Parentzone News

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Welcome to the Term 4 2018 edition of the Parentzone newsletter.

This newsletter provides information on parenting programs, parenting activities and support services that are available in Gippsland to assist parents in their parenting role. See the relevant local government area in this newsletter for what is available in your local area. The newsletter will be available from the Anglicare Victoria website each term. You will find the current newsletter at: http://www.anglicarevic.org.au/

Parentzone Gippsland

Parentzone Gippsland is the Regional Parenting Service in Gippsland and receives a range of funding from DEECD and FaHCSIA FARS to provide parenting programs in Gippsland. Parentzone delivers a range of programs across Gippsland in local communities at **no cost**. Some of our many programs are detailed further below. If you would like to request a Parentzone facilitated program in your local community please complete the application form included in this newsletter and forward to Parentzone Gippsland.

Parentzone Program Overviews

Parents Building Solutions is an evidenced based program that assists parents to build a foundation in parenting skills and strategies; to find solutions for everyday situations; and build positive family relationships. The content will be based around the needs and interests of the participants and may include any of the following topics - role of parents, parenting styles, children's development, developing a positive relationship with your children, self esteem – theirs and yours, feelings, discipline and managing difficult behaviour.

Supported Parent Group and Playgroup targets families who have high and complex needs and is intended to improve parents' promotion of child health and development. Parents will help their children learn through play activities together, meet other parents and children and get help and encouragement with your parenting concerns.

Kinship Support Group is aimed at grandparents who are raising their grandchildren or who do not have access to their grandchildren. Meet with other grandparents who have had similar experiences; to share experiences, joys and concerns in a safe and confidential environment and develop positive and supportive networks.

Signposts for Building Better Behaviour is a parenting program for parents with children who are eligible to access early childhood intervention services and would like to learn strategies to encourage better behaviour. Topics covered include: different aspects of behaviour and coping strategies, measuring your child's behaviour, the use of everyday interactions, replacing difficult behaviour with useful behaviour, planning for better behaviour, teaching your child new skills, your family as a team and dealing with stress.

Parentzone also facilitates specific focus programs such as **1-2-3 Magic**, **Tuning into Kids**, **School Readiness, Friends for Life, Seasons for Growth and Stepping Stones.** **Delivery of some programs are subject to funding**. Parenting programs can also be tailored to meet the requirements of communities with specific interests.

PLEASE CONTACT PARENTZONE GIPPSLAND FOR ENQUIRIES ABOUT OUR SERVICES AND WHAT WE CAN OFFER - (03) 5135 9555.

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Bass Coast

Description	Contact/Phone	Venue	Dates/Times/Other
Program			
Caring Dads A program to help fathers improve their relationships with their children and end controlling, abusive and neglectful behaviour. This group offers a combination of active group discussions, exercises and homework Dads will… • Develop your skills to cope in healthy ways with frustrating situations • You will understand how different fathering strategies and choices affect your children • Increase your awareness of controlling, abusive and neglectful attitudes and behaviours • Be provided with strategies to strengthen and repair your father-child relationship • A unique opportunity for you to connect with other men and Dads	Emily Walker, Caring Dads Coordinator on 5135 9555 or email emily.walker@anglicarevic.org.au	Call for details	Once a week for 17 weeks

Anglicare Victoria values diversity and inclusivity. As part of demonstrating this commitment, Anglicare Victoria will be undertaking Rainbow Tick Accreditation in 2019. The standards assesses the extent to which our organisation, and the services it offers, is inclusive of the needs of the LGBTIQ community. The Anglicare Victoria PRIDE (Promoting Respect and Inclusivity for Diversity and Equality) Working Group formed in January this year and its members are working closely with all organisational departments to achieve this accreditation. As part of this process, Anglicare Victoria launched its Diversity and Inclusivity Statement in conjunction with its Wear It Purple Day celebrations. Also, in the next few months all foster carers will be offered the opportunity to participate in LGBTIQ inclusivity training. If you would like some information about Rainbow Tick Accreditation, please email AVPRIDE@anglicarevic.org.au

PRIDE
WORKING GROUP

Bass Coast

Description	Contact/Phone	Venue	Dates/Times/Other
Support			
Inverloch & District ASD Support Group Supporting parents and carers of children who have an Autism Spectrum Disorder (autism, Aspergers syndrome, pdd-nos etc) All welcome to join us for a cuppa and a chat while the kids can play in the playground. We provide support, information sharing and social get-togethers. We also carry some information	Tona on 0407 622 949 or email tonaleo@me.com	Inverloch Hub large meeting room that opens out to the playground 16 Abeckett Street, Inverloch	Wednesday 7th November 5th December 10.30am – 12.30pm Please contact for details
Saver Plus - Would $500 assist you with education costs? Saver Plus can help boost your savings for education costs by matching your savings dollar-for-dollar, up to $500. Many Gippsland participants have used their matched savings to purchase computers, school uniforms and text books, sports equipment, excursions and other school related costs. Saver Plus is delivered by Berry Street in your local area and is currently looking for new participants.	For more information contact your local Saver Plus Worker Rick Pemberton on 03 5134 5971 or rpemberton@berrystreet.org.au or visit http://www.bsl.org.au//Saver-Plus.		To be eligible, participants must: – have a current Centrelink Health Care or Pensioner Concession Card; – be at least 18 years old; – have some regular income from work (themselves or their partner) including casual, part-time, full-time or seasonal employment; – be a parent or guardian of a child at school OR be attending or returning to vocational education themselves
Bass Coast Parent Group Parents of children with disability or developmental delay aged birth – 18 years. Are you interested in meeting another parent who has a child with a disability or developmental delay? Would you like to be involved in a small group of parents who get together to share stories and learn from each other? Would you like information on a topic of interest to families of children with developmental delay or disability?	Yvonne on 0430 209 641 or Yvonne.waite@noahsarkinc.org.au	Phillip Island - venue to be confirmed	Tuesday 13th November 10:30am – 12:00pm

Baw Baw

Description	Contact/Phone	Venue	Dates/Times/Other
Program			
Parents Building Solutions Facilitated by Parentzone Gippsland. The content will be based around the needs and interests of the participants and may include: • Factors that influence how we parent. • Child development. • Developing a positive relationship with your children. • Understanding causes of children's behaviour. • Ways to encourage cooperative behaviour. • Strategies to deal with difficult behaviour. • Self Esteem—theirs and yours and any other issues that are challenging you as a parent. **SESSIONS ARE FREE!**	Parentzone Gippsland on 5135 9555	To be confirmed	To be confirmed. Register your interest
Breaking the Cycle A group for mothers whose adolescent is abusive and/or violent at home. Do you feel threatened, frightened or controlled by your son/daughter? • Do other family members, particularly younger siblings feel scared? • Do you feel that you are walking on eggshells? • Do you feel that you are no longer in charge? • Do you feel isolated and alone? • Would you like to find ways to help your son/ daughter become more responsible and respectful? If any of these questions apply to you, this group may be for you.	Parentzone Gippsland on 5135 9555	To be confirmed	To be confirmed. Register your interest

Baw Baw

Description	Contact/Phone	Venue	Dates/Times/Other
Program			
Caring Dads A program to help fathers improve their relationships with their children and end controlling, abusive and neglectful behaviour. This group offers a combination of active group discussions, exercises and homework Dads will… • Develop your skills to cope in healthy ways with frustrating situations • You will understand how different fathering strategies and choices affect your children • Increase your awareness of controlling, abusive and neglectful attitudes and behaviours • Be provided with strategies to strengthen and repair your father-child relationship • A unique opportunity for you to connect with other men and Dads	Emily Walker, Caring Dads Coordinator on 5135 9555 or email emily.walker@anglicarevic.org.au	Call for details	Once a week for 17 weeks
Our Kids A six week program to help separated parents work together for the wellbeing of their children. The Our Kids program can help parents minimise conflict and better manage parenting and contact arrangements in the best interest of their children. Topics covered in the program include: reducing conflict; improving communication between you and your ex-partner; increasing cooperation; managing parenting and contact arrangements; focusing on your child to improve their future	Catholic Care on 1800 522 076	19 Connor Street Warragul	Please contact for details

Baw Baw

Description	Contact/Phone	Venue	Dates/Times/Other
Program			
Inspiring Women's groups! Aims to empower women who have experienced family violence by providing a supportive and confidential 8 week support program during each school term. We will provide information and support in order to build self-esteem and connections in the community. At weekly sessions we will discuss the following issues: • Exploring family violence • Healthy relationships and self esteem • Understanding the impact of family violence on children • Legal issues • Financial support • Being Cyber Safe • Healing Arts	For information or referral contact Louise at Quantum Support Services 5120 2000	Quantum Support Services 36 Williams Street Warragul	Please contact for details Free group
Building Connections: Post Separation Parenting Seminars: is designed to support parents after family separation and assist them to develop the necessary skills to communicate effectively with each other about their children's needs and circumstances. The program is available to parents at any time after separation where conflict continues to impact on parenting arrangements and communication between parents.	CatholicCare Gippsland on 1800 522 076	Warragul	Please contact for details
Warragul Parent Group Parents of children with disability or developmental delay aged birth – 18 years who live in Warragul & surrounds Are you interested in meeting another parent who has a child with a disability or developmental delay? Would you like to be involved in a small group of parents who get together to share stories and learn from each other? Would you like information on a topic of interest to families of children with developmental delay or disability?	Yvonne on 0430 209 641 or Yvonne.waite@noahsarkinc.org.au	Warragul Community House 138 Normanby Street Warragul	27th November 10.30am – 12 noon Free to attend

Baw Baw

Description	Contact/Phone	Venue	Dates/Times/Other
Program			
Breaking the Cycle A group for mothers whose adolescent is abusive and/or violent at home. Do you feel threatened, frightened or controlled by your son/daughter? • Do other family members, particularly younger siblings feel scared? • Do you feel that you are walking on eggshells? • Do you feel that you are no longer in charge? • Do you feel isolated and alone? • Would you like to find ways to help your son/ daughter become more responsible and respectful? If any of these questions apply to you, this group may be for you	Parentzone Gippsland on 5135 9555	Uniting Church 210 Sutton Street Warragul	Thursday for 8 weeks 25th October 1st November 8th November 15th November 22 November 29th November 6th December 13th December 12.30pm – 2.30pm Please register before commencement of the program.

Parentline - 13 22 89 (cost of a local call)

Monday – Friday 8.00am – 12.00 midnight
Saturday - Sunday 10.00am – 10.00pm

Parentline provides a telephone counselling, information and referral service for parents with children from birth to 18 years. Parentline is a confidential and anonymous service available to all families in Victoria.

Professional telephone counsellors are available to discuss issues related to parenting such as sleeping, managing tantrums, teenage conflicts, family relationships and contact details for community services.

Baw Baw

Description	Contact/Phone	Venue	Dates/Times/Other
Support			
'Building Castles' Parent Support Group – Drouin is a new parent support group for families who live in & near Drouin who have a child with ADD / ADHD	Karlene markandkarlene@yahoo.com.au; Yvonne - Parent To Parent Gippsland 1800 010 453 yvonne.waite@noahsarkinc.org.au 0430 209 641	Middels Restaurant Princes Way	Please contact for details Money for coffee & cake or a meal if you wish ($10 – your limit). If you wish to come for the meeting without ordering that's ok too
Play Matters Supported Playgroup provides opportunities for children to experience a range of play experiences. Families are supported and encouraged to link into other relevant services and supports. Play Matters provides opportunities for you and your children to spend quality time together.	For more information or to register, contact Playgroup Facilitator, Tracey Love on 5624 2486 / 0400 650 035 or email tracey.love@bawbawshire.vic.gov.au	Please contact for details	Please contact for details
Baw Baw Young(er) Mums Group is a group for young(er) women who live in the Baw Baw Shire who are pregnant, or have a baby and/or toddler.	For general information about weekly activities please call, West Gippsland Community Health on 56 243 500	Exhibition hall South Road Warragul 3820	Every Monday During school term 10.30 am-12.30am Transport can be arranged, light lunch available Gold coin donation
My Time • Build friendships • Hear from others and share useful experiences • Learn how to get assistance and services in the local area • Discuss and hear about relevant information to you, your child and your community • Enjoy dinners out or picnics with other families • Children's activities and a play support helper in attendance	Amber Richardson on 5622 1200	Warragul	Please contact for details

Baw Baw

Description	Contact/Phone	Venue	Dates/Times/Other
Support			
Baw Baw Parenting Support Group for parents/carers of children with autism or special needs.	Contact Yvonne yvonne.waite@noahsarkinc.org.au or 1800 010 453 or have a chat with Jenni on 0413 001 447	Trafalgar Primary School Gym Foyer (BUR) 85 School Road Trafalgar	Please contact for details
Gippsland Carers Association Caring for Carers Are you caring for someone with a disability, chronic illness, aged frailty or mental illness? We can help you when you feel overwhelmed and alone.	Melissa on 0429 892 260	Warragul Library 75 Victoria Street Warragul	Fourth Wednesday each month Please contact for details
Gippsland Kinship Care Services Kinship Information & Advice Line – this service can help anyone in the community with advice and information about services and resources to assist kinship carers. It is not a crisis line and operates during business hours. **Kinship Family Services** provides time limited assistance to kinship carers to manage changes in circumstances and/or emerging issues.	Kinship Information & Advice Line – 1300 010 838 Kinship Family Services also accessed via 1300 010 838	N/A	Please call for details.
West Gippsland Healthcare Group- Paediatric Allied Health Service This service helps improve your child's skills and ability to be part of community activities. The services available include Physiotherapy, Occupational Therapy, Speech Pathology and Dietitian. Individual and group therapy available for children up to 12 years of age.	For referrals, please call 5623 0647 or email kidsalliedhealth@wghg.com.au	West Gippsland Hospital, Landsborough Street, Warragul	Please call for details.

East Gippsland

Description	Contact/Phone	Venue	Dates/Times/Other
Program			
Parents Building Solutions Facilitated by Parentzone Gippsland. The content will be based around the needs and interests of the participants and may include: • Supporting young people with emotional and /or behavioural difficulties • Coping with sibling rivalry and flexible communication • Navigating parenting in the digital age • How to deal with school refusal. • How to help kids feel good about themselves. • Any other issues that are challenging you as a parent. **SESSIONS ARE FREE!**	Parentzone Gippsland on 5135 9555	Mallacoota P-12 College 25 Bucknall Street Mallacoota	1st, 15th and 29th November 2018 4.00pm – 6.30pm Parents are also able to see Victoria Shaw on a 1:1 basis to discuss parenting issues on Thursday/Friday during the day in the school nurse's room. Please email Victoria Shaw from Parentzone if you would like a private session. Victoria.Shaw@anglicarevic.org.au All consultations are free
Mother Goose This program provides a group experience for parents and young children based on the oral traditions of rhymes, songs and storytelling. Material presented by the facilitators becomes a resource for parents to use during daily routines and activities, enhances the relationship between parents and young children and can be shared with other members of the family. The Parent-Child Mother Goose Program enhances language development and builds children's ability to think beyond the here and now. It runs for two hours. Participants gather and chat while children play in the first half hour. The next hour is run by two facilitators. The last half hour is for parents to have a cup of tea/coffee while children have another play.	Allison Ferrier on 03 5155 8300	Gippsland Lakes Community Health	0-2 year old group Please call for details

East Gippsland

Description	Contact/Phone	Venue	Dates/Times/Other
Program			
Saver Plus - Would $500 assist you with education costs? Saver Plus can help boost your savings for education costs by matching your savings dollar-for-dollar, up to $500. Many Gippsland participants have used their matched savings to purchase computers, school uniforms and text books, sports equipment, excursions and other school related costs. Saver Plus is delivered by Berry Street in your local area and is currently looking for new participants.	For more information contact your local Saver Plus Worker Rick Pemberton on 03 5134 5971 or rpemberton@berrystreet.org.au or visit http://www.bsl.org.au//Saver-Plus		To be eligible, participants must: – have a current Centrelink Health Care or Pensioner Concession Card; – be at least 18 years old; – have some regular income from work (themselves or their partner) including casual, part-time, full-time or seasonal employment; – be a parent or guardian of a child at school OR be attending or returning to vocational education themselves

What do you have planned for term 1 2019?

Deadline for contributions for the next Parentzone Gippsland Newsletter is January 21st 2019.

Please turn to the last page to see how you can submit items for inclusion in the next newsletter.

East Gippsland

Description	Contact/Phone	Venue	Dates/Times/Other
Support			
Carers EG – East Gippsland Carers Support Group We welcome all non-paid carers of people with disability for information, social outlet, linkages with service organisations and support. *Facebook page – Carers EG search Groups. Request friend – or give permission for an invitation to be sent to you - all information kept up to date on the page*	Enquiries carerseg@gmail.com 0401 347 025		Please contact for details
Volunteer Family Connect provides trained volunteers to visit in their home and share information, provide encouragement, support your role as a parent, take an interest in you and how you are feeling and show understanding. This free service is available to families with children aged 0-5 years.	Good Beginnings on 51537544	Good Beginnings 36 Pearson Street Bairnsdale	Please contact for details Free
Caring Connections Are you a relative, grandparent or friend sharing your home with children who can't live with their parents, for whatever reason? You are invited to a program for Kinship Carers. Caring Connections will link kinship families providing secure and safe experiences for children when they need them most.	Contact Gill Oliver on 9412 6169 or Berry St Kinship on 5144 7077	St Mary's Parish Hall 23 Pyke St, Bairnsdale Parking: Pyke St or rear of McDonalds car park	Please contact for details.
Gippsland Kinship Care Services **Kinship Information & Advice Line** – this service can help anyone in the community with advice and information about services and resources to assist kinship carers. It is not a crisis line and operates during business hours. Kinship Family Services provides time limited assistance to kinship carers to manage changes in circumstances and/or emerging issues.	Kinship Information & Advice Line – 1300 010 838 Kinship Family Services also accessed via 1300 010 838	N/A	N/A
My Time provides support for parents/carers of a child under 16 years with a disability, who would like to connect with others in similar circumstances, share their experiences and find out about available community support. Each group is supported by three workers – a facilitator for the parent group and two play helpers who look after the children so parents/carers can spend time focusing on catching up with others.	Rose McKenna on 0409 096 587 or email r.mckenna@playgroup.org.au	Uniting Church, 710 Lanes Road Lucknow	Please contact for details MyTime groups are free for parents/carers eligible for the Carer Allowance.

East Gippsland

Description	Contact/Phone	Venue	Dates/Times/Other
Support			
Briagolong Community Playgroup Is a group of parents, grandparents and caregivers with young children who meet regularly. It is a time for children to learn and develop through play and have fun playing with other children and adults**.**	Janene on 5145 5425 or Uniting Care Gippsland on 5144 7777	Briag Community Hall enter via Briagolong Community House, 9 – 11 Avon St, Briagolong	Tuesdays in school term. 10.00 – 11.30 am Weekly fee $3 per family Bring along some cut fruit to share.
PlayConnect Playgroup is a weekly facilitated playgroup for children aged 0-6 with Autism Spectrum Disorder or ASD - like symptoms and their families. Connect with other families, find information on ASD resources and enjoy play activities suited to children with ASD.	Rose McKenna on 0409 096 587 or email r.mckenna@playgroup.org.au	Bairnsdale	Wednesdays 10.30am 12.30pm
Steps Orbost Do you have a child with special needs? You are warmly invited for an afternoon tea/coffee at Maternal& Child Health Centre The group share ideas give & receive support & experiences: plus Special Guests, Information & Pamper Days!	Bronwyn – 0477 637 163 or Jacque on 5154 6636	Maternal and Child Health Centre 3 Ruskin Street Orbost	25th October 8th November – Centrelink 22nd November - TBA 6th December - Pamper Day 20th December- Christmas Lunch 12.30pm – 2.30pm
Bairnsdale Parent Group Parents of children with disability or developmental delay aged birth – 18 years Would you like to be involved in a small group of parents who get together and share stories & learn from each other? Join us next time	0430 209 641 call or text yvonne.waite@noahsarkinc.org.au	Save The Children 36 Pearson St cnr McCulloch St.	Contact for dates. All parents & family members welcome. Free event Tea & coffee provided. Secure play area for children

Latrobe

Description	Contact/Phone	Venue	Dates/Times/Other
Program			
Parenting and Play Join us for fun and play at a Supported Play Group facilitated by a trained and skilled Playgroup Facilitator from Parentzone Gippsland who will provide support to the parents and children. These groups will provide you and your child with the opportunity to: 1. Interact with your child through play activities together. 2. Learn new ideas and fun ways to help your children learn through play. 3. Meet with other parents and children. 4. Get help and encouragement with your parenting concerns. The Supported Playgroup session will include strategies from the ***smalltalk*** program which aims to improve the quality and frequency of parent-child interactions known to increase children's development and learning outcomes. For parents and their children aged under school age, who hold a Health Care Card or equivalent.	Parentzone Gippsland on 03 5135 9555	Anglicare Victoria Children's Contact Service 101 Buckley Street MORWELL Churchill Primary School Coleman Parade CHURCHILL Glendonald Park Pre School 19 Churinga Drive CHURCHILL	During school terms Monday mornings commencing October 8 10.30am – 12.30pm Tuesday mornings commencing October 9 10.00am – 12.00 noon or Wednesday mornings commencing October 10 10.00 am – 12.00pm Monday mornings commencing October 8 9.30am – 11.30am or Friday mornings commencing October 12 10.30am – 12.30pm **SESSIONS ARE FREE!** **Parents can join a group at any time – please call 5135 9555 to register.**

What do you have planned for term 1 2019?

Deadline for contributions for the next Parentzone Gippsland Newsletter is January 21st 2019.

Please turn to the last page to see how you can submit items for inclusion in the next newsletter.

Latrobe

Description	Contact/Phone	Venue	Dates/Times/Other
Program			
Parents' Building Solutions Facilitated by Parentzone Gippsland. The content will be based around the needs and interests of the participants and may include: • Factors that influence how we parent. • Child development. • Developing a positive relationship with your children. • Understanding causes of children's behaviour. • Ways to encourage cooperative behaviour. • Strategies to deal with difficult behaviour. • Self Esteem—theirs and yours and any other issues that are challenging you as a parent. **SESSIONS ARE FREE!**	Parentzone Gippsland on 5135 9555	Anglicare Victoria 101 Buckley Street Morwell	Wednesdays for 6 weeks 24th October 2018 31 October 7th November 14th November 21st November & 28th November 10.00 am – 12.00 noon Please register before commencement of the program.

Parentline - 13 22 89 (cost of a local call)

Monday – Friday 8.00am – 12.00 midnight
Saturday - Sunday 10.00am – 10.00pm

Parentline provides a telephone counselling, information and referral service for parents with children from birth to 18 years. Parentline is a confidential and anonymous service available to all families in Victoria.

Professional telephone counsellors are available to discuss issues related to parenting such as sleeping, managing tantrums, teenage conflicts, family relationships and contact details for community services.

Latrobe

Description	Contact/Phone	Venue	Dates/Times/Other
Program			
Caring Dads A program to help fathers improve their relationships with their children and end controlling, abusive and neglectful behaviour. This group offers a combination of active group discussions, exercises and homework Dads will… • Develop your skills to cope in healthy ways with frustrating situations • You will understand how different fathering strategies and choices affect your children • Increase your awareness of controlling, abusive and neglectful attitudes and behaviours • Be provided with strategies to strengthen and repair your father-child relationship • A unique opportunity for you to connect with other men and Dads	Emily Walker, Caring Dads Coordinator on 5135 9555 or email emily.walker@anglicarevic.org.au	Call for details	Once a week for 17 weeks
Building Connections: Post Separation Parenting Seminars: is designed to support parents after family separation and assist them to develop the necessary skills to communicate effectively with each other about their children's needs and circumstances. The program is available to parents at any time after separation where conflict continues to impact on parenting arrangements and communication between parents.	CatholicCare Gippsland on 1800 522 076	Traralgon	Contact for details
Tobruk Street Primary School Playgroup: A supported playgroup for families A safe, fun space for the kids to play, explore and learn, build your parenting confidence, support children's language and literacy development and meet other families.	Contact Good Beginnings on 5127 7270	Tobruk Street Primary School Morwell	Contact for details

Latrobe

Description	Contact/Phone	Venue	Dates/Times/Other
Program			
Koorie Playgroup Djillay Lidji Best Start are now facilitating a Koorie playgroup. The facilitated playgroup is open to all Latrobe Valley Koorie families, with some transport available. Facilitators provide a welcoming space for families with a range of children's activities available and outdoor play in fine weather.	Best Start Facilitator Sascha Johnson on beststart@nindedana.net or call Good Beginnings on 5127 7270		Mondays during school terms only 11.30am-1.30pm Lunch is provided
Saver Plus - Would $500 assist you with education costs? Saver Plus can help boost your savings for education costs by matching your savings dollar-for-dollar, up to $500. Many Gippsland participants have used their matched savings to purchase computers, school uniforms and text books, sports equipment, excursions and other school related costs. Saver Plus is delivered by Berry Street in your local area and is currently looking for new participants.	For more information contact your local Saver Plus Worker Rick Pemberton on 03 5134 5971 or rpemberton@berrystreet.org.au or visit http://www.bsl.org.au//Saver-Plus.		To be eligible, participants must: – have a current Centrelink Health Care or Pensioner Concession Card; – be at least 18 years old; – have some regular income from work (themselves or their partner) including casual, part-time, full-time or seasonal employment; – be a parent or guardian of a child at school OR be attending or returning to vocational education themselves
Play2Learn Programs An early childhood worker and a family support worker facilitate each group providing emotional and practical support, positive role modelling, informal parent education and activities designed to promote children's learning and development.	For referral to Play2Learn Programs please Good Beginnings on 51277270	Good Beginnings 41 Prince Street Moe Liddiard Road Primary School Traralgon	Thursdays 10.00am – 12.00 noon Wednesdays 10.00am – 12.00 noon
Post Separation Parenting Group Successful parenting following separation minimises the known risk factors to children such as ongoing parental conflict, and provides children with a secure and cooperative parental alliance.	For further information contact 5175 9333 or email frctraralgon@mediation.com.au	Family Relationship Centre 41 Grey Street Traralgon	Please call for details.

Latrobe

Description	Contact/Phone	Venue	Dates/Times/Other
Support			
Gippsland Carers Association Carer Support Group was formed to meet the needs of unpaid carers. Sometimes a CSG meeting includes a guest speaker or activity or may be more like a social outing	Melissa on 0429 892 260	Please contact for details	Please contact for details
Support for children and young adults with disabilities across the Gippsland region. Interchange Central Gippsland provides a variety of disability support programs, opportunities and respite services across the six local government areas of Gippsland.	Newborough Office 5127 7979 admin@icg.asn.au www.icg.asn.au	Please contact for details	Please contact for details.
PlaySteps Program is a parenting education program with emphasis on learning through play. It is designed to improve parent-child interaction by assisting caregivers to develop a positive relationship with their child. It is an 8 week program which introduces parents to the elements of healthy relationships. It provides adult education within groups to assist parents to build network supports. It is designed so that parents gain practical skills whilst having fun with their child/children.	Carolyn Boland at QEC on 5136 9162 Or email carbol@qec.org.au	Please contact for details.	Please contact for details.
Parents without Partners is support group open to mothers and fathers who are widowed, separated, divorced or never married regardless of custody or age or Grandparents with custody**.**	Fran on 5127 5951 or 03 9852 1745 Monday – Friday 10.00am – 3.00pm or email headoffice@pwpvic.com	Newborough Hall Belfour Street Newborough	Please call for details.
Sing and Play is a playgroup with a music and movement focus that is facilitated by trained staff members. Children will have the opportunity to participate in activities that will build their confidence and encourage language development.	Good Beginnings Latrobe on 5127 7270 Lauren Beecroft Lauren.beecroft@goodbeginnings.org.au	Elizabeth Street Primary School	Please contact for details

Latrobe

Description	Contact/Phone	Venue	Dates/Times/Other
Support			
Parents Helping Parents Latrobe Valley Do you have a child (any age) with a disability? Would you like to be in an informal Support Network? Would you like to share a coffee / tea & chat with other parents in a relaxed place? What can you learn / share with each other? If you have answered yes to the above, we would like to catch up with you!	Kerry 0422 663 791, Sharon 0438 762 729 sharonnhugh@widebaand.net.au; Hugh 0418 624 675	To be confirmed	Dates and time to be confirmed Look on facebook for Parents Helping Parents Latrobe Valley
Children in Focus Provides information for parents and other important people in children's lives, about the effects of separation on children. Topics covered include: ▪ Legal presentation, context of the Family Law Act ▪ Stages of separation for adults ▪ What children need ▪ Impact of separation on children ▪ Services which may assist	For bookings call 5175 9333	Family Relationship Centre 41 Grey St, Traralgon	Please contact for details.

Latrobe

Description	Contact/Phone	Venue	Dates/Times/Other
Support			
Gippsland Kinship Care Services Are you caring fulltime for a relative or friend's child? Do you sometimes need advice or assistance to help navigate the service system or manage issues that arise? We can help you with: **Kinship Information & Advice Line** – this service can help anyone in the community with advice and information about services and resources to assist kinship carers. It is not a crisis line and operates during business hours. **Kinship Family Services** provides time limited assistance to kinship carers to manage changes in circumstances and/or emerging issues.	Kinship Information & Advice Line – 1300 010 838 Kinship Family Services also accessed via 1300 010 838	N/A	N/A
Inspiring Women's groups! Aims to empower women who have experienced family violence by providing a supportive and confidential 8 week support program during each school term. We will provide information and support in order to build self-esteem and connections in the community. Topics may include: • Exploring family violence • Healthy relationships and self esteem • Understanding the impact of family violence on children • Legal issues • Financial support • Being Cyber Safe • Healing Arts	Louise at Quantum Support Services 5120 2000	Quantum Support Services 227 Princes Drive Morwell	Please contact for details

Latrobe

Description	Contact/Phone	Venue	Dates/Times/Other
Support			
Kinship Support Group for grandparents and kinship carers who are raising their grandchildren or who do not have access to their grandchildren. Meet with other grandparents who have had similar experiences; to share experiences, joys and concerns in a safe and confidential environment.	Pat Wells at Parentzone 03 5135 9555	Anglicare Victoria 188-190 Commercial Road 65 Church Street Morwell	7th November 5th December, followed by lunch 9.30am catch up, 10.00am speakers. 9.30am – 12.00 noon
SuppAUT is a parent-run group that aims to support one another as parents /families of a child/children with Autism. We share our own experiences, problems, joys, successes and support each other with a listening ear and understanding. It is a very informal gathering, sometimes a guest speaker is invited. All parents/carers/family members are welcome to attend and children/siblings are welcome too.	Louise 0414540296 or email varsaci@aussiebb.com.au	Latrobe SDS Hickox Street Traralgon	25th October 29th November Join the Facebook page - SuppAUT Autism support group for families in Latrobe Valley, Victoria
Family Services - Mental Illness Fellowship Victoria offer: • Carer support • Well Ways • Carer Days/Retreats • 1:1 Respite in Home/Activity Based/Planned Activity Groups • Consumer camps • Advocacy	David Barnes Family Services Coordinator – Gippsland 5622 4100 0408 753 579 dbarnes@mifellowship.org www.mifellowship.org	Across Gippsland	Please call for details.

Maternal and Child Health Line

Maternal and Child Health Line is a Victorian
24-hour telephone service
staffed by maternal and child health nurses
for families of children aged from birth to school age.

13 22 29

Latrobe

Description	Contact/Phone	Venue	Dates/Times/Other
Support			
World of Work Have fun and develop your skills and knowledge in the areas of workplace communication, careers exploration, and hospitality in this FREE program. The program will cover topics such as: • Workplace communication • Conveying and handling information • Giving and following instructions • Interacting with clients • Introduction to the world of work • Insights into me —self exploration • Communicate for success • The art of self-promotion • Looking at Hospitality? • Employability skills • Ethical behaviour in the workplace • Practicing your hospitality skills—Make, Bake, Create and many more… If you are between 15 and 21 years of age, and not currently enrolled at school, contact us now to register for this free program.	Gary Joske Berry Street on 51345971	Berry Street 37 Elgin Street Morwell	Please contact for details This FREE program will be delivered over a four week period, three days per week.
Latrobe Community Health Service – Children's Service. Provide the service provision of play based family program facilitated by Allied Health Professionals. Targeted at children up to 7 years with mild or moderate general developmental delay or developmental disorder.	For referrals please call 1800 242 696	Please call for details.	Please call for details.
Outside the Square Psychology Specialist private practice offering psychology services for children with Autism Spectrum Disorder, Developmental Delay, Intellectual Disability or Behaviour Disorders.	For appointments call the Melbourne office on 98083917 or text a request to 0431 710 780	Latrobe Medical Centre 24 Kay Street Traralgon	Fridays www.outsidethesquarepsychology.com.au
Down syndrome Parent Group - Traralgon Parents of children with Down syndrome aged from birth – 18 years welcome.	Contact Cher on 0437 700 511 or Yvonne 0430 209 641 yvonne.waite@noahsarkinc.org.au	Traralgon	Term 4 dates coming shortly

South Gippsland

Description	Contact/Phone	Venue	Dates/Times/Other
Program			
Parents Building Solutions Facilitated by Parentzone Gippsland. The content will be based around the needs and interests of the participants and may include: • Factors that influence how we parent. • Child development. • Developing a positive relationship with your children. • Understanding causes of children's behaviour. • Ways to encourage cooperative behaviour. • Strategies to deal with difficult behaviour. Self Esteem—theirs and yours and any other issues that are challenging you as a parent.	Parentzone Gippsland on 03 5135 9555	To Be Confirmed	Register your interest
Caring Dads A program to help fathers improve their relationships with their children and end controlling, abusive and neglectful behaviour. This group offers a combination of active group discussions, exercises and homework Dads will… • Develop your skills to cope in healthy ways with frustrating situations • You will understand how different fathering strategies and choices affect your children • Increase your awareness of controlling, abusive and neglectful attitudes and behaviours • Be provided with strategies to strengthen and repair your father-child relationship • A unique opportunity for you to connect with other men and Dads	Emily Walker, Caring Dads Coordinator on 5135 9555 or email emily.walker@anglicarevic.org.au	Call for details	Once a week for 17 weeks

South Gippsland

Description	Contact/Phone	Venue	Dates/Times/Other
Program			
Inspiring Women's groups! Aims to empower women who have experienced family violence by providing a supportive and confidential 8-week support program during each school term. We will provide information and support in order to build self-esteem and connections in the community. Topics may include: • Exploring family violence • Healthy relationships and self esteem • Understanding the impact of family violence on children • Legal issues • Financial support • Being Cyber Safe • Healing Arts	Louise at Quantum Support Services on 5120 2000	To Be Confirmed	Register your interest
Saver Plus - Would $500 assist you with education costs? Saver Plus can help boost your savings for education costs by matching your savings dollar-for-dollar, up to $500. Many Gippsland participants have used their matched savings to purchase computers, school uniforms and text books, sports equipment, excursions and other school related costs. Saver Plus is delivered by Berry Street in your local area and is currently looking for new participants.	For more information, contact your local Saver Plus Worker Rick Pemberton on 03 5134 5971 or rpemberton@berrystreet.org.au or visit http://www.bsl.org.au//Saver-Plus.		To be eligible, participants must: – have a current Centrelink Health Care or Pensioner Concession Card; – be at least 18 years old; – have some regular income from work (themselves or their partner) including casual, part-time, full-time or seasonal employment; – be a parent or guardian of a child at school OR be attending or returning to vocational education themselves

South Gippsland

Description	Contact/Phone	Venue	Dates/Times/Other
Support			
South Gippsland Carers-Leongatha- are a group of carers & families of people with additional needs & frail aged being there for carers providing support, social get-togethers, information & regular meetings	Contact Heather on 5668 9243	Memorial Hall Meeting Room 2 Michael Place Leongatha (opposite the Post Office)	*Meetings are held on the* 4th Tuesday of the month 10am – 12noon
Women Who Thrive For women who have lived through violence, for women who want to not just survive but THRIVE – this group is for you! In safe company, discover the ways that our shared stories can be the springboard to fulfilling our joy-filled lives.	Eunice Donovan on 5662 3962	Leongatha Community House 16 Bruce Street Leongatha	Every Monday (except public holidays) 7.30pm – 8.30pm Gold coin donation

Parentline - 13 22 89 (cost of a local call)

Monday – Friday 8.00am – 12.00 midnight
Saturday - Sunday 10.00am – 10.00pm

Parentline provides a telephone counselling, information and referral service for parents with children from birth to 18 years. Parentline is a confidential and anonymous service available to all families in Victoria.

Professional telephone counsellors are available to discuss issues related to parenting such as sleeping, managing tantrums, teenage conflicts, family relationships and contact details for community services.

Wellington

Description	Contact/Phone	Venue	Dates/Times/Other
Program			
Parents Building Solutions Facilitated by Parentzone Gippsland. The content will be based around the needs and interests of the participants and may include: • Factors that influence how we parent. • Child development. • Developing a positive relationship with your children. • Understanding causes of children's behaviour. • Ways to encourage cooperative behaviour. • Strategies to deal with difficult behaviour. • Self Esteem—theirs and yours and any other issues that are challenging you as a parent. **SESSIONS ARE FREE!**	Parentzone on 03 5135 9555		Register your interest
Saver Plus - Would $500 assist you with education costs? Saver Plus can help boost your savings for education costs by matching your savings dollar-for-dollar, up to $500. Many Gippsland participants have used their matched savings to purchase computers, school uniforms and text books, sports equipment, excursions and other school related costs. Saver Plus is delivered by Berry Street in your local area and is currently looking for new participants.	For more information, contact your local Saver Plus Worker Rick Pemberton on 03 5134 5971 or rpemberton@berrystreet.org.au or visit http://www.bsl.org.au//Saver-Plus.		To be eligible, participants must: – have a current Centrelink Health Care or Pensioner Concession Card; – be at least 18 years old; – have some regular income from work (themselves or their partner) including casual, part-time, full-time or seasonal employment; – be a parent or guardian of a child at school OR be attending or returning to vocational education themselves

Wellington

Description	Contact/Phone	Venue	Dates/Times/Other
Support			
Play Connect Playgroup Maffra is a playgroup for children aged 0-6 with Autism Spectrum Disorder or ASD – like symptoms and their siblings and families welcomed. Children do not need a diagnosis to attend Connect with other families, find information on ASD resources and enjoy play activities suited to children with ASD.	Contact Clare Toomey 0408 555 827 Briclai1129@dodo.com.au	Uniting Church Hall Cnr Church & Pearson Streets Maffra	Tuesdays 10.00 am – 12.00 noon
Sale Parent Group Parents of children with disability or developmental delay aged birth – 18 years who live in Sale & surrounds. Are you interested in meeting another parent who has a child with a disability or developmental delay? Would you like to be involved in a small group of parents who get together to share stories and learn from each other? Would you like information on a topic of interest to families of children with developmental delay or disability?	Yvonne on 0430 209 641 or Yvonne.waite@noahsarkinc.org.au	Mister Raymond 268-270 Raymond Street Sale	Wednesday 14th November From 10am for coffee and cake Bring money for a cuppa if you wish
Inspiring Women's groups! Aims to empower women who have experienced family violence by providing a supportive and confidential 8 week support program during each school term. We will provide information and support in order to build self-esteem and connections in the community. At weekly sessions we will discuss the following issues: • Exploring family violence • Healthy relationships and self esteem • Understanding the impact of family violence on children • Legal issues • Financial support • Being Cyber Safe • Healing Arts	For information or referral contact Louise Kennedy-Young Quantum Support Services 5120 2000 or email Louise.KennedyYoung@quantum.org.au	Sale	Please register your interest

Wellington

Description	Contact/Phone	Venue	Dates/Times/Other
Support			
Wellington Special Needs Network Inc. (WSNN Inc.) are a group of parents of children & adult children with disabilities who get together over a coffee & supper to share knowledge experience& information. Please come along & join us if you are interested.	Rosemary on 0413010047 Anita on 5144 4408 or email bennell@vic.australis.com.au	5 Star Housing, Community Room Corner Howard & McCole Streets, Sale	First Monday of the month during school terms 7.30pm – 9.30pm
Gippsland Kinship Care Services Are you caring fulltime for a relative or friend's child? Do you sometimes need advice or assistance to help navigate the service system or manage issues that arise? We can help you with: Kinship Information & Advice Line – this service can help anyone in the community with advice and information about services and resources to assist kinship carers. It is not a crisis line and operates during business hours. Kinship Family Services provides time limited assistance to kinship carers to manage changes in circumstances and/or emerging issues.	Kinship Information & Advice Line – 1300 010 838 Kinship Family Services also accessed via 1300 010 838	N/A	N/A
Seaspray Community Playgroup A playgroup for parents with children aged birth to 6 years Playgroups Provide -A routine for children, providing regular time away from home. -An ability to develop social skills in a supportive environment. -Parents/caregivers enjoying activities together. - A play experience for babies, toddlers and pre-schoolers.	Seaspray Primary School 15 Seaspray Road on 51464393 or Tara 0406 03 575	Seaspray Community Playgroup at Seaspray Primary School 15 Prospect Road Seaspray	Wednesdays 9.30am—11.00am What to bring: A piece of fruit for morning tea. - A sun hat and sunscreen. - Baby bottles etc. - A gold coin donation. Tea and coffee will be provided.
Maffra Carers' Group providing information and support for people in various caring roles.	Pam S 51455417 or Thelma C 5145 1387	Maffra Hospital 48 Kent Street in the Community Meeting Room	Meetings held on the 3rd Monday of the month 1.00pm – 3.00pm Please bring a plate to share

Statewide Support Services

Description	Contact/Phone	Dates/Times/Other
Dads in Distress Support Services - DIDSS offers peer support* that aims to provide help and hope for separated dads and their families. You can talk with someone who has personally experienced separation... and discover what it might take for you to get through it! Support may include: helpline, support group, one to one support, advocacy or information on website.	Helpline 1300 853 437 www.dadsindistress.asn.au	
Nurse on Call Victoria's telephone health line, providing Victorians with immediate, expert health information and advice 24 hours a day, 7 days a week.	1300 60 60 24	
Maternal and Child Health Line A Victorian 24-hour telephone service staffed by maternal and child health nurses for families of children aged from birth to school age.	13 22 29	
Parentline provides a telephone counselling, information and referral service for parents with children from birth to 18 years. Parentline is a confidential and anonymous service available to all families in Victoria. Professional telephone counsellors are available to discuss issues related to parenting such as sleeping, managing tantrums, teenage conflicts, family relationships and contact details for community services.	13 22 89	Monday – Friday 8.00am – 12.00 midnight Saturday - Sunday 10.00am – 10.00pm
Syndromes without a Name (SWAN) Australia Is a not for profit registered charity. SWAN was established to provide information and support to families with undiagnosed or rare genetic conditions across Australia.	0404 280 441 or email info@swanaus.com.au www.swanaus.com.au	

Maternal and Child Health Line

Maternal and Child Health Line is a Victorian
24-hour telephone service
staffed by maternal and child health nurses
for families of children aged from birth to school age.

13 22 29

Online Resources

Details
Carer Card Applications are being accepted. For more details, go to www.carercard.vic.gov.au or call 1800 901 958 toll free.
Mental Health Advice Line is a new service. The number is 1300 280 737 or to find out more, go to: http://www.health.vic.gov.au/mhal/
New Mental Health Resources:- Fact Sheets in 21 languages: 'What is Mental Illness, Personality Disorder, Eating Disorder, Schizophrenia…' and more: go to: http://www.mhima.org.au/mental-health-information-and-resources/resources-and-publications/translations Australia Gov comprehensive one-stop-shop website, Mental Health & Wellbeing www.mentalhealth.gov.au
Parent Easy Guides The South Australian Parent Easy Guides (PEGS) are available via the Internet from: www.parenting.sa.gov.au/pegs With a selection of nearly 70 general parenting topics and several more dealing specifically with Aboriginal or Multicultural related topics, they are well worth viewing on line to find advice for most parenting challenges.
Parentzone Library We have a free borrowing library for parents and professionals. Feel free to give us a call as we are more than happy to post out resources free of charge.
The Raising Children Network website – is a reliable, user-friendly resource. www.raisingchildren.net.au Sections include: • Parenting in picture – basic baby care • Tools to encourage good behaviour – parenting skills • My Neighbourhood – interactive map of helpful services. • Recipes and meal ideas • Working with Parents – for professionals

Parentzone Gippsland
Parenting Program Application Form

To request a Parentzone Gippsland facilitated program, please complete this application form and forward to:

Post: Anglicare Victoria
Parentzone Gippsland
PO Box 103
MORWELL VIC 3840

Email: parentzone.gippsland@anglicarevic.org.au

Office Use Only:

Date received _____

*Entered- Ex*_____ *Cal*_____

*Letter of Ack*_____

Meets criteria
☐ *Yes* ☐ No

*Letter of Conf/Rej*_____

*Funding Source*_____

*Parent Educator*_____

The following process and requirements apply:

1. Priority will be given to programs that expect a minimum of six participants.

2. Parentzone Gippsland offers a qualified, experienced facilitator and does not have the resources to fund the costs of the venue or paid promotional activities. If you need additional support to promote your program, or access a suitable venue, please discuss this with a Parentzone staff member.

If you have any difficulties with the above requirements, please contact Anglicare Victoria, Parentzone Gippsland on 03 5135 9555.

Name of non profit organisation / community group:		
Postal Address:		
Contact Person:		
Telephone	Fax	Mobile
Email		

Local Government Area (Shire) where program will be held:

☐ Bass Coast ☐ South Gippsland ☐ Baw Baw

☐ Latrobe City ☐ Wellington ☐ East Gippsland

Please complete the following details about your program needs:

Name of program, or type of program requested:

_____

Number of sessions: _____

Length of sessions: _____

Dates of sessions: _____

Time of day to be held:_____

Venue: _____

Target Group:

_____

_____

_____

Identified issue or need: (Main issue in the community that the program will address)

_____

_____

_____

_____

How has this need been identified?

_____

_____

_____

_____

Description of the program and what you expect it to achieve:

_____

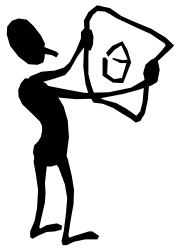
_____

_____

_____

_____

What do you have planned for term 1 2019?



Please send us details of any programs, support groups or professional development opportunities that you plan to run or that you know of in 2019 by completing the following form or email, fax or post your flyers as per address details below. We require this information by **January 21st 2019**, in order to advertise them in our next Newsletter. If you are still unsure of details such as dates, times and venues we can list these with 'Please phone for details' rather than exclude them – as long as we have the name of the program and a contact name and phone number.

We reserve the right to edit or exclude information to suit the newsletter and available space.

Please note: Parentzone News is placed on the Anglicare Victoria Website and any information contained therein is therefore available publicly on the Internet. Please do not provide information that you do not want in the public domain.

Please send to: Anglicare Victoria Gippsland Region - Parentzone, PO Box 103, Morwell 3840 or email to Christine Dicker christine.dicker@anglicarevic.org.au or call 03 5135 9555.

Please tell us:-

Program/Group name: _____

or

Professional Training: _____

Contact person: _____

Telephone number: _____ Fax number: (If relevant)_____

Venue details: _____

Date & times: _____

Costs: _____

Council area: _____

Other information to be included (e.g. brief description of program, child care, transport, etc)

_____

_____

_____

Thank you for contributing to the Parentzone Newsletter.