



ParentZone Gippsland

Newsletter Term 3 2022

Information on Programs to Support Parents and Carers Across Gippsland

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PARENTZONE

**BETTER
TOMORROWS**

Welcome



Greetings from ParentZone Gippsland!

Welcome to the Term 3 ParentZone Gippsland Newsletter. Last term ParentZone welcomed new facilitator Alicia to the team. Alicia brings a wealth of experience in early years parenting support and has been facilitating our Learning Through Play supported playgroups.

Term 3 will be another busy term with several different parent education programs on offer. Learning Through Play continues to be offered in Morwell and Churchill locations. We have interactive online parenting groups - including Breaking the Cycle, Let's Talk About Parenting, Tuning in to Kids, Tuning in to Teens, Dealing With Your Child's Anger, and Bringing Up Great Kids. We also have a number of single sessions focusing on emerging parenting challenges. We also continue to offer After School Family Connections at the Churchill Neighbourhood Centre, and our Kinship Support Group at Morwell.

This newsletter contains information about all our programs available in the Gippsland region. Please take a look and reach out to us for further information by contact us at parentzone.gippsland@anglicarevic.org.au.

Keep safe!

From the ParentZone Gippsland team

Alicia, Anita, Christine, Jacqui, and Kim

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Which ParentZone group is right for you?

Are you unsure which group is right for you? Are you experiencing a parenting challenge but not sure where to start? Have you been asked to complete a parenting course as part of your court-order?

Talk to us! Contact ParentZone Gippsland on (03) 5135 9555 or email parentzone.gippsland@anglicarevic.org.au

We want to hear from you!

What parenting challenges are you experiencing? Is there an area of parenting you would like to learn more about? Is there something you would like to do differently in your parenting?

We want to hear from parents and carers throughout Gippsland, and the professionals who support them. Contact ParentZone Gippsland at parentzone.gippsland@anglicarevic.org.au

What is ParentZone?



At ParentZone we offer all parents and carers a chance to develop and strengthen their parenting skills. We provide free parenting groups, workshops, and resources for parents, carers, and the professionals who work with them.

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.

ParentZone can help you to:

- Improve communication and understanding between parents/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.

ParentZone Gippsland is the Regional Parenting Service for Gippsland and supports families within the local government areas of Bass Coast, Baw Baw, East Gippsland, Latrobe, South Gippsland, and Wellington.

ParentZone Pods



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PODS

Parenting is the toughest and most important job you will ever have.

Family meetings everyone will love



Dealing with your kids' anxiety



Sibling rivalry



Getting my children to listen



How to respond to our kids' behaviour



How to stop yelling at your kids



Podcasts for parents, carers and those who support others with their parenting

The ParentZone Teams are delighted to bring you 6 ParentZone Pods for you and the families you support. Each Pod identifies and explores common issues parents bring to our parenting groups, and offers strategies to try in these situations.

Podcast Episodes Available Now!

Episode 1: [Family Meetings](#) - [click here to listen](#)

Episode 2: [Dealing with Anxiety](#) - [click here to listen](#)

Episode 3: [Sibling Rivalry](#) - [click here to listen](#)

Episode 4: [Getting Children to Listen](#) - [click here to listen](#)

Episode 5: [How to Respond to Kids' Behaviour](#) - [click here to listen](#)

Episode 6: [How to Stop Yelling at your Kids](#) - [click here to listen](#)

ParentZone Pods can be found on our [website](#) and via [Spotify](#).

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Learning Through Play

Supported Playgroups by ParentZone Gippsland



WHO: Parents and their children aged 0-5 years.

WHERE: There are five playgroups in Morwell and Churchill for you to choose from.

COST: FREE for families living in Latrobe City. Bookings essential.

Come along with your child to:

- Try new and fun ways to learn through imaginative play and craft activities.
- Connect through songs, dancing, nursery rhymes, and stories.
- Get ideas and be encouraged
- Connect with other parents and children

Learning Through Play will include strategies from the **smalltalk** program which helps promote children's development and learning.

Mondays

Location: 101 Buckley Street Morwell

Time: 10:00am - 12:00pm

Tuesdays

Location: 101 Buckley Street Morwell

Time: 10:00am - 12:00pm

Wednesdays

Location: 101 Buckley Street Morwell

Time: 10:00am - 12:00pm

Thursdays

Location: Churchill Neighbourhood Centre - Studio,
9 Phillip Parade, CHURCHILL

Time: 10:00am - 12:00pm

Fridays

Location: Churchill Neighbourhood Centre - Studio,
9 Phillip Parade, CHURCHILL

Time: 10:00am - 12:00pm

To enrol in any of our support OR for more information please contact ParentZone Gippsland on (03) 5135 9555 or email parentzone.gippsland@anglicarevic.org.au

smalltalk

In-Home Support program



smalltalk In-Home Support program provides five one-hour sessions to parents of children from 0-4 years in their home.

smalltalk is a set of evidence-based strategies developed by the Parenting Research Centre and has five key elements:

- Warm and Gentle Interactions
- Tuning In To Your Child
- Following Your Child's lead
- Listening and Talking More
- Teachable Moments

FREE for families living in Latrobe City.
Registration essential.

All families completing smalltalk In-Home Support program will be enrolled in Imagination Library (subject to eligibility criteria)

For further information please contact:
Parentzone Gippsland on 5135 9555 or
parentzone.gippsland@anglicarevic.org.au

**To enrol in any of our support OR for more information please contact
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parentzone.gippsland@anglicarevic.org.au**



Let's Talk About Parenting | Online

Parents Building Solutions

- Do you want to know how to talk so children will listen?
- Understand what is normal children's behaviour?
- Communicate better with your child?
- Stay connected to your child?

Come along to these 5 sessions to learn strategies, share stories and take some time out for you!

DATES: Fridays 29th July to 26th August 2022

TIME: 10:30am to 12:30pm

WHERE: Online via Zoom

COST: FREE. Bookings essential.

For bookings & enquiries contact: Parentzone Gippsland on 03 5135 9555 or email parentzone.gippsland@anglicarevic.org.au

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Breaking the Cycle

For parents and carers whose adolescent is abusive or violent at home

- Do you feel threatened, frightened or even controlled by your son or daughter?
- Are family members and younger siblings feeling scared?
- Feeling anxious, isolated, ashamed, resentful?

YES? Then join the 'Breaking the Cycle' group. It gives you an opportunity to discuss all issues and learn new skills to better manage challenging situations.

Come along to these 8 sessions to learn strategies, share stories and take sometime out for you!

WHEN: Tuesdays 19th July to 6th September 2022

TIME: 10:30am - 12:30pm

WHERE: Online via Zoom

COST: FREE. Bookings essential.

For bookings & enquiries contact:
Parentzone Gippsland on 03 5135 9555 or email
parentzone.gippsland@anglicarevic.org.au

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Bringing Up Great Kids | Online

The Bringing Up Great Kids' program supports parents and carers to:

- learn more about the origins of their own parenting style and how it can be more effective;
- identify the important messages they want to convey to their children and how to achieve this;
- learn more about brain development in children and its influence on their thoughts, feelings and behaviour;
- understand the meaning behind children's behaviours, and how to respond to children's underlying feelings and needs;
- explore new ways of communicating with children;
- discover ways for parents to take care of themselves and to find support when they need it.

Come along to these 6 sessions to learn strategies, share stories and take some time out for you!

DATES: Mondays 25th July – 5th September (no session 22nd August) 2022

TIME: 10:30am to 12:30pm

WHERE: Online via Zoom

COST: FREE. Bookings essential.

For bookings & enquiries contact: Parentzone Gippsland on 03 5135 9555 or email parentzone.gippsland@anglicarevic.org.au

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Dealing with your Child's Anger | Online

A Parents Building Solutions program for parents of primary school aged children with challenging behaviour.

Do you want to:

- Learn how to help your child with their BIG feelings?
- Build a positive relationship with your child?
- Talk to your child so they will listen?
- Create rules and consequences that your children will respect?

Come along to these 5 sessions to learn strategies, share stories and take some time out for you!

DATES: Wednesdays 20th July to 24th August 2022 (no session 3rd August)

TIME: 10:30am to 12:30pm

WHERE: Online via Zoom

COST: FREE. Bookings essential.

For bookings & enquiries contact: Parentzone Gippsland on 03 5135 9555 or email parentzone.gippsland@anglicarevic.org.au

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Tuning in to Kids

Parenting program that teaches parents skills to help their young children begin to understand and regulate their emotions.

Do you want to

- Learn how to better understand and manage your children's emotions, such as anger, anxiety and sadness?
- Improve communication with your child?
- Teach your child to deal with conflict?
- Help your child learn to manage their emotions?

Supporting the development of your children's emotional intelligence will help them:

- Have greater success with making and keeping friendships
- Be more able to calm down when angry or upset
- Have better concentration at school
- Better manage challenges and change

DATES: Thursdays 14th July to 18th August 2022

TIME: 10:00am to 12:00pm

WHERE: Online via Zoom

COST: FREE. Bookings essential.

For bookings & enquiries contact: Parentzone Gippsland on 03 5135 9555 or email parentzone.gippsland@anglicarevic.org.au

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Tuning in to Teens

Parenting program that teaches parents skills to help their teens begin to understand and regulate their emotions.

Do you want to

- Learn how to better understand and manage your teen's emotions, such as anger, anxiety and sadness?
- Improve communication with your teen?
- Teach your teen to deal with conflict?
- Help your teen learn to manage their emotions?

Supporting the development of your teen's emotional intelligence will help them:

- Have greater success with making and keeping friendships
- Be more able to calm down when angry or upset
- Have better concentration at school
- Better manage challenges and change

DATES: Thursdays 11th August to 15th September 2022

TIME: 1:00pm to 3:00pm

WHERE: Online via Zoom

COST: FREE. Bookings essential.

For bookings & enquiries contact: Parentzone Gippsland on 03 5135 9555 or email parentzone.gippsland@anglicarevic.org.au

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After School Family Connections

For parents/carers and their school aged children

Do you :

- want help building a positive relationship with your child?
- want help supporting your children to regulate their emotions, follow instructions and develop independence?

For practical advice and support you and your children are invited to come along to After School Family Connections.

DATES: Thursdays during Term 3 2022

TIME: 3:30pm to 5:00pm

WHERE: Churchill Community Hub,
9 Phillip Parade, Churchill

COST: FREE. Bookings essential.

For bookings & enquiries contact: Parentzone
Gippsland on 03 5135 9555 or email
parentzone.gippsland@anglicarevic.org.au

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Kinship Support Group



For grandparents and kinship carers raising their grandchildren or family members, or grandparents separated from a grandchild through divorce, family conflict or loss.

MEETING DATES FOR 2022

- 2nd February
- 2nd March
- 6th April
- 4th May
- 1st June
- 13th July
- 3rd August
- 7th September
- 5th October
- 2nd November
- 7th December, followed by lunch

TIME: 10:00am to 12:00pm

WHERE: Anglicare Victoria, 190
Commercial Road, MORWELL

COST: FREE.
Bookings essential.

ALL GRANDPARENTS AND KINSHIP CARERS WELCOME

This group provides grandparents and kinship carers with the opportunity to meet with other carers who have had similar experiences; to share experiences, joys and concerns in a safe and confidential environment; and develop positive and supportive networks.

Staff from Relationships Australia Victoria and Parentzone Gippsland will attend and facilitate the group.

For more information contact Parentzone Gippsland on (03) 5135 9555 or parentzone.gippsland@anglicarevic.org.au



Making time for self-care

A Parents Building Solutions single session

- Do you want to feel less overwhelmed and deal with anxious feelings?
- Want to improve your confidence and self esteem?
- Build resilience for yourself and your family?
- Take time out for yourself?

Come along to this session to learn strategies, share stories and take some time out for you!

DATES: Tuesday 13th September 2022

TIME: 10:30am to 12:30pm

WHERE: Online via Zoom

COST: FREE. Bookings essential.

For bookings & enquiries contact:
Parentzone Gippsland on 03 5135 9555 or email
parentzone.gippsland@anglicarevic.org.au

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Bullying

Building a Toolkit to Help Your Child

Do you want to:

- Understand what is bullying?
- Recognise the signs your child is being bullied?
- Know how to support your child?
- Help your child build resilience and learn protective behaviours?

Come along to this session to learn strategies, share stories and take some time out for you!

DATES: Friday 9th September 2022

TIME: 10:30am to 12:30pm

WHERE: Online via Zoom

COST: FREE. Bookings essential.

For bookings & enquiries contact:
Parentzone Gippsland on 03 5135 9555 or email
parentzone.gippsland@anglicarevic.org.au

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Parent Support Program



Supporting Families in Churchill

The Parent Support Program is available to all Parents and Carers of children aged 0-12 living in the Churchill area. The Parent Support Program provides support to families for up to 3-4 months in the home and community.

The Parent Support Worker can support you with:

- Building your parenting confidence
- Strengthening relationships
- Establishing routines
- Identifying children's emotional needs
- Understanding children's behaviours
- Enhancing communication skills
- Introducing a healthy diet
- Reducing anxiety
- Sleep settling
- Support with referrals and linking with other services

For further information contact Kathy Ryan 0499 005 141 or Kathy.ryan@anglicarevic.org.au

Important contacts

Anglicare Victoria – Gippsland locations

Bairnsdale: 347 Main Street

Ph 03 5150 3700,

Morwell: 188-190 Commercial Road

Ph 03 5135 9555,

Morwell: 101 Buckley Street

Ph 03 5135 9555,

Leongatha: 5A Church Street

Ph 03 5622 8650,

Warragul: Suite 2, 3 Barkly Street

Ph 03 5622 8600,

Wonthaggi: Shop 7-8/1 Billson Street

Ph 03 5671 0000,

The Orange Door in Inner Gippsland – 1800 319 354

• 9am to 5pm Monday to Friday (closed public holidays)

• 163 Princes Drive Morwell

• iga@orangedoor.vic.gov.au

• Services offered: Women, children and young people's family violence services, Child and family services, Aboriginal services, Men's family violence services

Parentline Victoria – 13 22 89 (cost of a local call)

• Available 8am to midnight, seven days a week including public holidays

• Parentline is a phone service for parents and carers of children from birth to 18 years old. They offer confidential and anonymous counselling and support on parenting issues.

Kids Help Line – 1800 551 800

• Kids Helpline is Australia's only free, private and confidential 24/7 phone and online counselling service for young people aged 5 to 25.

kidshelpline.com.au

Nurse on call – 1300 60 60 24

• A telephone helpline that provides immediate expert health advice from a registered nurse, 24 hours a day, 7 days a week.

Safe Steps – 1800 015 188

• Available 24/7

• Safe Steps is Victoria's 24/7 family violence response centre.

safesteps.org.au

1800 RESPECT – 1800 737 732

• Available 24/7

• Support for people impacted by sexual assault, domestic or family violence and abuse.

1800respect.org.au

Lifeline – 13 11 14

• Lifeline is a national service providing all Australians experiencing a personal crisis with access to 24 hour crisis support and suicide prevention services.

lifeline.org.au

Beyond Blue – 1300 224 636

• Provides information and support to help everyone in Australia achieve their best possible mental health, whatever their age and wherever they live.

beyondblue.org.au

Mensline Australia – 1300 789 978

• A telephone and online counselling service for men with family and relationship concerns.

mensline.org.au