



Term 1 2023
ParentZone Northern

PARENTZONE

**BETTER
TOMORROWS**

Welcome to the ParentZone Northern Newsletter for Term 1 2023

Welcome to the final Team Leader's report for 2022!

It's hard to believe we've come to the end of another year, especially with the weather doing what it's doing! Term 4 has been a busy one, with groups and community events also coming back into the fore. I'm pleased to announce that Jess Moran has been appointed our ongoing program co-ordinator, Catherine Hadlow to the ongoing group facilitator role and we have also been able to retain Cal Revell to continue one day per week doing his great work in PBS and particularly with dads and carers. Vanja Flett has also settled in well to her ongoing role. We now have a full ongoing complement and a really rich skill set and wealth of experience in the PZ team.

I would also like to take this opportunity to thank the team for their dedication, patience and professionalism, in what has still been a difficult year for smooth delivery for participants. We are again delivering our summer single sessions online, offering a session for separated parents and carers, Navigating co parenting, Parenting in Australia and a refresher session for people who have completed a Tuning in to Kids or Tuning in to Teens group with us previously. We continue to build and expand our collaborative partnerships with LGAs and schools, with some great new initiatives next term. We are returning largely to face to face groups, with a couple of online options as well to maximise opportunities to participate for families. We're excited to be partnering with Darebin to offer Bringing up Great Kids, the first 1000 days, for expectant families.

Please find attached the term 1 timetable and remember to send in any information you would like shared in our newsletter to: parentzone.northern@anglicarevic.org.au. In the interim, please remember the PZ pods, link below, which are a great asset as a brief intervention, giving parents and carers a more immediate option for issues or concerns they are facing now. Please see link here:

[Click here for our ParentZone podcast – ParentZone Pods.](#)

Wishing everyone a safe, relaxing and happy break and a positive year ahead for all. Take care.

Warm regards

Helen Slonek

Team Leader, PZ and BWCH

What we do

ParentZone Northern News provides information on parenting programmes, parenting activities and support services that are available in the Northern Region to assist parents in their parenting role.

While ParentZone Northern provides the editorial support for this Newsletter, the intention is that it provides a voice for all parenting programmes in the North, in particular for the Northern Parent Educator's Network. We put out a warm welcome to all professionals in the Northern Region who work with the parents and families to attend the meetings and contribute to the Newsletter.



ParentZone Term 1 Professional Programmes

Parents Building Solutions

A comprehensive framework for professionals who work with parents.

This core training will develop practical tools and strategies that professionals can use with parents in any setting - individuals, couples, families, or groups.

Parents Building Solutions program is evidence-based and developed by ParentZone, Anglicare Victoria.

Wednesday 22nd & 29th March, 5th April

9.30am - 4.00pm

Venue: Innovation Hub Mernda

Cost: \$495 + GST (includes USB manual)

Bookings and enquiries to Jess Moran: (03) 8641 8913 or email jessica.moran@anglicarevic.org.au

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Whittlesea**



ParentZone Term 1 Parent Programmes

Tuning in to Teens

Tuning into Teens is an evidence-based program that supports parents to feel more confident to connect with their teens, understand their needs and challenges, support them to manage strong emotions, and reduce conflict.

This course provides a number of skills and strategies to help with everyday parenting challenges, based on emotionally-tuned parenting.

Wednesday 15th February- 22nd March (6 week program)

10.00am - 12.00pm

Venue: Kids First- 273 Settlement Road, Thomastown

For bookings and enquiries contact Donna El-Cheikh on 0409 006 126 or email delcheikh@kidsfirstaustralia.org.au

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**KIDS
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Bringing Up Great Kids- First 1000 days

Developed by the Australian Childhood Foundation, the Bringing Up Great Kids - First 1,000 Days program is targeted to people living in Darebin who are expecting their first child. Individuals, couples and non-birth parent/support persons are welcome to attend. The program focusses on building a strong understanding of infant development during pregnancy and gestation up to the age of two years. The program assists families to raise children mindfully and to establish the foundation for respectful relationships – from the start!

This pilot program for Darebin expecting first-time parents and caregivers is a component of the 'Equal from the Start initiative' in Darebin, which aims to promote gender equality through child-focussed, mindful parenting practices and respectful relationships in the community.

The program is delivered via seven two-hour sessions and is designed for people to attend all sessions.

Monday 13th February- 3rd April (7 week program). No session on 13th March (Labour day)

9.30am - 11.30am

Venue: Thornbury Early Years Centre- 2A Raleigh Street, Thornbury

Bookings and enquiries to Parentzone Northern: (03) 8641 8900 or email parentzone.northern@anglicarevic.org.au

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ParentZone Term 1 Parent Programmes

Circle of Security Parenting for Young Parents, 25 years and Under

Circle of Security is a relationship based early intervention program that explores how parents can enhance their attachment with their children.

Recommended for young parents/carers of children aged 0-5 yrs.

Tuesday 31st January - 28th March (8 week program)

(No session will be held on 14th March)

10.30am - 12.30pm

Venue: Online via Zoom

For more information: Contact Rebecca Miller at the Young Parents' Project at Anglicare on (03) 9301 5200 or email enquiries to rebecca.miller@anglicarevic.org.au

In Partnership with
Young Parents' Project



Communities for
Children Hume

Uniting

Parents Building Solutions

Are you tired of yelling?

Want to understand why children behave the way they do?

Do you want to discuss and share ideas that work?

This 6 week parenting program helps you come up with solutions to common parenting challenges

Tuesday 14th February - 28th March (6 week program)

(No session will be held on the 14th March)

10.00am - 12.00pm

Venue: Newbury Child & Community Centre, 440 Grand Boulevard, Craigieburn

Bookings and enquiries to ParentZone Northern: (03) 8641 8900 or parentzone.northern@anglicarevic.org.au

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ParentZone Term 1 Parent Programmes

Navigating Co-Parenting - A Parents Building Solutions Group for Separated Parents

Based on the Parents Building Solutions model, this six-week group will explore and address common challenges that separated parents face in parenting.

It is an opportunity to share ideas and strategies that work with other parents in a similar situation.

Open to separated parents/carers of children of any age.

Please note both parents do not need to participate.

Thursday 23rd February to 30th March (6 week program)

7.00pm - 8.30pm

Venue: Online Via Zoom

Bookings and enquiries to ParentZone Northern: (03) 8641 8900 or email parentzone.northern@anglicarevic.org.au



ParentZone Term 1 Parent Programmes

Single Sessions

My child doesn't want to go to school - what do I do?

An ever-increasing issue for families:

- Dealing with social anxiety
- Dealing with safety and anxiety
- Building resilience and self-esteem
- Dealing with feelings
- Parents dealing with their own anxiety about child school refusal
- Parenting from love and compassion vs from fear and worry.

Tuesday 21st February

7.00pm - 8.30pm

Venue: Online via Zoom

For enquires contact City of Whittlesea
familytraining@whittlesea.vic.gov.au or (03) 9404 8865

For bookings go to try booking:
<https://www.trybooking.com/CDXF>

In Partnership with



Dealing with Preschool Behaviours

Parents will be supported to understand the reasons behind their children's behaviours and develop new strategies to manage these behaviours.

Thursday 2nd March

10.00am - 12.00pm

Venue: Jindi Family and Community Centre- 48 Breadalbane Avenue, Mernda

For enquires contact City of Whittlesea
familytraining@whittlesea.vic.gov.au or (03) 9404 8865

For bookings go to try booking:
<https://www.trybooking.com/CDXFX>

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ParentZone Term 1 Parent Programmes

Single Sessions

Managing Children's Anxiety

It is normal for children to sometimes show signs of anxiety in different situations such as to loud noises, separation and strangers however in some circumstances these responses become more noticeable, consistent and intense.

Anxiety can prevent children from doing things they want to do or interfering with their friendships, schoolwork, or family life.

Does your child's reaction to things appear extreme to you? If so, then this session is for you.

This session is tailored for parents of children 3-8 years old.

Tuesday 28th March

7.00pm - 8.30pm

Online via Zoom

For bookings go to: <https://www.trybooking.com/CEUWW>

For enquiries and bookings contact ParentZone on (03) 8641 8900 or email: parentzone.northern@anglicarevic.org.au

In Partnership with



Parents Building Solutions- Teens (Taster Session)

Do you want a better connection with your teen? Want to understand why teens behave the way they do? Do you want to discuss and share ideas that work? This parenting 'taster' session helps you come up with solutions to common parenting challenges. Young people are welcome to attend the drop-in session while the parenting session is running.

Tuesday 4th April

4.00pm - 6.00pm

Innovation Youth Centre, 20 Graduate Rd, Bundoora

For Bookings go to:

<https://www.trybooking.com/CEZTX>

Enquiries to ParentZone Northern: (03) 8641 8900 or parentzone.northern@anglicarevic.org.au

In Partnership with



Innovation Youth Centre

"Believe & Create"



ParentZone Term 1 Parent Programmes

Single Sessions

Creating and Maintaining Routines

Having reliable routines in place can support a family's sense of harmony.

This two-hour webinar will help you to develop strategies to create routines, while building your confidence about maintaining them.

Tuesday 21st March

10.00am - 12.00pm.

Venue: Online via Zoom

Bookings and enquiries contact Hume Youth Services on youth@hume.vic.gov.au/(03) 9205 2556 or click on the link below <https://www.eventbrite.com.au/e/creating-and-maintaining-routines-tickets-489147582587>

In Partnership with



What's happening elsewhere

Parent/ Carer Webinar- Staying Safe online

Darebin Council is partnering with Evolve Education to bring online safety and digital wellbeing workshops and webinars to parents and carers in 2023.

81% of Australian parents say their 2 to 5 year old uses the internet. What can you do to protect your children online?

We empower parents and carers with the skills needed to protect children from online harm.

Sessions:

Wednesday 15th March from 6.00pm - 7.00pm + Q & A

Wednesday 22nd March from 7.00pm - 8.00pm + Q & A

To register your attendance email:

info@evolve-edu.com.au or evolve-edu.com.au/contact/

*This workshop is not suitable for kids



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What's happening elsewhere

KODY - Building Caring & Connected Families

A program to help fathers who have used violence, to improve and repair their relationships with their children. Caring Dads supports child-centred parenting practices and a reduction in controlling, abusive and neglectful parenting to enhance the safety and wellbeing of children. It seeks to develop father's ability to engage in respectful, non-abusive parenting with the mothers of their children. Fathers will participate in AOD counselling alongside the Caring Dads program as part of the KODY project.

The KODY project recognises the combined impact of harmful behaviours, drugs and alcohol, on family relationships. During the KODY program, fathers will be participating in both the Caring Dads program and AOD counselling, while mothers, fathers and their children will have the opportunity to work with Kids in Focus.

For more information on KODY - Caring Dads, visit the Kids First website www.kidsfirstaustralia.org.au

The KODY project is a proud partnership between Kids First Australia and Odyssey House Victoria



**KIDS
FIRST™**

What's happening elsewhere

Drummond Street Services – 'Your Way Through' Program- Therapeutic Support Service

The Your Way Through Program at Drummond Street offers free, independent, ongoing trauma-informed counselling and peer support to people with a disability. We also provide support around making submissions to the Disability Royal Commission.

This program applies to people with disabilities, whether you have a formal diagnosis or not, as well as family members ('family' as defined by you – i.e., family of origin and family of choice), close supporters or carers, disability advocates and disability support workers.

We operate from Mon-Fri 9am-5pm. Our contact number is : (03) 9663 6733 if you need an interpreter, we can organise one for you.

You can also call us using the National Relay Service. Or alternatively, you can email us at: disabilitysupport@ds.org.au . We also provides community outreach services as well as in-person, telephone and telehealth appointments.

This is a link to our program if you would like to learn more about our service: <https://ds.org.au/our-services/independent-disability-support-services/>

Tuning in to Kids

Support your child as they learn and grow

- Help your child to manage their emotions
- Have a happier, more fulfilling family life

THIS IS A FREE SIX WEEK PROGRAM FOR PARENTS OF CHILDREN AGED 3-10 LIVING IN GLENROY, FAWKNER & SURROUNDS

Presented by Early Links (Melbourne City Mission) Early Links is funded by the Australian Government Department of Social Services

Mondays 1-3pm
Feb 13 to Mar 27th
@ Fawkner Neighbourhood House 79 Jukes Rd
To register please contact Michaela, earlylinks@mcm.org.au
9977 0019 / 0438 849 234



Northern Parent Educator Network

NPEN Update

The Term 4 2022 NPEN meeting was held on 27th October 2022 online. Jo Macfarlane from HIPPY (Home Interaction Program for Parents & Youngsters) Merri-Bek and Alin Ohanus from HIPPY Broadmeadows stepped in at the last minute to present as another HIPPY coordinator couldn't make it. Even with limited preparation time it was an interactive, enjoyable, and information packed presentation about this fantastic program. Thank you to Jo and Alin! We even got to hear a very positive review from a colleague who was once a HIPPY participant themselves. Fourteen professionals attended and valuable program updates were shared with the group. Thanks to all who attended.

The Term 1 2023 NPEN meeting will be held on Thursday 23rd February from 2pm-4pm. We have Madeline Lawson from Drummond Street Services – 'Your Way Through' Program presenting.

The Your Way Through program at Drummond Street provides free, accessible, disability-informed, trauma-responsive emotional support to people living with disability and those who support them. We're really looking forward to Maddy's presentation and networking/information sharing with all NPEN members at our Term 1 meeting. To register your interest in attending please email jessica.moran@anglicarevic.org.au

Family Services

Parentzone and Family Services will continue to work in partnership throughout 2023. We will continue to work in partnership through delivering Parents Building Solutions (PBS), Looking Forward, and Parenting After Violence together. We look forward to seeing more Family Services staff trained and delivering PBS as co-facilitators.

Northern Group Work Network

NGWN Update

Welcome to term one, we hope you have all had a wonderful break. In term four we were pleased to host Mohammad Sultan and Madeline Lawson from Drummond Street Services – 'Your Way Through' Program. The Your Way Through Program at Drummond Street offers free, independent, ongoing trauma-informed counselling and peer support to people with a disability. They also provide support around making submissions to the Disability Royal Commission. A big thank you to both on a very important topic to assist families in need. The highlight for the BWCH was also hosting the Northern Group Work Network Forum on the 9th November at the Broadmeadows Town Hall. NEAMI National presented on 'Building resilience post pandemic: Moving forward in uncertain times creating awareness, confidence and connection to community'. Both Betsy Rajan and Mariam Al- Saabary from NEAMI National facilitated a very informative and much needed topic on resilience post COVID. We received great feedback on the event and were so pleased to be able to connect with so many other service providers on the day. Catherine Hadlow from PZ Northern then took the audience through an experiential trauma yoga workshop in the second half of the forum. We learnt about trauma informed practices learnt a few strategies that could be applied with families in groups and in one to one sessions. In term one we will be hosting the NGWN at The BWCH face to face on Wednesday 15th February 10- 11.30 am. I will send out an invite with agenda closer to the date once our speakers have been confirmed. If you're a professional facilitating groups, working in case management, therapeutic work or even teaching then this network is for you! Attending our network will provide you with the opportunities to share information, to source referrals for groups, to network, to develop partnerships, to source venues and other locally available community resources, and to connect with experienced practitioners for co-facilitation of particular groups. If you are interested in presenting in one of our network meetings we would love to hear from you, additionally the Broadmeadows Women's Community House always welcomes partnerships and co facilitation for some of our groups. Contact Bella on 9301 5250 or email bella.odicho@anglicarevic.org.au

Bella Odicho
Broadmeadows Women's Community House
Family Relationship Skills Program Coordinator (Hume)

Broadmeadows Women's Community House

Term 1 Programmes

All enquiries – 9301 5250 or womenshouse@anglicarevic.org.au

Out and About Seniors Group

Tuesdays

10:00am - 1:00pm

Ageing and Feeling Great Seniors Group

Thursdays

10:00am - 1:00pm

Meadows Primary School Hub Supported Playgroup

Thursdays

10:00am - 11:00am

Supported Playgroups Hume LGA

Contact womenshouse@anglicarevic.org.au for further information.



Important Telephone Contacts

Police, Fire or Ambulance 000

Nurse on call 1300 60 60 24

National Home visiting Doctors 13 74 25 (13 SICK)

Poison Information Hotline 13 11 26

Safe Steps - Family Violence Response Centre
(24 hr service – Toll Free) 1800 015 188

Berry Street Northern Family & Domestic Violence Service 03 9450 4700 (Hume Moreland)
Orange Door 1800 319 355 (Banyule, Darebin, Nillumbik, Whittlesea and Yarra)

Darebin Community Mental Health Centre 03 9416 6300

InTouch Multicultural Centre Against Family Violence 03 9413 6500 or Free call: 1800 755 988
Telephone Interpreter Service (TIS) (24 hr) 131 450

Child Protection After Hours Service 131 278

Northern Centre Against Sexual Abuse
(NCASA) 03 9496 2240 or A.H 1800 806 292

Lifeline Crisis and Suicide Support 13 11 14

Beyondblue Information and support Line 1300 22 46 36
Grief Line 9935 7400

Women's Legal Service Victoria 03 8622 0600 or 1800 133 302

Aboriginal Family Violence Prevention and Legal Service 1800 105 303

Kids' Helpline 1800 55 1800

Mensline Australia 1300 78 99 78

Suicide Call Back Service 1300 659 467

Perinatal Anxiety and Depression Australia (PANDA) 1300 726 306

Parentline Victoria 13 22 89

DirectLine – drug & alcohol services 1800 888 236

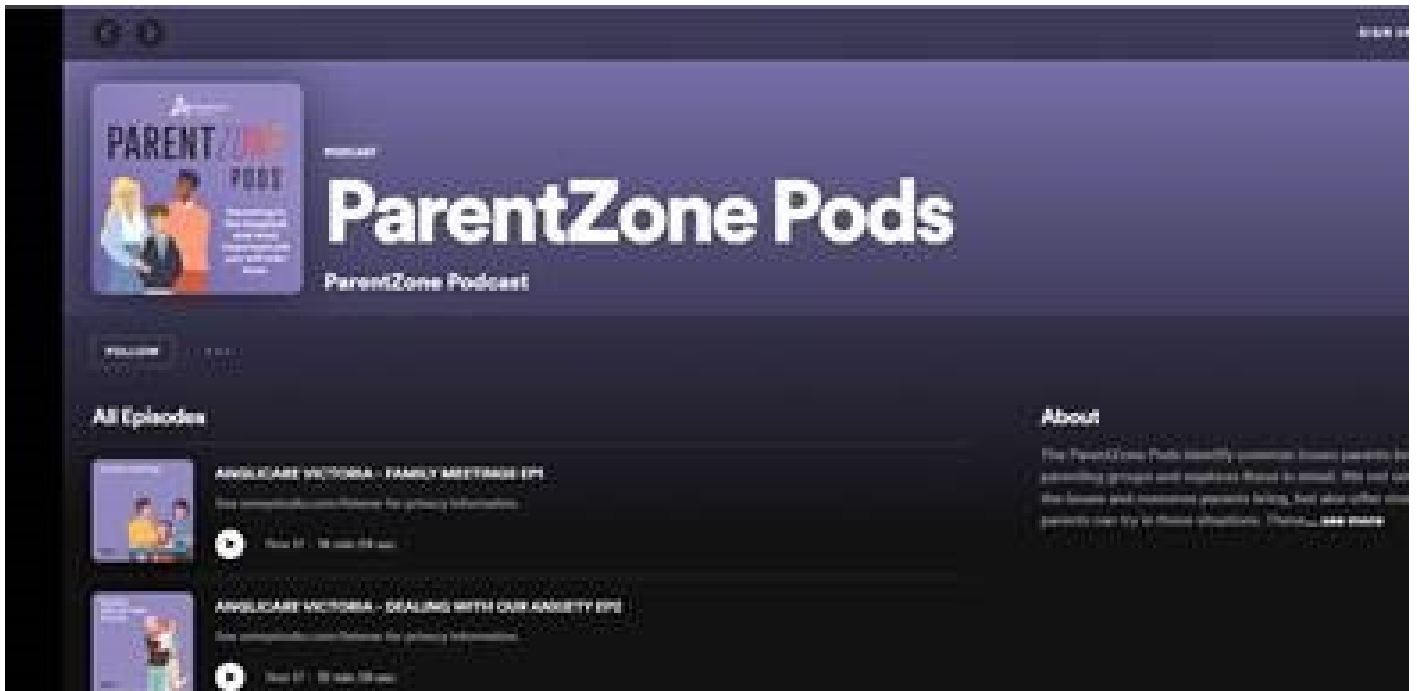
Headspace 1800 650 890

Switchboard – LGBTIQ support (3pm – midnight only) 1800 184 527

Council of Single Mothers and their Children Victoria (CSMC) 03 9654 0622 or 1300 552 511 (outside Melbourne)

Resources

ParentZone Pods | Podcast on Spotify



The ParentZone Pods, is a podcast series presenting parenting snapshots on key issues for parents needing a little bit more before joining a group, or simply those wanting an idea of what to expect from our distinctive group work style. Jump on Spotify to hear it all !