



PARENTZONE SOUTHERN DIRECTORY

Term 1, 2018

Information on groups and programs offered by Parentzone and Community Services across the Southern Region of Melbourne.

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WHAT'S ON IN YOUR REGION?

Please send us details of any programs, workshops or support groups that you plan to run in Term 2, 2018.

parentzone.southern@anglicarevic.org.au or contact us on 03 5945 2000

Overview of Parentzone Term 1 Programs (full details on appropriate page)

Region Page	Program	Dates	Time	Open to
Cardinia Page 16	Parents Building Solutions – Growing Great Kids	Day Wednesdays (6weeks) Date February 21 st , 28 th March 7 th , 14 th , 21 st , 28 th 2018	1pm – 3pm	Open to all Mums, Dads, Carers & Grandparents of Primary aged children
Cardinia Page 16	Parents Building Solutions – Parenting Teens	Day Wednesdays Date 9 th May to 13 th June 2018	6pm- 8.30pm	Open to all Mums, Dads, Carers & Grandparents of Secondary aged children
Casey Page 25	Koorie Kids Playgroup (VACCA run) Cranbourne	Thursdays during school terms	10:30am – 1:00pm	Aboriginal and Torres Strait Islander Children 0 – 5 & their parent/carer
Casey Page 25	Parents Building Solutions– A 6 week program. (Parents of Children aged 3-12yrs)	Day Tuesday Date 13 th Feb to 20 th March 6 weeks	9.15- 11.30am	Open to all Mums, Dads, Carers & Grandparents of Primary aged children
Frankston Page 45	Parents Building Solutions– A 6 week program. (Parents of Children aged	Day Tuesdays Date 13 th Feb- 20 th March Somerville Primary	9.15 – 11.15am	Open to all Mums, Dads, Carers & Grandparents of Primary aged children
Frankston Page 45	Parents Building Solutions– A 6 week program. (Parents of Children aged	Day Thursdays Date 15 th Feb – 24 th March Kananook Primary	9.30am- 11.30am	Open to all Mums, Dads, Carers & Grandparents of Primary aged children
City of Greater Dandenong Page 66	Parents Building Solutions – Growing Great Kids	Day Thursdays (6weeks) Date 15 th March to 3 rd May Noble Park Primary School	9.00 to 11.30	Open to all Mums, Dads, Carers & Grandparents of Primary aged children

City of Greater Dandenong Page 66	Parents Building Solutions – Parenting in Australia	Day Date	Tuesdays 20 th Feb to 27 th March	1pm – 3pm	Open to all Mums, Dads, Carers & Grandparents of Primary aged children
City of Greater Dandenong Page 68	Parents Building Solutions – Parenting in Australia	Day Date	Fridays 16 th February to 23 March	9.45 – 12.15pm	Open to all Mums, Dads, Carers & Grandparents of Primary aged children
City Of Greater Dandenong Page 68	3 year Old Playgroup	Day Date	Tuesday School Term	9.00am – 10.30	Is your child starting School in 2020. If so, we would like to invite you to our playgroup that will prepare and encourage your child to start Kindergarten in 2019.
City Of Greater Dandenong Page 68	General Playgroup	Day Date		9.00am – 10.30am	Open to all Mums, Dads, Carers & Grandparents of Pre school children
City of Greater Dandenong Page 67	Parents Building Solutions	Day Date	Wednesday 21,28 Feb, 7,14,21,28 Mar	12.30pm – 2.30pm	Open to all Mums, Dads, Carers & Grandparents of Primary aged children
Greater Dandenong Page 67	BEYOND THE VIOLENCE An 8 week parent and children's program for those who have experienced or are experiencing Family Violence.	Day Date Cost	Mondays 5th Feb to 26th March (no group 12th March due to Labour Day) Final session on Thursday 29th March Free of charge	4pm to 6.30pm	For Non-Offending Parents and their children who have experienced Family Violence. • Are you dealing with the effects of Family violence? • Does your child's anger or anxiety worry you? • Are you tired of yelling?

City Of 'Mornington Peninsula Page 85	Parents Building Solutions – A 6 week program.	Day Tuesdays Date 13 th Feb- 20 th March Somerville Primary	9.15 – 11.15am	Open to all Mums, Dads, Carers & Grandparents of Primary aged children
City Of 'Mornington Peninsula Page 85	Parents Building Solutions – A 6 week program	Day Thursdays Date 15 th Feb – 24 th March Boneo Primary School	1.00pm - 3pm	Open to all Mums, Dads, Carers & Grandparents of Primary aged children
City Of 'Mornington Peninsula Page 85	Parents Building Solutions – A 2hr program	Day Thursday Date 8 th Feb Time 1pm -3pm Balnarring Primary School	1pm -3pm	Open to all Mums, Dads, Carers & Grandparents on Primary aged children

Please note

- All the above Parenting Programs are free to attend. More details are on the appropriate page number.
- Bookings are essential

PEER Networks, Parents Building Solutions (formerly POP) Training & BTV Training

PHILOSOPHY OF PARENTING (POP)

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 circumstance.

SUITABLE 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.

For more information contact:

Michelle Brown – 0429 174 150
michelle.brown@anglicarevic.org.au

Carol Abery – 5945 2000
carol.abery@anglicarevic.org.au

Limited places left.

This will run again and we do have a waiting list.

Details

Day Wednesdays

Date 14th, 21st, 28th February

2018

Time 9.30 – 4pm

Venue

**Anglicare Frankston,
Level 2, 60-64 Wells Street, Frankston**

Cost

\$340 (incl GST) training only

\$433.50 (incl GST) training and manual

Limited number of funded places are available for volunteers, ACCO's and Anglicare Victoria Staff- these are very limited

Email **Parent Resource Workers**

Parentzone.southern@anglicarevic.org.au

BEYOND THE VIOLENCE



BEYOND THE VIOLENCE facilitator Training Dandenong

Do you want to increase your skills in working with parents and children affected by Family Violence?

SUITABLE FOR:

Professionals who have existing group work skills and experience, or a background working with women and children impacted by family violence

Details

Day Please phone to find out when this is running next.

Cost Free of charge- **Registration Essential**

Bookings: Ariane Hahn on 0499 080 468 or 03 5945 2000
Ariane.hahn@anglicarevic.org.au

BEYOND THE VIOLENCE facilitator Training Cranbourne

Do you want to increase your skills in working with parents and children affected by Family Violence?

SUITABLE FOR:

Professionals who have existing group work skills and experience, or a background working with women and children impacted by family violence

Details

Day Thursday 1st, 8th, and 15th March

Time 9.30am -4.30pm

Cost Free of charge- **Registration Essential**

Bookings: Karen Piscopo on 0499 079 749 or alternatively email
karen.piscopo@anglicarevic.org.au

PEER Networks

Our networks for parent educators are always a great place to discuss parent engagement, share resources and get to know what's happening in your region. Parentzone operates 5 PEER networks across the Southern Region.

Region	Contact	Venue	Dates
Bayside and Kingston	Michelle Brown 9781 6700 michelle.brown@anglicarevic.org.au	Please phone Michelle for details	Please phone for details
Cardinia	Jasbir Singh Suropada 0431 203 177 Jasbir.suopada@anglicarevic.org.au	Anglicare Victoria Level 1, 66-68 Main St Pakenham	Day Tuesday Date 25 th February Time 10am – 12pm
Casey	Sandra Phillips 0447 500 355 sandra.phillips@anglicarevic.org.au	Gleneagles Sec College 58 Reema Blvd, Endeavour Hills Victoria 3802 Endeavour Hills	Day Tuesday Date 6 th Feb TBC please phone or SMS Sandra Time 9.30 -11.30am
Greater Dandenong	Jasbir Singh Suropada 0431 203 177 or 9706 8568 Jasbir.suopada@anglicarevic.org.au	Dandenong Anglicare Victoria Suite 12, 131-147 Walker St Dandenong	Day Thursday Date 15 th February Time 2.00pm to 4.00pm
Frankston and 'Mornington Peninsula	Michelle Brown 9781 6700 michelle.brown@anglicarevic.org.au	'Mornington Library 2 Queen St 'Mornington	Day Monday Date 26 th March Time 1.30pm -3.30pm

Parentzone Resource Library

Parents, professionals, students or anyone who is interested in parenting can borrow resources from Parentzone at:

Pakenham	Frankston	Rosebud West
66-68 Main St, Level 1 P: 5945 2000	60-64 Wells St, Level 2 P: 9781 6700	1703 Point Nepean Road P: 5986 9900

The Dandenong Office is now located at:
Suite 12,
131-147 Walker Street,
Dandenong, VIC 3175
ph: 03 9293 8500
f: 03 9792 5900

The PO Box number is the same: PO Box 7100 Dandenong, VIC 3175

There is no library at the Dandenong Office.

Groups and Programs

City of Bayside

Group / Program	Contact	Address	Details/ Other
Parenting			
PARENT EDUCATION PROGRAMS	Bayside City Council Ph. 9599 4444 or see www.bayside.vic.gov.au for further details and bookings	For more info: Parent education sessions	Please phone for next dates, venue and costs
AUSLAN STORY TIME Experience a visual language in this interactive session with our storyteller and an Ulsan interpreter signing some favourite stories	Bayside City Council Ph. 9599 4444 or see www.bayside.vic.gov.au for further details and bookings	Bayside Library Services 14 Wilson Street, Brighton Tel 9591 5900	Ulsan Storytime is being incorporated into our regular Thursday preschool sessions at Brighton Library. Day Thursday Date Please phone Time 10.30am – 11.30am
MATERNAL CHILD & HEALTH CHILD SERVICES Phone your closest centre to see what they offer or visit Maternal and child health <ul style="list-style-type: none"> • Baby capsule hire service • Breastfeeding and lactation advice • Home cleaning service for new parents • Child health and development • Maternal health • Parent child relationships • Safety and injury prevention • Immunisation • Nutrition • Family planning • Other local support services and resources Advice and information is also available on the Maternal and Child Health Service 24-hour line. Phone 13 22 29.			

City of Bayside

Group / Program	Contact	Address	Details/ Other
Playgroups & Playhouses Visit Playgroups and playhouses or phone 9599 4444 for more info			
Healthy Bubs & Families Education and skill development for parents around the importance of early attachment. Intake assessment only.	Family Life 8599 5433 info@familylife.com.au	Community House 12 Keith Street, Hampton East	Please phone for day and dates.
Keith St Community House Playgroup	Family Life 8599 5433 info@familylife.com.au	Community House 12 Keith Street, Hampton East	Please phone for day and dates.
Community Bubs Intensive support for families who have an infant	Family Life 8599 5433 http://familylife.comm.au/ info@familylife.com.au	Level 2, 11 Chesterville Rd, Cheltenham	Please phone to arrange time.
BAYSIDE CHILDREN'S CONTACT SERVICE –Family Life Providing a safe, neutral and child friendly environment for children.	Family Life For more information please read our FAQ , call us (03 8599 5433) or email your enquiry to bccs@familylife.com.au .	Times can be scheduled at a mutually beneficial time; weekdays or weekends, before nap-time or after-school. We are happy to work with you to make the make arrangements that suit everyone involved and are in the best interests of the child	The Bayside Children's Contact Service is a safe, neutral, child focused venue for supervised contact visits and changeovers to occur between children and their parents, where separated parents are unable to manage their own contact arrangements without conflict.
Time For Me Parenting Group	Family Life and Bayside City Council Contact Courtney or Belinda from the Community Bubs Team 9782 7800	Fern St Children's Centre Crn of Fern St & Bluff Rd, Black Rock	Day Every Tuesday Dates During School Term Time 10.00 – 12pm Free, light refreshments provided
Peaceful Parenting Positive ideas to help you manage your child's behaviour and result in positive change.	Family Life Bookings essential Contact Sharon from the Shine team at Family Life 9770 0341 info@familylife.com.au	Level 1, 450 Nepean Hwy, Chelsea	Date Please phone Time 10.00-3.00pm Cost Free but booking is essential
Challenging Behaviours, Disabilities, Alcohol & Drugs, Family Violence, Mental Health, Carer Support Groups & other			

City of Bayside

Group / Program	Contact	Address	Details/ Other
Kinship Care Support Group Are you a kinship carer who is caring for a child who is not your own? Come and meet with other Kinship Carers. Includes discussion, resources, guest speakers and morning tea	Kinship Care Oz Child Contact: OzChild Kinship Care Dandenong Central Office ph. 9212 5600 for further information	Facilitated groups are held monthly in Highett, Frankston and Rosebud	Phone for dates and times
Dementia Carer Support Group For carers of people with dementia	Marlee Creaser 8256 9699 mcreaser@aol.com	15 Black St, Brighton Melways 97 B1	Day 1st Tuesday in month Time 10am-11.30
Brighton Carer Support Group For people caring for aged relatives or those with dementia	Girrawheen Day Centre Enquiries to Intake 9575 5322	Girrawheen Day Centre 3 Murphy St Brighton Mel Ref 67E7	Day 2nd Wed of month Time 7.30-9.30pm
Making Choices A course for women who wish to learn how to make choices and re-gain some control over their lives in a safe and supportive atmosphere	Family Life 8599 5433 Open to City of Kingston, Bayside, Glen Eira and Port Phillip	Service Address 197 Bluff Rd, Sandringham	Please phone for help and or further details.
Creating Connections An 8 week support group for women who have already attended a family violence group or counselling, such as "Making Choices".	Family Life 85995433	Please phone for details when booking	Please Phone for details
Who's In Charge? An 8 week program for parents for carers of young people (aged 11 to 18) who are beyond control, violent or defiant.	Family Life Tom 9782 7800 tmulvaney@familylife.com.au	Family Life 197 Bluff Rd, Sandringham RSVP Tom 97827800	Please phone for further details
Brighton Dementia Carer Support Group For carers of people with Dementia.	Contact: Marlee Creaser, 8256 9699 Email: rmcreaser@aol.com	Trinity House, 15 Black Street, Brighton Melways: 67 E11	Day 1st Wed of month Time 10.00 to 11.30am
Chelsea Carer Support Group For carers of frail older people and those with disabilities	Brian Sinclair 9782 7633 info@cbchs.org.au	Central Bayside Community Health Service 3/1 The Strand, Chelsea	Day First Wed of month Time 1.00pm-3pm

City of Bayside

Group / Program	Contact	Address	Details/ Other
Clarinda Carer Support Group	Central Bayside Community Health Lyn Entwistle 9552 0833 Info.cbchs.org.au	Central Bayside Community Health Service 58 Viney St Clarinda	Day 3rd Wed of month Time 11 am- 12.30pm
Mood Disorders Support Group Provides friendship and support to those with a mood disorder, their family and friends. Uni-polar, bi polar, general anxiety and depressive illnesses	Mental Health Victoria If you plan to attend, we strongly encourage you to register. Email: admin(at)mentalhealthvic.org.au Phone: 03 9826 1422	Suite J, 450 Chapel Street South Yarra, VIC, 3141 (Enter via Wilson Street. Parking is available at Jam Factory - 500 Chapel Street)	Please phone for details
ASD Coffee Group Support for parents of children with autism	MOIRA Kerri Rolfe - Parent Support Coordinator for Southern Region 8552 2222	Highett Neighbourhood community house 2 Livingston Street Highett	Day 2 nd Thursday of month Time 9.45 – 11.45am
CEREBAL PALSY COFFEE MORNINGS	MOIRA Kerri Rolfe - Parent Support Coordinator for Southern Region 8552 2222	Castlefield Community Centre Bluff Road Hampton	Day Tuesday mornings (once a month during school term) Contact for date
Sandringham Reach Respite Program for Carers For carers of the elderly and those with dementia	Sandybeach Centre www.sandybeach.org.au contact 9598 2155	Sandybeach Centre 2 Sims St, Sandringham Melways 76 G10	Day 3rd Tuesday of month Time 1.30 - 3.00pm
Live Your Community Program Provides flexible volunteer based inclusion support for children with disabilities who experience barriers to participation in sport, recreation and leisure. For children aged 6-17yrs with a diagnosed disability	Extended Families Mornington Peninsula and Frankston Phone: 03 5950 1055 Email: peninsula@extendedfamilies.org.au Southern – South East areas Phone: 03 9285 4839 Email: southern@extendedfamilies.org.au	Please phone for details	Please phone for details There is no cost to families accessing LYCP. Cost to sporting activity chosen by the child are generally met by the family
Man & Fathers			

City of Bayside

Group / Program	Contact	Address	Details/ Other
MATES – (MEN'S BEHAVIOUR CHANGE GROUP) Offers men the opportunity to learn and use alternatives to behaving in a violent or abusive manner.	Family Life 8599 5433 http://familylife.com.au/	197 Bluff Rd, Sandringham is the Service Address	Please phone for direct service, some help or information
THE BBQ BOYS Support group for male carers, offering peer support, fun and relaxing social activities, a space to talk about bloke's carer issues, as well as information, referral and support.	Respite South See Frankston Area For Information On this		First Tuesday of each month
PIT STOP Better Men Australia a parenting tune up for every father who wants to see his family firing on all cylinders.	Bettermen Ph. Rick Wakelin 0411 695 810 Rick.wakelin@bettermen.com.au	Phone for further details	
Children, Youth & Families			
BAYSIDE TOY LIBRARY	Hampton Toy Library ph: 9598 5253	212 Dendy St East Brighton	Please phone for details
DUNKLY ESTATE HIGHETT BREAKFAST CLUB Provides cooked breakfast for estate residents.	Contact Marilyn 8559 5433	Dunkley Estate Highett. Phone for further details.	Ongoing 7.30am – 9.00 am Except School Holidays

City of Bayside

Group / Program	Contact	Address	Details/ Other
DUNKLEY ESTATE HIGHETT AFTER SCHOOL CLUB A good opportunity for children to complete homework and join in some activities.	Contact Tim. M. or Louise. A. 8559 5433	Dunkley Estate Highett. Phone for further details.	Ongoing 4:00pm – 6.00pm <i>Except School Holidays</i>
SOUTH EASTERN MULTIPLE BIRTH ASSOCIATION (SEMBA) A support group for multiple birth families, run by parents with multiples.	New Parent Contact: sembanewparent@hotmail.com President: sembapresident@hotmail.com	South East of Melbourne, covering the main areas of Bayside, Glen Eira and Kingston Councils. http://semba.amba.org.au/index.html	Playgroups on Monday, Wednesday and Thursday mornings contact us for details
HAMPTON COMMUNITY CENTRE Various Playgroups including French, German, Jolly Gymbuks & Tambourine Time	9598 2977 www.hamptoncommunitycentre.com.au	Hampton Community Centre 14 Willis St Hampton	Day: Mon, Tues & Wed Please call for times and further information.
YOUNG MUMS SUPPORTED PLAYGROUP For mothers under the age of 25 and with children up to 5 years.	BGLLEN Bayside City Council Maternal Child and health 9599 4755	Highett Maternal Child and Health Care Centre Community room	Day Wednesday Date During term Time 1.30-3pm Cost free Please book
IMPACT PROGRAM For young people 20 – 25, pick an area you've interested in, get some work experience and then design a project that will make a real contribution.	BGKLLN Sandy beach 9598 2155 ask to speak to Andrea	Sandy Beach Centre 2 Sims St, Sandringham	Day Friday Cost Please phone for further details and to book Time 9.30am-2.30pm
REACH OUT For children who have a significant member of their family with a mental illness	Commonwealth Carer Respite Centre, Southern Mental Health carers@smha.org.au hgeerts@smha.org.au Heather - 9585 5677	Cheltenham area	The group runs once a month, (Saturday), please call for further information.

City of Bayside

Group / Program	Contact	Address	Details/ Other
POPCORN PRODUCTIONS FReeZA COMMITTEE Help plan, organise, deliver and evaluate events such as the Push Start Battle of the Bands and the Youth Art Exhibition.	Bayside Youth Services www.bayside.vic.gov.au/youth 9599 4446	Peterson Youth Centre Highett Corner of Peterson St and Highett Rd Highett	Day Tuesdays during school term Time 5.00-6.30pm Please phone for further details.
PETERSON YOUTH CENTRE DROP IN Free use of pool and table tennis tables, Nintendo Wii, internet access, food and drinks. Counselling and individual support can also be arranged	Bayside Youth Services www.bayside.vic.gov.au/youth 9599 4446	Peterson Youth Centre Highett Corner of Peterson St and Highett Rd Highett	Mondays, Tuesday and Thursday 2.30pm-5.30pm For 10-25 year olds Cost: Free
PFLAG (Parents and Friends of Lesbians and Gays)	BGKLEEN Call PFLAG 9660 3960. <i>This is a message bank and is checked daily</i> www.pflagvictoria.org.au	Sol Green Community Centre Cnr Montague and Coventry Streets South Melbourne	4th Tues in month 7.30pm-9.30pm Free Please phone and book.

Cardinia Shire

Group / Program	Contact	Address	Details/ Other
PARENTZONE PARENTING PROGRAMS			
PARENTS BUILDING SOLUTIONS – Growing Great Kids – 5 weeks Open to all Mums, Dads, Carers & Grandparents Tired of Yelling? Dealing with Anger and Relationships, strategies, understanding the challenges your kids face in School, how to cope with stress and emotions are just some of the Topics covered.	Parentzone, Anglicare Victoria For further information or to book, contact Lee Naismith or Mathew Anderton on 03 5997 7261 Email Naismith.lea.l@edumail.vic.gov.au or Jasbir Singh, 0431 203 177 jasbir.suopada@anglicarevic.org.au	Lakeside College Junior School 2 Portobello Rd, Pakenham Cardinia	Day Wednesdays (6 weeks) Date February 1 st , 28 th March 7 th , 14 th , 21 st , 28 th Time 1pm – 3pm Cost FREE Booking Essential
PARENTS BUILDING SOLUTIONS – Parenting Teens Open to all Mums, Dads, Carers & Grandparents Tired of Yelling? Dealing with Anger and Relationships, strategies, understanding the challenges your kids face in School, how to cope with stress and emotions are just some of the Topics covered.	Parentzone, Anglicare Victoria For further information Jasbir Singh, 0431 203 177 jasbir.suopada@anglicarevic.org.au	Emerald Secondary College 425 Belgrave-Gembrook Rd, Emerald VIC 3782	Day Wednesdays Date 9 th May to 13 th June Time 6pm to 8.30pm Cost Free

Cardinia Shire

Group / Program	Contact	Address	Details/ Other
PARENTS BUILDING SOLUTIONS – Dad's Do Matter Open to all Dads, Granddads, Step Dads, & Uncle's A one off workshop, come join other Dads to share experiences, learn new strategies and solutions on: increasing your confidence as a dad, improving communication and closeness with your kids, creating a healthy environment for your children, learning how to cope with stress, emotions and anger, parenting beyond separations.	Parentzone, Anglicare Victoria For further information or to book, contact Text or email to register Jasbir Singh, 0431 203 177 jasbir.suopada@anglicarevic.org.au	Please contact Jasbir for further information	Not running this term Please contact for further details
PARENTS BUILDING SOLUTIONS – Open to all Mums, Dads, Carers & Grandparents. 1 session Tired of Yelling? Dealing with Anger and Relationships, strategies, understanding the challenges your kids face in School, how to cope with stress and emotions are just some of the Topics covered.	Parentzone, Anglicare Victoria For further information or to book, contact Jasbir Singh, 0431 203 177 jasbir.suopada@anglicarevic.org.au	Cockatoo Primary School 19-33 Belgrave-Gembrook Rd, Cockatoo	Day Thursday Date 8 th March Time 9.30am – 12 Cost FREE Booking Essential

Cardinia Shire

Group / Program	Contact	Address	Details/ Other
PARENTING PROGRAMS			
EARLY PARENTING UNIT Kooweerup Regional Health Service Day program for parents with children 0-12 months focussing on sleep settling and feeding issues.	Kooweerup Regional Health Service 5997 9674 www.kooweeruphospital.net.au	215 Rossiter Rd Kooweerup	Free Service Call to register for program Waiting lists may apply
KINDERGARTENS Kinders Together	The Kinders Together cluster operate a variety of Kindergarten programs throughout Cardinia Shire. Visit www.kinderstogether.com.au or phone 03 5629 2067 for more information. Further information can also be found on the Cardinia Shire Website - http://www.cardinia.vic.gov.au/Page/Page.aspx?Page_Id=4544		
MATERNAL AND CHILD HEALTH SERVICE	Cardinia Shire Please note all centres and sessions are by appointment only. Please phone 5945 4250 to arrange an appointment at specific centres: Andrews Centre; Beaconsfield Centre; Beaconsfield Upper Centre; Bunyip Centre; Cockatoo Centre; Emerald Centre; Hollings Centre; Home Garth Centre; Koo Wee Rup Centre; Lakeside Centre; Lang Lang Centre; Nar Nar Goon Centre Or visit http://www.cardinia.vic.gov.au/Page/Page.aspx?Page_Id=1480&nc=5 Advice and information is also available on the Maternal and Child Health Service 24-hour line - phone 13 22 29		
VOLUNTEER CARERS NEEDED Wesley Mission Victoria is seeking local residents from all walks of life with a spare bedroom to become volunteer foster carers of children aged 0-18 years who are unable to live with their families and require a safe and nurturing home environment for varying periods of time. For further details, call Wesley Mission Victoria on 9794 3000.			
PARENT AND PROFESSIONALS INFORMATION SESSIONS –SCHOOL Parent and professional information sessions to prepare for school.	Windermere Phone: 1300 946 337		Phone for further details
123 MAGIC PARENTING PROGRAM-Wed A 3 week program to assist parents to manage difficult behaviour in their children by incorporating the use of 1-2-3 Magic techniques. For parents or carers of children aged 2 to 12 years.	Windermere Phone Group Coordinator Ph. 9705 3200 Phone: 1300 946 337 Fax: (03) 9796 7650 Or email: groups@windermere.org.au	Toomah Community Centre 18 Golden Green St, Pakenham	Day Thursday Mornings Date February 8 th 15 th 22 nd 2018 Time 10:00am – 12:30pm Please phone and book

Cardinia Shire

Group / Program	Contact	Address	Details/ Other
PARENTING – A SIMPLE APPROACH Better understand you child and build a more harmonious family. For Parents or carers of children 3 – 16 years.	Windermere Group Co Coordinator 9705 3200	Windermere Pakenham Office	Day Thursday Date 8 th Feb to 1 st March Time 5.30pm-7.30pm
FATHERS/ MEN'S PROGRAMS AND PARENTING FATHERS PROGRAMS			
CARDINIA DAD'S Fun activities for dads & young kids on Saturday mornings	Find us on Facebook: facebook.com/CardiniaDADS or for more info call Tim 0417 520 188	Normally held at Hollins Children's Centre 10 Atlantic Drive Pakenham Contact for further details	Saturdays – fortnightly Please contact to confirm dates 8:30am – 10:30am Contact for further details
MEN'S SHED A drop in for men. Open to all men over 18yrs.	Koo Wee Rup Regional Health Services Brian Harlow 03 5997 9679 Harlowb@hrhs.net.au	Koo Wee Rup Regional Hospital 215 Rossiter Road Koo Wee Rup	Open Wednesday and Thursday Time 10.00am – 3pm
FAMILY VIOLENCE, CHALLENGING BEHAVIOURS, DISABILITIES, GRIEF, SEPARATION AND OTHER			
COUPLES HEAVY M.E.T.A.L GROUP This program is for men and women who want to stop hurting their loved ones, and are prepared to learn new ways to express themselves	Heavy Metal Group (Men's Education Towards Anger & Life) David Nugent 0401 766 877 www.heavymetalgroup.com.au	Outlook Community Centre Pakenham Phone for women's anger Program.	Ring for times and dates
NEW BEGINNINGS A group for women who are currently experiencing or have previously experienced family violence. Learn about the effects of abusive relationships, explore how to start a new beginning for yourself and develop self-esteem in a safe, supportive environment.	Connections UnitingCare 03 5990 8400	Pakenham. Phone for details.	Ring for next Program

Cardinia Shire

Group / Program	Contact	Address	Details/ Other
LITTLE MONKEYS- A supported playgroup for children 0-6 years old. Activities are designed specially to accommodate all abilities in a welcoming and supportive environment	Windermere Booking essential 9709 6900	Hollins Children's Centre 10 Atlantic Drive Pakenham	Cost Free Phone 9709 6900
NARCOTICS ANONYMOUS If you are faced with a narcotic problem.	Living and Learning Centre NA Hotline 9525 2833 Living Learning Centre Pakenham 5941 2389	Living Learning Centre Pakenham	Day Monday Time from 7.30pm
ALCOHOLICS ANONYMOUS If you are faced with a drinking problem	Living and Learning Centre Phone Living and Learning Telephone (03) 5941 2389	Living and Learning in Cardinia. PB Ronald Pavilion 6B Henry St, Pakenham Old basketball and squash courts	Day Sunday Time 8.00pm
GRIEF SUPPORT GROUP A group for people who have experienced loss, helping to understand & manage your grief in a friendly, local environment	Living Learning Centre Pakenham 5941 2389	Living Learning Centre, 68 Henry St Pakenham	Please phone for further information
HILLS AUTISM AND SPECIAL NEEDS SUPPORT GROUP For parents of people with additional needs. For any age group, children or adults. Have a chat & enjoy others company with coffee	Barb Brown 0400 596 961 Email: brum-bs-4ever@live.com	Meets in Emerald for lunch	Held on a Friday. Please phone for dates and times
HILLS AUTISM GROUP AND EMERALD COMMUNITY HOUSE iPad Training for Special needs students, those who support them: their parents, carers, clients & staff of Day Services	Emerald Community House 5968 3881 Please phone for dates and further information 356-358 Belgrave-Gembrook Road, Emerald	Please call Emerald Community House to confirm dates and register attendance Please refer to the website: www.emeraldcommunityhouse.org.au For other programs and short courses available	

Cardinia Shire

Group / Program	Contact	Address	Details/ Other
FAMILY SUPPORT AND SUPPORTED PLAYGROUPS			
PARENT-CHILD MOTHER GOOSE PROGRAM For 2 and half year old to 5 year olds come along with a parent/caregiver and enjoy an hour of rhymes, stories and songs.	Connections Contact Kathie 5990 8400 Runs all year except School holidays	6b Henry St Pakenham	Day Tuesday Date During School Term Time 10.00am -11.00am
Respect and Protect Yourself Information sessions to build knowledge about safe and respectful relationships and behaviours, positive and informed decision making, and self-awareness. Any school class groups in year 10, year 11 and year 12	Windermere Contact Katrina Herbert Can be booked directly with the Schools availability. 9705 3200	At your school	When - Time to be negotiated with your school Cost - No charge.
THE MUMS AND BUBS PROGRAMS Single women aged between 18-25 years who are homeless or at risk of homelessness. The program can currently accommodate one children under five years of age.	Windermere Housing Intake worker 9705 3200 Windermere Child and Family Services	Officer	3-6 months accommodation and support for young single mothers (18-25 years) facing homelessness. Please call for further information and referrals
YOUNG MUMS GROUP For young mums with babies aged up to 12months or Pregnant women. Infant health; playing and interacting with your infant and the introduction of food all covered.	Living Learning Centre Contact Kaylie 5945 4351or 0408 701 332 k.sinnbeck@cardinia.vic.gov.au	Living Learning Centre 6B Henry St Pakenham	Runs during School Term Day Mondays Time 1pm - 3.00pm Babies and Toddlers Welcome
CARDINIA KIDS IN ACTION Free School Holiday activities for families with children 0-12 years.	Cardinia Shire Council For dates and times of sessions please visit www.cardinia.vic.gov.au	Various locations throughout the Cardinia Shire Council	For more information please call the Family Connections Team on 1300 787 624
PAL (Play and Learn) Playgroup: Supported playgroup. Koo Wee Rup Primary Koo Wee Rup Primary School and Playgroup Victoria	Facebook PAL PLAYGROUP Enquiries Lisa Butera 0413 098 582 Or Chelsea O'Neill 0401 098 369	Koo Wee Rup Primary School Gym. Moody St, Koo Wee Rup	Day Wed Date during School Term Time 10 - noon Cost \$2 per week per child over 1. or \$20 a term per family.

Cardinia Shire

Group / Program	Contact	Address	Details/ Other
SUPPORTING MUMS, EMPOWERING FAMILIES Women supporting women from CALD background, Promoting wellbeing.	Uniting Church and Connections UnitingCare Contact: Belinda 0400 559 423, Email: baclear@bigpond.com or Joy 5945 3900, Email: joy.long@connections.org.au	Pakenham Uniting Church, 47 James Street, Pakenham.	Please phone to see when next program is running
COMMUNITY PLAYGROUPS	Cardinia Shire Various playgroups operate throughout Cardinia Shire. Visit http://www.cardinia.vic.gov.au/Directory/AgencyList.aspx?S3Key=445 or phone 1300 787 624 for more information about Playgroup locations, times and contact numbers. Further information can also be found at www.playgroup.org.au		
TOY LIBRARY Toy library offers parents & children a chance to borrow toys & puzzles, plus a variety of kids craft activities.	Upper Beaconsfield Community Centre Inc office@ubcc.org.au www.ubcc.org.au 5944 3484	Upper Beaconsfield Community Centre Inc 10 Salisbury Rd Upper Beaconsfield	Opens monthly. Visit http://ubtl.mibase.com.au for more details or phone 5944 3484
HEALTHY CHILDREN INITIATIVE- Achievement Program. Available to all schools and early childhood services and those wishing to support these settings.	Cardinia Shire Council. Julia Hobbs 59454454 j.hobbs@cardinia.vic.gov.au	Cardinia Shire	Please call for details
TINIES' TIME A special Rhyme Time suitable for babies and Toddlers up to the age of 3. Runs during School Terms.	Casey-Cardinia Library Corporation 5941 2036 www.cclc.vic.gov.au FREE- no bookings required	Pakenham Library Ph.: 5940 6200 Emerald Library Ph.: 5949 4600	Pakenham Library Day Monday Time 2.00 -2.30pm Day Thurs Time 11.00 – 1.30am Emerald Library Day Friday Time 11.15am-11.45am
AFTER SCHOOL PROGRAM designed for students in years 5, 6, 7 and 8. Kids can join in different games and craft activities and enjoy a tasty and healthy afternoon tea.	Brain Harlow harlowb@krhs.net.au call 03 59979687	Men's shed in Koo Wee Rup. Phone for details	Day Mondays Time 3.30pm – 5.30pm Cost \$2

Cardinia Shire

Group / Program	Contact	Address	Details/ Other
PRE-SCHOOL-STORYTIME Story time can be a special sharing time with your child as well as being great fun. Story time provides an introduction to a wide range of children's books, stimulates new ideas and interests, and provides children with an opportunity to socialise. Most suited for 3 to 5 year olds	Casey-Cardinia Library Corporation 5941 2036 www.cclc.vic.gov.au FREE- no bookings required Runs during School Terms	Pakenham Library Ph.: 5940 6200 Emerald Library Ph.: 59 494 600	Day Tuesday Time 11.00 -11.45am Day Thursday Time 11.15am -12.15pm
BABY RHYME TIME Join other new mums, dads and carers and learn about the importance of singing and reading to your baby. Discover songs and rhymes that babies love and learn about books your baby will enjoy. Babies aged 0-12months. Held weekly during School term and is free.	Casey-Cardinia Library Corporation 5941 2036 www.cclc.vic.gov.au FREE- no bookings required Runs during School Terms	Pakenham Library Ph. 5940 6200	Day Wednesday Time 10.30am – 11.00am
KOORIE KIDS PLAYGROUP- VACCA Gather and meet other Koorie families, sing and dance, play with other Koorie Kids, listen to stories and learn about culture.	Victorian Aboriginal Child Care Agency (VACCA) 9701 4200	Lilypond Community House 62 Duncan Dve Pakenham Tootgarook Community Hall, 30 Barry St Tootgarook	Day Fridays Date during school term Time 10.30-1.00pm phone for further details Transport, morning tea and lunch provided free
SMALLTALK Playgroups A free program for families who hold a Health Care or Pensioner Concession Card, are refugees, Aboriginal families, or are caring for children in kinship care.	Cardinia Shire Council Sashi Prasad Playgroup Facilitator Phone: +61 3 5943 4317 0466350160 Families must be referred	Henry Family Children's Centre 145 Henry Rd, Pakenham Pakenham Springs Primary School Livingstone Blvd, Pakenham VIC 3810 Pakenham Hills Primary School 15 Kennedy Rd, Pakenham VIC Homegarth Community Centre 9A Dunbarton Dr, Pakenham Hollins Children's Centre 10 Atlantic Drive, Pakenham	Mondays during school terms Please phone for more details Tuesdays during school terms Please phone for more details Wednesdays during school terms Please phone for more details Thursdays during school terms Please phone for more details Fridays during school terms Please phone for more details

Cardinia Shire

Group / Program	Contact	Address	Details/ Other
COMMUNITY GARDEN Brings people together to grow and harvest fresh food. A great place to come for some physical activity and to meet other like-minded locals.	Email Brian on harlowb@krhs.net.au or phone 03 5997 9687	Ring for venue Koo Wee Rup area.	Open every day Group meeting on Tuesdays and Saturdays from 9.30. Community Kitchen groups run every Monday from 10.30am and Tuesday from 11.00am
L2P Learner Driver Program Koo Wee Rup Regional Health is a joint initiative between Kooweerup Regional Health Service and Cardinia Shire that assists learner drivers gain the minimum 120 hours needed to get their license.	Koo Wee Rup Regional Health Email Brian on harlowb@krhs.net.au or phone 03 5997 9687	Please phone for details	Driving sessions usually occur weekly for a minimum of 1hour. Must be aged 16-21 and have barriers to supervised driving experience phone for details
IRIBANA Autism Services Irabina's community hub in Pakenham provides individual and group programs to families and organisations	Email - autism@irabina.com or (03) 9720 1118	Cardinia Branch: 9A Dumbarton Drive Pakenham Ph.: 03 8658 6636	Current services include our Diagnostic Clinic, programs and individual services for children and young adults. Our Adolescent Program is now available for children 11 years and above.
MUSIC TOGETHER Music therapy program for pre-school children and their parents/carers.	Connections Contact Bronwyn Atkin 5990 8400	Outlook Community Centre 24 Toomuc-Valley Rd Pakenham	Day Tuesday Time 10.am – 11am Runs during School term

City Of Casey

Group / Program	Contact	Address	Details/ Other
Parentzone Parenting Programs			
PARENTS BUILDING SOLUTIONS A 6 week program for parents, carers, grandparents, step parents of children aged 0 -5 years. ARE YOU TIRED OF YELLING? How to get kids to listen, without having to yell DEALING WITH ANGER Helping parents, helping kids deal with anger and frustration RESPONDING TO BEHAVIOUR STRATEGIES THAT WORK How can parenting be easier	Anglicare Victoria Parentzone Southern Sandra Phillips 5945 2000 or 0447 500 355 sandra.phillips@anglicarevic.org.au	Rangebank Primary School 14-36 Lesdon Ave Cranbourne	Day Tuesdays Date 13 th February to 20 th March (6weeks) Time 9.15am-11.30am Cost Free Bookings Essential Refreshments provided
PARENTS BUILDING SOLUTIONS A 6 week program for parents, carers, grandparents, step parents of children aged 0 -5 years. ARE YOU TIRED OF YELLING? How to get kids to listen, without having to yell DEALING WITH ANGER Helping parents, helping kids deal with anger and frustration RESPONDING TO BEHAVIOUR STRATEGIES THAT WORK How can parenting be easier	Anglicare Victoria Parentzone Southern Sandra Phillips 5945 2000 or 0447 500 355 sandra.phillips@anglicarevic.org.au www.tinyurl.com/cclcevents or phone the library on 9792 9497	Doveton Library 24 Autumn Place, Doveton	Day Wednesday Date 21 st February to 28 th March (6weeks) Time 5.30pm – 7.30pm Cost Free Bookings Essential Refreshments provided

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Group / Program	Contact	Address	Details/ Other
Parentzone Parenting Programs			
PARENTS BUILDING SOLUTIONS – DADS DO MATTER (DDM) Open to all Dads, Stepdads Come and join other dads to share experiences learn new strategies and solutions on: Increasing your confidence as a dad; improving communication and closeness with your kids, creating a healthy environment for your children. Learn strategies and tools that work. Learning how to cope with stress emotions and anger	Parentzone, Anglicare Victoria Jasbir Singh, (simply text your name in to register) 0431 203 177 jasbir.suopada@anglicarevic.org.au		Not running this term. Please contact for further information Cost FREE Booking Essential Certificate upon completion
BEYOND THE VIOLENCE A program for non-offending parents and children FREE 8 week parent and children's program for those who have experienced or are experiencing Family Violence. <ul style="list-style-type: none"> • Are you dealing with the effects of family violence? • Does your child's anger or anxiety worry you? • Are you tired of yelling? 		Is running in Dandenong this term or you can phone and book for Term 2 Casey is offering a Facilitator training for professionals. See page 5	Not running in Cranbourne in Term 1. Is running Term 2, 2018 Or Ring and book Cost FREE of Charge. refreshments provided) Bookings are essential
PARENTZONE PEER NETWORK-CASEY FOR PROFESSIONALS ONLY Guest Speaker	Anglicare Victoria Sandra Phillips 0447 500 355 Sandra.Phillips@anglicarevic.org.au	Gleneagles Secondary College Endeavour Hills	Day Tuesday Date 6 th Feb Time 9.30-11.30 Check with Sandra first.

City Of Casey

Group / Program	Contact	Address	Details/ Other
Parenting Programs			
CITY OF CASEY SERVICES Maternal and Child Health; Childcare; Family and Children's centres; immunisation; kindergartens; parent information sessions; playgroups; best start; dads matter programs; Youth Services; Community Support; Casey Directory; disability Services; libraries; Other services are available, some different languages. Telephone: 9705 5200 Fax: 9704 9544 Email: caseycc@casey.vic.gov.au www.casey.vic.gov.au			
TUNING INTO KIDS A 6 Session program to help you tune into the child in your care.	Uniting 5990 8400	Bunjil Place 2 Patrick Northeast Drive Narre Warren 3805	Day Tuesday Date 20 th Feb-27 th March Time 10am – 12:30pm Gold coin donation
CALD PARENTING LOST IN TRANSLATION A four week program encouraging families from culturally and Linguistically Diverse (CALD) backgrounds to share their journey of raising children in Australia and help them to develop essential strategies to build positive relationships with their children.	Windermere Phone Group Coordinator Ph 9705 3200 Phone: 1300 946 337 Fax: (03) 9796 7650 Or email: groups@windermere.org.au	St Agatha Primary School 3 Scott Street, Cranbourne Windermere Narre Warren Office	Accepting expressions of interest Please phone if you are interested or have a client who is.

City Of Casey

Group / Program	Contact	Address	Details/ Other
YOUNG PARENTS EDUCATION PROGRAM A program for young parent aged 15-20, currently not enrolled in School. Ever considered VCAL? We offer Young Parents Education Program which reconnects young parents to access the VCAL in a supportive and flexible environment. Combined with parenting tips from experts within the community.	Windermere Natalie Lees Ph. 9705 3200 Phone: 1300 946 337 Fax: (03) 9796 7650 Or email: groups@windermere.org.au	Cranbourne Secondary College Stawell st Cranbourne	Day Tues, Wed, Thurs and Friday\ Date School term Time 9.30am – 2.30pm Please phone to book and for more information
KOORIE KIDS PLAYGROUP- Gather and meet other Koorie families, sing and dance, play with other Koorie Kids, listen to stories and learn about culture. Includes healthy morning tea and lunch.	Victorian Aboriginal Child Care Agency Playgroup Team 0408 949 755 Or 9701 4200	Cranbourne Community House 49 Valepark Cres Cranbourne	Thursdays. During School Terms Time 10:30am – 1:00pm Transport provided free if required.
FAIRHAVEN SUPPORTED PLAYGROUP For children 0-5years with a special focus on families with a CALD background. All families welcome.	Windermere Group Co-ordinator on 9705 3200 Email: groups@windermere.org.au Or 1300 946 337	Fairhaven Family & Children Centre Community Room 42-52 Fairhaven Boulevard Cranbourne West	Day Tuesdays Date School Term Time 9.30am-11.30am Cost Free Interpreting support for Hindi speaking families is available
MY FRIENDS YOUTH – A 10 week course that provide adolescents with the tools to build resilience and confidence.	Windermere 48 Webb Street Narre Warren VIC Phone: 1300 946 337 Fax: (03) 9796 7650	Mayone-Bulluk Family & Community Centre 66 Bradman St, Cranbourne West	Accepting expressions of interest for 2018

City Of Casey

Group / Program	Contact	Address	Details/ Other
STEP FAMILY SURVIVAL STRATEGIES WORKSHOP A practical guide to help parents navigate themselves, their children and stepchildren through the exciting, difficult and rewarding journey in a stepfamily.	Relationships Victoria Ph 8768 4111 Email: enquiries@berwickfrc.org.au	Berwick Family Relationship Centre 38 Clyde Road Berwick	To find out more & reserve your place in the seminar contact Relationships Victoria
TUNING INTO KIDS Supports parents with children aged 12 years and under to develop and enhance their parenting skills, focusing on building the relationship between parent and child. Participants are required to attend an information and registration morning on Friday	Relationships Australia BOOKINGS 5990 1900 or email cranbourne@rav.org.au and Windermere 48 Webb Street Narre Warren VIC Phone: 1300 946 337 Fax: (03) 9796 7650	Carlisle Park Family and Children's Centre 2/20 Majestic Boulevard, Cranbourne North	Please contact Windermere for further details
MENS AND FATHERS PROGRAMS			
READ-PLAY-MAKE NARRE WARREN – DADS MATTER PROGRAM The Read – Play – Make program develops strong relationships between dads and children through story-telling and activities.	Contact City of Casey 9705 5200 or email dadsmatter@casey.vic.gov.au	Narre Warren Library Overland Drive Narre Warren (Melways: 110 D4)	Date Thursdays Time 6.00pm – 7.30pm Cost No cost Registration essential (Feb-Dec) Held all year including school holidays

City Of Casey

Group / Program	Contact	Address	Details/ Other
REPAIR-ENTING A structured group program for dads who have used violence in their relationships. A program for men who have completed a men's behaviour change program in the past year, and who are currently parenting children on a part- or full-time basis, or are hoping to redevelop a relationship with their children	Relationships Australia Victoria's Cranbourne Centre on (03) 5990 1900 or email cranbourne@rav.org.au	Relationships Australia Victoria 2/199 South Gippsland Highway Cranbourne	Please contact for further details
READ-PLAY-MAKE NARRE WARREN – DADS MATTER PROGRAM The Read – Play – Make program develops strong relationships between dads and children through story-telling and activities.	Contact City of Casey 9705 5200 or email dadsmatter@casey.vic.gov.au	Narre Warren Library Overland Drive Narre Warren (Melways: 110 D4)	Date Thursdays Time 6.00pm – 7.30pm Cost No cost Registration essential (Feb-Dec) Held all year including school holidays
COOK IT WITH DAD – DAD'S MATTER PROGRAM The Cook it with Dad program is an opportunity for fathers and children to experience cooking together.	Contact City of Casey 9705 5200 or email dadsmatter@casey.vic.gov.au	Selandra Family and Children's Centre 45 Haflinger Ave, Clyde North Melways Ref 134 H4	Day Saturdays (not in school holidays) Time 10.30am – 12noon Cost No cost Registration essential
DADS LITTLE BUILDERS The Dad's Little Builder program has been designed to encourage dads and children to connect through creating and building.	Contact City of Casey 9705 5590 or email dadsmatter@casey.vic.gov.au Registration Essential	Arbourlea Family and Children's Centre 75 Wheelers Park Dve Cranbourne North Melways Ref 130 K10	Day Mondays (not in school holidays or on public holidays) Time 6.00pm-7.30pm Cost No cost Registration essential
TIME FOR A CHANGE Men's behaviour change program designed to help men address those issues & stop using any forms of abuse & violence in their relationships with others.	Relationships Australia Cranbourne Centre 03 5990 1900	Kalimna Building – 67-69 Webb Street, Narre Warren, Victoria 380	Please phone for assessment for programs running in 2017

City Of Casey

Group / Program	Contact	Address	Details/ Other
BEING DAD A group for fathers of children aged 0-17 designed to help us be the dad we want to be.	Uniting Sid Ashby – 5990 8400 Jonathon Gonsalvez – 5945 3900	Uniting Connections 55 Webb St Narre Warren 3805	No cost Every Tuesday 13 Feb – 20 March 10am-12. Six week program Bookings essential
CHALLENGING BEHAVIOURS, DISABILITIES, GRIEF, ALCOHOL & DRUGS, FAMILY VIOLENCE, MENTAL HEALTH, SUICIDE, RELATIONSHIPS AND OTHER			
WHO'S IN CHARGE? Who's in Charge? A 7 week program for parents or carers of young people (8 to 18) who are beyond control, violent or defiant.	Connections Ph. Kathie Hockley 5990 8400 connections.org.au	Connections 55 Webb St Narre Warren	Day Wednesdays Date February 14 th 21 st 28 th March 7 th 14 th 21 st 28 th Time 10 am -12.30pm Cost Gold Coin donation
MAKING CHANGES FOR NEW BEGINNINGS Making Changes for New Beginnings is a therapeutic support group for women who have experienced family violence. Topics covered include; cycle of violence, difference between anger and violence, healthy and unhealthy relationships.	Connections Samantha Sacco 5945 3900 connections.org.au	TBA Ring and book.	Details not available at time of printing please phone
KEEPING IT TOGETHER Free program for women over the age of 18. Learn skills to strengthen yourself and your relationships	CISS Sancha ph. 97056699 Email snoranho@caseynothciss.com.au	Hallam Community Learning Centre 56 Kay's Ave Hallam	Day Thursdays Date 8 th Feb to 29 th March Time 9.30am-12.00pm Childcare available for this group
KEEPING IT TOGETHER Free program for women over the age of 18. Learn skills to strengthen yourself and your relationships	CISS Sancha ph. 97056699 Email snoranho@caseynothciss.com.au	Cranbourne Library 65 Berwick-Cranbourne Rd, Cranbourne VIC 3977	Day Thursday Date 15 th Feb to 29 th March Time 1.00pm-3.30pm

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Group / Program	Contact	Address	Details/ Other
KEEPING IT TOGETHER Free program for women over the age of 18. Learn skills to strengthen yourself and your relationships	CISS Sancha ph 97056699 Email snoranho@caseynothciss.com.au	Bridgewater Family and Community Centre, 45 Bridgewater Blvd, Berwick VIC 3806	Day Friday Date 9 th Feb to 23 rd March Time 9.30am-12pm
FUN BUDDIES An 8 week group for families with pre-school aged children to create positive and exciting play experience for mums and children who have experienced family violence	Uniting Remi 5945 3900 Samantha 8792 8999 (Outer South) connections.org.au	Hampton Park Uniting Place, 1 coral Drive, Hampton Park	Day Thursday Date 7 th Feb to 28 th March Time 10.30 – 12pm
THE INCREDIBLES A group for kids aged 7-10 who have experienced or witnessed family violence.	Connections Remi 5945 3900 connections.org.au	To be announced Please phone	To be announced. Please phone.
PARENTING AFTER SEPARATION A 4 week program to help parents to better understand the effects of separation on their children and learn useful strategies for helping children to adjust. For: Separating and Separated parents Note: <i>only one person from a separated couple can attend each group</i>	Windermere Group Coordinator 9705 3200 Email: groups@windermere.org.au	Windermere Child & Family Services 48 Webb Street Narre Warren	Day Wednesday Evenings Date February 21 st 28 th March 17 th 14 th Time 5:30pm – 8:00pm Cost total cost \$45 – includes parent information pack. Discount applies for Healthcare card holders
MYFRIENDS Youth Program A 10 week course that aims to provide young people with: the tools to build resilience and confidence, skills and techniques to manage difficult or anxiety provoking situations, strategies for self-regulation.	Windermere 48 Webb Street Narre Warren VIC Phone: 1300 946 337 Fax: (03) 9796 7650	Where: Cranbourne West Mayone-Bulluk Family & Community Centre 66 Bradman Drive, Cranbourne West (off Everlasting Boulevard)	Accepting expressions of interest for 2018
WOMEN MANAGING ANGER 6 week program for women who want practical strategies and support to take control of their anger.	Windermere 48 Webb Street Narre Warren VIC Phone: 1300 946 337 Fax: (03) 9796 7650	Windermere Child & Family Services 48 Webb Street Narre Warren	Day Monday Date 5 th Feb to 18 th March Time 10am-12pm

City Of Casey

Group / Program	Contact	Address	Details/ Other
ADHD SUPPORT GROUP For parents of children living with ADHD within Cranbourne. Share your experiences and find support from other parents who truly understand the struggles of having a child with ADHD	Windermere 48 Webb Street Narre Warren VIC Phone: 1300 946 337 Fax: (03) 9796 7650 To access this program or find out more, contact Cranbourne Information & Support Service Phone Flora or Ann on 03 5996 3333	Cranbourne Community House 49 Vale park Cres. Cranbourne	Please phone for further details
STEP FAMILY SURVIVAL STRATEGIES WORKSHOP A practical guide to help parents/step parents navigate themselves, their children and stepchildren through the exciting, difficult and rewarding journey in a stepfamily.	Windermere Contact Group Coordinator on 9705 3200 Or email: groups@windermere.org.au	Windermere Child & Family Services 48 Webb Street Narre Warren	Runs some terms. Phone for next one.
SELF-REPRESENTATION IN COURT 2017 Community Legal Education Session Series This free information session is presented by Andrea Videon, Child Support Lawyer at the Springvale Monash Legal Service. It covers: understanding the risks and benefits of representing yourself in court; preparing documents; the stages of a hearing.	Family Relationships Centre / Relationships Australia – Victoria Ph: 8768 4111 or email: enquiries@berwickfc.org.au	Berwick Family Relationship Centre 38 Clyde Road Berwick	Runs some terms. Please phone for next one.

City Of Casey

Group / Program	Contact	Address	Details/ Other
THE BBQ BOYS A carer support group especially for men who are in a caring role and would like to have better access to self-care & respite opportunities. A carer is a person who provides unpaid care and support to family members and friends who have a disability, mental illness, dementia or who are frail aged. The BBQ BOYS was established to address a gap in services by reducing social isolation, promoting carer wellbeing and providing “some ME time” for male carers. The group offer carers a variety of activities to assist them to maintain life balance and care responsibilities. Membership criteria: <ul style="list-style-type: none"> • Male and caring for someone who has a disability, mental illness, dementia or who is frail aged 	Respite South The BBQ Boys Carers Inc. Ring one of the committee members on Peter-0404 044 283 Honk – 0455 179 692 Bill 0447 985 327 or Sandy – 0439 530 413 Enquiries: Please send us an email about your enquiries Email: info.bbq.boys@gmail.com	This is now held in Frankston. Frankston NEAMI office. 1 Douglas Grove, Frankston	first Tuesday of the month from 11am – 2pm
WINDERMERE Runs various programs throughout the year and offer Counselling for women and children who have experienced family violence (ph. 9705 3200) and other programs (9707 3200). Some are listed below and in the Cardinia and Dandenong Sections, to check on other programs and assistance please phone or check their website. Girls in charge (self-esteem for young women); – ring for information Ph. Program Officer 5995 4655. Or info@windermere.org.au . Web www.windermere.org.au			
ASSIST Suicide prevention program teaches participants to recognise when someone may be at risk of suicide, how to respond in ways that help increase their immediate safety and link them to further help.	Windermere Booking and more information. Program Officer 5995 4655 or info@windermere.org.au	Windermere child and Family Services 48 Webb St Narre Warren Ran each term	No dates at time of printing Please contact for next dates

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Group / Program	Contact	Address	Details/ Other
FEELING IS THINKING An 8 week program for primary aged school children experiencing difficulty in expressing their strong feelings.	Windermere Contact: Edith Schaaf 9799 0708 or Kristy Morley 9705 3200	Hampton Park Community House 16-20 Stuart Avenue Hampton Park	Day Tuesday afternoon Date during school term Time 4.00pm – 5.30pm Cost Free Bookings Essential
BEREAVEMENT SUPPORT GROUP This group is for people who have been bereaved within the past two years.	Cardinia Casey Community Health (03) 5990 6789	Cardinia-Casey Community Health Service 140-154 Sladen St Cranbourne	Day Thursday Date Please phone for dates Time 10.00am to 12.00pm Cost Free NOTE: no childcare provided
HEALTHY WOMEN HEALTHY RELATIONSHIPS A 6 week program that Assist women to identify and understand the dynamics and impact of family violence and understand the meaning of healthy relationships.	Windermere Contact Group coordinator 9705 3200	Windermere child and Family Services 48 Webb St Narre Warren	No details at time of printing Please phone to check if this is Running this term
FAMILY SUPPORT GROUP For families and friends impacted by another's drug and or alcohol use.	Stepping up & SHARC Please phone Kerry on 1800 828 466	Stepping up 61 High St Cranbourne	Please contact for details
GROW Provides a peer supported program for growth and personal development to people with a mental illness and those experiencing difficulties in coping with life's challenges.	GROW Vic 1800 558 268 www.grow.net.au free call 1800 558 268 for the current times and locations of Group Meetings.	Balla Balla Centre 65 Berwick Cranbourne Road Cranbourne	Day Thursdays Time 10am – 12.30pm Cost FREE
		Berwick N'hood Centre 112 High St, Berwick (Mel: 111 D8)	Day Wednesdays Time 10am-12.30pm Cost FREE

City Of Casey

Group / Program	Contact	Address	Details/ Other
CRANBOURNE ADHD SUPPORT GROUP If you feel the need to be part of a Support Group where you can share your experiences, stories and knowledge and be supported by other parents who truly understand the struggles of life that families and their children go through every day, then please join us for a coffee in a relaxed and non-judgmental environment. Meetings are open to all people from surrounding Suburbs.	Cranbourne Information & Support Service Contact: Flora or Ann 59 963 333	Cranbourne Community House 49 Valepark Crescent Cranbourne	Please phone for further details of 2018
e.motion21 A high quality dance and fitness program for children and young adults with Down syndrome. Classes for all ages; Kinder, Primary, Teens and Adults.	Ph.: 9853 2121 www.emotion21.org.au	Cranbourne Senior Citizens Club 1 Codrington Street Cranbourne	Day Wednesdays Dates During School Terms
CASEY ASPERGER SUPPORT GROUP (CASS) –runs regular support group meetings for parents/carers. We operate activity groups for children's of all ages and their siblings. We also hold regular workshops and information sessions. Primary school social group; Tweens social group; Teenage social group; Aspie Girls Group; Creative Arts Group and more. View website for information and upcoming events www.thecass.com.au CASS Headquarters 20 Agonis St Doveton Please email for further details and to register for events. Find on Facebook. info@thecass.com.au			
WOMEN FOR CHANGE A women's discussion group. A chance to release your passion and have your say and maybe make a difference. We discuss current issues and world affairs in	Balla Balla Community Centre www.ballaballa.com.au ph. 5990 0900	Balla Balla Community Centre Casey Indoor Leisure Complex 65 Berwick Cranbourne Rd, Cranbourne East	Contact for next activity Dates not available at time of publication

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Group / Program	Contact	Address	Details/ Other
THE INCREDIBLES For kids aged 7-10 who have experienced family violence. Running weekly over 8-week period. Kids learn about safety, understanding emotions and feelings, building self-esteem and confidence through a range of supportive, fun activities.	Connections Contact Remi 87928999	Please phone for details. Running in Casey in Term 4.	Please Phone for details
FAMILY DRUG/ALCOHOL SUPPORT Ran by family members for family members and focuses on the well-being of the family	Call Toll Free 1300 660 068	Balla Balla Community Centre Casey Indoor Leisure Complex 65 Berwick Cranbourne Rd, Cranbourne East.	1 st and 3 rd Wednesday of each month Time 6.00pm -8.00pm
FAMILY SUPPORT AND SUPPORTED PLAYGROUPS			
MUSIC TOGETHER Music therapy program for pre-school children and their parents/carers.	Connections Contact Kathie 5990 8400	Hampton Park Uniting Place 1 Coral Dve, Hampton Park	Day Thursday Time 10.00am – 10.45am Runs during School term
CONVERSATION PLUS For Non English Speaking Background people. Learn to deal with bill paying, appointments, school notices and local services. Fun, friendly classes.	Hallam Community Learning Centre Rita 9703 1688 Childcare available Wednesdays only	Hallam Community Learning Centre 56 Kays Avenue Hallam	Days Wednesdays Time 12.45-2.45pm Cost \$2 per session
WOMEN'S FRIENDSHIP CAFÉ- Cranbourne ALL Women are invited. Busy Women, busy lives, a small conversation can change a whole day. Make new friends, activities, morning tea, art, craft, sewing and information. Bring your children, friends, aunties.	ST Johns Community Hall Contact Biftu Hawas 0402 526 718 www.facebook.com/WomensFriendshipCafe/	St John's Community Hall 27 Childers St Cranbourne	Day Wednesday Date During School Term Time 10.00am-12 noon

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Group / Program	Contact	Address	Details/ Other
ROSSMOYN SUPPORTED PLAYGROUP Meet other local families, learn about your child's development and parenting through the Smalltalk program.	City of Casey customer service. 03 9705 5200 Or email playgroupReferral@casey.vic.gov.au	19 Beldale Crt Berwick	During School Term Day Monday Time 9.30am-11.00am Please phone or email the council to book in
SIMPLE PLEASURES ARBOURLEA Meet other local families, learn about your child's development and parenting through the Smalltalk program.	City Of Casey Free supported playgroups City of Casey customer service. 03 9705 5200 Or email playgroupReferral@casey.vic.gov.au	75 wheelers Park Dve Cranbourne Nth	During School Term Day Tuesday Time 10.00 -12.00pm Please phone or email the council to book in
CRANBOURNE WEST SUPPORTED PLAYGROUP Meet other local families, learn about your child's development and parenting through the Smalltalk program.	City Of Casey Free supported playgroups City of Casey customer service. 03 9705 5200 Or email playgroupReferral@casey.vic.gov.au	42-52 Fairhaven Boulevard. Cranbourne West	During School Term Day Tuesday Time 9.30am – 11.00am Please phone or email the council to book in.
STRATHAIRD WEDNESDAY SUPPORTED PLAYGROUP Meet other local families, learn about your child's development and parenting through the Smalltalk program.	City Of Casey Free supported playgroups City of Casey customer service. 03 9705 5200 Or email playgroupReferral@casey.vic.gov.au	106-108 Strathaird Dve Narre Warren South	During School Term Day Wednesday Time 9.30am – 11.00am Please phone or email the council to book in.

City Of Casey

Group / Program	Contact	Address	Details/ Other
STRATHAIRD THURSDAY SUPPORTED PLAYGROUP Meet other local families, learn about your child's development and parenting through the Smalltalk program.	City Of Casey Free supported playgroups City of Casey customer service. 03 9705 5200 Or email playgroupReferral@casey.vic.gov.au	106-108 Strathaird Dve Narre Warren South	During School Term Day Thursday Time 9.30am – 11.30am Please phone or email the council to book in.
LITTLECROFT SUPPORTED PLAYGROUP Meet other local families, learn about your child's development and parenting through the Smalltalk program.	City Of Casey Free supported playgroups City of Casey customer service. 03 9705 5200 Or email playgroupReferral@casey.vic.gov.au	51 The Strand Narre Warren South	During School Term Day Thursday Time 9.30 – 11.30am Please phone or email the council to book in.
CORAL DRIVE PLAYGROUP Meet other local families, learn about your child's development and parenting through the Smalltalk program	City Of Casey Free supported playgroups City of Casey customer service. 03 9705 5200 Or email playgroupReferral@casey.vic.gov.au	187 -191 Coral Dve Hampton Park	During School Term Day Thursday Time 9.30am -11.30am Please phone or email the council to book in.
HALLAM GARDENS – Mon. pm Meet other local families, learn about your child's development and parenting through the Smalltalk program	City Of Casey Free supported playgroups City of Casey customer service. 03 9705 5200 Or email playgroupReferral@casey.vic.gov.au	26-28 Nettle Dve Hallam	During School Term Day Monday Time 1.30pm – 3.00pm Please phone or email the council to book in.
HALLAM GARDENS- Tues. pm Meet other local families, learn about your child's development and parenting through the Smalltalk program	City Of Casey Free supported playgroups City of Casey customer service. 03 9705 5200 Or email playgroupReferral@casey.vic.gov.au	26-28 Nettle Dve Hallam	During School Term Day Tuesday Afternoon Time 1.30pm – 3.00pm Please phone or email the council to book in.

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Group / Program	Contact	Address	Details/ Other
CONVERSATION PLUS	Hallam Community Learning Centre Rita 9703 1688 Childcare available Wednesdays only	Hallam Community Learning Centre 56 Kays Avenue Hallam	Days Wednesdays Time 12.45-2.45pm Cost \$2 per session
BABY BEARS PLAYGROUP For disadvantaged families with complex needs.	Merinda Park Learning & Community Centre 5996 9056 www.merindapark.com.au admin@merindapark.com.au	Annex Building 149 Endeavour Dr Cranbourne	Please phone for details
PLAYGROUP – FACILITATED Meet other local families, learn about your child's development	Balla Balla Centre Ph. 5990 0900	Balla Balla Casey Indoor Leisure complex 65 Berwick-Cranbourne Rd, Cranbourne East	During School Term Day Thursday Time 10.00am – 12pm Please phone the Balla Balla Centre to Book in
CRANBOURNE COMMUNITY HOUSE PLAYGROUP For culturally and linguistically diverse children and their families, especially for those recently arrived.	Cranbourne Community House Contact Cheri 5996 2941	Cranbourne Community House 49 Valepark Drive Cranbourne	Fridays 1.00pm – 3.00pm No Cost
SUPPORTED PLAYGROUP- For families with children aged 0-5. Join us and have fun together with live music, singing, dancing, instrument play, morning tea and culturally diverse events.	Windermere Child and Family Services Integrated Family Services Intake Worker 9705 3200	Fairhaven Family and children's centre, community room. 42-52 Fairhaven Boulevard Cranbourne West	Day Tuesday Time 9.30 -11.30 Runs during School Term Cost Free
Koori PlaySpot Playgroup For Indigenous families. Each playgroup runs a Story, Song and Dance time at the end of each session	Contact 0459 026825	Autumn Place Kindergarten 29 Autumn Place Doveton	Please phone for details

City Of Casey

Group / Program	Contact	Address	Details/ Other
BALEE KOOLIN BUBUP BUSH PLAYGROUP A supported playgroup for children and parents to have fun together with live music, singing, dancing, instrument play and culturally diverse events. Set within a culturally safe and meaningful early years learning environment. Where indigenous Elders, artists and cultural educators come along to share traditional cultural knowledge, stories and language with families in the bush playgroup. Also include planned playgroup excursions at Cranbourne's Library's Koori Kids Library events.	Windermere Child and Family Services Integrated Family Services Intake Worker 9705 3200	Stringybark Picnic Area Royal Botanic Gardens, Victoria, Cranbourne	Day Tuesdays Date During School Term Time 10.30am -12.30pm Cost No Charge Program is funded through the Communities for Children initiative
PARKERS PLAYGROUP – For disadvantaged families with complex needs.	Cranbourne Park Primary Natasha 5996 1142 Lauren 5995 4655	Cranbourne Park Primary School. Tucker Street, Cranbourne	Please phone for details
OPEN UP – Community Lunch Cuppa and a chat from 10.30am onwards. Playground for Littlies.	Hampton Park Uniting Church Ph.: 9799 7994	Hampton Park Uniting Church 1 Coral Drive, Hampton Park	Day Thursdays during school term Time from 10.30am – meal served at 12.30pm Cost FREE
BUSH PLAYGROUP A Culturally safe and meaningful early years learning environment for Aboriginal & TSI children and their careers and families.	Jo Fyfe ph.: 59 902 206 Joanne.fyfe@rbg.vic.gov.au Jaffa Richardson ph.: 0418 766 281 Janine.richardson@rbg.vic.gov.au	Royal Botanic Gardens Stringy Bark Picnic Area Cnr Ballarto Road & Botanic Drive Cranbourne	Day Tuesdays during school term Time 10.30am – 12.30pm
MyTime Playgroup For parents with children under 5 who have a disability or chronic medical condition	Contact Genevieve O'Connor 1800 171 882 Contact Lindy 0447 520543	Casey Locations Endeavour Hills, Cranbourne, Narre Warren, Berwick, Narre Warren South	Please phone for details
SIMPLE PLEASURES PLAYGROUP For parents suffering from Post Natal Depression and their children.	Contact Wendy Beamish 0414916963	St Andrews Uniting Church 46 Wilson St Berwick	Day Tuesdays Time 9.30 – 11.30am

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Group / Program	Contact	Address	Details/ Other
YOUNG Parents GROUP For mums 25 years or under with children aged under 2 years.	City of Casey Youth Services Phone 9705 5200	Cranbourne Youth Information Centre Shop 58 Centro Shopping Centre High St Cranbourne	Date Wednesdays Time 1.00 – 2.30pm Cost Free
BERWICK TOY LIBRARY Timbarra Community Centre	Timbarra Community Centre Phone 0423 744 816 berwicktoylibrary@gmail.com	Timbarra Community Centre Parkhill Drive Berwick	Fortnightly during term Day Tuesdays Time 9.30am-10.30am Day Wednesdays Time 7.30pm-8.30pm Cost From \$50 /year
CRANBOURNE TOY LIBRARY	Cranbourne Library Contact Maree 59 900 900 cranbournetoylibrary@hotmail.com	Cranbourne Library Administration Building 65 Cranbourne-Berwick Rd Cranbourne	Please phone or check website
STORYTIME Songs, rhymes, stories and activity suitable for pre-schoolers aged 3-5years	Casey-Cardinia Library Corporation 5941 2036 www.cclc.vic.gov.au Cranbourne 5990 0150 Narre Warren 9704 7696 Doveton 9792 9497 Endeavour Hills 8782 3400	Held at Cranbourne, Narre Warren, Hampton Park and Endeavour Hills	www.cclc.vic.gov.au For days and times please phone or check site.
LITTLE RAYS SUPPORTED PLAYGROUP We provide a developmentally enriched environment for children to play and learn. Activities are designed specifically to accommodate all abilities in a welcoming and supportive environment This group is available to Windermere ECDS families and others eligible for Early childhood intervention Services. Parents with children aged 0-6. . Siblings are very welcome.	Windermere Child and Family Services Integrated Family Services Intake Worker 9705 3200	Chisholm –Berwick Campus Building C 25 Kangan Dve Berwick	Day Thursdays Date School Terms Time 9.30 – 11.00am Cost Gold Coin Bring own snacks, drink bottle, hat and sunscreen. No nuts or nut products. Phone and book

City Of Casey

Group / Program	Contact	Address	Details/ Other
TINIES TIME A special Rhyme Time for Babies and toddlers up to age 3 NOTE: This program does NOT run during school holidays	Casey-Cardinia Library Corporation 5941 2036 www.cclc.vic.gov.au Cranbourne 5990 0150 Narre Warren 9704 7696 Doveton 9792 9497 Endeavour Hills 8782 3400	Held at Cranbourne, Narre Warren, Hampton Park and Endeavour Hills	<u>Cranbourne</u> Wednesdays 11.15 – 11.45am <u>Emerald</u> Fridays 11.15 – 11.45am <u>Endeavour Hills</u> Wednesdays 11.15 – 11.45am <u>Hampton Park</u> Tuesdays 11.00 – 11.30am <u>Narre Warren</u> Tuesdays 11.15 – 11.45am Wednesdays 11.15 – 11.45am <u>Pakenham</u> Mondays 2.15 – 2.45pm Tuesdays 11.15 – 11.45am
BABY RHYME TIME Join with other new mums, dads and carers. Discover and learn songs and rhymes that babies enjoy. NOTE: This program does NOT run during school holidays	Casey-Cardinia Library Corporation 5941 2036 www.cclc.vic.gov.au Cranbourne 5990 0150 Narre Warren 9704 7696 Doveton 9792 9497 Endeavour Hills 8782 3400 Casey-Cardinia Library Corporation 5941 2036	Held at Cranbourne, Narre Warren, Hampton Park and Endeavour Hills Cranbourne Narre Warren Endeavour Hills	<u>Cranbourne</u> Wednesdays 10.15 – 10.45am <u>Endeavour Hills</u> Wednesdays 14.pm- - 14.45pm <u>Narre Warren</u> Wednesdays 14.15 – 14.45pm <u>Pakenham</u> Wednesday 10.30am – 11.00am
MUSIC TOGETHER A Music therapy program for preschool children and their carers	Uniting Kathie 5990 8400	Uniting Place 1 Coral Drive Hampton park	<u>Every Thursday 10am during school terms</u>

City Of Casey

Group / Program	Contact	Address	Details/ Other
AFGHANI WOMEN'S LITERACY CLASS This class is especially designed for women who speak Hazara, Dari or Pashto and need help with daily activities such as doctor's appointments and understanding road rules. Get helpful information about citizenship, shopping in Australia and more.	Hampton Park Community House / Learning Centre Call Bahanita on 8794 9957 for further details.	Hampton Park Community House, 16-20 Stuart Avenue, Hampton Park.	Day Monday Time 10am -12 noon and 12noon – 2pm Day Tuesday Time 10am -12 noon and 12noon – 2pm
Department of Justice and Regulation	Cranbourne Justice Service Centre 176 Sladen Street Cranbourne Ph: 1300 292 936	Cranbourne Justice Service Centre 176 Sladen Street Cranbourne	Services offered; Community Correctional Services, Sheriff Services (by appointment), Births, Deaths and Marriages and Consumer Affairs (by appointment)
Play 2 Learn A weekly play group sessions run in school terms that incorporate early childhood learning through play and family support for parents with children aged 0 - 5 years	Please contact Rei Kori (Team Leader, Casey Programs) for Term 4 Program schedule, referrals and enquiries at rei.kori@savethechildren.org.au Ph 03 8765 0146	Save the Children Australia Doveton College 62 Tristania Street, Doveton VIC 3177	Day Tuesdays and Wednesdays Time 10.00 – 12pm
Small Talk A 10 week supported play group sessions and fortnightly in Home Support Visits for eligible participants of the playgroup, which incorporate parenting interventions for creating positive home learning environments for parents with children aged 0 - 5 years	Please contact Rei Kori (Team Leader, Casey Programs) for Term 4 Program schedule, referrals and enquiries at rei.kori@savethechildren.org.au Ph. 03 8765 0146	Save the Children Australia Doveton College 62 Tristania Street, Doveton VIC 3177	Ph. 03 8765 0146
Multicultural Women's Group A weekly group for asylum seeker parents with children aged 0 - 5 years to support parents in engaging with their child's early learning and development through interactive learn to play sessions and information sessions	Please contact Rei Kori (Team Leader, Casey Programs) for Term 4 Program schedule, referrals and enquiries at rei.kori@savethechildren.org.au Ph. 03 8765 0146	Save the Children Australia 62 Tristania Street, Doveton VIC 3177	Ph 03 8765 0146

City Of Casey

Group / Program	Contact	Address	Details/ Other
Family Casework Support case management support for families with children aged 0 - 5 years in Hallam, and informal support for participants of play groups	Please contact Rei Kori (Team Leader, Casey Programs) for Term 4 Program schedule, referrals and enquiries at rei.kori@savethechildren.org.au Ph. 03 8765 0146	Save the Children Australia 62 Tristania Street, Doveton VIC 3177	Ph 03 8765 0146

City of Frankston

Group / Program	Contact	Address	Details/ Other
PBS PARENTING BUILDING SOLUTIONS – Primary Aged A free 6 week program for parents and carers of Primary School aged children. Share experiences and ideas and learn strategies to support your children Please phone Michelle to book in	Anglicare Victoria Parentzone Southern Michelle Brown. 0429 174 150 Or 9781 6700 Michelle.brown@anglicarevic.org.au	Kananook Primary school Wells Rd Seaford	Day Thursday Date 15 Feb - 24 March Time 9.30am-11.30am
LYFT UP YOUR FAMILY A confidential six week evening group for parents and carers of young people (aged 12-18 years) experimenting or using alcohol and other drugs and displaying challenging behaviours	Anglicare Victoria LYFT Team Frankston. YSAS For referrals please contact Reynold Ephraim at Anglicare Frankston 9781 6700 email Reynold.Ephraim@anglicarevic.org.au	Headspace 62 Playne St Frankston 3199	Day Tuesday Date 13 th Feb for 6 Weeks Time 6pm -8pm
PARENTING PROGRAMS			
CITY OF FRANKSTON PO Box 490 Frankston 3199 Tel: 1300 322 Frankston City Council provides a range of services to Parents, for more information, visit http://www.frankston.vic.gov.au/Our_Community/Family_Services			

City of Frankston

Group / Program	Contact	Address	Details/ Other
PARENT EDUCATION PROGRAM The Maternal Child Health Service run programs to assist with the problems you can confront when bringing up children. Ran at different Maternal Child Health Centres throughout the year <ul style="list-style-type: none"> - Post baby core strength - Sleep and settling newborns - Sleep and settling 3-6mths - Foods for baby 4-12mths - Sleep and settling 7-12mths Newborn communication	Frankston City council Maternal and Child Health service Parent Education Program Please ph. 9784 1754 Programs are run at various locations: <ul style="list-style-type: none"> • Ebdale Community Hub and Learning Centre, 20 Ebdale St Frankston • Mahogany Rise MCHC, 24 Jenkins St Frankston Nth • Botany Park Maternal and Child Health Centre, 53 Lyrebird Dve, Carrum Downs • Seaford MCHC, 41 Railway Pde, Seaford • Montague Park MCHC, Bentley Place, Frankston • Cube 37, next to Frankston Arts Centre, Davey St, Frankston • Lakewood Child and Family Centre, 107-109 Raphael Cres, Frankston 		Please phone for details
PARENTING GROUPS AND PROGRAMS AS PART OF THE FSFI Programs and groups held in conjunction with local Schools. Available to Parents outside the schools or inside.	Frankston School & Family Initiative (FSFI) Karingal Heights Primary – Phone: (03) 9789 3288 Email: karingal.heights.ps@edumail.vic.gov.au Naranga School - Phone (03) 9788 2222 E-mail -naranga.ss@edumail.vic.gov.au Kingsley Park Primary School - Telephone 03 9789 0077 Email: kingsley.park.ps@edumail.vic.gov.au Mahogany Rise Primary School – phone (03) 9786 3211		Contact school for dates and times
MINDFUL PARENTING A 3 week small group program for parents/expectant parents up to 25.	Head Space 62 Playne St Frankston Office details 9769 6419 headspace@headspacefrankston.org.au www.facebook.com/headspacefrankston	Contact for location	Phone for further details Robin Pantours Ph.: 0410 564 471 rpantours@headspacefrankston.org.au

City of Frankston

Group / Program	Contact	Address	Details/ Other
GIRL TALK Program for girls aged 13-17yrs. Includes topics such as : Self-care, healthy relationships, self-esteem, sexual health, drugs and alcohol and Mental Health	Head Space Contact Claire or Amanda 9781 0188	Headspace Building 62 Playne St Frankston	Please contact for further information
THE BABES PROJECT The Babe Project works with women who are seeking additional support during pregnancy. Delivered by trained volunteers.	Frankston Pregnancy Support Service Ph: 1300 140 212	9 O'Grady Avenue Frankston	Tuesday – Wednesday 9am – 3pm by appointment
EMPOWER YOUTH Inviting young people 14-18 to come along and build the skills you need to help you on your way. Explore your goals, Boost your health, fitness and wellbeing, kick start your career, and resume writing, budgeting and cooking.	Head Space To get involved contact us prior to the group start date to make a referral Or for more information Ph Katie-J2i 0437 911 047 Sarah Detour 0436 001 571	Headspace Building 62 Playne St Frankston	Please contact for further information
PLAYGROUP FOR CHILDREN WITH ADDITIONAL NEEDS	Michelle Windt 0413 972 286	Nepean School Special Education School 33 Klauer St, Seaford	Day Monday's Time 9.30am – 11.30am
MY TIME – for parents and carers of a children with a disability	Michelle Windt 0413 972 286	Nepean School Special Education School 33 Klauer St, Seaford	Day Wednesday's – fortnightly Time 11.30am – 2.30pm
THE BABES PROJECT The Babe Project works with women who are seeking additional support during pregnancy. Delivered by trained volunteers.	Frankston Pregnancy Support Service Ph: 1300 140 212	9 O'Grady Avenue Frankston	Tuesday – Wednesday 9am – 3pm by appointment

City of Frankston

Group / Program	Contact	Address	Details/ Other
CHALLENGING BEHAVIOURS, DISABILITIES, ALCOHOL & DRUGS, FAMILY VIOLENCE, MENTAL HEALTH, CARER SUPPORT GROUPS AND OTHER			
MAKING CHOICES GROUP A group for women who are living in, or have lived in an abusive relationship.	Family Life Bree L or Amanda H 9770 0341 info@familylife.com.au	Family Life Level 1, 146 Young St, Frankston	Contact for next group program
KEEPING FAMILIES SAFE- A 10 week program for parents and adolescents (12-17) to attend where adolescents are violent or abusive in the home. Opportunities to develop strategies for behaviour change with a focus on rebuilding trusting, respectful family relationships.	Peninsula Community Health Access – 1800 655 781 For next program dates Agency referral/self-referrals accepted, interview prior to registration www.peninsulahealth.org.au Chris Blakey	Frankston Integrated Health Centre	Day Wednesday Time 6.00pm -8.00pm Light Dinner provided Ring for dates and other information 1800 655 781
DADS PROGRAMS and SUPPORT			
GRANDPARENTING AFTER SEPARATION A group or individual workshop to support grandparents. Phone for further details Must book	Lifeworks Frankston Office Reception or phone 9783 7611 www.lifeworks.com.au or email lifeworks@lifeworks.com.au Lifeworks Relationship Counselling & Education Service Booking at Frankston Office Reception or phone 9783 7611	Lifeworks 345 Nepean Hwy, Frankston	Please phone for further details and to book
PINES COMMUNITY MENS SHED	PH: 9786 1008	14 Stringybark Cres Frankston Nth 3200	Please phone for days

City of Frankston

Group / Program	Contact	Address	Details/ Other
THE BBQ BOYS- <p>The BBQ BOYS is a carer support group especially for men who are in a caring role and would like to have better access to self-care & respite opportunities. A carer is a person who provides unpaid care and support to family members and friends who have a disability, mental illness, dementia or who are frail aged. The BBQ BOYS was established to address a gap in services by reducing social isolation, promoting carer wellbeing and providing “some ME time” for male carers. The group offer carers a variety of activities to assist them to maintain life balance and care responsibilities.</p>	<p>The BBQ Boys Carers Inc. Respite South Ring one of the committee members on Peter-0404 044 283 Honk – 0455 179 692 Bill 0447 985 327 or Enquiries: Please send us an email about your enquiries Email: info.bbq.boys@gmail.com This is now held in Frankston. Frankston NEAMI office. 1 Douglas Grove, Frankston</p>	<p>Now Held 38 Valetta St Carrum</p>	<p>Day Tuesdays Date School term Time 11am – 2pm</p> <p>Please phone if attending to book in. Membership criteria:</p> <ul style="list-style-type: none"> • male and • caring for someone who has a disability, mental illness, dementia or who is frail aged
DIDS (DADS IN DISTRESS) <p>A safe forum for men going through the trauma of divorce, separation or relationship breakdown to express their grief. Help in navigating the future and understanding the past.</p>	<p>Orwill St Community House Ph: 1300 853 437</p>	<p>Orwil Street Community House 16 Orwil Street, Frankston</p>	<p>Meets every Wednesday evening. From 7.30pm</p>
DADS IN FAMILY FOUNDATION <p>Assists males 16 years and over to understand the importance of the role of men within the family and to deal with the consequences of their actions. A non-denominational, faith based organisation.</p>	<p>Dads in Family Foundation Phone: 0417 009 667 or 9781 4343 dadsinfamiliesfoundation@hotmail.com</p>	<p>Church of Christ 130 Cranbourne Rd, FRANKSTON</p>	<p>Time: Saturdays 10:00am - 11:00am Cost: Donation.</p>

City of Frankston

Group / Program	Contact	Address	Details/ Other
ROADWORTHY FOR DADS A 9 week group program for fathers. Discover what it means to be a parent, how to develop a healthy parenting style, communicate with the family and more. Please phone for details and to register. Limited places.	Lifeworks www.lifeworks.com.au ph. 9783 7611 Email: lifeworks@lifeworks.com.au	Frankston North Community Centre 26 Mahogany Ave Frankston North	Please phone for further details Note: To be eligible you must live in the Frankston catchment. An intake interview is required prior to beginning the program. This will need to be scheduled in before the program commences.
MEN'S BEHAVIOUR CHANGE PROGRAM- Designed for men who are committed to changing their patterns of abusive behaviour. It is particularly relevant to men who behave violently at home. Conducted over thirteen weeks and provides intensive work to enable men to accept responsibility for their behaviour and to learn to handle strong emotions and conflict with understanding, confidence and self-control.	Life works phone 9783 7611 www.lifeworks.com.au or email lifeworks@lifeworks.com.au	345 Nepean Hwy, Frankston Lifeworks Frankston	Please phone for next program
MARRIAGE/SEPARATION			
PARENTING IN A STEP FAMILY 6 session activity based program is for primary and early secondary school aged kids who are struggling with sadness because of loss through death or family changes	Lifeworks www.lifeworks.com.au or Register at Frankston Office or phone 9783 7611	Lifeworks 345 Nepean Hwy, Frankston	Please phone for further details

City of Frankston

Group / Program	Contact	Address	Details/ Other
SUPPORTING CHILDREN AFTER SEPARATION For families requiring assistance after separation.	Family Mediation Centre 345 Nepean Hwy Frankston ph. 9783 7611	Please phone for details of programs. Also available in other locations	Please phone for further details
ALL ABOUT RELATIONSHIPS Are there relationships in your life that pull you down, leaving you feel empty, distressed, angry, sad or frustrated? We discuss, explore and understand how to learn better ways to deal with relationship conflicts. Topics are: effective Communication, conflict resolution skills, anger management, stress reduction techniques, how to repair and build meaningful relationships.	Orwill St Community House Phone 9783 5073	Orwil St Community House, 16 Orwil St Frankston	Date Every 2nd Tues Time 3.00-4.30pm Cost Gold coin
PARENTING IN A STEP FAMILY 6 session activity based program is for primary and early secondary school aged kids who are struggling with sadness because of loss through death or family changes	Lifeworks www.lifeworks.com.au or Register at Frankston Office or phone 9783 7611	Lifeworks 345 Nepean Hwy, Frankston	Please phone for further details

City of Frankston

Group / Program	Contact	Address	Details/ Other
GRANDPARENTING AFTER SEPARATION A group or individual workshop to support grandparents. Phone for further details Must book	Lifeworks Frankston Office Reception or phone 9783 7611 www.lifeworks.com.au or email lifeworks@lifeworks.com.au Lifeworks Relationship Counselling & Education Service Booking at Frankston Office Reception or phone 9783 7611	Lifeworks 345 Nepean Hwy, Frankston	Please phone for further details and to book
PARENTING AFTER SEPARATION A group workshop to support parents. Lifeworks are unable to enrol ex-partners in the same program. There are intensive weekly programs; weekend programs; weekly programs Several Programs coming up, check Details and other for all.	Lifeworks Frankston Office Reception or phone 9783 7611 www.lifeworks.com.au or email lifeworks@lifeworks.com.au Lifeworks Relationship Counselling & Education Service Booking at Frankston Office Reception or phone 9783 7611	Lifeworks 345 Nepean Hwy, Frankston	Details not available at time of printing. Please check.

City of Frankston

Group / Program	Contact	Address	Details/ Other
ALL ABOUT RELATIONSHIPS Are there relationships in your life that pull you down, leaving you feel empty, distressed, angry, sad or frustrated? We discuss, explore and understand how to learn better ways to deal with relationship conflicts. Topics are: effective communication, conflict resolution skills, anger management, stress reduction techniques, how to repair and build meaningful relationships.	Orwill St Community House Phone 9783 5073	Orwil St Community House, 16 Orwil St Frankston	Date Every 2nd Tues Time 3.00-4.30pm Cost Gold coin
DISABILITIES, CHALLENGING BEHAVIOURS, MENTAL HEALTH, GRIEF/LOSS and OTHER			
POST NATAL DEPRESSION SUPPORT GROUP Provides support for women who are overcoming the challenges of Post Natal Depression and strengthen the relationships between mum's and their children along with other family members.	Frankston City Council For further information please contact Julie O'Brien 9293 7117 or Catriona Cochrane on 9293 7119		
STEPS TO WHOLENESS – ANXIETY & DEPRESSION GROUP Offering support, understanding and caring within a safe and non-judgmental environment. The program offers members strategies which may assist in recovery through group activities incorporating a creative approach.	Orwill St Community House Phone 9783 5073 Mon – Friday Facilitator Margaret Devis	Orwil St Community House 16 Orwil St, Frankston	Please phone for details

City of Frankston

Group / Program	Contact	Address	Details/ Other
LIVE YOUR COMMUNITY PROGRAM Provides flexible volunteer based inclusion support for children with disabilities who experience barriers to participation in sport, recreation and leisure. For children aged 6-17yrs with a diagnosed disability	Extended Families www.extendedfamilies.org.au	Contact Rachel De Summa Ph. 9285 4839 or 0438 752 126 Email Rachel@extendedfamilies.org.au	There is no cost to families accessing LYCP. Cost to sporting activity chosen by the child are generally met by the family. Contact for more details
WELLWAYS – Building a Future Our Wellways Building a Future course is a 12-week education program designed to increase the capacity of carers and family members to care for themselves and support their family member living with a mental illness. The program is delivered by trained facilitators who also have experience as family members of a person with mental illness.	Family Services Team on (03s) 9784 6800	45 Davey Street Frankston	Please phone Wellways for this program and more.
PARENT/CARERS SUPPORT & RESOURCE GROUP Are you the parent of a child or adult with a disability? Gain support, friendship and information.	Orwil Street Community House Contact: Lani Peach 59 719 100	Orwil St Community House 16 Orwil St, Frankston	Day 4 th Wednesday of the month Time 10:00am to 12 noon Cost: \$25
ASSERTIVENESS COACHING A 3hr workshop. Learn how to find your voice, express yourself respectfully and improve communication in all your relationships.	Lifeworks Relationship Counselling & Education Service 9783 7611 Or Register on line At www.lifeworks.com.au	Lifeworks 345 Nepean Hwy Frankston	Day Tuesday Please phone for next session dates Time 10.00am -12pm Cost \$200(\$150 concession)

City of Frankston

Group / Program	Contact	Address	Details/ Other
SEA CHANGE A PROGRAM FOR Women who would like to feel more in control of their anger and to find healthier ways to manage their responses, communicate and express their feelings.	Lifeworks Relationship Counselling & Education Service 9783 7611 1300 543 396 Or Register on line At www.lifeworks.com.au	Lifeworks 345 Nepean Hwy Frankston If booked out also runs in Melbourne City in Feb and April	Please phone for further details Booking essential
KINSHIP CARER SUPPORT GROUP Are you a kinship carer who is caring for a child that is not your own on a fulltime basis? Attend a social group to gain information, share ideas and have fun in an informal setting.	Orwil Street Community House Contact: Sue Gale 9212 5600	Orwil St Community House 16 Orwil St, Frankston	Day Thursday mornings during school term Time 9.30am to 12 noon
AUTISM FRIENDSHIP GROUP (BALLAM PARK)	MOIRA Kerri Rolft – Parent Support Coordinator Ph: 8552 2222	Ballam Park Primary School Belar Avenue Frankston	Day 2 nd Monday of the month during school term Time 10am – 12noon

City of Frankston

Group / Program	Contact	Address	Details/ Other
<p>HEADSPACE- Frankston is a health service for young people living in the Frankston and Mornington Peninsula region. We collocate with YSAS (Youth Support and Advocacy Service), SalvoCare, MIND, PSS, Skills plus and have access to other youth services. We also outreach to Shed11 in Hastings and Y-Lounge in Rosebud. If you wish to access any of our services, give us a call on (03) 9769 6419. All services offered at headspace Frankston are free and confidential.</p> <p>If you are experiencing any mental health issues, want to reduce your use of alcohol and other drugs, are trying to find somewhere to live, need support getting into work or study, need an STI check or have anything else going on in your life you need support with, we can help.</p> <p>Sexual Health services; youth reference group, youth early psychosis program, work and study services; mental health services; alcohol and drug services, youth programs and more. Please contact them. Your information is confidential</p> <p>Opening Hours - Mon –Fri 9.00am-5.00pm Intake workers - Mon - Friday: 11am – 4pm Programs offered below. Please phone and talk to intake worker for further details and bookings. Email: headspace@peninsulaheadspace.org.au Web: https://headspace.org.au/headspace-centres/frankston</p> <p>Some of these are in Frankston and some run in Hastings and Rosebud.</p>			
FAMILY, CHILDREN & YOUTH SUPPORT			
<p>THE HANGOUT-YOUTH SUPPORT, INFORMATION AND REFERRAL Offers general support, information and referrals to young people aged 12 to 24 and their families.</p>	<p>Imogen 0439 351 433 Tennille 0488 592 621</p>	<p>Please phone for further details or if in need of help.</p>	<p>Please Phone for further details</p>
<p>KINSHIP CARER SUPPORT GROUP For those people caring for a child who is not their own. Morning tea provided.</p>	<p>Oz Child Sue Gale 92125600 kinship@ozchild.org.au</p>	<p>Orwil St community House 16 Orwil St, Frankston</p>	<p>Please phone for details</p>

City of Frankston

Group / Program	Contact	Address	Details/ Other
SWITCH BOARD SPORTS For youth 12 to 17yrs. Come and enjoy board sports, design workshops, life skill classes and community projects.	Lyrebird Community Centre 9768 1366 As Above Booking essential	Lyrebird Community Centre Carrum Downs	Please phone for details
MULTICULTURAL PLAYGROUP For parents that have recently arrived in Australia or who was born outside Australia, share your cultures and make new friends.	Frankston City Council Contact Jo 8786 6650	Karingal Place 103 Ashleigh Ave Frankston	Please phone for details
ORWILL HOUSE The House offers a range of low cost activities for people of all ages. Our experienced tutors offer friendly, well-prepared classes and workshops. We also love to hear from new tutors who want to try their wings. New people and ideas are always welcome. We offer Information, Referrals, Support, Qualified Low Cost Counselling, Friendship, Volunteer and Student placements, Playgroup, Self-Help Groups. Venue for Hire for meetings/classes. Photocopy, laminating, fax, computer access at reasonable rates. This House welcomes people of all ages, culture, gender, health status, affection preferences, background or ability. Drop by soon! We gratefully acknowledge financial support from the Victorian Government, Phone 9783 5073. Fax 9770 0172 Monday to Friday 9.00am to 3.00pm http://www.orwilst.org http://www.orwilst.org.au.au/ Department of Health and Human Services and Frankston City Council			
HIPPY Home interaction program for parents and youngsters. A 2 year program. Need to live in Frankston nth, Seaford east, Karingal or Frankston central and care for a child who will be starting school in 2015.	Brotherhood of St Laurence Ph. Louise Mackinnon 9786 0724 Call or text 0429 861 118 Frankston North coordinator Email LMackinnon@bsl.org.au	Phone for details, to see if your family is eligible.	
YOUTH RESOURCE CENTRE A youth service which provides information and support for the young people of Carrum Downs aged 12-24 years	Frankston Youth Resource Centre 9768 1366	9 Ross Smith Ave West Frankston	Please phone for details

City of Frankston

Group / Program	Contact	Address	Details/ Other
TRANSITION TO WORK Are you aged 15 – 21 and looking for work, but don't know where to start? We can help.	Brotherhood of St Laurence Ph: 1800 719 404 TTWFrankston@bsl.org.au	High Street Centre 24 – 26 High Street Frankston	Phone for further information and details
RED GROUP Place where mums, aunts, grandmothers & step-mums can exchange their stories with other fantastic women.	Orwil Street Community House Sandra 0407 337 232 or 9783 5073	Orwil Street Community House 16 Orwil St Frankston	Date Tuesdays (in school Term) Time 1.00 – 3.00pm Cost Gold coin
LYREBIRD COMMUNITY CENTRE - runs several playgroups, only music playgroup; occasional care programs and immunisations. Lyrebird Community Centre - 203 Lyrebird Drive, Carrum Downs Check with centre or local council. 972 0133(centre) City of Frankston Family Services Links are: http://www.frankston.vic.gov.au/Our_Community/Family_Services - City Council link http://lyrebird.org.au/ Lyrebird community centre link COOKING FOR KIDS 6-12yrs FRANKSTON ADOPTION SUPPORT GROUP – a group to support parents of adopted children CRAFT FOR KIDS A fun and affordable class for primary school children aged 8 and above. YOUTH RESOURCE CENTRE come and join us for some fun. Hang out during the holidays. For people aged 12-17yrs living, working or attending school in Frankston Municipality.			
LANGWARRIN COMMUNITY CENTRE Langwarrin Community Centre\ 2-6 Lang Rd. Langwarrin ph: 9789 7653 STORYTIME PLAYTIME - This is a fun story & play session for children aged 1 to 5 years and their parent/caregiver LANGWARRIN YOUTH HUB - Information, support, referral and activities PLAYGROUP -Playgroup is for parents & toddlers, An ideal environment to introduce toddlers to each other PLAYTIME – 3 YEAR OLD KINDER .- Playtime is a stepping stone to 4 year old kinder. Trained staff run structured sessions that include lots of activities			

City of Frankston

Group / Program	Contact	Address	Details/ Other
FRANKSTON TOY LIBRARY An extensive range of toys include outdoor play, role play, puzzles, games, musical & construction toys	Phone 9781 3900 Playgroup Development Officer 9784 1047	Frankston Toy Library 60a Playne St Frankston. (next door to the Frankston Library) Carrum Downs	Day wed Time 5.00-8.00pm Day Thurs & Fri Time 10.00 – 5.00pm Day Sat Time 10.00-3.00pm
KOORIE KIDS PLAYGROUP VACCA A facilitated playgroup for all Koorie families	VACCA 9706 6383	Montague Park Playgroup Hall, Bently Place Frankston	Times 9.30 – 12.00pm Day Wednesday During School Term
KOORIE KIDS HOMEWORK CLUB Get help with your homework and learn more about culture.	VACCA 9701 4200	Nairn Marr Djambana Nursery Avenue Frankston	Wednesday afternoons 4pm – 6pm
GATEWAY PLAYGROUP Is a community based playgroup run by Gateway Church (Australia) Ltd. We are members of Playgroups Victoria and cater for families with children aged between 0-4 years of age	Gateway Church Sally Jones (Children's Pastor) Ph.: 9785 7500	Gateway Worship and Performing Arts Centre in Seaford (Mel Ref: 99 G5). Parking is available at the rear of the building at 14 Heversham Drive, Seaford	Days Monday and Friday Time 10.00am-12.00pm Tea, coffee & morning tea is provided for parents Cost: \$40 per family, per term
WEEKLY STORYTIME Tiny Tots 0-2 years Preschool 3-5 years	Frankston City Libraries Phone: 9784 1020	Frankston, Carrum Downs, Seaford, Belvedere Community centre, Frankston North Community Centre, Langwarrin Customer Service Centre, Karingal PLACE	*Please note: Storytime sessions do not run during school holidays Or public holidays. Cost FREE

City of Frankston

Group / Program	Contact	Address	Details/ Other
KARINGAL PLACE NEIGHBOURHOOD CENTRE Has many ongoing classes but can also arrange new courses or programs so please contact us if you have any ideas on classes we can run. We welcome new ideas.	03 8786 6650	Karingal Place Neighbourhood Centre 103 Ashleigh Avenue Frankston	Contact Centre for programs, activities and services currently being run.
MY TIME PLAYGROUP, SEAFORD For parents and families with children who have a chronic illness or disability.	Contact Tina P. 0409 542 238	Belvedere Community Centre 36 Belvedere Rd Seaford	Thursday (every second) 10am - 12pm
BELVEDERE COMMUNITY CENTRE 36 Belvedere Road, SEAFORD VIC 3198 (Next to the Belvedere Park Primary School) Phone:9776 8922 Fax:9776 8956 Mail: P.O. Box 1057 Belvedere Park LPO 3198 Email: reception@belvedere.org.au http://www.belvedere.org.au/ Playgroups; Mums and Bubs; Story Time; Youth programs; workshops. Phone or email for Playgroups, story times and other programs and workshops or go to web site.			
YOUNG MUM'S PLAY AND LEARN GROUP- For mums 25 and under looking for any or all of these: Friendship for your or your baby. Some time with other like-minded young mums, support.	Orwill St community House Facilitator: Danielle Loogman 03 9783 5073 http://www.orwilst.org.au/	16 Orwill St Frankston	Day Monday Date all term Time 1.00pm-2.30pm Cost \$2 donation

City of Frankston

Group / Program	Contact	Address	Details/ Other
POP ALONG PLAYGROUP A great opportunity to meet new people and allow your child to play and socialise. New families always welcome. Grandparents and stay at home Dads are most welcome too!	Orwill St community House Facilitator: Athina Houvardas 03 9783 5073 http://www.orwilst.org.au/	16 Orwill st Frankston	Please phone for further details
MESS MAKERS Sensory play enhances learning opportunities offering a variety of experiences and endless possibilities for play.	Orwill St community House Heather Waterman 0468 741 433	16 Orwill St Frankston	Day Fortnightly 1 st & 3 rd Thursday's Time 10.00am – 11.00am Cost \$15 per session. \$10 for siblings

City of Glen Eira

Group / Program	Contact	Address	Details/ Other
PARENTING			
GLEN EIRA CITY COUNCIL Glen Eira City Council Offers many services: Maternal and child health; children's centres; occasional care- short term flexible child care for children aged 6mths to 5yrs.; Childhood immunisation; family and children's publications; playgroups and toy libraries; training and support for parents/guardian's/grandparents/ playgroup attendees and early childhood educators. The Council also offers other services. Glen Eira City Council Corner Glen Eira and Hawthorn Roads, Caulfield, Victoria. PO Box 42 Caulfield South 3162 Telephone 03 9524 3333, Speak and Listen 1300 555 727, Facsimile 03 9523 0339, Email mail@gleneira.vic.gov.au www.gleneira.vic.gov.au			
MENS AND FATHERS			
DADS REUSCITATION (cpr) FOR BABIES Learn about CPR, unconsciousness, choking, fevers and seizures. Provided by Little Aid Running 4 different sessions throughout the year. So if you miss one book the other.	Maternal Child Health To Book phone MCH administration 9524 3403 or talk to your MCH nurse.	Bentleigh Maternal and Child Health Centre 542 Centre Rd Bentleigh	Please Phone for further details
MEN'S RESPONSIBILITY GROUP A group for men who want to say "no" to violent & controlling behaviour & learn new ways of relating to their families.	Monash link Community Health Service Pauline A 1300 552 509	Monash link Community Health Service 568 Neerim Rd Hughesdale	Please phone for further details. www.monashlink.org.au

City of Glen Eira

Group / Program	Contact	Address	Details/ Other
THE BBQ BOYS Support group for male carers living in the southern region of Melbourne. It offers peer support, fun and relaxing social activities, a space to talk about bloke's carer issues, as well as information, referral and support. SEE PAGE 6	RESPIRE SOUTH Ring Nathan 9212 3006 Or 0417 1233 189 or email n.diep@alfred.org.au	Ring Nathan. Venues change	Day First Tuesday of each month
DUCKS (Dads Understanding Challenging Kids) For fathers of children with a disability peer support group	MOIRA Kerri Rolfe Parent Support Coordinator for Southern Region Ph: 9855 2222	Gabriella's Pizza Carnegie	Day 1 st Thursday of month Time 7.30pm onwards
DISABILITIES, CHALLENGING BEHAVIOURS, ALCOHOL & DRUGS, MENTAL HEALTH			
LEADING THE NEXT STEPS Workshop for parents/primary carers of children with a disability and our presenters are parents or siblings of a person with a disability themselves so they understand issues from a family perspective.	Association for Children with a Disability www.trybooking.com/32010 or ph. 9818 2000 Rural callers 1800 654 013 email mail@acd.org.au www.acd.org.au	Please contact for details	Please contact for details
KINSHIP CARER SUPPORT GROUP Are you a kinship carer who is caring for a child who is not your own? Living in the municipalities of Bayside, Glen Eira, Port Phillip and Stonington-Come and meet with other Kinship Carers and share the highs and lows of being a kinship carer!	Kinship Care Oz Child Contact Sue Gale ph. 9212 5600 for further information	Highett Neighbourhood Community House 2 Livingston Street, Highett	Day 1 st Friday of month Time 10.00am- 12noon Morning tea provided

City of Glen Eira

Group / Program	Contact	Address	Details/ Other
GAMBLING & GAMING The impact of Video Games on young people. Workshops and programs including the READYS award winning Video Game Project- The Lab- (Game development for young people with Autism and Asperger's).	Gambler's Help Southern 9575 5353 Gamblerhelpsouthern.org.au	Clarinda Community Centre Free parking Please phone for details	Please phone for further information and any programs.
WELLWAYS- run programs through MI Fellowship Victoria and other partner organisations for families and friends of people with a mental illness.	Wellways 276 Heidelberg Rd Fairfield 03 8486 4200 Enquiries: enquiries@mfellowship.org www.mfellowship.org	Please phone 9784 6800 for further information.	Phone for current programs 9784 6800
SHARC - provides a confidential telephone helpline and web-based information services; community based training programs and support groups across Victoria, in metro, regional and rural areas; a peer based residential program for young people; a consumer advocacy service for treatment service users; and training for health and welfare workers. Address: 140 Grange Road, Carnegie, 3163 Phone: 03 9573 1700 E-mail: info@sharc.org.au			
FAMILY SUPPORT			
PLAYGROUPS	Playgroup Victoria www.playgroup.org.au	Check website for locations	Check website for locations Telephone: toll free 1800 171 882 (within Victoria)
THE SUPPER CLUB A new support group for families dealing with grief and loss due to alcohol and /or drug overdose or related illness.	Family Drug Help Ph. 9573 1789 fdh@Share.org.au	Family Drug Help 140 Grange Rd, Carnegie	Please phone for details

City of Glen Eira

Group / Program	Contact	Address	Details/ Other
WOMEN RECLAIMING THEIR LIVES GROUP 9 week group for women who have experienced or are experiencing violence at home.	Monash link Community Health Service 568 Neerim Rd Hughesdale Jennifer or Helen 1300 552 509	Monash link Community Health Service City of Monash Location to be advised upon booking	www.monashlink.org.au
South Eastern Multiple Birth Association A support group for multiple birth families, run by parents with multiples. Programs ran, so please contact. http://semba.amba.org.au/index.html	SEMBA New Parent Contact: sembanewparent@hotmail.com President: sembapresident@hotmail.com	South East of Melbourne, covering the main areas of Bayside, Glen Eira and Kingston Councils.	Playgroups on Monday, Wednesday and Thursday mornings contact us for details
SOME SPACE FOR ME a support group to assist Women with Self Esteem.	Trish Parker 9690 9144 or Sandra Peachy 9525 1300	South Port Centre 341 Coventry St. South Melbourne	Date Phone for date Time 10.30am-1.00pm
SOCIAL GROUP for MUMS Up to 25 years	Bentleigh Bayside Community Health Service Inc Rachael 0438 538 119	Bentleigh Bayside Community Health Service Gardeners Rd, Bentleigh East	Date Thursday Time 11.00 – 1.00pm Please phone and check.
YUMI SUPPORTED PLAYGROUPS For Women experiencing emotional difficulties since the birth of their baby.	Moongala Women's Community House House Co-ordinators: Julie & Jude Ph.: 9570 3468 moongala@optusnet.com.au	Moongala Women's Community House 824 Centre Road East Bentleigh	Date Thursday's Time 10.00am – 11.30am Please phone and check.
MUM FOR MUM PROGRAM MUM is a non-denominational program of the National Council of Jewish Women of Australia (Vic) that provides women who have a child less than one year of age with emotional support. Women can self-refer or may be referred through health professionals such as their maternal and child centre nurse, GP, obstetrician or counsellor. Check out: http://port-philip-leader.whereilive.com.au/news/story/glen-eira-outreach-service-to-keep-mum-happy/ Website too: www.mumformum.org.au Phone 9523 0535			

City of Greater Dandenong

Group / Program	Contact	Address	Details/ Other
PARENTZONE PROGRAMS ; PARENTING			
PARENTS BUILDING SOLUTIONS – PARENTING IN AUSTRALIA A Program for CALD parents, step parents, grandparents or carers of Primary Aged children. Tired of Yelling; Dealing with Anger, Self-care are some of the topics. Come and share experiences and solutions.	Parentzone, Anglicare Victoria Bookings and enquiries. Mary Verwey Principal 95467562 verwey.mary.d@edumail.vic.gov.au Debra Kingstone 95467562 Kingston.debra.1@edumail.vic.gov.au Jasbir Singh, Call or text 0431 203 177 jasbir.suopada@anglicarevic.org.au	Healthershill Primary School 959 Heatherston Rd Springvale	Day Tuesday Date 20 th Feb to 27 th March Time 6pm to 8.30pm Cost Free
PARENTS BUILDING SOLUTIONS – PARENTING PARENTS BUILDING SOLUTIONS – GROWING GREAT KIDS A Program parents, step parents, grandparents or carers of Primary Aged children. Tired of Yelling; Dealing with Anger, Self-care are some of the topics. Come and share experiences and solutions.	Parentzone, Anglicare Victoria Jasbir Singh, Call or text 0431 203 177 jasbir.suopada@anglicarevic.org.au	Yarraman Oaks Primary School 27 Liege Ave, Noble Park VIC 3174	Day Thursdays Date 15 th March to 3 rd May Time 9.00 to 11.30 Cost Free

City of Greater Dandenong

Group / Program	Contact	Address	Details/ Other
PARENTS BUILDING SOLUTIONS – PARENTING PARENTS BUILDING SOLUTIONS – For Primary Aged An interactive program for parents, carers, grandparents of children aged 5 to 12 years to share experiences and ideas and learn strategies to support your child.	Anglicare Victoria Parentzone. Keysborough Primary School and Mission Australia. For booking and more information Vanja Flett call or SMS 0429 454 693 Or 03 5945 2000 Patricia Hill at Keysborough Primary School 03 9798 4764	Community Room Keysborough Primary School, 33 Coomoora Rd, Springvale South	Day Wednesday Date 21, 28 Feb, 7, 14 21, 28 Mar Time 12.30pm – 2.30pm Please advise when booking if interpreters are needed
PARENTS BUILDING SOLUTIONS – PARENTING IN AUSTRALIA A Program for CALD parents, step parents, grandparents or carers of Primary Aged children. Tired of Yelling; Dealing with Anger, Self-care are some of the topics. Come and share experiences and solutions.	Parentzone, Anglicare Victoria Catholic Care. For bookings and enquiries contact: Catholic Care Reception - 8710 9600 Email: Dandenong@ccam.org.au at Catholic Care Or Jasbir Singh, Call or text 0431 203 177 jasbir.suopada@anglicarevic.org.au	Catholic Care Level 2, 33 Princes Hwy Dandenong Vic 317	Day Fridays Date 16 th Feb to 23 March Time 9.45am – 12.15pm Please advise when booking if interpreters are needed
BEYOND THE VIOLENCE A parent and children's program for those who have experienced or are experiencing Family Violence. Are you dealing with the effects of family violence? <ul style="list-style-type: none"> • Does your child's anger or anxiety worry you? • Are you tired of yelling? 	Anglicare Victoria Parentzone & Mission Australia For Booking and further information, please phone: Ariane Hahn on 0499 080 468 03 5945 2000 BOOKINGS ESSENTIAL	The Jacaranda Centre Dandenong High School Cnr Herbert and Ann Streets, Dandenong	Day Monday (last session Thurs) Date 5 th Feb to 29 th March Time 4pm to 6.30pm Cost Free of charge

City of Greater Dandenong

Group / Program	Contact	Address	Details/ Other
3 YEAR OLD PLAYGROUP Is your child starting school in 2020?. If so, we would like to invite you to our playgroup that will prepare and encourage your child to start kindergarten in 2019.	Anglicare Victoria Parentzone. Keysborough Primary School and Mission Australia. For booking and more information Vanja Flett 0429 454 693 Or 03 5945 2000	Community Room Keysborough Primary School, 33 Coomoora Rd, Springvale South	Day Tuesdays Time 9.00 -10.30 School Term Bring a piece of fruit, a coat and a hat for your child. Booking essential
General Playgroup Your child will have many learning experiences in a safe and friendly environment, including story time, outdoor/indoor play and many fun activities, while making new friends. Like any other playgroup, your child will need to be accompanied by an adult	Anglicare Victoria Parentzone. Keysborough Primary School and Mission Australia For further details Keysborough Primary School on 9798 4764 or Vanja Flett, ParentZone, on 0429 454 693	Community Room Keysborough Primary School, 33 Coomoora Rd, Springvale South	Day Fridays Time 9.00 -10.30 School Term Bring a piece of fruit, a coat and a hat for your child. Booking essential
PARENTS BUILDING SOLUTIONS DADS DO MATTER (DDM) A Program for dads. Intake is via Corrections case managers. Share experiences learn new strategies and solutions on: Increasing your confidence as a dad; improving communication and closeness with your kids, creating a healthy environment for your children. Learn strategies and tools that work. Learning how to cope with stress emotions and anger.	Anglicare Victoria Parentzone For Booking and further information, please phone: Jasbir Singh Suropada 0431 203 177 Email: jasbir.suopada@anglicarevic.org.au	Expressions of interest Jasbir Singh Suropada 0431 203 177 Email: jasbir.suopada@anglicarevic.org.au	Please contact Jasbir for further details

PARENTING PROGRAMS

City of Greater Dandenong

Group / Program	Contact	Address	Details/ Other
HELP FOR PARENTS AND CHILDREN Ph 9767 0817 talk to your Maternal Child Health Nurse	Offers many services: Maternal and child health; children's centres; occasional care- short term flexible child care for children aged 6mths to 5yrs.; Childhood immunisation; family and children's publications; playgroups and toy libraries; training and support for parents/guardian's/grandparents/ playgroup attendees and early childhood educators. Special assistance is available for children with: disabilities, developmental difficulties, from Aboriginal or Torres Strait islander Families. http://www.greaterdandenong.com/section/25485/your-council-services Gives you main page http://www.greaterdandenong.com/section/84/families-children Family Day Care; Maternal Child and Health; Kindergarten & childcare; Family Support & counselling; Playgroups; Toy Libraries; child and Family Partnership; After Hours Help and Advice.. The Council also offers other services. youth.greaterdandenong.com/ youth Services available. Update for programs in 2016 please call Telephone: 03 9793 2155. Hours: 9am - 5pm, Monday – Friday		
CHALLENGING BEHAVIOURS, DISABILITIES, GRIEF, Drug & Alcohol dependency, AND OTHER			
NARCOTICS ANONYMOUS A support group for those recovering from drug & alcohol dependency.	Neighbourhood House Matt 0431 024 838 Neighbourhood House 9792 5298	34 King St, Dandenong	Please phone for further details
NEXT STEP Develop your potential and get ready to take that next step in life.	Dandenong Neighbourhood House Please phone and book 9792 5298	Dandenong Neighbourhood House 34 King St	Please phone for further details

City of Greater Dandenong

Group / Program	Contact	Address	Details/ Other
KINSHIP CARE- A CHANCE FOR CARERS Grandparents, aunts, uncles, friends and any significant other(who care for children when their parents are unable to), to get together and have a cuppa, some lunch, listen to a guest speaker but mainly have time to talk to each other about what's happening for you.	Wesley Mission For more information please call Ivanka Kisvardai, Family Support Worker on 9794 3000 Guest speakers attend	Wesley Mission 280 Thomas St Dandenong	Day last Thurs in month Time 10.00am-2pm Cost Free Light refreshments available
NEW LIFE A recovery program for women with problems of addiction. Join this friendly support group.	9792 5298 email dynhouse@satlink.com.au	34 King St, Dandenong Neighbour House	Please phone for further details
FAMILY SUPPORT Alcohol and/or drug use impacting on family	Connections -Alliance Family Counselling Group Lynn 8792 8999	9 Maralinga Ave Keysborough Maralinga Primary School	Please phone for further details
Anxiety Recover Centre Victoria Support group for people that been affected by anxiety disorders, that have similar experiences. Family friends and members are welcome	Anxiety Recover Centre 1300 269 438	Please phone for details.	Contact Anxiety Recover Centre 1300 269 438
MY TIME PLAYGROUP For special needs children. Playgroup.	Extended Families Southern Region 5950 1055 peninsula@extendedfamilies.org.au Phone Thuy Cal 0405 015 445	11 Morwell Parade, Springvale	Please Contact Doris Wong for up to date information as it can change. Ph. 9767 0826 dwong@cgd.vic.gov.au
PLAYGROUP For children aged 0-5yrs	Jan Wilson Community Centre Contact Doris Wong Ph. 9767 0826 dwong@cgd.vic.gov.au	Jan Wilson Community Centre Halton Road, Noble Park North. Ph. 97959279	Please Contact Doris Wong for up to date information as it can change.

City of Greater Dandenong

Group / Program	Contact	Address	Details/ Other
TINY MINY MUSLIMS PLAYGROUP a Program packed full of joyful educational experiences for children and Mums, including play activities and a Mothers discussion group. All welcome	Please contact Doris Wong for up to date information Ph. 9767 0826 dwong@cgd.vic.gov.au		Please Contact Doris Wong for up to date information as it can change. Ph. 9767 0826 dwong@cgd.vic.gov.au
WAHINES A mature age women's group, which meets weekly for social activities, friendship, outings and connections with the local community. Meets during School Holidays also. Dandenong Neighbourhood House	Please contact Doris Wong for up to date information Ph. 9767 0826 dwong@cgd.vic.gov.au		Please Contact Doris Wong for up to date information as it can change. Ph. 9767 0826 dwong@cgd.vic.gov.au
MENS AND FATHERS PROGRAMS			
MEN FACING TODAY'S CHALLENGES. Dandenong Neighbourhood House We look at strategies for dealing with issues in our lives & developing new life skills	Dandenong Neighbourhood House 9792 5298	34 King St dynhouse@satlink.com.au	Please Phone for details
THE BBQ BOYS- A support group for male carers living in the southern region of Melbourne. It offers peer support, fun and relaxing social activities, a space to talk about bloke's carer issues, as well as information, referral and support. SEE PAGE 6	RESPITE SOUTH Ring Nathan 9212 3006 Or 0417 1233 189 or email n.diep@alfred.org.au	Ring Nathan. Venues change	Day - First Tuesday of each month

City of Greater Dandenong


Group / Program	Contact	Address	Details/ Other
PIT STOP An eight-session 'parenting tune-up' for fathers who like seeing their families fire on all cylinders. Get the FACTS on FATHERHOOD	Connections Sid Ashby 5945 3900 or Andrew Chisholm 8571 1317 Jonathan Gonsalvez 5945 3900 Connections.org.au Greaterdandenong.com	To be announced	Please phone for further details.
FAMILY, CHILDREN & YOUTH SUPPORT			
TOY LIBRARY	Springvale Services for Children 8558 3800 enquiries@springvalesc.com	23-28 Lightwood Road, Springvale. VIC 3171	10:00-12.00 Mondays, 10.00-1.00 Tuesday, Thursday and Friday, 10.30-12.30 Saturday.
PLAYGROUP	Springvale Services for Children 8558 3800 enquiries@springvalesc.com	23-28 Lightwood Road, Springvale. VIC 3171	Friday and Saturday Mornings 10:00am – 12:00pm \$2 per child
PARENTS BUILDING SOLUTIONS PLAYGROUP 6 Sessions	For more information please call Pat Hill, Keysborough Primary School (03) 9798 4764 or Vanja Flett 0429 454 693	Community Room Keysborough Primary School, 33 Coomoora Rd, Springvale South	Wednesdays and Fridays (school weeks) 21 st , 28 th Feb, 7 th , 14 th , 21 st & 28 th Mar 12:30 - 2:30pm *What to bring: piece of fruit or a snack, a coat and a hat for your child
KEYSBOROUGH PS PLAYGROUP 8 Weeks	For more information please call: Pat Hill, Keysborough Primary School on (03) 9798 4764 or Vanja Flett 0429 454 693	Community Room Keysborough Primary School, 33 Coomoora Rd, Springvale South	Wednesdays and Fridays 7 th , 14 th , 21 st , 28 th Feb; 7 th , 14 th , 21 st , 28 th Mar 9.00 – 10.30am (School weeks) *What to bring: a piece of fruit or a snack, a coat and a hat for your child

City of Greater Dandenong

Group / Program	Contact	Address	Details/ Other
KEYSBOROUGH PS 3 Yo PLAY GROUP 8 Weeks	For more information please call: Pat Hill, Keysborough Primary School on 9798 4764 or Vanja Flett on 0429 454 693	Community Room Keysborough Primary School 33 Coomoora Rd, Springvale South	Tuesdays 6 th , 13 th , 20 th , 27 th Feb, 6 th , 13 th , 20 th , 27 th Mar 9.00 – 10.30am * What to bring: a piece of fruit, a coat and a hat for your child
YOUNG MOTHERS WALKING GROUP A weekly walk from Springvale Service for Children to local parks where children can play and mothers can chat before they walk back. Each walk will take approximately 15-25 minutes	Springvale Services for Children 8558 3800 enquiries@springvalesc.com For more information or to register your interest please contact Carolyn on (03) 8558 3800	23-28 Lightwood Road, Springvale. VIC 3171	Every Thursday Time: 10am-12pm
KOORIE KIDS PLAYGROUPS Wonderful creative ideas to build our muscles, coordination and develop our pencil grips, ready for kinder and school next year	Koori Kids Playgroup Team 9706 6383	Please Phone for further details	Please Phone for further details
FRIENDSHIP GROUP Extended Families Vietnamese Family Friendship Group. Larger groups for children with a disability and their families meet regularly for fun, friendship and social development	Extended Families 03 9285 4838 Vietnamese speaking workers available	Please Phone for further details	Operates on a monthly basis. Please phone for more details.
LIVING AND LEARNING TOGETHER. A supportive group for CALD women	Wellsprings for Women 9701 3740 www.wellspringsforwomen.com wells@satlink.com.au	Wellsprings for Women 79 Langhorne St Dandenong	Please call for further details

FAMILY, CHILDREN & YOUTH SUPPORT

City of Greater Dandenong

Group / Program	Contact	Address	Details/ Other
CONVERSATIONAL ENGLISH. A supportive group for women of varies backgrounds to come together and practise their English conversations skills	Phone: (03) 9701 3740 administration@wellspringsforwomen.com During school terms the office is open: Mon – Thu 9.00am – 4.00 pm Fri 9.00am – 2.00pm	Wellsprings for Women Inc. 79 Langhorne Street Dandenong Vic 3175	Phone for program details
DROP IN AT ABA Drop in for a chat support and information. For individual appointments please phone on a Tuesdays Wednesdays or Thursdays	Australian Breastfeeding Association Tel Yvette 9791 4644	ABA 71 Robinson St Dandenong	Day Wednesdays Date On going Time 10.30-3.30pm Cost Free
MOTHERS' SUPPORT GROUP For Mothers whose children attend Dandenong West Primary School and community	Ongoing	Dandenong West Primary School 32, Birdwood Ave, Dandenong	Please phone further details 97922868
KITH & KIN CARERS SUPPORT GROUP A support, social contact, activities & information sharing group	Oz Child Family Services Bronwyn Harrison 9212 5600 bharrison@ozchild.org.au	Mornington & Dandenong	Meetings monthly Newsletter quarterly
Aim'n High Young Mums Education and Support Program For mums aged 15-25 who are ready to continue their education, we'll help with: <ul style="list-style-type: none"> • Enrolment in VCE, VCAL and/or VET • Study Support • Childcare in the same building • JET funding for childcare fees (through Centrelink) • Case manager for ongoing support • Parenting Education • Personal Development • Support to transition to the next stage For referral or more information, 1800 335 106 or cooperk@missionaustralia.com.au Aim N High classes are 10:00- 3:30 Mon -Thurs in Doveton.			

City of Greater Dandenong

Group / Program	Contact	Address	Details/ Other
REFUGEE & SETTLEMENT PROGRAM Provides family relationship counselling, mediation, loss & grief programs for children, marriage preparation program & personal support program & School Refusal program	Centre care Catholic Family Services Contact Details T.8710 9600 E.rspdandenong@ccam.org.au lbourn.org.au	224 Thomas Street Dandenong, VIC 3175	Phone for more details 8710 9600
CONFIDENT LIVING PROGRAM A creative arts & social integration program for people with progressive MS& other neurological disorders.	Multiple Sclerosis Australia Jenny Murray 9845 2772	Noble Park Community Centre, Ross Reserve, Memorial Drive, Noble Park (Melway Ref 80 E12)	Please phone for details
LITTLE BROTHER AND SISTER PLAY GROUP Activities includes; Free play, Story Time, Art time, Obstacle Courses and more. Next term we will be having the SING AND GROW program for ten weeks	Noble Park Primary Please phone 9546 8811 for more information.	Noble Park Primary School, 65 Buckley Street, Noble Park	Please phone for session times. Please bring a piece of fruit. Sandwiches provided.
PLAY STEPS This 8 week program builds parenting skills with the emphasis of learning and connecting through play. It is designed to improve parent-child interaction by assisting parents develop a positive relationship with their child. 0-3 years.	Queen Elizabeth Centre Ph: 9549 2777	QEC 53 Thomas St Noble Park	Each session will be 2 hours duration • Toddler Group: 12 months to 3 year olds, 9:30am-11:30am • Infant Group: 0 -12 month olds, 1pm-3pm Tea, coffee & morning/afternoon tea provided. qec.org.au
WOMEN'S ONLY SWIMMING All women are welcome. Female only lifeguards and instructors are on duty at all times.	Oasis Leisure Centre 9767 5100	Dandenong Oasis Leisure Centre Cnr Heatherton Rd and Cleeland St Dandenong	Date Sunday evenings Time 6.15pm – 8.15pm Cost Please phone

City of Kingston

Group / Program	Contact	Address	Details/ Other
PARENTING			
<p>CITY OF KINGSTON - Child Care Enrolments, Family Day Care, Outside School Hours Care for Primary School Aged care programs selected venues across the municipality.(Vacation Care, Before and After School Care and Curriculum Day Care).</p> <p>Maternal and Child Health, Kindergartens, child care centres, Playgroups, Toy Libraries, What's Happening Children's Week, Networks and Workshops are available to families and those who work with families and children in the City Of Kingston.</p> <p>https://www.facebook.com/cityofkingston phone 1300 653 356 info@kingston.vic.gov.au</p> <p>Please contact Council for any of the Above. The site also has a range of other services that are available.</p>			
Parenting Support Groups Positive Parenting Service Information and Referral Case Management	Kingston Youth Services For more information about this service please contact the Family Support Services Coordinator on 9581 4860	Southland – Shop 1137 Southland Shopping Centre , Nepean Highway, Cheltenham And Aspendale Gardens Community Centre 103-105 Kearney Drive Aspendale Gardens	Drop in Monday to Friday 1pm -5pm Drop in Monday, Tuesday or Thursday 3.30pm – 5.30pm
HEALTHY BUBS AND FAMILIES Provides education and skill development for parents around the importance of early attachment.	Family Life 8599 5433 or 97734624 reden@familylife.com.au	Community House Keith Street	Please phone for day and dates.
FAMILY LIFE- COMMUNITY BUBS Provides intensive support for families who have an infant	Family Life 8599 5433 http://familylife.comm.au/ info@familylife.com.au	Level 2, 11 Chesterville Rd, Cheltenham	Please phone to arrange time.

City of Kingston

Group / Program	Contact	Address	Details/ Other
MEN'S AND FATHERS PROGRAMS			
PIT STOP Parenting Tune-Up A life changing course designed and delivered by men for every father who wants to see his family firing on all cylinders.	City of Kingston Email youth.services@kingston.vic.gov.au Phone Alisa on 1300 369 436	City of Kingston Council Mentone Office Mentone Room 34 Brindisi Street, Mentone	Ran sometimes. Please phone and check if this is running this term
The BBQ Boys Support group for male carers living in the southern region of Melbourne. It offers peer support, fun and relaxing social activities, a space to talk about bloke's carer issues, as well as information, referral and support.	RESPITE SOUTH Ring Nathan 9212 3006 Or 0417 1233 189 or email n.diep@alfred.org.au	Ring Nathan. Venues change	Day First Tuesday of each month
MEN'S BEHAVIOURAL CHANGE PROGRAM Provides men with an opportunity to learn and use alternatives to behaving in an abusive or violent manner. Men may be provided with individual counselling assistance prior to and after the group MATES Program.	Ph. 8599 5433	197 Bluff Rd Sandringham Service Address	Please phone for Direct help, and enquiries.
CHALLENGING BEHAVIOURS, DISABILITIES, GRIEF, CARERS SUPPORT AND OTHER			
MAKING CHOICES Provides support and education for women who are or have experienced family violence.	Family Life Ph. 8559 5433 http://familylife.com.au/ info@familylife.com.au	197 Bluff Rd Sandringham	Please phone for further information and help.

City of Kingston

Group / Program	Contact	Address	Details/ Other
KINSHIP CARE GROUP Our group support meetings are a great way to meet other Kinship carers in your area, providing a supporting environment in a relaxed and informal setting. Facilitated groups are held monthly in Highett, Frankston and Rosebud. These groups are open and welcoming and our casual environment helps you access support services and increase your skills.	Oz Child Access to this service is via the Dandenong Central office on 9212 5600 during business hours	2 Livingston St Highett	Please phone for further details.
CHELTHENHAM ALZHEIMERS CARER SUPPORT GROUP For people caring for aged relatives or friends including those with dementia	Central Bayside Community Health Jane Cheong 8587 0194 Jane.cheong@southernhealth.org.au	Central Bayside Community Health Centre 335-337 Nepean Hwy Parkdale	Day 2 nd Thurs in month Time 1.30-3.00pm
WHO'S IN CHARGE 8 week program for parents or carers of young people (8-18) who are out of control, violent or defiant. Jenny & Libby from MYFS will be facilitating.	MYFS and the City of Monash Limited places Phone Libby or Jenny 9518 3900	Monash Youth & Family Services (MYFS) Batesford Community Hub, 94 Batesford Rd, Chadstone	Please phone for next session.
CHELTHENHAM CARERS SUPPORT GROUP For carers of people with a mental illness. A further group also operates for young people 8-18 supporting someone with a mental illness.	Mind Australia 9093 5977 infoVIC@mindaustalia.org.au	17 Taylor St, Moorabbin	Day 1 st Wed month Time 7.30pm
DOWN SYNDROME COFFEE GROUP Support for parents of children with down syndrome	Moira Kerri Rolfe – Parent Support Coordinator For southern region Ph: 8552 2222	Mentone Baptist Church 36 Harpley Street Cheltenham	Day 1 st Wednesday of month during school term Time 1.00 – 2.30pm

City of Kingston

Group / Program	Contact	Address	Details/ Other
GROW Runs groups for people with depression or anxiety in a supportive environment.	03 9528 2977 vic@grow.net.au	707 Glenhuntly Rd Caulfield South Vic 3162	Please phone for details
ODDESSY HOUSE PROGRAM Structured 8 week program for those with issues with alcohol or drugs.	Odyssey House 9420 7610 George	Please phone for details	Please phone for details
LIVE YOUR COMMUNITY PROGRAM Provides flexible volunteer based inclusion support for children with disabilities who experience barriers to participation in sport, recreation and leisure. For children aged 6-17yrs with a diagnosed disability.	Extended Families Contact Rachel De Summa Ph. 9285 4839 or 0438 752 126 Email Rachel@extendedfamilies.org.au www.extendedfamilies.org.au		There is no cost to families accessing LYCP. Cost to sporting activity chosen by the child are generally met by the family
MOVEMENT DISORDERS COMMUNITY SUPPORT GROUP For carers of people with neurological disorders. A respite care group occurs at the same time to enable carers to attend	Church of Christ Barbara Winkler 9265 1481	Church Of Christ 2-12 Chesterville Rd Cheltenham	Day 1 st Monday Time 10.30am-12.30pm
SOUTH EASTERN ASPERGERS PARENT GROUP For parents and carers with children and teens who have high functioning Asperger's syndrome and PDD-NOS	Headspace Ph. Kirsten Cleland 9526 1600	Peterson Youth Centre Melways 77 B8 Highett Rd, Highett. Corner of Peterson St, Highett	Day 3 rd Tuesday Time 7pm-8.30pm
A FAMILY GROUP	Taskforce/Odyssey House Taskforce Community Agency/Odyssey House 9532 0811	421 South Road Moorabbin Booking essential	This program is a family peer support program specifically for parents experiencing substance use of a family member.

City of Kingston

Group / Program	Contact	Address	Details/ Other
KIDS CARE Mind Victoria A group for young people aged 8-12 who have a parent with mental illness. This monthly group focuses on fun activity with peer support and staff who are able to provide support and leadership to those young people. Phone Mind Victoria 9093 5977 For more details.			
FAMILY, CHILDREN & YOUTH SUPPORT			
CLARINDA PARENTS GROUP is an opportunity for parents and carers to meet other parents in the area and to meet Family support staff in a fun and relaxed atmosphere. Weekly activities and guest speakers are provided.	City of Kingston Family support 8551 1202	Clarinda community Centre 58 Viney St, Clarinda	Day Thursday Date during school term Time 10.00-11.30am Cost free
MOTHERS SUPPORT GROUP House-based outreach service to assist living with a mental illness	Prahran Mission Janet 9692 9400	Prahran Mission 15 Cromwell Rd, South Yarra	Please phone for further details
CITY OF KINGSTON YOUTH – For young people aged 12-25 as well as their families and partners. They also develop, promote and run events, gigs and local youth mag. www.kyfs.org.au 1300 369 436			

City of Kingston

Group / Program	Contact	Address	Details/ Other
SMALL TALK PLAYGROUPS – Smalltalk Supported Playgroups are run by a qualified facilitator who provides support to parents/carers to develop the skills and confidence needed to assist in their children's learning and development. The playgroups are free to attend for families experiencing vulnerability, including Health Care Card holders, Refugees, Aboriginal or Torres Strait Islanders, and kinship carers. In-Home Support is also available <ul style="list-style-type: none"> • Westall – Mondays 10am to 12pm at Westall Children's Centre, 43 Westall Road, Clayton South. • Chelsea Heights – Tuesday 10am to 12pm at Chelsea Heights Community Centre, 160 Thames Promenade, Chelsea Heights. • Patterson Lakes – Wednesday 10am to 12pm at Patterson Lakes Kindergarten, 189 Gladesville Blvd, Patterson Lakes. • Edithvale – Thursday 10am to 12pm at Edithvale Family and Children's Centre, 120 Edithvale Road, Edithvale. • Clarinda – Thursday 10am to 12pm at Clarinda Community Centre, 58 Viney Street, Clarinda. • Cheltenham – Fridays 9:30am to 11:30am at Cheltenham East Community Centre, 39 Follett Road, Cheltenham Phone 9581-4863 or email smalltalk@kingston.vic.gov.au			
SOUTH EASTERN MULTIPLE BIRTH ASSOCIATION A support group for multiple birth families, run by parents with multiples. Expectant Parents Sessions, Playgroups, Parent's Nights Out, Family Events	SEMBA New Parent Contact: Maxine Morley Phone:0409 200310 <ul style="list-style-type: none"> • http://www.sembar.org.au • Facebook:https://www.facebook.com/sembavic 	South East of Melbourne, covering the main areas of Bayside, Glen Eira and Kingston Councils. http://sembar.org.au/index.html	Playgroups on Monday, Wednesday and Thursday mornings contact for details
PLAYGROUPS	Dingley Village Neighbourhood Centre Belinda 0414538616	31b Marcus Rd Dingley Village	Time 9.30am-11.30am Please contact us for further details.
READING ROCKETS -a hand on fun one hour class for 4 year old focusing on early reading and writing skills	Dingley Village Neighbourhood Centre Sandy 0425 812 790	31b Marcus Rd Dingley Village	Please contact us for further details.
DINGLEY VILLAGE NEIGHBOURHOOD CENTRE Places available for 3year old activity groups on Monday morning or afternoons' sessions. Ph. 9558 1866 during office hours or Email admin@dvnc.com.au Office hours 9am-5pm			

City of Kingston

Group / Program	Contact	Address	Details/ Other
MARVELLOUS MUMS Connecting mums. sharing information	Andrea Cross 0403 342 390 www.marvellousmums.com lovingmums@hotmail.com	Please Phone for further details	Please contact Andrea re venue, dates & times.
PLAYGROUP	Family Life Andrea 9782 7800 Familylife.com.au	8-10 Swanpool Ave Chelsea.	Day Tuesdays Time 1.00pm-3.00pm
KINDER ACTIVITY GROUP- Quality care to stimulate and challenge children 3 & 4 years old.	Chelsea Heights Community Kerri Morrison 9774 2934 0412 869 431	Beazley Reserve 160 Thames Promenade	Day Monday Time 10am-1pm Phone for bookings and further details.
KIDS'BOOK CLUB Quality care to stimulate and challenge children 3 and 4 years old.	Chelsea Heights Community Louise 0400 664 194	Beazley Reserve 160 Thames Promenade	Day Monday Time 10.15am-11.15am
RHYTHM FACTORY Dance, music and movement, classes for children 15months to 8 years	Chelsea Heights Community Nicky Reisinger 9588 1564 0408 667 058 www.rhythmfactory.com.au	Beazley Reserve 160 Thames Promenade	Day Tuesday Time 9.30am-11.30am
KIDS COOKING CLASSES-KIDS SAY YUM Great for children 5-12 years	Chelsea Heights Community Centre Maddie Race 0487 427 398 www.kidsayyum.com.au	Beazley Reserve 160 Thames Promenade	Day Wed Time 4.30pm-5.30pm
PLAYGROUP Recently won an award from playgroup Victoria for 30 years of play grouping. Great way to start the day, meet your neighbours whilst having fun with your children. Lots of toys, fun and good company	Chelsea Heights Community Centre Ru 0425 160 025	Beazley Reserve 160 Thames Promenade	Day Wednesday and Thursday Mornings Time 9.30am-11.00am
LITTLE CHEFS For 6-10yr olds.	Cheltenham Community Centre www.chelt.com.au 9583 0095	8 Chesterville Rd, Cheltenham	Day Wednesday Time 3.45pm-4.30pm Cost \$120

City of Kingston

Group / Program	Contact	Address	Details/ Other
MULTICULTURAL GRANDPARENTS PLAYGROUP- Come along and socialize whilst your grandchildren are drawing, playing, & meeting other children	Clarinda Community Centre 8551 1200 or Migrant Resource Centre 9563 4130	Clarinda Community Centre 58 Viney St Clarinda	Date Wednesday Time 9.30 – 11.30am Bring a piece of fruit to share
HOMEWORK CLUB- Kids & parents can enjoy a healthy snack, start homework early & get help with assignments.	Family Life Giovanna or Marilyn 8599 5433	Community Hall Dunkley Ave Highett	Date Mondays <i>(except public/school holidays)</i> Time 4.00 – 5.30pm Cost Free
BREAKFAST CLUB- Come along each Wednesday and enjoy a healthy & nutritious breakfast	Family Life Giovanna or Marilyn 8599 5433	Community Hall Dunkley Ave Highett	Date Wednesday <i>(except public/school holidays)</i> Time 7.00 – 8.30am Parents most welcome!
CREATING CAPABLE COMMUNITIES Do you care for a child under 10? Come and join us for coffee & a chat about supporting each other, and sharing information	Family Life Marilyn 8599 5433	Keith Street Community House Please phone to check details with Family Life Keith Street Community House	Day Thursday Time 10.00 – 12noon
AN INCREASE TO THE PARENT EDUCATION GRANT SCHEME- Anglicare Victoria Parentzone Southern Provides assistance to organisations who want to promote the healthy development of families and parenting programs. Don't forget this is open to the area of Kingston! Grants up to \$1000 NOW AVAILABLE Parentzone can provide grants to assist non-profit organisations provide parenting programs. We can even help find a facilitator. Please email or phone: Louise for the guidelines parentzone.southern@anglicarevic.org.au 1300 984 011 FIND OUT IF YOUR PROGRAM IS ELIGIBLE			

Mornington Peninsula Shire

Group / Program	Contact	Address	Details/ Other
PARENTZONE PARENTING PROGRAMS			
PBS PARENTING BUILDING SOLUTIONS – Primary aged A free 6 week program for parents and carers of Primary School aged children. Share experiences and ideas and learn strategies to support your children Please phone Michelle to book in	Anglicare Victoria Parentzone Southern Michelle Brown. <u>0429 174 150</u> Or 9781 6700 Michelle.brown@anglicarevic.org.au	Somerville Primary School Eramosa Rd East Somerville	Day Tuesday Date Feb 13 th , 20,27 & Mar 6,13,20 Time 9.15am-11.15am Cost Free
PBS PARENTING BUILDING SOLUTIONS – Primary aged A free 2 hour session for parents and carers of Primary School aged children. Share experiences and ideas and learn strategies to support your children Please phone Michelle to book in	Anglicare Victoria Parentzone Southern Michelle Brown. <u>0429 174 150</u> Or 9781 6700 Michelle.brown@anglicarevic.org.au	Balnarring Primary School 3085 Frankston-flinders Road, Balnarring Victoria	Day Thursday Date 8 th Feb Time 1pm -3pm Cost Free
PBS PARENTING BUILDING SOLUTIONS – Primary aged A free 6 week program for parents and carers of Primary School aged children. Share experiences and ideas and learn strategies to support your children Please phone Michelle to book in	Anglicare Victoria Parentzone Southern Michelle Brown. <u>0429 174 150</u> Or 9781 6700 Michelle.brown@anglicarevic.org.au	Boneo Primary School 582 BONEO Road, Boneo	Day Thursdays Date 15 th Feb – 22 nd March Time 1pm-3.pm Cost Free

Mornington Peninsula Shire

Group / Program	Contact	Address	Details/ Other
SPACE 4 US An 8 week free peer support group for 13 to 18 year olds living in the Mornington Shire region who have a parent or other close family member with a mental illness.	Peninsula Health. Mornington Peninsula Shire Contact Allira McCall, 9784 6999	The Corner. 91 Wilsons Rd Mornington	Date 7 th , 14 th , 21 st , 28 th March 18 th April, 2 nd , 9 th , 16 th May School Holiday activity details for next holidays to come. – Phone Time 4.00pm -6.00pm
PARENTING & FAMILY SUPPORT			
SHIRE OF MORNINGTON Has information on School Holiday Programs; Kindergartens; Immunisation; Maternal and child health; Playgroups and libraries; Family Day Care, Early Years and Best Start; MPYS youth Services; Youth drop ins and Centres; A Disability Directory; Accessible beach wheelchairs can be hired free of charge to people with limited mobility from a number of organisations - the council has the details. More services available. Call us on 1300 850 600 or 5950 1000 Email: customerservice@mornpen.vic.gov.au www.mornpen.vic.gov.au/Services_For_You main page for a variety of services links www.mornpen.vic.gov.au/Services_For_You/Children_Families main page for Families and Children services – up to date information on School Holiday Programs; Kindergartens; immunisation; maternal & child health services; Playgroups & Toy Libraries; Family Day Care; Early Years & Best Start For YOUTH Programs phone 5950 1666 BRIGHT SPARKS – PROGRAM FOR Year 6 students across the Peninsula aims at introducing students to Youth Services. L2P A program to assist learner drivers between 16-21 years to gain their 120 hours of driving experience. See web site for more.			
EXPLORING SOLUTIONS Workshops facilitated to explore Parenting support needs.	Good Shepherd Australia New Zealand GAYE HART – Group Coordinator Family Solutions Gaye.hart@goodshep.org.au Phone 5971 9444 or 0439 576 690 Please phone to book and for more information.	Flexible venues: Mornington Peninsula. Good Shepherd sites. Or your organisation/school	Day: Negotiable Mon, Tues or Fri Date: 2017 Time: a.m. or p.m.

Mornington Peninsula Shire

Group / Program	Contact	Address	Details/ Other
PARENTING TODAY A 4 week parenting program to explore building connections of parents with their children aged 7 to 14 years. Respectful children, respectful parents.	Good Shepherd Australia New Zealand GAYE HART – Group Coordinator Family Solutions. Gaye.hart@goodshep.org.au Phone Office: 5971 9444 Mobile: 0439 576 690 Please phone Gaye Hart to book and register to attend this group.	At Crib Point Primary School. Milne St. Crib Point	Please phone for next one
CREATIVE WORKSHOP For parents exploring feelings & emotions. Understanding children and young people.	Good Shepherd Australia New Zealand GAYE HART – Group Coordinator Family Solutions. Gaye.hart@goodshep.org.au Phone Office: 5971 9444 Mobile: 0439 576 690 Please phone Gaye Hart to book and register to attend this group.	Bittern Primary School Portsmouth Rd Bittern	Please phone for next one
FAMILY CASE MANAGEMENT Designed to assist families to address issues that are impacting on their day to day lives. A Family Case Management Worker can help families with everything from budgeting and household bills, to getting connected to specialist support services for with a specific identified need.	Southern Peninsula Community Support and Information Centre Contact Family Case Management Worker Ph 5986 1285 admin@spsic.org	878 Point Nepean Rd Rosebud	Please contact for help and more details.
PEACEFUL PARENTING Come together with other parents to discuss a range of parenting styles. Develop positive ideas to help manage your child's behaviour	SHINE team at Family Life Ph. Sharon 9770 0341 Or Email info@familylife.com.au	10 Carmichael St Tootgarook	Please phone for details

Mornington Peninsula Shire

Group / Program	Contact	Address	Details/ Other
MOTHER GOOSE The Program aims to teach mums new ways to interact with their infants through songs and rhymes, and is run in a safe and supportive environment.	Good Shepherd Australia New Zealand Contact: Isle Tlozek 5971 9444 or Simone Cranage 5971 9114.	Good Shepherd Wallaroo Community Centre, Hastings.	Day Tuesdays Date During School Term Time 10.30 to 11.30am Cost Free
PREMMIES ON THE PENINSULA A parent & child program and information session run once a month. Open to any premmie children born prior to 36 weeks and under 2years of age and their parents. Siblings are welcome.	Biala Please phone 5975 1820	1 Elizabeth St, Mornington Behind the information Centre with adjacent car parking	Day 3 rd Thursday Date during School term Time 9.30 -11.30 Please Register
YOUTH ADVISORY GROUP For people aged 10-25. If you want to have a say and care about what's going on around you. Come and make a difference, doing our youth advisory group.	MPYS Mornington Peninsula Youth Services ph. Jackie 5950 1666 jackie.rickard@mornpen.vic.gov.au www.mpys.com.au	Mornington Council Offices	Held Monthly Please phone for further details
ANGLICARE VICTORIA – Volunteer Tutoring Program A free program which supports children from Grade 4 – year 10 who have been educationally disadvantaged.	Anglicare Victoria Mel Wyatt 0499 027 753 OR Rosebud Office ph. 59 86 99 00	Seawinds Community Hub 11A Allambi Ave, Rosebud West	Day Tuesday afternoons For one hour Contact for further information and dates
UNDER THE RAINBOW- Gay, lesbian, bisexual, span sexual, transgender, gender queer, straight EVERYBODY WELCOME. For young people aged 12 to 18. Inspirational workshops, activities	Headspace Peninsula Pride-A Queer Straight Alliance Shine, Headspace Frankston Mornington Peninsula Youth Services Ph. Seb 9769 6419 www.facebook.com/peninsulapride	YLounge Rosebud And Shed 11 Hastings	Day Tuesdays Time 3.30 to 6.00pm Does not run during School Holidays

Mornington Peninsula Shire

Group / Program	Contact	Address	Details/ Other
WESTERNPORT MEN'S SHED - a relaxed shed where men can come and participate in group projects or work on their own hobbies. Runs most weekdays by volunteers and all are welcome	Contact Terry Kelly Shed President Terry Kelly Phone: (03) 59791969 Mobile: 0401 269 007 Or Drop in	1973 Frankston-Flinders Rd, Hastings. Next to the Neighbourhood Renewal Hub	Day Most weekdays Time 10.30am Membership \$20.00
THE BBQ BOYS A support group for male carers living in the southern region of Melbourne. It offers peer support, fun and relaxing social activities, a space to talk about bloke's carer issues, as well as information, referral and support.	RESPIRE SOUTH Ring Nathan 9212 3006 Or 0417 1233 189 or email n.diep@alfred.org.au	Ring Nathan. Venues change	Day First Tuesday of each month
ROSEBUD MENS SHED	Phone: (03) 5971 9133	185 High Street Hastings VIC 3915	Please phone for further details
ROSEBUD/RYE MEN'S SHED - Classes are casual and do not run to specific learning outcomes. Facilitated by volunteers	Rye Beach Community Centre Contact Virginia Richardson (03) 5971 9133 Please phone.	Rye Beach Community Centre 27 Nelson St, Rye 5985 4462	Please phone for further details
M.E.N.S.- Men exploring Non-Violent Solutions – the MENS behaviour change group is for men who have used violent, abusive and/or controlling behaviours within the family and who want to stop using these behaviours.	Access Please phone your local Community Health Service and ask to speak to the Access Worker. Contact ACCESS 1300 665 781 Or FAX 9787 9954	Please phone for these details Frankston and Mornington	Please phone for these details

Mornington Peninsula Shire

Group / Program	Contact	Address	Details/ Other
CHALLENGING BEHAVIOURS, DISABILITIES, GRIEF, CARERS SUPPORT AND OTHER			
CHANGING TIDES Good Shepherd Australia New Zealand A Creative Art Therapy group for women who have experienced family violence. Letting go of fear and developing confidence and self-esteem for a new way of being. Processes to support families and the needs of their children.	Good Shepherd Australia New Zealand GAYE HART – Group Coordinator Family Solutions Gaye.hart@goodshep.org.au Phone 5971 9444 Mobile: 0439 576 690 Please phone Gaye Hart to register/refer or for more information	Good Shepherd Wallaroo Community Centre. 6 Wallaroo Place Hastings	Day Tuesdays/Fridays Date Term 3 (8 sessions) Time 12.15pm to 3.00pm Cost Free Sumptuous afternoon teas
RESOURCE SUPPORT GROUP LIVING WITH AUTISM SPECTRUM. For parents/carers supporting each other. Discovering and sharing information. Supporting the capacity of people with autism and their families to exercise choice and control in working under the new National Disability Insurance Scheme (NDIS).	Good Shepherd Australia New Zealand GAYE HART – Group Coordinator Family Solutions Gaye.hart@goodshep.org.au Phone 5971 9444 or 0439 576 690 Please phone Gaye Hart register intention to attend and confirm dates.	Good Shepherd Wallaroo Community Centre. 6 Wallaroo Place Hastings.	Day Mondays Date 4 th Monday of the month during school terms. Time 9.30 to 11.30 a.m. Cost: Free Refreshments provided.
THE ART ROOM - Art Therapy, Creative Expression. For young people Sensory based activities to build self-esteem, confidence. Developing well-being, self-awareness and self-regulation.	Good Shepherd Australia New Zealand GAYE HART – Group Coordinator Family Solutions Gaye.hart@goodshep.org.au Phone 5971 9444 or 0439 576 690 Please phone Gaye Hart register intention to attend and confirm dates.	Good Shepherd Wallaroo Community Centre. 6 Wallaroo Place Hastings	Day: TBC Date: TBC Time: TBC Cost: Free Refreshments provided

Mornington Peninsula Shire

Group / Program	Contact	Address	Details/ Other
BIALA @ BENTONS – PLAYING PARTNERS- open to all early intervention and community children	Benton's Community Centre Marlene Fox 5975 1820	Benton's Community Centre Benton's Square Mornington	Date Tuesdays Time 9.30-11.30am Cost \$30.00 per term for non Biala Children
INCLUSIVE 3 YEAR OLD KINDERGARTEN Once a week three hour program, open to any interested community children, Biala Peninsula children and children from other supported services.	For further information &/or to register your interest contact Biala Peninsula administration. Phone: 59751820 email: admin@bialapeninsula.org.au	Biala Peninsula, 1 Elizabeth Street Mornington.	Please phone for further details. Cost \$200 per term payable on enrolment & then payable at the end of term 2, 3, for the next term.
PENINSULA AUTISM SPECTRUM SUPPORT GROUP – Parents/carers who have children with a special need are invited to a monthly get together to share experiences and learn useful tips and strategies with local families.	Extended Families +Contact Michelle 0416 007 631 Morning tea provided Siblings welcome Newsletters	Cerberus Cottage, HMAS Cerberus Must phone and book	Date Last Thurs of month Time 9.15am-11.15am Cost Gold coin donation
KINSHIP CARER SUPPORT GROUP HASTINGS Come and meet with other Kinship Carers and share the highs and lows of being a kinship carer!	Oz Child Kinship Care Contact Sue Gale ph. 9212 5600 for further information	Wallaroo Community Centre 6 Wallaroo Place Hastings	Please phone for details Morning tea provided Phone for other dates
HEART 2 HEART A 7 session group for concerned mums. Dealing with the effects of family violence. Child's moods or behaviour.	Oz Child Frankston office 8796 0000	Corner Youth Centre 91 Wilsons Road Mornington	Day Tuesday's Date 11 th October – 29 th November Time 10am – 12noon (morning tea provided)

Mornington Peninsula Shire

Group / Program	Contact	Address	Details/ Other
FAMILY MENTAL HEALTH SUPPORT SERVICE (FMHSS) Provides support to vulnerable families with children & young people who are at risk of developing a mental illness.	FMC MEDITATION AND COUNSELLING VICTORIA PH: 9784 0698 Tina Biro Tina.Biro@mediation.com.au		Please phone for further details
KINSHIP CARER SUPPORT GROUP ROSEBUD WEST Come and meet with other Kinship Carers and share the highs and lows of being a kinship carer!	Kinship Care Oz Child Contact Sue Gale ph. 9212 5600 for further information	Seawinds Community Hub 11a Allambie Ave, Rosebud West Next to Eastbourne Primary School	Please phone for details.
Y LOUNGE ROSEBUD Provides a safe space to drop in hang out with your friends or make new ones.	Staffed by qualified youth workers and fully supervised 5986 3585	1 Nepean Plaza, Rosebud. Corner of Ninth Ave.	Open Hours Friday 3pm -5pm
HASTINGS SHED 11 provides a safe space to drop in hang out with your friends or make new ones centre proved	Staffed by qualified youth workers and fully supervised 5950 1666	11 Marine Parade, Hastings	Open Hours Monday 3pm -5pm Friday 3pm – 5pm
KOORI SERVICES- We can help you to access the services you need.	Peninsula Health Enquiries through ACCESS 1300 666 781	Please phone for details	
GIRRINGTON WIMBI (SWEET WALLABY) PLAYGROUP	Good Shepherd 5960 7000 or 0408 948 755	Good Shepherd Community House	Runs School Terms Day: Friday

City of Port Phillip

Group / Program	Contact	Address	Details/ Other
PARENTING AND FAMILY SUPPORT			
CITY OF PORT PHILLIP - Offers a range of services. Maternal and Child Health ; Applying for childcare; Early Childhood education & Care Services; School Directory; Integrated Services for families with children aged 0-8; Playgroups; Home based Respite; Community Directories and much more. Contact your council. 9209 6777 Cnr Carlisle St & Brighton Rd St Kilda. PO Private Bag 3 St Kilda 3182 www.portphillip.vic.gov.au MATERNAL AND CHILD HEALTH CENTRE 9209 6766 AH 13 2229 171 Chapel St, St Kilda			
HANOVER CHILDREN'S SPECIALIST SUPPORT SERVICES. (HCSSS)	Hanover Welfare Services Service offers group work to accompanying children aged 0-18 years who have Experienced homelessness and/or family violence, in the Southern Metropolitan Region. 217 Cecil Street, South Melbourne 3205 Phone Sammy Hoppe on: (03) 8626 5500		
CARING MUMS Is inviting you to learn about The reality of Motherhood across cultures. Explored are cultural differences and similarities. The range of Services available in the City Of Port Phillip	NCJWA Victorian Multicultural Commission caringmums@ncjwa.org.au ph. 9523 0535 www.caringmums.org.au	Bubup Nairm Family and Children's Centre 998 Carlisle St, St Kilda	Please phone for details
CHALLENGING BEHAVIOURS, DISABILITIES, GRIEF, VIOLENCE AND OTHER			
DRUG AND ALCOHOL RECOVERY SUPPORT GROUP A peer support group that aims to provide you with the chance to speak up about the things that affect you as you recover from harmful drug or alcohol use. All welcome drop in and have a cup of tea or coffee.	Windana Drug and Alcohol Recovery Ph. 95297955 www.windana.org.au Windana Head Office 88 Alma Rd. St Kilda (cnr Chapel St) The Windana Society Inc. Pam Williams Also at Dandenong and Rosebud		

City of Port Phillip

Group / Program	Contact	Address	Details/ Other
WINDANA PARENTING PROGRAM	www.windana.org.au Please phone for details		
KINSHIP CARER SUPPORT GROUP Are you a kinship carer who is caring for a child who is not your own? Living in the municipalities of Bayside, Glen Eira, Port Phillip and Stonington-Come and meet with other Kinship Carers and share the highs and lows of being a kinship carer!	Kinship Care Oz Child Contact Sue Gale ph. 9212 5600 for further information	Highett Neighbourhood Community House 2 Livingston Street, Highett	Day 1 st Friday of month Time 10.00am-12noon Morning tea provided phone and book
YOUNG MUMS GROUP For parents 25 & under to meet to share outings & opportunities.	St Kilda Youth Services Dave Wells 9696 5340	62 Pickles St South Melbourne	Please phone for further details (Accredited learning outcomes certificate of General ED.)
WELLWAYS - run programs through MI Fellowship Victoria and other partner organisations for families and friends of people with a mental illness.	Wellways 276 Heidelberg Rd Fairfield	Please phone 9784 6800 for further information.	Phone for current programs 9784 6800
MOTHER SUPPORT PROGRAM Home-based Outreach support & rehabilitation for mothers with a mental illness who have dependent children in their care	Prahran Mission Damien Russell 9692 9400	Prahran Mission 15 Cromwell Rd, South Yarra	Please phone for further information on times/dates
MUM FOR MUM PROGRAM - MUM A non-denominational program of the National Council of Jewish Women of Australia (Vic) . Its aim is to provide women who have a child less than one year of age with emotional support. Women can self-refer or may be referred through health professionals such as their maternal and child centre nurse, GP, obstetrician or counsellor. link to a video the Leader made on our program http://port-phillip-leader.whereilive.com.au/news/story/glen-eira-outreach-service-to-keep-mum-happy/ website too: www.mumformum.org.au Phone 9523 0535			

City of Stonnington

Group / Program	Contact	Address	Details/ Other
PARENTING			
CITY OF STONNINGTON Offers a range of services including: Maternal and Child Health Services, Listing of childcare centres, kindergartens, schools and family support services; immunisation. Baby Capsule Hire; Council Childcare services for children aged 6weeks to 5years; Parent Education Sessions; Youth Services; Dads Domain; disability services and much more. Contact your council on 8290 1333 OR check out the website. Click on this link: SEO Page Title Cnr Greville & Chapel Sts Prahran. 180 Greville Street P O Box 21 Prahran 3181 Malvern Town Hall, 1251 High Street, Malvern Prahran Town Hall, , Prahran Mail: City of Stonnington, PO Box 21, Prahran 3181 Email: council@stonnington.vic.gov.au Enquiries: 03 8290 1333 General Fax: 03 9521 225 After Hours: 03 8290 1333 Graffiti Hotline: 1800 067 072 EVENTS AND PROGRAMS/PARENTING PROGRAMS Council runs Transition Programs, Cyber Safety and Young People ; Child Infant CPR; Sibling Rivalry; Positive Parenting; Dads Talk. Please click on above link for all details or phone or email.			
MATERNAL AND CHILD HEALTH CENTRE	Contact council or check out their website. www.stonnington.vic.gov.au 8290 1333		
MOTHER GOOSE A SUPPORTED GROUP OF SINGING AND RHMES ONCE A WEEK FOR 0-4 YEAR OLDS	Maternal Child Health Sue 0409 500 657	THE HUB BEHIND 259 MALVERN RD Sth Yarra	Day Tuesday Time 10.30-11.30 During school term
STONNINGTON YOUNG PARENTS PROGRAM Maternal Child Health -Parents aged under 25 given an opportunity to meet other young parents.	Stonnington MCH Michelle Mason 8290 7028	Princess Gardens MCH 22 Lt Chapel St Prahran	Phone for details

City of Stonington

Group / Program	Contact	Address	Details/ Other
MEN'S AND FATHERS PROGRAMS			
DAD'S DEN A get together with other expectant fathers. This will help prepare you for fatherhood, find out about your new role with help and support from other dads.	Mercy Health O'Connell Family Centre with the support from the Mercy Hospital. Enquiries Ann Johnson O'Connell Family Centre 8416 7615	Mercy Hospital for Women	Phone for details
FATHERZONE A parenting program specifically designed for dads of young children.	Mercy Health 8416 7600	6 Mont Albert Road Canterbury, 3126	Phone for details
DADS OF TODDLERS- A dads only program exploring and promoting the unique relationship between you and your toddler	Mercy Health O'Connell Family Centre Lisa (Clinical Educator) 8416 7600	6 Mont Albert Road Canterbury	Please phone for dates
CHALLENGING BEHAVIOURS, DISABILITIES, GRIEF, VIOLENCE AND OTHER			
KINSHIP CARER SUPPORT GROUP Are - you a kinship carer who is caring for a child who is not your own? Living in the municipalities of Bayside, Glen Eira, Port Phillip and Stonington-Come and meet with other Kinship Carers and share the highs and lows of being a kinship carer!	Kinship Care Oz Child Contact Sue Gale ph. 9212 5600 for further information	Highett Neighbourhood Community House 2 Livingston Street, Highett	Please phone for dates and times. Morning tea provided
WELLWAYS Run programs through MI Fellowship Victoria and other partner organisations for families and friends of people with a mental illness.	Wellways 276 Heidelberg Rd Fairfield	Please phone 9784 6800 for further information.	Phone for current programs 9784 6800

City of Stonington

Group / Program	Contact	Address	Details/ Other
FAMILY SUPPORT			
MOTHER SUPPORT PROGRAM – Home-based Outreach support & rehabilitation for mothers with a mental illness who have dependent children in their care	Prahran Mission Damien Russell 9692 9400	Prahran Mission 15 Cromwell Rd South Yarra	Please phone for further information on times/dates
Nurturing the Relations With Your Child & Building Their Self Esteem Understand and promoting positive behaviour in the 2-4 year old sleep patterns and settling techniques	O'Connell Family Centre 8416 7600 www.mercy.com.au email: ofc_reception@mercy.com.au	6 Mont Albert Road Canterbury, 3136	Please phone for details
AFRICAN MUMS PLAYGROUP	City Of Stonington Sarah Day 8290 7025	Princes Gardens MCH Centre Prahran and South Yarra	Please phone for further details
YOUNG MUM'S GROUP For Mum's under 25 to meet and share and engage in a range of activities	City Of Stonington Sarah Day 8290 7025	Princes Gardens MCH Centre Prahran and South Yarra	Please phone for further details
MANDARINE SPEAKING PARENTS AND BABY GROUP Babies up to 12 months old	Phoenix park Neighbourhood House & Phoenix Park MCHC 9530 4397	Phoenix Park Neighbourhood House 22 Rob Roy Rd, East Malvern.	Please phone for further details
YOUNG MUMS GROUP For parents 25 & under to meet to share outings and opportunities.	St Kilda Youth Services Dave Wells 9696 5340	62 Pickles St South Melbourne	Receive a certificate at the end. Please phone for further details
MAKING STEPFAMILIES WORK. Courses for couples	Stepfamily Association of Victoria Zoe 9639 2576 www.stepfamily.org.au	Malvern, Flemington Doncaster & Carlton	Please phone for details of dates/venues & times
PLAYING WITH YOUR BABY	City of Stonington Bookings essential 8290 1333	Phoenix Park Neighbourhood House	Phone for details

Telephone Help Lines

Name	Description	Contact
Australian Childhood Foundation	Kidscount website - A website all about childhood. It has information that can help you to raise happy & confident children. Available in different languages.	(03) 9874 3922 1800 176 453 http://directory.byronearlyintervention.org.au/node/321
ADEC (Action on Disability in Ethnic Communities)	A community based organisation which represents the rights and needs of people of non-English speaking background with a disability and their careers.	1800 626 078 info@adec.org.au www.adec.org.au
AMAZE (formerly Autism Victoria)	A first point of contact for everything related to Autism Spectrum Disorder, putting the individuals and their families at the forefront of everything they do.	1300 308 699 www.amaze.org.au
Anxiety Recover Centre Victoria (ARC Vic)	A state-wide, specialist mental health organisation, providing support, recovery and educational services to people and families living with anxiety disorders. The OCD and Anxiety Helpline provides telephone counselling, information and referral Hours of operation Monday to Friday 10.00am - 4.00pm	1300 269 438 03 9830 0533
Council of Single Mothers & Their Children (CSMC)	A Victoria wide service run by and for women parenting alone. We provide telephone support, information & referral on a range of issues including emergency relief, housing, Centrelink, child support, family law, family violence and parenting. Become a member and receive our newsletter and email bulletins.	9654 0622 1300 552 511 csmc@csmc.org.au www.csmc.org.au

Telephone Help Lines

Name	Description	Contact
Gambler's Help	To find a range of free health information resources, including materials in community languages. NB: Interpreting services available	1800 858 858 (24hrs, 7 days) 9575 5353 info@ghsouthern.org.au www.ghsouthern.org.au
Alzheimer's Australia	Children impacted by dementia in their family can now seek information and support from a new website www.dementiainmyfamily.org.au The interactive, age appropriate site gives children the opportunity to learn more about dementia, watch other children share their experiences in videos, play games and share their own stories.	1300 526 576
Grief Line	For people who have suffered loss due to: death, Mental Health, Abuse, Family Violence, Depression, Health, Relationships, Loneliness, Carer Support, Exclusion, Unemployment, Addictions, Migration, Refugee Experience. Anonymous telephone counselling service and professional online counselling. 12 noon to 3.00am	9935 7400 www.griefline.org.au
Hanover Emergency Housing	We provide a range of services to Victorians experiencing housing crisis Offices-Cheltenham 9556 5777; Southbank 9699 4566; East St Kilda (for Women) 9525 8499; South Melbourne (families) 8626 5500; Fitzroy 9288 9800; Dandenong (Family focus) 9792 0750; Windsor(Young Adults, Women) 9533 6099 Dandenong "Bob's Place" (Crisis Accommodation, Housing Support and Family Focus	www.hanover.org.au

Telephone Help Lines

Name	Description	Contact
Raising Children Network	Created by a partnership of member organisations of Australia's leading early childhood agencies, the Raising Children website is produced with the help of an extensive network including the Australian Government.	http://raisingchildren.net.au/
Arafemi- Respite for Carers	1300 500 265 or 9810 9300 & www.arafemi.org.au	
Carers Vic Respite Services	1800 059 059 (emergency respite)	
Commonwealth Carer Respite Centres	1800 052 222 (24 hours a day) & www.commcarelink.health.gov.au	
SANE	Information and referral service for Carers and Consumers	1800 187 263 www.sane.org
Signposts for Better Behaviour	A parenting program for parents of children aged 3-15 years with a developmental delay or intellectual disability. Group and individual delivery. Special needs Parenting. Covering all of Southern Region.	03 8660 3562 signposts@parentingre.org.au
Suicide Helpline		1300 651 251
South East Multiple Births Association	Twins, Multiple Pregnancy. Free Telephone Advice Line Staffed by Trained Counsellors	1800 882 436 www.pregnancybirthbaby.org.au/twins

Telephone Help Lines

Name	Description	Contact
The Stepfamily Org	For all Victorians in or considering a stepfamily.	9663 6733 info@stepfamily.org.au www.stepfamily.org.au
The Queen Elizabeth Centre	Our mission is to offer specialized support, care and education to parents who have children up to three years of age, with the aim of enhancement and development of the family. Thomas St, Noble Park 3174.	9549 2777 www.qec.org.au
Victims of Crime Helpline	The Victim Support Agency is responsible for coordinating services for victims of crime and for representing the voice of victims within the criminal Justice System. Help line staff offer advice and referral to local and relevant support services.	1800 819 817 Translating service P:13 14 50 TTY Service P:13 36 77 www.justicevic.gov.au/victimsofcrime
Victorian Maternal and Child Health Services	Follow link and put area in that you need the service in. Helplines and information available	http://www.pregnancybirthbaby.org.au/pregnancy-birth-baby-helpline
WHIC (The Women's Health Information Centre)	Houses a drop-in library and state wide telephone health information service with an emphasis on women's health issues. Open 9.00am-5.00pm Mon – Fri Cnr of Grattan and Flemington Rd, Parkville	8345 3045 or 1800 442 007 which@thewomens.org.au www.thewomens.org.au
Women's Domestic Violence Crisis Service	State-wide 24hour confidential crisis response service for women and women with children experiencing domestic violence.	1800 015 188

Have a great 1st Term in 2018.

Remember to send any newsletter updates to: Admin at:

Parentzone.southern@anglicarevic.org.au

This newsletter is updated each term – any updates that you want made or you would like to add anything, please forward to above email.

Thanks



BEYOND THE VIOLENCE FACILITATOR TRAINING

**Do you want to increase your skills
in working with parents and children
affected by Family Violence?**

SUITABLE FOR:

Professionals who have existing
group work skills and experience, or a
background working with women and
children impacted by family violence.



BEYOND THE VIOLENCE



DATES: Thursdays 1st, 8th and 15th
March 2018

TIME: 9:30am to 4:30pm
(Morning tea, Lunch &
Afternoon tea provided)

WHERE: St Johns Anglican Hall
27 Childers Street,
Cranbourne

COST: **FREE of Charge.**
Bookings are essential

BOOKINGS:

Karen Piscopo on 0499 079 749 or
alternatively email
karen.piscopo@anglicarevic.org.au

BEYOND THE VIOLENCE FACILITATOR TRAINING

AIMS

Beyond The Violence facilitator training will assist participants, through experiential learning, to develop the specialized skills and insight to facilitate the Beyond the Violence group program. All participants will receive a copy of the Beyond the Violence manual.

LEARNING OUTCOMES

The three day training will assist participants to:

- Understand the impacts of Family Violence on women and children
- Explore strength-based, participant driven group formats
- Identify techniques and strengths for group work, engagement and facilitation
- Increase skills and confidence in supporting families who have experienced violence
- Practice group work skills in a family violence context, within a parents', children's and combined family group

Participants will be provided with live supervision and debriefing.

Training will be delivered by Karen Piscopo from Anglicare Victoria and Sharon Hawley from Connections. Both Karen and Sharon have extensive experience in parent and community education as well

as extensive experience in working with women and children that have experienced family violence.

WHAT IS THE BEYOND THE VIOLENCE PROGRAM?

Beyond The Violence is an 8 week group for non-violent parents and children who have experienced or are experiencing Family Violence.

The program helps families to establish safety, rebuild family relationships and move forward with their lives following Family Violence.

The emphasis of the group is on:

- Moving forward in a positive manner
- Re building family relationships
- Building skills – parenting skills and children's social skills
- Increasing safety and minimising risk

The program aims to allow a learning environment where participants are supported to:

- Acknowledge the past and its impacts
- Establish or re-establish appropriate parent-child roles, relationships, responsibilities and trust
- Explore alternative approaches and behaviours that respect the rights of the individual and of others
- Feel safe
- Develop self-esteem and positive communication skills
- Accept responsibility for one's own actions
- Set and work toward family goals
- Build hope and trust
- Develop the life families want beyond the violence

BTV WILL RUN IN CRANBOURNE & DANDENONG THROUGHOUT 2017

Live supervision and regular debriefing will be available to all those who co-facilitate the eight week BTV program. Completing the 3 day BTV facilitator training is a prerequisite for facilitating the eight week BTV program.

EXPRESSIONS OF INTEREST:

If you or your agency would like to partner with us to deliver the Beyond The Violence program call Karen on 5945 2000 or email Karen.piscopo@anglicarevic.org.au

Note: Priority for the facilitator training will be given to professionals who are interested in co-facilitating one or more Beyond The Violence programs during 2016. The programs are being scheduled during the school terms in Cranbourne and Dandenong.



Communities for Children
is funded by the Australian
Government.



216/2017

BEYOND THE VIOLENCE

AN 8 WEEK PROGRAM FOR NON-OFFENDING PARENTS AND THEIR CHILDREN WHO HAVE EXPERIENCED FAMILY VIOLENCE.

- Are you dealing with the effects of family violence?
- Does your child's anger or anxiety worry you?
- Are you tired of yelling?

DATES: Monday 5th Feb to 26th March
(no group 12th March
due to Labour Day)
Final session on Thursday
29th March

TIME: 4pm to 6.30pm
(hearty afternoon tea provided)

WHERE: Jacaranda Centre
(behind Dandenong
High School)
Cnr of Ann & Herbert St's
Dandenong

COST: **FREE of Charge.**
Bookings are essential.

BOOKINGS:
Ariane Hahn on 0499 080 468



**WE'D LIKE TO
HEAR FROM YOU
CALL 03 5945 2000 FOR MORE
INFORMATION
WE CAN HELP YOU MOVE
BEYOND THE VIOLENCE**

Are you finding it hard for your children and you to stop fighting and live life as you want it to be?

YOU ARE NOT ALONE!

WHAT PARENTS HAVE SAID ABOUT THIS PROGRAM:

"It was so good to spend this time with others who have been through similar experiences and who understand."

"I can understand their behaviours and actions a lot better."

"I have stopped swearing, yelling and smacking, [now I have] other options to use."

"I feel safe and normal."

"We talk about everything and anything. We laugh together again."

"A better atmosphere in the household."

"I made new friends."

"My 5 year old is much more affectionate with me."

Aims of the program

Helping families to establish safety, rebuild family relationships and move forward with their lives following Family Violence.

What happens at the Program?

The program has a group for parents and one for children, running at the same time, and finishes with a joint "sharing time".

The parent's group is led by facilitators and offers you a safe place for discussion, information sharing and to learn new ways to deal with your children's behaviours. The children's group is led by adult facilitators and your child will have fun learning positive and supportive behaviours through games, stories, discussion and safe play.

As adults, we know that violence occurs in a cycle. This cycle can affect families in many ways, including parents' confidence, children's behaviour and family relationships. Once families are caught up in this cycle it can be hard to break free or get over the effects of it.

The Beyond the Violence program can help families to regain control, rebuild family relationships and restore hope for the future.

Is this program for me?

- Is your child struggling to behave at home or at school?
- Does your child have trouble making friends?
- Is your child being aggressive?
- Do you feel isolated or alone?
- Do you worry for the future?
- Do you and your children need help to reconnect?
- Do you need new ideas to manage your child's behaviour?
- Do you want to strengthen your relationship with your child?



216/2017

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- Do you need new ideas to manage your child's behaviour?
- Do you want to strengthen your relationship with your child?

PARENTS BUILDING SOLUTIONS PROFESSIONAL TRAINING (FORMERLY PHILOSOPHY OF PARENTING – POP)

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 circumstance.

“This whole training was fantastic and I have learned a lot. It’s something I will use with the families I work with.”

- Family Services Worker

LEARNING OUTCOMES

At the end of this training, participants will be able to:

- 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
- Through individual, family or group-work, support parents to:
 - Develop known and agreed rules with their family
 - Implement appropriate discipline, including the use of known and agreed consequences
 - Develop appropriate expectations for the age and developmental stage of the child
 - Help children deal with a range of feelings, and deal with their own feelings as adults
 - Build positive family relationships and communication
 - Support resilience in children

METHODOLOGY

The program is experiential – combining theory and practice wisdom to give participants fresh insights and practical tools they can use when working with families.

The programme Parents Building Solutions, developed by Parentzone Southern, is an evidence based programme

WHO THIS PROGRAM IS 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.

WHEN: Wednesdays – 14th, 21st, 28th
February 2018

TIME: 9:30am – 4pm

WHERE: Anglicare Frankston,
Level 2, 60-64 Wells Street,
Frankston

COST: \$340 (inc GST) Training only
\$433.50 (inc GST) Training & Manual

A limited number of funded places are available free for volunteers, students, ACCOs & Anglicare Victoria staff. Please contact Parentzone for information on the application process.

Participants will receive an electronic copy of the Parents Building Solutions manual. Hard copies of the manual are available for \$93.50 each.

To Register: please complete the attached registration form and email to louise.anderson@anglicarevic.org.au

Following the training, Parentzone may be able to support your organisation to implement learnings from the training through co-facilitating parenting groups.

For more information contact:

Michelle Brown – 0429 174 150
michelle.brown@anglicarevic.org.au
Carol Abery – 5945 2000
carol.abery@anglicarevic.org.au

2017 PROFESSIONAL DEVELOPMENT PROGRAMS-APPLICATION FORM

To register for a Parentzone professional development program, please complete and return this form to parentzone.southern@anglicarevic.org.au or

Admin
Parentzone Southern
PO Box 774
Pakenham VIC 3810

Places will be confirmed via return email.

First Name:		Surname:	
Agency:			
Position:			
Address:			
Suburb:		Postcode:	
Phone:			
Email:			
Dietary Requirements:	Vegetarian <input type="checkbox"/>	Gluten Free <input type="checkbox"/>	Other*:
Register For:	Training Only <input type="checkbox"/> \$340 (incl GST)	Training & Manual <input type="checkbox"/> \$433.50 (Incl GST)	

A limited number of free places are available for volunteers, students, Anglicare Victoria staff and ACCOs. If you think you may be eligible, please contact us to discuss how you can apply.

Terms & Conditions: Places are subject to availability. Payment is by cheque or EFT transfer only. Fees will only be refunded if participants withdraw prior to 10 working days before the training date. Parentzone cannot guarantee we will be able to meet all dietary requirements.

Payment:

This form serves as a TAX INVOICE upon receipt of payment.
Anglicare Victoria ABN: 97 397 067 466

- ☐ Cheque (enclosed) payable to Anglicare Victoria
- ☐ EFT transfer: please contact for details

Office Use only: Payment rec. ____/____/____ Amt Rec \$: _____ Receipt No: _____

Confirmation sent:

**BETTER
TOMORROWS**



PARENTING IN AUSTRALIA PARENTS BUILDING SOLUTIONS

A program for parents or anyone who has the care of children as their responsibility

ARE YOU TIRED OF YELLING?

How to get kids to listen without having to yell

DEALING WITH ANGER

Helping parents, helping kids deal with frustration and anger

STRATEGIES

Discuss and share skills that work

CHILDREN'S SCHOOL

Understand the problems your kids face in School

SELF CARE

How to cope with stress & emotions



Dates: Fridays, 16 & 23 February,
2, 9, 16 & 23 March 2018.

Time: Time: 9.45am – 12.15pm.

Where: Catholic Care
Level 2, 33 Princes Hwy
Dandenong Vic 317

Cost: FREE. Bookings essential

Facilitator: Jasbir Singh - Parentzone Anglicare

Bookings: For bookings and enquiries contact:

Catholic Care Reception - 8710 9600

Email: Dandenong@ccam.org.au

at Catholic Care

Jasbir Singh Suropada- 0431 203 177

Email: jasbir.suopada@anglicarevic.org.au
at Parentzone



GROWING GREAT KIDS

PARENTS BUILDING SOLUTIONS

ARE YOU TIRED OF YELLING?

How to get kids to listen, without having to yell

DEALING WITH ANGER

Deal with our own anger and the anger of our children

STRATEGIES

Discuss and share skills that work

TECHNOLOGY & OUR CHILDREN

When to limit it and how?

SELF CARE

How to cope with stress & emotions

DATES:

Thursdays 15, 22 & 29 March
19, 26 April and 3 May 2018

TIME:

9.00am - 11.30am

WHERE:

Yarraman Oaks Primary School
27 Liege Avenue, Noble Park

COST:

FREE: Bookings essential

BOOKINGS:

For bookings and enquiries contact:

Elissa Sewell - 9792 4406 or

Email: sewell.elissa.j@edumail.vic.gov.au

Jasbir Singh Suropada

Call or TEXT 0431 203 177 to register
jasbir.suropada@anglicarevic.org.au





Playgroup Invitation

When: Wednesdays and Fridays 9:00am-10:30am (school weeks)

Where: Community Room

Keysborough Primary School,

33 Coomoora Rd, Springvale South

Your child will have many learning experiences in a safe and friendly environment, including story time, outdoor/indoor play and many fun activities, while making new friends.

What to bring: a piece of fruit or a snack, a coat and a hat for your child.

Like any other playgroup, **your child will need to be accompanied by an adult.**

For more information, please call:

Keysborough Primary School on 9798 4764
or Vanja Flett, ParentZone, on 0429 454 693



GROWING GREAT KIDS

PARENTS BUILDING SOLUTIONS

A program for parents, grandparents, step parents & carers.

ARE YOU TIRED OF YELLING?

How to get your kids to listen, without having to yell

DEALING WITH ANGER

Recognising the causes and triggers for anger

REALTIONSHPIS

How can parents build a better relationship with their kids?

STRATEGIES

Discuss and share strategies that work

DATES:

Wednesdays for 6 weeks
21st, 28th February, 7th, 14th 21st &
28th March 2018

TIME

1.00pm - 3.30pm

WHERE:

Lakeside College
2 Portobello Rd, Pakenham 3180

COST:

FREE: Bookings essential
(Refreshments provided)

BOOKINGS:

For bookings and enquiries contact:

Pastor Nathan Hedt: 0429 934 045

Email: nathan.hedt@lakeside.vic.edu.au OR

Jasbir Singh at Parentzone on 0431 203 177
(Simply text your name in to register)

Email: jasbir.suopada@anglicarevic.org.au

PARENTS BUILDING SOLUTIONS

For parents, step-parents, grandparents & carers of
children aged 3-12 years



Join us in an interactive program to share experiences and ideas, and learn strategies to support your child

ARE YOU TIRED OF YELLING?

How to get kids to listen, without having to yell

DEALING WITH ANGER

Helping parents, and kids, deal with anger and frustration

RESPONDING TO BEHAVIOUR

Better understand why children behave the way they do

STRATEGIES THAT WORK

How can parenting be easier and more fun!

DATES: Wednesday evenings
21st February to 28th March
(6 weeks)

TIME: 5.30pm – 7.30pm

WHERE: Doveton Library
24 Autumn Place, Doveton

COST: **FREE** – Bookings essential
Refreshments provided

BOOKINGS AND ENQUIRIES:

Sandra Phillips at ParentZone
03 5945 2000 or 0447 500 355
sandra.phillips@anglicarevic.org.au

www.tinyurl.com/cclcevents
or phone the library on 03 9792 9497



Casey
Cardinia
Libraries

PARENTS BUILDING SOLUTIONS

For parents, step-parents, grandparents & carers of
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Better understand why children behave the way they do

STRATEGIES THAT WORK

How can parenting be easier and more fun!

DATES: Tuesdays from 13th February to 20th March (6 weeks)

TIME: 9.15am – 11.30am

WHERE: Rangebank Primary School
14-36 Lesdon Avenue
Cranbourne

COST: **FREE** – Bookings essential
Refreshments provided

BOOKINGS AND ENQUIRIES:

Sandra Phillips at ParentZone
03 5945 2000 or 0447 500 355
sandra.phillips@anglicarevic.org.au



03 5945 2000
anglicarevic.org.au

**BETTER
TOMORROWS**



REFRESHMENTS
PROVIDED
COST: FREE
BOOKINGS ARE
REQUIRED

2018 004

PARENTS BUILDING SOLUTIONS

FOR PARENTS AND CARERS OF PRIMARY SCHOOL AGED CHILDREN

Join us in an interactive program for parents of children age 5 - 12 years to share experiences and ideas, and learn strategies to support your child.

WOULD YOU LIKE TO DISCUSS NEW PARENTING IDEAS ?

Please join us and exchange them with other parents.

HOW CAN YOU HELP YOUR CHILD REACH THE FULL POTENTIAL ?

Create even better relationship with your child and your family

RESPONDING TO BEHAVIOUR

Better understand why children behave the way they do

STRATEGIES

Discuss and share strategies that work

DATES: Wednesdays, 21, 28 Feb, 7, 14, 21, 28 Mar 2018

TIME: 12:30pm-2:30pm
(refreshments provided)

WHERE: Keysborough Primary School
33 Coomoora Rd.,
Springvale South

BOOKINGS:

For bookings and enquiries contact:

Vanja Flett at Parentzone on
03 5945 2000 or call/SMS 0429 454 693

Vanja.Flett@anglicarevic.org.au

Patricia Hill at Keysborough Primary School
on 03 9798 4764

* Please advise at time of booking if an interpreter is required

Communities for Children are funded by the Australian Government



Beyond the Violence

**“Safe Consistent Relationships
and Support Spaces”**

The space is for women and their children who have experienced family violence and wish to connect with others who have a shared experience.

- Dates** Monday 5 February to Monday 26 March , 2018
(No group Monday 12 March)
- Time** 4pm – 6pm
- Where** “Wellsprings for Women”
79 Langhorne St, Dandenong VIC 3175
- Cost** Free of Charge – Bookings are essential
- Bookings** Alison Krusec 0409 316 620 or 03 5945 2000
email Alison.Krusec@anglicarevic.org.au



Standing together with Australians in need until they can stand for themselves

