.

RULE # 3
THERE ARE NO MISTAKES, ONLY LESSONS.
Growth is a process of experimentation, a series of trials, errors, and occasional victories. The failed experiments are as much a part of the process as the experiments that work.

RULE # 4
A LESSON IS REPEATED UNTIL LEARNED.
Lessons will be repeated to you in various forms until you have learned them. When you have learned them, you can then go on to the next lesson.

RULE # 5
LEARNING DOES NOT END.
There is no part of life that does not contain lessons. If you are alive, there are lessons to be learned.

RULE # 6
"THERE" IS NO BETTER THAN "HERE."
When your "there" has become a "here," you will simply obtain a "there" that will look better to you than your present "here."

RULE # 7
OTHERS ARE ONLY MIRRORS OF YOU.
You cannot love or hate something about another person unless it reflects something you love or hate about yourself.

RULE # 8
WHAT YOU MAKE OF YOUR LIFE IS UP TO YOU.
You have all the tools and resources you need.
What you do with them is up to you.

RULE # 9
YOUR ANSWERS LIE INSIDE YOU.
All you need do is look, listen, and trust.

RULE # 10
YOU WILL FORGET ALL THIS AT BIRTH!
You can remember if you want by unravelling the double-helix of inner knowing.

These rules apply to all humans, regardless of gender, race, nationality or religion. At our essence, we are all human beings striving to make sense out of life on planet Earth. We can choose to focus on our differences, or we can focus on our similarities. Birth, learning, overcoming challenges, dealing with differences, adversity, pain, joy, loneliness, love, and the pursuit of happiness are all human experiences

CHILDREN AND ADOLESCENT PROGRAMS

Region	Contact	Address	Details / Other
REGIONAL			
SUPPORTING CHILDREN THROUGH COUNSELLING - Family mediation and counselling service FMC provides a range of services to support children and their families in understanding and managing difficult situations and the emotions and behaviours that come with it. FMC child counsellors support children aged between 5 to 18 years. Group sessions available.			
All Areas	Sally Clarke 9564 6999 chadstone@mediation.com.au	41 Stamford Road Oakleigh	
KIDS HELP LINE - for kids aged 5 to 25 years Free 24 hour telephone and online counselling service			
All Areas	1800 551 800 www.kidshelpline.com.au		
BURSTING THE BUBBLE - Something not right at home?			
All Areas	www.burstingthebubble.com		
SPRINGBOARD PROGRAM One on one tailored support to assist young people who are or have a history of being in Out of Home Care to reengage back into education			
Inner and Outer East	Dan Kavanagh K.Y.M. Victoria In. 0416 225 239	Outreach support	
YMCA CONNECT A 5 day residential camping program designed for young people aged 8 to 16 years living in foster care or supported accommodation			
All Areas	8397 3115 connect.victoria@ymca.org.ay www.vicyouth.ymca.org.au		Held every school holidays at various campsites
BOROONDARA			
HEADSPACE HAWTHORN A service for young people aged 12 to 25 - mental health, physical and sexual health, drug and alcohol counselling, education and employment			
Boroondara	9006 6500 www.headspace.org.au/hawthorn		
KNOX			
KNOX KALEIDOSCOPE YOUTH GROUP - for all kids aged 10 to 15 years			
Knox	Susi 0400 764 257 activities@templesociety.org.au 9557 6713 activities@templesociety.org.su	TS Community Hall 51 Elizabeth Street Bayswater	Monthly on a Friday 7.30pm to 9.30pm and the Youth and family activities meet various days during the month
RECONNECT PROGRAM – to support youth who have found themselves outside education and employment.			
Knox	Tom 98758 7859 tomc@mdlc.com.au	Mountain District Learning Centre, 13-15 The Avenue, FTG	
RECONNECT: ENGAGEMENT AND LEARNING SUPPORT PROGRAM One on one tailored support to assist young people 15 – 24 yrs, resides in Knox, to reengage back into education and career pathways			
Knox	Indi Mills K.Y.M. Victoria Inc. 9722 5777 OR 0477 994 003 imills@kym.com.au	673 Mountain Hwy Bayswater (OUTREACH AVAILABLE)	
YOUTH INFORMATION CENTRE (YIC) Information and referral services for young people 10 to 25 years and their parents			
Knox	9298 8000	Knox Ozone (near Timezone)	Mon to Thurs 1pm to 5pm

HEADSPACE KNOX Offers young people aged 12 to 25, confidential advice, support and information. Services include: mental health counselling and support, alcohol and drug services, vocational and educational support, general health services and group programs.			
Knox	9801 6088 www.headspace.org.au/knox	2 Capital City Boulevard Knox Ozone	
MAROONDAH			
VCAL - Alternative to VCE for 16 to 20 year olds			
Maroondah	9842 6726	Pines Learning 1/520 Blackburn Road Doncaster East	Phone for interview and information
RECONNECT: ENGAGEMENT AND LEARNING SUPPORT PROGRAM One on one tailored support to assist young people to reengage back into education			
Maroondah	Indi Mills K.Y.M. Vic. Inc. 9722 5777 OR 0477 994 003	673 Maroondah Hwy Bayswater (OUTREACH AVAILABLE)	
REBOUND Aims to intervene early for young people experiencing instability in life aged 13 to 15 years			
Maroondah	Warren Turner 9871 1802	EACH 46 Warrandyte Road Ringwood	Ring for details
YOUTH CLINIC Need support, feeling sad or stressed, want to see a youth GP?			
Maroondah	9871 1802 youthclinic@each.com.au	EACH 46 Warrandyte Road Ringwood	
MAROONDAH YOUTH SERVICES - 12 to 18 years			
Maroondah	9294 5704	Ev's Youth Centre 212 Mt Dandenong Road Croydon	Thursdays during school terms 3pm to 5.30pm Cost: Free of charge
CHAMPS PROGRAM			
Maroondah	Bronwyn Sanders 9871 3988 or 0408 291 580		(ring for details)
MAROONDAH FreeZA GROUP Personal development program for 15 to 21 year olds			
Maroondah	Kate McGreal Maroondah Youth Council 9294 5703	Ev's Youth Centre 212 Mt Dandenong Road Croydon	A year long program. Group meets every 2nd Friday
MONASH			
SUPPORTING CHILDREN THROUGH COUNSELLING - Family mediation and counselling services FMC provides a range of services to support children and their families in understanding and managing difficult situations and the emotions and behaviours that come with it. FMC child counsellors support children a aged between 5 to 18 years. Group sessions available.			
Monash	Sally Clarke 9564 6999 chadstone@mediation.com.au	41 Stamford Road Oakleigh	
COMPUTER PROGRAMMING – coding for kids 8 – 12 years			
Monash	Jill Feinberg 9803 8706	Mount Street Neighbourhood House, 6 Mount Street Glen Waverley	Ring for details
PRIDE AND DIVERSITY Free service for young people aged 14 to 18 years who identify as gay, lesbian, bisexual or gender diverse			
Monash	Reece - Monash FS - 9518 3900 or 0417 023 739 reeceg@monash.voc.gov.au		

CONNECTING TEENS Social group for teens with Asperger's Syndrome			
Monash	Carol Berger 9807 3589 office@powernh.org.au	Power Neighbourhood House 54 Power Avenue Ashwood	Friday and Saturdays fortnightly Cost: $80 per term
LINK HEALTH AND COMMUNITY SERVICE Counselling and support for families, adults and young people experiencing emotional, social, behavioural or addiction problems			
Monash	1300 552 509 www.monashlink.org.au		
WHITEHORSE			
MAT PROGRAM			
Whitehorse	Bronwyn Sanders 9871 3988 or 0408 291 580	Connections 48 Blackburn Road, Blackburn	(ring for details)
WHITEHORSE YOUTH CONNEXIONS			
Whitehorse	9898 9340 Jules Piccinin www.whitehorse.vic.gov.au/youth-services.html	Suite 2, Level 1, Box Hill Central, Box Hill	Monday to Friday 1.00 – 5.00pm
SHINE – group for young women 14 – 17 years who are experiencing anxiety and/or depression			
Whitehorse	Kim Davey EACH 9871 2634 kim.davey@each.com.au	EACH 14 Silver Grove, Nunawading	26 October – 30 November 9.30 – 12.00pm
SEASONS for Growth (Prep's, 1's and 2's**)**			
Whitehorse	Alana Weekes aweekes@each.com.au 8878 3805	EACH, 10 silver Grove, Nunawading	24 October – 19 December 4.00 – 5.30pm
CRUZIN STUDY HOMEWORK PROGRAM			
Whitehorse	Jacqueline Piper 9898 9340 Whitehorse Council Youth Services	Box Hill Library 1040 Whitehorse Road Box Hill	Every Thursday during school term 4pm to 6pm
ATAPS and GENERAL COUNSELLING FOR CHILDREN PS4Kids (aged 0-12) and adolescent (aged 12-25)PS4 is a short term counselling service for children who are at risk of developing a mental health disorder or have a diagnosed condition. Referrals can be made through regular GP's.			
Whitehorse	9890 2220	Carrington Health Level 2, 43 Carrington Road Box Hill	Cost: Free for ATAPS counselling, income based for general counselling
YARRA RANGES			
SHIRE OF YARRA RANGES YOUTH SERVICES If you'd like to get involved in your community, then Youth Services has a variety of youth programs, events and youth support			
Yarra Ranges	9294 6716 youthservices@yarraranges.vic.gov.au www.yrys.com		
YOUTH MENTORING PROGRAM Jindi Woraback mentoring program is for young people aged 12 to 25 years of age who are in need of support and friendship			
Yarra Ranges	1300 368 333		

BOYS TO MEN PROGRAM A 20 week program which aims to build positive relationships between men and boys			
Yarra Ranges	Damien Litchfield 9735 4188	Anglicare Victoria 47-51 Castella Street Lilydale	
LOOKING FOR HELP FOR A YOUNG PERSON IN YOUR CARE? Search for accommodation, parenting, counselling, health, educational and financial support from organisations that can support you and the young people in your care.			
Yarra Ranges	www.nowrongdoor.com.au		

OTHER COMMUNITY SUPPORT GROUPS

Region	Contact	Address	Details / Other
COMMUNITY INFORMATION AND SUPPOR CENTRES / CITIZEN ADVISORY BUREAU			
CARE CONNECT Aged care and disabilities for adults and children, offers case management and brokerage. Early choices 0 to 5 years. Making a difference 5 to 18 years and 18+ years			
All Areas	1800 116 166 Intake www.careconnect.org.au		
CENTRE AGAINST SEXUAL ASSAULT For non-offending parents of sexually abused children, survivors of recent or past sexual assault and crisis counselling			
All Areas	9635 3600 - 24 hours 1800 737 732 - outside metro www.casa.org.au		
CITIZEN'S ADVICE BUREAU			
All Areas	• Maroondah - Ringwood 9870 3233 • Burwood East - United Care 9803 3400 • Monash - Oakleigh Community Information 9905 4436 • Whitehorse - Box Hill 9890 3333 • Yarra Ranges - Lilydale Assist 9735 1311 • Knox - InfoLink, 186 Boronia Road, Boronia 9761 1325		
CITY LIFE COMMUNITY CARE			
Knox	9871 8900 www.citylife.org	1248 High Street Road Wantirna South	
FAMILY PLANNING VICTORIA			
All Areas	www.fpv.org.au	9257 0100	
ISLAMIC WOMEN'S WELFARE COUNCIL OF VICTORIA			
All Areas	9416 0044 iwwcv@vicnet.net.au www.islamicwomenswelfare.org.au		
LIFEWORKS Hawthorn, Lilydale and Bayswater.			
All Areas	8650 6299 www.lifeworks.com.au		Fees are based on the ability to pay
MIGRANT INFORMATION CENTRE Regular newsletter of local events and services			
All Areas	9285 4888 www.miceastmelb.com.au	27 Bank Street, Box Hill	
RELATIONSHIPS AUSTRALIA Counselling for individuals, couples, families and children regarding relationship issues			
All Areas	1300 364 277 www.relationships.org.au		Fees according to income

Anglicare Victoria

PARENTS BUILDING SOLUTIONS (formerly known as POP)

2017 178

A comprehensive framework for professionals who work with parents.

This core training will develop practical tools and strategies that professionals can use with parents in any circumstance.

LEARNING OUTCOMES

At the end of this training, participants will be able to:

- Engage parents effectively in conversations about their parenting role by using a strengths based, reflective approach
- Articulate a comprehensive framework for parenting based on family values, relationships, and boundaries
- Through individual, family or group-work, support parents to:
  - Develop known and agreed rules with their family
  - Implement appropriate discipline, including the use of known and agreed consequences
  - Develop appropriate expectations for the age and developmental stage of the child
  - Help children deal with a range of feelings, and deal with their own feelings as adults
  - Build positive family relationships and communication
  - Support resilience in children

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. The program is based on the Parents Building Solutions model, developed by Parentzone Southern. Participants will receive a copy of the Parents Building Solutions Manual to support their learning.

WHO THIS PROGRAM IS FOR

Anyone who works with parents! A wide variety of people have told us they really benefited from this program - social workers, teachers, psychologists, case managers, children's services workers, family services practitioners, volunteers and residential staff.

BAYSWATER OFFICE

DATE:	**Wednesday 14th February to 21st March**
COST:	**$250 plus GST**
TIME:	**9am – 12.30pm**
WHERE:	**Anglicare Victoria 666 Mountain Highway, Bayswater**

REGISTER:

Please contact Helena Laverie on 9735 6134 or 0488 501 204 Helena.laverie@anglicarevic.org.au

Limited free places are available for volunteers, students, ACCOs & Anglicare Victoria staff.

Participants will receive a copy of the Parents Building Solutions manual.

Contact Parentzone Eastern Helena Laverie 9735 6134 or 0488 501 204

'The program has given me a solid foundation/ framework to work from. Definitely feel more confident and comfortable. I don't think there is a better practical program than POP'
– Youth and Family Services Worker

1800 809 722 | anglicarevic.org.au

BETTER TOMORROWS

Anglicare Victoria

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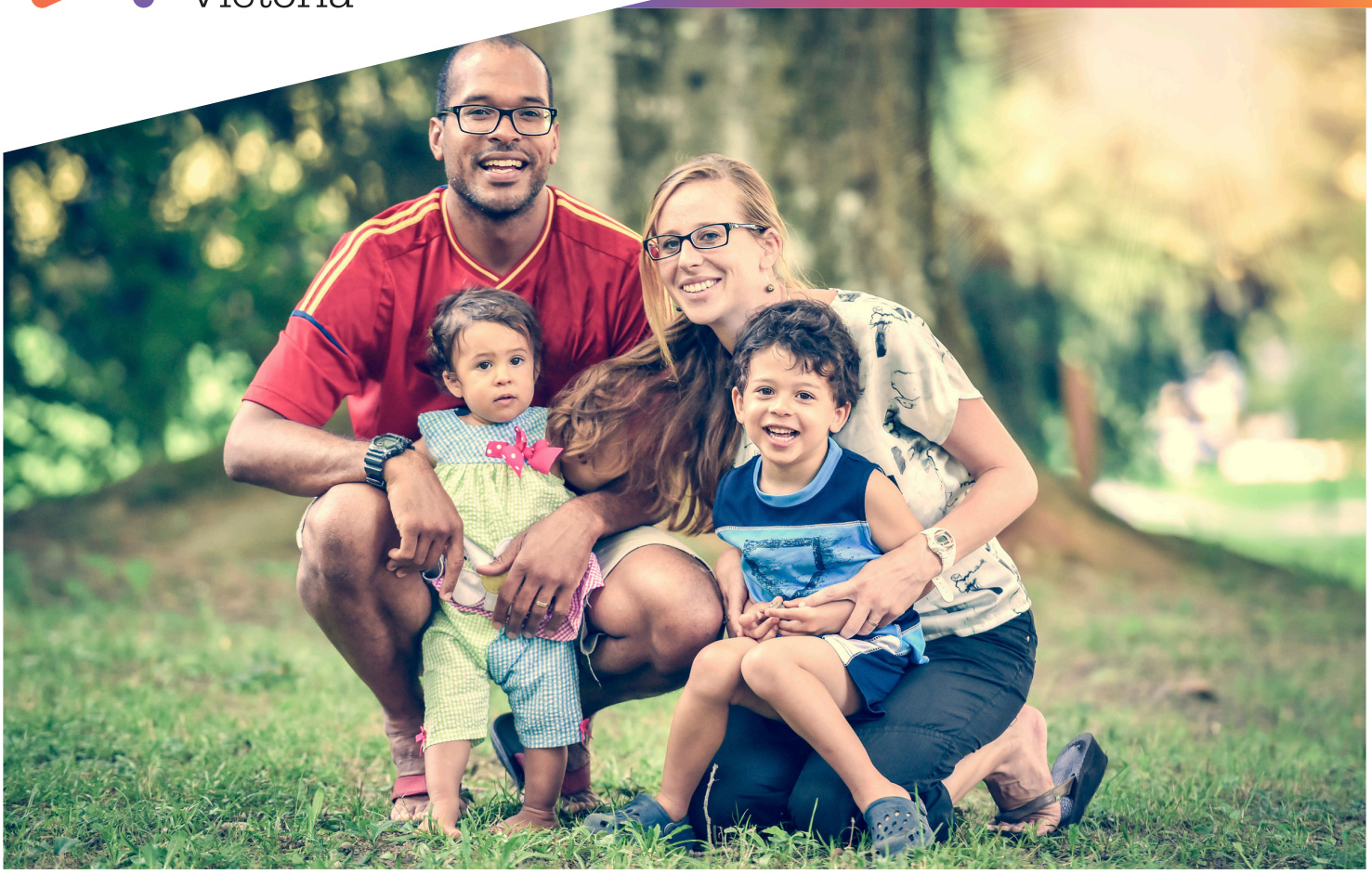
GRATITUDE, EMPATHY AND MINDFULNESS

- Why are Gratitude, Empathy and Mindfulness important?
- How do they help us increase connection with our families?
- How do they help us raise emotionally intelligent children?
- How do we make them fit into our busy and stressful lives?

If you are interested in discussing these important topics with other parents and getting some practical tips and strategies, come along and talk about what works.

WHERE:	Belgrave South Community House Gilmore Court, Belgrave
DATES:	Tuesday 24th October
TIME:	9.30am - 11.00am
COST:	FREE – bookings essential
CONTACT:	Julia Russell Parentzone 9735 6190 or 0400 866 495

Anglicare Victoria



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TUNING INTO KIDS

EMOTIONALLY INTELLIGENT PARENTING

Would you life to learn tips and strategies to:

- Be better at talking with and understanding your child?
- Help your child learn to manage their emotions and deal with conflict?

Children with higher emotional intelligence:

- Have greater success with making and keeping friends
- Have better concentration at school
- Are more able to calm down when upset or angry

A six session parenting program for parents, grandparents and carers of children aged between 0 to 12 years.

WHERE: Mitcham Community House 19 Brunswick Rd Mitcham

DATES: Tuesdays from 24th October to 5th December (no session on Cup Day, 7th Nov)

TIME: 7pm to 9.30pm

COST: FREE – bookings essential

CONTACT: Julia Russell Parentzone 9735 6190 or 0400 866 495

0400 866 495 | **anglicarevic.org.au**

BETTER TOMORROWS

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TALKING TEENS

HELPING YOUR KIDS COPE IN A CHAOTIC WORLD

FOR PARENTS AND CARERS FOR CHILDREN 12 – 19 YEARS

- Do you want to learn how to talk so they will listen?
- Support them to cope in a chaotic world?
- Help them to problem solve and resolve conflict?
- Stay connected to them?
- Come along to these 5 sessions and share strategies, stories and take some time out for you!

WHEN: Wednesdays
25th October to 22nd November

TIME: 7pm to 9pm

WHERE: Healesville Secondary School, Camerons Road, Healesville

COST: **FREE of Charge.**
Bookings are essential.

BOOKINGS:
Julia from Anglicare Parentzone on 9735 6190 or 0400 866 495.

Parentzone EASTERN