

# **EASTERN DIRECTORY**

## **Term 4 2019**



News and information on groups and programs offered by Parentzone and Community Services across the Eastern region

***Boroondara, Knox, Manningham, Maroondah, Monash, Whitehorse and Yarra Range***

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# PARENTZONE TERM 4 PARENTING PROGRAMS



## Parenting Programs Term 4 2019



**Free to Attend \* Places Limited \* Bookings Essential**

### Boys for Beginners Wheelers Hill

Learn strategies to better understand and nurture your son  
Thursdays (6 morning sessions)  
Oct 24th to Nov 28th 10am - 12 noon  
Phone: Helena 0488 501 204

### Dads Matter Woori Yallock

Discover the importance of dads in a child's life. Help your child thrive.  
Thursdays (5 x evening sessions)  
Oct 24th to Nov 21st 7:00 -9:00 pm  
Phone: Helena 0488 501 204

### Emotion Focused Parenting Glen Waverley

Help your child manage their emotions and deal with conflict  
Wednesdays (6 x evening sessions)  
Oct 30th to Dec 4th 7:00-9:30 pm  
Phone: Julia 0400 866 495

### Surviving Separation Park Orchards

Manage parenting arrangements, deal with emotions and resolve conflicts  
Tuesdays (8 evening sessions)  
Oct 15th to Dec 10th 7:00-9:30 pm  
Phone: Julia 0400 866 495



### Parenting Anxious Children Boronia

Learn strategies to cope with anxiety and teach your child resilience  
Thursdays (5 x afternoon sessions)  
Oct 31st Nov 28th 1:00 to 3:30 pm  
Phone: Sharon 0438 683 049

### Parents Building Solutions A Program for Professionals Bayswater \$350 (plus GST)

A comprehensive framework for any professional who works with parents  
Tuesdays (6 morning sessions)  
Phone: Helena 0488 501 204

### What other parenting programs would you like to see?

Phone our Parent Resource Coordinators on 9721 3688 or email [parentzone.erro@anglicarevic.org.au](mailto:parentzone.erro@anglicarevic.org.au)

[anglicarevic.org.au](http://anglicarevic.org.au)

### Strengthening Parent Support Chirnside Park, Lilydale

Ringwood and Vermont South  
Support groups for parents and carers of children aged 0-18 with a disability or developmental delay  
Phone Michelle 0438 646 744

# TERM 4 PARENT EDUCATORS NETWORK MEETING

**Wednesday 16th October 2019**

**9.30 – 11.30 am**

**To be held at**

**Anglicare Victoria**

**7 – 11 Shipley Street, Box Hill**

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

Plus our guest speaker:

**Rick Comfort – Multicultural Service Officer from Human Services** will give us some tips on dealing with Centrelink. How best to support our clients who access Centrelink. We are always open to suggestions so please contact Parentzone if you have any particular topic requests. This network meeting is open to all professionals involved in the provision of parenting education and information.

If you wish to be on our email contacts list for information to be sent to you, or added to our list of parenting course providers, email [parentzone.errd@anglicarevic.org.au](mailto:parentzone.errd@anglicarevic.org.au) or bring your details to the meeting. **Contact Helena on 9735 6134 to book a place**

## WHAT'S ON IN THE EAST?

If you would like to have your upcoming parenting programs and services included in the next Parentzone directory please let us know by January 3<sup>rd</sup> 2020

**Parentzone East** can be contacted by

**Email:** [parentzone.errd@anglicarevic.org.au](mailto:parentzone.errd@anglicarevic.org.au)

**Phone:** 97213688 or

**Mail:** 666 Mountain Hwy Bayswater 3153

*Thankyou from the Parentzone East team,*

*Tamara, Helena, Sharon, Julia and Michelle*

## PROFESSIONAL DEVELOPMENT TRAINING

Region	Contact	When & Where	Details
<b>AUTISM BEHAVIOURAL INTERVENTION ASSOCIATION (ABIA)</b>			
Boroondara	9830 0677 info@abia.net.au www.abia.net.au	Level 1, 121 Mailing Road, Canterbury	ABIA trains, educated and supports parents, carers and professionals working with children with Autism Spectrum disorder
<b>MENTAL HEALTH FIRST AID</b>			
Maroondah	Maroondah City Council 1300 88 22 33	Maroondah City Council Council Braeside Avenue Ringwood Wed 23 & 30 Oct 9.30am to 4pm	Skills to recognise and support someone experiencing a mental health condition Cost \$124.20

## GENERAL PARENTING - 0 to 5 YEARS

Region	Contact	When & Where	Details
<b>MATERNAL AND CHILD HEALTH TELEPHONE SERVICE</b>			
All Areas	13 22 29	24 hour, 7 days a week state wide service offering support and advice to families with children 0-6 years of age.	
<b>PLAY STEPS</b>			
All Areas	8416 7600 ofc_reception@mercy.com.au	Mercy Health O'Connell Family Centre, 6 Mont Albert Road Canterbury	a parent/child interactive play program Early year and early parenting support group – 6 to 12 months
<b>MUSIC TOGETHER</b>			
All Areas	9871 0221 Isabel.chua@connections.org.au	Mitcham, Balwyn East, Blackburn, Warrandyte, Croydon, Mooroolbark and Boronia.	A music therapy program for children up to five years and their parents/caregivers. Enhances family relationships, attachment and communication \$12.50 per session.
<b>BOROONDARA</b>			
<b>CAMCARE – BABY'S OK, WHAT ABOUT YOU?</b>			
Boroondara	Free program for parents with babies. Free onsite childcare also available. Bowen Street Centre, 102 Bowen Street, Camberwell Berna Fraser 9809 9104		
<b>TERRIFIC TWOS - PARENT INFORMATION SESSION</b>			
Boroondara	Boroondara City Council Children and Youth Support earlyyears@boroondara.vic.gov.au phone 9278 46 13	Camberwell Civic Centre 8 Inglesby Road Camberwell Wed 23 October 7 to 9pm	Join Community and health professionals to learn more about the health, development, toilet training, speech, diet and play

<b>GRANDPARENTS PLAYGROUP</b>			
Boroondara	Mary Liston 9889 0791	Bowen Street Community House 102 Bowen Street Camberwell	Ring for details Cost: \$ 4 pp
<b>KNOX</b>			
<b>SMALLTALK SUPPORTED PLAYGROUP</b>			
Knox	<a href="http://www.knox.vic.gov.au/playgroups">http://www.knox.vic.gov.au/playgroups</a> Various times and venues throughout Knox <a href="http://Knox.vic.gov.au/playgroups">Knox.vic.gov.au/playgroups</a>		Fun play sessions for parents, grandparents and carers with babies and toddlers aged 0-6 years Various times and venues in Knox
<b>KNOX YOUNG PARENTS GROUP</b>			
Knox	Michelle at Knox Youth Services 9298 8311 <a href="mailto:michelle.pascoe@knox.vic.gov.au">michelle.pascoe@knox.vic.gov.au</a>	Youth Information Centre, Knox Ozone, 2 Capital City Boulevard Wantirna South Fridays 10 – 12pm	For parents under the age of 25 with a baby under 12 months FREE
<b>MOTHERHOOD PROGRAM</b>			
Knox	9871 8300 <a href="mailto:reception@citylife.church">reception@citylife.church</a>	CityLife Church Wantirna South Various times	For mums of children from birth to preschool age to have some time out
<b>MANNINGHAM</b>			
<b>PRAM WALKING GROUP</b>			
Manningham	9842 6726	Pines Learning Centre 1 / 520 Blackburn Road Doncaster East Tuesday 9.30 am to 10.30am	
<b>MAROONDAH</b>			
<b>PARENT- CHILD MOTHER GOOSE PROGRAM</b>			
Maroondah	Kate Adams 9837 3988 <a href="mailto:cast.info@each.com.au">cast.info@each.com.au</a>	EACH 75 Patterson Street Ringwood East	Enjoy an hour of songs, stories and rhymes with your child. Gold coin contribution per session. Contact EACH for session times and to register
<b>STORY TIME FOR CHILDREN – Croydon Library</b>			
Maroondah	9800 6448	Civic Square Croydon	Held during school term only. Visit <a href="http://www.eri@vic.gov.au">www.eri@vic.gov.au</a> for other story time sessions and locations
<b>SUPPORTED PLAYGROUPS</b>			
Maroondah	Niquita Bekker (Mon-Wed) Sharon Gilbert (Thur-Fri) 9294 5533	Various times and venues in Ringwood and Croydon	Facilitated playgroups offering parents tips. Free to attend. Families must have a health care card to attend.
<b>MAROONDAH INFORMATION SESSIONS</b>			
Maroondah	Book online at <a href="http://www.maroondah.vic.gov.au/ParentInformationSessions">www.maroondah.vic.gov.au/ParentInformationSessions</a>	Karralyka, Mines Rd, Ringwood East	

<b>MONASH</b>			
<b>MONASH SUPPORTED PLAYGROUP AND IN HOME SUPPORT</b>			
Monash	Vanessa Blaxhall 9132 6000 Natalie Cincotta 9132 6000	Best Chance, 583 Ferntree Gully Road, Glen Waverley	For parents with children under 3 years who are experiencing anxiety, depression, multiple births or social isolation.
<b>CHINESE DADS PLAYGROUP</b>			
Monash	For dads and children under 3 years. Delivered in English and Chinese	Glen Waverley Uniting Church Kingsway (Cnr. Bogong Ave) Joseph Jin 8873 5408	Fortnightly Saturdays during school term 10 -12pm
<b>CHINESE FAMILY PLAYGROUPS</b>			
Monash	Playgroups to assist Chinese families to integrate into society and settle in Australia	Mulgrave 10 12pm Mondays Clayton 10 -12pm Fridays	Joseph Jin 8873 5408
<b>WHITEHORSE</b>			
<b>THE GRAND PARENTING GROUP</b>			
Whitehorse	Melanie Fearn 8878 3806 <a href="mailto:mfearn@each.com.au">mfearn@each.com.au</a>	EACH, 14 Silver Grove, Nunawading 9.30 – 11.00 am	Cost: FREE (bookings essential)
<b>YOUNG MUMS GROUP</b>			
Whitehorse	Michelle Thompson Family Access Network 9890 2673	Mitcham Family Centre 15 Brunswick Road, Mitcham	
<b>YARRA RANGES</b>			
<b>SMALL TALK SUPPORTED PLAYGROUPS</b>			
Yarra Ranges	Rakhi Khanna 1300 368 333 Bookings Essential <a href="mailto:earlyyears@yarraranges.vic.gov.au">earlyyears@yarraranges.vic.gov.au</a>	Venues: Mooroolbark, Healesville and Millgrove, Upwey, Selby, Lilydale, Mt Evelyn and Mt Dandenong	Program for families with their toddlers. Play experiences and weekly topics enabled by trained facilitators Phone for times and days
<b>EARLY YEARS PARENT AND PLAY INFORMATION SESSIONS</b>			
Yarra Ranges	1300 368 333 Michelle Lehmann Bookings Essential <a href="mailto:earlyyears@yarraranges.vic.gov.au">earlyyears@yarraranges.vic.gov.au</a>	Venues: Mooroolbark, Upwey, and Yarra Junction	Variety of session topics such as parent health and wellbeing, toddler strategies, children's health and nutrition
<b>LINKING FAMILIES</b>			
Yarra Ranges	Naomi Ween 9294 6573 <a href="mailto:n.ween@yarraranges.vic.gov.au">n.ween@yarraranges.vic.gov.au</a>	2444 Warburton Hwy Yarra Junction	Free service for families living in the Upper Yarra area who have a child under 6. Gain information and support on development, health and behaviour

<b>EASTERN KINSHIP CARE NETWORK</b>			
Yarra Ranges	Alison at ANCHOR 8761 9040 <a href="mailto:kinship.info@anchor.org.au">kinship.info@anchor.org.au</a>	Yarra Junction	Kinship Care Services provide support to both formal and informal kinship carers through a range of services. Once a month on Fridays
<b>YOUNG PARENTS – Yarra Junction</b>			
Yarra Ranges	YVCHS 1300 130 381 or Emma 0459 811 155	Upper Yarra Family Centre Cnr. Hoddle & Warburton Hwy Yarra Junction Monday 1.30pm to 3.30pm	A range of services including paediatric, physiotherapy, dietician, OT and speech therapy for children
<b>HEALESVILLE EARLY CHILDHOOD INTERVENTION</b>			
Yarra Ranges	EACH intake 5962 4704 <a href="http://www.each.com.au/services">www.each.com.au/services</a>	6 Vimy Ridge Healesville	Assessment, therapy through play, supporting children and their families
<b>INSPIRO CHS</b>			
Yarra Ranges	9738 8801 <a href="mailto:hello@inspiro.org.au">hello@inspiro.org.au</a>	3/1527 Burwood Hwy Tecoma 17 Clarke Street, Lilydale	Assessment and advice about children's development. Individual and group support available
<b>EARLY SKILLS CHECK</b>			
Yarra Ranges	Eastern Health 1300 130 381 Jo Stanford	2444 Warburton Hwy, Yarra Junction	for children aged 6 months to six years Speech/OT/Physio/Dietician

## GENERAL PARENTING - 0 to 12 years

Region	Contact	When & Where	Details / Other
<b>REGIONAL</b>			
<b>DRUMMOND STREET SERVICES</b>			
All Areas	Helen Rimington 9663 6733 <a href="http://www.ds.org.au">www.ds.org.au</a>	Drummond Street Services 100 Drummond Street, Carlton	provides support to families, Migrant/refugees, family violence, step families, youth services and parenting tips
<b>COUNSELLING – ADULT CHILD AND FAMILY</b>			
All Areas	1300 003 224	Various sites. Monday to Friday	counsellors assist people to achieve their goals for improving wellbeing and health
<b>BOROONDARA</b>			
<b>PARENTING ANXIOUS CHILDREN INFORMATION SESSION</b>			
Boroondara	Boroondara City Council Children and Youth Support 9278 4613 or <a href="mailto:earlyyears@boroondara.vic">earlyyears@boroondara.vic</a>	Camberwell Civic precinct 8 Inglesby Road Camberwell Tue 29 October 7:00 to 9:00pm	Learn about anxiety and learn helpful strategies to support your child. Free event. Book at <a href="http://Boroondara.vic.gov.au/parent-sessions">Boroondara.vic.gov.au/parent-sessions</a>



<b>KNOX</b>			
<b>TEMPLER SOCIETY AUSTRALIA KIDS CLUB</b>			
Knox	Martina Eaton 0433 335 815 <a href="mailto:activities@templesociety.org.au">activities@templesociety.org.au</a>	Community Hub and Meeting Place, 51 Elizabeth Street, Bayswater	Mondays 10 am – 12pm and Wednesdays 12.30 – 3.30 pm
<b>C.O.A.C.H.</b>			
Knox	9871 8900	CityLife Community Care 1248 High Street Road Wantirna South	Community mentoring with families to achieve set goals Cost: Free of charge
<b>MAROONDAH</b>			
<b>LETS TALK ABOUT PARENTING</b>			
Maroondah	EACH phone 9873 3900	75 Patterson Street, Ringwood Thursdays (5 weekly sessions) October 24 <sup>th</sup> to November 28 <sup>th</sup> 10 -12pm	A program to support parents with parenting challenges such as discipline, resilience and finding time for yourself Cost: FREE
<b>MONASH</b>			
<b>BOYS FOR BEGINNERS</b>			
Monash	Parentzone Helena 0488 501 204	Wheelers Hill Thursdays (6 sessions) October 24 <sup>th</sup> to November 28 <sup>th</sup> 10 am to 12 noon	A Parents Building Solutions Program for parents of boys aged 3 to 12 years. Cost: Free of charge
<b>EMOTION FOCUSED PARENTING</b>			
Monash	Parentzone Julia 0400 866 495	Glen Waverley Wednesdays (6 sessions) October 30 <sup>th</sup> to Dec 4 <sup>th</sup> 7:00 to 9:30pm	A Parents Building Solutions Program to manage emotions and deal with conflict. Cost: Free of charge
<b>CHINESE PARENTING EDUCATION PROGRAM</b>			
Monash	Uniting Joseph Jin 8873 5408	Clayton and Glen Waverley Phone for session times	Program to assist Chinese families integrate into Australian society
<b>MONASH FAMILY SERVICES</b>			
Monash	9518 3900 <a href="http://www.myfs.org.au">www.myfs.org.au</a>	14 Bogong Ave Glen Waverley	Parenting Adolescents, Who's in Charge, Recharge and other workshops and programs
<b>WHITEHORSE</b>			
<b>ATAPS PSYCHOLOGICAL SERVICES (0-12) and CHILD PSYCHOLOGY SERVICES (0-5 yrs)</b>			
Whitehorse	9890 2220	Carrington Health Level 2, 43 Carrington Road Box Hill	Cost: Free of charge for ATAPS PS4 children and income based for child psychology
<b>YARRA RANGES</b>			
<b>EASTERN KINSHIP CARE NETWORK</b>			
Yarra Ranges	Alison at ANCHOR 8761 9040 <a href="mailto:kinship.info@anchor.org.au">kinship.info@anchor.org.au</a>	Yarra Junction	Friday once a month

## PARENTS OF ADOLESCENTS - 12 to 18 years

Region	Contact	When & Where	Details
<b>REGIONAL</b>			
<b>SKILLS RECONNECT PROGRAM</b>			
All Areas	K.Y.M Victoria 0477 994 003 imills@kym.com.au	Located in Knox, Maroondah and Yarra Ranges	support for 17-19 year olds who have not achieved year 12 to engage in education, training and career pathways
<b>SPRINGBOARD PROGRAM</b>			
All Areas	K.Y.M. Victoria 0477 994 003 imills@kym.com.au	education and employment support for 16 -21 year olds who are residing in residential care or have been subject to a family reunification order	
<b>YOUNG LEADERS PROGRAM</b>			
All Areas	Satellite Foundation <a href="mailto:sylvie@satellitefoundation.org.au">sylvie@satellitefoundation.org.au</a> <a href="mailto:rose@satellitefoundation.org.au">rose@satellitefoundation.org.au</a>	18-25 year olds with a parent with a mental illness are mentored to develop self-awareness, confidence and leadership skills.	
<b>BOROONDARA</b>			
<b>BOROONDARA YOUTH SERVICES</b>			
Boroondara	9835 7824 360 Burwood Road Hawthorn	Counselling referral and support service information and support groups for parents	
<b>KNOX</b>			
<b>HEADSPACE KNOX</b>			
Knox	9801 6088 <a href="http://www.headspace.org.au/knox">www.headspace.org.au/knox</a> 2 Capital City Boulevard Knox Ozone	Offers young people aged 12-25 confidential advices, support and information. Services include mental health counselling and support, alcohol and drug services, vocational and educational support, general health services and group programs.	
<b>STRONGER FAMILIES PROGRAM</b>			
Knox	9871 8700 <a href="http://www.unitingcareharrisons.org.au">www.unitingcareharrisons.org.au</a> 1012 Little Burwood Highway Knox Ozone, Wantirna South	Supports young people and their families where issues have arisen that are impacting on the family. Support is provided through one on one support and referral to specialist services.	
<b>KNOX YOUTH INFO SERVICES</b>			
Knox	9298 8469	2 Capital City Boulevard Knox Ozone, Wantirna South	Information services for young people and their parents in the Knox area
<b>MAROONDAH</b>			
<b>ATAPS and GENERAL COUNSELLING FOR ADOLESCENTS - 12 to 25 years</b>			
Maroondah	9294 5704 <a href="http://www.maroondahyouthservices.com">www.maroondahyouthservices.com</a> Monday to Friday 9am to 5pm		
<b>THE PRIDE SUPPORT PROGRAM</b>			
Maroondah	9871 1802 youthclinic@each.com.au	EACH Youth Clinic Building 46 Warrandyte Road Ringwood 2 <sup>nd</sup> Tues of each month 5.30 -7.30pm	a group for young people aged 16 – 25 who identify as LGBTIQ+
<b>L2P PROGRAM – MAROONDAH CITY COUNCIL YOUTH SERVICES</b>			

Maroondah	Alysha Dixon 9294 5723 by appointment		assists young people with mentors getting driving hours
<b>EV'S HANGOUT – MAROONDAH CITY COUNCIL YOUTH SERVICES</b>			
Maroondah	Ev's Youth Centre 212 Mt Dandenong Road Croydon	Marcus Kelly 9294 5703 Thursdays 6pm	free drop in program for young people during school term, access to laptops, WiFi, games and youth workers Thursdays 6pm
<b>MANNINGHAM</b>			
<b>MANNINGHAM YMCA</b>			
Manningham	9848 5400 <a href="http://www.manningham.ymca.org.au">www.manningham.ymca.org.au</a> 687 Doncaster Road	School services, counselling and support, personal development and leadership, youth events, skate services, LAP and youth activities	
<b>MONASH</b>			
<b>UNITING</b>			
Monash	Uniting, 321 Ferntree Gully Road, Mt Waverley	9051 3000 1800 825 955 <a href="mailto:harrison.enquiries@vt.uniting.org">harrison.enquiries@vt.uniting.org</a> Monday – Friday 9- 5pm	help young people find housing, a job, manage their money and gain the life skills in the eastern region of Melbourne
<b>MONASH FAMILY SERVICES</b>			
Monash	9518 3900 <a href="http://www.myfs.org.au">www.myfs.org.au</a>	14 Bogong Avenue, Glen Waverley	Monday to Friday 9am to 5pm
<b>BREAKING THE CYCLE</b>			
Monash	Emily 0427 208 367 <a href="http://www.myfs.org.au">www.myfs.org.au</a>	Clayton Community Centre, 9-15 Cooke Street Clayton	for parents who have teenagers which are abusive towards them
<b>WHITEHORSE</b>			
<b>YSAS</b>			
Whitehorse	9890 7855 or 1800 458 658 <a href="http://www.ysas.org.au">www.ysas.org.au</a>	Level 1 16-18 Ellingworth Parade Box Hill	Works to improve the health and wellbeing of young people 12 to 21 affected by the use of alcohol and other drugs
<b>WHITEHORSE COUNCIL INFORMATION SESSIONS</b>			
Whitehorse	9262 6333 <a href="http://www.whitehorse.vic.gov.au">www.whitehorse.vic.gov.au</a>	379 Whitehorse Road, Nunawading	
<b>YOUTH CONNECXION</b>			
Whitehorse	9898 9340 <a href="mailto:youth.worker@whitehorse.vic.gov.au">youth.worker@whitehorse.vic.gov.au</a>	Whitehorse Youth Services Level 1 Box Hill Central Box Hill	Programs to support young people and families
<b>YARRA RANGES</b>			
<b>YOUTH COUNSELLING SERVICES</b>			
Yarra Ranges	<a href="http://www.inspiro.org.au">www.inspiro.org.au</a> 9738 8801	Inspiro, Lilydale, Healesville, Tecoma and Yarra Junction	Free counselling for young people aged between the ages of 12-25 and their families who live, work or attend school in the Yarra Ranges.

## CULTURALLY AND LINGUISTICALLY DIVERSE (CALD)

Region	Contact	When & Where	Details
<b>REGIONAL</b>			
<b>MULTICULTURAL RESOURCES DIRECTORY</b>			
All Areas	<a href="http://www.multicultural.vic.gov.au/resources/community-directory">www.multicultural.vic.gov.au/resources/community-directory</a>	Important new resource to help people access services across Australia. Lists more than 1700 services including interfaith networks, language service providers, government agencies and language schools	
<b>BOROONDARA</b>			
<b>AFGHAN PLAYGROUPS</b>			
Boroondara	9885 7789 Craig Family Centre Ashburton Women: Wednesday 12am to 1.30pm Men: Thurs/fortnight 1 – 3pm		Social support and recreation group Cost: \$40 per family per term
<b>MAROONDAH</b>			
<b>MIGRANT INFORMATION CENTRE</b>			
Maroondah	9870 1351	1-3 Pitt Street Ringwood	Tuesday to Friday 9am to 5pm
<b>PRE SCHOOL MUSIC CLASS</b>			
Maroondah	Tara 9285 4888 Migrant Info Centre	Central Ringwood Community Centre, Rosewarne Lane Ringwood Tuesdays 1 - 2.15pm	for newly arrived migrants and refugee families
<b>COME AND PLAY PLAYGROUP</b>			
Maroondah	9285 4888 Migrant Info Centre	Central Ringwood Community Centre, Bedford Road, Ringwood & Croydon PS	for migrants and refugees
<b>CHINESE GRANDPARENT'S PLAYGROUP</b>			
Maroondah	Amber Huang 9285 4888 or 0435 316 118	Central Ringwood Community Centre, Bedford Road, Ringwood	Thursdays 10.00am to midday
<b>MANNINGHAM</b>			
<b>CHINESE FAMILY PLAYGROUPS</b>			
Manningham	0400 212 166 <a href="http://www.kimba.com.au">www.kimba.com.au</a>	Kimmba Bilingual Doncaster Playgroup 1 Sherwood Court Doncaster East	
<b>MONASH</b>			
<b>JAPANESE MOTHER'S PLAYGROUP</b>			
Monash	Nana 0433 279 429 <a href="http://www.knk.org.au">www.knk.org.au</a>	Kerri Neighbourhood House 36 Kincumber Drive Glen Waverley	Fridays 10.30 – 12.00pm during school terms
<b>CHINESE GRANDPARENT'S PLAYGROUP</b>			

Monash	Amber Huang 9285 4888 or 0435 316 118	St John's Uniting Church 37 Virginia Street Mount Waverley	Every second Tuesday 10.30am to midday
<b>MULGRAVE CHINESE FAMILY SERVICES PLAYGROUP</b>			
Monash	Joseph Jin 9875 4222	Mulgrave Neighbourhood House 36-42 Mackie Road, Mulgrave	Every Monday 10.00 – 12.00pm
<b>CHINESE PLAYGROUP IN CLAYTON</b>			
Monash	Joseph Jin 9875 4222	Clayton Community Centre 9-15 Cook Street, Clayton	Fridays 10 -12pm
<b>SEAAC - SOUTHERN ETHNIC ADVISORY AND ADVOCACY COUNCIL</b>			
Monash	9547 0511 <a href="http://www.seaac.org.au">www.seaac.org.au</a>	Service for 12 to 25 year olds from disadvantaged multicultural backgrounds in the city of Monash	
<b>CHINESE SPEAKING PLAYGROUP</b>			
Monash	9887 6226	Kerri Neighbourhood House 36 Kincumber Drive Glen Waverley	Wed 9.15 – 11.15 am Cost: \$3 per session
<b>WHITEHORSE</b>			
<b>CHINESE, CANTONESE AND MANDARIN ATAPS COUNSELLING - PS4 kids 0-12</b>			
Whitehorse	9890 2220	Carrington Health Level 2, 43 Carrington Road Box Hill	Cost: Free of charge for ATAPS PS4 children and income based for child psychology
<b>CHINESE GRANDPARENTS PLAYGROUP</b>			
Whitehorse	Amber Huang 9285 4888	Mitcham Community Hose 19 Brunswick Road, Mitcham	Every second Tuesday 10.30am to 12.00pm
<b>INTOUCH MULTICULTURAL WOMENS GROUP</b>			
Whitehorse	Nadine 9413 9506 <a href="mailto:nadineh@intouch.org.au">nadineh@intouch.org.au</a>	Group in Box Hill area Thursdays 11.30 -1.30pm	Contact Nadine for details
<b>YARRA RANGES</b>			
<b>MULTICULTURAL PLAYGROUP</b>			
Y. Ranges	9285 4888 Migrant Info Centre	Maternal Child and Health Centre, Shop 26 Mooroolbark Terrace, 66-74 Brice Avenue, Mooroolbark	for newly arrived migrants and refugees Tuesdays 11.00am to 12.30pm

## ABORIGINAL AND TORRES STRAIT ISLANDERS

<b>EASTERN VACCA PROGRAMS</b>			
Maroondah	9871 9000 <a href="http://www.vacca.org">www.vacca.org</a>	10 Maroondah Hwy Ringwood And Chirnside Park	promotes and protect the rights of vulnerable Aboriginal children, youth, families and the community
<b>ABORIGINAL HEALTH AND WELLBEING</b>			
Yarra Ranges	All referrals must be made through EACH intake	EACH Intake 1300 003 224	to assist Aboriginals and Torres Strait Islander community members

			to access the health and community services they need
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## SEPARATED & SOLE PARENTS

Region	Contact	When & Where	Details
<b>CHILDRENS CONTACT SERVICE RINGWOOD</b>			
Ringwood	9259 4188 <a href="http://www.ringwoodfrc.org.au/ccs">www.ringwoodfrc.org.au/ccs</a>	16 Bond Street Ringwood	For children of separated parents to spend safe, professionally supervised time with the parents they do not live with
<b>PARENTING ORDERS PROGRAM</b>			
Ringwood	Ringwood Family Relationship Centre 9871 6300	68 Charter Street Ringwood Fridays (4 morning sessions) Oct 18 to Nov 8 2019	Cost is dependent on income from \$25 per week
<b>WOMEN'S LEGAL SERVICE VICTORIA</b>			
All Areas	8622 0600 <a href="http://www.womenslegal.org.au">www.womenslegal.org.au</a>	Level 6 233 William Street Melbourne	Providing free and confidential legal information, advice, representation and referral to women in Victoria.
<b>CRADLE TO KINDER</b>			
All Areas	Referral through Child First 1300 762 125 Cradle to Kinder 1300 471 799 <a href="http://www.mackillop.org.au">www.mackillop.org.au</a>	Boroondara, Manningham, Monash and Whitehorse	Cradle to Kinder inner east is provided by Mackillop FS in partnership with Mercy Health
<b>REGIONAL</b>			
<b>SUPPORTING CHILDREN AFTER SEPARATION</b>			
All Areas		Family Mediation Centre 367 Maroondah Highway Ringwood	Course and workshops for families dealing with separation issues
<b>COUNCIL OF SINGLE MOTHERS AND THEIR CHILDREN (CSMC)</b>			
All Areas	9654 0622 1300 552 511 <a href="http://www.csmc.org.au">www.csmc.org.au</a>	Victoria wide service Monday to Thursday 9.30am to 3pm	Telephone support, information and referral on a range of issues including emergency relief, housing, Centrelink, child support, family law, family violence and parenting.
<b>BOOROONDARA</b>			
<b>POST SEPARATION PARENTING ONE DAY WORKSHOP</b>			

Kew	Relationships Australia 9261 8700	46 Princess Street Kew Fri 25 Oct - 9:30am to 4:00pm or Fri 29 Nov – 9:30am to 4:00pm	Explore strategies to help children adapt to separation and establish a working parenting relationship Cost \$150 per person / Concession \$120
<b>KNOX</b>			
<b>POST SEPARATION PARENTING ONE DAY WORKSHOP</b>			
Boronia	Relationships Australia Victoria Boronia Centre 9725 9964	EACH Boronia 93 Boronia Road, Boronia November 11, 18, 25 (3 sessions)6 to 8pm	Explore strategies to help children adjust to separation and divorce Cost \$110 / Concession available
<b>MANNINGHAM</b>			
<b>SURVIVING SEPARATION</b>			
Park Orchards	Julia at Parentzone 0400 866 495	Park Orchards Community House and Learning Centre Tuesdays (8 sessions) 15 <sup>th</sup> Oct to 10 <sup>th</sup> Dec (excludes Cup day holiday) 7:00 to 9:30pm	Learn how to manage your parenting arrangements and best support your children when in conflict with the other parent Free to attend. Bookings essential
<b>MAROONDAH</b>			
<b>RINGWOOD FAMILY RELATIONSHIP CENTRE</b>			
Maroondah	9871 6300	Ringwood Family R'ship Centre 68 Charter Street, Ringwood 9871 6300	Offer a range of services to assist families including information sessions, support, counselling, parent workshops, child inclusive sessions, family dispute resolution, financial and property mediation
<b>THE BUSINESS OF PARENTING AFTER SEPARATION</b>			
Maroondah	9871 6300	Ringwood Family R'ship Centre 68 Charter Street, Ringwood	for separated parents in high conflict Cost is dependent on income ranging from \$25 per week
<b>CHILDRENS CONTACT SERVICE RINGWOOD</b>			
Maroondah	9259 4188 <a href="http://www.ringwoodfrc.org.au/ccs">www.ringwoodfrc.org.au/ccs</a>	16 Bond Street Ringwood Thurs - Sat	For children of separated parents to spend safe, professionally supervised time with the parents they do not live with
<b>MONASH</b>			
<b>SUPPORTING CHILDREN THROUGH COUNSELLING</b>			
Monash	9564 6999	Family Relationship Centre Suites 1 and 2, 41 Stamford Road, Oakleigh	Child counsellors supporting children through separation
<b>WHITEHORSE</b>			
<b>EASTERN COMMUNITY LEGAL CENTRE</b>			
Whitehorse	9285 4822 <a href="http://www.eclc.org.au">www.eclc.org.au</a>	Inner East - Box Hill Outer East – Boronia, Healesville	Family Law, information on separation, divorce, children and property, and personal counselling
<b>PRIMARY DISPUTE RESOLUTION</b>			

Whitehorse	9873 4344	Centacare 510 Whitehorse Road Mitcham	
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## STEP AND BLENDED FAMILIES

Region	Contact	When & Where	Details
<b>REGIONAL</b>			
<b>STEP FAMILY AUSTRALIA</b>			
All Areas	9663 6733 <a href="http://www.stepfamily.org.au">www.stepfamily.org.au</a>	Step Families Australia 100 Drummond Street Carlton	Counselling, support groups, resources and tip sheets
<b>STEPPING UP for Step Families</b>			
All Areas	9663 6733	Drummond Street Services 100 Drummond Street Carlton	Contact for more information

## GRIEF AND LOSS

Region	Contact	When & Where	Details / Other
<b>STATEWIDE</b>			
<b>COMMUNITY HEALTH SERVICE FOR BEREAVEMENT COUNSELLING</b>			
Statewide	9265 2100 <a href="mailto:iinfo@grief.org.au">iinfo@grief.org.au</a> <a href="http://www.grief.org.au">www.grief.org.au</a>	253 Wellington Road Mulgrave	Programs include: - Kids Grieve Too - Younger Bereaved Partners
<b>REGIONAL</b>			
<b>RED NOSE ( formerly SIDS AND KIDS )</b>			
All Areas	24hr Crisis Help Line 1300 998 698 <a href="http://www.rednose.com.au">www.rednose.com.au</a>	75 Lorimer Street, Docklands	Free counselling from qualified grief and loss counsellors (male and female and trained bereaved parents
<b>VERY SPECIAL KIDS</b>			
All Areas	1800 888 875 <a href="http://www.vsk.org.au">www.vsk.org.au</a>	Offices in Pakenham, Ballarat, Brunswick, Hastings, Traralgon	Respite and support for families of children with a life threatening illness.
<b>GRIEF LINE COMMUNITY AND FAMILY SERVICE</b>			
All Areas	1300 845 745 <a href="http://www.griefline.org.au">www.griefline.org.au</a>	Free anonymous counselling for adults and children for any type of grief or loss	



<b>OPEN DOORS</b>			
All Areas	9870 7044 <a href="http://www.opendoors.com.au">www.opendoors.com.au</a>	5 Greenwood Ave, Ringwood	Counselling re: Ectopic pregnancy, IVF losses and stillbirth. Established since 1984 in this area of grief
<b>KNOX</b>			
<b>COUNSELLING AND SUPPORT</b>			
Knox	1300 003 224	EACH Community Health 1063 Burwood Highway Ferntree Gully	
<b>MONASH</b>			
<b>SUPPORT AFTER SUICIDE</b>			
Monash	9421 7640 <a href="mailto:aftersuicide@jss.org.au">aftersuicide@jss.org.au</a> <a href="http://www.supportaftersuicide.org.au">www.supportaftersuicide.org.au</a>		Counselling, group program and resources for those bereaved by suicide, including children, young people extended family and others.

## MENTAL HEALTH & POST NATAL DEPRESSION SUPPORT

Region	Contact	When & Where	Details / Other
<b>REGIONAL</b>			
<b>PARENT - INFANT RESEARCH INSTITUTE</b>			
All Area	9496 4496 <a href="http://www.piri.org.au">www.piri.org.au</a>	Austin Health 300 Waterdale Road, Heidelberg Heights	The Parent-Infant Clinic offers support treatment for mothers, fathers and their infants during pregnancy and the first two years post birth
<b>MENTAL HEALTH IN MULTICULTURALISM</b>			
All Areas	(02) 6285 3100 <a href="http://www.mhima.org.au">www.mhima.org.au</a>		What is mental illness, personality disorder, eating disorder, schizophrenia and more...fact sheets in 21 languages
<b>HEADSPACE KNOX</b>			
All Areas	9801 6088 <a href="http://www.headspace.org.au/knox">www.headspace.org.au/knox</a> 2 Capital City Boulevard Knox Ozone		Offers young people aged 12-25 confidential advice, support and information. Services include: mental health counselling and support, alcohol and drug services, vocational and educational support, general health services and group programs.
<b>NEAMI NATIONAL</b>			
All Areas	8691 5300 <a href="http://www.neaminational.org.au">www.neaminational.org.au</a>	4-8 Water Road, Preston	Provides rehabilitation and recovery support to people recovering from mental illness. Referrals taken by Eastern Mental Health Community
<b>THE ANXIETY RECOVERY CENTRE VICTORIA (ARCVIC)</b>			
All Areas	1300 269 438 Helpline 9830 0566 Office <a href="http://www.arcvic.org.au">www.arcvic.org.au</a>		A state wide specialist mental health organisation, providing support, recovery and educational services to people and families living with

	292 Canterbury Road, Surrey Hills	anxiety disorders. We aim to support and equip people with knowledge and skills that will build resilience and recovery, and reduce the impact	
<b>MENTAL ILLNESS FELLOWSHIP VICTORIA</b>			
All Areas	1800 985 944 <a href="http://www.mifa.org.au">www.mifa.org.au</a>	Support and information programs for families and friends of people with mental illness and dual diagnosis (mental illness and substance abuse)	
<b>BOROONDARA</b>			
<b>MINDFUL PARENTING GROUP FOR MOTHERS</b>			
Boroondara	Dr Rosyln Galligan 9214 5345 <a href="mailto:rgalligan@swin.edu.au">rgalligan@swin.edu.au</a>	Swinburne University Psychology Clinic, Hawthorn (near Glenferrie Station) Fridays 10.30 -12.30 pm	For mothers who would like to improve their experience of being a mother. Group designed for mothers who have difficulties managing their emotions, may experience a changeable sense of self, act impulsively or engage in self-harm Cost: FREE
<b>ANXIETY DISORDERS SUPPORT GROUP</b>			
Boroondara	9830 0533	Hawthorn Community House 32 Henry Street And 295 Canterbury Rd Surrey Hills	1 <sup>st</sup> and 3 <sup>rd</sup> Tues each month 7.30 -9.30pm 3 <sup>rd</sup> Sunday of month 11 – 12.30pm
<b>KNOX</b>			
<b>ANXIETY DISORDERS SUPPORT GROUP</b>			
Knox	9830 0533	CWA 4 Sundew Avenue Boronia	Meets the 4th Tues of every month 7.00pm to 8.30pm
<b>MENTAL HEALTH RECOVERY – WELLNESS WORKSHOP</b>			
Knox	Liz or Stephen 9871 1802 <a href="mailto:mentalhealthgroups@each.com.au">mentalhealthgroups@each.com.au</a>	EACH, Lilydale, Ringwood, Boronia, Box Hill and Yarra Junction	<b>DBT</b> training Group <b>Wellbeing</b> Apps workshop <b>Mindfulness</b> Group <b>Mindful</b> Living and Wellness Group <b>Coping</b> Better Through Creative Art <b>Wellness</b> Recovery Action Plan
<b>GROW</b>			
Knox	1800 558 268 <a href="http://www.grow.org.au">www.grow.org.au</a>	Groups in Ferntree Gully and Box Hill and Berwick	Support group for carers of someone with mental health issues
<b>MAROONDAH</b>			
<b>BABY AND ME</b>			
Maroondah	Open Doors Counselling Alison 9870 7044 <a href="mailto:info@opendoors.com.au">info@opendoors.com.au</a>	Open Doors, 5 Greenwood Ave Ringwood	Support for post-natal depression
<b>EASTERN HEALTH CONTINUING CARE TEAM</b>			

Maroondah	Sarah Austen 0439 039 360	Ringwood East Clinic outreach to Yarra Junction and Healesville	Yarra Junction Mondays Healesville Thursdays
<b>WHITEHORSE</b>			
<b>ATAPS and GENERAL COUNSELLING</b>			
Whitehorse	9890 2220	Carrington Health Level 2, 43 Carrington Road Box Hill	For individuals (child, teen or adult) with mental health or post-natal depression
<b>MY RECOVERY</b>			
Whitehorse	Box Hill Library And Box Hill Town Hall	Wellways 8873 2526 or <a href="mailto:jknight@wellways.org">jknight@wellways.org</a>	A 10 session education and support program for people experiencing mental health or post-natal depression
<b>YARRA RANGES</b>			
<b>YARRA VALLEY HEALTH</b>			
Yarra Ranges	Alan Honeycombe at Healesville Hospital 1300 342 255	Yarra Junction and Healesville Hospital	Managing Depression and Anxiety group support
<b>EASTERN HEALTH CONTINUING CARE TEAM</b>			
Maroondah	Sarah Austen 0439 039 360	Ringwood East Clinic outreach to Yarra Junction and Healesville	Yarra Junction Mondays Healesville Thursdays

## DADS

Region	Contact	When & Where	Details / Other
<b>REGIONAL</b>			
<b>MENSLINE AUSTRALIA - TALK IT OVER</b>			
All Areas	1300 789 978 24/7 <a href="http://www.mensline.org.au">www.mensline.org.au</a>	Provides free video counselling session to help men with family and relationship concerns Real time support using Skype Free and confidential service	
<b>SUPPORT FOR FATHERS PROJECT</b>			
All Areas	Dom Alford 0437 305 881 Relationships Australia <a href="mailto:dalford@rav.org.au">dalford@rav.org.au</a>	Relationships Aust. Kew	A national project which aims to support young men and fathers in their role as parents and partners.
<b>FREE LEGAL HELP WITH CHILD SUPPORT</b>			
All Areas	1300 792 387 <a href="http://www.legalaid.vic.gov.au/get-help">www.legalaid.vic.gov.au/get-help</a>	Victoria Legal Aid	Is independent from DHHS (Centrelink and Child Support)
<b>DADSLINK YMCA</b>			
All Areas	9403 5000	A partnership between YMCA Victoria, Mensline Australia, Relationships Australia and the Life Is Foundation	

	<a href="mailto:dadslink@ymca.org.au">dadslink@ymca.org.au</a>	Real time support using Skype Free and confidential service	
<b>AUSTRALIAN DIRECTORY OF MEN'S SUPPORT SERVICES</b>			
All Areas	<a href="http://www.everyman.org.au">www.everyman.org.au</a> 6230 6999	The aim of the ADMSS is to create a website with the most up-to-date and relevant information about men's health and wellbeing programs and services in Australia	
<b>MEN'S REFERRAL SERVICE</b>			
All Areas	1300 766 491 <a href="http://www.mrs.org.au">www.mrs.org.au</a>	Monday to Friday 8.00am to 9pm Weekends 9 – 5 pm	Phone counselling service for men
<b>MEN'S SHED METROPOLITAN AREAS</b>			
All Areas	1300 550 009	Contact website to find a group in your area <a href="http://www.mensshed.org.au">www.mensshed.org.au</a>	
<b>BOROONDARA</b>			
<b>INROADS - MANAGING DIFFICULT BEHAVIOUR</b>			
Boroondara	9261 8727 <a href="http://www.relationshipsvictoria.com.au">www.relationshipsvictoria.com.au</a>	Relationships Australia 46 Princess Street, Kew	Men's Behaviour Change Program (14 sessions) Cost: \$280
<b>MONTHLY MENS GROUP MEETING</b>			
Boroondara	<a href="mailto:dadlink@ymca.org.au">dadlink@ymca.org.au</a>	288 Canterbury Road Canterbury	4 <sup>th</sup> Wednesday each month 7- 9 pm
<b>DADS PLAYGROUP</b>			
Boroondara	Mary Liston 9889 0791	Bowen Street Community Centre, 102 Bowen Street Camberwell	Every Tuesday 11.00 – 1.00pm Cost: \$ 4 per session
<b>KNOX</b>			
<b>DADS IN DISTRESS</b>			
Knox	1300 853 437	Glen Park Community Centre 30 Glen Park Road Bayswater North Every Tuesday 7.30pm to 10pm	DIDs provides peer support and referral networks to dads going through the trauma of family breakdown
<b>MENS BEHAVIOUR CHANGE PROGRAM</b>			
Knox	Headspace Knox 9725 9964 <a href="http://www.rav.org.au/knoxMBCP">www.rav.org.au/knoxMBCP</a>	Headspace, Ozone, Knox City 2 Capitol City Boulevard Wantina Sth	Contact for dates and times Cost: \$280 pp (negotiable)
<b>WHITEHORSE</b>			
<b>DAD'S PLAYGROUP</b>			
Whitehorse	9873 4822	The Salvation Army 325 Mitcham Road Mitcham	Thursday from 10.30am during school term
<b>YARRA RANGES</b>			
<b>DADS MATTER</b>			

Yarra Ranges	Anglicare Parentzone Helena 0488 501 204	Woori Yallock Thursday ( 5 evenings) Oct 24 to Nov 21 7:00 to 9:00 pm	Parenting program for dads. Free to attend. Bookings essential
<b>DADS SOCIAL GROUP</b>			
Yarra Ranges	Mark 9758 5522 or <a href="mailto:familysupport@ioe.org.au">familysupport@ioe.org.au</a>	Interchange Outer East	for dads and male carers of a child or young adult with a disability
<b>DADS CONNECT – SPECTRUM JOURNEYS</b>			
Yarra Ranges	Peter Gale <a href="mailto:info@spectrumjourneys.org.au">info@spectrumjourneys.org.au</a> for dads who have a child on the spectrum		
<b>UPPER YARRA DADS GROUP</b>			
Yarra Ranges	0490 123 199 <a href="http://www.dadsgroup.org">www.dadsgroup.org</a> Phone for details		

## FAMILY VIOLENCE AND ANGER MANAGEMENT

Region	Contact	When & Where	Details / Other
<b>REGIONAL</b>			
<b>EASTERN DOMESTIC VIOLENCE SERVICES (EDVOS)</b>			
All Areas	b/h 9259 4200 a/h 1800 015 188 (crisis line) <a href="http://www.edvos.org.au">www.edvos.org.au</a>	Provides information, advocacy, support and referrals for women and their children living in the eastern region, who are experiencing domestic violence. Service is free and confidential.	
<b>SAFE STEPS FAMILY VIOLENCE RESPONSE CENTRE</b>			
All Areas	State wide phone service 1800 015 188 24 hour toll free line <a href="http://www.safesteps.org.au">www.safesteps.org.au</a>		
<b>EASTERN CENTRE AGAINST SEXUAL ASSAULT</b>			
All Areas	9870 7310 1300 342 255 (24hr toll free) <a href="mailto:ecasa@easternhealth.org.au">ecasa@easternhealth.org.au</a> 17 Ware Cres Ringwood		
<b>WOMENS CENTRE</b>			
All Areas	9886 3899 <a href="http://www.crosswaylifecare.org.au">www.crosswaylifecare.org.au</a>	Lifeworks - relationship, counselling and education services Burwood East	LifeCare Women's Centre is a safe haven run by women for women
<b>SEA CHANGE – ANGER MANAGEMENT FOR WOMEN</b>			
All Areas	8650 6299 or 1300 543 396	Level 4, 255 Bourke Street, Melbourne	
<b>EASTERN VICTIMS ASSISTANCE COUNSELLING PROGRAM</b>			
All Areas	1300 884 284	46 Warrandyte Road Ringwood	
All Areas	9564 6999	Family Relationships Centre Oakleigh	
<b>THE LOOKOUT</b>			

All Areas	<a href="http://www.thelookout.org.au">www.thelookout.org.au</a> 1800 737 732	DVRC 29 Wellington Street Collingwood	Training and events, resources, media centre and updated family violence directory
<b>BOROONDARA</b>			
<b>INROADS: MEN'S BEHAVIOUR CHANGE PROGRAM</b>			
Boroondara	9261 8727 <a href="mailto:relationshipseducation@rav.org.au">relationshipseducation@rav.org.au</a>	Relationships Australia 46 Princess Street, Kew	(14 sessions) 6.30pm to 8.30pm Cost \$280
<b>KNOX</b>			
<b>MEN'S FAMILY VIOLENCE PROGRAM</b>			
Knox	9735 4188 (by referral)	Anglicare Victoria 666 Mountain Highway Bayswater	Entry group 10 weeks
<b>MEN'S BEHAVIOUR CHANGE PROGRAM</b>			
Knox	<a href="http://www.rav.org.au/KnoxMBCP">www.rav.org.au/KnoxMBCP</a> 9725 9964	Headspace Knox 2 Capitol City Boulevard, Knox City Wantirna Ring for details 9725 9964 Cost: \$280 pp (negotiable)	
<b>MAROONDAH</b>			
<b>EASTERN DOMESTIC VIOLENCE OUTREACH SERVICE INC</b>			
Maroondah	9259 4200 <a href="http://www.edvos.org.au">www.edvos.org.au</a>	Provides information, advocacy, support and referral for women and their children living in the eastern region, who are experiencing domestic violence. A free and confidential service	
<b>MANNINGHAM</b>			
<b>WOMEN'S HEALTH EAST - Investing in equality and wellbeing for women</b>			
Manningham	9851 3700 <a href="http://www.whe.org.au">www.whe.org.au</a>	1/125 George Street Doncaster East	WHE acts to improve women's health, safety and wellbeing through leading, partnering, informing and delivering responses that address the needs of women
<b>MONASH</b>			
<b>SECASA</b>			
Monash	9928 8741 <a href="mailto:secasa@monashhealth.org">secasa@monashhealth.org</a>	SECASA provides counselling for victims of sexual assault and family violence for both adults and children. This is a 24 hour service. Short, medium and long term counselling is provided at a number of locations. Counselling available for family members, carers and friends.	
<b>MEN'S RESPONSIBILITY GROUP</b>			
Monash	1300 552 509 <a href="http://www.linkhc.org.au">www.linkhc.org.au</a>	Link Health and Community Batesford Reserve 94 Batesford Rd Chadstone Wednesdays 7pm to 9pm during school terms (20 weeks)	For men who use violence towards their partners and/or children
<b>WHITEHORSE</b>			
<b>MOVING ON</b>			

Whitehorse	Zehra or Katy 9899 566	Box Hill area	free group for women who have or are experiencing family violence
<b>COURAGE TO HEAL</b>			
Whitehorse	Life Care Womens Centre 9886 3899 <a href="mailto:Patricia.karagiorgos@crosswaylifecare.org.au">Patricia.karagiorgos@crosswaylifecare.org.au</a>	Box Hill	domestic violence support program Phone for details
<b>INTOUCH MULTICULTURAL WOMENS GROUP</b>			
Whitehorse	Nadine 9413 9506 <a href="mailto:nadineh@intouch.org.au">nadineh@intouch.org.au</a>	Thursdays 11.30 – 1.30pm Box Hill area	group to learn about healthy relationships Cost: FREE
<b>YARRA RANGES</b>			
<b>MEN'S FAMILY VIOLENCE PROGRAM</b>			
Yarra Ranges	9735 4188 by referral only	Anglicare Victoria 47-51 Castella Street, Lilydale	10 week program 'on track'
<b>MEN'S BEHAVIOUR CHANGE PROGRAM</b>			
Yarra Ranges	9735 4188 by referral only	Anglicare Victoria 47-51 Castella Street, Lilydale	
<b>YARRA RANGES LEGAL CLINIC</b>			
Yarra Ranges	1300 79 70 88	Eastern Community Legal Centre 110 River Street, Healesville	Free family violence legal advice, assistance and support.
<b>MUMS GUIDING KIDS FORWARD</b>			
Yarra Ranges	Anglicare Sonia 9735 4188	Anglicare 47 Castella Street Lilydale	Contact for dates and times

## SPECIAL NEEDS

Region	Contact	When & Where	Details
<b>REGIONAL</b>			
<b>LIVE YOUR COMMUNITY PROGRAM (LYCP)</b>			
All Areas	9355 8848 <a href="mailto:eastern@extendedfamilies.org.au">eastern@extendedfamilies.org.au</a> <a href="http://www.extendedfamilies.org.au">www.extendedfamilies.org.au</a>		Flexible, practical, volunteer based inclusion support for children with disabilities who experience barriers to participate in sport, recreation and leisure activities. Assessment based for children 6 – 17 years with a disability
<b>VIC DEAF</b>			
All Areas	9473 1111 <a href="mailto:info@vicdeaf.com.au">info@vicdeaf.com.au</a>		News, resources, interpreter services and education

<b>EARLY CHILDHOOD INTERVENTION AUSTRALIA (ECIA)</b>			
All Areas	8559 2620 <a href="http://www.eciavic.org.au">www.eciavic.org.au</a>	ECIA's work assists children with developmental delays or disabilities, their families and the networks that support them. They provide information, professional development across the sector.	
<b>DOWN SYNDROME AUSTRALIA</b>			
All Areas	1300 658 873 <a href="mailto:info@dsav.asn.au">info@dsav.asn.au</a> <a href="http://www.downsyndromevictoria.org.au">www.downsyndromevictoria.org.au</a>	18/71 Victoria Crescent, Abbotsford Groups in Melbourne and Geelong	Information, resources, encouragement and support for families. Club 21, peer support for adults 18-25 years
<b>DEAF PARENTING SKILLS</b>			
All Areas	9525 1158 <a href="mailto:admin@jpc.org.au">admin@jpc.org.au</a> <a href="http://www.jpc.org.au">www.jpc.org.au</a>	John Pierce Centre 25-35 High Street, Prahran	Pastoral care and counselling, outreach and life skills
<b>CEREBRAL PALSY SUPPORT NETWORK - State wide</b>			
All Areas	9478 1001 or 1300 277 600 <a href="http://www.cpsn.org.au">www.cpsn.org.au</a>	517 High Street, Preston	Support group offering phone information quarterly newsletters, seminars, workshops, and recreational activities
<b>SPELD VIC</b>			
All Areas	9480 4422 <a href="http://www.speldvic.org.au">www.speldvic.org.au</a>	Donkey Wheel House Lv13, 673 Bourke St Melbourne	Parent Support Group Association of parents and professionals interested in child and adults with specific learning difficulties.
<b>ASSOCIATION FOR CHILDREN WITH A DISABILITY</b>			
All Areas	9880 7000 1800 654 013 <a href="http://www.yourshout.org.au">www.yourshout.org.au</a>	1/587 Canterbury Rd Surrey Hills	A state wide organisation which provides a range of information booklets for Families of Children with a Disability'
<b>EPILEPSY FOUNDATION OF VICTORIA</b>			
All Areas	8809 0600 1300 761 487 free call <a href="http://www.epilepsyfoundation.org.au">www.epilepsyfoundation.org.au</a>	587 Canterbury Road Surrey Hills	Parent / carer education and informal lunchtime get together. Regular information sessions, counselling, advocacy, referrals, education at school
<b>PARENT SUPPORT NETWORK</b>			
All Areas	1300 472 673 <a href="http://www.scopeaustralia.org.au">www.scopeaustralia.org.au</a>	Groups held regularly in Camberwell, Croydon, Box Hill, Glen Waverley, Ferntree Gully and Mooroolbark	
<b>AMAZE</b>			
All Areas	1300 308 699 <a href="http://www.amaze.org.au">www.amaze.org.au</a>	506 Elizabeth Street Melbourne	Parent support, books, newsletter, counselling and resources
<b>STRENGTHENING PARENT SUPPORT PROGRAM (SPSP)</b>			



All Areas	Michelle Parentzone <a href="mailto:strengtheningparentsupport@anglicarevic.org.au">strengtheningparentsupport@anglicarevic.org.au</a> 0438 646 744	Groups in Lilydale, Ringwood, Vermont Sth and Chirnside Park	Connects and supports parents of children with a disability or developmental delay by providing opportunities to share stories, frustrations, strategies and ideas.
<b>DOGS FOR KIDS WITH DISABILITES</b>			
All Areas	0488 104 044 <a href="http://www.dkd.org.au">www.dkd.org.au</a>	Provides support and training to families and children with special needs through the training and provision of a companion dog	
<b>INTERCHANGE VICTORIA</b>			
All Areas	1300 300 436 <a href="http://www.interchange.org.au">www.interchange.org.au</a>	Provides respite and recreational experiences for children with a disability	
<b>VICTORIAN STATE DISABILITY PLACE 2017-2020</b>			
The Victorian State Disability Plan includes the Victorian Government's ideas to make life better for people with a disability, their families and carers. The plan is part of a set of three documents. Go to <a href="http://www.dhhs.vic.gov.au">www.dhhs.vic.gov.au</a>			
<b>AUTISM FRIENDLY LEARNING</b>			
All Areas	<a href="http://www.education.vic.gov.au/about/programs/needs/Pages/autism.aspx">www.education.vic.gov.au/about/programs/needs/Pages/autism.aspx</a> A website with information about ASD, school supports and specific issues such as transitions.		
<b>BOROONDARA</b>			
<b>MY TIME SUPPORTED PLAYGROUP</b>			
Boroondara	Isabella Rosinsky 1800 171 882	Villa Maria Catholic Homes Kew	For children with special needs aged between 0 and 18 years of age Thursday 10 -12pm
<b>THE ABOUT FACE SOCIAL SKILLS PROGRAM</b>			
Boroondara	9821 0581 <a href="http://www.blcspeech.com.au">www.blcspeech.com.au</a>	6/497 Burke Road Hawthorn	Interactive program to improve social, communication and conversational skills in children and adolescents
<b>PATHWAY FOR CARERS WALK</b>			
Boroondara	Felicity Preston 9239 2500	Start Location: Ashburton Pool 8 Warner Ave Ashburton	Every 4th Wed of the month from 9.30am
<b>AUTISM BEHAVIOURAL INTERVENTION ASSOCIATION (ABIA)</b>			
Boroondara	9830 0677 <a href="mailto:info@abia.net.au">info@abia.net.au</a> <a href="http://www.abia.net.au">www.abia.net.au</a> Level 1, 121 Maling Road Canterbury	Training, education and support for parents, carer and professionals working with children with Autism Spectrum Disorder. Our purpose is to raise awareness about Applied Behaviour Analysis and its scientific basis and potential positive outcomes.	
<b>KNOX</b>			
<b>AUTISM COUNSELLING</b>			
Knox	Office 9761 2214 Jo White 0414 487 509 <a href="mailto:jowhite3130@gmail.com">jowhite3130@gmail.com</a>	Suite 2 171 Boronia Road Boronia	Individual and group support for parents and caregivers of

	<a href="http://www.autismcounselling.com.au">www.autismcounselling.com.au</a>		children/teens with ASD. Counselling and sand play therapy
<b>THE SHOP FRONT</b>			
Knox	9758 7747 <a href="mailto:theshopfrontftg@gmail.com">theshopfrontftg@gmail.com</a> <a href="http://www.ferntreegully.vic.au">www.ferntreegully.vic.au</a>	90 Station Street Ferntree Gully	Provides information and support for families concerned about their children, especially those with additional needs
<b>MY TIME SUPPORTED PLAYGROUP</b>			
Knox	Isabella Rosinsky 1800 171 882	Ferntree Gully Thursday 9.30 -11.30	For parents and children 0 to 3 years with additional needs
<b>PLAYCONNECT SUPPORTED PLAYGROUP</b>			
Knox	Sharon Bradford 9298 8348 <a href="mailto:play@knox.vic.gov.au">play@knox.vic.gov.au</a>	West Gully Children Centre Dobson Street, Ferntree Gully Tuesdays during school terms 9.30am to 11.30	For parents and children 0 to 6 years with Autism  Cost: Free of charge
<b>ADOLESCENT YOUTH CLUB</b>			
Knox	Irabina 9720 1118 <a href="mailto:autism@irabina.com">autism@irabina.com</a>	Bayswater	For young people with ASD
<b>WELLINGTON CARE CENTRE</b>			
Knox	9764 3738 <a href="http://www.wellingtoncarecentre.com.au">www.wellingtoncarecentre.com.au</a>	Corner Wellington Road and Le John Street Rowville	Relief Recovery Restoration. Children specialists for Autism and Asperger's Syndrome
<b>KNOXBROOKE INC.</b>			
Knox	9758 3666 <a href="http://www.knoxbrooke.com.au">www.knoxbrooke.com.au</a>	Flexible support 365 days a year. Between 6 am – 10 pm and overnight if required	provides individualised 1:1 in-home and community support
<b>MANNINGHAM</b>			
<b>PATHWAY FOR CARERS WALK</b>			
Manningham	Felicity Preston 9239 2500	Starting location: Melissa Cakes Café 65 Parker St, Lwr Templestowe Every 3 <sup>rd</sup> Thursday of the month from 10am	
<b>MAROONDAH</b>			
<b>STRENGTHENING PARENT SUPPORT GROUP</b>			
Maroondah	Anglicare Parentzone Michelle 0438 646 744	Central Ringwood Community House, Bedford Park, Rosewarne Lane Ringwood	Contact Michelle for dates and times
<b>PATHWAY FOR CARERS WALK</b>			
Maroondah	Felicity Preston 9239 2500	Start Location: Torrente Café 389 Maroondah Hwy, Ringwood	Every third Saturday of the month from 1.00pm and every 2 <sup>nd</sup> Tues at 9.30 am
<b>MONASH</b>			
<b>MY TIME SUPPORTED PLAYGROUP</b>			

Monash	Isabella 1800 171 882	Power Neighbourhood House Ashwood	Saturday fortnight 9.30 12.30pm and 1.00 – 4.00pm
<b>WHITEHORSE</b>			
<b>STRENGTHENING PARENT SUPPORT PROGRAM</b>			
Whitehorse	Michelle Parentzone 0438 646 744	Vermont Special School Livingstone Road, Vermont Sth	Contact Michelle for dates and times
<b>YARRA RANGES</b>			
<b>STRENGTHENING PARENTS SUPPORT PROGRAM</b>			
Yarra Ranges	Michelle Parentzone 0438 646 744	Anglicare, 47 Castella Street, Lilydale	Contact Michelle for dates and times
<b>STRENGTHENING PARENTS SUPPORT PROGRAM</b>			
Yarra Ranges	Michelle Parentzone 0438 646 744	Spectrum Journeys, 286 Maroondah Hwy Chimside Park	Contact Michelle for dates and times
<b>ASK (AUTISM SPECTRUM KIDS)</b>			
Yarra Ranges	Inspiro 9738 8801	Inspiro, 17 Clarke St, Lilydale Tuesdays 4.30 – 6.00pm	Cost: FREE
<b>MY TIME SUPPORTED PLAYGROUP</b>			
Yarra Ranges	Isabella 1800 171 882	Yarra Junction	Mondays 10 -12pm
<b>PATHWAYS FOR CARERS WALK</b>			
Yarra Ranges	Felicity Preston 9239 2500	Starting location Mt Evelyn Community House 50 Wray Cres., Mt Evelyn	First Thursday of the month starting at 9.30am
<b>RECONNECT PROGRAM</b>			
Yarra Ranges	Samantha Egan CIRE Training 9736 1457 <a href="http://www.cire.org.au">www.cire.org.au</a>	20 Old Hereford Road, Mt. Evelyn	program to provide support to high needs learners who need additional support to engage with and succeed in education and training
<b>PARENT CONNECT CHIRNSIDE PARK</b>			
Yarra Ranges	<a href="mailto:info@spectrumjourneys.org.au">info@spectrumjourneys.org.au</a>	15/286-288 Maroondah Hwy Chimside Park	exploring diagnosis, change, relationships, everyday life challenges, strengths, boundaries, self-esteem and self-care

## VULNERABLE AND ISOLATED PARENTS

Region	Contact	When & Where	Details / Other
<b>REGIONAL</b>			
<b>IN HOME CHILDCARE</b>			

All Areas	A flexible form of child care where children can be cared for in their own home, by an approved EL educator. To be eligible for In Home Child Care, families must have no access to existing child care services and/or their circumstances mean that an existing child care service cannot meet their needs. Families must also meet one or more other criteria <a href="http://www.australianhomechildcare.com.au">www.australianhomechildcare.com.au</a>		
<b>WELLWAYS AUSTRALIA LTD.</b>			
All Areas	Support and information programs for families and friends of people with mental illness and dual diagnosis (mental illness and substance abuse) 1300 111 400 <a href="http://www.wellways.org">www.wellways.org</a>		
<b>RESILIENT KIDS RESILIENT WOMEN</b>			
All Areas	Uniting Wesley <u>8870 4040</u>	Eastern Metro	family violence support, offering therapeutic response
<b>VACRO</b>			
All Areas	9605 1900 <a href="http://www.vacro.org.au">www.vacro.org.au</a>	1/116 Hardware Street Melbourne	Counselling and mentoring for children with a family member in contact with the criminal justice system
<b>BOROONDARA</b>			
<b>MATES</b>			
Boroondara	Naomi Manderson Temcare 9877 7729 <a href="http://www.temcare.org.au">www.temcare.org.au</a>	Camberwell	mentoring 1:1 for teens aged 10 – 15 yrs.
<b>WOMEN OF HOPE</b>			
Boroondara	Natalie Walton 9877 7729 <a href="http://www.temcare.org.au">www.temcare.org.au</a>	Camberwell	Support group for mothers. Free to attend. Includes lunch
<b>INTEGRATED FAMILY SUPPORT</b>			
Boroondara	Natalie Walton Temcare 9877 7729 <a href="http://www.temcare.org.au">www.temcare.org.au</a>	Camberwell	mental health support and navigating NDIS advocacy
<b>KNOX</b>			
<b>MURRINDAL REFERRAL AND SUPPORT SERVICE and YOUNG PARENTS GROUP</b>			
Knox	Anglicare Contact Cathie 0447 500 311 for playgroup	Playgroup Room Murrindal Family Centre, Rowville Thursdays 11.30 -1.30pm	One off sessions, consults, counselling and support service by appointment
<b>YOUNG PARENTS GROUP</b>			
Knox	Michelle Pascoe Knox Youth Services 9298 8311	Knox Youth Info Centre, 2 Capitol City Blvd., Knox Ozone Wantirna Sth	free for mums under 25 with a baby under 12 months Ring for details
<b>MAROONDAH</b>			

<b>CHILD IN FOCUS</b>			
Maroondah	9847 5888 <a href="http://www.mediation.com.au">www.mediation.com.au</a>	Family Mediation & Counselling 367 Maroondah Highway Ringwood	Every two weeks 6pm to 7.30pm
<b>RESPIRE FACILITY FOR WOMEN</b>			
Maroondah	9723 6797 <a href="http://www.familycaresisters.com.au">www.familycaresisters.com.au</a> 69 Alto Avenue Croydon	Help to nurture the spirit of each woman who comes into their care so that they can return home more confident and with plans to cope with the stresses of life and family.	
<b>WHITEHORSE</b>			
<b>YOUNG MUMS SUPPORTED PLAYGROUP</b>			
Whitehorse	9890 2673 <a href="mailto:fan@fan.org.au">fan@fan.org.au</a>	Family Access Network Mitcham Family Centre 15 Brunswick Road Mitcham	Tuesdays 12.00pm – 2.00pm
<b>YARRA RANGES</b>			
<b>HEALTHY MOTHER, HEALTHY BABIES</b>			
Yarra Ranges	9028 0155 <a href="http://www.inspiro.org.au">www.inspiro.org.au</a>	Lilydale	Support for pregnant women in the community. Help to access services and other support during pregnancy and for 6 weeks post birth.
<b>EASTERN KINSHIP CARE NETWORK (Anchor)</b>			
Yarra Ranges	Alison Sutherland 8761 9040	Yarra Junction	Once a month Fridays
<b>LINKING FAMILIES SERVICE</b>			
Yarra Ranges	Naomi Ween 9294 6573 <a href="mailto:n.ween@yarraranges.vic.gov.au">n.ween@yarraranges.vic.gov.au</a>	Upper Yarra Family Centre 2444 Warburton Hwy., Yarra Junction and Outreach	Mondays, Tuesdays and Thursdays

## DRUGS, ALCOHOL AND ADDICTIVE BEHAVIOURS

Region	Contact	When & Where	Details
<b>COUNSELLING - REGIONAL</b>			
<b>ALCOHOL AND OTHER DRUG FAMILY SERVICE</b>			
All Areas	9287 5555 <a href="http://www.ccam.org.au">www.ccam.org.au</a>	Catholic Care 383 Albert Street East Melbourne	Professional counselling and support for individuals with problem drug use or all members of family and extended family and friends.
<b>THE FIRST STOP WEBSITE</b>			
All Areas	<a href="http://www.thefirststop.org.au">www.thefirststop.org.au</a> 1800 778 278	The First Stop 378 Burwood Road, Hawthorn	Website for families affected by alcohol and other drugs. Detailed information about services in Inner East Region.
<b>FAMILY DRUG HELP</b>			

All Areas	1300 660 068 24hr helpline <a href="http://www.familydrughelp.com.au">www.familydrughelp.com.au</a>	140 Grange Road, Carnegie	Support for people concerned about a relative or friend using alcohol or other drugs
<b>TOBACCO FREE CLINIC</b>			
All Areas	Service Co-ordinator 0417 861 324 <a href="http://www.easternhealth.org.au">www.easternhealth.org.au</a>	Health Promotion Unit Box Hill & Maroondah & Yarra Valley Hospitals	Specially trained staff for individual needs
<b>TURNING POINT ALCOHOL AND DRUG CENTRE</b>			
All Areas	8413 8413 Direct helpline 1800 888 236 <a href="http://www.turningpoint.org.au">www.turningpoint.org.au</a>	54 Gertrude Street, Fitzroy	24 hour drug and alcohol counselling, information and referral service
<b>YSAS RECONNECT</b>			
All Areas	9890 7855	16 Ellingworth Parade Box Hill	Helps young people, who are using alcohol and/or drugs aged 12 to 18, who are homeless or at risk of homelessness and their families.
<b>BOROONDARA</b>			
<b>DRUG COUNSELLING</b>			
Boroondara	9818 6703 <a href="http://www.iehealth.org.au">www.iehealth.org.au</a>	Inner East Community Health 378 Burwood Road Hawthorn	Adult counselling and homeless outreach for individuals and families who live, work or study in Boroondara.
<b>KNOX</b>			
<b>PARENT SUPPORT GROUP.</b>			
Knox	Anglicare 9721 3688 Liz Nunn	Anglicare Victoria 666 Mountain Highway Bayswater	For adults who are parenting people with drug and alcohol issues 8 week course Free of charge
<b>SURe - Substance Abuse Recovery</b>			
Knox	1300 007 873 – Intake <a href="http://www.sureaod.org.au">www.sureaod.org.au</a>	Bayswater, Box Hill, Doncaster, Healesville and Ringwood	Individual and family counselling
<b>HEADSPACE KNOX</b>			
Knox	9801 6088 <a href="http://www.headspace.org.au/knox">www.headspace.org.au/knox</a> 2 Capital City Boulevard Knox Ozone	Offers young people aged 12 to 25 confidential advice, support and information. Services include: mental health counselling and support, alcohol and drug services, vocational and educational support, general health services and group programs	
<b>FADS - Family Alcohol and Drug Service</b>			
Knox	9721 3688 - Intake	Families with children up to 18 years where an adult has a drug and/or alcohol problem. Families with a young person up to 25 who has a drug and/or alcohol problem.	

<b>MAROONDAH</b>			
<b>SURe - Substance Abuse Recovery</b>			
Maroondah	1300 007 873 <a href="http://www.sureaod.org.au">www.sureaod.org.au</a>	Building B 46 Warrandyte Road Ringwood	Individual, non-residential recovery and family counselling Gold coin donation
<b>NEEDLE AND SYRINGE PROGRAM</b>			
Maroondah	1300 003 224	Building B 46 Warrandyte Rd, Ringwood And Ferntree Gully	Mon to Fri 9am to 5pm
<b>MONASH</b>			
<b>ADDICTION RECOVERY SERVICE</b>			
Monash	1300 552 509 <a href="mailto:www.linkhc@linkhc.org.au">www.linkhc@linkhc.org.au</a>	Link Community Health 8 – 10 Johnson St. Oakleigh	
<b>WAVERLEY EMERGENCY ADOLESCENT CARE</b>			
Monash	9563 2275 <a href="http://www.weac.org.au">www.weac.org.au</a>	156 Drummond Street Oakleigh	Counselling, family therapy, accommodation, education, youth drug and alcohol, material aid and training specialist youth service
<b>WHITEHORSE</b>			
<b>SURe - Substance Abuse Recovery</b>			
Whitehorse	8892 4200 <a href="http://www.each.com.au">www.each.com.au</a>	Box Hill	Individual, non-residential recovery and family counselling Cost: Gold coin donation
<b>ACCEPTANCE AND COMMITMENT THERAPY GROUP (AOD – Alcohol and other Drug Program)</b>			
Whitehorse	Tim Nolan 9896 6322 <a href="mailto:Stephanie.bortignon@anglicarevic.org.au">Stephanie.bortignon@anglicarevic.org.au</a>	Anglicare Box Hill	Ring for details
<b>EASTERN HEALTH ALCOHOL AND DRUG SERVICE</b>			
Whitehorse	1300 342 255 <a href="http://www.easternhealth.org.au">www.easternhealth.org.au</a>	Advice for anyone wishing to undergo withdrawal. Counselling, overdose response program, dual diagnosis	
<b>EASTERN HEALTH MENTAL HEALTH DUAL DIAGNOSIS TEAM</b>			
Whitehorse	9843 1288 <a href="http://www.easternhealth.org.au">www.easternhealth.org.au</a>	43 Carrington Road, Box Hill	Cost: Gold coin donation
<b>PEER SUPPORT GROUP FOR PEOPLE AFFECTED BY ALCOHOL, MEDICATION OR OTHER DRUG USE</b>			
Whitehorse	1800 931 101 <a href="http://www.msrs.org.au">www.msrs.org.au</a>	Carrington Health , Ground floor, 43 Carrington Road, Box Hill	Mondays 10 - 11.30 am
<b>YARRA RANGES</b>			
<b>SURe - Substance Abuse Recovery</b>			

Yarra Ranges	EACH 5967 5800	Yarra Junction	Individual, non-residential recovery and family counselling Cost: Gold coin donation
<b>MAROONDAH ADDICTIONS RECOVERY (MARP)</b>			
Yarra Ranges	1300 003 224 <a href="http://www.each.com.au">www.each.com.au</a>	17 Clarke Street Lilydale	

## CHILDREN AND ADOLESCENT PROGRAMS

Region	Contact	When & Where	Details
<b>REGIONAL</b>			
<b>KIDS HELP LINE</b>			
All Areas	1800 551 800 <a href="http://www.kidshelpline.com.au">www.kidshelpline.com.au</a>	Free 24 hour telephone and online counselling service for kids 5 to 25 years	
<b>GAMBLERS HELP – teens and their gambling</b>			
All Areas	1800 262 376 <a href="http://www.gamblinghelponline.org.au">www.gamblinghelponline.org.au</a>	Or <a href="http://www.kidbet.com.au">www.kidbet.com.au</a> Learn more about the issue find tips on taking a responsible approach to gambling	
<b>BOROONDARA</b>			
<b>HEADSPACE HAWTHORN</b>			
Boroondara	9006 6500 <a href="http://www.headspace.org.au/hawthorn">www.headspace.org.au/hawthorn</a>	A service for young people aged 12 to 25 - mental health, physical and sexual health, drug and alcohol counselling, education and employment	
<b>KNOX</b>			
<b>RECONNECT PROGRAM</b>			
Knox	Nat 98758 7859	Mountain District Learning Centre, 13-15 The Avenue, FTG	to support youth who have found themselves outside education and employment
<b>RECONNECT: ENGAGEMENT AND LEARNING SUPPORT PROGRAM</b>			
Knox	Indi Mills K.Y.M. Victoria Inc. 9722 5777 OR 0477 994 003 <a href="mailto:imills@kym.com.au">imills@kym.com.au</a>	673 Mountain Hwy Bayswater (OUTREACH AVAILABLE)	One on one tailored support to assist young people 15 – 24 yrs, resides in Knox, to reengage back into education and career pathways
<b>YOUTH INFORMATION CENTRE (YIC)</b>			
Knox	9298 8000	Knox Ozone Mon to Thurs 1pm to 5pm	Information and referral services for young people 10 to 25 years and their parents
<b>SPARK</b>			



Knox	Headspace Knox Ozone 2 Capitol City Blvde	Lisa or Chenai 9298 8315	for young people to learn about themselves, explore values, manage life's ups and downs
<b>MAROONDAH</b>			
<b>YOUTH CLINIC</b>			
Maroondah	9871 1802 <a href="mailto:youthclinic@each.com.au">youthclinic@each.com.au</a>	EACH 46 Warrandyte Road Ringwood	Need support, feeling sad or stressed, want to see a youth GP?
<b>CHAMPS Peer Support Program</b>			
Maroondah	Bronwyn 0408 291 580 <a href="mailto:Bronwyn.sanders@easternhealth.org.au">Bronwyn.sanders@easternhealth.org.au</a>	Croydon Connections 185 Mt Dandenong Road	Contact for session times
<b>MAROONDAH YOUTH SERVICES - 12 to 18 years</b>			
Maroondah	9294 5704	Ev's Youth Centre 212 Mt Dandenong Road Croydon	Thursdays during school terms 3pm to 5.30pm Cost: Free of charge
<b>MAROONDAH FreeZA GROUP</b>			
Maroondah	Rachelle Jones Maroondah City Council Youth Services 9294 5704	Ev's Youth Centre 212 Mt Dandenong Road Croydon	Personal development program for 15 to 21 year olds. A year long program. Group meets fortnightly.
<b>MONASH</b>			
<b>CONNECTING TEENS</b>			
Monash	Carol Berger 9807 3589 <a href="mailto:office@powernh.org.au">office@powernh.org.au</a>	Power Neighbourhood House 54 Power Avenue Ashwood	Social group for teens with Asperger's Syndrome Friday fortnightly Cost: \$80 per term
<b>LINK HEALTH AND COMMUNITY SERVICE</b>			
Monash	1300 552 509 <a href="http://www.monashlink.org.au">www.monashlink.org.au</a>	Counselling and support for families, adults and young people experiencing emotional, social, behavioural or addiction problems	
<b>WHITEHORSE</b>			
<b>WHITEHORSE YOUTH CONNEXIONS</b>			
Whitehorse	9898 9340 Amy McDonald <a href="http://www.whitehorse.vic.gov.au/youth-services.html">www.whitehorse.vic.gov.au/youth-services.html</a>	Suite 2, Level 1, Box Hill Central, Box Hill	Monday to Friday 1.00 – 5.00pm
<b>CRUZIN STUDY HOMEWORK PROGRAM</b>			
Whitehorse	Jacqueline Piper 9898 9340 Whitehorse Council Youth Services	Box Hill Library 1040 Whitehorse Road Box Hill	Every Thursday during school term 4pm to 6pm
<b>ATAPS and GENERAL COUNSELLING FOR CHILDREN</b>			

Whitehorse	9890 2220	Carrington Health Level 2, 43 Carrington Road Box Hill	Cost: Free for ATAPS counselling, income based for general counselling
<b>YARRA RANGES</b>			
<b>YARRA RANGES COUNCIL YOUTH SERVICES</b>			
Yarra Ranges	1300 368 333 <a href="mailto:youthservices@yarraranges.vic.gov.au">youthservices@yarraranges.vic.gov.au</a> <a href="http://www.yrys.com">www.yrys.com</a>		Youth Services has a variety of youth programs, events and youth support
<b>RECONNECT PROGRAM</b>			
Yarra Ranges	Samantha Egan CIRE Training 9736 1457 <a href="http://www.cire.org.au">www.cire.org.au</a>	20 Old Hereford Road, Mt. Evelyn	program to provide support to high needs learners who need additional support to engage with and succeed in education and training
<b>YOUTH MENTORING PROGRAM</b>			
Yarra Ranges	1300 368 333	Jindi Woraback mentoring program is for young people aged 12 to 25 years of age who are in need of support and friendship	
<b>LOOKING FOR HELP FOR A YOUNG PERSON IN YOUR CARE?</b>			
Yarra Ranges	<a href="http://www.nowrongdoor.com.au">www.nowrongdoor.com.au</a>		Search for accommodation, parenting, counselling, health, educational and financial support from organisations that can support you and the young people in your care.
<b>LITTLE JOEYS PLAYGROUP</b>			
Yarra Ranges	Inspiro 9738 8801	Japara House 54-58 Durham Road, Kilsyth Tuesdays 10 – 11.30	supported playgroup for women with children up to 5 who have experienced family violence Cost FREE
<b>KEEPING THE BEAT</b>			
Yarra Ranges	Zoe 0402 584 179 <a href="mailto:zoe.kalenderidis@gmail.com">zoe.kalenderidis@gmail.com</a>	Anglicare 47 Castella Street	music making group for children 8 -12 years