Parentzone Southern Directory

Term 1, 2019

Information on groups and programs offered by Parentzone and Community Services across the Southern Region of Melbourne. **Bayside, Cardinia, Casey, Greater Dandenong, Frankston, Glen Eira, Kingston, Mornington Peninsula, Stonnington**, Shire of Port Phillip.

Welcome to the Parentzone Southern Newsletter for Term 1 2019

Hello all,

Welcome to Term1, 2019.

See below important information from Central office to be shared with you all.

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](mailto:AVPRIDE@anglicarevic.org.au)

Happy reading from the Parentzone Southern team

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**WHAT’S ON IN YOUR REGION?**

Please send us details of any programs, workshops or support groups that you plan to run in Term 2, 2019.

[parentzone.southern@anglicarevic.org.au](mailto:parentzone.southern@anglicarevic.org.au) or contact us on 03 5945 200

# **OVERVIEW OF PARENTZONE PROGRAMS** (full details on appropriate page) ALL ARE FREE

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Region  Page | Program | Dates | Time | Open to |
| [Cardinia](#_Cardinia_Shire)  Page 30 | [**Parents Building Solutions**](#_Cardinia_Shire)  Growing Great Kids  Nar Nar Goon | Day Wednesdays  Date 27th Feb,6th,13th20th,27th March,3rd April 2019 | 9.10 -12.00pm | A Program for Parents, grandparents, step parents & carers |
| [Cardinia](#_Cardinia_Shire)  Page 30 | [**Parents Building Solutions**](#_Cardinia_Shire)  Growing Great Kids  Cockatoo | Day Thursdays  Date 21st,28th Feb and 7th,14th,21st and 28th March 2019 | 9.30am – 12.00pm | A Program for Parents, grandparents, step parents & carers |
| [Casey](#_City_Of_Casey)  Page 39 | [**Koorie Kids Playgroup (VACCA run**](#_City_Of_Casey)**)** Cranbourne | Thursdays during school terms | 10:30am – 1:00pm | Aboriginal and Torres Strait Islander Children 0 – 5 & their parent/carer |
| [Casey](#_City_Of_Casey)  Page 39 | [**Koorie Kids Playgroup (VACCA run)**](#_City_Of_Casey)Hampton Park | Wednesdays during school terms | 10:30am – 1:00pm | Aboriginal and Torres Strait Islander Children 0 – 5 & their parent/carer |
| [Casey](#_City_Of_Casey)  Page 39 | [**Parents Building Solutions – 3-13**](#_City_Of_Casey)  Lynbrook | Day Monday Evening  Date 25th February to 8th April. Not on 11th March (Labour Day) 2019 | 6.30pm – 8.45pm | Open to all Mums, Dads, Carers & Grandparents of children aged 3 to 13 |
| [Casey](#_City_Of_Casey)  Page 39 | [**Parents Building Solutions – 3-13**](#_City_Of_Casey)  Rangebank | Day Tuesday Mornings  Date 19th February to 26th March 2019 | 9.30am-11.45am | Open to all Mums, Dads, Carers & Grandparents of children aged 3 to 13 |
| [Casey](#_City_Of_Casey)  Page 39 | [**Parents Building Solutions**](#_City_Of_Casey)  Parenting in Australia – Today  Balla Balla | Day Wednesdays  Date 20th Feb to 27th March(6weeks) | 10.00 – 12 noon | Open to all Mums, Dads, Carers and Grandparents. Looking for parenting support in today’s Australia. |
| City of Casey  Pg 39 | [**Beyond the Violence**](#_City_Of_Casey) | Day Wednesday  Date 1st May to 19th June 2019 | 4.15 – 6.45pm | Open to women and their children who have experienced Family Violence |
| [City](#_City_Of_Casey) of Casey  Page 39 | [**Baby Makes 3**](#_City_Of_Casey)  Cranbourne West | Day Tuesdays  Dates 19th, 26th Feb and 5th March | 6.00pm – 8.00pm | Baby makes 3 is part of your first time Parent groups program. Open to Parents. |
| [City Of Frankston](#_City_of_Frankston)  Page 59 | [**Parents Building Solutions**](#_City_of_Frankston)  Free 6 week Program to talk about Kids  Seaford | Day Wednesdays  Date 13th,20th,27th Feb and 6th,13th 20th March 2019 | 9.30am – 11.30 | Open to all Mums, Dads, and Carers & Grandparents. Looking for Parenting support. |
| [City Of Frankston](#_City_of_Frankston)  Page 64 | [**Parents Building Solutions**](#_City_of_Frankston)  Free 6 week Program to talk about Kids **Parents Building Solutions**  Mornington | Day Thursdays  Date 7th,14th,21st,28thFeb and 7th,14th March 2019 | 9.30am –  11.30am | Open to all Mums, Dads, and Carers & Grandparents. Looking for Parenting support. |
| [City Of Frankston](#_City_of_Frankston)  Page 64 | [**Parents Building Solutions**](#_City_of_Frankston)  Let’s talk about Parenting Pre-Teens and Teens | Day Wednesdays  Date 13th,20th,27th 2019 | 9.30am – 11.30am | Open to all Mums, Dads, Carers & Grandparents |
| [City of Greater Dandenong](#_City_of_Greater)  Page 91 | [**Parents Building Solutions**](#_City_of_Greater)  **Parenting Program for mum’s and their children** | Day Monday  Date 21st January 2019 | 10.30 – 12.30pm | Open to Mum’ and their children. |
| [City of Greater Dandenong](#_City_of_Greater)  Page 91 | [**Parents Building Solutions**](#_City_of_Greater)  **Parenting Program for mum’s and their children** | Day Wednesday  Date 23rd t January 2019 | 10.30 – 12.30pm | Open to Mum’ and their children. |
| [City of Greater Dandenong](#_City_of_Greater)  Page 91 | [**Parents Building Solutions**](#_City_of_Greater)  Growing Great Kids  Rosewood Downs | Day Fridays  Date 1st,8th,15th,22nd,29th March and 5th April 2019 | 9.30am – 12.00pm | A Program for Parents, grandparents, step parents & carers |
| [City Of Greater Dandenong](#_City_of_Greater)  Page 92 | [**3 and 4 year Old Playgroup**](#_City_of_Greater)  Keysborough | Day Tuesday  Date School Term | 9.00am – 111.00 | Is your child starting School in 2020 or 2021? If so, we would like to invite you to our playgroup that will prepare and encourage your child to start Kindergarten/School. |
| [City Of Greater Dandenong](#_City_of_Greater)  Page 92 | [**General Playgroup**](#_City_of_Greater)  Keysborough | Day Wednesday  Date School Term | 9.00am – 10.30am | Open to all Mums, Dads, Carers & Grandparents of Pre-school children |
| [City of Greater Dandenong](#_City_of_Greater)  Page 91 | [**Parents Building Solutions**](#_City_of_Greater)  Growing Great Kids | Day Thursdays  Date 2nd,9th,16th,23rd,30th May sand 13th June 2019 | 9.30am – 12.00pm | A Program for Parents, grandparents, step parents & carers |
| City of Greater Dandenong | [**Play Circle**](#_City_of_Greater)  Supported Playgroup | Day Thursdays  Date School Term(10 weeks) | 9.30am – 11.00am | For Parents and their preschool children. |
| [City Of Greater Dandenong](#_City_of_Greater)  Page 91 | **[Parents Building Solutions](#_City_of_Greater)**  **[Parenting in Australia](#_City_of_Greater)** | Day Wednesdays  Date 22nd,29th May and 5th,12th,19th and 26th June 2019 | 9.00am – 11.30am | Open to all parents and carers of Primary school aged children |
| [City Of Greater Dandenong](#_City_of_Greater)  Page 91 | **Beyond The Violence** 8 weeks  Dandenong | Day Mondays  Dates 11th Feb to 1st April. | 4.15pm – 6.45 | Open to mums and their children who have experienced family violence |
| [Mornington Peninsula Shire](#_Mornington_Peninsula_Shire)  Page 115 | [**Parents Building Solutions**](#_Mornington_Peninsula_Shire)  Free 6 week program to talk about kids  Hastings | Day Fridays  Date 12th,19th,26th Feb and 5th, 12th,19th March | 10.30 – 1.00pm | Open to all mums, dads, carers and grandparents of Primary aged Children |
| [Mornington Peninsula Shire](#_Mornington_Peninsula_Shire)  Contact office for further details | [**Koorie Kids Playgroup (VACCA run)**](#_City_Of_Casey)  **Mornington Peninsula** | Wednesdays during school terms | 10:30am – 1:00pm | Aboriginal and Torres Strait Islander Children 0 – 5 & their parent/carer |
| [Mornington Peninsula Shire](#_Mornington_Peninsula_Shire)  Page 115 | [**Parents Building Solutions**](#_Mornington_Peninsula_Shire)  Free 6 week program to talk about kids  Hastings | Day Fridays  Date 12th,19th,26th Feb and 5th, 12th,19th March | 10.30 – 1.00pm | Open to all mums, dads, carers and grandparents of Primary aged Children |

**Please note All Parentzone Programs are Free. You do need to book.**

**FLIERS ARE ON THE ANGLICARE WEBSITE AT THE BACK OF THE NEWSLETTER OR PHONE THE OFFICE PLEASE**

**OVERVIEW OF TRAK FORWARD PROGRAMS** (full details on appropriate page) ALL ARE FREE

A TRAK FORWARD PROGRAMS For Mums and Children

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| [City Of Frankston](#_City_of_Frankston)  Page 59 | Beyond The Violence 8 weeks  Frankston | Day Tuesdays  Date 12th Feb to 2nd April | 4pm– 6.30pm | program for mums and their children who have experienced family violence |

**Help lines** *(*[*DETAILS AND MORE ON PAGES 117*](#_Telephone_Help_Lines)*)*

|  |  |  |
| --- | --- | --- |
| **HELP LINES ( DETAILS AND MORE ON PAGES** | **Phone number** | |
| Grief line ( daily 12noon-3am) | 1300 845 745 |
| Life Line (24Hours) | 13 11 14 (hearing impaired TTY Line) 03 992 9030 |
| Suicide Help Line Lifeline (24 hours) | 1300 651 251 |
| Sexual Assault Crisis Line | 1800 806 292 |
| Safe Steps (Women’s Domestic Violence Crisis Service)(24hrs) | 1800 015 188 |
| Parent line (8.00am-Midnight. Everyday) | 13 22 89 |
| Victims Of Crime (8am to 11pm) | 1800 819 817 |
| Playgroup Australia | 1800 171 882 9am-3pm Monday to Friday |
| Orange Door (Bayside Peninsula Frankston) | 1800 319 353 |

**DRESS FOR SUCCESS**

is based in Frankston and serves a wide area around the Peninsula, Narre Warren, Dandenong andBaysidesuburbs. We are a not-for profit organisation that *provides services to help support the economic independence of women.* We provide a range of career and development tools to help women build their skills, confidence and employability

They:

* Help women feel and look their best by providing a free one-on-one dressing service in our Boutique
* Provide coaching and advice on interview skills and techniques
* Support women to build personal and work related skills through our free workshops and
* Provide mentoring and ongoing support after they get a job.

We are staffed by volunteers who have received in-house training.

We are part of Dress for Success Worldwide that assists women in 30 countries. Our service is one of 5 affiliates in Australia. Since we commenced our service in 2008 our volunteers have delivered assistance to over 5000 women in and around the regions of Frankston and the Mornington Peninsula.

We have new a online booking service for dressings at:

<https://calendly.com/dfsmp-dressings>

or Career Centre Workshops at:

<https://celendly.com/dfsmp-cc>

If you have any trouble accessing these sites pleased contact our office on 9770 0220.

# PARENTS BUILDING SOLUTIONS PROFESSIONAL TRAINING

'THE PARENTING PACKAGE'

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.

“This whole training was fantastic and I have learned a lot. It’s something I will use with the

Families I work with.” - Family Services Worker

**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 Programme Parents Building Solutions, developed by Parentzone Southern, is an evidence based programme.

Following the training, Parentzone may be able to support your organisation to implement learnings from the training through co-facilitating parenting groups

|  |  |
| --- | --- |
| LEARNING OUTCOMES WHO THIS PROGRAM IS FOR? | WHO THIS PROGRAM IS FOR? |
| Engage parents effectively in conversations about their parenting  role by using a strengths based, reflective approach  Draw on evidence-based materials from the Parents Building  Solutions manual to respond to the expressed needs of parents  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 | 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.  WHEN Fridays 15, 22, 29 March 2019  TIME 9.30am to 4.30pms  WHERE Anglicare Victoria. Level 2, 60-64 Wells St  Frankston  COST $ 340. $434 with hardcopy manual(GST included)  For more information and a registration form contact:  Carol Abery. [Carol.abery@anglicarevic.org](mailto:Carol.abery@anglicarevic.org)  Our Pakenham Office 5945 2000 |

### **BEYOND THE VIOLENCE facilitator Training Cranbourne Term 1**

**Free Training, booking is essential. Phone and book as soon as you**

**Can.**

**Anglicare and Windermere**

|  |  |  |
| --- | --- | --- |
| **Do you want to increase your skills?**  **in working with parents and children**  **affected by Family Violence?**  **SUITABLE FOR:**  Professionals who have existing  group work skills and experience, or a  background working with women and  children impacted by family violence | **Cost** Free of charge**- Registration Essential**  **Bookings:** Alison Krusec  [Alison.krusec@anglicarevic.org.au](mailto:Alison.krusec@anglicarevic.org.au)  **VENUE**  St Johns Anglican Church  27 Childers St  Cranbourne | **Day Wednesday**  **Date 13th,20th,27th March 2019**  **Cost Free TRAINING**  **All three days need to be attended to be accredited.**  **Time 9.30am-4.00pm**  **Morning tea, lunch and afternoon tea provided** |

### **BEYOND THE VIOLENCE facilitator Training Dandenong Term 2**

### **Anglicare and Mission Australia**

|  |  |  |
| --- | --- | --- |
| **Program** | **Contact and Address** | **Details** |
| **Do you want to increase your skills?**  **in working with parents and children**  **Affected by Family Violence?**  **SUITABLE FOR:**  Professionals who have existing  group work skills and experience, or a  background working with women and  children impacted by family violence | **Cost** Free of charge**- Registration Essential**  **Bookings:** Ariane Hahn on 0499 080 468 or 03 9781 6700  [Ariane.hahn@anglicarevic.org.au](mailto:Ariane.hahn@anglicarevic.org.au)  **VENUE**  St James Church Hall-Dandenong  53 Langhorne St  Dandenong | **Day Thursday**  **Date 13th,20th,27th June 2019**  **Cost Free**  **Morning Tea and Lunch provided**  **Registration is essential** |

### PEER Networks

Our networks for parent educators are always a great place to discuss parent engagement, share resources and get to know what’s happening in your region. Parentzone operates 5 PEER networks across the Southern Region.

|  |  |  |  |
| --- | --- | --- | --- |
| Region | Contact | Venue | Dates |
| Cardinia | Jasbir Singh Suropada 0431 203 177 [Jasbir.suropada@anglicarevic.org.au](mailto:Jasbir.suropada@anglicarevic.org.au) | Anglicare Victoria Level 1, 66-68 Main St Pakenham | Date 14th Feb 2019  Time 10.30 to 12.30 |
| Casey  Guest Speaker will be Noelene Hosie, Volunteer coordinator at Doveton college | Sandra Phillips 0447 500 355 [sandra.phillips@anglicarevic.org.au](mailto:sandra.phillips@anglicarevic.org.au) | Gleneagles Sec College  58 Reema Blvd, Endeavour Hills Victoria 3802  Endeavour Hills | Day Tuesday  Date 5th Feb 2019  Time 9.30am |
| Greater Dandenong | Jasbir Singh Suropada 0431 203 177 or 9706 8568 [Jasbir.suropada@anglicarevic.org.au](mailto:Jasbir.suropada@anglicarevic.org.au) | Dandenong  Anglicare Victoria Suite 12, 131-147 Walker St Dandenong | Date 20th Feb 2019  Time 2.00 to 4.00pms |
| Frankston and ‘Mornington Peninsula | Michelle Brown 9781 6700 or 0429 174 150 [michelle.brown@anglicarevic.org.au](mailto:michelle.brown@anglicarevic.org.au) | The Corner  Youth Services Building  Wilsons Rd, ‘Mornington | Day Monday  Date 1st April  Time 1.30pm to 4.00pm |

### Parentzone Resource Library/Southern Region Offices and Parentzone Offices

Parents, professionals, students or anyone who is interested in parenting can borrow resources from Parentzone at:

|  |  |  |
| --- | --- | --- |
| Pakenham | Frankston | Rosebud West |
| 66-68 Main St, Level 1  P: 5945 2000 or 1300 984 200  P O Box 774  Pakenham 3810 | 60-64 Wells St, Level 2  P: 9781 6700 | 1703 Point Nepean Road  P: 5986 9900 |
| Dandenong |  |  |
| The Dandenong Office is now located at:  Suite 12,  131-147 Walker Street,  Dandenong, VIC 3175  ph: 03 9293 8500  f: 03 9792 5900  PO Box 7100 Dandenong, VIC 3175 |  |  |

**PARENTZONE OFFICES**

|  |  |  |
| --- | --- | --- |
|  |  |  |
| **Parentzone Southern**  Phone: 03 5945 2000  Level 1, 66-68 Main Street Pakenham  Level 2, 60-64 Wells Street Frankston | **Parentzone Eastern**  03 9735 4188  47-51 Castella Street, Lilydale | **Parentzone Northern**  03 9465 0322  42 Mary Street, Preston |
| **Parentzone Gippsland**  03 5133 9998  65 Church Street Morwell |  |  |

### **FOSTER CARE AND KINSHIP CARE**

|  |  |
| --- | --- |
| Presented by Anglicare Victoria  Anglicare Victoria have a highly experienced  team of facilitators to deliver the Parents Building  Solutions program to kinship and foster carers.  Trainers will draw on their various backgrounds in  in psychology, social work and child development | Carer’s Building Solutions  FREE TRAINING FOR VICTORIAN KINSHIP AND FOSTER CARERS  Join these learning circles to you Undertake your caring role with confidence. Over five sessions you will learn about the physical, emotional and developmental milestones in children and young people.  Equipping you with the knowledge and  Strategies to enhance your parenting skills.  This series focuses on providing you  with practical solutions and support  to make every day Challenges easier.  During this session you will:  learn how to enhance feelings of  safety, health and happiness  in children and young people in care  Understand child development and Milestones, understand how to respond to concerning behaviour, and learn about the importance of identity and the rights of children.    [www.carerkafe.org.au](http://www.carerkafe.org.au)  [carerkafe@fcav.org.au](mailto:carerkafe@fcav.org.au)  (03) 9416 4292  NOT RUNNING TILL LATER IN THE YEAR. PLEASE PHONE OR EMAIL IF YOU HAVE ANY ENQUIRIES |

# ANGLICARE VICTORIA FOSTER CARE Info Sessions

**Foster care is a way of offering children a safe, secure and nurturing place to stay while their family is unable to care for them. As a foster carer, you can choose from several different types of care placements ranging from emergency care right through to respite and longer-term care.**

People from all walks of life can become carers. It doesn’t matter whether you are in a relationship, older, younger, with or without kids, working or at home – everyone can make a positive difference in a child’s life.

We’re dedicated to offering a supportive environment for both children and carers alike. This ensures better outcomes for everyone involved. Our home carers are trained, provided with access to comprehensive ongoing support, and reimbursed for any out-of-pocket expenses related to care.

We encourage people considering foster care to attend a free [information session](https://www.anglicarevic.org.au/events/?category=foster-care) in their area. Potential carers can ask extensive questions, learn about the experience, and speak with existing carers.

For more information on becoming a Foster Carer, [Download the Information for Prospective Carers Booklet](https://www.anglicarevic.org.au/wp-content/uploads/2018/09/FC_NewCarerA4L_CoBrand.pdf)

To become a foster carer all applicants must read and sign a number of documents and complete background checks. To start the application process, please contact us:

* Eastern Metro Region – 1300 889 335 Nth Ringwood Session 5th Feb . contact Eastern Metro
* North West Metro Region – 03 9301 5200 Melton South Session 7th Feb. contact North West Metro
* Southern Metro Region – 03 9293 8500
* Bendigo & Loddon Region – 03 5440 1100
* Gippsland Region – 03 5135 9555

For all other areas in Victoria, please contact the Centre for Excellence in Child & Family Welfare on 1800 013 088 or visit [fosteringconnections.com.au](http://fosteringconnections.com.au/)

**FAMILY VIOLENCE ORANGE DOOR**

The Orange Door is a new way for women, children and young people who are experiencing family violence or families who need assistance with the care and wellbeing of children to access the services they need to be safe and supported.

It is free to access help and support through The Orange Door and you do not need a referral. The Orange Door will be rolled out across Victoria by 2021, with operations beginning in some of the first locations from May 2018.

The Orange Door is open in Barwon, Bayside Peninsula (this includes the whole Peninsula, across the City of Casey, which has other services), The Mallee and North Eastern Melbourne

<https://www.vic.gov.au/familyviolence/the-orange-door.html>

For confidential support and information call Safe Steps on: 1800 015 188

For Urgent assistance call Triple Zero 000

FOR ASSISTANCE IN OTHER AREAS in Southern Region not covered by Orange Door

Go to Appropriate Area for Services

[Cardinia Shire](#_Cardinia_Shire)

[City Of Casey](#_City_Of_Casey)

[City of Greater Dandenong](#_City_of_Greater)

**The Australian Parenting Website**

Provides up-to-date, evidence-based, scientifically validated information about raising children and caring for yourself as a parent or carer. It gathers this information and translates it into everyday language with plenty of real-life examples.

Based on the evidence, it describes and explains various parenting methods and options and let people choose for themselves, depending on what suits their circumstances. It gives people tools and practical ideas to apply in their own situations – it doesn't tell them what to do.

It offers facts without a hidden agenda. If the science is unclear, or if there’s evidence for more than one approach to an issue, it lets people know about the different approaches and their risks and benefits.

<http://raisingchildren.net.au/>

NEIGHBOURHOOD HOUSES VICTORIA

for your local Community House please click on this link

<https://www.nhvic.org.au/neighbourhoodhouses/neighbourhood-houses>

**Professional Training**

**Signposts for Better Behaviour**

A Training program for Professionals. Covers parenting children aged 3-15 years with a developmental delay or intellectual disability. Group and individual delivery. Special needs Parenting. Covering all of Southern Region.

03 8660 3562

signposts@parentingre.org.au

# Groups and Programs

| **City of Bayside** | | | |
| --- | --- | --- | --- |
| Group / Program | Contact | Address | Details/ Other |
| **Parenting** | | | |
| **CIRCLE OF SECURITY PARENTING**  A program based on decades of evidence about how secure parent-child relationships can be strengthened. For parents of infants, toddlers and pre-schoolers. | **Family Life**  Contact Jacinda on 0451 631 808  Or  Molly on 0451 631 312  [www.familylife.com.au](http://www.familylife.com.au) | 197 Bluff Rd  Sandringham | Day Tuesday  Date 12th Feb starts for 8 weeks  Time 10.00am to 12.00pm  Attendance at all sessions is essential |
| **PARENT EDUCATION PROGRAMS** | **Bayside City Council**  Ph. 9599 4444 or see [www.bayside.vic.gov.au](http://www.bayside.vic.gov.au) for further details and bookings | For more info: [Parent education sessions](http://www.bayside.vic.gov.au/community_services/children_parent_education_sessions.htm) | Please phone for next dates, venue and costs |
| **AUSLAN STORY TIME**  Experience a visual language in this interactive session with our storyteller and an Ulsan interpreter signing some favourite stories | **Bayside City Council**  Ph. 9599 4444 or see [www.bayside.vic.gov.au](http://www.bayside.vic.gov.au) for further details and bookings | Bayside Library Services  14 Wilson Street,  Brighton  Tel 9591 5900 | Ulsan Storytime is being incorporated  Into our regular Thursday preschool sessions at Brighton Library.  Day Thursday  Date Please phone  Time 10.30am – 11.30am |
| **CARING MUMS**  In the challenging first months of your baby’s life, a trained volunteer provides you with one on one emotional support. Through weekly visits, together you navigate the new and exciting road of motherhood | **NCJWA**  **Victorian Multicultural Commission**  [caringmums@ncjwa.org.au](mailto:caringmums@ncjwa.org.au)  ph. 9044 5405 or 0481 081 242  [www.caringmums.org.au](http://www.caringmums.org.au) | Bubup Nairm Family and Children’s Centre  998 Carlisle St,  St Kilda | The program is free of charge, nonjudgmental and confidential. Women in the Cities of Yarra, Kingston, Port Phillip, Gen Eira, Bayside and Stonnington are eligible for the served for up to one year |
| **COMMUNICATING WITH YOUR ADOLESCENT**  4-week workshop that will support parents by targeting personal effectiveness in communication skills to enhance your relationship with your child. You will explore the origins of your communication style, better understand the communication styles used by others and develop personal communication skills.**.** For parents of children aged 10 to 17 | **Family Life**  For more info, email [heartlinks@familylife.com.au](mailto:heartlinks@familylife.com.au)  or call (03) 8599 5488 | Family Life meeting room,  197 Bluff Rd,  Sandringham | Please phone to see if it is running in Term 2  Details not available at time of printing. |
| **TUNING INTO KIDS**  **Emotionally Intelligent Parenting**  **A six session parenting program for parents of children aged 3 to 10 years old.**  Would you like to learn how to:   * Be better at talking with your child? * Be better at understanding your child? * Help your child learn to manage their emotions? * Help to prevent behaviour problems in your child? * Teach your child to deal with conflict? | **BayCISS**  **Bayside Community Information & Support Service Inc.**  BOOKING ESSENTIAL LIMITED SPACES  Denise or Natalie Ph. 9555 9910 | Castlefield Community Centre  505 Bluff Road HAMPTON 3188 | Please Ring for next session  Booking essential Limited Places |
| **DRESS FOR SUCCESS**  is based in Frankston and serves a wide area around the Peninsula, Narre Warren, Dandenong and **BAYSIDE** suburbs. We are a not-for profit organisation that *provides services to help support the economic independence of women.* We provide a range of career and development tools to help women build their skills, confidence and employability**.** | * Help women feel and look their best by providing a free one-on-one dressing service in our Boutique * Provide coaching and advice on interview skills and techniques * Support women to build personal and work-related skills through our free workshops and * Provide mentoring and ongoing support after they get a job.   We are staffed by volunteers who have received in-house training.  We are part of Dress for Success Worldwide that assists women in 30 countries. Our service is one of 5 affiliates in Australia. Since we commenced our service in 2008 our volunteers have delivered assistance to over 5000 women in and around the regions of Frankston and the Mornington Peninsula.  We have new a online booking service for dressings at:  <https://calendly.com/dfsmp-dressings>  or Career Centre Workshops at:  <https://celendly.com/dfsmp-cc>  If you have any trouble accessing these sites pleased contact our office on 9770 0220.  If you would like any more information please email me or contact me on 0402424067. I am more than happy to meet with members of your team to provide further information. | | |
| **MATERNAL CHILD & HEALTH CHILD SERVICES**  Phone your closest centre to see what they offer or visit Maternal and child health   * Baby capsule hire service * Breastfeeding and lactation advice * Home cleaning service for new parents * Child health and development * Maternal health * Parent child relationships * Safety and injury prevention * Immunisation * Nutrition * Family planning * Other local support services and resources   Advice and information is also available on the Maternal and Child Health Service 24-hour line. Phone 13 22 29. | | | |
| **Time For Me Parenting Group** | **Family Life and Bayside City Council**  Contact Courtney or Belinda from the Community Bubs Team  9782 7800 | Fern St Children’s Centre  Crn of Fern St & Bluff Rd, Black Rock | Day Every Tuesday  Dates During School Term  Time 10.00 – 12pm  Free, light refreshments provided |
| **Peaceful Parenting**  Positive ideas to help you manage your child’s behaviour and result in positive change. | **Family Life**  Bookings essential  Contact Sharon from the Shine team at Family Life 9770 0341 [info@familylife.com.au](mailto:info@familylife.com.au) | Level 1, 450 Nepean Hwy, Chelsea | Date Please phone  Time 10.00-3.00pm  Cost Free but booking is essential |
| **Family Violence** | | | |
| **Creating lasting connections**  A 9 week Group that provides a safe, supportive and nurturing environment were mothers and their infants can connect, bond and attach as part of their recovery from Family Violence | **Family Life**  Hopschotch  Contact Annalise: 0428 574 251  www.familylife.com.au | Keith St community House  12 Keith St  Hampton East | Day Fridays  Date 15th Feb to 29th March 2019  Time 10.30am to 12.30pm  A snack is provided for morning tea |
| **Playgroups & Playhouses**  Visit Playgroups and playhouses or phone 9599 4444 for more info | | | |
| **Healthy Bubs & Families**  Education and skill development for parents around the importance of early attachment.  Intake assessment only. | **Family Life**  8599 5433  [info@familylife.com.au](mailto:info@familylife.com.au) | Community House  12 Keith Street, Hampton East | Please phone for day and dates. |
| **Keith St Community House Playgroup** | **Family Life**  8599 5433  info@familylife.com.au | Community House  12 Keith Street, Hampton East | Please phone for day and dates. |
| **Community Bubs**  Intensive support for families who have an infant | **Family Life**  8599 5433  <http://familylife.comm.au/>  [info@familylife.com.au](mailto:info@familylife.com.au) | Level 2, 11 Chesterville Rd, Cheltenham | Please phone to arrange time. |
| **BAYSIDE CHILDREN’S CONTACT SERVICE –**Family Life  Providing a safe, neutral and child friendly environment for children**.** | **Family Life**  For more information please read our [FAQ](https://familylife.com.au/bayside-childrens-contact-service-application-form/bayside-faq/), call us ([03 8599 5433](tel:03%208599%205433)) or email your enquiry to [bccs@familylife.com.au](mailto:bccs@familylife.com.au). | Times can be scheduled at a mutually beneficial time; weekdays or weekends, before nap-time or after-school. We are happy to work with you to make the make arrangements that suit everyone involved and are in the best interests of the child | The Bayside Children’s Contact Service is a safe, neutral, child focused venue for supervised contact visits and changeovers to occur between children and their parents, where separated parents are unable to manage their own contact arrangements without conflict. |
| **Challenging Behaviours, Disabilities, Alcohol & Drugs, Family Violence, Mental Health, Carer Support Groups & other** | | | |
| **Kinship Care Support Group**  Are you a kinship carer who is caring for a child who is not your own? Come and meet with other Kinship Carers. Includes discussion, resources, guest speakers and morning tea | **Kinship Care Oz Child**  Contact:  OzChild Kinship Care Dandenong Central Office ph. 9212 5600  for further information | Facilitated groups are held monthly in Highett, Frankston and Rosebud | Phone for dates and times |
| **SHARC** provides high quality and effective drug treatment and care services... | [**https://www.bayside.vic.gov.au/community-directory/self-help-addiction-resource-centre-inc**](https://www.bayside.vic.gov.au/community-directory/self-help-addiction-resource-centre-inc)  Phone 9573 1700 | Mailing Address  140 Grange Rd  Carnegie 3163 | Please phone or follow link for further information |
| **Dementia Carer Support Group**  For carers of people with dementia | Marlee Creaser 8256 9699  [mcreaser@aol.com](mailto:mcreaser@aol.com) | 15 Black St, Brighton  Melways 97 B1 | Day 1st Tuesday in month Time 10am-11.30 |
| **Brighton Carer Support Group**  For people caring for aged relatives or those with dementia | **Girrawheen Day Centre**  Enquiries to Intake  9575 5322 | Girrawheen Day Centre  3 Murphy St Brighton  Mel Ref 67E7 | Day 2nd Wed of month  Time 7.30-9.30pm |
| **Making Choices** A course for women who wish to learn how to make choices and re-gain some control over their lives in a safe and supportive atmosphere | **Family Life**  8599 5433  Open to City of Kingston, Bayside, Glen Eira and Port Phillip | Service Address  197 Bluff Rd, Sandringham | Please phone for help and or further details. |
| **Creating Connections**  An 8 week support group for women who have already attended a family violence group or counselling, such as “Making Choices”. | **Family Life**  85995433 | Please phone for details when booking | Please Phone for details |
| **Who’s In Charge?**  An 8 week program for parents for carers of young people (aged 11 to 18) who are beyond control, violent or defiant. | **Family Life**  Tom 9782 7800  [tmulvaney@familylife.com.au](mailto:tmulvaney@familylife.com.au) | Family Life 197 Bluff Rd, Sandringham  RSVP Tom 97827800 | Please phone for further details |
| **POSITIVE PARENTING AFTER SEPARATION**  Aims to equip parents with greater skill in remaining child-focused, reducing conflict, improving communication with the other parent, and developing a positive post-separation co-parenting relationship. For Separated or divorced parents, and carers. Only one party of the relationship can be accepted in each workshop. | **Family Life**  For more info, email heartlinks@familylife.com.au or call (03) 8599 5488 | Family Life meeting room,  197 Bluff Rd,  Sandringham | Check if this is running  term 1 |
| **SUCCESSFUL STEP PARENTING AND BLENDED FAMILIES**  aims to support parents to manage the many challenges that affect blended families.  For Couples preparing to blend families, or having been together for many years, with one or both of you bringing children from previous relationships. | For more info, email heartlinks@familylife.com.au or call (03) 8599 5488 To register online complete the below registration form BOOKINGS CLOSE 11th May 2018 or prior if the workshop is full. | Family Life meeting room, 197 Bluff Rd, Sandringham | Please phone for details.  Cost $220 per  person ($200  concession) $380 per couple  ($350 concession)  Morning tea, lunch,  and afternoon tea  Provided. |
| **Chelsea Carer Support Group**  For carers of frail older people and those with disabilities | Brian Sinclair 9782 7633  [info@cbchs.org.au](mailto:info@cbchs.org.au) | Central Bayside Community Health Service  3/1 The Strand, Chelsea | Day First Wed of month  Time 1.00pm-3pm |
| **Clarinda Carer Support Group** | **Central Bayside Community Health**  Lyn Entwhistle  9552 0833  Info.cbchs.org.au | Central Bayside Community Health Service 58 Viney St Clarinda | Day 3rd Wed of month Time 11 am- 12.30pm |
| **Mood Disorders Support Group**  Provides friendship and support to those with a mood disorder, their family and friends. Uni-polar, bi polar, general anxiety and depressive illnesses | **Mental Health Victoria**  If you plan to attend, we strongly encourage you to register. Email: [admin(at)mentalhealthvic.org.au](javascript:linkTo_UnCryptMailto('nbjmup+benjoAnfoubmifbmuiwjd/psh/bv');)  Phone: 03 9826 1422 | Suite J, 450 Chapel Street  South Yarra, VIC, 3141 (Enter via Wilson Street. Parking is available at Jam Factory - 500 Chapel Street) | Please phone for details |
| **ASD Coffee Group**  Support for parents of children with autism | **MOIRA**  Kerri Rolfe - Parent Support Coordinator for Southern Region  8552 2222 | Highett Neighbourhood community house  2 Livingston Street  Highett | Day 2nd Thursday of month  Time 9.45 – 11.45am |
| **CEREBAL PALSY COFFEE MORNINGS** | **MOIRA**  Kerri Rolfe - Parent Support Coordinator for Southern Region  8552 2222 | Castlefield Community Centre  Bluff Road  Hampton | Day Tuesday mornings (once a month during school term)  Contact for date |
| **Sandringham Reach Respite Program for Carers**  For carers of the elderly and those with dementia | **Sandybeach Centre**  [www.sandybeach.org.au](http://www.sandybeach.org.au)  contact 9598 2155 | Sandybeach Centre  2 Sims St, Sandringham  Melways 76 G10 | Day 3rd Tuesday of month  Time 1.30 - 3.00pm |
| **Live Your Community Program**  Provides flexible volunteer based inclusion support for children with disabilities who experience barriers to participation in sport, recreation and leisure. For children aged 6-17yrs with a diagnosed disability | **Extended Families**  Mornington Peninsula and Frankston  Phone: 03 5950 1055  Email: peninsula@extendedfamilies.org.au  Southern – South East areas  Phone: 03 9285 4839  Email: southern@extendedfamilies.org.au | Please phone for details | Please phone for details  There is no cost to families accessing LYCP. Cost to sporting activity chosen by the child are generally met by the family |
| **Family Violence** | | | |
| **ORANGE DOOR**  Go to “ FAMILY VIOLENCE REFORM” on page 12 for details  Or  Website: <https://www.vic.gov.au/familyviolence/the-orange-door.html>  For Confidential support and information call Safe Steps 1800 015 188  For Urgent assistance call Triple Zero 000  **Men's Referral Service** [Men’s Referral Service](http://www.ntvmrs.org.au/) provides an anonymous and confidential phone counselling, information and referrals service on [1300 766 491](tel:1300766491) for:  men who might be using violent and controlling behavior towards a partner or family member  men who have been victimized by a partner or family member  women wishing to find information about male family violence  friends, family or colleagues of people who are using or experiencing family violence  Professionals wishing to support a male or female client using or experiencing family violence.  **Victims Support Agency**  The Victims Support Agency provides support and information to help adult male victims of family violence and victims of violent crime.  The service guides victims through the legal process and helps manage the effects of crime through practical assistance and counselling.  Call the Victims of Crime helpline on 1800 819 817 or use the text service via 0427 767 891 (8am to 11pm, 7 days a week).  **Aboriginal Family Violence Prevention and Legal Service (FVPLS)**  This is an Aboriginal community-run organisation providing assistance to Aboriginal and Torres Strait Islander victim survivors of family violence and sexual assault. You can call FVPLS on 1800 105 303.  **InTouch: Multicultural Centre against Family Violence**  This is a state-wide organisation specialising in services, programs and responses to family violence in migrant and refugee communities. You can call InTouch on 1800 755 988. | | | |
| **Man & Fathers** | | | |
| **MATES – (MEN’S BEHAVIOUR CHANGE GROUP)**  Offers men the opportunity to learn and use alternatives to behaving in a violent or abusive manner. | **Family Life**  8599 5433  <http://familylife.com.au/> | 197 Bluff Rd, Sandringham is the Service Address | Please phone for direct service, some help or information |
| **THE BBQ BOYS**  Support group for male carers, offering peer support, fun and relaxing social activities, a space to talk about bloke’s carer issues, as well as information, referral and support. | **Respite South**  See Frankston Area  For Information On this | | First Tuesday of each month |
| **PIT STOP**  Better Men Australia a parenting tune up for every father who wants to see his family firing on all cylinders. | **Bettermen**  Ph. Rick Wakelin 0411 695 810  [Rick.wakelin@bettermen.com.au](mailto:Rick.wakelin@bettermen.com.au) | Phone for further details | |
| **Children, Youth & Families** | | | |
| **BAYSIDE TOY LIBRARY** | **Phone:** 0447 985 221  **baysidetoylibrary**.com | 212 Dendy St East Brighton | Day Wed  Time 7pm-9pm |
| **DUNKLY ESTATE HIGHETT BREAKFAST CLUB**  Provides cooked breakfast for estate residents. | Contact Marilyn 8559 5433 | Dunkley Estate Highett. Phone for further details. | Ongoing 7.30am – 9.00 am Except School Holidays |
| **DUNKLY ESTATE HIGHETT AFTER SCHOOL CLUB**  A good opportunity for children to complete homework and join in some activities. | Contact Tim. M. or Louise. A.  8559 5433 | Dunkley Estate Highett. Phone for further details. | Ongoing  4:00pm – 6.00pm *Except School Holidays* |
| **SOUTH EASTERN MULTIPLE BIRTH ASSOCIATION (SEMBA)**  A support group for multiple birth families, run by parents with multiples. | New Parent Contact: [sembanewparent@hotmail.com](mailto:sembanewparent@hotmail.com)  President: [sembapresident@hotmail.com](mailto:sembapresident@hotmail.com) | South East of Melbourne, covering the main areas of Bayside, Glen Eira and Kingston Councils.  <http://semba.amba.org.au/index.html> | Playgroups on Monday, Wednesday and Thursday mornings contact us for details |
| **HAMPTON COMMUNITY CENTRE**  Various Playgroups including French, German, Jolly Gymbuks & Tambourine Time | 9598 2977  [www.hamptoncommunitycentre.com.au](http://www.hamptoncommunitycentre.com.au) | Hampton Community Centre 14 Willis St Hampton | Day: Mon, Tues & Wed  Please call for times and further information. |
| **YOUNG MUMS SUPPORTED PLAYGROUP**  For mothers under the age of 25 and with children up to 5 years. | **BGLLEN**  Bayside City Council Maternal Child and health  9599 4755 | Highett Maternal Child and Health Care Centre  Community room | Day Wednesday  Date During term  Time 1.30-3pm  Cost free  Please book |
| **IMPACT PROGRAM**  For young people 20 – 25, pick an area you’ve interested in, get some work experience and then design a project that will make a real contribution. | **BGKLLEN**  Sandy beach 9598 2155 ask to speak to Andrea | Sandy Beach Centre  2 Sims St, Sandringham | Day Friday  Cost Please phone for further details and to book  Time 9.30am-2.30pm |
| **REACH OUT**  For children who have a significant member of their family with a mental illness | Commonwealth Carer Respite Centre**, Southern Mental Health** [carers@smha.org.au](mailto:carers@smha.org.au) [hgeerts@smha.org.au](mailto:hgeerts@smha.org.au)  Heather - 9585 5677 | Cheltenham area | The group runs once a month, (Saturday), please call for further information. |
| **POPCORN PRODUCTIONS FReeZA COMMITTEE**  Help plan, organise, deliver and evaluate events such as the Push Start Battle of the Bands and the Youth Art Exhibition. | **Bayside Youth Services**  [www.bayside.vic.gov.au/youth](http://www.bayside.vic.gov.au/youth)  9599 4446 | Peterson Youth Centre  Highett  Corner of Peterson St and Highett Rd Highett | Day Tuesdays during school term  Time 5.00-6.30pm  Please phone for further details. |
| **PETERSON YOUTH CENTRE DROP IN**  Free use of pool and table tennis tables, Nintendo Wii, internet access, food and drinks. Counselling and individual support can also be arranged | **Bayside Youth Services**  [www.bayside.vic.gov.au/youth](http://www.bayside.vic.gov.au/youth)  9599 4446 | Peterson Youth Centre  Highett  Corner of Peterson St and Highett Rd Highett | Mondays, Tuesday and Thursday  2.30pm-5.30pm  For 10-25 year olds  Cost: Free |
| **PFLAG (Parents and Friends of Lesbians and Gays)** | **BGKLLEN**  Call PFLAG 9660 3960.  *This is a message bank and is checked daily*  [www.pflagvictoria.org.au](http://www.pflagvictoria.org.au) | Sol Green Community Centre  Cnr Montague and Coventry Streets  South Melbourne | 4th Tues in month  7.30pm-9.30pm  Free  Please phone and book. |
| **Tamborine Time**  A fun session offering an introduction to music.  Classes are relaxed and entertaining, with participation encouraged in all aspects, including singing with the guitar, dancing to popular songs and rhymes and instrument playing | Ph. 9598 2977  [admin@hampcomm.org](mailto:admin@hampcomm.org)  Monday classes are not scheduled this year (we need a minimum of 5 participants to run a class) but if you are interested please email [admin@hampcomm.org](mailto:admin@hampcomm.org)  and if there is enough demand a Monday class will be offered | Hampton Community Centre  14 Willis Street, Hampton Vic 3188 | Duration: School terms  1 - 2.5 Years Old  Day Tuesdays:  Date 10.00 am – 10.30  Cost:  Term 3 | $90  Term 4 | $81  Term 3 Starts: 17/07/2018 - 10 weeks  Term 4 Starts: 9/10/2018 - 9 weeks |
| **Playgroups and Pre-School At our pre-school groups lasting friendships form for both the parents/ carers and children. A support network develops which is so important particularly when living away from family.**  **See pg. 2l Uk Playgroup and Pg. 20 for Spanish Playgroup. Centre also runs other programs and groups**  Playgroups are held in our craft room (or hall) with access to our beautiful large garden with play equipment, outside toys and sandpit. Art supplies are also supplied. All groups are self-led classes and have the same cost.  Hampton Community Centre  **Hampton Community Centre**  Ph. 9598 2977  [admin@hampcomm.org](mailto:admin@hampcomm.org) | | | |
| **UK PLAYGROUP**Expats from the British Isles, this playgroup is for you.  Come and enjoy a cup of tea or coffee and help build your social network.  Featuring songs and rhymes from the UK & Ireland | **Hampton Community Centre**  Ph. 9598 2977  [admin@hampcomm.org](mailto:admin@hampcomm.org) | Hampton Community Centre  14 Willis Street, Hampton Vic 3188 | **Day Thursdays:**  Time 10.00 am - 12.00 pm  **Cost Per Session**: $6 Per Child  ($4 Concession) $9 For families ($6 Family  Concession) Babies under 12 months  free unless they are your only child.  ***During school term only***. |
| **SPANISH FOR PRE SCHOOLERS**  Fun, dynamic and creative activities for 3 to 5 year old children, to introduce them to the Spanish and Latin American culture.  Children learn and practice their Spanish speaking and listening skills through stories, songs, videos and games.  **SPANISH Playgroup**  Native Spanish speakers will enjoy this friendly network.  Many children stay after their Preschool Spanish class which finishes just before playgroup. Families can maintain their culture and language and parents get a chance to catch up with like-minded people from their home country | **Hampton Community Centre**  Ph. 9598 2977  [admin@hampcomm.org](mailto:admin@hampcomm.org)  **Tutor:** Analia Nodelis (Native Spanish teacher) | Hampton Community Centre  14 Willis Street, Hampton Vic 3188 | **Day Tuesdays**:  Date School Term  Time 9.30 am – 10.30  9:30-10.30 is Led by Analia  The Spanish Playgroup is after this. Some people stay for it and it is open to people who choose not to do the Spanish  10.30 – 11.30 is an Un facilitated Playgroup  Cost $160.00  ***During school term only***.  Phone or Book online |

| **Cardinia Shire** | | | |
| --- | --- | --- | --- |
| Group / Program | Contact | Address | Details/ Other |
| **PARENTZONE PARENTING PROGRAMS** | | | |
| **PARENTS BUILDING SOLUTIONS –**  GROWING GREAT KIDS  Open to all Mums, Dads, Carers & Grandparents  Tired of Yelling? Dealing with Anger and Relationships, strategies, understanding the challenges your kids face in School, how to cope with stress and emotions are just some of the Topics covered. | **Parentzone, Anglicare Victoria**  For further information and booking  Virginia Meredith 5942 5311 or email:  [Nar.nar.ps@edumail.vic.gov.au](mailto:Nar.nar.ps@edumail.vic.gov.au)  OR  Jasbir Singh 0431 203 177 or text your name to register.  [jasbir.suropada@anglicarevic.org.au](mailto:jasbir.suropada@anglicarevic.org.au) | Nar Nar Goon Primary School  27-35 Spencer St,  Nar Nar Goon | Day Wednesdays  Date 27th Feb, 6th,13th,20th,27th March and 3rd April 2019  Time 9.30AM-12PM  Cost Free  Bookings Essential |
| **PARENTS BUILDING SOLUTIONS –**  **Growing Great Kids**  **Open to all Mums, Dads, Carers & Grandparents**  Tired of Yelling? Dealing with Anger and Relationships, strategies, understanding the challenges your kids face in School, how to cope with stress and emotions are just some of the Topics covered. | **Parentzone, Anglicare Victoria**  For further information and bookings  Naomi Dewar 03 5968 8017  OR  Jasbir Singh 0431 203 177 or simply text your name to register.  [jasbir.suropada@anglicarevic.org.au](mailto:jasbir.suropada@anglicarevic.org.au) | Cockatoo primary School  19-33 Belgrave Gembrook Rd  Cockatoo | Day Thursdays  Date 21st, 28th Feb, 7th,14th,21st,28th March 2019  Time 9.30am – 12.00pm  Cost Free  Booking Essential |
| **PARENTS BUILDING SOLUTIONS –** **Dad’s Do Matter**  **Open to all Dads, Granddads, Step Dads, & Uncle’s**  A one off workshop, come join other Dads to share experiences, learn new strategies and solutions on: increasing your confidence as a dad, improving communication and closeness with your kids, creating a healthy environment for your children, learning how to cope with stress, emotions and anger, parenting beyond separations. | **Parentzone, Anglicare Victoria**  For further information or to book, contact  Text or email to register    Jasbir Singh, 0431 203 177  jasbir.suropada@anglicarevic.org.au | Pease contact Jasbir for further information | Not running this term.  Please phone if interested or have clients interested.  Ring for further information |
| **PARENTING PROGRAMS** | | | |
| **EARLY PARENTING UNIT**  Kooweerup Regional Health Service  **Day program** for parents with children 0-12 months focussing on sleep settling and feeding issues. | **Kooweerup Regional Health Service**  5997 9674  [www.kooweeruphospital.net.au](http://www.kooweeruphospital.net.au) | 215 Rossiter Rd  Kooweerup | Free Service  Call to register for program  Waiting lists may apply |
| 1**23 MAGIC EMOTION COACHING**  3-week parenting program to assist parents to manage difficult behaviour in their children  by incorporating the use of 1-2-3 Magic techniques | **Windermere**  Phone Group Coordinator  Ph. 9705 3200  [Windermere Narre Warren Office](https://www.windermere.org.au/contact-us)  Phone: 1300 946 337 or 9705 3200  Fax: (03) 9796 7650  Or email: groups@windermere.org.au | Toomah Community Centre 18 Golden Green Street  Pakenham | Day Tuesdays  Date 5th to 19th Feb 2019  Time 10.00am to 12.30pm  Cost $45 ($15 per week)  \*Discount for Healthcare card holder (Includes workbook for participants)  Please phone and book  Bookings Essential |
| **TUNING INTO KIDS**  Supports parents with children aged 2-10 years and under to develop and enhance their parenting skills, focusing on building the relationship between parent and child. Participants are required to attend an information and registration morning on Friday | **Uniting**  Contact group workers  5990 8400 | Uniting Connections  Level 2, 50 Station St  Pakenham | Day Wednesdays 6weeks  Date 13th Feb to 20th March 2019  Time 10.00am to 12.30pm  Bookings are essential as places are limited |
| **READING FOR LIFE**  Free English classes to help your children read.  2hrs per week for 10 weeks. Transport available.  Held at 2 Venues with different dates and times. | To enrol please phone 5941 2389  **Funded by Victoria State Government Bestchance; Community college and Neighbourhood House, Living and Learning Inc** | To Be confirmed | Please Phone. Expressions of interest  Being taken |
| **KINDERGARTENS**  Kinders Together | The Kinders Together cluster operate a variety of Kindergarten programs throughout Cardinia Shire. Visit [www.kinderstogether.com.au](http://www.kinderstogether.com.au) or phone 03 5629 2067 for more information.  Further information can also be found on the **Cardinia Shire** Website - <http://www.cardinia.vic.gov.au/Page/Page.aspx?Page_Id=4544> | | |
| **MATERNAL AND CHILD HEALTH SERVICE** | **Cardinia Shire**  Please note all centres and sessions are by appointment only. Please phone 5945 4250 to arrange an appointment at specific centres: Andrews Centre; Beaconsfield Centre; Beaconsfield Upper Centre; Bunyip Centre; Cockatoo Centre; Emerald Centre; Hollings Centre; Home Garth Centre; Koo Wee Rup Centre; Lakeside Centre; Lang Lang Centre; Nar Nar Goon Centre  Or visit <http://www.cardinia.vic.gov.au/Page/Page.aspx?Page_Id=1480&nc=5>  Advice and information is also available on the Maternal and Child Health Service 24-hour line - phone 13 22 29 | | |
| **VOLUNTEER CARERS NEEDED**  **Wesley Mission** Victoria is seeking local residents from all walks of life with a spare bedroom to become volunteer foster carers of children aged 0-18 years who are unable to live with their families and require a safe and nurturing home environment for varying periods of time.  For further details, call Wesley Mission Victoria on 9794 3000. | | | |
| **DADS** | | | |
| **CARDINIA DAD’S**  Fun activities for dads & young kids on Saturday mornings | Find us on Facebook:  facebook.com/CardiniaDADS   or for more info call  Tim 0417 520 188 | Normally held at Hollins Children’s Centre  10 Atlantic Drive Pakenham  Contact for further details | Saturdays – fortnightly  Please contact to confirm dates  8:30am – 10:30am  Contact for further details |
| **MEN’S SHED**  A drop in for men. Open to all men over 18yrs. | **Koo Wee Rup Regional Health Services**  Brian Harlow  03 5997 9679  [Harlowb@hrhs.net.au](mailto:Harlowb@hrhs.net.au) | Koo Wee Rup Regional Hospital  215 Rossiter Road  Koo Wee Rup | Open Wednesday and Thursday  Time 10.00am – 3pm |
| **FAMILY VIOLENCE, CHALLENGING BEHAVIOURS, DISABILITIES, GRIEF, SEPARATION AND OTHER** | | | |
| **COUPLES HEAVY M.E.T.A.L GROUP**  This program is for men and women who want to stop hurting their loved ones, and are prepared to learn new ways to express themselves | **Heavy Metal Group** (Men's Education Towards Anger & Life) David Nugent  0401 766 877  [www.heavymetalgroup.com.au](http://www.heavymetalgroup.com.au) | Outlook Community Centre  Pakenham  Phone for women’s anger Program. | Ring for times and dates |
| **WOMEN MANAGING ANGER**  6 week program for women who want practical strategies and support to take control of their anger. | **Windermere**  Group coordinator  48 Webb Street Narre Warren VIC  Phone: 1300 946 337 Fax: (03) 9705 3200 | Toomah Community Centre  18 Golden Green St  Pakenham | Day Wednesday  Date School Term  Time 10am to 12pm |
| **LITTLE MONKEYS-**  A supported playgroup for children 0-6 years old. Activities are designed specially to accommodate all abilities in a welcoming and supportive environment | **Windermere**  Booking essential 9709 6900 | Hollins Children’s Centre  10 Atlantic Drive  Pakenham | Cost Free  Phone 9709 6900 |
| **NARCOTICS ANONYMOUS**  If you are faced with a narcotic problem. | **Living and Learning Centre**  NA Hotline 9525 2833  Living Learning Centre  Pakenham 5941 2389 | Living Learning Centre Pakenham | Day Monday  Time from 7.30pm |
| **ALCOHOLICS ANONYMOUS**  If you are faced with a drinking problem | **Living and Learning Centre**  Phone Living and Learning  Telephone (03) 5941 2389 | Living and Learning in Cardinia. PB Ronald Pavilion 6B Henry St, Pakenham  Old basketball and squash courts | Day Sunday  Time 8.00pm |
| **GRIEF SUPPORT GROUP**  A group for people who have experienced loss, helping to understand & manage your grief in a friendly, local environment | **Living Learning Centre**  Pakenham  5941 2389 | Living Learning Centre,  68 Henry St Pakenham | Please phone for further information |
| **HILLS AUTISM AND SPECIAL NEEDS SUPPORT GROUP**  For parents of people with additional needs. For any age group, children or adults. Have a chat & enjoy others company with coffee | Barb Brown  0400 596 961  Email: [brum-bs-4ever@live.com](mailto:brum-bs-4ever@live.com) | Meets in Emerald for lunch | Held on a Friday. Please phone for dates and times |
| **HILLS AUTISM GROUP AND EMERALD COMMUNITY HOUSE**  iPad Training for Special needs students, those who support them: their parents, carers, clients & staff of Day Services | **Emerald Community House**  5968 3881  Please phone for dates and further information  356-358 Belgrave-Gembrook Road, Emerald | Please call Emerald Community House to confirm dates and register attendance  Please refer to the website: [www.emeraldcommunityhouse.org.au](http://www.emeraldcommunityhouse.org.au)  For other programs and short courses available | |
| **FAMILY SUPPORT AND SUPPORTED PLAYGROUPS** | | | |
| **PARENT-CHILD MOTHER GOOSE PROGRAM**  For 2 and half year old to 5 year olds come along with a parent/caregiver and enjoy an hour of rhymes, stories and songs. | **Uniting Connections**  Contact Kathie 5990 8400  Runs all year except School holidays | 6b Henry St  Pakenham | Day Tuesday  Date During School Term  Time 10.00am -11.00am |
| **Respect and Protect Yourself**  Information sessions to build knowledge about safe and respectful relationships and behaviours, positive and informed decision making, and self-awareness. Any school class groups in year 10, year 11 and year 12 | **Windermere**  Contact Katrina Herbert  Can be booked directly with the Schools availability.  9705 3200 | At your school | When - Time to be negotiated with your school  Cost - No charge. |
| **THE MUMS AND BUBS PROGRAMS**  Single women aged between 18-25 years who are homeless or at risk of homelessness. The program can currently accommodate one children under five years of age.  **Windermere**  Housing Intake worker  9705 3200  Windermere Child and Family Services  3-6 months accommodation and support for young single mothers (18-25 years) facing homelessness. Please call for further information and referrals | | | |
| **YOUNG MUMS GROUP**  For young mums with babies aged up to 12months or Pregnant women. Infant health; playing and interacting with your infant and the introduction of food all covered. | **Living Learning Centre**  Contact Kaylie 5945 4351or  0408 701 332  [k.sinnbeck@cardinia.vic.gov.au](mailto:k.sinnbeck@cardinia.vic.gov.au) | Living Learning Centre  6B Henry St  Pakenham | Runs during School Term  Day Mondays  Time 1pm - 3.00pm  Babies and Toddlers Welcome |
| **CARDINIA KIDS IN ACTION**  Free School Holiday activities for families with children 0-12 years. | **Cardinia Shire Council**  For dates and times of sessions please visit [www.cardinia.vic.gov.au](http://www.cardinia.vic.gov.au) | Various locations throughout the Cardinia Shire Council | For more information please call the Family Connections Team on 1300 787 624 |
| **PAL (Play and Learn) Playgroup:**  Supported playgroup.  Koo Wee Rup Primary  Koo Wee Rup Primary School and Playgroup Victoria | Facebook **PAL PLAYGROUP**  Enquiries Lisa Butera 0413 098 582  Or Chelsea O’Neill 0401 098 369 | Koo Wee Rup Primary School  Gym. Moody St,  Koo Wee Rup | Day Wed  Date during School Term  Time 10 - noon  Cost $2 per week per child over 1. or $20 a term per family. |
| **SUPPORTING MUMS, EMPOWERING FAMILIES**  Women supporting women from CALD background, Promoting wellbeing. | **Uniting Connections**  Contact: Belinda 0400 559 423, Email: [baclear@bigpond.com](mailto:baclear@bigpond.com) or Joy 5945 3900, Email: [joy.long@connections.org.au](mailto:joy.long@connections.org.au) | Pakenham Uniting Church,  47 James Street, Pakenham. | Please phone to see when next program is running |
| **COMMUNITY PLAYGROUPS** | **Cardinia Shire**  Various playgroups operate throughout Cardinia Shire. Visit <http://www.cardinia.vic.gov.au/Directory/AgencyList.aspx?S3Key=445> or phone 1300 787 624 for more information about Playgroup locations, times and contact numbers.  Further information can also be found at [www.playgroup.org.au](http://www.playgroup.org.au) | | |
| **TOY LIBRARY**  Toy library offers parents & children a chance to borrow toys & puzzles, plus a variety of kids craft activities. | Upper Beaconsfield Community Centre Inc  [office@ubcc.org.au](mailto:office@ubcc.org.au)  [www.ubcc.org.au](http://www.ubcc.org.au)  5944 3484 | Upper Beaconsfield  Community Centre Inc  10 Salisbury Rd  Upper Beaconsfield | Opens monthly. Visit <http://ubtl.mibase.com.au> for more details or phone 5944 3484 |
| **HEALTHY CHILDREN INITIATIVE-**  Achievement Program.  Available to all schools and early childhood services and those wishing to support these settings. | **Cardinia Shire Council**.  Julia Hobbs  59454454  [j.hobbs@cardinia.vic.gov.au](mailto:j.hobbs@cardinia.vic.gov.au) | Cardinia Shire | Please call for details |
| **TINIES’ TIME**  A special Rhyme Time suitable for babies and Toddlers up to the age of 3.  Runs during School Terms. | **Casey-Cardinia Library Corporation** 5941 2036 [www.cclc.vic.gov.au](http://www.ccic.vic.gov.au)  FREE- no bookings required | Pakenham Library  Ph.: 5940 6200  Emerald Library  Ph.: 5949 4600 | **Pakenham Library**  Day Monday  Time 11.00am-11.30am  **Emerald Library**  Day Friday  Time 11.15am-11.45am |
| **AFTER SCHOOL PROGRAM** designed for students in years 5, 6, 7 and 8. Kids can join in different games and craft activities and enjoy a tasty and healthy afternoon tea. | Brain Harlow  [harlowb@krhs.net.au](mailto:harlowb@krhs.net.au)  call 03 59979687 | Men’s shed in Koo Wee Rup.  Phone for details | Day Mondays  Time 3.30pm – 5.30pm  Cost $2 |
| **PRE-SCHOOL-STORYTIME**  Story time can be a special sharing time with your child as well as being great fun. Story time provides an introduction to a wide range of children’s books, stimulates new ideas and interests, and provides children with an opportunity to socialise.  Most suited for 3 to 5 year olds | **Casey-Cardinia Library Corporation**  5941 2036  [www.cclc.vic.gov.au](http://www.ccic.vic.gov.au)  FREE- no bookings required  Runs during School Terms | Pakenham Library  Ph.: 5940 6200  Emerald Library  Ph.: 59 494 600 | Day Tuesday  Time 11.00 -11.30am  Day Thursday  Time 11.15am -11.45am |
| **BABY RHYME TIME**  Join other new mums, dads and carers and learn about the importance of singing and reading to your baby. Discover songs and rhymes that babies love and learn about books your baby will enjoy. Babies aged 0-12months.  Held weekly during School term and is free. | **Casey-Cardinia Library Corporation**  5941 2036  [www.cclc.vic.gov.au](http://www.ccic.vic.gov.au)  FREE- no bookings required  Runs during School Terms | Pakenham Library  Ph. 5940 6200  Emerald Library  Ph. 59 494 600 | Day Wednesday  Time 10.30am – 11.00am  Day Wednesdays  Time 2.00pm-2.30pm |
| **KOORIE KIDS PLAYGROUP-**  **VACCA**  Gather and meet other Koorie families, sing and dance, play with other Koorie Kids, listen to stories and learn about culture. | **Victorian Aboriginal Child Care Agency**  (VACCA) Playgroup worker  9701 4200  0408 948 755 | Arena Child and Family Centre  22 Curran Dve, Officer | Day Tuesdays  Date During School Term  Time 10.30 – 1.00pm  For further information please don’t hesitate to call the play group worker |
| **SMALLTALK** Playgroups  A free program for families who hold a Health Care or Pensioner Concession Card, are refugees, Aboriginal families, or are caring for children in kinship care. | **Cardinia Shire Council**  Sashi Prasad Playgroup Facilitator  Phone: +61 3 5943 4317 0466350160  Families must be referred | Henry Family Children’s Centre 145 Henry Rd, Pakenham | Mondays during school terms Please phone for more details |
| Pakenham Springs Primary School Livingstone Blvd, Pakenham VIC 3810 | Tuesdays during school terms Please phone for more details |
| Pakenham Hills Primary School 15 Kennedy Rd, Pakenham VIC | Wednesdays during school terms Please phone for more details |
| Homegarth Community Centre 9A Dunbarton Dr, Pakenham | Thursdays during school terms Please phone for more details |
| Hollins Children’s Centre 10 Atlantic Drive, Pakenham | Fridays during school terms Please phone for more details |
| **L2P Learner Driver Program**  Koo Wee Rup Regional Health is a joint initiative between Kooweerup Regional Health Service and Cardinia Shire that assists learner drivers gain the minimum 120 hours needed to get their license. | **Koo Wee Rup Regional Health**  Email Brian on [harlowb@krhs.net.au](mailto:harlowb@krhs.net.au) or phone 03 5997 9687 | Please phone for details | Driving sessions usually occur weekly for a minimum of 1hour.  Must be aged 16-21 and face barriers to supervised driving experience phone for details |
| **IRIBANA Autism Services**  Irabina’s community hub in Pakenham provides individual and group programs to families and organisations | Email - autism@irabina.com  or (03) 9720 1118 | Cardinia Branch:  9A Dumbarton Drive Pakenham  Ph.: 03 8658 6636 | Current services include our Diagnostic Clinic, programs and individual services for children and young adults.  Our Adolescent Program is now available for children 11 years and above. |
| **MUSIC FOR GROWTH** Music therapy program for children 0-5 and their parents/carers. | **Uniting**  Contact Bronwyn Atkin 5990 8400 | Outlook Community Centre  24 Toomuc-Valley Rd  Pakenham | Day Tuesdays  Time 10.am – 11.30am  COST Gold coin  Runs during School term |
| **COMMUNITY HELP AND GROUPS** | | | |
| **THE COMMUNITY GROCER PAKENHAM**  Affordable food access, every week, everyone welcome, 30% cheaper than supermarket, BYO shopping bag, volunteer run, non-profit, zero waste, community baste | Living Learning Centre  Cardinia food movement, community grocer.  Contact Leila 0420 329 320 or [Hello@THECOMMUNITYGROCER.COM.AU](mailto:Hello@THECOMMUNITYGROCER.COM.AU)  VOLUNTEERS NEED FOR THIS PROGRAM | Living Learning Centre  6B Henry St  Pakenham | Opening Times  Day Thursdays  Time 9am-1pms |
| **COMMUNITY GARDEN**  Brings people together to grow and harvest fresh food. A great place to come for some physical activity and to meet other like-minded locals. | Email Brian on [harlowb@krhs.net.au](mailto:harlowb@krhs.net.au) or phone 03 5997 9687 | Ring for venue  Koo Wee Rup area. | Open every day  Group meeting on Tuesdays and Saturdays from 9.30.  Community Kitchen groups run every Monday from 10.30am and Tuesday from 11.00am |

| **City Of Casey** | | | |
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| Group / Program | Contact | Address | Details/ Other |
| **Parentzone Parenting Programs** | | | |
| **PARENTS BUILDING SOLUTIONS** – Ran by Parentzone are interactive programs to share experiences and ideas, and learn strategies to support your child  ARE YOU TIRED OF YELLING? -How to get kids to listen, without having to yell; DEALING WITH ANGER - Helping parents, and kids, deal with anger  And frustration. RESPONDING TO BEHAVIOUR- Better understand why children behave the way they do. STRATEGIES THAT WORK - How can parenting be easier and more fun! | | | |
| **PARENTS BUILDING SOLUTIONS-** a 6 week program Join us in an interactive program to share experiences and  ideas, and learn strategies to support your child | **Anglicare Victoria: Parentzone**  For Bookings and Enquiries contact:  Sandra Phillips at ParentZone  03 5945 2000 or call/text 0447 500 355  Sandra.phillips@anglicarevic.org.au | Lynbrook Community Centre  2 Harris St  Lynbrook | Day Wednesday evenings  Date 25th February to 8th April  Not on 11th March(Labour Day)  (6-weeks)  TIME 6.30pm – 8.45pm  COST FREE – Bookings Essential  Refreshments provided |
| **PARENTS BUILDING SOLUTIONS-** a 6 week program Join us in an interactive program to share experiences and  ideas, and learn strategies to support your child | **Anglicare Victoria: Parentzone**  Supported by the City of Casey  For Bookings and Enquiries contact:  Sandra Phillips at ParentZone  03 5945 2000 or call/text 0447 500 355  Sandra.phillips@anglicarevic.org.au | Rangebank Primary School  14-36 Lesdon Ave  Cranbourne | Day Tuesdays  Date 19th Feb to 26th March 2019  Time 9.20am to 11.45am  COST FREE – Bookings Essential  Refreshments provided |
| **PARENTS BUILDING SOLUTIONS-** a 6 week program. Looking for support in today’s Australia? Join other parents and trained facilitators who can help you parent in a way that really works for you and your family | **Anglicare Victoria: Parentzone**  For bookings and enquiries contact Ariane Hahn  9781 6725 or 0449 080 468  [Ariane.hann@anglicarevic.org.au](mailto:Ariane.hann@anglicarevic.org.au) | Balla Balla Community Centre  65 Berwick Cranbourne Rd  Cranbourne. | Day Wednesday mornings  Date 20th Feb to 27th March. (6 weeks)  Time 10.00am to 12 noon  COST FREE – Bookings Essential |
| **BABY MAKES 3-** is part of your first time Parent Groups program. | **Anglicare Victoria: Parentzone**  **Windermere**  The Communities for children initiative is funded by the Australian Government  Please speak to your First Time Parent Groups facilitator for more information  Sandra Phillips at Parentzone  03 5945 2000 or call/text 0447 500 355  Sandra.phillips@anglicarevic.org.au | You will get details when booking.  Through your Maternal child and Health First Time Parent Facilitator. | Term 1  Night Program  Time 6.00pm to 8.00pm  Phone for Details |
| **Parentzone Parenting Programs Family Violence** | | | |
| **BEYOND THE VIOLENCE**  A program for non-offending parents and children FREE 8 week parent and children’s program for those who have experienced or are experiencing Family Violence.   * Are you dealing with the effects of family violence? * Does your child’s anger or anxiety worry you? * Are you tired of yelling? | **Anglicare Victoria**  **Windermere**  **Beyond the Violence**  **BOOKINGS:** Alison Krusec on  0409 316 620  [Alison.Krusec@anglicarevic.org.au](mailto:Alison.Krusec@anglicarevic.org.au)  *The communities for Children initiative is supported by the Australian Government* | Venue details provided upon booking | Day Wednesday  Date 1st May to 19th June 2019 ( food provided  Time 4.15pm to 6.45pm ( includes substantial refreshments for parents and children  [Running in Dandenong this Term](#_City_of_Greater). |
| **Parenting Programs** | | | |
| **CITY OF CASEY SERVICES**  Maternal and Child Health; Childcare; Family and Children’s centres; immunisation; kindergartens; parent information sessions; playgroups; best start; dads matter programs; Youth Services; Community Support; Casey Directory; disability Services; libraries;  Other services are available, some different languages.  DADS MATTER Cooking under DADS Programs  Telephone: 9705 5200 Fax: 9704 9544 Email: [caseycc@casey.vic.gov.au](mailto:caseycc@casey.vic.gov.au) [www.casey.vic.gov.au](http://www.casey.vic.gov.au)  City of Casey 03 9705 5200 (Hearing Impaired TTY Line) 03 9705 5568 Emergency outside normal working hours 03 9705 5200 Telephone Interpreter Service 13 14 50 | | | |
| **RE CONNECT PROGRAM is** a program for people aged 20-64 who are long term unemployed, not engaged in education or training and with no prior accredited qualifications.  They may have multiple barriers to education and find it hard to navigate the system.  We work with them to help reduce the barriers and re-engage them in education / training to meet their employment goals in the future**.**  This is offered in the City of Greater Dandenong and the City of Casey. | **Brotherhood of St Laurence**  Learning Support Officer – Reconnect Program **I** The Brotherhood of St Laurence **I**  Level 2, 1-7 Langhorne St, Dandenong 3175 **I** T 03 8752 8552  Contact Beata Wasiak 0491 505 614  Or  Lara Taylor 0491 050 613  [BSLReconnectDandenong@bsl.org.au](mailto:BSLReconnectDandenong@bsl.org.au) | Please phone for assistance | Please phone |
| **PARENTING – A SIMPLE APPROACH**  A 4 wk program to help parents and carers: Better understand you child and build a more harmonious family.  For Parents or carers of children 3 – 16 years. | **Windermere**  Group Co Coordinator 9705 3200  Main office:  [Windermere Narre Warren Office](https://www.windermere.org.au/contact-us)  Phone: 1300 946 337 Fax: (03) 9796 7650 | Windermere Head Office 48 Webb Street Narre Warren | Day Wednesday  Date 20th Feb -13th March  Time 5.30PM-7.30PM  COST No Charge |
| **YOUNG PARENTS EDUCATION PROGRAM** YPEP the YPEP is an inclusive learning hub for pregnant and parenting young people (15-21yrs**)** TO COMPLETE THEIR EDUCATION THROUGH STUDYING THE VCAL (Victorian Certificate of applied Learning) in a supported setting where babies attend with their parents (until walking or 12months old).  The curriculum is co-designed with young parents and incorporates parenting skills and knowledge. | Contact for Cranbourne and Dandenong YPEP Jill Konig 0410 490 007  Contact for Narre Warren YPEP  Tina Bampton 0409 003 500 | Please phone for details. Ran in Cranbourne, Dandenong and Narre Warren. | Cost Free  Times 9.00am-2.30pm  Days 4 days a week including VET 2019  Ring for further details |
| **TUNING INTO KIDS**  Supports parents with children aged 2-10 years and under to develop and enhance their parenting skills, focusing on building the relationship between parent and child. Participants are required to attend an information and registration morning on Friday  Bookings are essential as places are limited | **Relationships Australia**  **And Windermere**  **BOOKINGS**  **Relationships Aust.**  5990 1900 or email  [cranbourne@rav.org.au](mailto:cranbourne@rav.org.au)  [www.rav.org.au/TiKcranbourne](http://www.rav.org.au/TiKcranbourne)  This program is a Communities for Children initiative supported by the Australian Government. | Group 4: Carlisle Park Family and Children's Centre 2/20 Majestic Boulevard, Cranbourne  Group 1  2/199 South Gippsland Hwy,  Cranbourne  Group 2  405 Narre Warren Rd  Cranbourne North | No Dates are currently set. Please contact directly for more information |
| **PARENTING LOST IN TRANSLATION**-A four week program encouraging families from Culturally and Linguistically Diverse (CALD) backgrounds to share their journey of raising children in Australia and help them to develop essential strategies to build positive relationships with their children. | **Windermere**  Phone Group Coordinator  Ph. 9705 3200  [Windermere Narre Warren Office](https://www.windermere.org.au/contact-us)  Phone: [1300 946 337](tel:1300%20946%20337) or 9705 3200  Fax: (03) 9796 7650  Or email: [groups@windermere.org.au](mailto:groups@windermere.org.au) | Not Running this term | Not running this Term phone for interest |
| **YOUNG PARENTS EDUCATION PROGRAM**  A program for young parent aged 15-20, currently not enrolled in School. Ever considered VCAL? We offer Young Parents Education Program which reconnects young parents to access the VCAL in a supportive and flexible environment. Combined with parenting tips from experts within the community. | **Windermere**  0427 959 498  or email karen.maree@skillinvest.com.au  This program is a Communities for Children initiative supported by the Australian Government.  Fax: (03) 9796 7650  Or email: [groups@windermere.org.au](mailto:groups@windermere.org.au) | Cranbourne Secondary College  Stawell st  Cranbourne | Day Tues, Wed, Thurs and Friday\  Date School term  Time 9.30am – 2.30pm  Please phone to book and for more information |
| **KOORIE KIDS PLAYGROUP**-  Gather and meet other Koorie families, sing and dance, play with other Koorie Kids, listen to stories and learn about culture. Includes healthy morning tea and lunch. | **Victorian Aboriginal Child Care Agency**  **Playgroup Team**  **Anglicare Victoria Parentzone**  0408 949 755  Or  9701 4200 | Cranbourne Community House  49 Valepark Cres  Cranbourne | Thursdays. During School Terms  Time10:30am – 1:00pm  Transport provided free if required. |
| **FAIRHAVEN SUPPORTED PLAYGROUP**  For children 0-5years with a special focus on families with a CALD background. All families welcome. | **Windermere**  Group Co-ordinator on 9705 3200  Email: [groups@windermere.org.au](mailto:groups@windermere.org.au)  Or  1300 946 337 | Fairhaven Family & Children Centre  Community Room  42-52 Fairhaven Boulevard Cranbourne West | Day Tuesdays  Date School Term  Time 9.30am-11.30am  Cost Free  Interpreting support for Hindi speaking families is available |
| **KOORIE KIDS PLAYGROUP**-  Gather and meet other Koorie families, sing and dance, play with other Koorie Kids, listen to stories and learn about culture. Includes healthy morning tea and lunch. | **Victorian Aboriginal Child Care Agency**  **Playgroup Team**  **Anglicare Victoria Parentzone**  0408 949 755  Or  9701 4200 | Coral Drive Kinder  Hampton Park | Wednesdays. During School Terms  Time10:30am – 1:00pm  Transport provided free if required. |
| **STEP FAMILY SURVIVAL STRATEGIES WORKSHOP**  A practical guide to help parents navigate themselves, their children and stepchildren through the exciting, difficult and rewarding journey in a stepfamily. | **Relationships Victoria**  Ph 8768 4111  Email: enquiries@berwickfrc.org.au | Berwick Family Relationship Centre  38 Clyde Road  Berwick | To find our more & reserve your place in the seminar contact Relationships Victoria |
| **MENS AND FATHERS PROGRAMS** | | | |
| **READ-PLAY-MAKE NARRE WARREN – DADS MATTER PROGRAM**  The Read – Play – Make program develops strong relationships between dads and children through story-telling and activities. | Contact **City of Casey**  To register contact City of Casey on 9705 5200 or email [dadsmatter@casey.vic.gov.au](mailto:dadsmatter@casey.vic.gov.au?subject=Dads%20Matter%20Program:%20Cook%20it%20with%20Dad).  Must book | Narre Warren Library - Bunjil Place, Patrick North East Drive,  Narre Warren 3805 | Date Thursdays  Dates 8th Feb to 13th Dec 2019  Time 6.00pm – 7.30pm  Cost No cost  Registration essential  (Feb-Dec)    Held all year including school holidays |
| **DADS MATTER –COOK IT WITTH DAD**  The Cook it with Dad program is an opportunity for fathers and children to experience cooking together. Spending quality time and strengthening relationships. | **CITY OF CASEY**  To register contact City of Casey on 9705 5200 or email [dadsmatter@casey.vic.gov.au](mailto:dadsmatter@casey.vic.gov.au) | Selandra Family and Children's Centre  45 Haflinger Avenue,  Clyde North | Day Saturdays(during School Term)  Date School Term  Time 10.30am to 12pm  Cost Free  Must register |
| **TUNING INTO KIDS FOR DADS (2-12yr old Kids)**  A 6-week course supporting parents to manage difficult behaviour in their children.  Strengthen your parenting skills  Recognise and learn strategies to regulate yours and your child's emotions  Discover ways to better connect with your child. | **Relationships Australia Victoria’s**  **Cranbourne Centre on**  **(03) 5990 1900 or email**  [**cranbourne@rav.org.au**](mailto:cranbourne@rav.org.au) | Relationships Australia Victoria  2/199 South Gippsland Highway Cranbourne | Dates not Available at time of printing  Please contact Relationships Australia |
| **BEING DAD**  An interactive group for fathers of children aged 0-17 designed to help us be the dad we want to be. | **Uniting**  **Sid Ashby – 5990 8400**  **Jonathon Gonsalvez – 5945 3900** | Uniting  To be advised | Please phone.  Running in Term 2. 2019 |
| **COOK IT WITH DAD – DAD’S MATTER PROGRAM**  The Cook it with Dad program is an opportunity for fathers and children to experience cooking together. | Contact **City of Casey**  9705 5200  or email [dadsmatter@casey.vic.gov.au](mailto:dadsmatter@casey.vic.gov.au) | Selandra Family and Children’s Centre  45 Haflinger Ave,  Clyde North  Melways Ref 134 H4 | Day Saturdays (not in school holidays)  Time 10.30am – 12noon  Cost No cost  Registration essential |
| **DADS LITTLE BUILDERS**  The Dad’s Little Builder program has been designed to encourage dads and children to connect through creating and building. | **City of Casey**  Contact: City of Casey Email: [dadsmatter@casey.vic.gov.au](mailto:dadsmatter@casey.vic.gov.au) Telephone: 9705 5200 | Arbourlea Family and Children’s Centre  75 Wheelers Park Dve  Cranbourne North  Melways Ref 130 K10 | Registration is essential: To register contact City of Casey on 9705 5200 or email [dadsmatter@casey.vic.gov.au](mailto:dadsmatter@casey.vic.gov.au)  Details not available at time of printing |
| **TIME FOR A CHANGE**  Men’s behaviour change program designed to help men address those issues & stop using any forms of abuse & violence in their relationships with others. | **Relationships Australia**  Cranbourne Centre  03 5990 1900 | Kalimna Building – 67-69 Webb Street, Narre Warren, Victoria 380 | Please phone for assessment for programs running 2019 |
| ***THE BBQ BOYS***  *A carer support group especially for men who are in a caring role and would like to have better access to self-care & respite opportunities. A carer is a person who provides unpaid care and support to family members and friends who have a disability, mental illness, dementia or who are frail aged. The BBQ BOYS was established to address a gap in services by reducing social isolation, promoting carer wellbeing and providing “some ME time” for male carers. The group offer carers a variety of activities to assist them to maintain life balance and care responsibilities.*  *Membership criteria:*   * *Male and*   *caring for someone who has a disability, mental illness, dementia or who is frail aged* | ***Respite South***  *The BBQ Boys Carers Inc.*  *Ring one of the committee members on*  *Peter-o404 044 283*  *Honk – 0455 179 692*  *Bill 0447 985 327 or*  *Sandy – 0439 530 413*  *Enquiries:*  *Please send us an email about your enquiries*  *Email:* [*info.bbq.boys@gmail*](mailto:info.bbq.boys@gmail)*.com* | This is now held in Frankston.  Frankston NEAMI office.  1 Douglas Grove, Frankston | first Tuesday of the month from 11am – 2pm |
| **CHALLENGING BEHAVIOURS, DISABILITIES, GRIEF, ALCOHOL & DRUGS, FAMILY VIOLENCE, MENTAL HEALTH, SUICIDE, AND OTHER** | | | |
| **KEEPING IT TOGETHER** Free program for women over the age of 18 learn skills to strengthen yourself and your relationships | For more information and intakes,  please contact Sancha  Phone no: 97056699  Email : [snoranho@caseynorthciss.com.au](mailto:snoranho@caseynorthciss.com.au) | Hallam Community Learning Centre  56 Kay’s Ave  Hallam | Details for term 1 not confirmed at time of printing |
| **PARENTING – A SIMPLE APPROACH**  A 4 wk program to help parents and carers: Better understand you child and build a more harmonious family.  For Parents or carers of children 3 – 16 years. | **Windermere**  Group Co Coordinator  9705 3200  Main office:  [Windermere Narre Warren Office](https://www.windermere.org.au/contact-us)  Phone: [1300 946 337](tel:1300%20946%20337) Fax: (03) 9796 7650 | Toomah Community Centre  18 Golden Green St  Pakenham | Please phone for next dates |
| **The PALS Social Skills Program**  Help children develop socially skilled behaviours that will help them develop friendships and get along with others  Help children relate to others  Teach children problem solving skills for social situations  Promote skills for kinder and school  Please note: Parents are required to attend all sessions with their child. Please bring a snack, drink, hat and comfortable footwear. Families must supply own food in compliance with Windermere's no nut policy. | **Windermere**  **call** [**9709 6900**](https://www.windermere.org.au/contact-us)  [**https://www.windermere.org.au/group-programs/pals-social-skills**](https://www.windermere.org.au/group-programs/pals-social-skills) | 3 year old session:  [Windermere Berwick](https://www.windermere.org.au/contact-us)  [26 Parkhill Drive, Berwick](https://www.windermere.org.au/contact-us)  ***4 year old sessions:*** [Windermere Cranbourne](https://www.windermere.org.au/contact-us) [75-81 Willora Crescent, Cranbourne](https://www.windermere.org.au/contact-us)  [Windermere Warragul](https://www.windermere.org.au/contact-us) [12 George Street, Warragul](https://www.windermere.org.au/contact-us) | Please contact Windermere directly, as you must sign up at attend full program  The will advise you of the Days and dates  Cost $60.92/hours.  You must sign up to attend full program  Tuesdays 10 am - 12 pm 5 sessions 12, 19 & 26 February and 5 & 12 March 2019  4year old session: |
| **FAMILY VIOLENCE** | | | |
| **WHO’S IN CHARGE?**  Who’s in Charge? A 7-week program for parents or carers of young people (8 to 18) who are beyond control, violent or defiant. | **Uniting Connections**  Ph. Kathie Hockley  5990 8400  **connections.org.au** |  | Not running in Casey this term. Follow link to Dandenong. Or  Phone for next Program in Casey  [Dandenong](#_City_of_Greater) |
| **REPAIR-ENTING**  A structured group program for dads who have used violence in their relationships.  A program for men who have completed a men’s behaviour change program in the  past year, and who are currently parenting children on a part- or full-time basis, or  are hoping to redevelop a relationship with their children | **Relationships Australia Victoria’s**  Cranbourne Centre on  (03) 5990 1900 or email  [cranbournenorth@rav.org.au](mailto:cranbournenorth@rav.org.au)  [**www.rav.org.au/RepairentingCranbourneNorth**](http://www.rav.org.au/RepairentingCranbourneNorth) | Relationships Australia Victoria  405 Narre Warren Rd  Cranbourne Nth | No Dates currently set. Please contact Relationships Australia directly for upcoming dates. |
| **CHAMPS**  6week peer support program for children 8-12 who have a parent with a mental health issue | **Uniting**  Ph. Megan Clarke  5990 8400  **connections.org.au** | Uniting Connections  55 Webb St  Narre Warren | Term 2  To be announced. Phone Uniting |
| **MAKING CHANGES NEW BEGINNINGS**  Making Changes for New Beginnings is a therapeutic support group for women who have experienced family violence.  Topics covered include; cycle of violence, difference between anger and violence, healthy and unhealthy relationships. | **Uniting**  **Megan** 5990 8400  **connections.org.au** | Uniting Connections  55 Webb St  Narre Warren | Day Monday Mornings  Date 11th feb – 25th March 2019  Time 10.00am to 12.30pm |
| **FUN BUDDIES**  An 8 week group for families with pre-school aged children to create positive and exciting play experience for mums and children who have experienced family violence | **Uniting**  **Sabrina 8972 8999**  **connections.org.au** | Uniting Connections  55 Webb St  Narre Warren | Day Mondays  Date 11th Feb to 1st April 2019  Time 10am to 11.30am |
| **THE INCREDIBLES**  A group for kids aged 7-10 who have experienced or witnessed family violence. | **Uniting Connections**  **Remi** 5945 3900  **connections.org.au** | To be announced  Please phone | Please phone for this terms dates and to book  Details not available at time of printing please phone |
| **SEPARATION** | | | |
| **PARENTING AFTER SEPARATION**  A 4 week program to help parents to better understand the effects of separation on their children and learn useful strategies for helping children to adjust.  For: Separating and Separated parents ***Note:*** *only one person from a separated couple can attend each group* | **Windermere**  [**Windermere Narre Warren Office**](https://www.windermere.org.au/contact-us)  **Phone: 1300 946 337 Fax: (03) 9796 7650**    Group Coordinator 9705 3200    Email: groups@windermere.org.au | [Windermere Narre Warren Office](https://www.windermere.org.au/contact-us)  48 Webb Street  Narre Warren VIC 3805 | Day Thursday Evenings  Date 7th March to 28th March  Time 5.30pm to 8pm  Cost total cost $45 – includes parent information pack.  Discount applies for Healthcare card holders  **Term 2**  Day Thursday Evenings  Date 18th Oct – 8th Nov 2019  Time 5.30pm – 8.00pm |
| **PARENTING AFTER SEPARATION**  A one-day course which provides parents with key information and strategies to assist children to successfully adjust to separation and divorce. The group is interactive and meets the requirements of Court orders. Handout materials are provided and certificates of participation suitable for submission to court. | **Relationships Australia**  **Berwick FRC**  **8768 4111**  **Phone and book.**  **You must arrive 15 minutes early** | 38 Clyde rd  Berwick | Running 3 separate programs. Each is 1 day only.  All dates are at 10.00am-5.00pm  Day Thursday  Date 4th October  Day Friday  Date 2nd November  Day Tuesday  Date 4th December  Cost $80 per person. Health Care Holders $60 per person. |
| **SELF-REPRESENTATION IN COURT**  **2017 Community Legal Education Session Series**  This free information session is presented by Andrea Videion, Child Support Lawyer at the Springvale Monash Legal Service.  It covers: understanding the risks and benefits of representing yourself in court; preparing documents; the stages of a hearing. | **Family Relationships Centre /**  **Relationships Australia – Victoria**  Ph: 8768 4111 or email: [enquiries@berwickfc.org.au](mailto:enquiries@berwickfc.org.au) | Berwick Family Relationship Centre  38 Clyde Road  Berwick | Runs some terms.  Please phone for next one. |
| **FEELING IS THINKING**  An 8 week program for primary aged school children experiencing difficulty in expressing their strong feelings. | **Hampton Park Community House**  **Windermere**  Group Coordinator  9705 3200 | Hampton Park Community House  16-20 Stuart Avenue  Hampton Park | Day Tuesdays  Date 5th Feb – 26th Mar  Time 5.30pm to 8.00pm  Cost Free  Bookings Essential |
| **WINDERMERE**  Runs various programs throughout the year and offer Counselling for women and children who have experienced family violence (ph. 9705 3200) and other programs (9707 3200). Some are listed below and in the Cardinia and Dandenong Sections, to check on other programs and assistance please phone or check their website. Girls in charge (self-esteem for young women); – ring for information  Ph. Program Officer 5995 4655. Or [info@windermere.org.au](mailto:info@windermere.org.au). Web [www.windermere.org.au](http://www.windermere.org.au) | | | |
| **BEREAVEMENT SUPPORT GROUP**  This group is for people who have been bereaved within the past two years. | **Cardinia Casey Community Health**  (03) 5990 6789 | Cardinia-Casey Community Health Service  140-154 Sladen St Cranbourne | Day Thursday  Date Please phone for dates  Time 10.00am to 12.00pm  Cost Free  **NOTE**: no childcare provided |
| **FAMILY SUPPORT GROUP**  For families and friends impacted by another’s drug and or alcohol use. | **Stepping up & SHARC**  Please phone Kerry on  1800 828 466 | Stepping up  61 High St  Cranbourne | Please contact for details |
| **GROW**  Provides a peer supported program for growth and personal development to people with a mental illness and those experiencing difficulties in coping with life’s challenges. | **GROW Vic**  1800 558 268  [www.grow.net.au](http://www.grow.net.au)  free call 1800 558 268 for the current times and locations of Group Meetings. | Balla Balla Centre 65 Berwick Cranbourne Road Cranbourne | Day Thursdays  Time 10am – 12.30pm  Cost FREE |
| Berwick N’hood Centre 112 High St, Berwick (Mel: 111 D8) | Day Wednesdays  Time 10am-12.30pm  Cost FREE |
| **e.motion21**  A high quality dance and fitness program for children and young adults with Down syndrome. Classes for all ages; Kinder, Primary, Teens and Adults. | |  | | --- | | Ph.: 9853 2121  [**www.emotion**](http://www.emotion)**21.org.au** | | |  | | --- | | Cranbourne Senior Citizens Club 1 Codrington Street Cranbourne | | Day Wednesdays  Dates During School Terms |
| **CRANBOURNE ADHD SUPPORT GROUP**  Having a child with ADHD can be challenging, exhausting and emotional. Parents face issues on a daily basis regarding this hidden disability.  Facilitated by Cranbourne Information & Support Service this support group provides you with the opportunity to share your experiences, stories and knowledge and be supported by other parents who truly understand the struggles of life that families and their children go through every day.  Set within a relaxed and non-judgmental environment, meetings are open to parents and families from Cranbourne and surrounding suburbs. | **Cranbourne Information & Support Service**  Contact: Flora or Ann  59 963 333 | Cranbourne Community House  49 Valepark Crescent  Cranbourne | Day Thursdays  Dates Oct 18th  Nov 22nd  Dec 13th (xmas Party)  Cost Gold coin donation |
| **CASEY ASPERGER SUPPORT GROUP (CASS)**  –runs regular support group meetings for parents/carers. We operate activity groups for children’s of all ages and their siblings. We also hold regular workshops and information sessions. Primary school social group; Tweens social group; Teenage social group; Aspie Girls Group; Creative Arts Group and more. View website for information and upcoming events [www.thecass.com.au](http://www.thecass.com.au)  CASS Headquarters 20 Agonis St Doveton  Please email for further details and to register for events. Find on Facebook. [info@thecass.com.au](mailto:info@thecass.com.au) | | | |
| |  | | --- | | **WOMEN FOR CHANGE**  A women’s discussion group. A chance to release your passion and have your say and maybe make a difference. We discuss current issues and world affairs in | | **Balla Balla** Community Centre  [www.ballaballa.com.au](http://www.ballaballa.com.au)  ph. 5990 0900 | Balla Balla Community Centre  Casey Indoor Leisure Complex  65 Berwick Cranbourne Rd, Cranbourne East | Contact for next activity  Dates not available at time of publication |
| **FAMILY DRUG/ALCOHOL SUPPORT**  Ran by family members for family members and focuses on the well-being of the family | **Call Toll Free**  **1300 660 068** | Balla Balla Community Centre  Casey Indoor Leisure Complex  65 Berwick Cranbourne Rd, Cranbourne East. | 1st and 3rd Wednesday of each month  Time 6.00pm -8.00pm |
| **FAMILY SUPPORT AND SUPPORTED PLAYGROUPS** | | | |
| **CASEY INFORMATION AND SUPPORT SERVICES**  Wide range of information on community and local services, • Counselling services  • No Interest Loan Scheme • Tax Help • Advocacy and Support • Emergency Relief • Financial Counselling • Outreach Services | Phone: 5996 3333 Fax: 5996 3608 www.cranbourneiss.org.au email: ciss@cranbourneiss.org.au Facebook: facebook.com/cranbourneiss Services available: | 156 Sladen Street, Cranbourne 3977 P.O. Box 5263, Cranbourne 3977 | Please phone if you require any of these services and live in the South of Narre Warren- ( under the old Shire of Cranbourne) |
| **CASEY NORTH CISS**  Services available: Wide range of information on community and local services, • Information in a range of different languages • Counselling and Social Work services • No Interest Loan Scheme • AddsUp Savings Plan • Financial Counselling • Tax Help • Advocacy and Support • Emergency Relief • Financial Literacy & Support Program • Keeping It Together Program • Legal Service | **Casey North CISS**  Phone: 9705 6699 Fax: 9705 6794 Email: [cnciss@caseynorthciss.com.au](mailto:cnciss@caseynorthciss.com.au)  www.caseynorthciss.com.au Facebook: facebook.com/caseynorthciss Twitter: twitter.com/cnciss Pinterest: www.pinterest.com.au/caseynorthciss | Suite1/90-92 Victor Crescent Narre Warren VIC 3805 | Please phone if you require any of these services and live in the North of Casey. North of and including Narre Warren |
| **GETTING THE JOB YOU WANT!** A free program for women preparing to work in Australia  2 hrs workshop followed by up to three free individual coaching sessions with experienced recruitment professionals**.** | **Doveton College**  To Enrol contact Sam in the Community Team  8765 0111 | Community Room  Doveton College  62 Tristania St, Doveton VIC | Day Wednesday  Date 27th February 2019  Time 1.00pm-3.00pm  Cost Frees |
| **MUSIC For Growth** Music therapy program for children aged 0-5 and their parents/carers. | **Uniting**  Kathie Hockey 5990 8400 | Uniting  1 coral Place  Hampton Park | Day Thursdays  Time 10.00am-11.30am  Cost Gold coin donation |
| **CONVERSATION PLUS**  For Non English Speaking Background people. Learn to deal with bill paying, appointments, school notices and local services. Fun, friendly classes. | **Hallam Community Learning Centre**  Rita 9703 1688  Childcare available Wednesdays only | Hallam Community Learning Centre  56 Kays Avenue  Hallam | Days Wednesdays  Time 12.45-2.45pm  Cost $2 per session |
| **WOMEN’S FRIENDSHIP CAFÉ- Cranbourne**  ALL Women are invited. Busy Women, busy lives, a small conversation can change a whole day. Make new friends, activities, morning tea, art, craft, sewing and information**.**  **Bring your children, friends, aunties.** | ST Johns Community Hall  Contact  Biftu Hawas 0402 526 718  [www.facebook.com/WomensFriendshipCafe/](http://www.facebook.com/WomensFriendshipCafe/) | St John’s Community Hall  27 Childers St  Cranbourne | Day Wednesday  Date During School Term  Time 10.00am-12 noon |
| **ROSSMOYN SUPPORTED PLAYGROUP**  Meet other local families, learn about your child’s development and parenting through the Smalltalk program**.** | City of Casey customer service.  03 9705 5200  Or email[**playgroupReferrral@casey.vic.gov.au**](mailto:playgroupReferrral@casey.vic.gov.au) | 19 Beldale Crt  Berwick | During School Term  Day Monday  Time 9.30am-11.00am  Please phone or email the council to book in |
| **SIMPLE PLEASURES ARBOURLEA**  Meet other local families, learn about your child’s development and parenting through the Smalltalk program**.** | **City Of Casey Free supported playgroups**  City of Casey customer service.  03 9705 5200  Or email[**playgroupReferrral@casey.vic.gov.au**](mailto:playgroupReferrral@casey.vic.gov.au) | 75 wheelers Park Dve  Cranbourne Nth | During School Term  Day Tuesday  Time 10.00 -12.00pm  Please phone or email the council to book in |
| **CRANBOURNE WEST SUPPORTED PLAYGROUP**  Meet other local families, learn about your child’s development and parenting through the Smalltalk program**.** | **City Of Casey Free supported playgroups**  City of Casey customer service.  03 9705 5200  Or email[**playgroupReferrral@casey.vic.gov.au**](mailto:playgroupReferrral@casey.vic.gov.au) | 42-52 Fairhaven Boulevard.  Cranbourne West | During School Term  Day Tuesday  Time 9.30am – 11.00am  Please phone or email the council to book in. |
| **STRATHAIRD WEDNESDAY SUPPORTED PLAYGROUP**  Meet other local families, learn about your child’s development and parenting through the Smalltalk program**.** | **City Of Casey Free supported playgroups**  City of Casey customer service.  03 9705 5200  Or email[**playgroupReferrral@casey.vic.gov.au**](mailto:playgroupReferrral@casey.vic.gov.au) | 106-108 Strathaird Dve  Narre Warren South | During School Term  Day Wednesday  Time 9.30am – 11.00am  Please phone or email the council to book in. |
| **STRATHAIRD THURSDAY SUPPORTED PLAYGROUP**  Meet other local families, learn about your child’s development and parenting through the Smalltalk program**.** | **City Of Casey Free supported playgroups**  City of Casey customer service.  03 9705 5200  Or email[**playgroupReferrral@casey.vic.gov.au**](mailto:playgroupReferrral@casey.vic.gov.au) | 106-108 Strathaird Dve  Narre Warren South | During School Term  Day Thursday  Time 9.30am – 11.30am  Please phone or email the council to book in. |
| **LITTLECROFT SUPPORTED PLAYGROUP**  Meet other local families, learn about your child’s development and parenting through the Smalltalk program**.** | **City Of Casey Free supported playgroups**  City of Casey customer service.  03 9705 5200  Or email[**playgroupReferrral@casey.vic.gov.au**](mailto:playgroupReferrral@casey.vic.gov.au) | 51 The Strand  Narre Warren South | During School Term  Day Thursday  Time 9.30 – 11.30am  Please phone or email the council to book in. |
| **CORAL DRIVE PLAYGROUP**  Meet other local families, learn about your child’s development and parenting through the Smalltalk program | **City Of Casey Free supported playgroups**  City of Casey customer service.  03 9705 5200  Or email[**playgroupReferrral@casey.vic.gov.au**](mailto:playgroupReferrral@casey.vic.gov.au) | 187 -191 Coral Dve  Hampton Park | During School Term  Day Thursday  Time 9.30am -11.30am  Please phone or email the council to book in. |
| **HALLAM GARDENS – Mon. pm**  Meet other local families, learn about your child’s development and parenting through the Smalltalk program | **City Of Casey Free supported playgroups**  City of Casey customer service.  03 9705 5200  Or email[**playgroupReferrral@casey.vic.gov.au**](mailto:playgroupReferrral@casey.vic.gov.au) | 26-28 Nettle Dve  Hallam | During School Term  Day Monday  Time 1.30pm – 3.00pm  Please phone or email the council to book in. |
| **HALLAM GARDENS- Tues. pm**  Meet other local families, learn about your child’s development and parenting through the Smalltalk program | **City Of Casey Free supported playgroups**  City of Casey customer service.  03 9705 5200  Or email[**playgroupReferrral@casey.vic.gov.au**](mailto:playgroupReferrral@casey.vic.gov.au) | 26-28 Nettle Dve  Hallam | During School Term  Day Tuesday Afternoon  Time 1.30pm – 3.00pm  Please phone or email the council to book in. |
| **BOYS ON THE BOUNCE**  A 10-week program strengthening cultural, community and educational engagement in Aboriginal and Torres Strait Islander boys  ’For:  Aboriginal and Torres Strait Islander boys in Grades 5 & 6 at Cranbourne primary schools.  **Ran by a male Aboriginal worker from Dandenong & District Aborigines Co-Op** | **.Ran with Mission Australia**  **And Windermere**  contact Graeme Bux  0439 887 904  9794 5933- Dandenong  8752 9100 | Ran in various Venues across in co-ordination with Primary Schools in Cranbourne and Dandenong | Over the course of the 4 school terms  Day Tuesday in Dandenong  Day Thursday in Cranbourne  Contact Graeme and Book in  Healthy Lunch provided |
| **CONVERSATION PLUS** | **Hallam Community Learning Centre**  Rita 9703 1688  Childcare available Wednesdays only | Hallam Community Learning Centre  56 Kays Avenue  Hallam | Days Wednesdays  Time 12.45-2.45pm  Cost $2 per session |
| **BABY BEARS PLAYGROUP**  For disadvantaged families with complex needs. | **Merinda Park Learning & Community Centre** 5996 9056 [www.merindapark](http://www.merindapark).com.au  admin@merindapark.com.au | Annex Building  149 Endeavour Dr  Cranbourne | Please phone for details |
| **PLAYGROUP – FACILITATED**  Meet other local families, learn about your child’s development | **Balla Balla Centre**  **Ph. 5990 0900** | Balla Balla  Casey Indoor Leisure complex  65 Berwick-Cranbourne Rd, Cranbourne East | During School Term  Day Thursday  Time 10.00am – 12pm  Please phone the Balla Balla Centre to Book in |
| **CRANBOURNE COMMUNITY HOUSE PLAYGROUP**  For culturally and linguistically diverse children and their families, especially for those recently arrived. | **Cranbourne Community House** Contact Cheri 5996 2941 | Cranbourne Community House  49 Valepark Drive  Cranbourne | Fridays  1.00pm – 3.00pm  No Cost |
| **SUPPORTED PLAYGROUP-**  For families with children aged 0-5. Join us and have fun together with live music, singing, dancing, instrument play, morning tea and culturally diverse events. | **Windermer**e Child and Family Services Integrated Family Services Intake Worker  9705 3200 | Fairhaven Family and children’s centre, community room.  42-52 Fairhaven Boulevard  Cranbourne West | Day Tuesday  Time 9.30 -11.30  Runs during School Term  Cost Free |
| **Koori Play Spot Playgroup**  For Indigenous families. Each playgroup runs a Story, Song and Dance time at the end of each session | Contact 0459 026825 | Autumn Place Kindergarten 29 Autumn Place Doveton | Please phone for details |
| **BALEE KOOLIN BUBUP BUSH PLAYGROUP**  A supported playgroup for children and parents to have fun together with live music, singing, dancing, instrument play and culturally diverse events. Set within a culturally safe and meaningful early years learning environment. Where indigenous Elders, artists and cultural educators come along to share traditional cultural knowledge, stories and language with families in the bush playgroup. Also include planned playgroup excursions at Cranbourne’s Library’s Koori Kids Library events. | **Windermer**e Child and Family Services Integrated Family Services Intake Worker  9705 3200 | Stringybark Picnic Area  Royal Botanic Gardens, Victoria, Cranbourne | Day Tuesdays  Date During School Term  Time 10.30am -12.30pm  Cost No Charge  Program is funded through the Communities for Children initiative |
| **PARKERS PLAYGROUP** –  For disadvantaged families with complex needs. | **Cranbourne Park Primary**  Natasha 5996 1142  Lauren 5995 4655 | Cranbourne Park Primary School. Tucker Street, Cranbourne | Please phone for details |
| **OPEN UP – Community Lunch**  Cuppa and a chat from 10.30am onwards. Playground for Littlies. | **Hampton Park Uniting Church**  Ph.: 9799 7994 | Hampton Park Uniting Church  1 Coral Drive, Hampton Park | Day Thursdays during school term  Time from 10.30am – meal served at 12.30pm  Cost FREE |
| **BUSH PLAYGROUP**  A Culturally safe and meaningful early years learning environment for Aboriginal & TSI children and their careers and families. | Jo Fyfe ph.: 59 902 206  [Joanne.fyfe@rbg](mailto:Joanne.fyfe@rbg).vic.gov.au  Jaffa Richardson ph.: 0418 766 281  [Janine.richardson@rbg](mailto:Janine.richardson@rbg).vic.gov.au | Royal Botanic Gardens  Stringy Bark Picnic Area  Cnr Ballarto Road & Botanic Drive  Cranbourne | Day Tuesdays during school term  Time 10.30am – 12.30pm |
| **MyTime Playgroup**  For parents with children under 5 who have a disability or chronic medical condition | Contact Genevieve O’Connor  1800 171 882  Contact Lindy 0447 520543 | Casey Locations  Endeavour Hills, Cranbourne, Narre Warren, Berwick, Narre Warren South | Please phone for details |
| **SIMPLE PLEASURES PLAYGROUP**  For parents suffering from Post Natal Depression and their children. | Contact  Wendy Beamish  0414916963 | St Andrews Uniting Church  46 Wilson St  Berwick | Day Tuesdays  Time 9.30 – 11.30am |
| **YOUNG Parents GROUP**  For mums 25 years or under with children aged under 2 years. | **City of Casey Youth Services**  Phone 9705 5200 | Cranbourne Youth Information Centre Shop 58 Centro Shopping Centre High St Cranbourne | Date Wednesdays  Time 1.00 – 2.30pm  Cost Free |
| **BERWICK TOY LIBRARY**  Timbarra Community Centre | **Timbarra Community Centre**  Phone 0423 744 816 [berwicktoylibrary@gmail.com](file:///\\AV-Pakenham.anglicare.local\local\Family%20Services\Parentzone\Newsletter\Newsletter%202014\berwicktoylibrary@gmail.com) | Timbarra Community Centre  Parkhill Drive Berwick | Fortnightly during term  Day Tuesdays  Time 9.30am-10.30am  Day Wednesdays  Time 7.30pm-8.30pm  Cost From $50 /year |
| **CRANBOURNE TOY LIBRARY** | **Cranbourne Library**  Contact Maree 59 900 900  [cranbournetoylibrary@hotmail.com](file:///\\AV-Pakenham.anglicare.local\local\Family%20Services\Parentzone\Newsletter\Newsletter%202014\cranbournetoylibrary@hotmail.com) | Cranbourne Library Administration Building  65 Cranbourne-Berwick Rd Cranbourne | Please phone or check website |
| **Pre School -STORYTIME**  Storytime introduces children to a wide range of children’s books, stimulates new ideas and interests, helps develop language skills and provides a chance to socialise. Songs, rhymes, stories and activity suitable for pre-schoolers aged 3-5years | **Casey-Cardinia Library** Corporation 5941 2036  [www.cclc](http://www.cclc).vic.gov.au Cranbourne 5990 0150  Narre Warren 9704 7696  Doveton 9792 9497  Endeavour Hills 8782 3400 | Held at Cranbourne, Narre Warren, Hampton Park, and Endeavour Hills. Pakenham and Cardinia Mobile Library at Beaconsfield, Cockatoo and Gembrook | Bunil Place Narre Warren  Tuesday 2pm-2.45pm  Friday 11.00-11.45  Cranbourne  Friday 10.30-11.30  Doveton  Thursday 10.00am-10.45  Emerald  Thursday 11.15 – 12pm  Endeavour Hills  Friday 11am-11.45am  Hampton Park  Thursday 11.00am – 11.45am  Pakenham  Tuesday 11.00am-11.45am  See sight for further details |
| **LITTLE RAYS SUPPORTED PLAYGROUP**  We provide a developmentally enriched environment for children to play and learn. Activities are designed specifically to accommodate all abilities in a welcoming and supportive environment This group is available to Windermere ECDS families and others eligible for Early childhood intervention Services.  Parents with children aged 0-6. . Siblings are very welcome. | **Windermere** Child and Family Services Integrated Family Services Intake Worker  9705 3200 | Chisholm –Berwick Campus  Building C  25 Kangan Dve  Berwick | Day Mondays  Date School Terms  Time 9.30 – 11.00am  Cost Gold Coin  Bring own snacks, drink bottle, hat and sunscreen. No nuts or nut products.  Phone and book |
| **TINIES TIME**  A special Rhyme Time for Babies and toddlers up to age 3  NOTE: This program does NOT run during school holidays | **Casey-Cardinia Library** Corporation  5941 2036  [www.cclc.vic.gov.au](http://www.cclc.vic.gov.au) Cranbourne 5990 0150  Narre Warren 9704 7696  Doveton 9792 9497  Endeavour Hills 8782 3400 | Held at Cranbourne, Narre Warren, Hampton Park and Endeavour Hills and Pakenham | Cranbourne  Wednesdays 11.15 – 11.45am  Endeavour Hills  Wednesdays 11.15 – 11.45am  Hampton Park  Tuesdays 11.00 – 11.30am  Narre Warren bunjil place  Tuesdays 10.30-11.00am  Tuesday 11.30-12pm  Wednesdays 10.30-11am  Wednesday 11.30-12pm  Pakenham  Mondays 2.00 – 2.30  Tuesdays 11.00 – 11.30 |
| **BABY RHYME TIME**  Join with other new mums, dads and carers. Discover and learn songs and rhymes that babies enjoy.  NOTE: This program does NOT run during school holidays | **Casey-Cardinia Library** Corporation  5941 2036  [www.cclc.vic.gov.au](http://www.cclc.vic.gov.au) Cranbourne 5990 0150  Narre Warren 9704 7696  Doveton 9792 9497  Endeavour Hills 8782 3400  Casey-Cardinia Library Corporation 5941 2036 | Bunjil Place  Patrick Northeast Drive, Narre Warren  Ph. 8782 3300  Cranbourne  Casey Complex  65 Berwick-Cranbourne Road  Ph. 5990 0150  Emerald  400B Belgrave-Gembrook Road  Ph. 5949 4600  Endeavour Hills  10 Raymond McMahon Boulevard  Ph. 8782 3400  Hampton Park  22 | Cranbourne  Tuesdays 1.15 – 1.45am  Endeavour Hills  Wednesdays 10.15.pm- - 10.45pm  Narre Warren – Bunjil Place  Mondays 2.30pm – 3.00pm  Wednesdays 2.30pm – 3.00pm |
| **AFGHANI WOMEN’S LITERACY CLASS** This class is especially designed for women who speak Hazara, Dari or Pashto and need help with daily activities such as doctor’s appointments and understanding road rules. Get helpful information about citizenship, shopping in Australia and more. | **Hampton Park Community House / Learning Centre**  Please contact Reception on 97990708 for when next course starts | Hampton Park Community House,  16-20 Stuart Avenue,  Hampton Park. | Dates not confirmed at time of printing please phone Hampton Park community House |
| **Department of Justice and Regulation** | Cranbourne Justice Service Centre  176 Sladen Street  Cranbourne  Ph: 1300 292 936 | Cranbourne Justice Service Centre  176 Sladen Street  Cranbourne | Services offered; Community Correctional Services, Sheriff Services (by appointment), Births, Deaths and Marriages and Consumer Affairs (by appointment) |
| **Play 2 Learn**  A weekly play group sessions run in school terms that incorporate early childhood learning through play and family support for parents with children aged 0 - 5 years | Please contact Rei Kori (Team Leader, Casey Programs) for Term 4 Program schedule, referrals and enquiries at [rei.kori@savethechildren.org.au](mailto:rei.kori@savethechildren.org.au)  Ph 03 8765 0146 | Save the Children Australia  Doveton College  62 Tristania Street,  Doveton VIC 3177 | Please phone. Dates not confirmed at time of printing |
| **Small Talk**  A 10 week supported play group sessions and fortnightly in Home Support Visits for eligible participants of the playgroup, which incorporate parenting interventions for creating positive home learning environments for parents with children aged 0 - 5 years | Please contact Rei Kori (Team Leader, Casey Programs) for Term 4 Program schedule, referrals and enquiries at [rei.kori@savethechildren.org.au](mailto:rei.kori@savethechildren.org.au)  Ph. 03 8765 0146 | Save the Children Australia  Doveton College  62 Tristania Street,  Doveton VIC 3177 | Ph. 03 8765 0146 |
| **Multicultural Women’s Group**  A weekly group for asylum seeker parents with children aged 0 - 5 years to support parents in engaging with their child's early learning and development through interactive learn to play sessions and information sessions | Please contact Rei Kori (Team Leader, Casey Programs) for Term 4 Program schedule, referrals and enquiries at [rei.kori@savethechildren.org.au](mailto:rei.kori@savethechildren.org.au)  Ph. 03 8765 0146 | Save the Children Australia  62 Tristania Street,  Doveton VIC 3177 | Ph 03 8765 0146 |
| **Family Casework Support**  case management support for families with children aged 0 - 5 years in Hallam, and informal support for participants of play groups | Please contact Rei Kori (Team Leader, Casey Programs) for Term 4 Program schedule, referrals and enquiries at [rei.kori@savethechildren.org.au](mailto:rei.kori@savethechildren.org.au)  Ph. 03 8765 0146 | Save the Children Australia  62 Tristania Street,  Doveton  VIC 3177 | Ph 03 8765 0146 |
| **LOCAL OPPORTUNITY SHOPS CASEY** | | | |
| **Berwick, Beaconsfield Cranbourne** | **Cranbourne Hampton Park** | **Cranbourne, Narre Warren** | **Narre Warren, Fountain Gate** |
| Berwick Op Shop 3a Clyde Rd, Berwick 3806 Ph: 9707 1745 Berwick  Red Cross Shop 7 Adams Lane, Berwick 3806 Ph: 9796 4177  Beaconsﬁeld Salvos Shop 2/7 Beaconsﬁeld Emerald Rd, Beaconsﬁeld 3807 Ph: 9796 2389  Cranbourne Salvos Homemaker Centre 10A/350 Gippsland Hwy, Cranbourne North 3977 Ph: 5995 7487  The Hope Centre 40 Intrepid Street, Berwick 3806 Open: Thurs, Fri & Sat Ph: 9796 1006 | Epilepsy Furniture Op Shop 10 Lurline St, Cranbourne 3977 Ph: 5995 2369  Epilepsy Op Shop 2 Lurline St, Cranbourne 3977 Ph: 5996 2150  Salvos Access 108 Camms Rd, Cranbourne 3977 Ph: 5995 1433  Hampton Park Salvos Shops 31 & 32 Hampton Park Shopping Square Somerville Rd, Hampton Park 3976 Ph: 9799 8767  Oz Child 2/90 Somerville Rd,  Hampton Park VIC Ph: 9799 4087 | Vinnies Cranbourne 2/218 High St, Cranbourne 3977 Ph: 5996 3926  Cranbourne Red Cross 94 High St, Cranbourne 3977 Ph: 5996 8436  Casey Outreach Op Shop 350-352 Pound Road, Narre Warren South 3805 Ph: 9704 8903  Narre North Uniting Church Op Shop 1-13 Main Street, Narre Warren North 3804 Ph: 9700 5061 | Warren Op Shop 4A Malcolm Crt, Narre Warren 3805 Ph: 9796 7144  Narre Warren Salvos 3 Webb St, Narre Warren 3805 Ph: 9796 7836  Savers Westﬁeld Fountain Gate Homemaker Centre 352 Princes Hwy, Fountain Gate 3805 Ph: 9703 0000 The |
| NEED HELP WITH FOOD OR WANT TO HELP SOMEONE WHO DOES? | | | |
| TURNING POINT CHURCH   1. Get Involved   If you would like to get involved with your time or resources please let us know. Your help will be much appreciated. We can always use volunteers! It takes a little time, but helps so many!   1. Do You Know Someone   If you or someone you know is in need please let them know that TPC wants to help. It's very relaxed, casual and confidential. | **Turning Point Church**  If you have any Questions  Contact.  Margaret Acton (443) 783-9405  Documentation Required: Proof of residency (address including zip) | 1785 S Gippsland Hwy, Cranbourne VIC 3977  [**Phone**](https://www.google.com/search?safe=strict&rlz=1C1GCEA_enAU759AU760&site=async/lcl_akp&q=turningpoint+church+phone&ludocid=13400502361624709393&sa=X&ved=2ahUKEwijptzw0IXgAhUWdCsKHbEoBJkQ6BMwBHoECAEQGQ)**:**(03) 5996 3048 | PANTRY OPEN  Day 2nd and 4th Thursday of each month  Time 1.00pm to 5.00pm  Donations on Sundays – donations are taken on Sundays at services. Pick up a list of needed items . |

| **City of Frankston** | | | |
| --- | --- | --- | --- |
| Group / Program | Contact | Address | Details/ Other |
| **ANGLICARE PARENTING PROGRAMS** | | | |
| **PBS PARENTING BUILDING**  **SOLUTIONS – General Parenting Program to talk about Kids**  A free 6 week program for parents and carers of children. Share experiences and ideas and learn strategies to support your children **Please phone Michelle to book in** | **Anglicare Victoria**  **Parentzone Southern**  Michelle Brown. 0429 174 150  Or  9781 6700  **Michelle.brown@anglicarevic.org.au** | Belvedere Community Centre  36 Belvedere Rd  Seaford | Day Wednesdays  Date 13th,20th,27th Feb and 6th, 13th,20th March 2019  Time 9.30am-11.30am  Cost Free  Bookings Essential |
| **BEYOND THE VIOLENCE**  **A program for Women and Children impacted by family violence.**  Are you dealing with the effects of family violence? Does your child’s anger or anxiety worry you? Are you tired of yelling? Join us for an 8 week program and move beyond the Violence  TRAK FORWARD ALSO OFFERS A VARIETY OF OTHER SUPPORTS BEFORE, DURING AND AFTER THE PROGRAM | **Anglicare Victoria**  **TRAK FORWARD**  Funded by Family Safety Victoria  Call 9781 0101  or Email: trak@anglicarevic.org.au | Uniting Church  16-18 High St  Frankston | Day Tuesdays  Date 12th Feb to 2nd April  Time 4.00pm to 6.30pm  Cost Free  Bookings Essential  Afternoon tea provided |
| **A PARENTING PROGRAM FOR PARENTS WITH A MENTAL ILLNESS**  A free Parenting Program for  Parents with a Mental Illness that  incorporates parenting skills  information sessions and  discussing how to better  manage your mental illness | **Anglicare Victoria**  **Mentis Assist**  For bookings and enquiries contact:  FREE  Suzanne on 0499 078 770 or  Email: suzanne.heppell@anglicarevic.org.au | Mentis Assist  23-25 Yuilles Street  Mornington | Day Tuesdays (6wks)  Date 12th,19th,26th Feb, and 5th, 12th, 19th March  Time 11.00am – 1.30pm |
| **LYFT UP YOUR FAMILY**  A confidential six week evening group for parents and carers of young people (aged 12-18 years) experimenting or using alcohol and other drugs and displaying challenging behaviours, boundaries and consequences, communication, resilience and self-care. | **Anglicare Victoria**  **LYFT Team Frankston. YSAS**  For referrals please contact our Frankston Office at Anglicare Frankston.  Cassie Hose and Sabrina Orlandea on 9781 6700 | To be confirmed. | Please phone the LYFT team. It is running in Term 1, details not confirmed at time of printing |
| **PARENTING PROGRAMS** | | | |
| **CITY OF FRANKSTON**  PO Box 490 **Frankston** 3199  Tel: 1300 322  Frankston City Council provides a range of services to Parents, for more information, visit http://www.frankston.vic.gov.au/Our\_Community/Family\_Services | | | |
| **PARENT EDUCATION PROGRAM**  The Maternal Child Health Service run programs to assist with the problems you can confront when bringing up children. Ran at different Maternal Child Health Centres throughout the year   * Post baby core strength * Sleep and settling newborns * Sleep and settling 3-6mths * Foods for baby 4-12mths * Sleep and settling 7-12mths   Newborn communication | **Frankston City council Maternal and Child Health service** Parent Education Program  Please ph. 9784 1754  Programs are run at various locations:   * Ebdale Community Hub and Learning Centre, 20 Ebdale St Frankston Mahogany Rise MCHC, 24 Jenkens St Frankston Nth * Botany Park Maternal and Child Health Centre, 53 Lyrebird Dve, Carrum Downs * Seaford MCHC, 41 Railway Pde, Seaford * Montague Park MCHC, Bentley Place, Frankston * Cube 37, next to Frankston Arts Centre, Davey St, Frankston * Lakewood Child and Family Centre, 107-109 Raphael Cres, Frankston | | Please phone for details |
| **PARENTING GROUPS AND PROGRAMS AS PART OF THE FSFI**  Programs and groups held in conjunction with local Schools.  Available to Parents outside the schools or inside. | **Frankston School & Family Initiative (FSFI)**  **Karingal Heights Primary –** Phone: (03) 9789 3288  Email: karingal.heights.ps@edumail.vic.gov.au  **Naranga School -** Phone (03) 9788 2222 E-mail -naranga.ss@edumail.vic.gov.au  **Kingsley Park Primary School -** Telephone 03 9789 0077  Email: kingsley.park.ps@edumail.vic.gov.au  **Mahogany Rise Primary School –** phone (03) 9786 3211 | | Contact school for dates and times |
| **MINDFUL PARENTING** A 3 week small group program for parents/expectant parents up to 25. | **Head Space** 62 Playne St Frankston  Office details  9769 6419  contact for expressions of interest:  [bwatson@headspacefrankston.org.au](mailto:bwatson@headspacefrankston.org.au)   Phone 9769 6419  [headspace@headspacefrankston.org.au](mailto:headspace@headspacefrankston.org.au)  [www.facebook.com/headspacefrankston](http://www.facebook.com/headspacefrankston) | Contact for location | Please phone to register for next program.  Details not known at time of printing |
| **GIRL TALK**  Program for girls aged 13-17yrs. Includes topics such as : Self-care, healthy relationships, self-esteem, sexual health, drugs and alcohol and Mental Health | **Head Space**  Contact Claire or Amanda  9781 0188 | Headspace Building  62 Playne St  Frankston | Please contact for further information |
| **THE BABES PROJECT**  The Babe Project works with women who are seeking additional support during pregnancy. Delivered by trained volunteers. | Frankston Pregnancy Support Service  Ph: 1300 140 212 | 9 O’Grady Avenue  Frankston | Tuesday – Wednesday  9am – 3pm by appointment |
| **EMPOWER YOUTH**  Inviting young people 14-18 to come along and build the skills you need to help you on your way. Explore your goals, Boost your health, fitness and wellbeing, kick start your career, and resume writing, budgeting and cooking. | **Head Space**  To get involved contact us prior to the group start date to make a referral  Or for more information  Ph Katie-J2i 0437 911 047  Sarah Detour 0436 001 571 | Headspace Building  62 Playne St  Frankston | Please contact for further information |
| **PLAYGROUP FOR CHILDREN WITH ADDITIONAL NEEDS** | Michelle Windt  0413 972 286 | Nepean School  Special Education School  33 Klauer St, Seaford | Day Monday’s  Time 9.30am – 11.30am |
| **MY TIME –** for parents and carers of a children with a disability | Michelle Windt  0413 972 286 | Nepean School  Special Education School  33 Klauer St, Seaford | Day Wednesday’s – fortnightly  Time 11.30am – 2.30pm |
| **THE BABES PROJECT**  The Babe Project works with women who are seeking additional support during pregnancy. Delivered by trained volunteers. | **Frankston Pregnancy Support Service** Ph.: 1300 140 212 | 9 O’Grady Avenue  Frankston | Tuesday – Wednesday  9am – 3pm by appointment |
| **CHALLENGING BEHAVIOURS, DISABILITIES, ALCOHOL & DRUGS, FAMILY VIOLENCE, MENTAL HEALTH, CARER SUPPORT GROUPS AND OTHER** | | | |
| **A PARENTING PROGRAM FOR PARENTS WITH A MENTAL ILLNESS**  A free Parenting Program for  Parents with a Mental Illness that  incorporates parenting skills  information sessions and  discussing how to better  manage your mental illness | **Anglicare Victoria**  **Mentis Assist**  For bookings and enquiries contact:  FREE  Suzanne on 0499 078 770 or  Email: suzanne.heppell@anglicarevic.org.au | Mentis Assist  23-25 Yuilles Street  Mornington | Day Tuesdays (6wks)  Date 12th,19th,26th Feb, and 5th, 12th, 19th March  Time 11.00am – 1.30pm |
| **LYFT UP YOUR FAMILY**  A confidential six week evening group for parents and carers of young people (aged 12-18 years) experimenting or using alcohol and other drugs and displaying challenging behaviours, boundaries and consequences, communication, resilience and self-care. | **Anglicare Victoria**  **LYFT Team Frankston. YSAS**  For referrals please contact our Frankston Office at Anglicare Frankston.  Cassie Hose and Sabrina Orlandea on 9781 6700 | To be confirmed. | Please phone the LYFT team. It is running in Term 1, details not confirmed at time of printing |
| **MAKING CHOICES GROUP**  A group for women who are living in, or have lived in an abusive relationship. | **Family Life**  Bree L or Amanda H 9770 0341  [info@familylife.com.au](mailto:info@familylife.com.au) | Family Life  Level 1,  146 Young St,  Frankston | Contact for next group program |
| **KEEPING FAMILIES SAFE-**  A 10 week program for parents and adolescents (12-17) to attend where adolescents are violent or abusive in the home. Opportunities to develop strategies for behaviour change with a focus on rebuilding trusting, respectful family relationships. | **Peninsula Community Health Access** – 1800 655 781  For next program dates  Agency referral/self-referrals accepted, interview prior to registration  [www.peninsulahealth.org.au](http://www.peninsulahealth.org.au)  Chris Blakey | Frankston Integrated Health Centre | Day Wednesday  Time 6.00pm -8.00pm  Light Dinner provided  Ring for dates and other information  1800 655 781 |
| **CHAMPS**  A free, peer-support group program for 8-12yo children who have a parent with a mental illness. Parents also welcome.  Kids and parents can meet others in a similar situation, learn about mental health and self-care, all through lots of fun games and activities! | **Peninsula Health**  Peninsula Health FaPMI Coordinator (Families where a Parent has a Mental Illness)  [**MHFaPMI@phcn.vic.gov.au**](mailto:MHFaPMI@phcn.vic.gov.au)  **9784 6999** | Locations Varys | 2019 dates and details to be confirmed. Please phone  Please contact the FaPMI Coordinator to see when this group is next running, or to add a family to the waitlist. |
| **SPACE 4 US**  An 8 week free peer support group for 13 to 18 year olds living in the Mornington Shire region who have a parent or other close family member with a mental illness. | **Peninsula Health. Mornington Peninsula Shire**  Peninsula Health FaPMI Coordinator (Families where a Parent has a Mental Illness)  [MHFaPMI@phcn.vic.gov.au](mailto:MHFaPMI@phcn.vic.gov.au)  9784 6999 | Locations Vary | 2019 dates and details to be confirmed. Please phone  Please contact the FaPMI Coordinator to see when this group is next running, or to add a young person to the waitlist.  [www.space4us.org.au](http://www.space4us.org.au) |
| **ORANGE DOOR**  Go to “ FAMILY VIOLENCE REFORM” on page 12 for details  Or  Website: <https://www.vic.gov.au/familyviolence/the-orange-door.html>  For Confidential support and information call Safe Steps 1800 015 188  For Urgent assistance call Triple Zero 000  **Men's Referral Service** [Men’s Referral Service](http://www.ntvmrs.org.au/) provides an anonymous and confidential phone counselling, information and referrals service on [1300 766 491](tel:1300766491) for:  men who might be using violent and controlling behavior towards a partner or family member  men who have been victimized by a partner or family member  women wishing to find information about male family violence  friends, family or colleagues of people who are using or experiencing family violence  Professionals wishing to support a male or female client using or experiencing family violence.  **Victims Support Agency**  The Victims Support Agency provides support and information to help adult male victims of family violence and victims of violent crime.  The service guides victims through the legal process and helps manage the effects of crime through practical assistance and counselling.  Call the Victims of Crime helpline on 1800 819 817 or use the text service via 0427 767 891 (8am to 11pm, 7 days a week).  **Aboriginal Family Violence Prevention and Legal Service (FVPLS)**  This is an Aboriginal community-run organisation providing assistance to Aboriginal and Torres Strait Islander victim survivors of family violence and sexual assault. You can call FVPLS on 1800 105 303.  **InTouch: Multicultural Centre against Family Violence**  This is a state-wide organisation specialising in services, programs and responses to family violence in migrant and refugee communities. You can call InTouch on 1800 755 988. | | | |
| **DADS PROGRAMS and SUPPORT** | | | |
| **MEN’S GROUP** A support and information group for men who feel isolated and those wanting to change their behaviour to find more positive ways to interact with partners, children, family and friends. Lunch provided with individual counselling available on the day (by appointment only). | Adam B (Family Life) 9784 0650 | Family Life Community House, 10 Carmichael Street, Tootgarook 3941 | Day Thursdays (2019)  Date Runs during School Term  Time 12.00 – 2.00pm  Cost Gold coin donation  Please phone for further details and to book |
| **GRANDPARENTING AFTER SEPARATION**  A group or individual workshop to support grandparents. Phone for further details  Must book | **Lifeworks**  Frankston Office Reception or phone 9783 7611  For more details or bookings, please call  You can also register online or via email W www.lifeworks.com.au E lifeworks@lifeworks.com.au  Lifeworks Relationship Counselling & Education Service | Lifeworks  345 Nepean Hwy, Frankston | Please phone for further details and to book |
| **PINES COMMUNITY MENS SHED** | PH: 9786 1008 | 14 Stringybark Cres  Frankston Nth 3200 | Please phone for days |
| **DIDS (DADS IN DISTRESS)**  A safe forum for men going through the trauma of divorce, separation or relationship breakdown to express their grief. Help in navigating the future and understanding the past. | **Orwill St Community House**  Ph: 1300 853 437  Email: [info@orwilst.org.au](mailto:info@orwilst.org.au) | Orwil Street Community House 16 Orwil Street,  Frankston | Term 1 2019  Dates 30th Jan to 5th April  Please phone or email for further details |
| **THE BBQ BOYS**-  The BBQ BOYS is a carer support group especially for men who are in a caring role and would like to have better access to self-care & respite opportunities. A carer is a person who provides unpaid care and support to family members and friends who have a disability, mental illness, dementia or who are frail aged. The BBQ BOYS was established to address a gap in services by reducing social isolation, promoting carer wellbeing and providing “some ME time” for male carers. The group offer carers a variety of activities to assist them to maintain life balance and care responsibilities. | The BBQ Boys Carers Inc. **Respite South**  Ring one of the committee members on Peter-o404 044 283  Honk – 0455 179 692  Bill 0447 985 327 or  Enquiries:  Please send us an email about your enquiries  Email: info.bbq.boys@gmail.com This is now held in Frankston. Frankston NEAMI office.  1 Douglas Grove, Frankston | Now Held  38 Valetta St  Carrum | Day Tuesdays  Date School term  Time 11am – 2pm    Please phone if attending to book in.  Membership criteria:   * male and * caring for someone who has a disability, mental illness, dementia or who is frail aged |
| **DADS IN FAMILY FOUNDATION** Assists males 16 years and over to understand the importance of the role of men within the family and to deal with the consequences of their actions. A non-denominational, faith based organisation. | **Dads in Family Foundation**  Phone: 0417 009 667 or 9781 4343  [dadsinfamiliesfoundation@hotmail.com](mailto:dadsinfamiliesfoundation@hotmail.com) | Church of Christ  130 Cranbourne Rd,  FRANKSTON | Time: Saturdays 10:00am - 11:00am  Cost: Donation. |
| **ROADWORTHY FOR DADS** A 9 week group program for fathers. Discover what it means to be a parent, how to develop a healthy parenting style, communicate with the family and more. Please phone for details and to register. Limited places. | **Lifeworks**  [www.lifeworks.com.au](http://www.lifeworks.com.au)  ph. 9783 7611  Email: [lifeworks@lifeworks.com.au](mailto:lifeworks@lifeworks.com.au) | Frankston North Community Centre  26 Mahogany Ave  Frankston North | Not available at time of printing  Please phone for next program.  ***Note****:* To be eligible you must live in the Frankston catchment. An intake interview is required prior to beginning the program. This will need to be scheduled in before the program commences. |
| **MEN’S BEHAVIOUR CHANGE PROGRAM-**  Designed for men who are committed to changing their patterns of abusive behaviour. It is particularly relevant to men who behave violently at home. Conducted over thirteen weeks and provides intensive work to enable men to accept responsibility for their behaviour and to learn to handle strong emotions and conflict with understanding, confidence and self-control. | **Life works**  phone 9783 7611  [www.lifeworks.com.au](http://www.lifeworks.com.au) or email [lifeworks@lifeworks.com.au](mailto:lifeworks@lifeworks.com.au) | 345 Nepean Hwy, Frankston  Lifeworks Frankston | Please phone for next program |
| **MARRIAGE/SEPARATION/RELATIONSHIPS AND SUPPORT** | | | |
| **PARENTING IN A STEP FAMILY**  6 session activity based program is for primary and early secondary school aged kids who are struggling with sadness because of loss through death or family changes | **Lifeworks**  [www.lifeworks.com.au](http://www.lifeworks.com.au) or  Register at Frankston Office or phone 9783 7611 | Lifeworks  345 Nepean Hwy, Frankston | Please phone for further details |
| **SUPPORTING CHILDREN AFTER SEPARATION**  For families requiring assistance after separation. | **Family Mediation Centre**  345 Nepean Hwy  Frankston  ph. 9783 7611 | Please phone for details of programs. Also available in other locations | Please phone for further details |
| **ALL ABOUT RELATIONSHIPS**  Are there relationships in your life that pull you down, leaving you feel empty, distressed, angry, sad or frustrated? We discuss, explore and understand how to learn better ways to deal with relationship conflicts. Topics are: effective Communication, conflict resolution skills, anger management, stress reduction techniques, how to repair and build meaningful relationships. | **Orwill St Community House**  Phone 9783 5073  Email: [info@orwilst.org.au](mailto:info@orwilst.org.au) | Orwil St Community House,  16 Orwil St  Frankston | Date Every 2nd Tues  Time 3.00-4.30pm  Cost Gold coin |
| **PARENTING IN A STEP FAMILY**  6 session activity based program is for primary and early secondary school aged kids who are struggling with sadness because of loss through death or family changes | **Lifeworks**  [www.lifeworks.com.au](http://www.lifeworks.com.au) or  Register at Frankston Office or phone 9783 7611 | Lifeworks  345 Nepean Hwy, Frankston | Please phone for further details |
| **GRANDPARENTING AFTER**  **SEPARATION**  A group or individual workshop to support grandparents. Phone for further details Must book | **Lifeworks**  Frankston Office Reception or phone 9783  7611  [www.lifeworks.com.au](http://www.lifeworks.com.au/)  or email lifeworks@lifeworks.com.au  Lifeworks Relationship Counselling & Education Service  Booking at Frankston Office Reception or phone 9783 7611 | Lifeworks  345 Nepean Hwy, Frankston | Please phone for further details and to book  Booking at Frankston Office Reception or phone 9783 7611 |
| **PARENTING AFTER SEPARATION**  A group workshop to support parents. Lifeworks are unable to enrol ex-partners in the same program.    There are intensive weekly programs; weekend programs; weekly programs  Several Programs coming up, check Details and other for all. | **Lifeworks**  Frankston Office Reception or phone 9783 7611  [www.lifeworks.com.au](http://www.lifeworks.com.au/)  or email lifeworks@lifeworks.com.au  Lifeworks Relationship Counselling & Education Service  Booking at Frankston Office Reception or phone  9783 7611 | Lifeworks  345 Nepean Hwy,  Frankston | Details not available at time of printing. Please check. |
| **ALL ABOUT RELATIONSHIPS**  Are there relationships in your life that pull you down, leaving you feel empty, distressed, angry, sad or frustrated? We discuss, explore and understand how to learn better ways to deal with relationship conflicts. Topics are: effective communication, conflict resolution skills, anger management, stress reduction techniques, how to repair and build meaningful relationships. | **Orwill St Community House**  Phone 9783 5073  Email: [info@orwilst.org.au](mailto:info@orwilst.org.au) | Orwil St Community House,  16 Orwil St  Frankston | Date Every 2nd Tues  Time 3.00-4.30pm  Cost Gold coin |
| **DISABILITIES, CHALLENGING BEHAVIOURS, MENTAL HEALTH, GRIEF/LOSS and OTHER** | | | |
| **POST NATAL DEPRESSION SUPPORT GROU**P  Provides support for women who are overcoming the challenges of Post Natal Depression and strengthen the relationships between mum’s and their children along with other family members. | **Frankston City Council**  For further information please contact Julie O’Brien 9293 7117 or Catriona Cochrane on 9293 7119 | | |
| **STEPS TO WHOLENESS – ANXIETY & DEPRESSION GROUP**  Offering support, understanding and caring within a safe and non-judgmental environment. The program offers members strategies which may assist in recovery through group activities incorporating a creative approach. | **Orwill St Community House**  Phone 9783 5073  Mon – Friday  Facilitator Margaret Devis | Orwil St Community House  16 Orwil St, Frankston | Please phone for details |
| **LIVE YOUR COMMUNITY PROGRAM**  Provides flexible volunteer based inclusion support for children with disabilities who experience barriers to participation in sport, recreation and leisure. For children aged 6-17yrs with a diagnosed disability | **Extended Families**  [www.extendedfamilies.org.au](http://www.extendedfamilies.org.au) | Contact Rachel De Summa  Ph. 9285 4839 or 0438 752 126  Email [Rachel@extendedfamilies.org.au](mailto:Rachel@extendedfamilies.org.au) | There is no cost to families accessing LYCP. Cost to sporting activity chosen by the child are generally met by the family.  Contact for more details |
| **PARENT/CARERS SUPPORT & RESOURCE GROUP**  Are you the parent of a child or adult with a disability?  Gain support, friendship and information. | **Orwil Street Community House**  Contact: Lani Peach  59 719 100 | Orwil St Community House  16 Orwil St,  Frankston | Day 4th Wednesday of the month  Time 10:00am to 12 noon  Cost: $25 |
| **ASSERTIVENESS COACHING**  A 3hr workshop. Learn how to find your voice, express yourself respectfully and improve communication in all your relationships. | **Lifeworks** Relationship Counselling & Education Service 9783 7611 Or Register on line  At [www.lifeworks.com.au](http://www.lifeworks.com.au/) | Lifeworks  345 Nepean Hwy Frankston | Day Tuesday  Please phone for next session dates  Time 10.00am -12pm  Cost $200($150 concession) |
| **SEA CHANGE**  A PROGRAM FOR Women who would like to feel more in control of their anger and to find healthier ways to manage their responses, communicate and express their feelings. | **Lifeworks** Relationship Counselling & Education Service 9783 7611 1300 543 396 Or Register on line  At [www.lifeworks.com.au](http://www.lifeworks.com.au/) | Lifeworks  345 Nepean Hwy Frankston  If booked out also runs in Melbourne City in Feb and April | Please phone for further details  Booking essential |
| **KINSHIP CARER SUPPORT GROUP**  Are you a kinship carer who is caring for a child that is not your own on a fulltime basis? Attend a social group to gain information, share ideas and have fun in an informal setting. | **Orwil Street Community House**  Contact: Sue Gale  9212 5600 | Orwil St Community House  16 Orwil St,  Frankston | Day Thursday mornings during school term  Time 9.30am to 12 noon |
| **AUTISM FRIENDSHIP GROUP (BALLAM PARK)** | **MOIRA**  Kerri Rolft – Parent Support Coordinator  Ph: 8552 2222 | Ballam Park Primary School  Belar Avenue  Frankston | Day 2nd Monday of the month during school term  Time 10am – 12noon |
| **HEADSPACE-** Frankston is a health service for young people living in the Frankston and Mornington Peninsula region. We collocate with YSAS (Youth Support and Advocacy Service), SalvoCare, MIND, PSS, Skills plus and have access to other youth services. We also outreach to Shed11 in Hastings and Y-Lounge in Rosebud. If you wish to access any of our services, give us a call on (03) 9769 6419. All services offered at **headspace** Frankston are free and confidential.  If you are experiencing any mental health issues, want to reduce your use of alcohol and other drugs, are trying to find somewhere to live, need support getting into work or study, need an STI check or have anything else going on in your life you need support with, we can help.  Sexual Health services; youth reference group, youth early psychosis program, work and study services; mental health services; alcohol and drug services, youth programs and more. Please contact them. Your information is confidential  Opening Hours -  Mon –Fri 9.00am-5.00pm Intake workers - Mon - Friday: 11am – 4pm  Programs offered below. Please phone and talk to intake worker for further details and bookings.  **Email:**          [headspace@peninsulaheadspace.org.au](mailto:headspace@peninsulaheadspace.org.au)  **Web:**       <https://headspace.org.au/headspace-centres/frankston>  Some of these are in Frankston and some run in Hastings and Rosebud. | | | |
| **FAMILY, CHILDREN & YOUTH SUPPORT** | | | |
| **THE HANGOUT-YOUTH SUPPORT, INFORMATION AND REFERRAL**  Offers general support, information and referrals to young people aged 12 to 24 and their families. | Imogen 0439 351 433  Tennille 0488 592 621 | Please phone for further details or if In need of help. | Please Phone for further details |
| **KINSHIP CARER SUPPORT GROUP**  For those people caring for a child who is not their own. Morning tea provided. | **Oz Child**  Sue Gale  92125600  [kinship@ozchild.org.au](mailto:kinship@ozchild.org.au) | Orwil St community House  16 Orwil St, Frankston | Please phone for details |
| **SWITCH BOARD SPORTS**  For youth 12 to 17yrs. Come and enjoy board sports, design workshops, life skill classes and community projects. | **Lyrebird Community Centre**  9768 1366 As Above  Booking essential | Lyrebird Community Centre Carrum Downs | Please phone for details |
| **MULTICULTURAL PLAYGROUP**  For parents that have recently arrived in Australia or who was born outside Australia, share your cultures and make new friends. | **Frankston City Council**  Contact Jo  8786 6650 | Karingal Place  103 Ashleigh Ave  Frankston | Please phone for details |
| **ORWILL HOUSE**  The House offers a range of low cost activities for people of all ages. Our experienced tutors offer friendly, well-prepared classes and workshops. We also love to hear from new tutors who want to try their wings. New people and ideas are always welcome.  We offer Information, Referrals, Support, Qualified Low Cost Counselling, Friendship, Volunteer and Student placements, Playgroup, Self-Help Groups. Venue for Hire for meetings/classes. Photocopy, laminating, fax, computer access at reasonable rates. This House welcomes people of all ages, culture, gender, health status, affection preferences, background or ability. Drop by soon! We gratefully acknowledge financial support from the Victorian Government,  Phone 9783 5073. Fax 9770 0172  Monday to Friday 9.00am to 3.00pm  http://www.orwilst.org<http://www.orwilst.org.au>.au/  Department of Health and Human Services and Frankston City Council | | | |
| **HIPPY**  Home interaction program for parents and youngsters. A 2 year program. Need to live in Frankston nth, Seaford east, Karingal or Frankston central and care for a child who will be starting school in 2015. | **Brotherhood of St Laurance**  Ph. Louise Mackinnon  9786 0724  Call or text 0429 861 118  Frankston North coordinator  Email LMackinnon@bsl.org.au | Phone for details, to see if your family is eligible. |  |
| **YOUTH RESOURCE CENTRE**  A youth service which provides information and support for the young people of Carrum Downs aged 12-24 years | **Frankston Youth Resource Centre**  9768 1366 | 9 Ross Smith Ave West Frankston | Please phone for details |
| **TRANSITION TO WORK**  Are you aged 15 – 21 and looking for work, but don’t know where to start? We can help. | **Brotherhood of St Laurence**  Ph: 1800 719 404  [TTWFrankston@bsl.org.au](mailto:TTWFrankston@bsl.org.au) | High Street Centre  24 – 26 High Street  Frankston | Phone for further information and details |
| **RED GROUP**  Place where mums, aunts, grandmothers & step-mums can exchange their stories with other fantastic women. | **Orwil Street Community House**  Sandra 0407 337 232 or 9783 5073 | Orwil Street Community House16 Orwil St Frankston | Date Tuesdays (in school Term) Time 1.00 – 3.00pm  Cost Gold coin |
| **FAMILY LIFE- COMMUNITY BUBS**  Provides intensive support for families who have an infant | **Family Life**  : Adrienne (Family Life)  5985 1297  <http://familylife.comm.au/>  [info@familylife.com.au](mailto:info@familylife.com.au) | Family Life Community House, 10 Carmichael Street, Tootgarook 3941 | Is running this term, for details please phone Family Life |
| **MOTHER GOOSE & JIVE, JIGGLE & JUMP**  Supported programs for children 0 - 5 and their caregivers incorporating songs and rhymes | **Family Life**  : Adrienne (Family Life) 5985 1297  [www.familylife.com.au](http://www.familylife.com.au/) [Twitter](http://www.twitter.com/familylifeAU) | [Facebook](http://www.facebook.com/pages/Family-Life/49949567157) | [YouTube](http://www.youtube.com/user/FamilyLife001/videos) | Family Life Community House, 10 Carmichael Street, Tootgarook 3941 | Ring for further details  Cost Free  Please phone for further details |
| **YMCA SOUTHERN PENINSULA YOUTH SERVICES** Weekly youth group program for youth aged 12 - 18 years | **Family Life**  Jeanette (YMCA) 0448 916 724  [www.familylife.com.au](http://www.familylife.com.au/)  [Twitter](http://www.twitter.com/familylifeAU) | [Facebook](http://www.facebook.com/pages/Family-Life/49949567157) | [YouTube](http://www.youtube.com/user/FamilyLife001/videos) | Family Life Community House, 10 Carmichael Street, Tootgarook 3941 | Ring for further details |
| **COFFEE CLUB** Social group to connect and support local parents and families in a relaxed and supportive environment | **Family Life**  Contact: Kate (Family Life) 5985 1297 or [tootgarook@familylife.com.au](mailto:tootgarook@familylife.com.au)  [www.familylife.com.au](http://www.familylife.com.au/)  [Twitter](http://www.twitter.com/familylifeAU) | [Facebook](http://www.facebook.com/pages/Family-Life/49949567157) | [YouTube](http://www.youtube.com/user/FamilyLife001/videos) | Family Life Community House, 10 Carmichael Street, Tootgarook 3941 | Ring for further details |
| **LYREBIRD COMMUNITY CENTRE**- runs several playgroups, only music playgroup; occasional care programs and immunisations. Lyrebird Community Centre - 203 Lyrebird Drive, Carrum Downs  Check with centre or local council. 972 0133(centre)  City of Frankston Family Services Links are:  <http://www.frankston.vic.gov.au/Our_Community/Family_Services> - City Council link  <http://lyrebird.org.au/> Lyrebird community centre link  **COOKING FOR KIDS** 6-12yrs  **FRANKSTON ADOPTION SUPPORT GROUP** – a group to support parents of adopted children  **CRAFT FOR KIDS** A fun and affordable class for primary school children aged 8 and above.  **YOUTH RESOURCE CENTRE** come and join us for some fun. Hang out during the holidays. For people aged 12-17yrs living, working or attending school in Frankston Municipality. | | | |
| **LANGWARRIN COMMUNITY CENTRE** Langwarrin Community Centre\ 2-6 Lang Rd. Langwarrin ph: 9789 7653  **STORYTIME PLAYTIME**- This is a fun story & play session for children aged 1 to 5 years and their parent/caregiver  **LANGWARRIN YOUTH HUB** - Information, support, referral and activities  **PLAYGROUP**-Playgroup is for parents & toddlers, An ideal environment to introduce toddlers to each other  **PLAYTIME –** 3 YEAR OLD KINDER.- Playtime is a stepping stone to 4 year old kinder. Trained staff run structured sessions that include lots of activities | | | |
| **FRANKSTON TOY LIBRARY**  An extensive range of toys include outdoor play, role play, puzzles, games, musical & construction toys | Phone 9781 3900  Playgroup Development Officer 9784 1047 | Frankston Toy Library  60a Playne St  Frankston.  (next door to the Frankston Library)  Carrum Downs | Day wed  Time 5.00-8.00pm  Day Thurs & Fri  Time 10.00 – 5.00pm  Day Sat  Time 10.00-3.00pm |
| **d PLAYGROUP** VACCA  A facilitated playgroup for all Koorie families | **VACCA**  9706 6383 | Montague Park Playgroup Hall, Bently Place  Frankston | Times 9.30 – 12.00pm  Day Wednesday  During School Term |
| **GATEWAY PLAYGROUP**  Is a community based playgroup run by Gateway Church (Australia) Ltd. We are members of Playgroups Victoria and cater for families with children aged between 0-4 years of age | **Gateway Church**  Sally Jones (Children's Pastor)  Ph.: 9785 7500 | Gateway Worship and Performing Arts Centre in Seaford (Mel Ref: 99 G5). Parking is available at the rear of the building at 14 Heversham Drive, Seaford | Days Monday and Friday  Time 10.00am-12.00pm  Tea, coffee & morning tea is provided for parents  Cost: $40 per family, per term |
| **WEEKLY STORYTIME**  Tiny Tots 0-2 years  Preschool 3-5 years | **Frankston City Libraries**  Phone:  9784 1020 | Frankston, Carrum Downs, Seaford, Belvedere Community centre, Frankston North Community Centre, Langwarrin Customer Service Centre, Karingal PLACE | \*Please note: Storytime sessions do not run during school holidays  Or public holidays.  Cost FREE |
| **KARINGAL PLACE NEIGHBOURHOOD CENTRE**  Has many ongoing classes but can also arrange new courses or programs so please contact us if you have any ideas on classes we can run. We welcome new ideas. | 03 8786 6650 | Karingal Place Neighbourhood Centre  103 Ashleigh Avenue  Frankston | Contact Centre for programs, activities and services currently being run. |
| **MY TIME PLAYGROUP, SEAFORD**  For parents and families with children who have a chronic illness or disability. | Contact Tina  P. 0409 542 238 | Belvedere Community Centre  36 Belvedere Rd  Seaford | Thursday (every second)  10am - 12pm |
| BELVEDERE COMMUNITY CENTRE  36 Belvedere Road, SEAFORD VIC 3198 (Next to the Belvedere Park Primary School)  Phone:9776 8922 Fax:9776 8956 Mail: P.O. Box 1057 Belvedere Park LPO 3198 Email: [reception@belvedere.org.au](mailto:%20reception@belvedere.org.au)  <http://www.belvedere.org.au/>  Playgroups; Mums and Bubs; Story Time; Youth programs; workshops.  Phone or email for Playgroups, story times and other programs and workshops or go to web site. | | | |
| **YOUNG MUM’S PLAY AND LEARN GROUP-**  For mums 25 and under looking for any or all of these: Friendship for your or your baby. Some time with other like-minded young mums, support. | **Orwill St community House**  Facilitator: Danielle Loogman  03 9783 5073  http://www.orwilst.org.au/ | 16 Orwill St  Frankston | Day Monday  Date all term  Time 1.00pm-2.30pm  Cost $2 donation |
| **POP ALONG PLAYGROUP**  A great opportunity to meet new people and allow your child to play and socialise. New families always welcome. Grandparents and stay at home Dads are most welcome too! | **Orwill St community House**  Facilitator: Athina Houvardas  03 9783 5073  http://www.orwilst.org.au/ | 16 Orwill st Frankston | Please phone for further details |
| **MESS MAKERS**  Sensory play enhances learning opportunities offering a variety of experiences and endless possibilities for play. | **Orwill St community House**  Heather Waterman  0468 741 433 | 16 Orwill St  Frankston | Day Fortnightly 1st & 3rd Thursday’s  Time 10.00am – 11.00am  Cost $15 per session. $10 for siblings |

| **City of Glen Eira** | | | |
| --- | --- | --- | --- |
| Group / Program | Contact | Address | Details/ Other |
| **PARENTING** | | | |
| **GLEN EIRA CITY COUNCIL**  **Glen Eira City Council**  Offers many services: Maternal and child health; children’s centres; occasional care- short term flexible child care for children aged 6mths to 5yrs.; Childhood immunisation; family and children’s publications; playgroups and toy libraries; training and support for parents/guardian’s/grandparents/ playgroup attendees and early childhood educators.  The Council also offers other services.  Glen Eira City Council  Corner Glen Eira and Hawthorn Roads, Caulfield, Victoria. PO Box 42 Caulfield South 3162  Telephone 03 9524 3333, Speak and Listen 1300 555 727, Facsimile 03 9523 0339, Email [mail@gleneira.vic.gov.au](mailto:mail@gleneira.vic.gov.au)  [www.gleneira.vic.gov.au](http://www.gleneira.vic.gov.au) | | | |
| **BODY SAFETY AND PROTECTIVE BEHVIOURS-** free workshops for parents and carers to prevent child sexual abuse and to support children in enjoying healthy respectful relationships now and in the future | **Body Safety Australia Partners**  **Glen Eira City Council**  For information about next one  Gleneira.vic.gov.au | Glen Eira Town hall, Theatrette, | Ran in first term is in Malvern Town hall this term.  Ring the council for further details. |
| **FAMILY VIOLENCE** | | | |
| **ORANGE DOOR**  Go to “ FAMILY VIOLENCE REFORM” on page 12 for details  Or  Website: <https://www.vic.gov.au/familyviolence/the-orange-door.html>  For Confidential support and information call Safe Steps 1800 015 188  For Urgent assistance call Triple Zero 000  **Men's Referral Service** [Men’s Referral Service](http://www.ntvmrs.org.au/) provides an anonymous and confidential phone counselling, information and referrals service on [1300 766 491](tel:1300766491) for:  men who might be using violent and controlling behavior towards a partner or family member  men who have been victimized by a partner or family member  women wishing to find information about male family violence  friends, family or colleagues of people who are using or experiencing family violence  Professionals wishing to support a male or female client using or experiencing family violence.  **Victims Support Agency**  The Victims Support Agency provides support and information to help adult male victims of family violence and victims of violent crime.  The service guides victims through the legal process and helps manage the effects of crime through practical assistance and counselling.  Call the Victims of Crime helpline on 1800 819 817 or use the text service via 0427 767 891 (8am to 11pm, 7 days a week).  **Aboriginal Family Violence Prevention and Legal Service (FVPLS)**  This is an Aboriginal community-run organisation providing assistance to Aboriginal and Torres Strait Islander victim survivors of family violence and sexual assault. You can call FVPLS on 1800 105 303.  **InTouch: Multicultural Centre against Family Violence**  This is a state-wide organisation specialising in services, programs and responses to family violence in migrant and refugee communities. You can call InTouch on 1800 755 988. | | | |
| **MENS AND FATHERS** | | | |
| **DADS REUSCITATION (cpr) FOR BABIES**  Learn about CPR, unconsciousness, choking, fevers and seizures. Provided by Little Aid Running 4 different sessions throughout the year. So if you miss one book the other. | **Maternal Child Health**  To Book phone MCH administration 9524 3403 or talk to your MCH nurse. | Bentleigh Maternal and Child Health Centre  542 Centre Rd  Bentleigh | Please Phone for further details |
| **MEN’S RESPONSIBILITY GROUP**  A group for men who want to say “no” to violent & controlling behaviour & learn new ways of relating to their families. | **Monash link Community Health Service**  Pauline A  1300 552 509 | Monash link Community Health Service  568 Neerim Rd  Hughesdale | Please phone for further details.  [www.monashlink.org.au](http://www.monashlink.org.au) |
| **THE BBQ BOYS**  Support group for male carers living in the southern region of Melbourne. It offers peer support, fun and relaxing social activities, a space to talk about bloke’s carer issues, as well as information, referral and support. **SEE PAGE 6** | **RESPITE SOUTH**  Ring Nathan 9212 3006  Or 0417 1233 189 or email n.diep@alfred.org.au | Ring Nathan. Venues change | Day First Tuesday of each month |
| **DUCKS**  **(Dads Understanding Challenging Kids)**  For fathers of children with a disability peer support group | **MOIRA**  Kerri Rolfe Parent Support Coordinator for Southern Region  Ph: 9855 2222 | Gabriella’s Pizza  Carnegie | Day 1st Thursday of month  Time 7.30pm onwards |
| **DISABILITIES, CHALLENGING BEHAVIOURS,ALCOHOL & DRUGS, MENTAL HEALTH** | | | |
| **LEADING THE NEXT STEPS**  Workshop for parents/primary carers of children with a disability and our presenters are parents or siblings of a person with a disability themselves so they understand issues from a family perspective. | **Association for Children with a Disability** [www.trybooking.com/32010](http://www.trybooking.com/32010) or ph. 9818 2000  Rural callers 1800 654 013 email [mail@acd.org.au](mailto:mail@acd.org.au)  [www.acd.org.au](http://www.acd.org.au) | Please contact for details | Please contact for details |
| **KINSHIP CARER SUPPORT GROUP** Are you a kinship carer who is caring for a child who is not your own? Living in the municipalities of Bayside, Glen Eira, Port Phillip and Stonington-Come and meet with other Kinship Carers and share the highs and lows of being a kinship carer! | Kinship Care **Oz Child** Contact Sue Gale  ph. 9212 5600  for further information | Highett Neighbourhood Community House  2 Livingston Street, Highett | Day 1st Friday of month  Time 10.00am- 12noon  Morning tea provided |
| **GAMBLING & GAMING**  The impact of Video Games on young people. Workshops and programs including the READYS award winning Video Game Project- The Lab- (Game development for young people with Autism and Asperger’s). | **Gambler’s Help Southern**  9575 5353  Gamblershelpsouthern.org.au | Clarinda Community Centre  Free parking  Please phone for details | Please phone for further information and any programs. |
| **WELLWAYS-**  run programs through MI Fellowship Victoria and other partner organisations for families and friends of people with a mental illness. | **Wellways**  276 Heidelberg Rd Fairfield  03 8486 4200  Enquiries: [enquiries@mfellowship.org](mailto:enquiries@mfellowship.org)  www.mfellowship.org | Please phone 9784 6800 for further information. | Phone for current programs  9784 6800 |
| **SHARC -** provides a confidential telephone helpline and web-based information services; community based training programs and support groups across Victoria, in metro, regional and rural areas; a peer based residential program for young people; a consumer advocacy service for treatment service users; and training for health and welfare workers.  Address: 140 Grange Road, Carnegie, 3163 Phone: 03 9573 1700 E-mail: [info@sharc.org.au](mailto:info@sharc.org.au) | | | |
| **FAMILY SUPPORT** | | | |
| **PLAYGROUPS** | **Playgroup Victoria**  [www.playgroup.org.au](http://www.playgroup.org.au) | Check website for locations | Check website for locations Telephone: toll free 1800 171 882 (within Victoria) |
| CARING MUMS  In the challenging first months of your baby’s life, a trained volunteer provides you with one on one emotional support. Through weekly visits, together you navigate the new and exciting road of motherhood | **NCJWA**  **Victorian Multicultural Commission**  [caringmums@ncjwa.org.au](mailto:caringmums@ncjwa.org.au)  ph. 9044 5405 or 0481 081 242  [www.caringmums.org.au](http://www.caringmums.org.au) | Bubup Nairm Family and Children’s Centre  998 Carlisle St,  St Kilda | The program is free of charge, nonjudgmental and confidential. Women in the Cities of Yarra, Kingston, Port Phillip, Gen Eira, Bayside and Stonnington are eligible for the served for up to one year |
| **THE SUPPER CLUB**  A new support group for families dealing with grief and loss due to alcohol and /or drug overdose or related illness. | **Family Drug Help**  Ph. 9573 1789  [fdh@Share.org.au](mailto:fdh@Share.org.au) | Family Drug Help 140 Grange Rd, Carnegie | Please phone for details |
| **WOMEN RECLAIMING THEIR LIVES GROUP**  9 week group for women who have experienced or are experiencing violence at home. | **Monash link Community Health Service**  568 Neerim Rd Hughesdale Jennifer or Helen  1300 552 509 | Monash link Community Health Service City of Monash Location to be advised upon booking | [www.**monashlink**.org.au](http://www.monashlink.org.au) |
| **South Eastern Multiple Birth Association**  A support group for multiple birth families, run by parents with multiples.  Programs ran, so please contact.  <http://semba.amba.org.au/index.html> | **SEMBA**  New Parent Contact: [sembanewparent@hotmail.com](mailto:sembanewparent@hotmail.com)  President: [sembapresident@hotmail.com](mailto:sembapresident@hotmail.com) | South East of Melbourne, covering the main areas of Bayside, Glen Eira and Kingston Councils. | Playgroups on Monday, Wednesday and Thursday mornings contact us for details |
| **SOME SPACE FOR ME** a support group to assist Women with Self Esteem. | Trish Parker 9690 9144 or Sandra Peachy 9525 1300 | South Port Centre  341 Coventry St. South Melbourne | Date Phone for date  Time 10.30am-1.00pm |
| **SOCIAL GROUP for MUMS**  Up to 25 years | **Bentleigh Bayside Community Health** Service Inc Rachael 0438 538 119 | Bentleigh Bayside Community Health Service  Gardeners Rd, Bentleigh East | Date Thursday  Time 11.00 – 1.00pm  Please phone and check. |
| **YUMI SUPPORTED PLAYGROUPS** For Women experiencing emotional difficulties since the birth of their baby. | **Moongala Women’s Community House**  House Co-ordinators: Julie & Jude  Ph.: 9570 3468  moongala@optusnet.com.au | Moongala Women’s Community House  824 Centre Road  East Bentleigh | Date Thursday’s  Time 10.00am – 11.30am  Please phone and check. |
| **MUM FOR MUM PROGRAM**  MUM is a non-denominational program of the National Council of Jewish Women of Australia (Vic) that provides women who have a child less than one year of age with emotional support. Women can self-refer or may be referred through health professionals such as their maternal and child centre nurse, GP, obstetrician or counsellor. Check out: <http://port-phillip-leader.whereilive.com.au/news/story/glen-eira-outreach-service-to-keep-mum-happy/> Website too: [www.mumformum.org.au](http://www.mumformum.org.au) Phone 9523 0535 | | | |

| **City of Greater Dandenong** | | | |
| --- | --- | --- | --- |
| Group / Program | Contact | Address | Details/ Other |
| **PARENTZONE PROGRAMS ; PARENTING/ PLAYGROUPS/FAMILY VIOLENCE/DADS** | | | |
| **PARENTS BUILDING SOLUTIONS**  Growing Great Kids A program for parents, grandparents, step parents & carers. Tired of Yelling? Dealing with Anger, Strategies that work, technology and our children, Self-Care are just some of the topics discussed. | **Anglicare Victoria Parentzone**  **Bookings**  Deborah Lucas - 9795-3744  Email: lucas.deborah.s@edumail.vic.gov.au  Jasbir Singh Suropada, Parentzone Anglicare.  Mob: 0431 203 177 or simply text your name to register  Email: [jasbir.suropada@anglicarevic.org.au](mailto:jasbir.suropada@anglicarevic.org.au) | Rosewood Downs  Primary School  Murray Road  Dandenong North | Term 1  Day Fridays  Time 9.30am-12.00pm  Dates 1st,18th,22nd,29th March and 5th April 2019  Cost Free  Bookings Essentials  (Refreshments Provided) |
| **PARENTS BUILDING SOLUTIONS**  Parenting in Australia A program for parents, grandparents, step parents & carers. Tired of Yelling? Dealing with Anger, Strategies that work, technology and our children in Today’s Australia, Self-Care with Parenting are just some of the topics covered. | **Anglicare Victoria Parentzone**  **Bookings or enquiries**  Mary Verway-Principal  5946 7562  Email: [verwey.mary.d@edu.vic.gov.au](mailto:verwey.mary.d@edu.vic.gov.au)  Jasbir Singh Suropada, Parentzone Anglicare.  Mob: 0431 203 177 or text your name to register  Email: [jasbir.suropada@anglicarevic.org.au](mailto:jasbir.suropada@anglicarevic.org.au) | Heatherhill Primary School  959 Heatherton Rd,  Springvale | Term 2  Day Wednesdays  Time 9.00am to 11.30am  Dates 22nd,29th May, 5th,12th, 19th, 26th June 2019  Cost Free  Bookings Essential |
| **PARENTS BUILDING SOLUTIONS**  Growing Great Kids A program for parents, grandparents, step parents & carers. Tired of Yelling? Dealing with Anger, Strategies that work, technology and our children, Self-Care are just some of the topics discussed. | **Anglicare Victoria Parentzone**  **Bookings or enquiries**  Elissa Sewell 9792 4406  Email: [sewell.elissa.j@edumail.vic.gov.au](mailto:sewell.elissa.j@edumail.vic.gov.au)  Jasbir Singh Suropada, Parentzone Anglicare.  Mob: 0431 203 177 or text your name to register  Email: [jasbir.suropada@anglicarevic.org.au](mailto:jasbir.suropada@anglicarevic.org.au) | Yarraman Oaks Primary School  27 Liege Ave  Noble Park | TERM 2  Day Thursdays  Time 9.30am to 12pm  Dates 2nd,9th,16th,23rd 30th May and 13th June 2019  Cost Free  Must Book |
| **PARENTS BUILDING SOLUTIONS**  DADS DO MATTER (DDM)A Program for dads, come join other dads  Share experiences learn new strategies and solutions on: Increasing your confidence as a dad; improving communication and closeness with your kids, creating a healthy environment for your children. Learn strategies and tools that work. Learning how to cope with stress emotions and anger.  CERTIFICATE ON COMPLETION | **Anglicare Victoria Parentzone**  **Bookings**  Deborah Lucas - 9795-3744  Email: lucas.deborah.s@edumail.vic.gov.au  Jasbir Singh Suropada, Parentzone Anglicare.  Mob: 0431 203 177 or text your name to register  Email: [jasbir.suropada@anglicarevic.org.au](mailto:jasbir.suropada@anglicarevic.org.au) | Rosewood Downs  Primary School  Murray Road  Dandenong North | Day Thursday  Date 29th November 2018  Time 6pm to 8.30pm    Cost Free.  Must book |
| **PARENTS BUILDING SOLUTIONS**  **Build a greater relationship with your children** | **Anglicare Victoria - Parentzone**  For enquiries contact: Vanja Flett at Parentzone on  03 5945 2000 or 0429 454 693  or email: Vanja.Flett@anglicarevic.org.au  Lynne Ferris at Keysborough Primary School  on 03 9798 4764 | Keysborough Primary School  33 Coomoora Rd.,  Springvale South | Day Wednesday  Date 17th October  Time 6.00pm to 8.00pm  Refreshments provided |
| **BEYOND THE VIOLENCE**  An 8 week program for Non-offending Parents and their children who have experienced Family Violence | **Parentzone, Anglicare Victoria**  **Mission Australia**  **Bookings and Enquiries**  Ariane Hahn on 0499 080 468  [Ariane.hahn@anglicarevic.org.au](mailto:Ariane.hahn@anglicarevic.org.au) | Dandenong Venue  Details provided upon booking | Day Monday  Date 11th Feb – 1st April 2019  Time 4.15pm-6.34pm(includes refreshments for parents and children)  Cost Free  Bookings essential |
| **3-4 YEAR-OLD PLAYGROUP**  Is your child starting school in 2020 or 2021? If so, we would like to invite you to our playgroup that will prepare and encourage your child to start kindergarten School. Your child will have may learning experiences in a safe and friendly environment, including story time, outdoor play and may fun activities, while making new friends. We will also have an excursion/picnic to our local playground. | **Anglicare Victoria Parentzone. Keysborough Primary School and Mission Australia.**  For booking and more information please call  Vanja Flett 0429 454 693  Or  03 5945 2000 | Community Room  Keysborough Primary School,  33 Coomoora Rd, Springvale South | Day Tuesdays  Time 9.00 -11.00  Term 1 5th,12th,19th,26th Feb, 5th, 12th,19th,26th March 2019  Bring a piece of fruit, a coat and a hat for your child. Like any other playgroup, your child will need to be accompanied by an adult.  Booking essential |
| **General Playgroup**  Your child will have many learning experiences in a safe and friendly environment, including story time, outdoor/indoor play and many fun activities, while making new friends.  Like any other playgroup, your child will need to be accompanied by an adult | **Anglicare Victoria Parentzone. Keysborough Primary School and Mission Australia**  For further details  Keysborough Primary School on 9798 4764  or Vanja Flett, Parentzone, on 0429 454 693 | Community Room  Keysborough Primary School,  33 Coomoora Rd, Springvale South | Day Fridays  Time 9.00 -10.30  School Term  Bring a piece of fruit, a coat and a hat for your child.  Booking essential |
| **Play circle.**  **10 wk. Supported Playgroup**  A safe and supported space for parents and their preschool children with two trained facilitators.  Meet other families in the  community  Play and have fun with each  other.  Time out from life’s worries. | **Anglicare Victoria Parentzone.**  **Mission Australia**  For bookings & enquiries contact:  Alison Krusec  0409 316 6200 or email  Alison.Krusec@anglicarevic.org.au | Dandenong Library | Day Thursdays  Date School Term starting 7th Feb  Time 9.30am to 11.00am |
| **PARENTING PROGRAMS** | | | |
| **HELP FOR PARENTS AND CHILDREN**  Ph 9767 0817 talk to your Maternal Child Health Nurse | Offers many services: Maternal and child health; children’s centres; occasional care- short term flexible child care for children aged 6mths to 5yrs.; Childhood immunisation; family and children’s publications; playgroups and toy libraries; training and support for parents/guardian’s/grandparents/ playgroup attendees and early childhood educators. Special assistance is available for children with: disabilities, developmental difficulties, from Aboriginal or Torres Strait islander Families.  <http://www.greaterdandenong.com/section/25485/your-council-services> Gives you main page  <http://www.greaterdandenong.com/section/84/families-children> Family Day Care; Maternal Child and Health; Kindergarten & childcare; Family Support & counselling; Playgroups; Toy Libraries; child and Family Partnership; After Hours Help and Advice..  The Council also offers other services. youth.greaterdandenong.com/ youth Services available. Update for programs in 2016 please call Telephone: 03 9793 2155. Hours: 9am - 5pm, Monday – Friday | | |
| **RE CONNECT PROGRAM is** a program for people aged 17-64 who are long term unemployed, not engaged in education or training and with no prior accredited qualifications.    They may have multiple barriers to education and find it hard to navigate the system.  We work with them to help reduce the barriers and re-engage them in education / training to meet their employment goals in the future**.**  This is offered in the City of Greater Dandenong and the City of Casey. | **Brotherhood of St Laurence** Skills for work  Learning Support Officer – Reconnect Program  The Brotherhood of St Laurence  Level 2, 1-7 Langhorne St,  Dandenong 3175  T 03 8752 8552  M 0491 050 613  [janette.witt@bsl.org.au](mailto:janette.witt@bsl.org.au) [www.bsl.org.au](http://www.bsl.org.au/) | Please ask for details when phoning the office  Level 2, 1-7 Langhorne St, Dandenong 3175 **I** T 03 8752 8552 **I** M 0491 050 613 | Please phone regarding this and other help.  They are happy to talk to anyone who expresses interest in the Reconnect Program. If they’re not eligible but still need some help/advice we will gladly talk to them and try to point them in the right direction or link them with a service that can help them reach their education and employment goals. |
| **EAT WELL SPEND WELL**  A 6wk program to assist parents with basic budgeting and nutritional, low cost cooking skills development | **Uniting**  Group Workers  5990 8400 | To be announced | Please Phone for details. Not finalised at time of printing. |
| **CHALLENGING BEHAVIOURS, DISABILITIES, GRIEF, Drug & Alcohol dependency, CALD AND OTHER** | | | |
| **WHO’S IN CHARGE?**  Who’s in Charge? A 7-week program for parents or carers of young people (8 to 18) who are beyond control, violent or defiant. | **Uniting Connections**  Ph. Group Workers  5990 8400  **connections.org.au** | Springvale Uniting Church  47 Balmoral Ave  Springvale | Day Tuesdays  Date 12th feb to 26th March 2019  Time 10am-12.30pm  Cost Free  Booking Essential |
| **Anxiety Recover Centre Victoria**  Support group for people that been affected by anxiety disorders, that have similar experiences. Family friends and members are welcome | **Anxiety Recover Centre**  1300 269 438 | Please phone for details. | Contact Anxiety Recover  Centre 1300 269 438 |
| **MAKING A DIFFERENCE**- a unique program for women from migrant background. Discover your own power and how to use it to make a difference.  Negotiation skills; problem solving; advocacy; leadership; communication and networking; conflict resolution; understanding and influencing Australian systems and decision makers. | **Wellsprings for Women**  Funded by Victoria Government’s Department of Premier and Cabinet  Email:  [rida@wellspringsforwomen.com](mailto:rida@wellspringsforwomen.com)  s | Wellsprings for Women”  79 Langhorne St,  Dandenong | Day Every Tuesday  Time 10.00am to 12.00pm  Starts 5th Feb 2019  Cost Free |
| **CONFIDENT LIVING PROGRAM**  A creative arts & social integration program for people with progressive MS& other neurological disorders. | **Multiple Sclerosis Australia**  Jenny Murray  9845 2772 | Noble Park Community Centre,  Ross Reserve, Memorial Drive, Noble Park  (Melway Ref 80 E12) | Please phone for details |
| **FAMILY SUPPORT**  Alcohol and/or drug use impacting on family | **Connections**-Alliance  Family Counselling Group Lynn 8792 8999 | 9 Maralinga Ave Keysborough Maralinga Primary School | Please phone for further details |
| **FRIENDSHIP GROUP**  Extended Families Vietnamese Family Friendship Group. Larger groups for children with a disability and their families meet regularly for fun, friendship and social development | **Extended Families** 03 9285 4838  Vietnamese speaking workers available | Please Phone for further details | Operates on a monthly basis. Please phone for more details. |
| **NEXT STEP**  Develop your potential and get ready to take that next step in life. | **Dandenong Neighbourhood House**  Please phone and book  9792 5298 | Dandenong Neighbourhood House  34 King St | Please phone for further details |
| **KINSHIP CARE- A CHANCE FOR CARERS**  Grandparents, aunts, uncles, friends and any significant other( who care for children when their parents are unable to), to get together and have a cuppa, some lunch, listen to a guest speaker but mainly have time to talk to each other about what’s happening for you. | **Wesley Mission**  For more information please call Ivanka Kisvardai, Family Support Worker on 9794 3000  Guest speakers attend | Wesley Mission  280 Thomas St  Dandenong | Day last Thurs in month  Time 10.00am-2pm  Cost Free  Light refreshments available |
| **NEW LIFE**  A recovery program for women with problems of addiction. Join this friendly support group. | 9792 5298  email dynhouse@satlink.com.au | 34 King St,  Dandenong Neighbour House | Please phone for further details |
| **NARCOTICS ANONYMOUS**  A support group for those recovering from drug & alcohol dependency. | **Neighbourhood House**  Matt 0431 024 838  Neighbourhood House 9792 5298 | 34 King St,  Dandenong | Please phone for further details |
| **MENS AND FATHERS PROGRAMS** | | | |
| **MEN FACING TODAY’S CHALLENGES.**  Dandenong Neighbourhood House  We look at strategies for dealing with issues in our lives & developing new life skills | **Dandenong Neighbourhood House**  9792 5298 | 34 King St  dynhouse@satlink.com.au | Please Phone for details |
| **THE BBQ BOYS-**  A support group for male carers living in the southern region of Melbourne. It offers peer support, fun and relaxing social activities, a space to talk about bloke’s carer issues, as well as information, referral and support. SEE PAGE 6 | **RESPITE SOUTH**  Ring Nathan 9212 3006  Or 0417 1233 189 or email  [n.diep@alfred.org.au](mailto:n.diep@alfred.org.au) | Ring Nathan. Venues change | Day - First Tuesday  of each month |
| **PIT STOP**  An eight-session ‘parenting tune-up’ for fathers who like seeing their families fire on all cylinders.  Get the FACTS on FATHERHOOD | **Uniting Connections**  Sid Ashby 5945 3900 or  Andrew Chisholm 8571 1317  Jonathan Gonsalvez 5945 3900  Connections.org.au  Greaterdandenong.com | To be announced | Please phone for further details. |
| **FAMILY VIOLENCE** | | | |
| **BEYOND THE VIOLENCE**  An 8 week program for Non-offending Parents and their children who have experienced Family Violence | **Parentzone, Anglicare Victoria**  **Mission Australia**  **Bookings and Enquiries**  Ariane Hahn on 0499 080 468  [Ariane.hahn@anglicarevic.org.au](mailto:Ariane.hahn@anglicarevic.org.au) | Dandenong Venue  Details provided upon booking | Day Monday  Date 11th Feb – 1st April 2019  Time 4.15pm-6.34pm(includes refreshments for parents and children)  Cost Free  Bookings essential |
|  | **Parentzone.**  **Mission Australia**  **Wellsprings for Women**  Alison Krusec 0409 316 620 or 03 5945 2000  Email: Alison.Krusec@anglicarevic.org.au | Wellsprings for Women”  79 Langhorne St,  Dandenong | Day Monday  Date During School Term  Time 4pm -6pm  Cost NO Cost |
| **Services and organisations in The City of Greater Dandenong**  **Domestic/family violence crisis and outreach services**   * 1800 Respect 1800 737 732, [www.1800respect.org.au](http://www.1800respect.org.au/)   24 hours a day, 7 days a week service for those experiencing sexual assault or family violence   * Safe Steps Family Violence Response Centre 1800 015 188, [www.safesteps.org.au](http://www.safesteps.org.au/)   24 hours a day, 7 days a week response line for victims of family violence providing emergency accommodation and referral to local support services   * InTouch Multicultural Centre Against Family Violence1800 755 988, [www.intouch.asn.au](http://www.intouch.asn.au/)   Support and advice for culturally and linguistically diverse women   * Centre’s Against Sexual Assault (CASA)9635 3610 (Counselling and support line), [www.thewomens.org.au/SexualAssault](http://www.thewomens.org.au/SexualAssault)   24 hours a day, 7 days a week crisis and support line for survivors of sexual assault  Information and Resource Agencies  Domestic violence Resource Centre, 9486 9896 <http://www.dvrcv.org.au/>  •Telephone support and referral to services for those experiencing family violence  •Online information for those have experienced family violence  •Training courses for professionals to improve skills in supporting survivors of family violence  •Pamphlets and booklets to assist survivors of family violence | | | |
| **FAMILY, CHILDREN & YOUTH SUPPORT** | | | |
| **POSITIVE PATHWAYS-** support for young people in Dandenong-Casey-Cardinia. Get information about all the services on offer in your area  **Look up: youthpositivepathways.com.au** | | | |
| **CONVERSATIONAL ENGLISH.**  A supportive group for women of varies backgrounds to come together and practise their English conversations skills | Phone: (03) 9701 3740  [administration@wellspringsforwomen.com](mailto:administration@wellspringsforwomen.com)  During school terms the office is open:  Mon – Thu 9.00am – 4.00 pm  Fri 9.00am – 2.00pm | Wellsprings for Women Inc.  79 Langhorne Street  Dandenong Vic 3175 | Phone for program details |
| **DROP IN AT ABA**  Drop in for a chat support and information.  For individual appointments please phone on a Tuesdays Wednesdays or Thursdays | **Australian** Breastfeeding Association  Tel Yvette  9791 4644 | ABA  71 Robinson St  Dandenong | Day Wednesdays  Date On going  Time 10.30-3.30pm  Cost Free |
| **KITH & KIN CARERS SUPPORT GROUP**  A support, social contact, activities & information sharing group | **Oz Child Family Services**  Bronwyn Harrison 9212 5600  bharrison[@ozchild.org.au](mailto:mdiblasio@ozchild.org.au) | Mornington &  Dandenong | Meetings monthly  Newsletter quarterly |
| **LIVING AND LEARNING TOGETHER.**  A supportive group for CALD women | **Wellsprings for Women**  9701 3740  [www.wellspringsforwomen.com](http://www.wellspringsforwomen.com)  [wells@satlink.com.au](mailto:wells@satlink.com.au) | Wellsprings for Women 79 Langhorne St Dandenong | Please call for further details |
| **LIBRARY HANGOUT** Drop in after school for fun activities (Art, Games, and Music) in a friendly environment or have a chat with our youth workers about our Programs and Services. For young people aged 12 to 25years | **City Of Greater Dandenong**  Youth Services 9793 2155 | Youth Area  Dandenong Library  225 Lonsdale St  Dandenong | Phone for details |
| **MOTHERS’ SUPPORT GROUP** For Mothers whose children attend Dandenong West Primary School and community | Ongoing | Dandenong West Primary School  32, Birdwood Ave,  Dandenong | Please phone further details  97922868 |
| **REFUGEE & SETTLEMENT PROGRAM**  Provides family relationship counselling, mediation, loss & grief programs for children, marriage preparation program & personal support program & School Refusal program | **Centre care Catholic** Family Services  [Contact Details](mailto:Contact DetailsT.8710 9600E.rspdandenong@ccam.org.auentacaremelbourne.org.au)  [T.8710 9600](mailto:Contact DetailsT.8710 9600E.rspdandenong@ccam.org.auentacaremelbourne.org.au)  [E.rspdandenong@ccam.org.auentacaremelbourne.org.au](mailto:Contact DetailsT.8710 9600E.rspdandenong@ccam.org.auentacaremelbourne.org.au) | 224 Thomas Street  Dandenong, VIC 3175 | Phone for more details  8710 9600 |
| **TOY LIBRARY** | **Springvale Services for Children**  8558 3800 [enquiries@springvalesc.com](mailto:enquiries@springvalesc.com) | 23-28 Lightwood Road, Springvale. VIC 3171 | 10:00-12.00 Mondays,  10.00-1.00 Tuesday, Thursday and Friday, 10.30-12.30 Saturday. |
| **WELLSPRINGS FOR WOMEN**  Wellsprings for women seeks to empower isolated women to live their lives more fully. Programs include - health and wellbeing, arts and crafts, migrant English and job skills. | **Phone: 9701 3740 Fax: 9793 9536** | 79 Langhorne Street Dandenong 3175 | Please phone for help |
| **YOUNG MOTHERS WALKING GROUP**  A weekly walk from Springvale Service for Children to local parks where children can play and mothers can chat before they walk back. Each walk will take approximately 15-25 minutes | **Springvale Services for Children**  8558 3800  [enquiries@springvalesc.com](mailto:enquiries@springvalesc.com)  For more information or to register your interest please contact Carolyn on (03) 8558 3800 | 23-28 Lightwood Road, Springvale. VIC 3171 | Every Thursday  Time: 10am-12pm |
| **WOMEN’S ONLY SWIMMING**  All women are welcome. Female only lifeguards and instructors are on duty at all times. | **Oasis Leisure Centre**  9767 5100 | Dandenong Oasis Leisure Centre  Cnr Heatherton Rd and Cleeland St Dandenong | Date Sunday evenings  Time 6.15pm – 8.15pm  Cost Please phone |
| **FReeZA** Are you interested in: planning and delivering an event. Music and dance. Technical production and recording? FReeZA is a great way to meet new people and gain valuable skills | **FReeZA**  **City of Greater Dandenong**  Contact Youth and Family Services on 9793 2155 | 39 Clow St, Dandenong  Opposite Dandenong Market | Phone for details |
| **LITTLE BROTHER AND SISTER PLAY GROUP**  Activities includes; Free play, Story Time, Art time, Obstacle Courses more. Next term we will be having the SING AND GROW program for ten weeks | **Noble Park Primary**  Please phone 9546 8811 for more information. | Noble Park Primary School,  65 Buckley Street,  Noble Park | Please phone for session times.  Please bring a piece of fruit.  Sandwiches provided. |
| **PLAYGROUP** | **Springvale Services for Children**  8558 3800 enquiries@springvalesc.com | 23-28 Lightwood Road, Springvale. VIC 3171 | Friday and Saturday Mornings 10:00am – 12:00pm  $2 per child |
| **Music Together.**  Music therapy program for children 0-5 years and their parents/carers**.** | **Uniting**  Bronwyn Atkin  5990 8400 | Springvale Uniting church  47 Balmoral Ave,  Springvale | Day Wednesdays  Date School Term  Time 10.30am-11.30am  Cost gold coin donation |
| **MY TIME PLAYGROUP**  For special needs children. Playgroup. | **Extended Families Southern Region**  5950 1055 [peninsula@extendedfamilies.org.au](mailto:peninsula@extendedfamilies.org.au)  Phone Thuy Cal 0405 015 445 | 11 Morwell Parade, Springvale | Please Contact Doris Wong for up to date information as it can change.  Ph. 9767 0826  dwong@cgd.vic.gov.au |
| **PLAYGROUP**  For children aged 0-5yrs | **Jan Wilson Community Centre** Contact Doris Wong  Ph. 9767 0826 | dwong@cgd.vic.gov.au | Jan Wilson Community Centre  Halton Road, Noble Park North. Ph. 97959279 | Please Contact Doris Wong for up to date information as it can change. |
| **TINY MINY MUSLIMS PLAYGROUP** a Program packed full of joyful educational experiences for children and Mums, including play activities and a Mothers discussion group. All welcome | **Please contact Doris Wong for up to date information**  Ph. 9767 0826  dwong@cgd.vic.gov.au |  | Please Contact Doris Wong for up to date information as it can change.  Ph. 9767 0826  dwong@cgd.vic.gov.au |
| **KEYSBOROUGH PS PLAYGROUP**  8 Weeks | **For more information please call:**  Pat Hill, Keysborough Primary School on (03) 9798 4764 or Vanja Flett  0429 454 693 | Community Room  Keysborough Primary School,  33 Coomoora Rd, Springvale South | Wednesdays  Date 18 May-29 June  Time 9.00 – 10.30am (School weeks)  \*What to bring: a piece of fruit or a snack, a coat and a hat for your child |
| **KEYSBOROUGH PS 3 Yr old PLAY GROUP**  8 Weeks | **For more information please call:**  Pat Hill, Keysborough Primary School on 9798 4764 or Vanja Flett on  0429 454 693 | Community Room  Keysborough Primary School  33 Coomoora Rd, Springvale South | Tuesdays  Date 17 May-19 June  9.00 – 10.30am  \* What to bring: a piece of fruit, a coat and a hat for your child |
| **KOORIE KIDS PLAYGROUPS**  Wonderful creative ideas to build our muscles, coordination and develop our pencil grips, ready for kinder and school next year | **Koori Kids** Playgroup Team  9706 6383 | Please Phone for further details | Please Phone for further details |
| **FAMILY, CHILDREN & YOUTH SUPPORT** | | | |
| **PLAY STEPS**  This 8 week program builds parenting skills with the emphasis of learning and connecting through play. It is designed to improve parent-child interaction by assisting parents develop a positive relationship with their child. 0-3 years. | **Queen Elizabeth Centre**  Ph: 9549 2777 | QEC  53 Thomas St  Noble Park | Each session will be 2 hours duration  • Toddler Group: 12 months to 3 year olds, 9:30am-11:30am  • Infant Group: 0 -12 month olds, 1pm-3pm  Tea, coffee & morning/afternoon tea provided.qec.org.au |

| **City of Kingston** | | | |
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| Group / Program | Contact | Address | Details/ Other |
| PARENTING | | | |
| **CITY OF KINGSTON** - Child Care Enrolments, Family Day Care, Outside School Hours Care for Primary School Aged care programs selected venues across the municipality.( Vacation Care, Before and After School Care and Curriculum Day Care).  Maternal and Child Health, Kindergartens, child care centres, Playgroups, Toy Libraries, What’s Happening Children’s Week, Networks and Workshops are available to families and those who work with families and children in the City Of Kingston.  <https://www.facebook.com/cityofkingston> phone 1300 653 356 [info@kingston.vic.gov.au](mailto:info@kingston.vic.gov.au)  Please contact Council for any of the Above. The site also has a range of other services that are available. | | | |
| **Parenting Support Groups**  **Positive Parenting Service**  **Information and Referral**  **Case Management** | Kingston Youth Services  For more information about this service please contact the Family Support Services Coordinator on 9581 4860 | Southland – Shop 1137 Southland Shopping Centre , Nepean Highway, Cheltenham  And  Aspendale Gardens Community Centre  103-105 Kearney Drive  Aspendale Gardens | Drop in Monday to Friday 1pm -5pm  Drop in Monday, Tuesday or Thursday  3.30pm – 5.30pm |
| **CARING MUMS**  In the challenging first months of your baby’s life, a trained volunteer provides you with one on one emotional support. Through weekly visits, together you navigate the new and exciting road of motherhood | **NCJWA**  **Victorian Multicultural Commission**  [caringmums@ncjwa.org.au](mailto:caringmums@ncjwa.org.au)  ph. 9044 5405 or 0481 081 242  [www.caringmums.org.au](http://www.caringmums.org.au) | Bubup Nairm Family and Children’s Centre  998 Carlisle St,  St Kilda | The program is free of charge, nonjudgmental and confidential. Women in the Cities of Yarra, Kingston, Port Phillip, Gen Eira, Bayside and Stonnington are eligible for the served for up to one year |
| **HEALTHY BUBS AND FAMILIES**  Provides education and skill development for parents around the importance of early attachment. | **Family Life**  8599 5433 or 97734624  [reden@familylife.com.au](mailto:reden@familylife.com.au) | Community  House  Keith Street | Please phone for day and dates. |
| **FAMILY LIFE- COMMUNITY BUBS**  Provides intensive support for families who have an infant | **Family Life**  8599 5433  <http://familylife.comm.au/>  [info@familylife.com.au](mailto:info@familylife.com.au) | Level 2, 11 Chesterville Rd, Cheltenham | Please phone to arrange time. |
| **MEN’S AND FATHERS PROGRAMS** | | | |
| **PIT STOP**  **Parenting Tune-Up**  A life changing course designed and delivered by men for every father who wants to see his family firing on all cylinders. | **City of Kingston**  Email [youth.services@kingston.vic.gov.au](mailto:youth.services@kingston.vic.gov.au)  Phone Alisa on 1300 369 436 | City of Kingston Council  Mentone Office  Mentone Room  34 Brindisi Street, Mentone | Ran sometimes.  Please phone and check if this is running this term |
| **The BBQ Boys**  Support group for male carers living in the southern region of Melbourne. It offers peer support, fun and relaxing social activities, a space to talk about bloke’s carer issues, as well as information, referral and support. | **RESPITE SOUTH**  Ring Nathan 9212 3006  Or 0417 1233 189 or email [n.diep@alfred.org.au](mailto:n.diep@alfred.org.au) | Ring Nathan. Venues change | Day First Tuesday of each month |
| **MEN’S BEHAVIOURAL CHANGE PROGRAM**  Provides men with an opportunity to learn and use alternatives to behaving in an abusive or violent manner. Men may be provided with individual counselling assistance prior to and after the group MATES Program. | Ph. 8599 5433 | 197 Bluff Rd  Sandringham  Service Address | Please phone for Direct help, and enquiries. |
| **FAMILY VIOLENCE** | | | |
| **ORANGE DOOR**  Go to “ FAMILY VIOLENCE REFORM” on page 12 for details  Or  Website: <https://www.vic.gov.au/familyviolence/the-orange-door.html>  For Confidential support and information call Safe Steps 1800 015 188  For Urgent assistance call Triple Zero 000  **Men's Referral Service** [Men’s Referral Service](http://www.ntvmrs.org.au/) provides an anonymous and confidential phone counselling, information and referrals service on [1300 766 491](tel:1300766491) for:  men who might be using violent and controlling behavior towards a partner or family member  men who have been victimized by a partner or family member  women wishing to find information about male family violence  friends, family or colleagues of people who are using or experiencing family violence  Professionals wishing to support a male or female client using or experiencing family violence.  **Victims Support Agency**  The Victims Support Agency provides support and information to help adult male victims of family violence and victims of violent crime.  The service guides victims through the legal process and helps manage the effects of crime through practical assistance and counselling.  Call the Victims of Crime helpline on 1800 819 817 or use the text service via 0427 767 891 (8am to 11pm, 7 days a week).  **Aboriginal Family Violence Prevention and Legal Service (FVPLS)**  This is an Aboriginal community-run organisation providing assistance to Aboriginal and Torres Strait Islander victim survivors of family violence and sexual assault. You can call FVPLS on 1800 105 303.  **InTouch: Multicultural Centre against Family Violence**  This is a state-wide organisation specialising in services, programs and responses to family violence in migrant and refugee communities. You can call InTouch on 1800 755 988. | | | |
| **CHALLENGING BEHAVIOURS, DISABILITIES, GRIEF, CARERS SUPPORT AND OTHER** | | | |
| **MAKING CHOICES**  Provides support and education for women who are or have experienced family violence. | **Family Life**  Ph. 8559 5433  <http://familylife.com.au/>  [info@familylife.com.au](mailto:info@familylife.com.au) | 197 Bluff Rd  Sandringham | Please phone for further information and help. |
| **KINSHIP CARE GROUP**  Our group support meetings are a great way to meet other Kinship carers in your area, providing a supporting environment in a relaxed and informal setting. Facilitated groups are held monthly in Highett, Frankston and Rosebud. These groups are open and welcoming and our casual environment helps you access support services and increase your skills. | **Oz Child**  Access to this service is via the Dandenong Central office on 9212 5600 during business hours | 2 Livingston St  Highett | Please phone for further details. |
| **CHELTENHAM ALZHEIMERS CARER SUPPORT GROUP**  For people caring for aged relatives or friends including those with dementia | **Central Bayside Community Health**  Jane Cheong 8587 0194  [Jane.cheong@southernhealth.org.au](mailto:Jane.cheong@southernhealth.org.au) | Central Bayside Community Health Centre 335-337 Nepean Hwy Parkdale | Day 2nd Thurs in month  Time 1.30-3.00pm |
| **WHO’S IN CHARGE**  8 week program for parents or carers of young people (8-18) who are out of control, violent or defiant. Jenny & Libby from MYFS will be facilitating. | **MYFS** and the City of Monash  Limited places  Phone Libby or Jenny 9518 3900 | Monash Youth & Family Services (MYFS)  Batesford Community Hub,  94 Batesford Rd, Chadstone | Please phone for next session. |
| **CHELTENHAM CARERS SUPPORT GROUP**  For carers of people with a mental illness. A further group also operates for young people 8-18 supporting someone with a mental illness. | **Mind Australia**  9093 5977  [infoVIC@mindaustralia.org.au](mailto:infoVIC@mindaustralia.org.au) | 17 Taylor St, Moorabbin | Day 1st Wed month  Time 7.30pm |
| **DOWN SYNDROME COFFEE GROUP**  Support for parents of children with down syndrome | Moira  Kerri Rolfe – Parent Support Coordinator  For southern region  Ph: 8552 2222 | Mentone Baptist Church  36 Harpley Street  Cheltenham | Day 1st Wednesday of month during school term  Time 1.00 – 2.30pm |
| **GROW** Runs groups for people with depression or anxiety in a supportive environment. | 03 9528 2977  [vic@grow.net.au](mailto:vic@grow.net.au) | 707 Glenhuntly Rd Caulfield South Vic 3162 | Please phone for details |
| **ODDESSY HOUSE PROGRAM**  Structured 8 week program for those with issues with alcohol or drugs. | **Odyssey House**  9420 7610 George | Please phone for details | Please phone for details |
| **LIVE YOUR COMMUNITY PROGRAM**  Provides flexible volunteer based inclusion support for children with disabilities who experience barriers to participation in sport, recreation and leisure. For children aged 6-17yrs with a diagnosed disability. | **Extended Families**  Contact Rachel De Summa  Ph. 9285 4839 or 0438 752 126  Email [Rachel@extendedfamilies.org.au](mailto:Rachel@extendedfamilies.org.au)  [www.extendedfamilies.org.au](http://www.extendedfamilies.org.au) |  | There is no cost to families accessing LYCP. Cost to sporting activity chosen by the child are generally met by the family |
| **MOVEMENT DISORDERS COMMUNITY SUPPORT GROUP**  For carers of people with neurological disorders. A respite care group occurs at the same time to enable carers to attend | **Church of Christ**  Barbara Winkler 9265 1481 | Church Of Christ  2-12 Chesterville Rd Cheltenham | Day 1st Monday  Time 10.30am-12.30pm |
| **SOUTH EASTERN ASPERGERS PARENT GROUP**  For parents and carers with children and teens who have high functioning Asperger’s syndrome and PDD-NOS | **Headspace**  Ph. Kirsten Cleland  9526 1600 | Peterson Youth Centre Melways 77 B8 Highett Rd, Highett. Corner of Peterson St, Highett | Day 3rd Tuesday  Time 7pm-8.30pm |
| **A FAMILY GROUP** | **Taskforce/Odyssey House**  Taskforce Community Agency/Odyssey House  9532 0811 | 421 South Road Moorabbin  Booking essential | This program is a family peer support program specifically for parents experiencing substance use of a family member. |
| **KIDS CARE**  **Mind Victoria**  A group for young people aged 8-12 who have a parent with mental illness. This monthly group focuses on fun activity with peer support and staff who are able to provide support and leadership to those young people.  Phone Mind Victoria 9093 5977  For more details. | | | |
| **FAMILY, CHILDREN & YOUTH SUPPORT** | | | |
| **CLARINDA PARENTS GROUP**  is an opportunity for parents and carers to meet other parents in the area and to meet Family support staff in a fun and relaxed atmosphere. Weekly activities and guest speakers are provided. | **City of Kingston**  Family support 8551 1202 | Clarinda community Centre  58 Viney St, Clarinda | Day Thursday  Date during school term  Time 10.00-11.30am  Cost free |
| **MOTHERS SUPPORT GROUP**  House-based outreach service to assist living with a mental illness | **Prahran Mission** Janet 9692 9400 | Prahran Mission  15 Cromwell Rd, South Yarra | Please phone for further details |
| **CITY OF KINGSTON YOUTH** –  For young people aged 12-25 as well as their families and partners. They also develop, promote and run events, gigs and local youth mag.  [www.kyfs.org.su](http://www.kyfs.org.su) 1300 369 436 | | | |
| **SMALL TALK PLAYGROUPS** – **These details have changed since Term 1, so please check before attending**  Smalltalk Supported Playgroups are run by a qualified facilitator who provides support to parents/carers to develop the skills and confidence needed to assist in their children’s learning and development.  The playgroups are free to attend for families experiencing vulnerability, including Health Care Card holders, Refugees, Aboriginal or Torres Strait Islanders, and kinship carers. In-Home Support is also available   * **Westall** – Mondays 10am to 12pm at Westall community Hub, 35 Fairbank Rd, Clayton Sth * **Chelsea Heights** – Tuesday 10am to 12pm at Chelsea Heights Community Centre, 160 Thames Promenade, Chelsea Heights. * **Aspendale –** Wednesday, 10.30-12.30 at Yarrabah School, 23 Mill St Aspendale. Additional support from specialist services * **Edithvale** – Thursday 10am to 12pm at Edithvale Family and Children’s Centre, 122 Edithvale Road, Edithvale. * **Clarinda** – Thursday 10am to 12pm at Clarinda Community Centre, 58 Viney Street, Clarinda. * **Cheltenham** – Fridays 10.00am to 12.00 am at North Cheltenham Preschool, 71 Argus St, Cheltenham   Phone 9581-4863 or email [smalltalk@kingston.vic.gov.au](mailto:smalltalk@kingston.vic.gov.au) | | | |
| **SOUTH EASTERN MULTIPLE BIRTH ASSOCIATION**  A support group for multiple birth families, run by parents with multiples.  Expectant Parents Sessions, Playgroups, Parent's Nights Out, Family Events | **SEMBA**  New Parent Contact: Maxine Morley  Phone:0409 200310   * <http://www.semba.amba.org.au> * **Facebook:**https://www.facebook.com/sembavic | South East of Melbourne, covering the main areas of Bayside, Glen Eira and Kingston Councils.  <http://semba.amba.org.au/index.html> | Playgroups on Monday, Wednesday and Thursday mornings contact for details |
| **PLAYGROUPS** | **Dingley Village** Neighbourhood Centre Belinda 0414538616 | 31b Marcus Rd  Dingley Village | Time 9.30am-11.30am  Please contact us for further details. |
| **READING ROCKETS**-a hand on fun one hour class for 4 year old focusing on early reading and writing skills | **Dingley Village** Neighbourhood Centre  Sandy 0425 812 790 | 31b Marcus Rd  Dingley Village | Please contact us for further details. |
| **DINGLEY VILLAGE NEIGHBOURHOOD CENTRE**  Places available for 3year old activity groups on Monday morning or afternoons’ sessions.  Ph. 9558 1866 during office hours or Email [admin@dvnc.com.au](mailto:admin@dvnc.com.au) Office hours 9am-5pm | | | |
| **MARVELLOUS MUMS**  Connecting mums. sharing information | Andrea Cross 0403 342 390  [www.marvellousmums.com](http://www.marvellousmums.com)  [lovingmums@hotmail.com](mailto:lovingmums@hotmail.com) | Please Phone for further details | Please contact Andrea re venue, dates & times. |
| **PLAYGROUP** | **Family Life**  Andrea 9782 7800  Familylife.com.au | 8-10 Swanpool Ave  Chelsea. | Day Tuesdays  Time 1.00pm-3.00pm |
| **KINDER ACTIVITY GROUP-**  Quality care to stimulate and challenge children 3 & 4 years old. | **Chelsea Heights Community**  Kerri Morrison 9774 2934 0412 869 431 | Beazley Reserve  160 Thames Promenade | Day Monday  Time 10am-1pm Phone for bookings and further details. |
| **KIDS’BOOK CLUB**  Quality care to stimulate and challenge children 3 and 4 years old. | **Chelsea Heights Community**  Louise 0400 664 194 | Beazley Reserve  160 Thames Promenade | Day Monday  Time 10.15am-11.15am |
| **RHYTHM FACTORY**  Dance, music and movement, classes for children 15months to 8 years | **Chelsea Heights Community**  Nicky Reisinger 9588 1564 0408 667 058  [www.rhythmfactory.com.au](http://www.rhythmfactory.com.au) | Beazley Reserve  160 Thames Promenade | Day Tuesday  Time 9.30am-11.30am |
| **KIDS COOKING CLASSES-KIDS SAY YUM**  Great for children 5-12 years | **Chelsea Heights Community Centre** Maddie Race 0487 427 398  [www.kidsayyyum.com.au](http://www.kidsayyyum.com.au) | Beazley Reserve  160 Thames Promenade | Day Wed  Time 4.30pm-5.30pm |
| **PLAYGROUP**  Recently won an award from playgroup Victoria for 30 years of play grouping. Great way to start the day, meet your neighbours whilst having fun with your children. Lots of toys, fun and good company | **Chelsea Heights Community Centre**  Ru 0425 160 025 | Beazley Reserve  160 Thames Promenade | Day Wednesday and Thursday Mornings  Time 9.30am-11.00am |
| **LITTLE CHEFS**  For 6-10yr olds. | **Cheltenham Community Centre**  [www.chelt.com.au](http://www.chelt.com.au)  9583 0095 | 8 Chesterville Rd, Cheltenham | Day Wednesday Time 3.45pm-4.30pm  Cost $120 |
| **MULTICULTURAL GRANDPARENTS PLAYGROUP-**  Come along and socialize whilst your grandchildren are drawing, playing,& meeting other children | **Clarinda Community Centre**  8551 1200  or Migrant Resource Centre  9563 4130 | Clarinda Community Centre  58 Viney St  Clarinda | Date Wednesday  Time 9.30 – 11.30am  Bring a piece of fruit to share |
| **HOMEWORK CLUB**-  Kids & parents can enjoy a healthy snack, start homework early & get help with assignments. | **Family Life**  Giovanna or Marilyn  8599 5433 | Community Hall  Dunkley Ave  Highett | Date Mondays  *(except public/school holidays)*  Time 4.00 – 5.30pm  Cost Free |
| **BREAKFAST CLUB**-  Come along each Wednesday and enjoy a healthy & nutritious breakfast | **Family Life**  Giovanna or Marilyn  8599 5433 | Community Hall  Dunkley Ave  Highett | Date Wednesday  *(except public/school holidays)*  Time 7.00 – 8.30am  Parents most welcome! |
| **CREATING CAPABLE COMMUNITIES**  Do you care for a child under 10? Come and join us for coffee & a chat about supporting each other, and sharing information | **Family Life**  Marilyn  8599 5433 | Keith Street Community House  Please phone to check details with Family Life  Keith Street Community House | Day Thursday  Time 10.00 – 12noon |
| **DADS** | | | |
| **SATURDAY DAD’S SUPPORTED PLAYGROUPS-** | **City Of Kingston**  Ph 9581 4863 or email [playgroup@kingston.vic.gov.au](mailto:playgroup@kingston.vic.gov.au) | Parkdale Family and Children’s Centre  122 Warren Rd  Parkdale | Day Saturdays  Time 10am -12pm  School Term |
| **DAD, POP AND ME PLAYGROUPS**  No booking is required. Suits Dads, Grandads and Pre-School Children | **City Of Kingston**  **Contact no 1300 764 807** | Edithvale Family and Children’s Centre  122 Edithvale Rd  Edithvale | Day Wednesdays during School Term  Time 10am-12pm  Cost Free |

| **Mornington Peninsula Shire** | | | |
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| Group / Program | Contact | Address | Details/ Other |
| **PARENTZONE PARENTING PROGRAMS** | | | |
| **PBS PARENTING BUILDING SOLUTIONS**  **Free Parenting Programs to attend Covering different issues with Parenting today. Some of the issues covered are:**  **Are you tired of yelling? Dealing with Feelings of anger and or anxiety associated with Parenting. Strategies that work are shared and discussed. Chldren’s Behaviour-discuss why children behave the way they do. Self-Care- how to cope with stress and emotions.** | | | |
| **PBS PARENTING BUILDING**  **SOLUTIONS – Free 6 week program to talk about kids**  FREE6 week program for parents to share and learn new ideas and strategies in a relaxed, friendly place. Refreshments provided | **Anglicare Victoria**  **Parentzone Southern**  To register contact:  Michelle Brown.  9781 6700 or 0429 174 150  [**Michelle.brown@anglicarevic.org.au**](mailto:Michelle.brown@anglicarevic.org.au)  **care** | Hastings Primary School  10/20 Hodgins Rd  Hastings | Day Tuesdays  Date 12th,19th,26th Feb and 5th,12th,19th March 2019  Time 9.30am to 11.30am  Cost Free  Bookings are essential |
| **PBS PARENTING BUILDING**  **Let’s Talk About parenting pre=Teens and Teens** a free 6 week program are you tired of yelling at your kids-learn ways to get them to listen the first time. Share strategies around getting kids to turn off their technology and go to bed. Ideas on how to get them up for school; how to recognise when each other are getting angry, strategies for calming and building better relationships. Understand the stages and changes of development that your kids are going through | **Anglicare Victoria**  **Parentzone Southern**  Michelle Brown. 0429 174 150  Or  9781 6700  **Michelle.brown@anglicarevic.org.au** | THE CORNER YOUTH SERVICES  91 Wilsons Rd  Cnr of Nepean Hwy  Mornington | Day Thursdays  Date 7th,14th,21st,28th Feb and 7th, 14th March 2019  Time 9.30am to 11.30am  Cost Free  Booking essential |
| **PARENTING & FAMILY SUPPORT** | | | |
| **SHIRE OF MORNINGTON**  Has information on School Holiday Programs; Kindergartens; Immunisation; Maternal and child health; Playgroups and libraries; Family Day Care, Early Years and Best Start; MPYS youth Services; Youth drop ins and Centres; A Disability Directory; Accessible beach wheelchairs can be hired free of charge to people with limited mobility from a number of organisations - the council has the details. More services available. Call us on 1300 850 600 or 5950 1000  Email: customerservice@mornpen.vic.gov.au  www.mornpen.vic.gov.au/Services\_For\_You main page for a variety of services links  www.mornpen.vic.gov.au/Services\_For\_You/Children\_Families main page for Families and Children services – up to date information on School Holiday Programs; Kindergartens; immunisation; maternal & child health services; Playgroups & Toy Libraries; Family Day Care; Early Years & Best Start  For **YOUTH Programs** phone 5950 1666  **BRIGHT SPARKS** – PROGRAM FOR Year 6 students across the Peninsula aims at introducing students to Youth Services.  **L2P A** program to assist learner drivers between 16-21 years to gain their 120 hours of driving experience.  See web site for more. | | | |
| **SPACE 4 US**  An 8 week free peer support group for 13 to 18 year olds living in the Mornington Shire region who have a parent or other close family member with a mental illness. | **Peninsula Health. Mornington Peninsula Shire**  Peninsula Health FaPMI Coordinator (Families where a Parent has a Mental Illness)  [MHFaPMI@phcn.vic.gov.au](mailto:MHFaPMI@phcn.vic.gov.au)  9784 6999 | Locations Vary | 2019 dates and details to be confirmed. Please phone  Please contact the FaPMI Coordinator to see when this group is next running, or to add a young person to the waitlist.  [www.space4us.org.au](http://www.space4us.org.au) |
| **CHAMPS**  A free, peer-support group program for 8-12yo children who have a parent with a mental illness. Parents also welcome.  Kids and parents can meet others in a similar situation, learn about mental health and self-care, all through lots of fun games and activities! | **Peninsula Health**  Peninsula Health FaPMI Coordinator (Families where a Parent has a Mental Illness)  [**MHFaPMI@phcn.vic.gov.au**](mailto:MHFaPMI@phcn.vic.gov.au)  **9784 6999** | Locations Varys | 2019 dates and details to be confirmed. Please phone  Please contact the FaPMI Coordinator to see when this group is next running, or to add a family to the waitlist. |
| **FAMILY CASE MANAGEMENT**  Designed to assist families to address issues that are impacting on their day to day lives.  A Family Case Management Worker can help families with everything from budgeting and household bills, to getting connected to specialist support services for with a specific identified need. | **Southern Peninsula Community**  **Support and Information Centre**  Contact Family Case Management Worker Ph 5986 1285 admin@spcsic.org | 878 Point Nepean Rd  Rosebud | Please contact for help and more details. |
| **KOORIE KIDS PLAYGROUP-**  **VACCA**  Gather and meet other Koorie families, sing and dance, play with other Koorie Kids, listen to stories and learn about culture. | **Victorian Aboriginal Child Care Agency**  (VACCA) Playgroup worker  9701 4200  0408 948 755 | Wallaroo Community House  6 Wallaroo Place  Hastings | Day Fridays  Date During School Term  Time 10.30 – 1.00pm  For further information please don’t hesitate to call the play group worker |
| **MOTHER GOOSE**  The Program aims to teach mums new ways to interact with their infants through songs and rhymes, and is run in a safe and supportive environment. | **Good Shepherd Australia New Zealand**  **Contact:** Isle Tlozek 5971 9444 or Simone Cranage 5971 9114. | Good Shepherd Wallaroo Community Centre, Hastings. | Day Tuesdays  Date During School Term  Time 10.30 to 11.30am  Cost Free |
| **PREMMIES ON THE PENINSULA**  A parent & child program and information session run once a month. Open to any premmie children born prior to 36 weeks and under 2years of age and their parents. Siblings are welcome. | **Biala**  Please phone 5975 1820 | 1 Elizabeth St, Mornington  Behind the information Centre with adjacent car parking | Day 3rd Thursday  Date during School term  Time 9.30 -11.30  Please Register |
| **YOUTH ADVISORY GROUP**  For people aged 10-25. If you want to have a say and care about what’s going on around you. Come and make a difference, doing our youth advisory group. | **MPYS**  Mornington Peninsula Youth Services ph. Jackie 5950 1666  [jackie.rickard@mornpen.vic.gov.au](mailto:jackie.rickard@mornpen.vic.gov.au)  [www.mpys.com.au](http://www.mpys.com.au) | Mornington  Council Offices | Held Monthly  Please phone for further details |
| **ANGLICARE VICTORIA – Volunteer Tutoring Program**  A free program which supports children from Grade 4 – year 10 who have been educationally disadvantaged. | **Anglicare Victoria**  Mel Wyatt 0499 027 753  OR  Rosebud Office ph. 59 86 99 00 | Seawinds Community Hub  11A Allambi Ave,  Rosebud West | Day Tuesday afternoons  For one hour  Contact for further information and dates |
| **UNDER THE RAINBOW-**  Gay, lesbian, bisexual, span sexual, transgender, gender queer, straight EVERYBODY WELCOME. For young people aged 12 to 18. Inspirational workshops, activities | **Headspace**  Peninsula Pride-A Queer Straight Alliance  Shine, Headspace Frankston Mornington Peninsula Youth Services Ph. Seb ON 9769 6419  [www.facebook.com/peninsulapride](http://www.facebook.com/peninsulapride) | YLounge Rosebud  And Shed 11 Hastings | Day Tuesdays  Time 3.30 to 6.00pm  Does not run during School Holidays |
| **FAMILY VIOLENCE** | | | |
| **ORANGE DOOR**  Go to “ FAMILY VIOLENCE REFORM” on page 12 for details  Or  Website: <https://www.vic.gov.au/familyviolence/the-orange-door.html>  For Confidential support and information call Safe Steps 1800 015 188  For Urgent assistance call Triple Zero 000  **Men's Referral Service** [Men’s Referral Service](http://www.ntvmrs.org.au/) provides an anonymous and confidential phone counselling, information and referrals service on [1300 766 491](tel:1300766491) for:  men who might be using violent and controlling behavior towards a partner or family member  men who have been victimized by a partner or family member  women wishing to find information about male family violence  friends, family or colleagues of people who are using or experiencing family violence  Professionals wishing to support a male or female client using or experiencing family violence.  **Victims Support Agency**  The Victims Support Agency provides support and information to help adult male victims of family violence and victims of violent crime.  The service guides victims through the legal process and helps manage the effects of crime through practical assistance and counselling.  Call the Victims of Crime helpline on 1800 819 817 or use the text service via 0427 767 891 (8am to 11pm, 7 days a week).  **Aboriginal Family Violence Prevention and Legal Service (FVPLS)**  This is an Aboriginal community-run organisation providing assistance to Aboriginal and Torres Strait Islander victim survivors of family violence and sexual assault. You can call FVPLS on 1800 105 303.  **InTouch: Multicultural Centre against Family Violence**  This is a state-wide organisation specialising in services, programs and responses to family violence in migrant and refugee communities. You can call InTouch on 1800 755 988 | | | |
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| **MEN’S PROGRAMS AND SUPPORT (Sheds)** | | | |
| **WESTERNPORT MEN’S SHED**- a relaxed shed where men can come and participate in group projects or work on their own hobbies. Runs most weekdays by volunteers and all are welcome | Contact Terry Kelly Shed President Terry Kelly  Phone: (03) 59791969  Mobile: 0401 269 007  Or Drop in | 1973 Frankston-Flinders Rd, Hastings. Next to the Neighbourhood Renewal Hub | Day Most weekdays  Time 10.30am  Membership $20.00 |
| **THE BBQ BOYS**  A support group for male carers living in the southern region of Melbourne. It offers peer support, fun and relaxing social activities, a space to talk about bloke’s carer issues, as well as information, referral and support. | **RESPITE SOUTH**  Ring Nathan 9212 3006  Or 0417 1233 189 or email n.diep@alfred.org.au | Ring Nathan. Venues change | Day First Tuesday of each month |
| **ROSEBUD MENS SHED** | Phone: (03) 5971 9133 | 185 High Street Hastings VIC 3915 | Please phone for further details |
| **ROSEBUD/RYE MEN’S SHED-**  Classes are casual and do not run to specific learning outcomes. Facilitated by volunteers | **Rye Beach Community Centre**  Contact Virginia Richardson  (03) 5971 9133  Please phone. | Rye Beach Community Centre  27 Nelson St, Rye  5985 4462 | Please phone for further details |
| **M.E.N.S.-**  Men exploring Non-Violent Solutions – the MENS behaviour change group is for men who have used violent, abusive and/or controlling behaviours within the family and who want to stop using these behaviours. | **Access**  Please phone your local Community Health Service and ask to speak to the Access Worker.  Contact ACCESS 1300 665 781 Or FAX 9787 9954 | Please phone for these details  Frankston and Mornington | Please phone for these details |
| **FAMILY VIOLENCE** | | | |
| ORANGE DOOR – SEE PAGE 15 | | | |
| **CHALLENGING BEHAVIOURS, DISABILITIES, GRIEF, CARERS SUPPORT AND OTHER** | | | |
| **A PARENTING PROGRAM FOR PARENTS WITH A MENTAL ILLNESS**  A free Parenting Program for  Parents with a Mental Illness  that incorporates parenting skills  information sessions and  discussing how to better  manage your mental illness | **Anglicare Victoria**  For bookings and enquiries contact:  FREE  Suzanne on 0499 078 770 or  Email: [suzanne.heppell@anglicarevic.org.au](mailto:suzanne.heppell@anglicarevic.org.au) | Mentis Assist  23-25 Yuilles Street  Mornington | Day Thursdays  Date 25th October for 6 weeks  Time 11am to 1.00pm |
| **New) PARENTCRAFT** Workshops facilitated to explore Parenting today | GAYE HART – Group Coordinator  contact@seigaiha.com.au Phone 0409 174 128 Please phone to book and for more information. | **Flexible venues**: Mornington Peninsula.  Contact to check where the next one is being held. | Please phone for further details and costs. |
| **RESOURCE SUPPORT GROUP**  **LIVING WITH AUTISM SPECTRUM**.  For parents/carers supporting each other. Discovering and sharing information.  Supporting the capacity of people with autism and their families to exercise choice and control in working under the new National Disability Insurance Scheme (NDIS). | GAYE HART - Group Coordinator gayehart@seigaiha.com.au Phone 0409 174 128 Please phone Gaye Hart to register/refer and for more information | Good Shepherd Wallaroo  Community Centre.  6 Wallaroo Place  Hastings. | Day Mondays (8 Sessions)  Date 4th Monday of the month during school terms.  Time 9.30 to 11.30 a.m.  Cost: Free  Refreshments provided. |
| **WOMEN, WISDOM, WELLNESS, PERSONAL DEVELOPMENT** An 8 week women’s wellbeing course.  Using a variety of researched approaches in art therapy, story (narrative) and mindfulness. Exploring Self-care, changes in daily life, transitions and moving forward. | **GAYE HART - Group Coordinator** gayehart@seigaiha.com.au Phone 0409 174 128 Please phone Gaye Hart to register/refer and for more information | Good Shepherd Wallaroo Community Centre. 6 Wallaroo Place Hastings | Please phone to see if this is running in Term 4  Day Mondays  Time 10.00 a.m. to 12.00 p.m.  Please phone for further detail and cost of this program |
| **BIALA @ BENTONS –**  PLAYING PARTNERS- open to all early intervention and community children | **Benton’s Community Centre**  Marlene Fox  5975 1820 | Benton’s Community Centre Benton’s Square  Mornington | Date Tuesdays  Time 9.30-11.30am Cost $30.00 per term for non Biala Children |
| **INCLUSIVE 3 YEAR OLD KINDERGARTEN**  Once a week three hour program, open to any interested community children, Biala Peninsula children and children from other supported services. | For further information &/or to register your interest contact **Biala Peninsula** administration.  Phone: 59751820 email: admin@bialapeninsula.org.au | Biala Peninsula, 1 Elizabeth Street Mornington. | Please phone for further details.  Cost $200 per term payable on enrolment & then payable at the end of term 2, 3, for the next term. |
| **PENINSULA AUTISM SPECTRUM SUPPORT GROUP** –  Parents/carers who have children with a special need are invited to a monthly get together to share experiences and learn useful tips and strategies with local families. | **Extended Families**  +Contact Michelle  0416 007 631  Morning tea provided  Siblings welcome  Newsletters | Cerberus Cottage,  HMAS Cerberus  Must phone and book | Date Last Thurs of month  Time 9.15am-11.15am  Cost Gold coin donation |
| **KINSHIP CARER SUPPORT GROUP HASTINGS**  Come and meet with other Kinship Carers and share the highs and lows of being a kinship carer! | **Oz Child**  Kinship Care  Contact  Sue Gale ph. 9212 5600 for further information | Wallaroo Community Centre  6 Wallaroo Place Hastings | Please phone for details  Morning tea provided  Phone for other dates |
| **FAMILY MENTAL HEALTH SUPPORT SERVICE (FMHSS)**  Provides support to vulnerable families with children & young people who are at risk of developing a mental illness. | FMC MEDITATION AND COUNSELLING VICTORIA  PH: 9784 0698  Tina Biro  Tina.Biro@mediation.com.au |  | Please phone for further details |
| **KINSHIP CARER SUPPORT GROUP ROSEBUD WEST**  Come and meet with other Kinship Carers and share the highs and lows of being a kinship carer! | **Kinship Care Oz Child**   Contact  Sue Gale ph. 9212 5600 for further information | Seawinds Community Hub  11a Allambie Ave, Rosebud West  Next to Eastbourne Primary School | Please phone for details. |
| **Y LOUNGE ROSEBUD**  Provides a safe space to drop in hang out with your friends or make new ones. | Staffed by qualified youth workers and fully supervised  5986 3585 | 1 Nepean Plaza, Rosebud. Corner of Ninth Ave. | Open Hours  Friday 3pm -5pm |
| **HASTINGS SHED 11** provides a safe space to drop in hang out with your friends or make new ones centre proved | Staffed by qualified youth workers and fully supervised  5950 1666 | 11 Marine Parade, Hastings | Open Hours  Monday 3pm -5pm  Friday 3pm – 5pm |
| **KOORI SERVICES**-  We can help you to access the services you need. | **Peninsula Health**  Enquiries through ACCESS  1300 666 781 | Please phone for details |  |
| **GIRRINGON WIMBI**  **(SWEET WALLABY) PLAYGROUP** | **Good Shepherd**  5960 7000 or 0408 948 755 | Good Shepherd Community House | Runs School Terms  Day: Friday |

| **City of Port Phillip** | | | |
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| Group / Program | Contact | Address | Details/ Other |
| **PARENTING AND FAMILY SUPPORT** | | | |
| **CITY OF PORT PHILLIP**- Offers a range of services. **Maternal and Child Health;** Applying for childcare; Early Childhood education & Care Services; School Directory; Integrated Services for families with children aged 0-8; Playgroups; Home based Respite; Community Directories and much more. Contact your council.  9209 6777 Cnr Carlisle St & Brighton Rd St Kilda. PO Private Bag 3 St Kilda 3182 [www.portphillip.vic.gov.au](http://www.portphillip.vic.gov.au)  **MATERNAL AND CHILD HEALTH CENTRE** 9209 6766 AH 13 2229 171 Chapel St, St Kilda | | | |
| **FROM AXNIETY TO RESILIENCE**  This presentation will help parents to recognise and understand anxiety, how it impacts on learning and happiness and learn practical steps to lessen its impact on a child’s and family’s life. In this presentation you’ll learn:  What’s behind the current epidemic of childhood anxiety  The parenting style that’s best suited to supporting young people when they are anxious  Key lifestyle factors that will minimise anxiety  How to respond rather than react emotionally when kids become anxious  Key tools to teach children and young people so that they can regulate their own anxious states  A practical definition of resilience that puts parents at ease and supports children and young people to thrive | **City of Port Phillip**  To book  <https://www.trybooking.com/XTGE>  For further information contact the City of Port Phillip | South Melbourne Town Hall 208 - 220 Bank Street, South Melbourne: | Day Wednesday  Date 31st October 2018  Time: 6 pm to 8 pm  Cost: $5 (free for concession card holders) Bookings  Please note: Child minding facilities are not available. We request that children do not attend to ensure that all parents can fully engage in the session. |
| **PARENTING INFORMATION SESSION** A free session for parents and carers of 0-10year old’s. This will discuss common problems that can occur when attempting to toilet train, and the causes and treatment of night wetting**.** | **City of Port Phillip**  **Bookings:** [**https://www.trybooking.com/401441**](https://www.trybooking.com/401441) | Venue: St Kilda Town Hall Auditorium 99A Carlisle Street, St Kilda VIC 3182 | Day Wednesday  Date 10th October 2018  Time 7pm to 9pm  Cost Free  Please note: Child minding facilities are not available. We request that children do not attend to ensure that all parents can fully engage in the session. |
| **HANOVER CHILDREN’S SPECIALIST SUPPORT SERVICES. (HCSSS)** | **Hanover Welfare Services**  Service offers group work to accompanying children aged 0-18 years who have  Experienced homelessness and/or family violence, in the Southern Metropolitan Region.  217 Cecil Street, South Melbourne 3205  Phone Sammy Hoppe on: (03) 8626 5500 | | |
| **CARING MUMS**  In the challenging first months of your baby’s life, a trained volunteer provides you with one on one emotional support. Through weekly visits, together you navigate the new and exciting road of motherhood | **NCJWA**  **Victorian Multicultural Commission**  [caringmums@ncjwa.org.au](mailto:caringmums@ncjwa.org.au)  ph. 9044 5405 or 0481 081 242  [www.caringmums.org.au](http://www.caringmums.org.au) | Bubup Nairm Family and Children’s Centre  998 Carlisle St,  St Kilda | The program is free of charge, nonjudgmental and confidential. Women in the Cities of Yarra, Kingston, Port Phillip, Gen Eira, Bayside and Stonnington are eligible for the served for up to one year |
| **CHALLENGING BEHAVIOURS, DISABILITIES, GRIEF, VIOLENCE AND OTHER** | | | |
| **WINDANA PARENTING PROGRAM** | [www.windana.org.au](http://www.windana.org.au) Please phone for details | | |
| **YOUNG MUMS GROUP**  For parents 25 & under to meet to share outings & opportunities. | **St Kilda Youth Services**  Dave Wells  9696 5340 | 62 Pickles St  South Melbourne | Please phone for further details (Accredited learning outcomes certificate of General ED.) |
| **DRUG AND ALCOHOL RECOVERY SUPPORT GROUP**  A peer support group that aims to provide you with the chance to speak up about the things that affect you as you recover from harmful drug or alcohol use. All welcome drop in and have a cup of tea or coffee. | **Windana Drug and Alcohol Recovery** Ph. 95297955 [www.windana.org.au](http://www.windana.org.au)  Windana Head Office  88 Alma Rd.  St Kilda (cnr Chapel St) The Windana Society Inc.  Pam Williams  Also at Dandenong and Rosebud | | |
| **KINSHIP CARER SUPPORT GROUP**  Are you a kinship carer who is caring for a child who is not your own? Living in the municipalities of Bayside, Glen Eira, Port Phillip and Stonington-Come and meet with other Kinship Carers and share the highs and lows of being a kinship carer! | **Kinship Care Oz Child** Contact  Sue Gale ph. 9212 5600 for further information | Highett Neighbourhood Community House  2 Livingston Street, Highett | New dates not available. Please phone |
| **WELLWAYS**- run programs through MI Fellowship Victoria and other partner organisations for families and friends of people with a mental illness. | Wellways  276 Heidelberg Rd Fairfield | Please phone 9784 6800 for further information. | Phone for current programs 9784 6800 |
| **MOTHER SUPPORT PROGRAM**  Home-based Outreach support & rehabilitation for mothers with a mental illness who have dependent children in their care | **Prahran Mission**  Damien Russell  9692 9400 | Prahran Mission  15 Cromwell Rd, South Yarra | Please phone for further information on times/dates |
| **MUM FOR MUM** **PROGRAM - MUM**  A non-denominational program of **the National Council of Jewish Women of Australia (Vic).**  Its aim is to provide women who have a child less than one year of age with emotional support. Women can self-refer or may be referred through health professionals such as their maternal and child centre nurse, GP, obstetrician or counsellor.  link to a video the Leader made on our program  http://port-phillip-leader.whereilive.com.au/news/story/glen-eira-outreach-service-to-keep-mum-happy/  website too: www.mumformum.org.au Phone 9523 0535 | | | |

| **City of Stonington** | | | |
| --- | --- | --- | --- |
| Group / Program | Contact | Address | Details/ Other |
| **PARENTING** | | | |
| **CITY OF STONNINGTON**  Offers a range of services including: Maternal and Child Health Services, Listing of childcare centres, kindergartens, schools and family support services; immunisation. Baby Capsule Hire; Council Childcare services for children aged 6weeks to 5years; Parent Education Sessions; Youth Services; Dads Domain; disability services and much more. Contact your council on 8290 1333  OR check out the website. Click on this link: [SEO Page Title](http://www.stonnington.vic.gov.au/Live)  Cnr Greville & Chapel Sts Prahran. 180 Greville Street P O Box 21 Prahran 3181  Malvern Town Hall, 1251 High Street, Malvern Prahran Town Hall, , Prahran  Mail: City of Stonington, PO Box 21, Prahran 3181 Email: council@stonnington.vic.gov.au  Enquiries: 03 8290 1333 General Fax: 03 9521 225 After Hours: 03 8290 1333 Graffiti Hotline: 1800 067 072  EVENTS AND PROGRAMS/PARENTING PROGRAMS  Council runs Transition Programs, Cyber Safety and Young People ; Child Infant CPR; Sibling Rivalry; Positive Parenting; Dads Talk. Please click on above link for all details or phone or email. | | | |
| **MATERNAL AND CHILD HEALTH CENTRE** | Contact council or check out their website. [www.stonnington.vic.gov.au](http://www.stonnington.vic.gov.au)  8290 1333 | | |
| **SAFETY AND PROTECTIVE BEHAVIOURS-**free workshops for parents and carers to prevent child sexual abuse and to support children in enjoying healthy, respectful relationships now and into the future. | **City Of Stonnington**  **For information and bookings**  Stonnington.vic.gov.au/parent-education | Malvern Townhall  Banquet hall | Phone to see if running |
| **TUNING INTO KIDS**  Join a free six-session group program for  Parents, guardians and carers of children aged 3-10yrs.  Tuning into Kids™ teaches you how to help  your child understand and manage feelings | **Star health and Uniting Connections**  To book or for further enquiries  Phone  Catherine 0417 698 747  Kelly 0402 657 884 | Windsor Primary School  12 Hornby St  Windsor | Phone to see if running |
| **MOTHER GOOSE**  A supported group of singing and rhymes once a week for 0-4 year olds | **Maternal Child Health**  Sue 0409 500 657 | THE HUB  BEHIND 259 MALVERN RD  Sth Yarra | Day Tuesday  Time 10.30-11.30  During school term |
| **STONNINGTON YOUNG PARENTS PROGRAM**  Maternal Child Health -Parents aged under 25 given an opportunity to meet other young parents. | **Stonington MCH**  Michelle Mason  8290 7028 | Princess Gardens MCH  22 Lt Chapel St  Prahran | Phone for details |
| **FAMILY VIOLENCE** | | | |
| **ORANGE DOOR**  Go to “ FAMILY VIOLENCE REFORM” on page 12 for details  Or  Website: <https://www.vic.gov.au/familyviolence/the-orange-door.html>  For Confidential support and information call Safe Steps 1800 015 188  For Urgent assistance call Triple Zero 000  **Men's Referral Service** [Men’s Referral Service](http://www.ntvmrs.org.au/) provides an anonymous and confidential phone counselling, information and referrals service on [1300 766 491](tel:1300766491) for:  Men who might be using violent and controlling behavior towards a partner or family member, men who have been victimized by a partner or family member  women wishing to find information about male family violence, Friends, family or colleagues of people who are using or experiencing family violence  Professionals wishing to support a male or female client using or experiencing family violence.  **Victims Support Agency**  The Victims Support Agency provides support and information to help adult male victims of family violence and victims of violent crime.  The service guides victims through the legal process and helps manage the effects of crime through practical assistance and counselling.  Call the Victims of Crime helpline on 1800 819 817 or use the text service via 0427 767 891 (8am to 11pm, 7 days a week).  **Aboriginal Family Violence Prevention and Legal Service (FVPLS)**  This is an Aboriginal community-run organisation providing assistance to Aboriginal and Torres Strait Islander victim survivors of family violence and sexual assault. You can call FVPLS on 1800 105 303.  **InTouch: Multicultural Centre against Family Violence**  This is a state-wide organisation specialising in services, programs and responses to family violence in migrant and refugee communities. You can call InTouch on 1800 755 988. | | | |
| **MEN’S AND FATHERS PROGRAMS** | | | |
| **DAD’S DEN**  A get together with other expectant fathers. This will help prepare you for fatherhood, find out about your new role with help and support from other dads. | **Mercy Health** O’Connell Family Centre with the support from the Mercy Hospital.  Enquiries Ann Johnson O’Connell Family Centre 8416 7615 | Mercy Hospital for Women | Phone for details |
| **FATHERZONE**  A parenting program specifically designed for dads of young children. | **Mercy Health**  8416 7600 | 6 Mont Albert Road  Canterbury, 3126 | Phone for details |
| **DADS OF TODDLERS-**  A dads only program exploring and promoting the unique relationship between you and your toddler | **Mercy Health**  O’Connell Family Centre  Lisa (Clinical Educator)  8416 7600 | 6 Mont Albert Road  Canterbury | Please phone for dates |
| **CHALLENGING BEHAVIOURS, DISABILITIES, GRIEF, VIOLENCE AND OTHER** | | | |
| **KINSHIP CARER SUPPORT GROUP**  Are - you a kinship carer who is caring for a child who is not your own? Living in the municipalities of Bayside, Glen Eira, Port Phillip and Stonington-Come and meet with other Kinship Carers and share the highs and lows of being a kinship carer! | Kinship Care **Oz Child** Contact  Sue Gale ph. 9212 5600 for further information | Highett Neighbourhood Community House 2 Livingston Street, Highett | Please phone for dates and times.  Morning tea provided |
| **WELLWAYS**  Run programs through MI Fellowship Victoria and other partner organisations for families and friends of people with a mental illness. | **Wellways**  276 Heidelberg Rd Fairfield | Please phone 9784 6800 for further information. | Phone for current programs 9784 6800 |
| **FAMILY SUPPORT** | | | |
| **MOTHER SUPPORT PROGRAM** –  Home-based Outreach support & rehabilitation for mothers with a mental illness who have dependent children in their care | **Prahran Mission**  Damien Russell  9692 9400 | Prahran Mission  15 Cromwell Rd  South Yarra | Please phone for further information on times/dates |
| **NURTURING THE RELATIONS WITH YOUR CHILD & BUILDING THEIR SELF ESTEEM**  Understand and promoting positive behaviour in the 2-4 year old sleep patterns and settling techniques | **O’Connell Family Centre** 8416 7600 [www.mercy.com.au](http://www.mercy.com.au)  email: ofc\_reception@mercy.com.au | 6 Mont Albert Road  Canterbury, 3136 | Please phone for details |
| **AFRICAN MUMS PLAYGROUP** | **City Of Stonington**  Sarah Day  8290 7025 | Princes Gardens MCH Centre  Prahran and South Yarra | Please phone for further details |
| **YOUNG MUM’S GROUP**  For Mum’s under 25 to meet and share and engage in a range of activities | **City Of Stonington**  Sarah Day  8290 7025 | Princes Gardens MCH Centre  Prahran and South Yarra | Please phone for further details |
| **MANDARINE SPEAKING PARENTS AND BABY GROUP**  Babies up to 12 months old | **Phoenix park Neighbourhood House** & **Phoenix Park MCHC** 9530 4397 | Phoenix Park Neighbourhood House  22 Rob Roy Rd, East Malvern. | Please phone for further details |
| **YOUNG MUMS GROUP**  For parents 25 & under to meet to share outings and opportunities. | **St Kilda Youth Services**  Dave Wells  9696 5340 | 62 Pickles St  South Melbourne | Receive a certificate at the end.  Please phone for further details |
| **MAKING STEPFAMILIES WORK.**  Courses for couples | **Stepfamily Association of Victoria**  Zoe 9639 2576  www.stepfamily.org.au | Malvern, Flemington Doncaster & Carlton | Please phone for details of dates/venues & times |
| **PLAYING WITH YOUR BABY** | **City of Stonington**  Bookings essential  8290 1333 | Phoenix Park Neighbourhood House | Phone for details |

| Telephone Help Lines | | |
| --- | --- | --- |
| Name | Description | Contact |
| ADEC (Action on Disability in Ethnic Communities) | A community-based organisation which represents the rights and needs of people of non-English speaking background with a disability and their careers. | 1800 626 078  [info@adec.org.au](mailto:info@adec.org.au)  [www.adec.org.au](http://www.adec.org.au)   * **Address:** [175 Plenty Road, Preston Victoria 3072](https://www.bing.com/local?lid=YN3724x13846027282169212634&id=YN3724x13846027282169212634&q=ADEC&name=ADEC&cp=-37.7460784912109%7e145.005599975586&ppois=-37.7460784912109_145.005599975586_ADEC&FORM=SNAPST) * **Phone:** 03 9480 7000 |
| Aboriginal Housing Victoria | Manages the Victorian Aboriginal Rental Housing Program Provides low cost rental housing and housing support to eligible Aboriginal and Torres Strait Islander families. Eligibility: Aboriginal and Torres Strait Islander people resident in Victoria. | Narrandjeri House 125-127 Scotchmer Street Fitzroy North 3068 Phone: 9403 2100 [www.ahvic.org.au](http://www.ahvic.org.au) |
| AFGHAN AUSTRALIAN ASSOCIATION OF VICTORIA INC. | Peak Group for Afghan community organisations in Victoria. Provides Social, welfare and educational Support to members of its community  Level 1/73 Walker St, Dandenong. | Phone 9562 1289 AH  9794 9133 BH |
| AMAZE (formerly Autism Victoria) | A first point of contact for everything related to Autism Spectrum Disorder, putting the individuals and their families at the forefront of everything they do. | 1300 308 699  www.amaze.org.au   * **Address:** [24 Drummond Street, Carlton Victoria 3053](https://www.bing.com/local?lid=YN3851x300183853&id=YN3851x300183853&q=Autism+Victoria&name=Autism+Victoria&cp=-37.8064193725586%7e144.967895507812&ppois=-37.8064193725586_144.967895507812_Autism+Victoria&FORM=SNAPST) * **Phone:** 03 9657 1600 |
| Anxiety Recover Centre Victoria (ARC Vic) | A state-wide, specialist mental health organisation, providing support, recovery and educational services to people and families living with anxiety disorders. The OCD and Anxiety Helpline provides telephone counselling, information and referral Hours of operation Monday to Friday 10.00am - 4.00pm | 1300 269 438  03 9830 0533 |
| Alzheimer’s Australia | Children impacted by dementia in their family can now seek information and support from a new website [www.dementiainmyfamily.org.au](http://www.dementiainmyfamily.org.au)  The interactive, age appropriate site gives children the opportunity to learn more about dementia, watch other children share their experiences in videos, play games and share their own stories. | 1300 526 576 |
| Asylum Seekers Centre Jesus House | Assists on-shore asylum seekers in: • Resume preparation • Provision of food parcels • Assistance with ﬁnding jobs • Provision of Telstra phone cards • Location of regular ‘English as Second Language’ class • Access to computers and photocopying • Computer training in Microsoft products • Provision of 2 hour travelcards (all zones) • Emergency accommodation for single adults • Individual assistance with English as required • Referral to legal, medical, housing and counselling services. | Jesus House Level 1 Hub Arcade (Myer/Plaza end of arcade) Dandenong 3175 Phone: 0409 416 744 Postal: PO Box 258 Glen Waverley 3150 |
| Arafemi- Respite for Carers | 1300 500 265 or 9810 9300 & [www.arafemi.org.au](http://www.arafemi.org.au) |  |
| Council of Single Mothers & Their Children (CSMC) | A Victoria wide service run by and for women parenting alone. We provide telephone support, information & referral on a range of issues including emergency relief, housing, Centrelink, child support, family law, family violence and parenting. Become a member and receive our newsletter and email bulletins. | 9654 0622  1300 552 511  [csmc@csmc.org.au](mailto:csmc@csmc.org.au)  [www.csmc.org.au](http://www.csmc.org.au) |
| Child Care Access Hotline | The Australian Government **Child Care Access Hotline** is a free telephone service to help you find a **child care** service that meets your needs. | 133 677 (TTY service for people with hearing/speech impairment)  1800 670 305  8am-6pm Monday to Friday |
| Carers Vic Respite Services | 1800 059 059 (emergency respite) |  |
| Commonwealth Carer Respite Centres | 1800 052 222 (24 hours a day) & [www.commcarelink.health.gov.au](http://www.commcarelink.health.gov.au) |  |
| Gambler’s Help | To find a range of free health information resources, including materials in community languages.  NB: Interpreting services available | 1800 858 858 ( 24hrs, 7 days)  9575 5353  [info@ghsouthern.org.au](mailto:info@ghsouthern.org.au)  [www.ghsouthern.org.au](http://www.ghsouthern.org.au) |
| Gamblers Help Youth line | 24hour help for problem gamblers and their families and friends . | 1800 262 376  Responsiblegamlingvic.gov.au |
| Grief Line | For people who have suffered loss due to: death, Mental Health, Abuse, Family Violence, Depression, Health, Relationships, Loneliness, Carer Support, Exclusion, Unemployment, Addictions, Migration, Refugee Experience. Anonymous telephone counselling service and professional online counselling. 12 noon to 3.00am | 9935 7400  www.griefline.org.au |
| Kids Help Line | Kids Help line and online counselling for 5 to 25year old’s in Australia. | 1800 551 800  Kidshelpline.com.au |
| Lifeline | Lifeline is a national charity providing all Australians experiencing a personal crisis with access to 24 hour crisis support and suicide prevention services.  We're committed to empowering Australians to be suicide-safe through connection, compassion and hope.  Our vision is for an Australia free of suicide. | 13 11 14  https://www.lifeline.org.au/ |
| Launch Emergency Housing | We provide a range of services to Victorians experiencing housing crisis  Offices-  Southbank – Southern Entry Point 9556 5777;  East St Kilda /South Melbourne-Through Local Entry Point  Dandenong – Outer South Entry Point 9791 6111 | 1800 825 955  [www.hanover.org.au](http://www.hanover.org.au) |
| Orange Door – Bayside Peninsula | The Orange Door is a new way for women, children and young people who are experiencing family violence or families who need assistance with the care and wellbeing of children to access the services they need to be safe and supported.  It is free to access help and support through The Orange Door and you do not need a referral.  Bayside Peninsula  60-64 Wells St Frankston | 1800 319 353  Br>[BPA@orangedoor.vic.gov.au](mailto:BPA@orangedoor.vic.gov.au) |
| Raising Children Network | Created by a partnership of member organisations of Australia’s leading early childhood agencies, the Raising Children website is produced with the help of an extensive network including the Australian Government. | <http://raisingchildren.net.au/> |
| SANE | Information and referral service for Carers and Consumers | 1800 187 263  [www.sane.org](http://www.sane.org) |
|  |  |  |
| Suicide Helpline |  | 1300 651 251 |
| South East Multiple Births Association | Twins, Multiple Pregnancy. Free Telephone Advice Line Staffed by Trained Counsellors | 1800 882 436  [www.pregnancybirthbaby.org.au/twins](http://www.pregnancybirthbaby.org.au/twins) |
| The Stepfamily Org | For all Victorians in or considering a stepfamily. | 9663 6733  [info@stepfamily.org.au](mailto:info@stepfamily.org.au)  [www.stepfamily.org.au](http://www.stepfamily.org.au) |
| The Queen Elizabeth Centre | Our mission is to offer specialized support, care and education to parents who have children up to three years of age, with the aim of enhancement and development of the family. | 53 Thomas Street, Noble Park, VIC 3174  Telephone: +61 3 9549 2777  Facsimile: +61 9549 2779  Email: [theqec@qec.org.au](mailto:theqec@qec.org.au) |
| Victims of Crime Helpline | The Victim Support Agency is responsible for coordinating services for victims of crime and for representing the voice of victims within the criminal Justice System. Help line staff offer advice and referral to local and relevant support services. | 1800 819 817  Daily 8am to 11pm  Translating service P:13 14 50  TTY Service P:13 36 77  www.justicevic.gov.au/victimsofcrime |
| Victorian Maternal and Child Health Services | Follow link and put area in that you need the service in. Helplines and information available | <http://www.pregnancybirthbaby.org.au/pregnancy-birth-baby-helpline> |
| WHIC (The Women’s Health Information Centre) | Houses a drop-in library and state-wide telephone health information service with an emphasis on women’s health issues. Open 9.00am-5.00pm Mon – Fri Cnr of Grattan and Flemington Rd, Parkville | 8345 3045 or 1800 442 007  [which@thewomens.org.au](mailto:which@thewomens.org.au)  [www.thewomens.org.au](http://www.thewomens.org.au) |
| Women’s Domestic Violence Crisis Service | State-wide 24hour confidential crisis response service for women and women with children experiencing domestic violence. | 1800 015 188 |
| Youth Substance Abuse Service | YSAS provides drug and Alcohol services for people aged between 12 and 21. | Phone (03) 9415 8881 Head Office. |

Have a great 1st Term.

Remember to get your details updated for Term 2 as soon as you know what is planned.

Remember to send any newsletter updates to: Admin at:

[Parentzone.southern@anglicarevic.org.au](mailto:Parentzone.southern@anglicarevic.org.au)

This newsletter is updated each term – any updates that you want made or you would like to add anything, please forward to above email.

If you want a link to the newsletter, please email and let me know and as soon as it is available I will send one.ssssssssssssssssssssssssssssssssss

Thanks

Thank

Thanks.

Louise

Thank

Thanks