Anglicare Victoria

PARENTZONE SOUTHERN DIRECTORY

Term 4, 2018

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.

Parentzone SOUTHERN

BETTER TOMORROWS

Welcome to the Parentzone Southern Newsletter for Term 4.

Hello all,

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

Happy reading from the Parentzone Southern team

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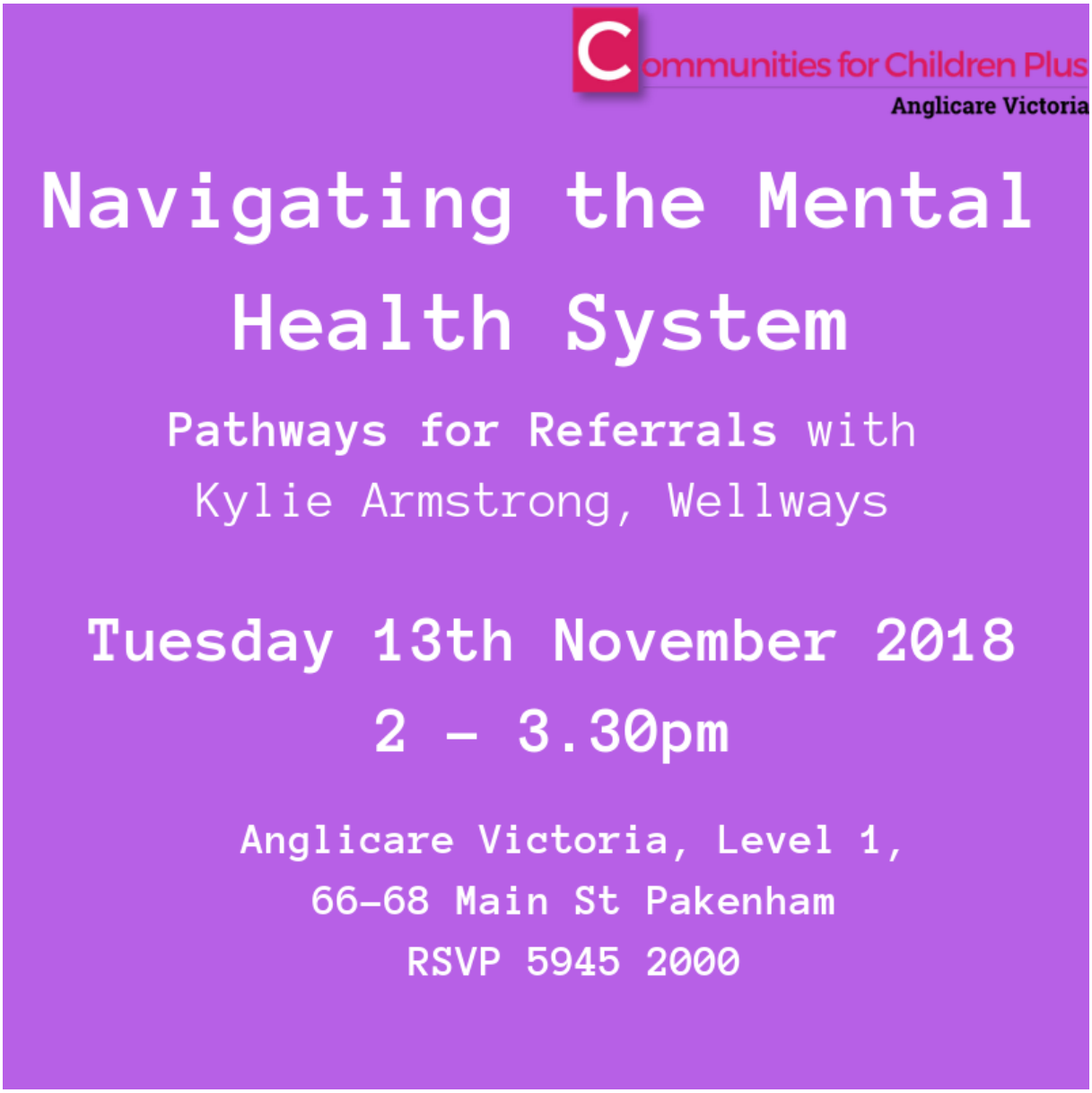
WHAT'S ON IN YOUR REGION?

Please send us details of any programs, workshops or support groups that you plan to run in Term 1, 2019.

parentzone.southern@anglicarevic.org.au or contact us on 03 5945 2000

Communities for Children Plus News



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

Region Page	Program	Dates	Time	Open to
Casey Page 36	**Koorie Kids Playgroup (VACCA run)** Cranbourne	Thursdays during school terms	10:30am – 1:00pm	Aboriginal and Torres Strait Islander Children 0 – 5 & their parent/carer
Casey **Page 36**	**Parents Building Solutions –** Parenting in Australia Today**-** Cranbourne East	Day Wednesdays Date 17th October to 21st Nov	10am – 12 noon	A solution-focused parenting group for all parents
Casey **Page 36**	**Parents Building Solutions – 3-13** Hampton Park	Day Wednesdays Date 24th October to 28th November 2018	6.30pm – 8.45pm	Open to all Mums, Dads, Carers & Grandparents of children aged 3 to 13
Casey **Page 36**	**Beyond The Violence** 8 weeks- Cranbourne	Day Wednesdays Date 10th October to 28th November 2018	4.15pm – 6.45pm	program for mums and their children who Have experienced family violence
City Of Frankston **Page 59**	**Parents Building Solutions**	Day Thursdays Date 18 25 Oct 1 8 15 22 Nov	9.30am – 11.30am	Open to all Mums, Dads, Carers & Grandparents of Primary aged children
City Of Frankston **Page 59**	**Parents Building Solutions** Let's talk about Parenting Pre-Teens and Teens	Day Tuesdays Date 16th October to 27th Nov Not on Melbourne Cup	1.00pm to 3.00pm	Open to all Mums, Dads, Carers & Grandparents
City of Greater Dandenong **Page 86**	**Our Space - Safe and consistent relationships and support spaces**	Day Mondays Date School Term	4pm – 6pm	This is a space for women and their children to share their experiences in a safe supportive space

City of Greater Dandenong **Page 83**	**Parents Building Solutions** Growing Great Kids	Day Friday Date 30th November	9.30am – 12.00pm	A Program for Parents, grandparents, step parents & carers
City Of Greater Dandenong **Page 83**	**3 year Old Playgroup** Keysborough	Day Tuesday Date School Term	9.00am – 10.30	Is your child starting School in 2020. If so, we would like to invite you to our playgroup that will prepare and encourage your child to start Kindergarten in 2019.
City Of Greater Dandenong **Page 82**	**General Playgroup** 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 **Page 83**	**Build Greater Relationship With Your Children**	Day Wednesday Date 17th October	6.00pm to 8.00pm	Open to all mums, dads, carers and grandparents of Primary aged Children
City Of Greater Dandenong **Page 83**	**Parents Building Solutions**	Day Wednesday Date 24th Oct to 14th Nov	1.00pm to 3.00pm	Open to all parents and carers of Primary school aged children
Mornington Peninsula Shire **Page 107**	**Parents Building Solutions** Let's Talk About Parenting	Day Wednesday Date 17th Oct to 21st Nov	1.00pm – 3.00pm	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

Help lines *(DETAILS AND MORE ON PAGES 117)*

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

PHILOSOPHY OF PARENTING (POP) Professional Training

Please Contact the office for the next session or if you are interested in getting on the waiting list.

5945 2000

Contact Parentzone Team.

BEYOND THE VIOLENCE facilitator Training Dandenong

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 5945 2000 Ariane.hahn@anglicarevic.org.au **VENUE** St Paul's Antiochian Orthodox Church 32-34 Plunkett rd Dandenong	**Day** Wednesday **Date** 2nd Nov to 16th Nov (3weeks) **Time** 9.30am to 4.30pm

BEYOND THE VIOLENCE facilitator Training Cranbourne

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 **VENUE** St Johns Anglican Church 27 Childers St Cranbourne	**Running in Dandenong this term. See above.** **Or** **If you wish to attend Cranbourne only phone for next program in Term 2**

We also run Programs for Mothers and children that have experienced family violence. This term an 8 week program is being ran in Cranbourne. City Of Casey

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	Anglicare Victoria Level 1, 66-68 Main St Pakenham	Please phone for details
Casey	Sandra Phillips 0447 500 355 sandra.phillips@anglicarevic.org.au	Gleneagles Sec College 58 Reema Blvd, Endeavour Hills Victoria 3802 Endeavour Hills	Please phone for details
Greater Dandenong	Jasbir Singh Suropada 0431 203 177 or 9706 8568 Jasbir.suropada@anglicarevic.org.au	Dandenong Anglicare Victoria Suite 12, 131-147 Walker St Dandenong	Please phone for details
Frankston and 'Mornington Peninsula	Michelle Brown 9781 6700 michelle.brown@anglicarevic.org.au	The Corner Youth Services Wilsons Rd, 'Mornington	Day Monday Date 10th Dec Time 2.00pm to 4.00

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.

CLAYTON

WHEN: Wednesday 10th Oct 2018
TIME: 9.30am-4.00pm
WHERE: Key Assets-Suite 10 Building 3
Clayton VIC 3168

TO BOOK: www.carerkafe.org.au
carerkafe@fcav.org.au
(03) 9416 4292

GEELONG

WHEN Friday 26th October
TIME 9.30am – 4.00pm
WHERE Barwon Child and Family Services Room
222 Malop St
Geelong

TO BOOK: www.carerkafe.org.au
carerkafe@fcav.org.au
(03) 9416 4292

ANGLICARE VICTORIA FOSTER CARE Info Sessions

We encourage people considering foster care to attend a free information session 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

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
- North West Metro Region – 03 9396 7400
- Southern Metro Region – 0499 016 445
- 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

Dandenong Foster Care Information Session

Date: 11th October 2018

Time: 6.00pm-7.15pm

Price: Free

Venue: 131-147 Walker Street, Dandenong Victoria, Australia

Contact: Anglicare Victoria Dandenong

Phone: 03 9293 8500

Email: fostercare.southern@anglicarevic.org.au

FAMILY VIOLENCE REFORM

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
City Of Casey
City of Greater Dandenong

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

Groups and Programs

City of Bayside

Group / Program	Contact	Address	Details/ Other
Parenting			
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	Day Wednesday Date 17th October to 21st Nov 2018 6 Sessions Time 12.30 to 3pm Booking essential Limited Places
PARENT EDUCATION PROGRAMS	**Bayside City Council** Ph. 9599 4444 or see www.bayside.vic.gov.au for further details and bookings	For more info: Parent education sessions	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 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

City of Bayside

Group / Program	Contact	Address	Details/ Other
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 or call (03) 8599 5488	Family Life meeting room, 197 Bluff Rd, Sandringham	Please phone to see if it is running in Term 1 Details not available at time of printing.
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 ph. 9044 5405 or 0481 081 242 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

City of Bayside

Group / Program	Contact	Address	Details/ Other
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.

City of Bayside

Group / Program	Contact	Address	Details/ Other
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	Level 1, 450 Nepean Hwy, Chelsea	Date Please phone Time 10.00-3.00pm Cost Free but booking is essential
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	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	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, call us (03 8599 5433) or email your enquiry to 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.

City of Bayside

Group / Program	Contact	Address	Details/ Other
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** 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	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	Family Life 197 Bluff Rd, Sandringham RSVP Tom 97827800	Please phone for further details

City of Bayside

Group / Program	Contact	Address	Details/ Other
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	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

City of Bayside

Group / Program	Contact	Address	Details/ Other
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 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 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			

City of Bayside

Group / Program	Contact	Address	Details/ Other

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 provides an anonymous and confidential phone counselling, information and referrals service on 1300 766 491 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.

City of Bayside

Group / Program	Contact	Address	Details/ Other
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	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

City of Bayside

Group / Program	Contact	Address	Details/ Other
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 President: 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	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 hgeerts@smha.org.au Heather - 9585 5677	Cheltenham area	The group runs once a month, (Saturday), please call for further information.

City of Bayside

Group / Program	Contact	Address	Details/ Other
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 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 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	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 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 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

City of Bayside

Group / Program	Contact	Address	Details/ Other

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

City of Bayside

Group / Program	Contact	Address	Details/ Other
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 Cente** Ph. 9598 2977 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

City of Bayside

Group / Program	Contact	Address	Details/ Other
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 Cente** Ph. 9598 2977 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***.

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 Chris McAleer on 0402 428 468 OR Jasbir Singh 0431 203 177 or text your name to register. jasbir.suropada@anglicarevic.org.au	St Johns Anglican Church 6 Main St Nar Nar Goon	Day Thursday Date 27 September & 4 October 2018 Time 9.30AM-12PM Cost Free
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 Chris McAleer at 0402 428 468 or Ariane Hahn 0499 080 468 or text your name to register. Email:chrismcale@gmail.com or ariane.hahn@anglicarevic.org.au	St.John's Anglican Church 6 Main St Nar Nar Goon	Day Tuesdays Date 25th September & 2nd Oct Time 6.30pm to 9.00pm Cost Free

Cardinia Shire

Group / Program	Contact	Address	Details/ Other
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	Running in Dandenong for Rohingya Dads. 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	215 Rossiter Rd Kooweerup	Free Service Call to register for program Waiting lists may apply
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

Cardinia Shire

Group / Program	Contact	Address	Details/ Other
KINDERGARTENS Kinders Together	The Kinders Together cluster operate a variety of Kindergarten programs throughout Cardinia Shire. Visit 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.			
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 Phone: 1300 946 337 Fax: (03) 9796 7650	Toomah Community Centre 18 Golden Green St Pakenham	Day Mondays Date 19th Nov to 10th Dec 2018 Time 10am to 12pm Need to book
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	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			

Cardinia Shire

Group / Program	Contact	Address	Details/ 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	Outlook Community Centre Pakenham Phone for women's anger Program.	Ring for times and dates
NEW BEGINNINGS A group for women who are currently experiencing or have previously experienced family violence. Learn about the effects of abusive relationships, explore how to start a new beginning for yourself and develop self-esteem in a safe, supportive environment.	**Uniting Connections** 03 5990 8400	Pakenham. Phone for details.	Ring for next Program
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

Cardinia Shire

Group / Program	Contact	Address	Details/ Other
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	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 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.

Cardinia Shire

Group / Program	Contact	Address	Details/ Other
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	Officer	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	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	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 or Joy 5945 3900, Email: 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		
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 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

Cardinia Shire

Group / Program	Contact	Address	Details/ Other
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	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 FREE- no bookings required	Pakenham Library Ph.: 5940 6200 Emerald Library Ph.: 5949 4600	**Pakenham Library** Day Monday Time 2.00 -2.30pm Day Thurs Time 11.00 – 1.30am **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 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 FREE- no bookings required Runs during School Terms	Pakenham Library Ph.: 5940 6200 Emerald Library Ph.: 59 494 600	Day Tuesday Time 11.00 -11.45am Day Thursday Time 11.15am -12.15pm

Cardinia Shire

Group / Program	Contact	Address	Details/ Other
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 FREE- no bookings required Runs during School Terms	Pakenham Library Ph. 5940 6200	Day Wednesday Time 10.30am – 11.00am
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 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

Cardinia Shire

Group / Program	Contact	Address	Details/ Other
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 TOGETHER Music therapy program for pre-school children 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 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 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 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

Group / Program	Contact	Address	Details/ Other
Parentzone Parenting Programs and Family Violence			
PARENTS BUILDING SOLUTIONS Parenting In Australia a 6 week program: Connect with other local parents to discuss being a parent in 2018 in Australia. How can we discipline children? Where do we go for advice? How can we ensure children use technology properly? A Parentzone facilitator will help you answer these questions and more in a friendly, comfortable group setting.	**Anglicare Victoria: Parentzone** For bookings & enquiries contact: Ariane Hahn at Parentzone on 03 5945 2000 or 0499 080 468 ariane.hahn@anglicarevic.org.au Maree Cullinan at Balla Balla Community Centre on 03 5990 0900	Balla Balla Community Centre 65 Berwick-Cranbourne Rd Cranbourne East, Room 3	Day Wednesdays Date 17th October to 21st November Time 10am to 12 noon Cost Free Light 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 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!	**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	Hampton Park Baptist Church Community Room 1 Orient Pl, Hampton Park (Behind the library)	Day Wednesday evenings Date 24th Oct to 28th Nov 2018 (6-weeks) TIME 6.30pm – 8.45pm COST FREE – Bookings Essential Refreshments provided

City Of Casey

Group / Program	Contact	Address	Details/ Other
Parentzone Parenting Programs			
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 *The communities for Children initiative is supported by the Australian Government*	St Johns Anglican Church 27 Childers Street Cranbourne 3977	Day Wednesdays Date 10th Oct to 28th Nov 2018 Time 4.15pm to 6.45pm
PARENTZONE PEER NETWORK- CASEY FOR PROFESSIONALS ONLY **Guest Speaker**	**Anglicare Victoria** Sandra Phillips 0447 500 355 Sandra.Phillips@anglicarevic.org.au		Check with Sandra first. 0447 500 355
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. Telephone: 9705 5200 Fax: 9704 9544 Email: caseycc@casey.vic.gov.au 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			

City Of Casey

Group / Program	Contact	Address	Details/ Other
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** 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 I M 0491 050 613 I janette.witt@bsl.org.au I 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
TUNING INTO TEENS A parent/carer's program in 6 sessions to help you Tune in to the adolescent in your care. Would you like to learn how to: Be better at talking with your teen? Be better at understanding your teen? Help your teen learn to manage their emotions? Teach your teen how to deal with conflict?	**Uniting Connections** Group Workers 5990 8400 (Bookings essential)	Uniting Connections 55 Webb St Narre Warren	Day Tuesday Date 16th October-27th Nov 2018 Not running on cup daySe Time 10am-12.30pm

City Of Casey

Group / Program	Contact	Address	Details/ Other
TUNING INTO KIDS Supports parents with children aged 12 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 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	Group 4: Dates October 13, 20, 27; November 3, 10, 17. Booster: 15 December NO COST Group 1 Day Fridays Date Oct 12th,19th, 26th,Nov 2nd, 9th, 16th Time 9.30am-11.30am NO COST Group 2 Day Fridays Date Nov 9th,16th,23rd,30th, Dec 2nd,7th,14th
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 Phone: 1300 946 337 or 9705 3200 Fax: (03) 9796 7650 Or email: groups@windermere.org.au	Mayone-Bulluk Family & Community Centre 66 Bradman St, Cranbourne West	Day Wednesday Date 10th October Time 10.00am-1200pm Cost Please check when booking
123 **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 Phone: 1300 946 337 or 9705 3200 Fax: (03) 9796 7650 Or email: groups@windermere.org.au	Windermere Narre Warren Office 48 Webb Street Narre Warren VIC 3805 9705 3200	Day Wednesdays Date 14th Nov to 28th Nov 2018 Time 5.30 to 8.00pm Cost $45 ($15 per week) *Discount for Healthcare card holder (Includes workbook for participants) Please phone and book

City Of Casey

Group / Program	Contact	Address	Details/ Other
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	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** 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 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
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			

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Group / Program	Contact	Address	Details/ Other
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. Must book	Narre Warren Library - Bunjil Place, Patrick North East Drive, Narre Warren 3805	Date Thursdays Dates 8th Feb to 13th Dec 2018 Time 6.00pm – 7.30pm Cost No cost Registration essential (Feb-Dec) Held all year including school holidays
TUNING INTO KIDS FOR DADS (0-12yr 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**	Relationships Australia Victoria 2/199 South Gippsland Highway Cranbourne	Dates not Available at time of printing Please contact Relationships Australia
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	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.	Contact: City of Casey Email: dadsmatter@casey.vic.gov.au Telephone: 9705 5200	Arbourlea Family and Children's Centre 75 Wheelers Park Dve Cranbourne North Melways Ref 130 K10	Day Mondays (not in school holidays or on public holidays) Dates 5th Feb to 10th Dec 2018 Time 6.00pm-7.30pm Cost No cost Registration essential

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Group / Program	Contact	Address	Details/ Other
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 in 2017
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.com	This is now held in Frankston. Frankston NEAMI office. 1 Douglas Grove, Frankston	first Tuesday of the month from 11am – 2pm

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Group / Program	Contact	Address	Details/ Other
CHALLENGING BEHAVIOURS, DISABILITIES, GRIEF, ALCOHOL & DRUGS, FAMILY VIOLENCE, MENTAL HEALTH, SUICIDE, AND OTHER			
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	Mayone Bullock Community Centre 66 Bradman Dve, Cranbourne West	Day Wednesday Date 10th Oct to 14th Nov 2018 Time 10am to 12pm
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@caseynor thciss.com.au	Hallam Community Learning Centre 56 Kay's Ave Hallam	Day Thursday Date 25th October to 13th Dec 2018 Time 9.30am to 12noon Free Child Care available at Thursday Group Phone to book. Another group will run, please ring for details
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**	1 Coral Dve Hampton Park	Day Mondays Date 15th Oct to 3rd Dec Time 10am-12.30pm Cost Free
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 stheir children	**Relationships Australia Victoria's** Cranbourne Centre on (03) 5990 1900 or email cranbournenorth@rav.org.au **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.

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Group / Program	Contact	Address	Details/ Other
CHAMPS 6week peer support program for children 8-12 who have a parent with a mental health issue	**Uniting Connections** Ph. Megan Clarke 5990 8400 **connections.org.au**	Uniting Connections 55 Webb St Narre Warren	Day Mondays Date 15th Oct to 26th Nov 20-18 Time 4pm to 5.30pm
MAKING CHANGES FOR 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 Connections** **Samantha Sacco** 8792 8999 **connections.org.au**	Uniting Connections 55 Webb St Narre Warren	Day Wednesdays Date 10th October to 28th November 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 Connections** **Samantha** 8792 8999 (Outer South) **connections.org.au**	Uniting Connections 55 Webb St Narre Warren	Day Mondays Date 15th October to 10th Dec 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** **Phone: 1300 946 337 Fax: (03) 9796 7650** Group Coordinator 9705 3200 Email: groups@windermere.org.au	Windermere Narre Warren Office 48 Webb Street Narre Warren VIC 3805	Day Thursdays Date 18th Oct to 8th Nov 2018 Time 5.30pm to 8pm Cost total cost $45 – includes parent information pack. Discount applies for Healthcare card holders

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Group / Program	Contact	Address	Details/ Other
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	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 Co Cordinator 5990 8400	Hampton Park Community House 16-20 Stuart Avenue Hampton Park	Day Wednesday Date During School Term Time 5.30pm to 8.00pm Cost Free Bookings Essential –

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Group / Program	Contact	Address	Details/ Other
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	is based in Frankston and serves a wide area around the Peninsula, Naree 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. We: • 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.		

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Group / Program	Contact	Address	Details/ Other
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. Web 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 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.emotion21.org.au**	Cranbourne Senior Citizens Club 1 Codrington Street Cranbourne	Day Wednesdays Dates During School Terms

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Group / Program	Contact	Address	Details/ Other
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
THE INCREDIBLES For kids aged 7-10 who have experienced family violence. Running weekly over 8-week period. Kids learn about safety, understanding emotions and feelings, building self-esteem and confidence through a range of supportive, fun activities.	**Uniting** Contact Remi 87928999		Will run in Term 1 2019 Please phone for further enquiries.

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Group / Program	Contact	Address	Details/ Other
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 CASS Headquarters 20 Agonis St Doveton Please email for further details and to register for events. Find on Facebook. 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 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)

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Group / Program	Contact	Address	Details/ Other
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 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
MUSIC TOGETHER Music therapy program for pre-school children and their parents/carers.	**Uniting** Contact Kathie 5990 8400	Hampton Park Uniting Place 1 Coral Dve, Hampton Park	Day Thursdays Time 10.00am – 11.30am Runs during School term
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/	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**	19 Beldale Crt Berwick	During School Term Day Monday Time 9.30am-11.00am Please phone or email the council to book in

City Of Casey

Group / Program	Contact	Address	Details/ Other
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	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	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	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	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	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.

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Group / Program	Contact	Address	Details/ Other
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	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	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	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.com.au admin@merindapark.com.au	Annex Building 149 Endeavour Dr Cranbourne	Please phone for details

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Group / Program	Contact	Address	Details/ Other
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

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Group / Program	Contact	Address	Details/ Other
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.vic.gov.au Jaffa Richardson ph.: 0418 766 281 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	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	Cranbourne Library Administration Building 65 Cranbourne-Berwick Rd Cranbourne	Please phone or check website

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Group / Program	Contact	Address	Details/ Other
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.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 1.00am-10.45am Cranbourne Friday 11.00am-11.45am Doveton Thursday 10.30-11.15am 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

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Group / Program	Contact	Address	Details/ Other
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 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 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 Doveton Autumn Place Ph. 9792 9497 Emerald 400B Belgrave-Gembrook Road Ph. 5949 4600 Endeavour Hills 10 Raymond McMahon Boulevard Ph. 8782 3400 Hampton Park 22	Cranbourne Tuesdays 10.15 – 10.45am Endeavour Hills Wednesdays 10.15.pm- - 10.45pm Narre Warren Wednesdays 14.15 – 14.45pm Pakenham Wednesday 10.30am – 11.00am Narre Warren Monday 2.30-3.00pm Wednesday 2.30-3.00pm

City Of Casey

Group / Program	Contact	Address	Details/ Other
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** Call Bahanita on 8794 9957 for further details.	Hampton Park Community House, 16-20 Stuart Avenue, Hampton Park.	Day Monday Time 10am -12 noon and 12noon – 2pm Day Tuesday Time 10am -12 noon and 12noon – 2pm
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 Ph 03 8765 0146	Save the Children Australia Doveton College 62 Tristania Street, Doveton VIC 3177	Day Tuesdays and Wednesdays Time 10.00 – 12pm
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 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 Ph. 03 8765 0146	Save the Children Australia 62 Tristania Street, Doveton VIC 3177	Ph 03 8765 0146

City Of Casey

Group / Program	Contact	Address	Details/ Other
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 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

City of Frankston

Group / Program	Contact	Address	Details/ Other
ANGLICARE PARENTING PROGRAMS			
PBS PARENTING BUILDING SOLUTIONS – General Parenting A free 6 week program for parents and carers of Primary School aged 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 Thursdays Date 18th,25th October, 1st, 8th, 15th, 22nd November Time 9.30am-11.30am
PBS PARENTING BUILDING SOLUTIONS – General Parenting A free 6 week program for parents and carers of Primary School aged 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 email** **Michelle.brown@anglicarevic.org.au**	Shed 11 11 Marine Parade Hastings	Day Tuesdays Date 23rd October to 27th November not running on Cup Day Time 1.00pm to 3.00pm
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 Reynold Ephraim at Anglicare Frankston 9781 6700 email Reynold.Ephraim@anglicarevic.org.au	Headspace 62 Playne St Frankston 3199	Day Tuesday Starts 16th October 2018 Time 6pm -8pm

City of Frankston

Group / Program	Contact	Address	Details/ Other
A PROGRAM FOR PARENTS WITH A MENTAL ILLNESS An 8 week 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	Frankston North Community Centre 26 Mahogany Avenue Frankston North	Day Mondays Date 22nd October for 6 weeks Time 11.00am to 1pm Cost Free

Do you have an hour to spare on a Tuesday or Wednesday afternoon 4-5pm?

Teach Inspiring Minds is looking for qualified, studying or retired primary or secondary teachers to support young people in years 4-10 who have been Educationally disadvantaged and want to get ahead in their learning. If you would like to make a real difference in the life of a young person and help them reach their Potential, we would love to hear from you!

The program runs in Karingal Wednesdays 4-5pm, or Capel Sound Tuesdays 4-5pm During school terms.

Professional development and coordinated support provided.

Are you a qualified, studying or retired teacher? We are looking for Volunteers!

For more information please call Skye Sutherland-Healy on 0458 500 867 or email. Skye.sutherland-healy@anglicarevic.org.au

City of Frankston

Group / Program	Contact	Address	Details/ Other
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

City of Frankston

Group / Program	Contact	Address	Details/ Other
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/group-programs/pals-social-skills**	3 year old session: Windermere Berwick 26 Parkhill Drive, Berwick	Dates not known at time of printing. Please contact Windermere directly
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 Phone 9769 6419 headspace@headspacefrankston.org.au 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

City of Frankston

Group / Program	Contact	Address	Details/ Other
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

City of Frankston

Group / Program	Contact	Address	Details/ Other
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 8 wk 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 Suzanne Heppell on 0499 078 770 Suzanne.heppell@anglicarevic.org.au	Frankston North Community Centre 26 Mahogany Ave Frankston Nth	Day Monday Date 22nd October Time 11am to 1.00pm
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	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 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

City of Frankston

Group / Program	Contact	Address	Details/ Other

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 provides an anonymous and confidential phone counselling, information and referrals service on 1300 766 491 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.

City of Frankston

Group / Program	Contact	Address	Details/ Other
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 (2018) 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 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
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	Orwil Street Community House 16 Orwil Street, Frankston	Meets every Wednesday evening. From 7.30pm

City of Frankston

Group / Program	Contact	Address	Details/ Other
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	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 ph. 9783 7611 Email: 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.

City of Frankston

Group / Program	Contact	Address	Details/ Other
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 or email 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 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

City of Frankston

Group / Program	Contact	Address	Details/ Other
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	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 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 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

City of Frankston

Group / Program	Contact	Address	Details/ Other
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 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	Orwil St Community House, 16 Orwil St Frankston	Date Every 2nd Tues Time 3.00-4.30pm Cost Gold coin

City of Frankston

Group / Program	Contact	Address	Details/ Other
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.		
DISABILITIES, CHALLENGING BEHAVIOURS, MENTAL HEALTH, GRIEF/LOSS and OTHER			
POST NATAL DEPRESSION SUPPORT GROUP 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		

City of Frankston

Group / Program	Contact	Address	Details/ Other
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	Contact Rachel De Summa Ph. 9285 4839 or 0438 752 126 Email 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
LET'S TALK ABOUT MONEY A free Program for Women group program for women focussed on building new skills and knowledge in managing money, providing an opportunity to gain clarity, confidence and excitement about your financial future.	**Firmer Foundations** **Good Shepherd** **To register** your name, or for more information please Call Good Shepherd Hastings **5970 5700** or email **firmerfoundationspeninsula@goodshep.org.au** or TEXT **0490 120 918**	Frankston library Community Room 60 Playne St Frankston	Day Mondays for 4 weeks - Date October 8th, 15th, 22nd and 29th Time 1.00pm to 3.00pm If you have transport or childcare difficulties please call
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

City of Frankston

Group / Program	Contact	Address	Details/ Other
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	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	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

City of Frankston

Group / Program	Contact	Address	Details/ Other
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 **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	Orwil St community House 16 Orwil St, Frankston	Please phone for details

City of Frankston

Group / Program	Contact	Address	Details/ Other
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.orghttp://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

City of Frankston

Group / Program	Contact	Address	Details/ Other
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	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	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 Twitter | Facebook | YouTube	Family Life Community House, 10 Carmichael Street, Tootgarook 3941	Day Wednesdays (2018) Date School Term Time Morning 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 Twitter | Facebook | YouTube	Family Life Community House, 10 Carmichael Street, Tootgarook 3941	Day Tuesday (2018) Date Please phone Time Afternoons (phone)

City of Frankston

Group / Program	Contact	Address	Details/ Other
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 www.familylife.com.au Twitter | Facebook | YouTube	Family Life Community House, 10 Carmichael Street, Tootgarook 3941	Day Thursdays (2018) Date Please phone Time 9.00 am to 10.30am (doesn't run during school holidays)
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

City of Frankston

Group / Program	Contact	Address	Details/ Other
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

City of Frankston

Group / Program	Contact	Address	Details/ Other
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 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 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.

City of Glen Eira

Group / Program	Contact	Address	Details/ Other
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 provides an anonymous and confidential phone counselling, information and referrals service on 1300 766 491 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.

City of Glen Eira

Group / Program	Contact	Address	Details/ Other
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
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

City of Glen Eira

Group / Program	Contact	Address	Details/ Other
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 or ph. 9818 2000 Rural callers 1800 654 013 email mail@acd.org.au 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.

City of Glen Eira

Group / Program	Contact	Address	Details/ Other
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 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			
FAMILY SUPPORT			
PLAYGROUPS	**Playgroup Victoria** 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 ph. 9044 5405 or 0481 081 242 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	Family Drug Help 140 Grange Rd, Carnegie	Please phone for details

City of Glen Eira

Group / Program	Contact	Address	Details/ Other
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
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 President: 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 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	**Anglicare Victoria Parentzone** **Bookings or enquiries** Deborah Lucas 9795 3744 Jasbir Singh Suropada, Parentzone Anglicare. Mob: 0431 203 177 or text your name to register Email: jasbir.suropada@anglicarevic.org.au	Rosewood Downs Primary School Murray Rd Dandenong Nth	Day Friday(1 session) Time 9.30am-12.00pm 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	Rosewood Downs Primary School Murray Road Dandenong North	Day Thursday Date 29th November 2018 Time 6pm to 8.30pm Cost Free. Must book

City of Greater Dandenong

Group / Program	Contact	Address	Details/ Other
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
PARENTS BUILDING SOLUTIONS A free 4-week program for parents and carers of Primary School aged Children. Share experiences and ideas and learn strategies to support your Children.	**Anglicare Victoria- Parentzone** 03 5945 2000 or 0429 454 693 or email: Vanja.Flett@anglicarevic.org.au	Keysborough Primary School Community Room 31-53 Coomoora Rd Springvale South	Day Wednesday Date 24th, 31stOct, 7th, 14th Nov Time 1.00pm to 3.00pm Cost Free
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	Jacaranda Centre (behind Dandenong High School) Cnr of Ann & Herbert St's Dandenong	Running In Cranbourne This Term Click link it is in this section
OUR SPACE" Safe consistent relationships and support This is a space for women and their children to share their experiences in a safe supportive space	**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

City of Greater Dandenong

Group / Program	Contact	Address	Details/ Other
3-YEAR-OLD PLAYGROUP Is your child starting school in 2020? If so, we would like to invite you to our playgroup that will prepare and encourage your child to start kindergarten in 2019.	**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 -10.30 School Term Bring a piece of fruit, a coat and a hat for your child. 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
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		

City of Greater Dandenong

Group / Program	Contact	Address	Details/ Other
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** 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 I M 0491 050 613 I janette.witt@bsl.org.au I 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
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	47 Balmoral Ave Springvale	Day Wednesday Date 7th Nov to 12th Dec Time 11.00am-2.30pm
CHALLENGING BEHAVIOURS, DISABILITIES, GRIEF, Drug & Alcohol dependency, AND OTHER			
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
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

City of Greater Dandenong

Group / Program	Contact	Address	Details/ Other
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

City of Greater Dandenong

Group / Program	Contact	Address	Details/ Other
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	Ring Nathan. Venues change	Day - First Tuesday of each month
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**	47 Balmoral Ave Springvale	Day Thursdays Date 25th Oct to 29th Nov 2018 Time 10.00am-12.30pm
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.

City of Greater Dandenong

Group / Program	Contact	Address	Details/ Other
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	Jacaranda Centre (behind Dandenong High School) Cnr of Ann & Herbert St's Dandenong	Running In Cranbourne This Term Click link it is in this section
OUR SPACE" Safe consistent relationships and support This is a space for women and their children to share their experiences in a safe supportive space	**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
  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
  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
  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
  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

City of Greater Dandenong

Group / Program	Contact	Address	Details/ Other
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 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	Mornington & Dandenong	Meetings monthly Newsletter quarterly
LIVING AND LEARNING TOGETHER. A supportive group for CALD women	**Wellsprings for Women** 9701 3740 www.wellspringsforwomen.com 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	Days Thursday Dates 8th Nov to 29th Nov Time 4.30 to 6.30pm

City of Greater Dandenong

Group / Program	Contact	Address	Details/ Other
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 T.8710 9600 E.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	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 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

City of Greater Dandenong

Group / Program	Contact	Address	Details/ Other
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	Term 4 Meetings Held Day Thursdays Date School Term Time 4.30pm to 6.30pm
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 pre-school children and their parents/carers.	**Uniting** Contact Bronwyn 5990 8400	Springvale Uniting church 47 Balmoral Ave Springvale	Day Wednesdays during school Terms. 2018 Time 9.30am-10.15am
MY TIME PLAYGROUP For special needs children. Playgroup.	**Extended Families Southern Region** 5950 1055 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

City of Greater Dandenong

Group / Program	Contact	Address	Details/ Other
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

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 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 ph. 9044 5405 or 0481 081 242 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	Community House Keith Street	Please phone for day and dates.

City of Kingston

Group / Program	Contact	Address	Details/ Other
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	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 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	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.

City of Kingston

Group / Program	Contact	Address	Details/ Other
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 provides an anonymous and confidential phone counselling, information and referrals service on 1300 766 491 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.

City of Kingston

Group / Program	Contact	Address	Details/ Other
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	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	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.

City of Kingston

Group / Program	Contact	Address	Details/ Other
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	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	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 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

City of Kingston

Group / Program	Contact	Address	Details/ Other
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

Group / Program	Contact	Address	Details/ Other
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 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			
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.

City of Kingston

Group / Program	Contact	Address	Details/ Other
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 Office hours 9am-5pm			
MARVELLOUS MUMS Connecting mums. sharing information	Andrea Cross 0403 342 390 www.marvellousmums.com 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	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	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

City of Kingston

Group / Program	Contact	Address	Details/ Other
LITTLE CHEFS For 6-10yr olds.	**Cheltenham Community Centre** 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	Parkdale Family and Children's Centre 122 Warren Rd Parkdale	Day Saturdays Time 10am -12pm School Term

City of Kingston

Group / Program	Contact	Address	Details/ Other
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

Group / Program	Contact	Address	Details/ Other
PARENTZONE PARENTING PROGRAMS			
PBS PARENTING BUILDING SOLUTIONS – Let's Talk About Parenting 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: **Annette.bailey@anglicarevic.org.au** **0499 027 753** Michelle Brown. 9781 6700 **Michelle.brown@anglicarevic.org.au** **care**	Eastbourne Primary School Allambi Ave Rosebud West	Day Wednesdays Date 17th Oct to 21st Nov Time 1pm to 3pm Cost Free
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 91 Wilsons Rd Cnr of Nepean Hwy Mornington	Day Tuesday Starts 23rd October for 6wks. Not on Cup Day Time 5pm -7pm Cost Free

Mornington Peninsula Shire

Group / Program	Contact	Address	Details/ Other
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** **Referrals and more information** **Contact Allira McCall, 9784 6999** **AMcCall@phcn.vic.gov.au**	The Corner. 91 Wilsons Rd Mornington Mornington peninsula Shire Youth Services	Please phone to see when this is next running

Mornington Peninsula Shire

Group / Program	Contact	Address	Details/ Other
SPACE 4 US Facilitator Training. This largely experiential training will provide: An overview of the program's core principles Explanation and demonstration of how to plan and deliver a Space4us program An opportunity to hear from a Peer Leader Support with issues around program implementation: □ Partnerships □ Evaluations □ Resources □ Sustainability	TO REGISTER Email. r.cuff@latrobe.edu.au Trainers Chris Dutton and Helen Carter (FaPMI coordinators) along with a young person with Lived Experience.	Gravell training room, Brunswick Business incubator, 420 Victoria St, Brunswick	Day Thursday and Friday Date Thurs Nov 22nd and Fri Nov 23rd Time 9.30am to 4.00pm Cost $40.00 for the two days (to cover light lunches and printing costs) Participants will be sent the facilitator guide prior to the training in order to familiarise themselves with the material.
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.

Mornington Peninsula Shire

Group / Program	Contact	Address	Details/ Other
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 www.mpys.com.au	Mornington Council Offices	Held Monthly Please phone for further details

Mornington Peninsula Shire

Group / Program	Contact	Address	Details/ Other
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.		
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	YLounge Rosebud And Shed 11 Hastings	Day Tuesdays Time 3.30 to 6.00pm Does not run during School Holidays
Kids ArtSpace: School holiday Experiential arts workshops.	GAYE HART – Group Coordinator gayehart@seigaiha.com.au Phone 0409 174 128 Please phone Gaye Hart rto egister intention to attend and confirm dates	Venue: Good Shepherd Wallaroo Community Centre. 6 Wallaroo Place Hastings	Please phone for further details or to book for next school holidays.

Mornington Peninsula Shire

Group / Program	Contact	Address	Details/ Other
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 provides an anonymous and confidential phone counselling, information and referrals service on 1300 766 491 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.

Mornington Peninsula Shire

Group / Program	Contact	Address	Details/ Other
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

Mornington Peninsula Shire

Group / Program	Contact	Address	Details/ Other
FAMILY VIOLENCE			
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	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.

Mornington Peninsula Shire

Group / Program	Contact	Address	Details/ Other
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

Mornington Peninsula Shire

Group / Program	Contact	Address	Details/ Other
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

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 **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.

City of Port Phillip

Group / Program	Contact	Address	Details/ Other
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**	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 ph. 9044 5405 or 0481 081 242 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 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.)

City of Port Phillip

Group / Program	Contact	Address	Details/ Other
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 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	Day Friday Date Oct 19th, Nov 16th, Dec 7th Time 10.00am-12noon 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
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

City of Port Phillip

Group / Program	Contact	Address	Details/ Other
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			

FAMILY YOUTH AND CHILDREN FORUM 2018

Let's Start a Conversation: MENTAL HEALTH 101 PARENT FORUM Honest and open conversation is a must for parents and carers dealing with teenagers' mental health issues, says a new resource that tells it like it is. Eileen Berry, Parent Guides Founder, says suicide, anxiety, depression, ADHD, self-harm, eating disorders and other mental illnesses are taking a terrible toll on young people. But she says parents can help minimise these and other issues by educating themselves about building resilience in children and knowing how to approach problems if they arise.

Join Parent Guides as they host an organised discussion evening where a panel of experts talk about their experiences and answer parent questions.

Day: Tuesday

Date 23 October 2018

Time: 6 pm to 7:30 pm

Cost Free and all welcome. Must book

Venue: St Kilda Town Hall Auditorium

99a Carlisle Street St Kilda Enter via Brighton Road To book:

Please register via Try Bookings

https://www.trybooking.com/YCZZ

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 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 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	Day Wednesday Date 14th November 2018 Time 7pm-9pm
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	Day Thursdays Starts 18th October for 6 weeks TIME 12:30 pm - 2:30 pm COST Free
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

City of Stonington

Group / Program	Contact	Address	Details/ Other
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 provides an anonymous and confidential phone counselling, information and referrals service on 1300 766 491 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.
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Aboriginal Family Violence Prevention and Legal Service (FVPLS)

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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.

City of Stonington

Group / Program	Contact	Address	Details/ Other
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

City of Stonington

Group / Program	Contact	Address	Details/ Other
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 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

City of Stonington

Group / Program	Contact	Address	Details/ Other
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 www.adec.org.au **Address:** 175 Plenty Road, Preston Victoria 3072 **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
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 **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

Telephone Help Lines

Name	Description	Contact
Alzheimer's Australia	Children impacted by dementia in their family can now seek information and support from a new website 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	
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 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)	

Telephone Help Lines

Name	Description	Contact
Commonwealth Carer Respite Centres	1800 052 222 (24 hours a day) & 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 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

Telephone Help Lines

Name	Description	Contact
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
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
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/

Telephone Help Lines

Name	Description	Contact
SANE	Information and referral service for Carers and Consumers	1800 187 263 www.sane.org
Signposts for Better Behaviour	A parenting program for parents of 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
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
The Stepfamily Org	For all Victorians in or considering a stepfamily.	9663 6733 info@stepfamily.org.au 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

Telephone Help Lines

Name	Description	Contact
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 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 4th Term in 2018.

From all of the Parentzone Team have a Merry Christmas and a Safe Festive Season.

Don't forget to send updates for Term 1 2019 to us.

Remember to send any newsletter updates to: Admin at:

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.

Thank

Anglicare Victoria

BEYOND THE VIOLENCE

AN 8 WEEK PROGRAM FOR MUMS AND THEIR CHILDREN WHO HAVE EXPERIENCED 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?

DATES: Wednesday 10 October 2018 - 28 November 2018

TIME: 4.15pm to 6.45pm (substantial afternoon tea)

WHERE: St Johns Anglican Church
27 Childers Street
Cranbourne 3977

Windermere® everyone is someone in our community

Parentzone SOUTHERN

BEYOND THE VIOLENCE

'The Communities for Children Initiative is supported by the Australian Government'

FREE of Charge **Bookings essential**

All enquiries contact:
Alison Krusec 0409 316 620 or email
Alison.Krusec@anglicarevic.org.au

Anglicare Victoria

Parenting in Australia Today

A solution-focused parenting group for all parents

Do you feel isolated or alone?

Connect with other local parents to discuss being a parent in 2018 in Australia.
How can we discipline children?
Where do we go for advice?
How can we ensure children use technology properly?
A Parentzone facilitator will help you answer these questions and more in a friendly, comfortable group setting.

DATES: Wednesday mornings
17th October to 21st November
(6 weeks)

TIME: 10 am to 12 noon
(light refreshments provided)

WHERE: Balla Balla Community Centre
65 Berwick-Cranbourne Rd
Cranbourne East, Room 3

For bookings & enquiries contact:
Ariane Hahn at Parentzone on
03 5945 2000 or 0499 080 468
ariane.hahn@anglicarevic.org.au

Balla Balla community centre

Parentzone SOUTHERN

BETTER TOMORROWS

anglicarevic.org.au

Anglicare Victoria

PARENTS BUILDING SOLUTIONS

A free 6 week program for parents and carers of primary school aged children

Share experiences and learn strategies to support your kids

FREE 6 week program

How to get kids to listen without yelling

Understand why children behave the way they do

How to deal with anxiety and/or anger

Setting positive rules and consequences

Dates: Thursdays
18 25 Oct
1 8 15 22 Nov

Times: 9.30 – 11.30am

Where: Belvedere Community Centre
36 Belvedere Road
Seaford

To book - Michelle Brown, Parent Resource Co-ordinator on 0429 174 150 or michelle.brown@anglicarevic.org.au

Parentzone SOUTHERN

Belvedere Park

Anglicare Victoria

Parents Building Solutions

A free 4-week program for parents and carers of Primary School aged children.

Share experiences and ideas and learn strategies to support your children.

- Understand why children behave the way they do
- Helping parents and kids deal with their feelings
- Setting boundaries and consequences

DATES: Wednesdays
24, 31 Oct, 7, 14 Nov 2018

TIME: 1:00pm - 3:00pm

WHERE: Keysborough Primary School
Community Room
31-53 Coomoora Rd
Springvale South

Parentzone SOUTHERN

If interested, please fill out and give to Keysborough Primary School as soon as possible.

Yes, I am interested in attending the Parents Building Solutions starting 24th Oct 2018:

Name: _____ Phone No: _____

Anglicare Victoria

Build greater relationship with your children

Join us in discussion on how to build on the relationship with your children.

Improve communication with your children.

Learn how to respond to your child's behavior more effectively.

DATES: 17th Oct 2018 Wednesday

TIME: 6.00pm to 8.00pm (refreshments provided)

WHERE: Keysborough Primary School
33 Coomoora Rd.,
Springvale South

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

MISSION AUSTRALIA | together we stand

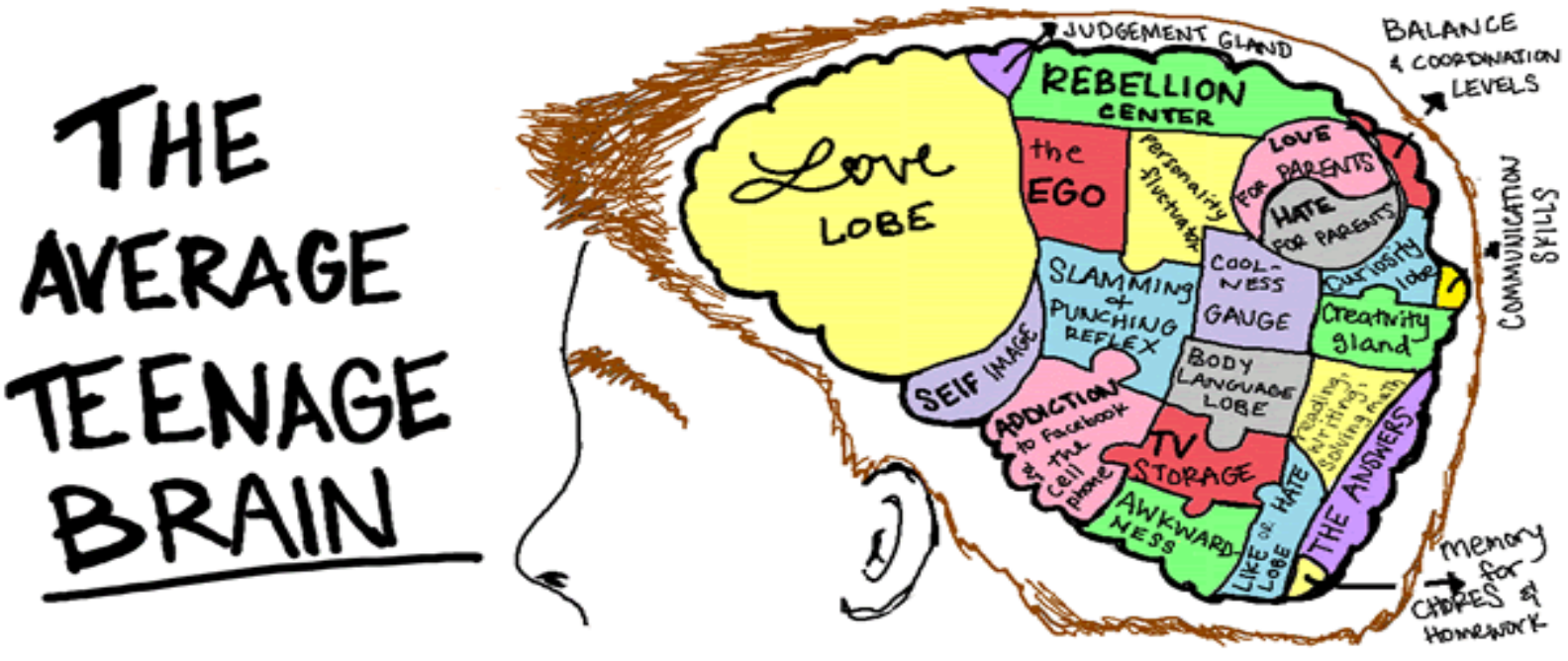
Parentzone SOUTHERN

TO REGISTER, PLEASE FILL OUT AND RETURN TO THE RECEPTION AT KEYSBOROUGH PRIMARY SCHOOL::

NAME:_____

PHONE NUMBER: _____

Anglicare Victoria



PARENTS BUILDING SOLUTIONS

Let's Talk About Parenting Pre-Teens and Teens

Are you tired of yelling at your kids- learn ways to get them to listen

Share strategies around getting kids to turn off their technology and go to bed! Build better relationships and help to recognise when each other are getting angry. Understand the stages and changes of development that your kids are going through.

Come along to a **FREE 6 week** program starting Tuesday 16th October 1 – 3 pm. Group then meets on 23, 30 Oct, a week off for Melbourne Cup, then 13, 20 , 27 Nov.

Venue is at "Shed 11", 11 Marine Parade Hastings. Bookings: Michelle Brown, Parent Resource Co-ordinator, 0429 174 150 or michelle.brown@anglicarevic.org.au

Parentzone SOUTHERN

Carer KaFÉ Training

FREE training for Victorian kinship and foster carers

carer KaFÉ Kinship and Foster Care Education

Parentzone SOUTHERN

Anglicare Victoria

CARERS BUILDING SOLUTIONS

Join a supportive space where you can share the challenges, joys and unique experiences of kinship and foster care, while enjoying warm connections with one another and expanding ideas to enhance relationships and respond to the needs of the children in your care.

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
- learn about the importance of identify and the rights of children and parents

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.

WHEN: Friday 26 October 2018
9:30am - 4:00pm

WHERE: Barwon Child Youth and Family Services
222 Malop St, Geelong VIC 3220

TO BOOK: www.carerkafe.org.au
carerkafe@fcav.org.au
(03) 9416 4292

Anglicare Victoria

DADS DO MATTER (DDM) - PARENTS BUILDING SOLUTIONS

Come & join other Dads to share experiences, learn new strategies & solutions on:

- **Improving communication and closeness with your kids.**
- **Learn strategies & tools that work.**
- **Learning how to cope with stress, emotions and anger.**

WHEN: Thursday, 29th November 2018

TIME: 6pm to 8.30pm

WHERE: Rosewood Downs Primary School
Murray Road
Dandenong North

COST: Free - Bookings Essential
Refreshments Provided

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

Parentzone SOUTHERN

ROSEWOOD DOWNS PRIMARY SCHOOL

BETTER TOMORROWS

anglicarevic.org.au

LYFT UP YOUR FAMILY GROUP REGISTRATION

Program: **LYFT up your family group**		Venue: Frankston headspace
Referral Date	Dates of Group 13/02/2018	Facilitator: Reynold, Rachelle, Michael

Information Privacy/Confidentiality Policy has been discussed with client (including that the information provided will be shared between AV and YSAS) □

Caregiver/s information:

First name: __ **Surname:** **DOB:** _____

Address: **Postcode:** _____

Phone **Home:** **Mobile:** **Work:**

Country Born in _____ Aboriginal or Torres Strait Islander Yes □ No □
(Please provide date you came to Australia if you were not born here)

Language Spoken other than English _____ Interpreter required Yes □ No □

Young person's first name	Young person's surname	Date of birth	Gender

Are you the children's: Mother □ Father □ other family member (please state) □ _____
Other (please state) □ _____ Female □ Male □

Who recommended the program to you? (Eg: an agency, friend, school) _____

Name and phone number of referrer if referred by a professional _____

What are the main issues and concerns that have brought you to enrol in this group?

Is there any other information you think we need to know for the purposes of running this group? Eg; health/allergies, safety matters, access/special care issues?

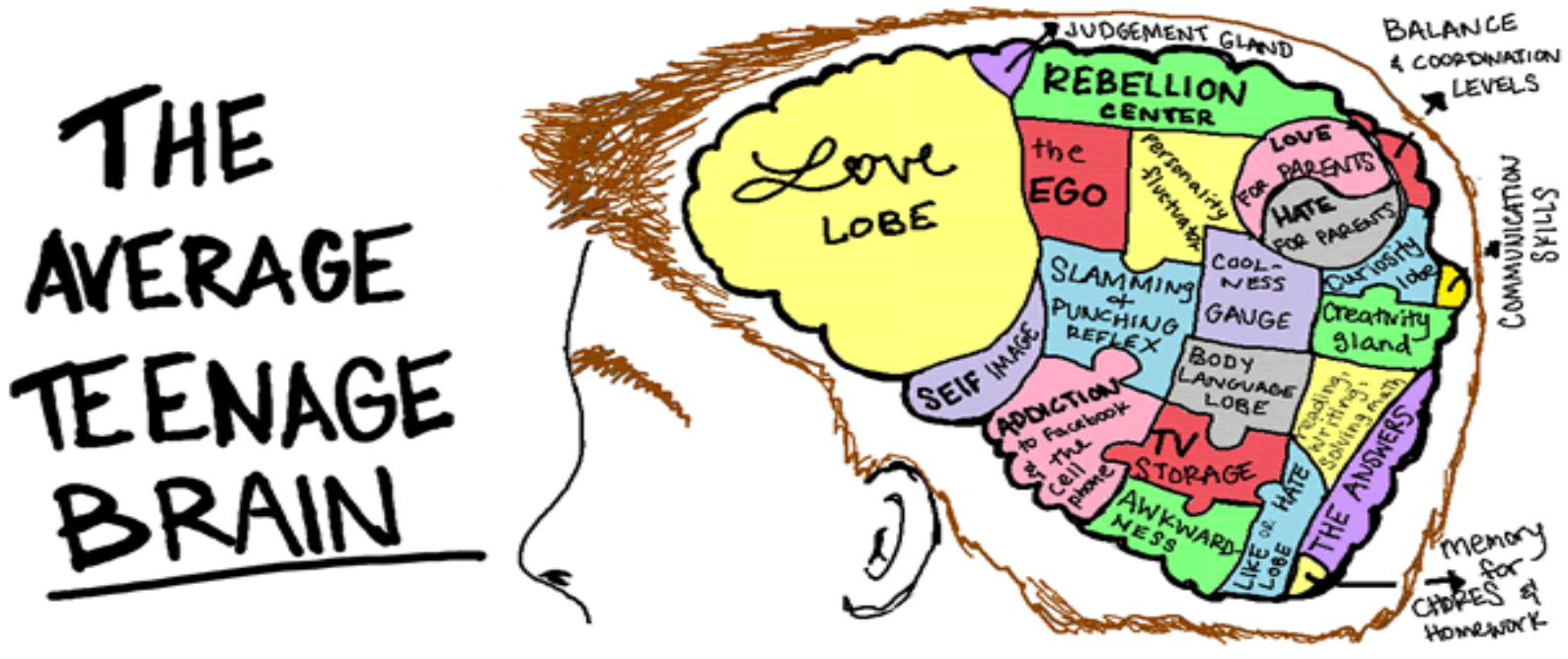
In case of emergency, who would you like us to contact?

Person	Relationship to contact person	Phone numbers

What are you hoping to achieve by coming to the program?

What is the primary drug of concern regarding the young person for whom you care for? (Include any injecting drug use)

Anglicare Victoria



PARENTS BUILDING SOLUTIONS

Let's Talk About Parenting Pre-Teens and Teens

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!

Need ideas on how to get them up for school each day, 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.

Come along to a **FREE 6 week** program starting Tuesday 23rd October 5 - 7 pm. Group meets on 30 Oct, a week off for Melbourne Cup, then 13, 20 , 27 Nov and 4th Dec.

Venue is at "The Corner", 91 Wilsons Road, cnr of Nepean Highway in Mornington. Bookings: Michelle Brown, Parent Resource Co-ordinator, 0429 174 150 or michelle.brown@anglicarevic.org.au

Parentzone SOUTHERN

Anglicare Victoria

GROWING GREAT KIDS

PARENTS BUILDING SOLUTIONS

A program for parents, grandparents, step parents & carers.

ARE YOU TIRED OF YELLING?
How to get your kids to listen, without having to yell

DEALING WITH ANGER
Recognising the causes and triggers for anger

DATE: Friday 30th November 2018
TIME: 9.30am - 12.00pm
WHERE: Rosewood Downs Primary School
Murray Rd, Dandenong North

COST: **FREE:** Bookings essential
(Refreshments provided)

BOOKINGS: **For bookings and enquiries contact:**
Deborah Lucas - 9795 3744
Email: lucas.deborah.s@edumail.vic.gov.au OR

Jasbir Singh at Parentzone on 0431 203 177
(Simply text your name in to register)
Email: jasbir.suropada@anglicarevic.org.au

Parentzone ANGLICARE

ROSEWOOD DOWNS PRIMARY SCHOOL

anglicarevic.org.au

BETTER TOMORROWS

Anglicare Victoria

Our Space

"Safe and consistent relationships and support spaces"

This is a space for women and their children to share their experiences in a safe supportive space.

TIME: Mondays.
4 - 6 pm

WHERE: "Wellsprings for Women"
79 Langhorne Street,
Dandenong, Vic 3175

Our Space is on every Monday throughout the school term.

Information call
Alison Krusec 0409 316 620 or email
Alison.Krusec@anglicarevic.org.au

MISSION AUSTRALIA | together we stand

Wellsprings for women

Parentzone SOUTHERN

'The Communities for Children Initiative is supported by the Australian Government'

anglicarevic.org.au

BETTER TOMORROWS

Anglicare Victoria

PARENTS BUILDING SOLUTIONS

For parents, step-parents, grandparents & carers of children aged 3 - 13 years

Join us in an interactive program 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!

DATES: Wednesday evenings
24th Oct to 28th Nov 2018
(6-weeks)

TIME: 6.30pm – 8.45pm

WHERE: Hampton Park Baptist Church
Community Room
1 Orient Pl, Hampton Park
(Behind the library)

COST: **FREE** – Bookings Essential
Refreshments provided

Parentzone SOUTHERN

BOOKINGS AND ENQUIRIES:
Sandra Phillips at ParentZone
03 5945 2000 or call/text 0447 500 355
sandra.phillips@anglicarevic.org.au

Early Childhood Development

Koorie Kids Playgroup

Connecting to ***COMMUNITY*** *Being Strong in* ***CULTURE*** *Supporting Strong* ***FAMILIES***

Come and join us at VACCA's Koorie Kids Playgroup in a culturally safe, fun and empowering environment for families with children aged 5 years and under.

Koorie Kids Playgroup is a great place for children and their Mums, Dads and Carers to:

- Gather with other Koorie families
- Make new friends
- Hear stories
- Participate in cultural arts, crafts and dance
- Get to know with other Koorie Kids in the area
- Express creativity
- Learn about culture

Playgroup will provide a healthy snack at each session.

For further information please don't hesitate to call the Playgroup Worker on 0408 948 755 or 9701 4200.

During school terms

Tuesdays 10:30am – 1pm
Arena Child and Family Centre
22 Curran Drive, **Officer**

Wednesdays 10:30am – 1pm
Montague Park Playgroup Hall,
Bentley Place, **Frankston**

Thursdays 10:30am – 1pm
Cranbourne Community House
49 Valepark Crescent, **Cranbourne**

Fridays 10:30am – 1pm
Wallaroo Community House
6 Wallaroo Place, **Hastings**

Southern VACCA
Level 2, Plaza Business Centre, 26 McCrae St, Dandenong VIC 3175
PO Box 7052, Dandenong VIC 3175

p. (03) 9701 4200 **m.** 0408 948 755
f. (03) 9706 6808 **w.** www.vacca.org

VACCA
Connected by culture

VICTORIAN ABORIGINAL CHILD CARE AGENCY

Anglicare Victoria

PARENTS BUILDING SOLUTIONS

Let's Talk About Parenting

FREE 6 week program for parents to share and learn new ideas and strategies in a relaxed, friendly place.
Refreshments provided.

Wednesdays 17th Oct – 21st Nov, 1 – 3 pm

Eastbourne Primary School

Allambi Avenue, Rosebud West

To register please contact Annette on 0499 027 753 or email annette.bailey@anglicarevic.org.au or email michelle.brown@anglicarevic.org.au

Hosted by

Parentzone SOUTHERN

Eastbourne Primary School
Celebrates Success

Anglicare Victoria—Linking Youth and Families Together and the Youth Support and Advocacy Service (YSAS) Frankston Teams present:

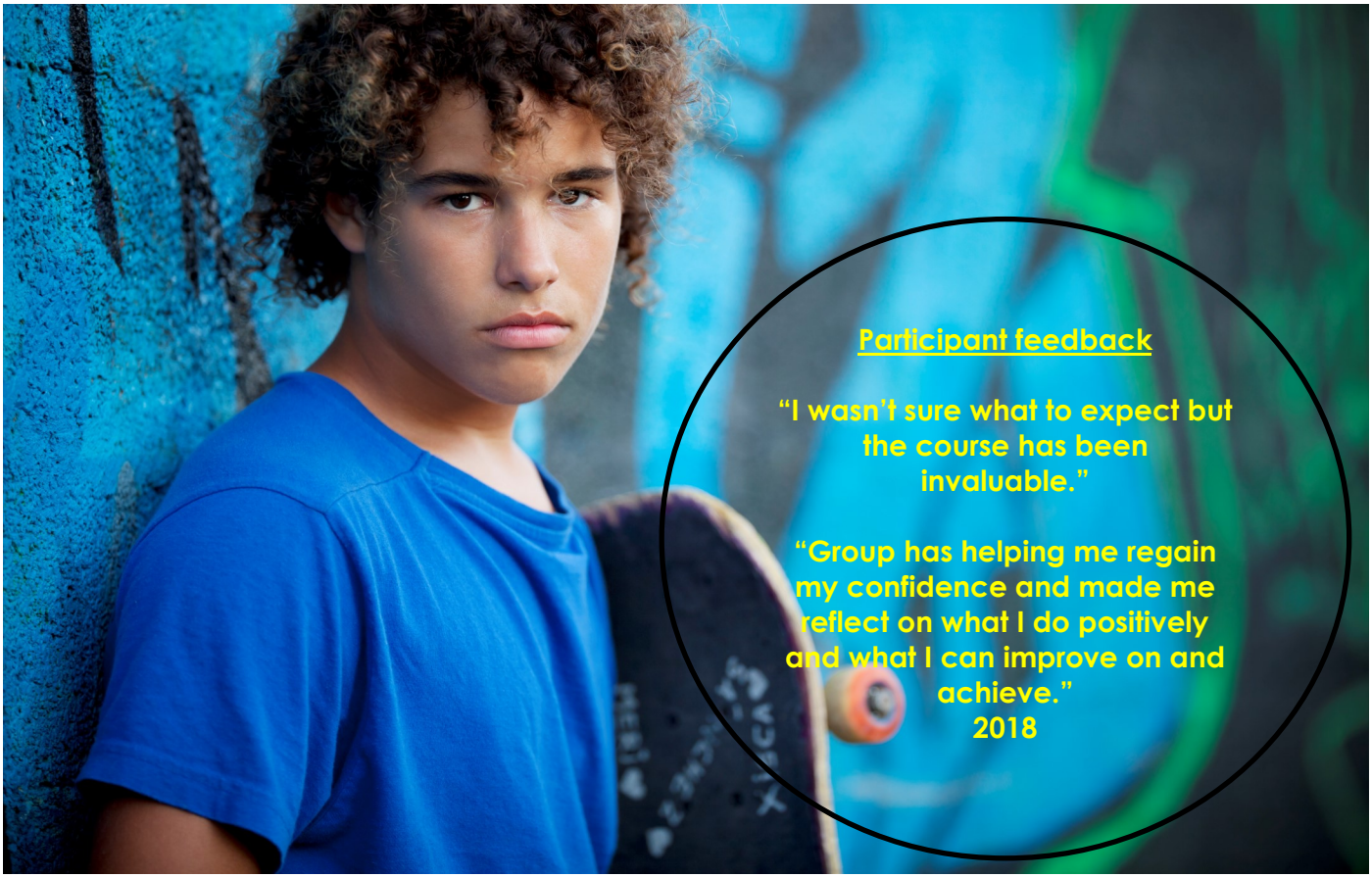
'LYFT Up Your Family'

A six week evening group for parents and carers of young people (aged 12-18 years) using alcohol and other drugs in a problematic way.

COMMENCINCING TUESDAY 16th of October 2018

6-8pm

@ Headspace - 62 Playne St, Frankston VIC 3199



Are you concerned about.. parenting an adolescent who uses alcohol and other drugs? Takes risks?

Topics covered include:

Drugs and alcohol
Adolescent development
Boundaries and consequences
Managing conflict & violence
Communication
Resilience and self care

For referrals please contact Reynold Ephraim at Anglicare Frankston 9781 6700 or email Reynold.Ephraim@anglicarevic.org.au