



PARENTZONE

SOUTHERN NEWSLETTER

Term 3, 2021

News, updates and information about ParentZone programs.
Supporting Parents, Carers and Professionals within the South.

**BETTER
TOMORROWS**

1. ParentZone Update Term 3 2021	3
Welcome.....	3
Meet our Southern Team.....	3
2. ParentZone Southern Parent/Carer Programs	4
Parents Building Solutions Programs for families	4
Beyond The Violence Programs for families.....	8
Other ParentZone Programs for families.....	9
3. ParentZone Southern Professional Programs	10
Parents Building Solutions Programs for Professionals	10
Beyond the Violence Programs for Professionals.....	11
PEER Networks for Professionals.....	12
4. Other Programs being offered by Anglicare Victoria.....	13
ANGLICARE VICTORIA FOSTER CARE Info Sessions	13
Anglicare Victoria Communities for Children	14
5. Anglicare and ParentZone Offices	17

1. ParentZone Update

Welcome

Another term has passed and we have been busy supporting the community through the delivery of our parenting programs.

Most of our programs during Term 2 were delivered online. Although successful, we do miss interacting with families and professionals in person. So, with this and the current COVID-19 advice changing we are aiming to test the waters and deliver some of our programs for Term 3 face to face!

The ParentZone team has been working on reviewing our Newsletter to further improve the content, readability and information we provide to you. Recently we had sent out a survey to gather your feedback. We have decided to extend the survey and allow more of you to tell us what you think, share your feedback and provide us with ideas. We hope that our Newsletter will gradually be shaped by you. The look and content will be adjusted according to feedback so please feel free to share your thoughts.

[Click here to tell us what you think](#)

All our programs are updated on the Anglicare Victoria ParentZone webpage. Keep up to date with current programs by clicking [here](#).

Meet our Southern Team

Hi!

I started volunteering with Anglicare Victoria when my oldest child started high school. It was a natural progression after volunteering with AV which has seen me move into the ParentZone Team.

I have now been employed with Anglicare for over 12 years. Prior to my current role I volunteered and worked with Connected Families Cranbourne (Anglicare Victoria) as a Community Development Worker, liaising with the Cranbourne Secondary College volunteers.

In my current role I work with ParentZone as Administration Officer. My role is varied and includes working on the newsletter, databases and customer service.

Strangely enough, I enjoy working with the database and making it easier to read for the process of analysing the data and reporting on the amazing work of ParentZone. I also like knowing that we can help families and if our programs don't suit an individual I can guide people to the right service for them.

I love live music and going to gigs with my friends and family and sightseeing around Australia.

Louise
Administration ParentZone Southern
Have a good Term!



2. ParentZone Southern Parent/Carer Programs

Parents Building Solutions Programs for families



PARENTS BUILDING SOLUTIONS - 'GIRaFFe'

Gender Identity Relationships and Fluidity for Everyone Single Session ONLINE

FOR: Mums, Dads, Grandparents, Aunts, Uncles or Adult Carers across the Southern Metro Region

- How to best support children through change
- Acknowledging how they and we are feeling
- Communicating their needs to others

WHEN: Tuesday, 3rd August, 6.30pm-8.00pm

WHERE: Online with Zoom

Support to access ZOOM is available. You will need a laptop, mobile phone or iPad

COST: Free!

REGISTER: Michelle Brown Ph. 0429 174 150

Parent Resource Coordinator

Michelle.brown@anglicarevic.org.au



PARENTS BUILDING SOLUTIONS

'Managing Kids and Screen Time' Single Session in NOBLE PARK

FOR: Mums, Dads, Grandparents, Aunties, Uncles and adult carers in and around the Dandenong area to talk about kids. (All ages)

- Frustrated with the amount of time your kids spend online?
- Join us to share experiences and ideas, and learn strategies to manage this.

WHEN: Friday 23 July 2021, 10.00am-12.00pm

WHERE: Yarraman Oaks Primary School, Liege Ave, Noble Park

COST: Free!

REGISTER: Jasbir Singh Ph. 0438 004 285

Parent Resource Coordinator

Jasbir.suopada@anglicarevic.org.au



PARENTS BUILDING SOLUTIONS

'Dads Do Matter' ONLINE

FOR: All Dads, Step-Dads, Single Dads and Grand Dads across the Southern metro region.

- Connect with other Dads
- Improve your confidence & communication as a dad
- Effects of separation on your children
- Modelling healthy emotional regulation to children
- Strengthen relationships with your kids
- Learn strategies and tools that work

WHEN: Thursday's 5th, 12th, 19th, 26th Aug and 10 Sept 2021 (6 Sessions) 6.00pm - 8.00pm

WHERE: ONLINE via Zoom

Support to access ZOOM is available. You will need a laptop, mobile phone or iPad

COST: Free!

REGISTER: Jasbir Singh Ph. 0438 004 285

Parent Resource Coordinator

Jasbir.suopada@anglicarevic.org.au



PARENTS BUILDING SOLUTIONS

ONLINE

FOR: Mums, Dads, Grandparents, Step-parents, Adult Carers of children aged 3-17 residing across the Southern Metro region.

- Getting kids to listen, without having to yell
- Supporting parents to support kids with strong feelings, including anxiety or anger
- Kids fighting and/or issues with behaviour
- Strengthening relationships with your kids

WHEN: Thursday's 22 July to 9 September (6 sessions) 9.30am to 11.00am

WHERE: Online with Zoom

Support to access ZOOM is available. You will need a phone, laptop or IPAD

COST: Free!

REGISTER: Iris Guasch Ph. 0429 174 150

Parent Resource Coordinator

Iris.Guasch@anglicarevic.org.au

PARENTS BUILDING SOLUTIONS

'Dealing With Feelings'

Single Session ONLINE

FOR: Mums, Dads, Grandparents, Aunties, Uncles and adult carers residing in the Southern Metro region, to talk about kids of all ages.

- How to help kids deal and regulate their emotions in healthy ways

WHEN: Wednesday 21st July 10.00am to 12.00pm

WHERE: Online with Zoom

Support to access ZOOM is available. You will need a laptop, mobile phone or iPad

COST: Free!

REGISTER: Jasbir Singh Ph. 0438 004 285

Parent Resource Coordinator

Jasbir.suopada@anglicarevic.org.au



PARENTS BUILDING SOLUTIONS

'6 session program'

FOR: Parents, Step-parents, grandparents, aunts, uncles and carers to talk about kids.

- How to get kids to listen the first time
- Helping parents deal with frustration, anger and/or anxiety
- Discuss and share strategies that work
- Understand why children behave the way they do and how to cope with stress & emotions

WHEN: Tuesday's 20,27,July, 3,10, 17, 31 Aug 2021
9.15am-11.15am

WHERE: Kananook Primary School, 22 Wells Road Seaford or online with ZOOM – **TO BE CONFIRMED**

COST: Free!

REGISTER: Michelle Brown Ph. 0429 174 150

Parent Resource Coordinator

Michelle.brown@anglicarevic.org.au

PARENTS BUILDING SOLUTIONS

'Managing Anxiety'

Single Session in CAPEL SOUND

FOR: Parents, Step-parents, grandparents, aunts, uncles and carers of children. Free workshop for families, Child-friendly meeting space, children 0-5 years welcome to attend with parents

- Building a better relationship with your teens
- Getting your teenager to listen, without having to yell
- Feeling stuck or struggling with your teenager
- What's happening emotionally, physically and socially with your teen?
- Discuss and share strategies that work

WHEN: Thursday 29th July 2021
9.30am-11.00am

WHERE: Eastbourne Primary School, Allambi Ave, Capel Sound

COST: Free!

REGISTER: Annette Bailey Ph. 8792 4606

(Family Well-Being Hub)

annette.bailey@anglicarevic.org

PARENTS BUILDING SOLUTIONS

'Growing Great Kids'

6 sessions in NOBLE PARK

FOR: Mums, Dads, Grandparents, Aunties, Uncles and adult carers in and around the Dandenong area, to talk about kids. (all ages)

- How to get kids to listen & understand why they behave the way they do
- What you can do to help you deal with your child's and your frustrations, anger and/or anxiety
- How to cope with stress and emotions

WHEN: Thursday's 22 April to 27 May 2021,
9.15am-11.30am

WHERE: Yarraman Oaks Primary School, Liege Ave, Noble Park

COST: Free!

REGISTER: Jasbir Singh Ph. 0438 004 285;

Parent Resource Coordinator

Jasbir.suopada@anglicarevic.org.au; or

Elissa Sewell – Yarraman Oaks PS

Elissa.sewell@education.vic.gov.au



PARENTS BUILDING SOLUTIONS 'Tantrums, Tears and Trouble' 6 sessions in OFFICER

FOR: Mums, Dads, Grandparents, Step-parents, Adult Carers of children aged 3-12 residing across the Southern Metro region.

- How to get your kids to listen, without yelling
- Supporting children and parents experiencing anxiety
- How to deal with tantrums or sibling rivalry
- Supporting kids to work through their anger

WHEN: Friday's 6 August - 10 September 2021
(6 Sessions) 6.00pm to 8.00pm

WHERE: OSH Club Building, Bridgewood Primary School and Integrated Child and Family Centre
115 Bridge Rd Officer 3809

COST: Free!

BOOKINGS & ENQUIRIES: Sam Hewitson.
Email: sam@ourplace.org.au
Kerrie Russell. Email: Kerrie@ourplace.org.au
Tel: 03 8766 9400 www.facebook.com/OPBridgewood

Jasbir Singh
Ph. **0438 004 285** you can text to register
Parent Resource Coordinator
Jasbir.suopada@anglicarevic.org.au



PARENTS BUILDING SOLUTIONS 6 sessions ONLINE

FOR: Mums, Dads, Grandparents, Step-parents, Adult Carers of children aged 3-17 in the City of Casey

- How to get your kids to listen without yelling
- Dealing with Anger - recognising the causes and triggers for anger.
- Discuss, share and learn new strategies that assist your parenting
- Dealing with Anxiety - helping children and parents

WHEN: Wednesdays 28th July to 8th Sept (no session on 25th Aug) 2021. 10.00am-11.30am

WHERE: Online with ZOOM

COST: Free!

REGISTER: Michelle Brown Ph. **0429 174 150**
Parent Resource Coordinator
Michelle.brown@anglicarevic.org



PARENTS BUILDING SOLUTIONS 'Parenting Teens' 6 sessions ONLINE

FOR: Mums, Dads, Grandparents, Step-parents, Adult Carers of children aged 10-17 residing across the Southern Metro region.

- How to get your teenager to listen, without having to yell
- Building a better relationship with your teens
- Feeling stuck or struggling with your teenager?
- Discuss and share strategies that work
- What's happening emotionally, physically and socially with your teen?

WHEN: Tuesday's 03 Aug - 07 Sep 2021; 6pm-7.30pm

WHERE: Online with Zoom

COST: Free!

REGISTER: Jasbir Singh Ph. **0438 004 285**
Parent Resource Coordinator
Jasbir.suopada@anglicarevic.org



PARENTS BUILDING SOLUTIONS 'Managing Anxiety' Single Session in CAPEL SOUND

FOR: Parents, Step-parents, grandparents, aunts, uncles and carers of children. Free workshop for families, Child-friendly meeting space, children 0-5 years welcome to attend with parents

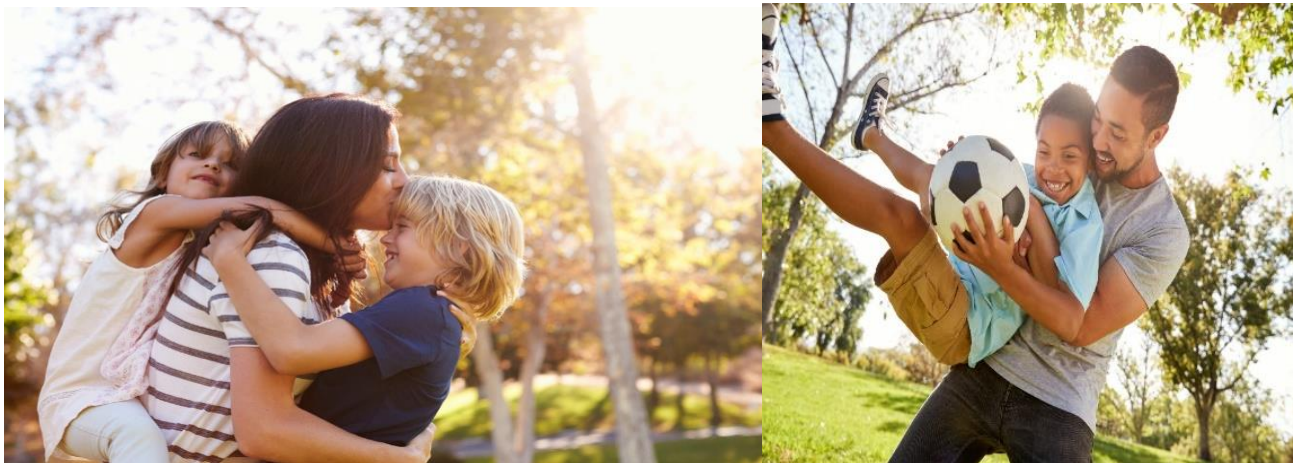
- Build a better relationship with your teens
- Getting your teenager to listen, without having to yell
- Feeling stuck or struggling with your teenager
- What's happening emotionally, physically and socially with your teen?
- Discuss and share strategies that work

WHEN: Thursday 29th July 2021; 9.30am-11.00am

WHERE: Eastbourne Primary School, Allambi Ave, Capel Sound

COST: Free!

REGISTER: Annette Bailey Ph. **8792 4606**
(Family Well-Being Hub)
annette.bailey@anglicarevic.org



PARENTS BUILDING SOLUTIONS

Single Sessions - Expressions of interest!

During Term 4, 2021 we will be providing a number of sessions **ONLINE!**

FOR: Mums, Dads, Grandparents, Step-parents, Adult Carers of children aged 0-17 residing across the Southern Metro region.

Expressions of interest are now being taken. You can come to as many as you want to.

Click on the link below and fill out an 'expression of interest' form. Some of the topics are:

- Talking with your teen without feeling like yelling
- Dealing with Anxiety - supporting children and parents
- How to deal with tantrums
- Sibling rivalry
- Supporting parents to help kids deal with anger

Please let us know if there are other topics you would like us to add to our single session series!

To REGISTER: click on link and fill in form please

<https://forms.office.com/r/NELwDPzxmW>

Enquiries louise.anderson@anglicarevic.org.au

All our ParentZone programs are updated on the Anglicare Victoria webpage. Keep up to date with current programs by clicking [here](#)

Beyond The Violence Programs for families



BEYOND THE VIOLENCE – DANDENONG

8 week program for women and their children who have been impacted by Family Violence.

- Are dealing with the after effects of family violence?
- Does your child's anxiety or anger worry you?
- Can you identify the warning signs in a new relationship?
- Do contact visits unsettle your child?

WHEN: Wednesdays 21 July to 8 September
4.00pm-6.30pm

WHERE: Dandenong - Address provided on booking

COST: Free!

Funded by Mission Australia, Communities for Children Dandenong

REGISTER: Ariane Hahn
Parent Resource Coordinator
PH... 0499 080 468
Ariane.hahn@anglicare.vic.org.au



BEYOND THE VIOLENCE – CRANBOURNE

8 week program for women and their children who have been impacted by Family Violence.

- Are dealing with the after effects of family violence?
- Does your child's anxiety or anger worry you?
- Can you identify the warning signs in a new relationship?
- Do contact visits unsettle your child?

WHEN: Mondays 26 July to 9 August (8 weeks)
9.30am-4.00pm

WHERE: Cranbourne - Address Provided upon booking

COST: Free

Funded by Windermere, Communities for Children Cranbourne

REGISTER: Olivia
Parent Resource Coordinator
PH. 0409 316 620
Olivia.Reilly-McNeil@anglicarevic.org.au



PLAY CIRCLE PLAYGROUP - DANDENONG

FOR: Women and children. A safe supported space for parents and their pre-school children.

- Meet other families in the virtual community
- Additional support if required
- Explore Abecedarian 3a's
- All welcome!

WHEN: 15th July-16th Sept. Thursday mornings, 9.30am to 11.30am

WHERE: Dandenong Library, 225 Lonsdale St, Dandenong

COST: Free

Funded by Mission Australia, Communities for Children Dandenong

REGISTER: Olivia
Parent Resource Coordinator
PH. 0409 316 620
Olivia.Reilly-McNeil@anglicarevic.org.au



BEYOND THE VIOLENCE – Rosebud

8 week program for women and their children who have been impacted by Family Violence.

- Are dealing with the after effects of family violence?
- Does your child's anxiety or anger worry you?
- Can you identify the warning signs in a new relationship?
- Do contact visits unsettle your child?

WHEN: Tuesdays 20 July to 7 September; 4.00pm-6.30pm

WHERE: Rosebud Address provided on booking

COST: Free

REGISTER: Iris Guasch Ph. 0436 007 492
Parent Resource Coordinator
Iris.guasch@anglicare.vic.org.au

More ParentZone Programs for families at:

PARENTZONE HUB

FAMILIES GROWING TOGETHER

@ Pakenham Hills

Connecting through Creative Arts

FOR: Parents, Grandparents, Carers of Children

- Connect with others
- Casual Art session
- Opportunity to share your ideas about the types of activities that you would like to see on offer at the PARENTZONE HUB

WHEN: Wednesday 16 June, 2.00pm to 3.00pm

WHERE: PARENTZONE Hub
75 Army Rd, Pakenham

COST: Free

Contact: Deb Davey
PARENTZONE HUB Coordinator
PH. 0428 654 824
Deb.davey@anglicarevic.org.au



Parent/Carer Catch-up

A relaxed session to connect with other parents and carers, share some refreshments at the ParentZone Hub – Pakenham Hills

WHEN: Wednesday's 21 April 19 May
9.30am to 10.30am

WHERE: PARENTZONE Hub
75 Army Rd, Pakenham

COST: Free

Contact: Deb Davey PH. 0428 654 824
PARENTZONE HUB Coordinator
Deb.davey@anglicarevic.org.au



Playgroup at the Hub

FOR: Parents, Grandparents, Carers Living in the Pakenham area with preschool aged children

- Connect with others
- Casual Playgroup in the Hub session
- Opportunity to share your ideas about the types of activities that you would like to see on offer at the PARENTZONE HUB

WHEN: Wednesday's 21 July to 1 September
2021 9.30am to 11.00am

WHERE: PARENTZONE Hub
75 Army Rd, Pakenham

COST: Free

Contact: Deb Davey
PARENTZONE HUB Coordinator
PH. 0428 654 824
Deb.davey@anglicarevic.org.au

3. ParentZone Southern Professional Programs

Parents Building Solutions Programs for Professionals



PARENTS BUILDING SOLUTIONS PROFESSIONALS

FOR: Anyone who works with parents! A wide variety of people have told us they really benefited from this program-social workers, teachers, psychologists, case managers, children's services workers, family services practitioners, volunteers and residential staff

Learning outcomes:

- Engage parents effectively in conversations about their parenting role by using a strengths based, reflective approach
- Draw on evidence-based materials from the Parents Building Solutions manual to respond to the expressed needs of parents
- Articulate a comprehensive framework for parenting based on family values, relationships, and boundaries

WHEN: Term 4 dates TBC – Register your interest now!

Contact: Louise to register and for an Expression of Interest form
Position Admin Support

Email louise.anderson@anglicarevic.org.au or parentzone.southern@anglicarevic.org.au



All our ParentZone programs are updated on the Anglicare Victoria webpage. Keep up to date with current programs by clicking [here](#).

Beyond the Violence Programs for Professionals



BEYOND THE VIOLENCE FACILITATOR TRAINING – Frankston ONLINE

FOR: Professionals or tertiary students with existing group work skills and experience, or a background/passion for working with women and children impacted by family violence and those wanting to increase skills and knowledge working with families affected by family violence.

- Increase your skills in working with parents and children Affected by Family Violence?
- All sessions must be completed to attain BTV Facilitator Accreditation.

WHEN: Fridays, 23 July ,30 July and 6th August
9.30am to 4.00pm

WHERE: Online with Zoom

COST: Free

REGISTER: Iris Guasch
Parent Resource Coordinator
Ph. 0436 007 492

Iris.Guasch@anglicarevic.org.a

Funded by Anglicare Victoria Communities for Children Frankston



BEYOND THE VIOLENCE FACILITATOR TRAINING – Greater Dandenong ONLINE

FOR: Professionals or tertiary students with existing group work skills and experience, or a background/passion for working with women and children impacted by family violence and those wanting to increase skills and knowledge working with families affected by family violence.

- Increase your skills in working with parents and children Affected by Family Violence?
- This training is made up of 6 half days, which must all be completed to attain BTV Facilitator Accreditation.

WHEN: Wednesday's 19 May to 23 June
9.15am to 1.15pm (4hrs with breaks)

WHERE: Online with Zoom

COST: Free

REGISTER: Ariane Hahn
Parent Resource Coordinator
Ph. 0499 080 468

Ariane.hahn@anglicarevic.org.au

For an Expression of interest form

Funded by Mission Australia, Communities for Children Dandenong.

PEER Networks for Professionals

ParentZone delivers 4 PEER networks across the Southern Region. These are a great networking opportunity and will be facilitated **ONLINE** during Term 3, 2021.

Please let our facilitators know if you would like to attend, these meetings are a fabulous space for all professionals, volunteers, student and others working alongside families, either 'One on One' or in groups.



City of Casey

Online Tuesday 10th Aug, 10.00am to 12.00pm

Contact: Jasbir Singh Suropada 0431 203 177 or 9706 8568
Jasbir.suopada@anglicarevic.org.au



Cardinia Shire

Online Tuesday 10th Aug, 10.00am to 12.00pm

Contact: Jasbir Singh Suropada 0431 203 177 or 9706 8568
Jasbir.suopada@anglicarevic.org.au



City of Greater Dandenong

Online Thursday 22 July, 2.00pm to 4.00pm,

Contact: Jasbir Singh Suropada 0431 203 177 or 9706 8568
Jasbir.suopada@anglicarevic.org.au



Mornington Peninsula and City of Frankston

Online Wednesday 8th Sept., 10.00am to 11.30am

Contact: Jasbir Singh Suropada 0431 203 177 or 9706 8568
Jasbir.suopada@anglicarevic.org.au



4. Other Programs being offered by Anglicare Victoria

ANGLICARE VICTORIA FOSTER CARE Info Sessions

Thinking of becoming a foster carer?

<https://fosteringconnections.com.au/>

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

Southern Region Foster Care Information Session

Join our virtual community and come along to our FREE ONLINE information session by registering. To find out more about foster care please visit our [Foster Caring web page](#)

WHEN: 18th August 2021

WHERE: Online or Frankston Office

COST: Free

REGISTER: Essential

Foster Care Team

Ph. 03 9293 8500

fostercare.southern@anglicarevic.org.au

For enquiries or bookings

To Fill out an expression of interest form [Frankston | Foster Care information session - Anglicare Victoria](#)

Dandenong/Online Foster Care Information Session

Join our virtual community and come along to our FREE ONLINE information session by registering. To find out more about foster care please visit our [Foster Caring web page](#)

WHEN: 21st July 2021, 6.00pm - 7:30pm

WHERE: Online/or Dandenong Office

COST:

REGISTER: Essential

Foster Care Team

Ph. 03 9293 8500

fostercare.southern@anglicarevic.org.au

For enquiries or bookings

To fill in an expression of interest form [Dandenong | Foster Care information session - Anglicare Victoria](#)

Anglicare Victoria Communities for Children – Frankston



Modelling healthy emotional regulation to children

FOR: local sport and recreational groups, parents, carers and volunteers who are seeking information and practical strategies Presented by School Attendance Support Program (Uniting) and ParentZone (Anglicare Victoria).

- Tools to support your own emotional regulation and tips to implement Understanding our own triggers;
- Self-care ;
- How to co-regulate well with children - at home and work;
- Strategies to assist children to develop these skills in themselves, alongside you;
- Activities to use in your home, group, team or classroom

WHEN: Thursday 29th July 6.30pm to 9pm

WHERE: Connect Christian Church - Kids Hall,
135 Golf Links Road, Frankston

COST: Free

REGISTER:

At:https://Us02web.zoom.us/webinar/register/WN_xSRITGM4Tj25ZAusOslOng
Or
CFCFrankston@anglicarevic.org.au



Advocating for your child-parents/carer's workshop

FOR: designed for local sport and recreational groups, parents, carers and volunteers who are seeking information and practical strategies

Presented by the Association for Children with a Disability. This workshop will cover information for parents/carers:

- Rights of children with disability;
- Student support groups;
- Reasonable adjustments;
- Learning and behaviour support plans;
- Partnership with your school;
- What is advocacy?

WHEN: Tuesday 20 April 6.30pm to 8pm

WHERE: Online Via Zoom

COST: Free

REGISTER:

Email CFCFrankston@anglicarevic.org.au



'Supporting Neuro-divergent Children' Deep dive series:

4 Webinars - Individual dates below

FOR: local sport and recreational groups, parents, carers and volunteers who are seeking information and practical strategies.

Presented by the Association for Children with a Disability. This workshop will cover information for parents/carers:

- Rights of children with disability;
- Student support groups;
- Reasonable adjustments;
- Learning and behaviour support plans;
- Partnership with your school;
- What is advocacy?

WHEN: Various date through August - October 2021 from 6.30pm

WHERE: Online with Zoom - see below for listing of programs

COST: Free

REGISTER
CFCFrankston@anglicarevic.org.au

Facilitated by Christina Keeble Consulting, with special guest Rebecca Perkins of My Special Child, this series will dive into theory and practice to support neuro-divergent kids -including Autism Spectrum, Attention Deficit Hyperactivity Disorder and other neuro-diverse conditions.



Webinar 1 Recognising and supporting Neuro-divergence in the early years

Relevant to: This series is relevant to everyone working with, or supporting children 0-12 to build understanding & strategies to support young children who are, or may be Autistic, ADHD, ODD, PDA &/or are affected by trauma & anxiety.

WHEN: Tuesday 17th August, 6.30pm-8.30pm



Webinar 2 The role of interoception and co-regulation

Relevant to: This series is relevant to everyone working with, or supporting children 0-12 to build understanding & strategies to support young children who are, or may be Autistic, ADHD, ODD, PDA &/or are affected by trauma & anxiety.

WHEN: Tuesday 31st August, 6.30pm-8.30pm



Webinar 3 The relevance of Poly – Vagal theory

Relevant to: This series is relevant to everyone working with, or supporting children 0-12 to build understanding & strategies to support young children who are, or may be Autistic, ADHD, ODD, PDA &/or are affected by trauma & anxiety.

WHEN: Thursday 16th September, 6.30pm-8.30pm



Webinar 4 Awesome Neurodivergent kids voices and series recap

Relevant to: This series is relevant to everyone working with, or supporting children 0-12 to build understanding & strategies to support young children who are, or may be Autistic, ADHD, ODD, PDA &/or are affected by trauma & anxiety.

WHEN: Tuesday 5th October, 6.30pm-8.30pm



Anglicare Victoria LYFT



LYFT – Lift up Your Family training

FOR: A program for parents & carers of young people (aged 12-25 years) who have challenging behaviours and may also be using alcohol and other drugs in a problematic way.

- Are you concerned about your young person's risk taking behaviours?
- Are you struggling to communicate with your young person?
- Are you tired of yelling?
-

REGISTER: PH 9721 3688 ask for the LYFT team **Cost: Free, bookings essential**

5. Anglicare and ParentZone Offices

Pakenham	Frankston	Rosebud West
75 Army Rd Pakenham P: (03)9781 6767 or 1300 984 200 P O Box 774 Pakenham 3810	60-64 Wells St, Level 2 P: 9781 6700	1703 Point Nepean Hwy, Capel Sound P: 5986 9900 info@anglicarevic.org.au
Dandenong		
131-147 Walker St Dandenong, VIC 3175 ph: 03 9293 8500 f: 03 9792 5900		

PARENTZONE OFFICES

ParentZone Southern

P: (03)9781 6767 or 1300 984 200
75 Army Rd Pakenham (PO Box 774)
Pakenham 3810

ParentZone Gippsland

P (03) 5135 9555
101 Buckley Street,
MORWELL, 3840

ParentZone Eastern

03 9735 4188
666 Mountain Highway,
Bayswater, 3153

ParentZone Northern

03 9465 0322
42 Mary Street,
Preston 3072

All our ParentZone programs are updated on the Anglicare Victoria webpage. Keep up to date with current programs by clicking [here](#).