

Parenting is the most important and challenging job in today's rapidly changing world – but children and young people don't come with a handbook.

ParentZone supports parents, carers and families to meet up, share and learn from each other.

Anglicare Victoria understands the potential of families to shape lives. We help families to work together and create positive and long-lasting change for themselves and the community around them.



LOCATIONS:

Contact your local ParentZone for a schedule of programs offered within your area.

ParentZone Gippsland

P: 03 5135 9555

E: parentzone.gippsland@anglicarevic.org.au

ParentZone Southern

P: 03 9781 6729

E: parentzone.southern@anglicarevic.org.au

ParentZone Eastern

P: 03 9721 3646

E: parentzone.errd@anglicarevic.org.au

ParentZone Northern

P: 03 8641 8900

E: parentzone.preston@anglicarevic.org.au

ParentZone Mallee Region

E: parentzone.mallee@anglicarevic.org.au

ParentZone Bendigo

E: Parentzone.CentralVic@anglicarevic.org.au

ParentZone Western

E: parentzone.Western@anglicarevic.org.au

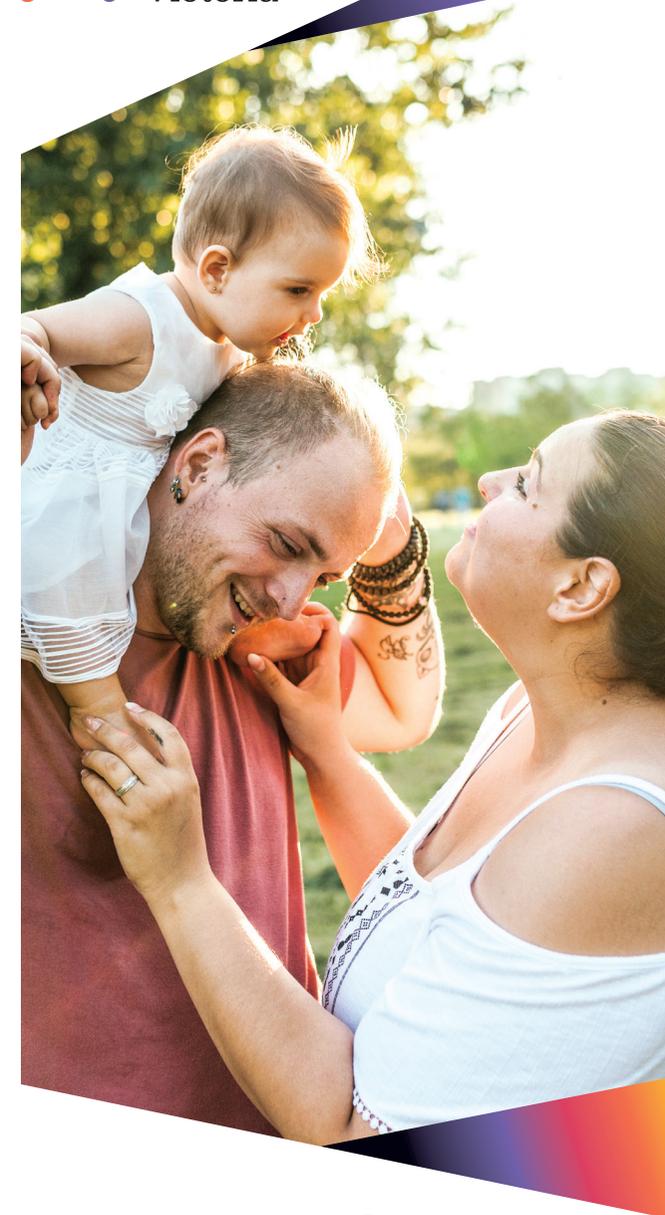


BETTER
TOMORROWS

OUR FOCUS IS ON
TRANSFORMING THE
FUTURES OF CHILDREN
AND YOUNG PEOPLE,
FAMILIES AND ADULTS.
OUR WORK IS BASED ON
THREE GUIDING PILLARS:
PREVENT, PROTECT,
EMPOWER.

🌐 anglicarevic.org.au
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☎ 1800 809 722
📺 [youtube.com/anglicarevic](https://www.youtube.com/anglicarevic)
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PARENTZONE

Families growing together.



"More communication, less yelling."
– Emily, Swan Hill

PARENTZONE

Parenting challenges everyone. At ParentZone, we offer all carers and parents a chance to develop and strengthen their parenting skills.

We provide free parenting groups, workshops, resources, and training for parents and the professionals who work with them.

ParentZone can help you to bring out the best in your family. The programs cater to all ages and stages, from newborns to teenagers.

Program content responds to the needs of our communities. Our skilled and experienced facilitators will tailor the sessions to meet the interests of each group.

Meet other parents in person or online. Email us for details about our upcoming groups.



FAMILIES GROWING TOGETHER

- Improve communication and understanding between carers and children.
- Feel more prepared for the different ages and stages of childhood.
- Learn new ideas and strategies to shape children's behaviour positively and develop their potential.
- Strengthen relationships within the whole family.
- Foster stronger relationships while dealing with loss, disability, trauma, separation or divorce.
- Empower children to deal with their emotions.
- Build a more resilient family that can grow together.

"We all had a laugh and we learned something too. It was great to hear from other parents."

- Joanna, Gippsland