



# Parent News



Parenting News and Information for the Eastern Region  
Volume 16, No. 1 – Term 4, 2013

## **EASTERN REGIONAL PARENTING SERVICE**

**Anglicare Parentzone**  
47 Castella Street  
Lilydale 3140

**Phone: 9735 4188**  
**Fax: 9735 5782**

**E-mail:** [parentzone.errd@anglicarevic.org.au](mailto:parentzone.errd@anglicarevic.org.au)  
**Web Site:** [www.anglicarevic.org.au/newsletter](http://www.anglicarevic.org.au/newsletter)

Click on **NEWS** then **NEWSLETTERS** then **PARENTZONE NEWSLETTERS** then  
**EASTERN NEWSLETTER.**

**PARENTLINE Ph: 13 22 89**

**For any parenting enquiries: Mon – Fri 8am – 5 pm Sat – Sun 10am – 10pm**

# Parentzone News

Term 3, 2013

47 Castella Street, Lilydale 3140 Ph: 9735 4188 Fax: 9735 5782

Email: [parentzone.erd@anglicarevic.org.au](mailto:parentzone.erd@anglicarevic.org.au), Web: [www.anglicarevic.org.au](http://www.anglicarevic.org.au)

## Welcome to Parent News Term 4, 2013

The last 3 months has been one of the busiest terms this year with Parentzone Educators facilitating 56 combined professional and parenting sessions across the sector. Once again Parentzone was able to provide weekend and night time groups to ensure single and working parents could still have access to resources and support.

We have recently reorganised Parentzone staffing hours to enable us to provide two permanent part time positions to complement our existing team of Helena Laverie and myself as Team leader. We are especially pleased to confirm Kim Pedler's appointment to a permanent position, continuing his role as a valued member of the team. We also welcome our new team member, Julia Russell who has been working as an Integrated Family Services Practitioner with Anglicare at the Lilydale site for the past 5 years.

*Julia has a strong passion for group work and is an experienced facilitator of weekly, ongoing groups for parents experiencing mental health issues, with a focus on modelling positive parenting practices, promoting parenting skill development and personal growth.*

### Philosophy of Parenting – Professional Development

In term 4 Helena will be facilitating another POP training course for professionals beginning mid-October at the Anglicare Bayswater site. At this stage the course is booked out but you may want to give Helena a call on 9735 6134 just in case someone needs to drop out at the last minute or you can always put your name down for next year's sessions.

The **Parent Educators Network (PEN)** continues to meet regularly and welcomes any professionals involved in providing parenting education in the Eastern Metropolitan Region to join us at the meetings. Attending the **PEN** meeting will allow you to share information about your work and organisation, and to network with other parent educators and find the 'gaps' in delivering programmes across the inner and outer Eastern regions.

The next **Parent Educators Network** meeting is on **16<sup>th</sup> October 9.30 – 11.30am at Monash Youth & Family Services, 14 Bogong Ave Glen Waverley**. Warren Turner will be talking about the Rebound Program and other youth focused programs available at Eastern Access Community Health.

### 'Parent News'

We trust that you find accessing information about parenting courses and programs, via "Parent News" to be as useful as you have in the past. Please call us if you have any problems accessing the document on our website.

### We would like to hear your feedback about Parent News

We will be reviewing the '**Parent News**' format over summer when things are a bit quieter and are keen to get your opinion on the current format and whether to bring it in line with other regional Parentzone publications where all parenting activities are listed under each LGA location. For example as a parent or professional looking for a group for a family, would you find it easier to see all the groups listed under your own or nearest municipality?

We plan to send you a short survey to see what is working for you and to get your ideas and preferences on the useability of this resource. In the meantime you can always email your thoughts and suggestions to us at [parentzone.erd@anglicarevic.org.au](mailto:parentzone.erd@anglicarevic.org.au)

I look forward to getting out into the community in the months leading up to Christmas to meet colleagues who share a passion for nurturing and strengthening family life so that parents can enjoy and guide their children within a safe and secure environment.

Warm Regards

Susan Halstead-Baker  
Team Leader  
Parentzone Eastern

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### What do you have planned for Term 1, 2014?

**Deadline: Please send us details of any programs, workshops or support groups that you plan to run in Term 1, 2014. We need this information by Friday 6<sup>th</sup> December 2013 in order to have your programs advertised in our Term 1 'Parent News'. If you are unsure of details such as dates, times and venues, we can list these with 'please phone for details' rather than exclude them – as long as we have the name of the program and a contact name and phone number. Please use the "What's On" form included or emailed to you with the reminder towards the end of term.**

**If you wish to be on our reminder list, let us know via email on :**

[parentzone.erd@anglicarevic.org.au](mailto:parentzone.erd@anglicarevic.org.au)

**If you do not receive your reminder please contact us on 9735 4188**

### Other regional parenting resource services in metropolitan Melbourne

Northern Region	Southern Region	Western Region	Western Region
Anglicare Parentzone 239 Murray Road Preston 3072 Tel: 8470 9949	Anglicare Parentzone 66/68 Main Street Pakenham 3810 Tel: 5940 9122	Anglicare Parentzone 60-64 Wells Street Frankston 3199 9781 6700	McKillop Family Services/ParentsLink 118 Commercial Road Footscray 3011 Tel: 9680 8411

**NB. PARENTZONE DUTY TIMES 1 – 4PM MONDAY TO FRIDAY – 9735 4188**

### PARENT EASY GUIDES

The South Australian Parent Easy Guides (PEGS) are available via the Internet from:

[www.parenting.sa.gov.au/pegs](http://www.parenting.sa.gov.au/pegs)

With a selection of nearly 70 general parenting topics and several more dealing specifically with Aboriginal or Multicultural related topics, they are well worth viewing on line to find advice for most parenting challenges. Some of the titles include:

- 'Being a Parent' 'Single parenting'
- 'Families that work well'
- 'Being a Dad' 'Discipline (0-12yrs)'
- 'Being a Mum' 'Milestones'
- 'Grandparents'

### Parentline Ph: 132 289

Mon—Fri, 8am—midnight

Parentline is a free service offering telephone counselling, information and referral to parents of children aged between 0 - 18 years. Parents and other carers may phone to obtain advice about managing difficult behaviours, including conflict and relationship issues. People who ring while the line is busy or outside hours can leave a message and will be called back.

### State Parent Educators Meeting

This meeting is held once a term to facilitate supportive and educational interaction between people who are providing various parenting services across Victoria.

Next meeting: Ring for details

Drummond Street Relationship Ctr. 1  
195 Drummond St, Carlton 3053  
walkable from parliament station.

Contact Pat Jewell on 0429 819 392 or [patj@bigpond.net.au](mailto:patj@bigpond.net.au) for further information and to be placed on the mailing list.

### FAMILY RELATIONSHIPS SERVICE FOR CARERS

The Family Relationship Service for Carers is a free state-wide service for people who are caring for a family member with a disability (of any age). We assist people in commencing future planning, and are able to provide counselling to family members for a wide variety of issues.

**Phone: 1300 303 346 email: frsc@each.com.au**

### RAISING CHILDREN NETWORK

The Raising Children Network website is a national, reliable, user-friendly resource.

Sections include:

- Parenting in picture – basic baby care
  - Tools to encourage good behaviour – parenting skills
  - My Neighbourhood – interactive map of helpful services.
  - Recipes and meal ideas
  - Working with Parents – for professionals
- [www.raisingchildren.net.au](http://www.raisingchildren.net.au)

<http://raisingchildren.net.au>

Award winning site includes information, tools and resources on raising children in the pre-teen and early teen years.

### NEW MENTAL HEALTH RESOURCES

New Mental Health Resources:-  
Fact Sheets in 21 languages: 'Multicultural website.

What is Mental Illness, Personality Disorder, Eating Disorder, Schizophrenia...' and more: go to [www.mhima.org.au](http://www.mhima.org.au)

Australia Gov comprehensive one-stop-shop website, Mental Health & Wellbeing [www.mentalhealth.gov.au](http://www.mentalhealth.gov.au)

### THE PARENTING PLACE

<http://www.theparentingplace.com>

Parenting Courses run throughout Australia, helping parents become **Great Parents producing Great Kids**

To find the nearest course to you, contact: 9729 2293

Or email: [toolboxau@theparentingplace.com](mailto:toolboxau@theparentingplace.com)

### MOUNTAIN DISTRICT LEARNING CTR

Gateway to Learning  
Victorian Certificate of Applied Learning (VCAL)  
VCE Year 11  
Vocational Education and Training (VET)

Ring for details.

13-15 The Avenue, Ferntree Gully  
Ph 9758 7859

[www.mdlc.com.au](http://www.mdlc.com.au)  
[office@mdlc.com.au](mailto:office@mdlc.com.au)

### ELKANAH COUNSELLING

1 Whitehorse Road  
Balwyn 3101  
Phone 9817 5654

Consultations by Appointment only.

Reception Hours: 10 am – 4 pm Mon – Fri

Consultation Hours:  
8 am – 8 pm Mon – Fri and 8 am – 12 noon Sat

[www.elkanahcounselling.com.au](http://www.elkanahcounselling.com.au)

### THE CENTRE FOR CHILD & FAMILY DEVELOPMENT

#### Information for Parents about Psychotherapy for you & your child

**Your Psychotherapist:** Ruth Schmidt Neven PhD has over 40 years experience working with children, parents & families in Australia & the UK.

**Referrals** – Parents can refer themselves & their children directly to the Clinic. The Clinic also receives referrals from general practitioners, maternal & child health nurses, schools, health & community services & other professionals.

All enquires should be made to: Ruth Schmidt Neven, Head of the Centre, on 9830 0422

### PEACEFUL PARENTING WITH TRE

TRE uses our body's innate tremor mechanism to release the physical effects of stress, tension and trauma without having to talk about or recall past events.

**About Richmond Heath:** I am a Physiotherapist with a background in mental health and suicide prevention and a special interest in the benefits of TRE for parents and families.

You can contact me on 0409 357 964 or via email:  
[treaustralia@hotmail.com](mailto:treaustralia@hotmail.com)  
Videos, more info & online registration available at:  
<http://www.treaustralia.com.au>

### SAFE SLEEP SPACE SERVICES

#### Telephone consultations

Safe Sleep Space offers telephone consultations Australia Wide. 20 minute consultation & tip sheet only \$40 +gst.

#### Home Visiting or Day-stay Program

Our Safe Sleep Space Home Visiting or Day Stay program involves 1:1 time & 1-2 weeks follow up support. All services are tailored to meet individual needs & all families receive a FREE copy of our Safe Sleep Space book.

For bookings or more info. call the office on 1300 775 337

### CEREBRAL PALSY SUPPORT NETWORK

WORLD CP DAY - Morning Tea  
Wednesday 2 October 13 – 10.30 am  
Venue: CPSN – 525 High St, Preston

'Change my world in 1 minute'  
Post your life changing idea by 31 Oct 13 to be in the running to win US\$50,000.

Ring or see website for more info.  
1300 277 600  
[www.worldcpday.org](http://www.worldcpday.org)

### MINDMATTERS REGIONAL PRESENTATIONS

**Students experiencing high support needs in mental health  
For wellbeing co-ordinators, school counsellors &  
school support staff**

This module includes identification, self-referral, case management, online counselling, debriefing, referral pathways & agency networks.

Thursday 21 November  
Venue:- Box Hill

For more information and bookings go to:  
[www.mindmatters.edu.au](http://www.mindmatters.edu.au)  
Or ring – Ph 9411 9900

### HANDS ON PARENTING PROGRAM

In home visiting service helping to support new families with Parenting Issues.

Doncare

For more information contact:

**Freya Dugan 9856 1500**

### MINDMATTERS REGIONAL PRESENTATIONS

**Introduction to Whole School Approach to Wellbeing**

10am – 12pm  
Wednesday 23 October 13

Venue: Glen Waverley

For more information and bookings go to:  
[www.mindmatters.edu.au](http://www.mindmatters.edu.au)  
Or ring – Ph 9411 9900

### CHILDRENT'S MENTAL HEALTH SERVICE

**Counselling for Children**  
Eastern Melbourne Medicare Local

Ongoing service  
Venue: Multiple locations across Knox, Maroondah & Yarra Ranges.

Free service for children under 12 but, requires a child treatment plan from your GP & an Eastern Melbourne Medicare Local referral form.

Contact: Craig Russouw ph. 9871 1000

### MINDMATTERS REGIONAL PRESENTATIONS

**For school staff managing transitions**

Wednesday 13 November 13  
**Venue: Healesville**

Wednesday 20 November 13  
**Venue: Box Hill**

For more information and bookings go to:  
[www.mindmatters.edu.au](http://www.mindmatters.edu.au)  
Or ring – 9411 9900

### DOMESTIC VIOLENCE RESOURCE CTR COURSE

#### Reflective practice workshop

This experiential workshop provides the opportunity for workers from family violence services to consider how they can integrate reflective practice into their day-to-day work.

**Date & time:** Wednesday 4 December  
9.30am – 4.30pm

**Cost:** \$60 SHS funded or \$120 non-funded

**Location:** CBD

For more information & registration go to:

[www.dvrcv.org.au](http://www.dvrcv.org.au)

Ph 9486 9866

### DOMESTIC VIOLENCE RESOURCE CTR COURSE

#### Case Notes, Domestic Violence & the Law

This 2 day training examines the important role of case notes in day-to-day practice & their legal implications.

Includes models for taking case notes, writing style & content, responding to a subpoena, being a witness & writing reports for court.

**Date:** Tuesday 12 & Wednesday 13 November

**Cost:** \$120 SHS funded or \$240 non-funded

For more information & registration go to:

[www.dvrcv.org.au](http://www.dvrcv.org.au)

Ph 9486 9866

### DOMESTIC VIOLENCE RESOURCE CTR COURSE

#### Adolescent violence in the home

This new training will equip practitioners with the knowledge & skills to respond to adolescents who use violence or aggression against family members. It will assist practitioners to work with adolescents & parents to restore family safety & wellbeing.

**Date & time:** Tuesday 26 & Wednesday 27 November  
9.30am – 4.30pm

**Cost:** \$120 SHS funded or \$240 non-funded

**Location:** CBD

For more information & registration go to:

[www.dvrcv.org.au](http://www.dvrcv.org.au)

Ph 9486 9866

### DOMESTIC VIOLENCE RESOURCE CTR COURSE

#### SmartSafe: mobile technology & family violence

This 1 day program explores how mobile technologies can be used by perpetrators of family violence as a tool of abuse as well as how mobile technologies can support women's safety. Workers will learn how to identify & implement mobile technology related safety planning for women.

**Date & time:** Thursday 21 November  
9.30am – 4.30pm Lunch, am & pm tea included

**Cost:** \$60 SHS funded or \$120 non-funded

**Location:** CBD

For more information & registration go to:

[www.dvrcv.org.au](http://www.dvrcv.org.au)

Ph 9486 9866

### CENTRE AGAINST SEXUAL ASSAULT HOUSE

#### Responding to sexual assault: Level 2

This interactive workshop extends the skills & confidence of those working with adult victims/survivors of sexual assault. Level 1 is a prerequisite for attending Level 2.

**Date:** Wednesday 23 October

**Cost:** \$130 per person or \$70 for students

**Location:** CBD

For more information go to:

[www.casahouse.com.au/index.php?page\\_id=136](http://www.casahouse.com.au/index.php?page_id=136)

Ph 9635 3600

### COUNSELLING MULGRAVE

#### Counselling at Mulgrave Neighbourhood House

36 – 42 Mackie Road, Mulgrave

Ph. 9548 3311

Parenting, relationship, education & general supportive counselling. Life Coaching also offered.

Only available Fridays – Term 4

**Cost:** \$65 or \$45 with Healthcare card

Cathie Hutchinson – Social Worker

Email: [cjhutchi@bigpond.net.au](mailto:cjhutchi@bigpond.net.au)

### C.H.A.M.P.I.O.N.

#### Community hub & meeting place in our neighbourhood

TSA Community Hall, 51 Elizabeth St, Bayswater

Welcome to CHAMPION, a safe space provided by the Temple Society Australia. Have a chat to our Community Care Worker about the many services we have available, including; Emergency Food Relief, computer internet access & referral service.

Opening 7 & 9 October

**Hours:** Mondays 9.30am to 12.30pm

Wednesdays 1pm to 3pm

***“You have to have confidence in your ability  
and then be tough enough to follow through”***

**Rosalynn Carter**

## RELATIONSHIPS AUSTRALIA

### Relationship Skills Building Seminar – 2 Days

This seminar is for couples who are looking to learn new skills or enhance existing skills that will help them prevent relationship breakdown, feel concerned about their relationship, are at a crossroad feeling unsure about the future or seeking to reconcile after separation.

**Date & time:** Saturdays - 16 November & 7 December  
9.45 registration, 10am – 4.30pm

**Cost:** \$360 per couple – Morning tea & lunch included

**Location:** Burrinja Cultural Centre,  
Cnr Glenfern Road & Matson Drive, Upwey

For more info & registration call or go to:  
Ph. 9725 9964

[www.relationshipsvictoria.com.au](http://www.relationshipsvictoria.com.au)

## ROCK & WATER – AUTISM WORKSHOP

### 2 Day Autism Spectrum Disorders Workshop

Learn how to implement rock & water principles & exercises specifically designed to support boys & girls living with autism.

**When:** Monday 14 & Tuesday 15 October

**Where:** TBA, will be close to the Melbourne CBD

**Cost:** \$561, includes 2 manuals & catering, or \$881, includes above plus DVD, Poster pack etc

Register online or download a registration form at:

<http://www.newcastle.edu.au/rw>

Or call ph. 02 4921 6403

## LD NETWORK - CONFERENCE

### Tackling Dyslexia & other Specific Learning Differences

Enabling & empowering students with specific learning disorders (SLD), such as dyslexia, reach their potential!

**Date & time:** Friday 18 October  
8.30 registration, 9am to 4pm

**Where:** Box Hill Convention Centre, Fountains restaurant

For more info:

[http://www.ldnetwork.net.au/LDNetwork/18\\_Oct\\_13\\_Conference.html](http://www.ldnetwork.net.au/LDNetwork/18_Oct_13_Conference.html)

To register online: [www.trybooking.com/55589](http://www.trybooking.com/55589)

## MANAGING DYSLEXIA

Three 2-hour sessions that will empower parents, educators & other professionals of secondary school students that have Specific Learning Differences (SLD).

**Dates & time:** Thursdays 14, 21, 28 October,  
7pm to 9pm

**Where:** Mooroolbark College, 186 Manchester Road,  
Mooroolbark

**Cost:** \$75 per person, \$125 both parents/carers  
For special rate for HCCH email [info@ldnetwork.net.au](mailto:info@ldnetwork.net.au)

For more info: <http://www.ldnetwork.net.au>

To book online: [www.trybooking.com/62583](http://www.trybooking.com/62583)

## Parent Educators Network Eastern Region

**Come and enjoy morning tea to discuss  
what is needed in your area.**

**Plus**

**Warren Turner from EACH will talk about the Rebound program and  
other youth focused programs available at Eastern Access  
Community Health.**

'Rebound emerged out of discussions involving the Police, the Magistrates Court and the CSO EACH Social and Community Health regarding the lack of diversion options for young people in the Eastern Region. The development of the program focused on diverting young people from the judicial system and offending behaviour, preventing homelessness through family connections, enhancing emotional stability, encouragement and promotion of each young person's ability to trust, respect and build positive relationships, connection young people to pro-social community initiatives, and to link young people and their families to appropriate services and follow up support where needed.'

**Wednesday 16<sup>th</sup> October 2013  
9.30 – 11.00 am**

**To be held at Monash Youth & Family Services  
14 Bogong Avenue Glen Waverley  
(parking in multi-story car park opposite)**

**NUMBERS LIMITED - BOOKINGS ESSENTIAL  
Phone Helena Parentzone on 9735 4188**

We are always open to suggestions so please contact Parentzone if you have any particular topic requests. This network meeting is open to all professionals involved in the provision of parenting education and information.

If you wish to be on our email contacts list for information to be sent to you, or added to our list of parenting course providers, email [parentzone.errd@anglicarevic.org.au](mailto:parentzone.errd@anglicarevic.org.au) or bring your details to the meeting.



## GENERAL PARENTING (0-5)

Program	Contact/Phone	Venue	Dates/Times/Other
Maternal and Child Health Telephone Service is a 24 hour and seven days a week state wide service offering support and advice to families with children aged 0-6 years. Parents and other family members may contact the service when faced with a situation that is difficult to handle and they are unable to contact their local maternal and child health nurse. Phone 132 229.			
<b>Regional / Other</b>			
Tweddle Child Family Health Service – check website – <a href="http://www.tweddle.org.au">www.tweddle.org.au</a> . For info re range of seminars held in Footscray and Carlton call 9689 1577.			
Australian Multiple Birth Association of Victoria	Area Contacts <a href="http://www.amba.org.au">www.amba.org.au</a>  Ph. 1300 886 499	Multiple birth volunteer support program manual, available through the AMBA. <a href="http://www.amba.org.au">www.amba.org.au</a> or 1300 886 499 Australian Multiple Birth Assoc. Will put you in touch with local support & provides referral to other consultants for volunteer programs.	
MOPS – Mothers of Preschoolers	Mon – Thurs – 8551 6630 For info. Re. groups. 316 Kingston Rd, Clarendon	Time out for mothers of 0-5yo. Activities, speakers, support. Christian organisation. Children cared for in their own program in the same building.	
Aust Breastfeeding Association	Head Office -9885 0855 <a href="http://www.breastfeeding.asn.au">www.breastfeeding.asn.au</a>	Website to access local information & counselling:	24 hour helpline 1800 686 268
Playgroup Victoria Fun, learning & friendship	All Victorian Municipalities Rosanna toll free 1800 171 882	Various locations across Melb usually meet weekly	Phone for details of local groups <a href="http://www.playgroup.org.au">www.playgroup.org.au</a>
How to talk so Kids will Listen & Listen so Kids will Talk	Sarah Powell ph 9663 6733  Email: <a href="mailto:enquiries@ds.org.au">enquiries@ds.org.au</a>	Drummond Street Services 195 Drummond St, Carlton	Tuesdays, 9.45 – 11.45am 22 Oct to 3 Dec Cost: \$60 single \$90 couple/family rate Concession with HC Card
Sleep Unit Location. For diagnosis & treatment of sleep problems & disorders for children.	Royal Children's Hospital Ph. 9345 6180	Parkville	Ring for information Useful website: <a href="http://www.sleep.org.au">www.sleep.org.au</a>
Kindergarten Parents Victoria Training for Committees	Ph. 9489 3500	Various: refer <a href="http://www.kpv.org.au">www.kpv.org.au</a> For session dates & venues	FREE
Boroondara Family Network	Caroline Elston 9853 5244 Or 0409 014 862	Home visiting by volunteers Ring for details	For parents of children 0-5 years
Parenting Workshops	Maria or Abbie 9885 6822	As Above	Ring for details. Child Care Provided
Playgroup	Denise Mitchell 9853 3126 Kew Learning Centre	2-12 Derby Street, Kew	Wed 12.30-2 pm, Fri 10-12noon Cost: \$5 per visit
Playgroup ages 2 and under	As above	As above	Tuesdays 9.30 – 11 am Cost: \$5 per visit
Playgroup for Grandparents	As above	As above	Wednesdays 10 am – 12 noon Cost: \$5 per visit
Creative Dance	Ph 9890 2467 <a href="http://www.surreyhillsnc.org.au">www.surreyhillsnc.org.au</a>	Surrey Hills Neighbourhood Centre 157 Union Road, Surrey Hills	Tuesdays, (8 weeks) Parent & Toddler: 9.30 – 10.15 3 – 5 yrs 10.30 – 11.15 am Cost: \$130 (come & try \$13.50)  Fridays, (7 weeks) Parent & Toddler: 10 – 10.45 am 3 – 5 yrs 11 – 11.45 am Cost: \$130 (come & try \$13.50)
Men's Discussion Group	As above	As above	10 am – 12 noon Ring for details
Playgroups/Parent Led	As above	As above	Tues, Thurs & Fridays Ring for details
<b>Boroondara</b>			
Baby's OK – but what about you?	Berna – Camcare ph 9809 9104	Bowen St Community Centre 102 Bowen St, Camberwell	Mondays, 1.30 to 3.30pm 7 October to 9 December Cost: FREE Call for more info
Tuning into Kids – Emotionally intelligent parenting, 3 to 7 year olds.	Judy Poll – ph 9809 1234 <a href="http://www.psychology4life.com.au">www.psychology4life.com.au</a>	Psychology4Life, 1 <sup>st</sup> Floor, 1395 Toorak Rd, Camberwell	Mondays, 6.30 to 8.30pm (6 sessions) 14 Oct to 18 Nov Cost: \$295, concession avail.
Early Parenting Support Group	Ph. 8416 7600	O'Connell Family Centre 6 Mont Albert Rd, Canterbury	Ring for details

## GENERAL PARENTING (0-5)

Program	Contact/Phone	Venue	Dates/Times/Other
<b>Boroondara continued</b>			
Playgroups & Childcare	Mary Liston, ph 9889 0791	Bowen St Community Centre 102 Bowen Street, Camberwell	Dates to be confirmed Cost: \$140 per family annually. Ring for details
Monkeys – Music for Children & Preschoolers	As above	As above	8 weeks - 9.45 - 10.30 am Cost: \$81 Child \$122 Family
Baby Play	SIG Ph 8416 7600	O'Connell Family Centre 6 Mont Albert, Canterbury	Mon's, 7 to 28 Oct 12.30-2.30pm Cost: \$40 (\$10 per session)
Sleep Unit Location. For diagnosis & treatment of sleep problems & disorders for Teenagers & Adults.	Epworth Sleep Unit Ph. 9805 4225 Useful websites: <a href="http://www.sleep.org.au">www.sleep.org.au</a> <a href="http://www.betterhealth.vic.gov.au">www.betterhealth.vic.gov.au</a>	Camberwell	Ring for information
Mercy Health - O'Connell Family Centre  Making Parenting Easier Workshops	Mercy Health: ph 8416 7600  Email: <a href="mailto:ofc_reception@mercy.com.au">ofc_reception@mercy.com.au</a>  Web: <a href="http://www.mercyhealth.com.au">www.mercyhealth.com.au</a>	O'Connell Family Centre 6 Mont Albert Rd, Canterbury	PlaySteps: A Parent/Child Play Program (9 wks). By referral. Ring for term dates & venue Cost: FREE  Parenting the 2 to 4 year old Session 1: Nurturing the relationship & bldg self-esteem Saturday 12 Nov, 9.30am – 12pm  Session 2: Understanding & promoting positive behaviour Saturday 19 Nov, 9.30am – 12pm  Session 3: Sleep patterns & settling techniques Friday 21 Oct, 10am – 12.30pm  FatherZone – for Dads only Saturdays, 12 & 19 Nov (2 days) 9.30am – 12.30pm  Ring for costs & further info.
<b>Knox</b>			
Paediatric First Aid	Ph 9294 7530 Web: <a href="http://arrabri@arrari.org">arrabri@arrari.org</a>	Arrabri Community House Allambanan Drive, Bayswater North	Thursday 17 October 7 – 10 pm \$25 pp or \$40 couple
The Club Supported Playgroup	As above	As above	Tuesday afternoons 1 pm – 3 pm Cost: \$8 per session
Kinship Care Network 2013	Lauren 9801 1999 or <a href="mailto:Lauren.gordon@anchor.org.au">Lauren.gordon@anchor.org.au</a>	Glen Park Community Centre 30 Glen Park, Bayswater North	Fortnightly 12.15 – 2.15pm Ring for details
Save the Children Supported Playgroup 0-5 Referral Based for Young Mums	Jennifer Keyes, ph 8417 1404	Scoresby West Children & Family Centre, Scoresby	FREE Tues 1.15 – 3.15 pm
As above	As above	Possums Playgroup Centre, Rowville	FREE Thurs 9.30 – 11.30 am
As above	As above	Park Crescent Children's Centre	FREE Thurs 1.30 – 3.30 pm
Early Home Learning Program Free language based program for babies 6-12 months Some in home support for some groups	Jo Novak 0400 830 108	Across Knox Council	Ring for details
Tiny Tots (0-12mths) Toddlers (18 mths – 3 yrs) Children (3 – 5 yrs)	Pia Butcher: 9801 1422	Knox Library School Terms	Thurs 1pm Tues 11am Wed & Thurs 11am

## GENERAL PARENTING (0-5)

Program	Contact/Phone	Venue	Dates/Times/Other
<b>Knox continued</b>			
Occasional Child Care	Phone 9761 0209 <a href="mailto:info@basincommunityhouse.org">info@basincommunityhouse.org</a>	The Basin Community House 1221 Mountain Hwy, The Basin	Mondays & Fridays 9 – 12 noon During School term Cost: \$184 per term (8 weeks)
Leader-run Play Group for Parents, Grandparents & carers of pre schoolers	Phone 9761 0209 <a href="mailto:info@basincommunityhouse.org">info@basincommunityhouse.org</a>	As above	Tuesday 9.30 am – 11.30 am During school term Cost \$5 per week per child \$1 per extra sibling
Templer Playgroup – Leader facilitated group parents req to attend.	Susi Richter Phone 9557 6713	Temple Society Australia Community Hall 51 Elizabeth St, Bayswater	Every Thursday 9.30 – 12 noon \$65.00 p/term (disc for conc)
Playgroup Information	Sharon 9298 8348	Various refer: <a href="http://www.knox.vic.gov.au">www.knox.vic.gov.au</a>	Phone for details.
Australian Breastfeeding Association Group Bayswater For further information contact Natasha on 9720 4594			
<b>Manningham</b>			
Pre-school Music & Movement	Adelle Bond 9876 4381	Domeney Recreation Reserve, Knees Road Park Orchards	Under 2's 9.30 – 10.15 am Over 2's 10.30 – 11.15 am Bookings Essential Cost: \$65
MOPS Mothers of Preschoolers	Cheryl Arsenis 0403 692 856	Deep Creek Anglican Church 460 Blackburn Road Doncaster East	Thurs 9.30-11.30 am fortnightly \$8 per session. Childcare inc. speakers and activities.
Children's Music Classes	9850 3687 <a href="mailto:office@batch.org.au">office@batch.org.au</a>  <a href="http://www.batch.org.au">www.batch.org.au</a>	Bulleen & Templestowe Community House 284 Thompson's Rd Lower Templestowe	Free Come & Try Session 8 weeks Ring for details 3 ½ - 5 yr old group
Music for Younger Children (2 year olds)	As Above	As Above	Ring for details 10.15 am – 11 am \$75 / \$68 Concession.
Hands on Parenting Support Program	Freya Dugan Doncare 9856 1500	In home visiting support service	Ring for details
<b>Maroondah</b>			
Family Playgroup	Sharon 9294 7530	Arrabri Community House Allambanan Drive Bayswater North	Mon, Tues, Thu & Fri, 10am - 12pm Ring for details Cost: \$5 a wk paid for the term
Tiny Tots 0-12 months Toddler Time 1-3 yrs Stories & activities 3-5y	Helen / Hilda 9870 0177	Ringwood Library During School Terms	Tues 10 am weekly during term Wed 11 am weekly during term Thur 11 am weekly during term
Tuning into Kids, 2 to 12 year olds	Rima ph 9875 4222	Connections Uniting Care 185 Mt Dandenong Rd, Croydon	Tues, 15 October - 26 November 6.30pm to 9 pm
Tiny Tots 0-12 months Toddler Time 1-3 yrs Stories & Fun 3-5 yrs	Croydon, Sarah 9294 5640	Croydon Library Civic Square, Croydon	Tuesdays 11am to 1 pm Ring for details. Cost: FREE
Working Together Pre-schoolers with social & emotional difficulties	Intake Worker Connections 9871 0233	Individual Work with Centre and family. Social & Emotional skills group for 4-5y.o.	Children in early childhood setting. (2-6 y.o.) Knox, Whitehorse, Maroondah, Yarra Ranges
Self Supported Playgroups Minimum 8 families	As above	Central Ringwood Community Centre Bedford Rd Ringwood	Ring for details \$5 per session \$6.50 2 or more children
Natural Parenting Playgroup	Bonita 0449 884 844 <a href="mailto:npmringwood@gmail.com">npmringwood@gmail.com</a> <a href="http://www.naturalparentingmelbourne.com.au">www.naturalparentingmelbourne.com.au</a>	Central Ringwood Community Centre Bedford Rd Ringwood	Fridays 9.30 – 11.30 am Ring for details
Maroondah Day Stay Program Babies 0-12 months Sleeping & feeding routines.	Ringwood M&CH Women's Health East 9845 8000	Ringwood M&CH 28 Warrandyte Road Ringwood	Bookings essential Fridays 9-4.30. Maroondah residents.
Family Playgroups	9870 2602 <a href="mailto:crccinc@bigpond.net.au">crccinc@bigpond.net.au</a> <a href="http://www.crccinc.org.au">www.crccinc.org.au</a>	Central Ringwood Community Centre Bedford Rd, Ringwood	Tuesdays 9.30 – 11.30 am Cost: \$60 per child or two from same family \$78

## GENERAL PARENTING (0-5)

Program	Contact/Phone	Venue	Dates/Times/Other
<b>Maroondah continued .....</b>			
Occasional Care	Sharon Cosgriff ph 9294 7530	Arrabri Community House Allambanan Drive North Bayswater	Monday – Friday 9 am – 12 noon Bookings Essential
Occasional Childcare 3 year old groups	Sue McDermott ph 9876 3421	North Ringwood Community House - 120 Oban Road Ringwood North	Monday – Friday 3 Hour session Cost: \$27 Ring for further details
3 year old activities	As above	As above – Crèche.	Tuesdays 1 – 4pm & Wednesdays 1 – 3pm Cost: Tuesdays \$260 per term Wednesdays \$160 per term
Leader Run Playgroups for 2-4 year olds	Yarrunga Reception Marg or Nicky ph 9722 8942  Ring for more details	Yarrunga Community Centre 76-86 Croydon Hills Drive Croydon Hills	Mondays, 7 Oct to 16 Dec 10 am – 12 noon, (11 weeks) Cost: \$148.50
Childcare			11 week term 7 October – 20 December 9 am – 2 pm Ring for details
Magic 1, 2, 3			Wed's, 16, 23, & 30 October 7.30pm to 9.30pm Cost: \$65 Singles \$110 Couples
3 year old Kinder			Mondays, 1 – 4 pm and Fridays, 9.15 am – 12.15 pm 7 October to 16 December Cost: \$340 per term (2 x 3hr sessions )
Paediatric First Aid			Thursdays from 24 October 7pm – 10 pm Cost: \$30 per person \$45 couple
Introductory Baby Massage			Wednesdays, 23 & 30 October 10 am – 12 pm Cost: \$40
Kinship Care Network 2013	Lauren 9801 1999 or <a href="mailto:Lauren.gordon@anchor.org.au">Lauren.gordon@anchor.org.au</a>	Glen Park Community Centre 30 Glen Park Road Bayswater North	Fortnightly 12.15 – 2.15pm  Ring for details
<b>Monash</b>			
Mums for Mums Support Group Playgroup for Mums who do not have family support.	Helen Grosvenor 9887 6226	Kerrie Neighbourhood House 36 Kincumber Drive, Glen Waverley	Thursdays 10 Oct – 12 Dec 9.15 – 11.15am school terms Bookings essential. \$3 per week
Japanese Mother's Playgroup	Akiko 0439 702 642	As above	Fridays during school term 10.30 – 12.30pm Cost: \$3 per wk
Chinese Playgroup 0-5 yr olds plus Parents and caregivers	Joseph 9271 0847 / 0422 008 145 <a href="mailto:Joseph.jin@connections.org.au">Joseph.jin@connections.org.au</a>	Clayton community Centre Corner Cook St & Centre Rd Clayton	Wednesdays 1 – 3.30 pm Bookings essential
Sleep Unit Location. For diagnosis & treatment of sleep problems & disorders for children.	Monash Medical Centre Ph. 9594 5656 Useful websites: <a href="http://www.sleep.org.au">www.sleep.org.au</a> <a href="http://www.betterhealth.vic.gov.au">www.betterhealth.vic.gov.au</a>	Clayton	Ring for information
<b>Whitehorse</b>			
Supportive Parenting Workshops 6 – 12 months	To Register: 8416 7600 Email: <a href="mailto:ofcreception@mercy.com.au">ofcreception@mercy.com.au</a>	Mercy Health O'Connell Family Centre 6 Mont Albert Rd, Canterbury	Ring for details
Ready Set Baby, for 1 <sup>st</sup> time mothers to be who are 20 weeks pregnant and over	Tricia 9895 3376 Rima 9875 4222	Connections 48 Blackburn Road, Blackburn	Thurs, 31 Oct – 19 Dec 12 noon – 2.30 pm Ring for details

**“When you have kids, there are memories you store directly in your tear ducts”**

**Robert Brault**

## GENERAL PARENTING (0-5)

Program	Contact/Phone	Venue	Dates/Times/Other
<b>Whitehorse continued .....</b>			
Sleep Unit Location. For diagnosis & treatment of sleep problems & disorders for teenagers & adults.	Mitcham Private Hospital Ph. 9210 3146	Mitcham	Ring for information Useful websites: <a href="http://www.sleep.org.au">www.sleep.org.au</a> <a href="http://www.betterhealth.vic.gov.au">www.betterhealth.vic.gov.au</a>
Little Ewoks Company specializing in helping individuals and couples transition into becoming parents.	Kristy 0488 022 642 <a href="mailto:kristy@littleewoks.com.au">kristy@littleewoks.com.au</a> <a href="http://www.littleewoks.com.au">www.littleewoks.com.au</a>	Ring for details	By appointment only. Ring for details
Playgroup (0-5 year olds)	Anne Kean 9873 4587	Mitcham Community House 19 Brunswick Road Mitcham.	Mondays & Wednesdays 9.30 – 11.30am Cost: \$35 per family per school term
Occasional Childcare (0-6 year olds)	As above	As above	Wednesdays & Fridays 9.30am – 2.30pm Thursdays 9.30am – 12.30pm Minimum of 3 hours. Cost: \$25 for 1 child \$40 for 2 or more children
Baby Makes 3 - Relationship counselling for New or Expectant Parents with a child up to 2 yrs old	9890 2220	Whitehorse Community Health Service 43 Carrington Rd, Box Hill	Free Counselling Service
Preschool Story times	Robyn Burns 9873 5638	Various branches/Libraries <a href="http://www.wew.vic.gov.au">www.wew.vic.gov.au</a>	Ring for details. Tues-Fri 11-11.45am
MOPS -Mothers of Pre-Schoolers	9886 3700 (Crossway) <a href="mailto:mops@crossway.org.au">mops@crossway.org.au</a>	Crossway Baptist Church 2 Vision Drive, Burwood East	\$7 per session. Kids in separate prog Thurs every fn 9.30-11.30
Structured Playgroup	Ph 9808 6292	Burwood Neighbourhood House 1 Church Street, Burwood	Fridays 10 am – 12 noon \$5 per session
Playgroups Bookings Essential	Ph 9808 6292	Burwood Neighbourhood House 1 Church Street, Burwood	Monday – Friday 9.30 am – 5 pm **maximum 2 hour sessions** Cost: \$25 a term or \$3 casual visit
Under My Wing A supported Mother – Child Group	Belinda or Beccy 9259 4209 Rima (Connections) 9875 4222	Connections Blackburn	8 week program Ring for dates 10 am – 12 noon
Mini Melodies	Rebecca or Bethany 9896 6322	Mitcham Primary School 294 Mitcham Road, Mitcham	Thursdays 10.30 – 11.30 am Cost: FREE
<b>Yarra Ranges</b>			
School Preparedness Preparing your child for school	Chris Hutchinson ph 98761 6811 Ring to register or for more info	Parenting Positively Unit 31/128 Canterbury Rd, Kilsyth (In Milton Park Estate)	Wednesday 23 Oct – 7 to 9pm or Saturday 26 Oct – 10am to 12pm Cost: \$40
Bringing Up Great Kids – A parenting program for building good relationships with children	As above Ring to register or for more info	As above	Thursdays 17 Oct – 21 Nov, 7 - 9pm (6 sessions) Cost: \$135 Single \$225 Couple
"smalltalk" Giving your kids a great start! Parents of children 1 – 3 y/o	Brenda Ammann 5967 2657	Ring for details	Thursday morning Ring for details
Monbulk Playgroup	Rose 9752 0807	Wellington Cottage Moores Rd, Monbulk	Fridays 9.30 am – 11.30 am \$30 per family
Family Playgroup	Chirside Community Centre 9727 2243	Chirside Park Community Centre	Tuesday and Thursday Mornings
Information & Referral	Jenny Syme Ph: 5967 1769 <a href="mailto:Jenny.syme@anglicarevic.org.au">Jenny.syme@anglicarevic.org.au</a>	Upper Yarra Family Centre, Hoddle St & Warburton Hwy	Tues – Friday; 9:30 – 1:30pm Free service, no appt required.
Kinship Care Network 2013	Lauren 9801 1999 or <a href="mailto:Lauren.gordon@anchor.org.au">Lauren.gordon@anchor.org.au</a>	Glen Park Community Centre 30 Glen Park Rd, B'swater Nth	Fortnightly 12.15 – 2.15pm Ring for details
Sing Play Create - Supported playgroup, Parents experiencing difficulties, (6mths-4yrs)	Intake Worker Ranges CHS Beth 9754 8963 or 9738 8801	1624 Burwood Highway Belgrave	Music, Art, family Relationships. Friday's 10 – 11.30am Cost \$30 For the Term

## GENERAL PARENTING (0-5)

Program	Contact/Phone	Venue	Dates/Times/Other
<b>Yarra Ranges continued .....</b>			
Upper Yarra Family Ctr Playgroups	Ring for Further details:		
My Time Peer Support Group	Brenda Ammann 5967 2657	Upper Yarra Family Centre Cnr Warburton Hwy & Hoddle St, Yarra Junction	Monday 10 am – 12 noon
Young Parents Supported Playgroup	Louise Farmer <a href="mailto:Louise.farmer@easternhealth.org.au">Louise.farmer@easternhealth.org.au</a>		Monday 1.30 – 3.30 pm
Gumboot Gang Playgroup	Kylie 5964 6396	As above	Tuesday 10 am – 11.30 am
Smalltalk Playgroups	Suzanne 9294 6323 <a href="mailto:Suzanne.smith@yarraranges.vic.gov.au">Suzanne.smith@yarraranges.vic.gov.au</a>		Thursday Mornings
Mums and Bubs Paediatric First Aid	Selby Community House Ph 9754 2039	Selby Community House Minak Reserve via Charles St, Selby	Wednesday 30 Oct, 10am – 12pm or Tuesday 12 Nov, 7 – 9pm Cost: \$35 Childcare avail. \$5 p/hr
Yarra Valley Community Health Service	1300 130 381	Ring for more info	Range of services including paediatric services, physiotherapy, dietician, OT and speech therapy services for children. Asthma Education in- house,
Playgroups in the Upper Yarra: Don Valley Community Playgroup	Andrea 5967 3149	Sydney Halbish Hall Cnr Old Don/Dalry Roads Don Valley	Ring for Details
Don Valley Eager Beavers	Lesley 5967 3321	Don Valley Primary School	Thursday mornings
Gladysdale Little Apples	Michelle 04290 795 203 John 5966 6202	Gladysdale Primary School	Ring for Details
Rivertots Playgroup	Jo 5966 5921	Milwarra Primary School	Ring for Details
Warburton Christian Playgroup	Ngairé 5964 7341	Warburton Christian School	Ring for Details
Wesburn Primary Playgroup	Naomi 5967 1302	Wesburn Primary School	Ring for Details
Woori Prezzy Playgroup	Fiona 5961 5947	Presbyterian Church 1363 Healesville Road Woori Yallock	Ring for Details
Breast Feeding Clinic Women's Support Program	5969 9937	Healesville Site 'Comely Bank', St Leonard's Rd, Healesville & Yarra Junction Site 'Yarra Junction Campus', 2475 Warburton Hwy	
Facilitated Playgroups ( 2 – 4 yrs )	Mandi Ph 5963 9878	Seville Community House 8 Railway Road	Monday & Tuesday 9.30 am – 11.00 am Ring for details
Parent Run Playgroup	As above	As above	Thursdays & Fridays 9.30 – 11 am Ring for details
New Mums & Bubs	As above	As above	Tuesday 12.30 – 2.30 pm Ring for details
Junior Music & Dance	As above	As above	Tuesdays 11.30 – 12 noon Wednesdays 9.30 – 10 am Cost \$28 per term
Yoga for Mums & Babies Please ring for all details	Ph. 5964 3987 Email: <a href="mailto:sevcomh@bigpond.net.au">sevcomh@bigpond.net.au</a>	Seville Community House	Wednesdays Cost: \$104

## GENERAL PARENTING (0-5)

Program	Contact/Phone	Venue	Dates/Times/Other
<b>Yarra Ranges continued .....</b>			
Healesville Early Childhood Intervention	EACH – Intake 5962 4704	See <a href="http://www.each.com.au/services">www.each.com.au/services</a>	Assessment, therapy, education. Family support
Mum's & Bubs (up to 2 yrs old) Fitness Classes	Tracy Van Vloten Ph. 9754 2039	Selby Community House Wambalana Rd via Charles St	Tuesdays 10 am – 12pm Cost: \$2 per week
Occasional Childcare Bookings Essential	As above	As above	In school terms Mon & Wed 9.30 am – 12.30 pm Fridays 9.30 am – 1.30 pm \$25 for first child / \$45 for two
Ranges Community Health Service Inc.	Child Health Team 9754 8963 Belgrave 9738 8801 Lilydale	Assessment & advice about children's development. Individual & group support available Email: <a href="mailto:referral@rangeschs.org.au">referral@rangeschs.org.au</a>	
Australian Breastfeeding Ass Group – Lilydale & Yarra Junction - Monday am at Upper Yarra Family Centre For further information ring Lisa on 9017 2159			

### MUSIC TOGETHER For Children 0 – 5 yrs old

Encourages supportive, nurturing relationships between parents/carers and children through music. Weekly 45 minute sessions include singing, dancing, instruments and relaxation. Groups are led by registered music therapists at a variety of locations including Bayswater, Mitcham, Warrandyte, Box Hill, Balwyn East, Croydon, Vermont, Hampton Park, Mooroolbark, Boronia, Blackburn, Heathmont and Pakenham. There are also groups at several locations in the Yarra Ranges, funded by the Yarra Ranges Council.

Cost \$120 per family per Term (\$12 per week/family). Some subsidies available.

For general information contact Tirta at Connections – 9871 0218 or contact groups directly details at [www.connections.org.au/musictogether](http://www.connections.org.au/musictogether)

### "smalltalk" Giving your kids a great start!

**Parents of Children 1 – 3 years Parents will receive a welcome pack. Contact Brenda Amman, Yarra Ranges Council on 5967 2657**

Participation is free of charge and by taking part you will:

- -meet other parents and carers
- -give your child a chance to enjoy playing with other children
- -learn some strategies to help your child's learning
- -enjoy the support of a trained group facilitator

***"I would rather have a mind opened by wonder than one closed by belief" – Gerry Spence***

## GENERAL PARENTING (0-12)

Program	Contact/Phone	Venue	Dates/Times/Other
<b>Regional &amp; Other</b>			
How to talk so Kids will Listen & Listen so Kids will Talk	Sarah Powell ph 9663 6733 Email: <a href="mailto:enquiries@ds.org.au">enquiries@ds.org.au</a>	Drummond Street Services 195 Drummond St, Carlton	Tuesdays, 9.45 – 11.45am 22 Oct to 3 Dec Cost: \$60 single \$90 couple/family rate Concession with Health Care Card
Positive Parenting and Family Wellness 3 sessions p/course	Ph: 9261 8727 or 9261 8700 <a href="mailto:relationshipseducaton@rav.org.au">relationshipseducaton@rav.org.au</a> <a href="http://www.relationshipsvictoria.com.au">www.relationshipsvictoria.com.au</a>	46 Princess Street Kew	Wednesdays 6.45 - 8.45pm 3 sessions per course:  27 Nov & 4 & 11 Dec  Cost \$150 (conc \$120)

Kidproof Seminars

The most trusted name in child safety education run courses for children covering topics such as Never bee lost, stranger smarts, cybersafe, safe sport.

Visit their website for more information: [www.kidproofsafety.com.au](http://www.kidproofsafety.com.au) or ring 1300 577 663

## GENERAL PARENTING (0-12)

Program	Contact/Phone	Venue	Dates/Times/Other
<b>Boroondara</b>			
Tuning into Kids – Emotionally intelligent parenting, 3 to 7 year olds.	Judy Poll – ph 9809 1234 <a href="http://www.psychology4life.com.au">www.psychology4life.com.au</a>	Psychology4Life, 1 <sup>st</sup> Floor, 1395 Toorak Rd, Camberwell	Mondays, 6.30 to 8.30pm (6 sessions) 14 Oct to 18 Nov Cost: \$295, concession avail.
'Parent Effectiveness Training' resolve conflict	Janet 9889 3991 / 0411 091 419 <a href="mailto:janet@mentormaestro.com">janet@mentormaestro.com</a> or <a href="http://www.mentormaestro.com">www.mentormaestro.com</a>	Mentor Maestro Camberwell	Ring for details
<b>Knox</b>			
Dance Family (movement to music for children aged 8 - 18yrs with a disability)	Rosie Dyson 9758 7991	Bayswater Youth Hall Cnr Station St & Pine Rd Bayswater	Sundays – during school term 10.30 – 12 noon Cost: \$10 per session
The Club Supported Playgroup	Ph 9294 7530	Arrabri Community House Allambanan Drive Bayswater Nth	Tuesday afternoons 1 pm – 3 pm Cost: \$8 per session
Behaviour with Rules and Consequences	As above	As above	Thurs 21 & 28 November (2 weeks) 9.30 – 11.30am Cost: \$5
Temple Society Australia Kids' Club	Susi Richter 0400 764 257	Various depending on Activity	Monthly ring for details
Kinship Care Network 2012	Lauren Ph. 9801 1999 or <a href="mailto:Lauren.gordon@anchor.org.au">Lauren.gordon@anchor.org.au</a>	Glen Park Community Centre 30 Glen Park Rd, Bayswater Nth	Thursdays fortnightly from 25 July 12.15 – 2.15pm Ring for details
Growing Great Kids	Heidi ph 9294 7525	As above	Saturdays 2 & 9 November 10am – 12pm Cost: FREE bookings essential
Relationship counselling	Gennene Mitchell 9871 8900	1248 High Street Road, Wantirna South	Ongoing throughout 2013 A moderate fee applies ring for details. After hours appt's available.
Children's Play Therapy & Counselling	As above	As above	As above
Toughlove Wantirna Parent Support Group – children with unacceptable behaviour	Ph 9517 8546	CAV Centre 320 Wantirna Rd, Wantirna	Every Wednesday 8pm \$5 per person per week No childcare
<b>Manningham</b>			
Children, Challenges & Choices For Dads, Mums & Carers of children under 12 years old	Suzanne Young, school contact on ph 9842 8182 or Kim Pedler at Parentzone on ph 9735 6146	Serpells Road Primary School, Tuckers Road, Templestowe	Wednesdays, 16, 23 Oct, 4 & 11 Dec 7 – 9 pm Cost: FREE bookings essential
Hands on Parenting Support Program	Freya Dugan 9841 4215 <a href="mailto:freya@doncare.org.au">freya@doncare.org.au</a>	In home visiting service	Ring for details
CHAMPS For children 8-12 years who have a parent or parents with mental health issues	Bronwyn 9843 5851 or 0408 291 580	Connections 185 Mt Dandenong Road Croydon	Ring for details
<b>Maroondah</b>			
Tuning into Kids, 2 to 12 year olds	Rima ph 9875 4222	Connections Uniting Care 185 Mt Dandenong Rd, Croydon	Tuesdays, 15 October - 26 Nov 6.30pm to 9 pm
Paediatric First Aid	Sharon 9294 7530	Arrabri Community House Allambanan Drive Bayswater North	Thursday 17 October Cost: \$25 per person or \$40 per couple Ring for details
<b>Whitehorse</b>			
School Refusal Program	Cathy 9873 4344	Catholic Care 510–512 Whitehorse Rd, Mitcham	Ring for details
Resilient Parenting Mums, Dads & Carers of children aged 5 to 12 years old	Anne Kean ph. 9873 4587	Mitcham Community House 19 Brunswick Rd Mitcham	Thursdays, 31 Oct, 7, 14, 21 Nov 7 – 9pm (4 sessions) Cost: \$10 per person
Cool Kids - A therapeutic group for primary school aged children who have experienced homelessness &/or family violence.	Contact Camcare for more information: 9809 9106	The rear of: St Peters Anglican Church 1038 Whitehorse Rd, Box Hill	Tuesday afternoons 4-5.15pm Ring for Referral or further information



## GENERAL PARENTING (0-12)

Program	Contact/Phone	Venue	Dates/Times/Other
<b>Whitehorse continued .....</b>			
Study Buddies	Katherine 9803 3400	Uniting Care East Burwood Centre 220 Burwood Hwy, East Burwood	Wednesdays 3.35 – 5 pm During school terms Cost: FREE Ring for details
Cool Kids A therapeutic group for primary school aged children who have experienced homelessness and/or family violence.	Susie at Wesley <a href="mailto:Susie.richards@wesley.org.au">Susie.richards@wesley.org.au</a> or Resilient Kids on 8870 4042	To be advised	Ring/email for details
<b>Yarra Ranges</b>			
Children's Week 2013 Free Activities for Children aged up to 12 years old	Ring for more info, ph 1300 368 333 Web: <a href="http://www.yarraranges.vic.gov.au/ach">www.yarraranges.vic.gov.au/ach</a>	Please visit web site for venues, times & activities: <a href="http://www.yarraranges.vic.gov.au/ach">www.yarraranges.vic.gov.au/ach</a>	Sat 19 to Sun 27 October, Ring or visit web site for more info Cost: FREE
Bringing Up Great Kids – A parenting program for building good relationships with children	Chris Hutchinson ph 98761 6811 Ring to register or for more info	Parenting Positively Unit 31/128 Canterbury Road Kilsyth	Thursdays 17 Oct – 21 Nov 7 - 9pm (6 sessions) Cost: \$135 Single \$225 Couple
Kinship Care Support Group	Bev ph 9801 1999	Lilydale Lake Community Room	Every second Friday during school terms 10 am – 12 noon Ring for details
The MAT program – A therapeutic martial arts program for children 8 – 12 yrs who have a parent with mental health issues	Bronwyn ph 9871 3988 or 0408 291 580	195 Mt Dandenong Road, Croydon	Ring for details
Positive Parenting Program (Group Triple P)	Rima Ph. 9875 4222 Places are strictly limited Bookings are essential	Connections 185 Mt Dandenong Road Croydon	Ring for details
Managing Dyslexia	For more info email Deborah on: <a href="mailto:info@ldnetwork.net.au">info@ldnetwork.net.au</a>  Book through TryBooking on: <a href="http://www.trybooking.com/62583">www.trybooking.com/62583</a>	Mooroolbark College 186 Manchester Rd, Mooroolbark	Thursdays 14, 21, 28 Nov 7 – 9pm Cost: \$75 Single \$125 Parents/Carers Ring for further details
Discipline vs. Punishment  Rules & Consequences  Behaviour  Dealing with Feelings	Helena at Parentzone ph 9735 6134 or 0488 501 204  Childcare available Bookings essential	Woori Yallock Primary School Healesville, Koo Wee Rup Rd Woori Yallock	Thu 17 Oct, 9.30 – 11.30am  Thu 31 Oct, 9.30 – 11.30am  Thu 24 Oct, 9.30 – 11.30am  Thu 7 Nov, 9.30 – 11.30am Cost: FREE Bookings essential
Discipline vs. Punishment  Behaviour  Rules & Consequences  Dealing with Feelings  Resilience	Helena at Parentzone ph 9735 6134 or 0488 501 204  Bookings essential	Sherbrooke Family Centre Corner Mast Gully Rd & Burwood Hwy, Upwey (enter car park via Burwood Hwy)	Thursday 14 Nov, 10am – 12pm  Thursday 21 Nov, 10am – 12pm  Thursday 28 Nov, 10am – 12pm  Thursday 5 Dec, 10am – 12pm  Thursday 12 Dec 10am – 12pm Cost: FREE Bookings essential

### Children's Week 2013

**Saturday 19 October to Sunday 27 October 2013**

**Fabulous Free Activities for Children 0 – 12 years, across the Yarra Ranges**  
(Also Celebrating Community Safety month)

\* Storytelling \*Animal Farm \*Puppet Shows \*Bubblemania \*Theatre & Magic  
\*Street Party \*Arts and Crafts \*Community Safety \*and lots more fun!

For venues, times and activities, please visit [www.yarraranges.vic.gov.au/ach](http://www.yarraranges.vic.gov.au/ach)  
or ring for more info: ph 1300 368 333

## GENERAL PARENTING (0-12)

Program	Contact/Phone	Venue	Dates/Times/Other
<b>Careforce Lifekeys Counselling</b>			
<p>"Family Counselling" with Psychologist Tom McCrimmon &amp; John Anderson - Monday to Friday 9.00 a.m. – 5.00 p.m. at Careforce Lifekeys House, 89 Monbulk Road, Mt Evelyn. "Mental Health Care Plan" eligibility. Contact Libby Holmberg on 9736 2273 for further information on any of the above.</p>			
<b>Family Relationship Centre Ringwood</b>			
<p>Information session for Service Providers working with families in the EMR (Eastern Metropolitan Region)  <b>We provide information &amp; referrals to a range of services that can help strengthen relationships, prevent family breakdown and support separated families.</b>  <b>68 Charter St, Ringwood</b>            Call for details: 9871 6300 or email <a href="mailto:frcintake@ringwoodfrc.org.au">frcintake@ringwoodfrc.org.au</a></p>			
<b>KidsMatter Primary</b>			
<p>KidsMatter is a mental health promotion/early intervention initiative that is implemented by primary schools to support students and families, promote mental health and assist schools and families in addressing the needs of children experiencing mental health difficulties. The initiative is based on a whole school change model and involves a range of resources and strategies for schools and parents. There are parent resources that schools and parents can download from the KidsMatter or their Primary School if it is a KidsMatter school.</p> <p>Free of charge for schools and families.</p> <p><a href="http://www.kidsmatter.edu.au/primary">www.kidsmatter.edu.au/primary</a>            For further information contact:  <a href="mailto:vic@kidsmatter.edu.au">vic@kidsmatter.edu.au</a> or Rob Mason 9411 9901</p>			

***"Your children need your presence more than your presents" – Jesse Jackson***

**LifeWorks Relationship Counselling and Education Services** offers counselling services for couples, individuals and families in the eastern suburbs.

We can assist with relationship difficulties, grief and loss, life transition issues, Separation, parenting and step-parenting challenges, anxiety and workplace problems.

LifeWorks also offers pre-marriage education for committed couples and

Employee Assistance Programs (EAP) for organisations

For more details on our services or to book a confidential appointment, call LifeWorks on **8650 6200**. Log on to [www.lifeworks.com.au](http://www.lifeworks.com.au) or visit us at 1/666 Mountain Highway, Bayswater.



## PARENTS OF ADOLESCENTS (12-18)

Program	Contact/Phone	Venue	Dates/Times/Other
<b>Regional</b>			
Parenting Teens 3 week group	Sarah 9663 6733	Drummond Street Service 195 Drummond Street, Carlton	Wed's, 6 – 27 Nov, 6 – 7 pm Cost: \$35 per person or Free with Health Care Card
YSAS works to improve the health & wellbeing of young people aged 12-21 affected by the use of alcohol and other drugs	9890-7855 or 1800 014 446		Ring for details
<b>Boroondara</b>			
Who's in Charge? For Parents & Carers dealing with adolescent violence or out of control behaviour	Zoe ph 9831 1910 Bookings essential	Camcare (Camberwell office) Ring for further detail	Mondays 7 Oct – 18 Nov 1 – 3pm Cost: FREE Ring for further detail
Counselling Referral and Support Service Info & support groups for parents	9835 7826 Bor. Youth Services	35 Fairholm Grove Camberwell	Ph. Weekdays 9-5pm. Refer to a wide range of services.
<b>Knox</b>			
Stronger Families Program Addressing Youth/Parent Conflict 12 – 17 years old	UnitingCare Harrison Intake team ph 9871 8700	Knox Ozone 1012 Little Burwood Hwy Wantirna South	Mondays to Fridays, ongoing 9am to 6pm
Relationship counselling, parenting	Gennene Mitchell 9871 8900	1248 High Street Road, Wantirna South	Ongoing throughout 2013 A moderate fee applies ring for details. After hours appt's available.
Information Service for Young People and their Parents in Knox	Knox Youth Info. Julia, 9298 8469	Building 2 Capital City Blvd, Knox Ozone Precinct Wantirna South	Free brief counselling & referral. Mon-Thurs 1-5pm
'Toughlove' – children with unacceptable behaviour	Wantirna Parent Support Group Nola 9517 8546 or Contact victoughlove@bigpond.com www.toughlove.org.au	CAV Centre 320 Wantirna Rd, Wantirna	Wednesday 8pm \$5 per person per week No childcare available.
Templer Youth/Teenage Group – monthly activities	Susi Richter – ph: 9557 6713 12 years	Various venues depending on activity	As per program
Knox Youth Services	9298 8000		Eastgate Building, Rear of 511 Burwood Highway, Wantirna. Youth counselling and referral to other services.
Same Sex Attracted Young People Support 12-25 yrs	Knox Youth Services Kate, 9298 8686		Referral to a wide range of services – Eastern Region Gay & Lesbian Youth project including 'Purple Bus' magazine. Refugee: homework support.
<b>Maroondah</b>			
Youth Health Clinic	Heather 9871 1800 Eastern Access Com. Health	Eastern Access 46 Warrandyte Rd, Ringwood	Tuesdays & Thursdays 4-6pm
Youth Services 12-25 years	Maroondah Youth Services 9294 5709	Call for details of individual information support & referral	Mon – Fri 9 am – 5 pm Services and programs for young people.
Ev's lounge Drop in program for young people 12 – 18 years	As above	EV's Youth Centre 212 Mt Dandenong Rd Croydon	Thurs & Fri 3.30 pm – 5.30 pm during school terms Cost: FREE
Maroondah FreeZA group Personal development program for 15-21 year olds	As above Terry or Sarah	As above	Year long program. Group meets weekly Ring for more information.
Ev's Shack Drop in program for 18 – 25 year olds	As above Terry or Sarah	As above	Wednesdays 4.30 pm – 6.30 pm During School Terms Ring for more details.
Teenage Holiday Program Recreation prog for 12 – 16 yrs	As above	Ring for details	School Holidays Cost: Varies - Ring for details
Personal Development Programs	As above	Ring for details	Ring for details
Talking Teens – Dads, Mums & Carers of teenagers 12 – 18 y/o	Helena at Parentzone Ph. 9735 6134, 0488 501 204	Norwood Secondary School Byron Rd, Ringwood	Thursdays 24 Oct – 21 Nov 7 – 9pm Cost: Free Bookings essential

## PARENTS OF ADOLESCENTS (12-18)

Program	Contact/Phone	Venue	Dates/Times/Other
<b>Manningham</b>			
Manningham YMCA	Youth Services 9848 9544	School services, counselling & support, personal development and leadership, youth events, skate services, LAP and youth activities.	
<b>Monash</b>			
Parenting Adolescents 10 -15 years old		Monash Youth & Family Services 14 Bogong Ave, Glen Waverley (Opp. triple deck car park)	Thursdays 24 Oct – 21 Nov 7 - 9.30pm (5 wks) Cost: Free Bookings essential
Monash Youth & Family Services		14 Bogong Ave, Glen Waverley and Clayton	
<b>Whitehorse</b>			
School Refusal Program	Catholic Care 9873 4344	510–512 Whitehorse Rd, Mitcham	Cost according to income Monday to Friday Ring for details
Programs & support to young people & families	Whitehorse Youth Services 9898 9340 / 9262 6383	Youth Connections Suite 2/Level 4, Box Hill	Open 1-5pm daily. Phone 9-5pm daily.
Working with Adolescents	Ph 9262 6332 Bookings essential	City of Whitehorse, Waratah Rm Whitehorse Centre	Tuesday 15 October 7.30 – 9.30pm
Family & Youth Counselling - Meridian	Anglicare Youth & Family Support Team 9896 6322	Anglicare Youth & Family Services 7-11 Shipley St, Box Hill	Mon-Friday 9am-5pm Adol (10-22) and parent mediation.
<b>Yarra Ranges</b>			
Girls with attitude Girls aged 13 – 16 yrs For young women experiencing difficulties dealing with their emotions, struggling with significant relationships and other issues	Rima Kalaidjian 9875 4222 Lea Young 9724 2222	Redwood Centre Warburton  Morning tea provided	Ring for details
Managing Dyslexia	For more info email Deborah on: <a href="mailto:info@ldnetwork.net.au">info@ldnetwork.net.au</a>  Book through TryBooking on: <a href="http://www.trybooking.com/62583">www.trybooking.com/62583</a>	Mooroolbark College 186 Manchester Rd, Mooroolbark	Thursdays 14, 21, 28 Nov 7 – 9pm Cost: \$75 Single \$125 Parents/Carers Ring for further details
Youth & Family Counselling – Yarra Ranges Youth Services	9294 6716	Shire of Yarra Ranges Youth Services	Young people (12-25) & families.
Youth Health Clinic	YV Comm Health Service 1300 130 381	Healesville High School Wed from 11am-2pm Upper Yarra Sec College Mon from 11am-2pm	Phone for details. Bulk billing During school term only.
TRACTION	Angie 9294 6716	Many groups in Yarra Ranges at various locations	16 -25 yr olds with mental health issues
'Hey Babe' What if you are pregnant?	<a href="http://www.yarraranges.vic.gov.au/heybabe/home.htm">www.yarraranges.vic.gov.au/heybabe/home.htm</a> Check out where to find confidential advice & support in the Yarra Valley Yarra Valley Com. Health 1300 130 381 - Connections: Child Youth & Family Services 9871 0233 & Starting Out 9871 0233 - Shire of Y.R. Youth 9294 6716		

**“If we do not change our direction we are likely to end up where we are headed”**

**Author Unknown**

## CULTURALLY AND LINGUISTICALLY DIVERSE

Program	Contact/Phone	Venue	Dates/Times/Other
<b>Regional</b>			
<p>Chinese Speaking Alcohol and Other Drugs (AoD) Counsellor at MonashLink Monday, Tuesday and Wednesday 8.30 am – 5 pm.</p> <p>For more information and bookings contact Vera Yang on 1300 552 509 or <a href="mailto:vyang@monashlink.org.au">vyang@monashlink.org.au</a></p>			
<b>0-12 years</b>			
Chinese Men's Support Forums	Contact Joseph Jin for more details 9721 0847 or 0422 008 145	Room 2 Knox Council 511 Burwood Hwy	2 <sup>nd</sup> Tuesday 7 – 9 pm
1. Chinese Playgroup 2. Japanese playgroup	Cheryl, 9808 6292 Ring for details	Burwood N'Hood House 1 Church Street	1. Monday 11.30 – 1.30pm 2. Fridays, 11.30-1.30pm
Afghan Women's Group/Playgroup (Dari)	Shokria 9885 7789	Craig Family Centre 7 Samarinda Ave, Ashburton	Social support & recreation group Wed 11am – 1pm
Chinese Playgroup Mandarin & English	Verity 9885 7789	Craig Family Centre <a href="mailto:youthservices@craigfc.org.au">youthservices@craigfc.org.au</a>	Thurs during school Term 2 – 3.30pm \$40 per family/term
South Sudanese Women's Group (Arabic/Nuer)	Yvonne 9885 7789	As above	Every 2 <sup>nd</sup> Tues from 12.30 – 3 pm
Chinese Family Playgroup Grandparents welcome	Sophie 9800 4984 Mandarin/Cantonese	Billoo Park M&CH 40 Birchfield Cres, Wantirna Sth	\$25 per term plus insurance. Thursdays, 11.15am-1.15pm
Chinese speaking Playgroup	Joseph Jin - Connections 9271 0847 or 0422 008 145	Clayton Community Centre cnr Best Chance 583 Ferntreegully Road Glen Waverley	2 <sup>nd</sup> Saturday 10 am – 12 noon During Term \$2 Gold coin per session and Booking essential
Chinese speaking Playgroup	As above	Rowville Liberty and Family Centre	Every 2 <sup>nd</sup> Sat 10 am – 12 noon Ring for details
Monash Chinese Speaking Parents Support Gp(Mandarin/Cantonese)	As above	Connections MCFSP 31 Hardner Rd Mt Waverley	\$2 per session Weekly Wednesdays 10am-12noon.
Chinese Family Playgroup Birth-5 years (Mandarin & Cantonese)	Esther 9856 1500 Doncare	Pilgrim Uniting Church 26 Westfield Dve, Doncaster	Thurs & Fri 10-12 noon Cost: \$3 per session
Templer Playgroup (0-5 yrs suitable for German & English speaking families)	Susi Richter 9557 6713 Facilitated group.	Templer Society Comm. Hall 51 Elizabeth St, Bayswater	Thurs 9.30 – 12noon Cost \$60 per term (conc. apply)
Templer Kids Club (5-12 yrs)	As above	As above	Family activities – cost varies with activity
Templer Youth/Teenage Group	As above	As above	Monthly youth activities. Contact Susi
Playgroups Info – for various cultures in Knox	Jane 9298 8348	Knox Council Playgroup Field Officer provides advice and support. Phone for various group details.	
Aboriginal Burrai Playtime	Mullum Mullum Indig Gathering Place 9725 2166	3 Croydon Way Croydon	Tuesdays 10.30am
Japanese Mothers Group/Playgroup	Kaoru 9511 1095	Keri N'hood House 36 Kincumber Dve, Glen Waverley	Fridays 10.30 – 12.30 pm \$2.50 per session
Come and Play Playgroup for caregivers and Children from refugee backgrounds	Lorraine 9285 4888	St Francis in the Field Church Hall 218 – 224 Hull Rd Mooroolbark	Wednesdays 1.00 – 2.30 pm Cost: Free
	Virginie 985 4888	Croydon Uniting Church Cnr Croydon Rd & Tallent St Croydon	Fridays 1.00 – 2.30 pm Cost: Free
Dads In Distress – Chinese (Mandarin) One on One support	Max 1300 853 437	Ring for details	Ring for details

## CULTURALLY AND LINGUISTICALLY DIVERSE

Program	Contact/Phone	Venue	Dates/Times/Other
<b>Maroondah</b>			
Playgroups for Newly Arrived Refugee Families Facilitated by Migrant Info Centre East Melbourne	Niquita Meyers ph 9285 4888  Or Email: <a href="mailto:nmeyers@miceastmelb.com.au">nmeyers@miceastmelb.com.au</a>	Croydon Uniting Church Cnr Croydon Rd & Tallent St  Central Ringwood Community Centre – Bedford Rd, Ringwood	Every Friday – 1 – 2.30pm  Every Friday – 10.30am – 12pm Ring for more info
<b>Yarra Ranges</b>			
Playgroups for Newly Arrived Refugee Families Facilitated by Migrant Info Centre East Melbourne	Niquita Meyers ph 9285 4888  Or email: <a href="mailto:nmeyers@miceastmelb.com.au">nmeyers@miceastmelb.com.au</a>	St Francis in the Fields Church Hall 218-224 Hull Rd, Mooroolbark	Every Tuesday – 1 – 2.30pm  Ring for more info
New Homework Support Program in Mooroolbark Facilitated by Migrant Info Centre East Melbourne	Lorraine Busuttil ph 9285 4888  Or email: <a href="mailto:lbusuttil@miceastmelb.com.au">lbusuttil@miceastmelb.com.au</a>	Mooroolbark Library, 7 Station St, Mooroolbark	Mondays - 4 - 5.30pm During school term  Ring for more info
Homework Support Program The Migrant Information Centre facilitates two homework support programs. Lorraine Busuttil 9285 4888 or <a href="mailto:lbusuttil@miceastmelb.com.au">lbusuttil@miceastmelb.com.au</a>		Programs run weekly during school terms from 4 – 6 pm Tuesdays Croydon Library, Civic Square, Croydon Wednesdays Knox Library, Knox City Shopping Centre, Wantirna Sth <a href="mailto:sonyald@miceastmelb.com.au">sonyald@miceastmelb.com.au</a>	
Inter Country Adoption Playgroup	Cheryl, 9808 6292	Burwood N'Hood House, 1 Church Street	Thursdays, 9.30-11.30am Ring for details
Balit Indigenous Playgroup	YRCHS– Indigenous Health Service - Kerry 5957 1100	6 Viny Ridge, Healesville	Alternate Mon10 – 12noon

### MULTICULTURAL RESOURCES DIRECTORY

Important new resource to help people access services across Australia lists more than 1700 services including interfaith networks, language service providers, government agencies & language schools go to [www.multicultural.vic.gov.au/directory](http://www.multicultural.vic.gov.au/directory)

## Great Resource: 'Apps for Autism'

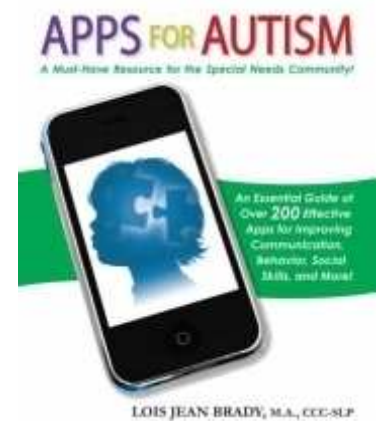
**An Essential Guide to Over 200 Effective Apps for Improving Communication, Behaviour, Social Skills, and More!** By Lois Jean Brady

This title is a good starting point for your journey through the apps jungle if you are looking for apps to assist with social skills, communication, maths, etc. for an individual on the spectrum.

Brady is an experienced speech pathologist who works with individuals with ASD, and takes you through the basics from how to open an account and download apps, through to 32 chapters covering over 200 apps on various themes and issues that are ASD related.

Technology is very fast moving though, so please note that there might be some gaps here and there in terms of pricing and availability. However, not only does this book give you a starting point, it provides you with essential information on which app to use when, together with reviews and personal experiences.

Ring the Amaze Librarian for assistance: 9657 1636



## SOLE PARENTS

Program	Contact/Phone	Venue	Dates/Times/Other
<b>Regional</b>			
<p>Single Parents Out and About</p> <p>A small friendly and fun community for and run by single parents who want to meet and socialise with other like-minded single mums or dads and their kids.</p> <p><a href="http://www.meetup.com/SingleParentsOutAndAbout/">www.meetup.com/SingleParentsOutAndAbout/</a></p>			
Parenting After Separation Series	For more info & bookings: Ph 8625 3666 <a href="http://www.relationshipsvictoria.com.au">www.relationshipsvictoria.com.au</a>	Melbourne Family Relationship Centre - 379 Collins St, Melb (enter via Queen St)	1 day course - 10am – 5pm Thursday – 17 October or Thursday 14 November
Post Separation Parenting Men & Women 3 sessions per course	9261 8727	Relationships Australia Kew Centre 46 Princess Street, Kew	Ring for details.
Post Separation Parenting Men's court ordered 3 sessions per course	As above	As above	Tuesdays 12, 19 & 26 November 6.45 – 8.45 pm \$150 / \$120 concession
Post Separation Parenting Women's court ordered 3 sessions per course	As above	As above	Wednesdays 6, 13, 20 November 6.30 – 8.30 pm \$150 / \$120 concession
Positive Parenting and Family Wellness 3 sessions per course	As above	As above	Wednesdays 6.45 – 8.45 pm \$150 / \$120 concession Ring for details
Parenting After Separation Weekly Program	Tita Cook – Lifeworks Ph 8650 6200	Level 4, 255 Bourke Street Melbourne	Ring for details. 6.30 – 8.30pm Cost: \$150 Concession \$120
Parenting After Separation Weekly Program	Relationships Australia Ph 9725 9964 As above	Boronia and Ringwood	Wednesdays 20, 27 Nov & 4 Dec 6 – 8pm Cost: \$100 Concession
Supporting Children after Separation	Jen or Kerry 9847 5888 Family Mediation Centre	367 Maroondah Hwy Ringwood	Ring for more information
Council of Single Mothers & their Children	9654 0622 M-Th 9.30-3pm <a href="http://www.csmc.org.au">www.csmc.org.au</a>	Info and referral service to all single mothers incl. 'Scarlet letter' newsletter – articles about issues related to single mothers. Register on <a href="mailto:csmc@csmc.org.au">csmc@csmc.org.au</a>	
Single Parents, Active Kids Social networking group for single parents & their children SPAK Activities every weekend call for details		Moush 0430 504 119 <a href="mailto:renosh@optusnet.com.au">renosh@optusnet.com.au</a> Julie 0407 539 330 <a href="mailto:jfschubert1@bigpond.com">jfschubert1@bigpond.com</a>	
<b>Boroondara</b>			
Dads in Distress Men going through the trauma of divorce/separation	DiD Inc <a href="http://www.dadsindistress.asn.au">www.dadsindistress.asn.au</a>	The Craig Family Centre 7 Samarinda Avenue Ashburton	Tuesdays weekly 7.30pm Ring for details
<b>Knox</b>			
FLYING SOLO Sole Parents Group	Jodie Chambers 9764 4242 / 0408 108 606	Rowville Baptist Church, Cnr Le John St & Wellington Rds, Rowville	Wednesdays Ring for details 10 am – 12 pm - Cost:- FREE
Dads In Distress	Francis 1300 853 437	Glen Park Comm Centre 30 Glen Park Rd Bayswater Nth	Wednesdays 7.30 pm Ring for details

**“Parents often talk about the younger generation  
as if they didn't have anything to do with it” Haim Ginott**



## SOLE PARENTS

Program	Contact/Phone	Venue	Dates/Times/Other
<b>Maroondah</b>			
Stand by Me Post Separation Parenting Group	Traci McGregor Bookings essential Ph 9871 6300	Ringwood Family Relationship Centre 68 Charter St, Ringwood	Wednesdays 16 Oct – 6 Nov 5.30 – 8.30 pm, (4 weeks) Bookings essential
Parenting After Separation	9847 5888	Family Mediation Centre 367 Maroondah Hwy, Ringwood	Ring for details 6 sessions 5.30 - 7.30 pm Cost: \$90 Concession available
<b>Other</b>			
Parentlink – YMCA Vic Programs & Family Services	(YMCA) 9345 8004. Wed to Fri 9.30 am-5.30 pm. 582 Heidelberg Rd, Fairfield 3078. Email: Parentlink@ymca.org.au. Social activities, family camps & getaways, resources & information, homeshare register & quarterly newsletter. Local networks. Costs kept to minimum		
Eastern Community Legal Centre	Main office – Inner East-Box Hill, 9285 4822 – Outer East – Boronia, 9762 6235 Outreach locations in – Hawthorn, Ashburton, Ringwood, Rowville, Lilydale, Yarra Junction Freecall 1300 797 088. Legal advice by appointment. Free legal seminars incl. Family Law, Information on Separation, Divorce, Children & Property, Personal Counselling.		
DadsLink	Contact 9403 5000 dadslink@ymca.org.au. Activities, events, counselling. To encourage Dads to be positively involved with their children. www.victoria.mca.org.au/dadslink		
TAPIT – Tap Into Training	Contact Cheryl Humphries 9726 1673. Opportunities to return to study at Swinburne Croydon, Lilydale & Wantirna Campuses. Some financial assistance available.		
Primary Dispute Resolution	Relationships Australia – Kew, 46 Princess Street, Kew, 1300 364 277. Centacare – 510 Whitehorse Road, Mitcham, 9873 4344. Fax 9873 4906 Family Mediation Centre – 367 Maroondah Highway, Ringwood, 9876 0677.		
Family Relationship Centre	1 <sup>st</sup> Floor, 68 Charter St, Ringwood, Ph 9871 6300. <a href="mailto:frcintake@ringwoodfrc.org.au">frcintake@ringwoodfrc.org.au</a>		
Relationships Australia Croydon Office moved to 83 Boronia Rd, Boronia 9725 9964 (same Phone no.)	Check the Web for details of various courses about parenting, dealing with conflict & relationships – <a href="http://www.relationships.com.au">www.relationships.com.au</a> Relationships Australia BOOKSHOP - <a href="http://www.rabooks.com.au">www.rabooks.com.au</a>		
Contact Centres – safe places for supervised contact visits for children of separated parents.	Berry Street:	Watsonia Office, 9434 1488	
	Community West:	Deer Park Office, 9363 1811	
Child Focussed Mediation – Parent Orders Program Gordon Care now offers a local place for separated families to come for mediation. It is a safe and supportive environment where parents are helped to communicate openly and to explore options. Contact Gordon Care on 9555 1439 (Mon and Tues only) or website <a href="http://www.gordoncare.org">www.gordoncare.org</a> Australian Parenting & Relationships Helpline 1300 365 859 support & referral service <a href="mailto:pss.manager@iimetro.com.au">pss.manager@iimetro.com.au</a>			

**“Too often we give children answers to remember rather than problems to solve” – Roger Lewin**

## STEP & BLENDED FAMILIES

Program	Contact/Phone	Venue	Dates/Times/Other
<b>Regional</b>			
Parenting Well After Separation	Sarah 9663 6733	Drummond Street Services 195 Drummond Street Carlton	Ring for details FREE
"Making Step Families Work"	Stepfamilies Australia 9639 6611 <a href="http://www.stepfamily.org.au">www.stepfamily.org.au</a> Sarah ph 9663 6733	195 Drummond Street, Carlton Ring for further details	Saturdays 26 Oct, 9 & 23 Nov 10am to 3pm Bookings essential
Post Separation Parenting – Men's Court Ordered Group	9261 8727 or <a href="mailto:relationshipseducation@rav.org.au">relationshipseducation@rav.org.au</a> <a href="http://www.rav.org.au">u</a>	46 Princess Street, Kew	Tuesdays (3 sessions per group) 6.45 – 8.45 pm  Groups for 2013 12, 19 & 26 November  Cost \$150 / \$120 Concession Assessment fee: \$35
Moving on after separation rebuilding after separation of divorce	As above	As above	Wednesdays (4 sessions per group). 6.45 – 8.45 pm  Groups for 2013 13, 20 & 27 Nov and 4 Dec  Cost: \$160 / \$120 Concession
Post Separation Parenting – Women's Court Ordered group	As above	As above	Wednesdays (3 sessions per group) 6.45 – 8.30 pm  Groups for 2013 6, 13 & 20 November  Cost \$150 / \$120 conc Assessment fee: \$35
<b>Knox</b>			
Parenting After Separation	Ph 9725 9964	Relationships Australia Boronia and Ringwood	Wed's 20, 27 Nov & 4 Dec (3 sessions), 6 – 8 pm Cost: \$100 Ring for details
Relationship counselling & Family Therapy	Gennene Mitchell 9871 8900 <a href="mailto:mail@citylifechurch.com">mail@citylifechurch.com</a>	1248 High Street Road, Wantima South	Moderate Fees Appointments available
<b>Maroondah</b>			
Parenting After Separation	Ph 9847 5888	Family Mediation Centre 367 Maroondah Highway Ringwood	Tuesdays 5.30 – 7.30 pm 6 week course Cost: \$90 Conc. available Ring for details

### STEPFAMILY Australia - Counselling For Stepfamilies

Counselling offers you an opportunity to discuss & explore your thoughts & feelings  
in order to find new ways of dealing with stepfamily issues & relationships.

Ph: 9663 6733  
Email: [info@stepfamily.org.au](mailto:info@stepfamily.org.au)  
Web: [www.stepfamily.org.au](http://www.stepfamily.org.au)

## GRIEF AND LOSS

Program	Contact/Phone	Venue	Dates/Times/Other
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### Contact your local Community Health Service for bereavement counselling.

Call The Australian Centre for Grief & Bereavement for information about education, workshops & training & bookings  
Phone 9265 2100, fax: 9265 2150 email: [counselling@grief.org.au](mailto:counselling@grief.org.au) or [www.grief.org.au](http://www.grief.org.au).

Bereavement Counselling & Support Service 9265 2111. The Centre is at McCulloch House, Monash Medical Centre, 246 Clayton Rd, Clayton.  
Ring for further details. These Programs include 'Kids Grieve Too', and 'Younger Bereaved Partners'

### Regional

SIDS and Kids Also run Children's Holiday Workshops. Website: <a href="http://www.sidsandkidseastcoast.org">www.sidsandkidseastcoast.org</a>	24 hr crisis help line 1800 240 400, 1227 Malvern Rd, Malvern. Toll free 1800 240 400. Support for the sudden and unexpected death of a child 20 weeks gestation to 6 years of age. Free counselling from qualified grief & loss counsellors (males & females) & trained bereaved parents. Range of groups and activities for families including perinatal group, multiple birth bereavement, grandparents, siblings, subsequent pregnancy groups, creative memory groups and fathers.		
The Compassionate Friends Bereaved Parents Centre	9888 4944 (24 hrs) 1800 641 091 <a href="http://www.compassionatefriendsvictoria.org.au">www.compassionatefriendsvictoria.org.au</a>	173 Canterbury Rd, (cnr Balwyn Rd) Canterbury, 9.30-4.30pm. Mon-Friday. Local support groups and resources for bereaved parents. Special groups for loss through suicide, for siblings over 14 yrs. Rowville, Canterbury, Glen Waverley. Ring for details.	
Very Special Kids	9804 6222 321 Glenferrie Road, Malvern <a href="http://www.vsk.org.au">www.vsk.org.au</a>	Respite & support for families of children with a life threatening illness. Offices in Traralgon, Shepparton, Geelong, Footscray, Coburg.	
Grief Line	9935 7400 <a href="http://www.griefline.org.au">www.griefline.org.au</a>	Free, anon. phone counselling to people for any type of grief & loss.	
Chrysalis Children/Young Person's Loss & Grief Program	As above	Monday to Friday during business hours 21 Ludwell Cres, Bentleigh East 3165	
Kids Grieve Too 4-14 yrs	Bereavement Counselling + Support Service 9265 2111	Children who have experienced the death of anyone significant in their lives. No charge. 1 <sup>st</sup> Monday each month 7—8.45pm Meets in Box Hill.	
OPEN DOORS Counselling, Ectopic pregnancy, IVF losses & Stillbirth	Phone: 9870 7044 <a href="http://www.opendoors.com.au">www.opendoors.com.au</a> <a href="http://www.4teenz.com.au">www.4teenz.com.au</a>	5 Greenwood Ave, Ringwood Phone for more information Established since 1984 in this area of grief.	

### Knox

Counselling & Support	Knox Community Health Service, 9757 6200	1063 Burwood H'way, Ferntree Gully	Ongoing. Phone for further details.
Motherless Mothers For women with children between the ages of 0-6 who are bereaved due to the death of their mother.	9265 2111	Alice Johnson Playgroup in Ferntree Gully	Ring for details

### Monash

Supporting Families of Children with Life-Threatening Illnesses	To Register: 9265 2100 1800 642 066 or <a href="mailto:info@grief.org.au">info@grief.org.au</a>	Aust Centre for Grief and Bereavement Level one, McCulloch House Monash Medical Centre 246 Clayton Rd, Clayton	Ring for details
The Grief and Loss in Separation and Divorce Aust Centre for Grief and Bereavement	To Register: 9265 2100 1800 642 066 or <a href="mailto:info@grief.org.au">info@grief.org.au</a>	Level one, McCulloch House Monash Medical Centre 246 Clayton Rd, Clayton	Ring for details

#### Jesuit Social Services Support After Suicide( SAS)

*For those bereaved by suicide, including children, young people, extended family & others, counselling, group programs & resources.*

*For Professionals: Information & referral options, secondary consultations, education & training.*

Ph: 9421 7640 – Email: [aftersuicide@jss.org.au](mailto:aftersuicide@jss.org.au) – Website: [www.supportaftersuicide.org.au](http://www.supportaftersuicide.org.au)

## YOUNG PARENTS

Program	Contact/Phone	Venue	Dates/Times/Other
<b>Regional</b>			
<p style="text-align: center;">TAPIT – Tap into training Advice and assistance with training and costs for young mum's who are unemployed or have been working less than 15 hours per week for the last 12 mths Swinburne TAFE Croydon and Wantirna Campuses Call for details Cheryl 9726 1673</p>			
<b>Boroondara</b>			
Baby's OK – but what about you?	Berna – Camcare ph 9809 9104	Bowen St Community Centre 102 Bowen St, Camberwell	Mondays, 1.30 to 3.30pm 7 October to 9 December Cost: FREE Call for more info
<b>Knox</b>			
Young Mums Playgroup	Ph 9758 7081 Email: <a href="mailto:enquiries@coonarahouse.org.au">enquiries@coonarahouse.org.au</a> Web: <a href="http://www.coonarahouse.org.au">www.coonarahouse.org.au</a>	Coonara Community House 22 Willow Road Upper Ferntree Gully	Mondays 12 – 3pm Call for more info.
Murrindal Young Parents Group	Angela on ph 9721 3688 Mon – Fri office hours	Murrindal Family Centre 1000 Murrindal Dve, Rowville	Thursdays, 11.30am – 1.30pm Cost: FREE Ring for further details
Young Mums Group	Sue / Gemma 0488 238 746	Hearing Rd, Boronia	Ring for details
Knox Young Parents Group Under 25 with 1 yr old baby	Sarah 9298 8311 Knox Youth Service	Ring for details	13 week prog Fri morning Call for details
Young Parents Supported Playgroup	As above	As above	Wed afternoons in Boronia
<p style="text-align: center;">Young Women's Birthing Program (under 20) Monday – Friday Provides free support &amp; education during pregnancy. Angliss Health Service Albert St, Ferntree Gully Ring for details: Kate/Kim/Deb9764 6306</p>			
<b>Maroondah</b>			
<p>STARTING OUT is a community based regional support program run by "Connections" for young pregnant and parenting women (under 25 yrs), their children and partners. Starting Out provides a range of services including pregnancy counselling and information, general counselling, antenatal support and education, in home support and housing support. Call Duty Worker on 9724 2222. Located in Maroondah, available to families throughout East Metro region</p>			
Young Mum's/VCAL 15 – 19 yr olds	First Stop 9726 1649 Katherine Carrageen	Swinburne TAFE Croydon Norton Rd, Croydon	3 days a week in school Term call for details
New Mum's Group (Birth-9months)	Starting Out - Amanda Ph 9724 2222	Connections – Croydon 185 Mt Dandenong Rd, Croydon	Fridays during school terms 11 am – 12.30pm
Toddlers Playgroup 9mths – 2yrs	Rebecca ph 9724 2222	St Stephens Church Freeman St, Ringwood East	Mondays during school terms 11 - 12.30pm Gold coin donation
Playgroup 2 – 4 yr olds	Jasmine ph 9724 2222	St Stephens Church Freeman St, Ringwood East	School Terms Thurs 11am - 12.30pm
Antenatal Group Pregnancy & Birthing Group	Daiana ph 9724 2222	Connections – Croydon 185 Mt Dandenong Rd, Croydon	School Terms From Thursday 11 am – 1 pm Gold coin donation
Leader Run Playgroup (2 hours each)	Yarrunga Centre 9722 8942 Bookings essential	Yarrunga Comm Centre 76-86 Croydon Hills Drive Croydon Hills	10 – 12 noon Mon, Wed, Fri Call for details
The Goodfather, (fathers up to the age of 25 years)	Melanie Fearn ph 8878 3800 or Warren Turner ph 9871 1800	EACH - Building A, 46 Warrandyte Road Ringwood	Wednesdays 21 August to 11 September, 6 – 8pm (4 wks) Ring for further details Cost: Free Dinner provided
<b>Monash</b>			
Mums for Mums Group	Leila ph 9887 6226	Kerrie Neighbourhood House. Ring for more info	Thursdays, 10 Oct – 12 Dec 9.15 – 11.15am Cost: \$3 per session
Young Mum's and their bubs, toddlers or pre-schoolers. Group offers play & social opportunities for children and support, fun & friendship for mums.	MYFS ph 9518 3900 ask for Jenny	Clayton Community Centre	Fridays 10am – 12pm During school term Cost: Free

## YOUNG PARENTS

Program	Contact/Phone	Venue	Dates/Times/Other
<b>Whitehorse</b>			
Young Mums' Group(15-25 ) Pregnant & parenting mums	Family Access Network Beck 9890 2673	Family Access Network 1030 Whitehorse Rd, Box Hill Back of St Peters Church in the undercroft	Tuesdays weekly, 1 – 3 pm inc. light lunch Ring for details
Playgroup for Young Mums	Cheryl or Jenny 9808 6292	Burwood N'Hood House 1 Church Street, Burwood	Monday 9 – 11.30am Call for details.
<b>Yarra Ranges</b>			
Young Parents' Supported Playgroup (Birth – preschool)	Jill 5969 9937 Y.V. Community Health	Upper Yarra Comm. House Church Hall, 41 Little Yarra Rd, Yarra Junction	Every Monday 11 – 12 noon No Cost Call for details.
Young Parents Playgroup	Louise 1300 130 381	Yarra Valley Comm Health 2473 Warburton Hwy, Yarra Junction	Tuesdays 1.30pm – 3.30pm Call for details.
For Young Parents 16 -25yrs. Young parents & Kids Play Group (Pregnant or Parenting)	Youth Services 9294 6716 Ring for details <a href="http://www.yrys.com">www.yrys.com</a>	Rolling Hills Childcare Centre Landscape Drive Mooroolbark	During school term. Recreation, personal & child development. Small cost for some activities. Transport available Call for details
Young Mum's VCAL	Lara Clark 5967 1776 or <a href="mailto:laraclark@uych.org.au">laraclark@uych.org.au</a>	Upper Yarra Community House Yarra Junction Campus	Thursday and Fridays during school term Ring for details.
Young Parents and Children Supported Playgroup	Louise 9837 3999	Rolling Hills Pre-school Mooroolbark	Tues mornings during school term FREE

# MENTAL HEALTH/POST NATAL DEPRESSION SUPPORT

Program	Contact/Phone	Venue	Dates/Times/Other
<b>Regional</b>			
Mental illness Fellowship Victoria – Support & Information Programs for Families & Friends of People with Mental Illness & Dual Diagnosis (Mental Illness & Substance Use) – Well Ways – For Program information call Administrator 8873 2500 or <a href="mailto:wellwaysfamed@mifellowship.org">wellwaysfamed@mifellowship.org</a>			
Anxiety & Depression Support Groups	South Melb ph 9690 9144 St Kilda ph 9534 0981 Prahran ph 9525 1300	Run at various locations; Port Melb, Sth Melb, St Kilda & Elwood Ring for more details	Cost: Small fee. Discounted for those not working Ring for more details
<b>Boroondara</b>			
ARAFEMI Support Groups	9810 9300 Carer help line 1300 550 265	Ring for details	Ring for details
Program for Parents of children 0-4years	8416 7600 Ring for details	O'Connell Family Centre 6 Mont Albert Rd, Canterbury	Residential and Day Stay Prog.
<b>Knox</b>			
Post Natal Depression Therapy Eligibility: Mothers with PND in the Knox Region	9757 6200 <a href="mailto:info@kchs.org.au">info@kchs.org.au</a>	Early Parenting Centre 276 Wantirna Road Wantirna	Mondays 10 am – 12 noon 8 weeks
Well Ways Snapshot	Ph 8486 4232 or Web: <a href="http://wellwaysfamed@mifellowship.org">wellwaysfamed@mifellowship.org</a>		Ferntree Gully Ring for details
Bounce Back women's group Ways of dealing with anxiety & depression	9801 1895	Orana N.H. 62 Coleman Rd Wantirna	Wednesdays during school term 1 pm – 3 pm Cost: \$5 per week Ring for details
<b>Manningham</b>			
Looking after your own Mental Health	Ph 9850 3687 Web: <a href="http://www.batch.org.au">www.batch.org.au</a>	BATCH 2/284 Thompsons Road Lower Templestowe	Wednesday 23 October 7.30 – 8.30pm Cost: FREE
Women's Anxiety & Depression Support Group	As above	As above	Wednesdays from 9 Oct 1 – 3 pm Cost: \$3 per session
<b>Maroondah</b>			
PAIRS Parent & Infant Relationship Support	Olga Szymanska ph 9870 9788 <a href="mailto:Olga.szymanska@easternhealth.org.au">Olga.szymanska@easternhealth.org.au</a>	Wundeela CYMHS 21 Ware Cres Ringwood East	Mondays for 8 weeks 1 pm – 3 pm Ring for details
FaPMI Family Fun Day Free Fun Day for children of families who have a parent with a mental illness	Bronwyn Sanden ph 0408 291 580	"Lifeworks " Greenwood Ave, Ringwood Ring for more details	Sunday 15 December 3 – 7 pm Ring for details
Well Ways Building a Future 8 three hour weekly group sessions plus 4 follow-up sessions over 12 months.	Ph 8486 4232 or Web: <a href="http://wellwaysfamed@mifellowship.org">wellwaysfamed@mifellowship.org</a>		Ringwood Ring for details
CHAMPS - For children 8-12 years who have a parent or parents with mental health issues	Bronwyn 9843 5851 or 0408 291 580	Croydon Connections Blackburn	Wednesdays from 31 July 4 – 5.30 pm Ring for details
<b>Whitehorse</b>			
Well Ways Building a Future 8 three hour weekly group sessions plus 4 follow-up sessions over 12 months.	Ph 8486 4232 or Web: <a href="http://wellwaysfamed@mifellowship.org">wellwaysfamed@mifellowship.org</a>		Box Hill Ring for details
<b>Yarra Ranges</b>			
Getting There Together Playgroup	9839 6600	Upwey Baptist Church Darling Avenue Upwey	Wednesdays, during school term 1 – 3 pm Ring for details
Mums for Mums -Supported by Yarra Ranges M&CH Service & Ranges Comm. Health	Lyn Bishop 0419 526 396	Chirnside Park Community Centre Kimberley Drive	1 <sup>st</sup> Tuesdays monthly, 1pm- 2.30pm. FREE includes childcare.

**“There are two lasting bequests we can give our children. One is roots. The other is wings”**

**Hodding Carter Jnr**

## DADS

Program	Contact/Phone	Venue	Dates/Times/Other
<b>Regional &amp; Other</b>			
Post Separation Parenting	Ph 9725 9964	46 Princess Street, Kew	Tuesdays, 12, 19 & 26 November 6.45 – 8.45 pm Cost \$150 con \$120 Assessment fee \$35 Ring to arrange an assessment
Day Time Dads	City of Casey Resource Centre Paul 0412 068 346	Narre Warren	Wednesday mornings Ring for details.
Dads & Kids Program Australian Camp Connect <a href="http://www.campconnect.org.au">www.campconnect.org.au</a>	Brad Mander 9779 6909 0413 587 120	Opportunity for dads (with and without children) to meet and chat on a Saturday morning. Visit website for programs and other activities. Info available about other services also.	
Men's Referral Service	9428 2899 or 1800 065 973 <a href="http://www.mrs.org.au">www.mrs.org.au</a>	Phone counselling service for men. Monday-Friday Noon – 9pm.	
Mensline	1300 789 978	On the web <a href="http://www.menslineaus.org.au">www.menslineaus.org.au</a>	
Child Support Agency	<a href="http://www.csa.gov.au/parents/bc">www.csa.gov.au/parents/bc</a>	Being connected – a program to support separated parents who are not working. Staying Connected – a program to support separated men at work.	
Better Men Aust	Rob 0432 439 943 <a href="mailto:Rob.koch@bettermen.com.au">Rob.koch@bettermen.com.au</a> <a href="http://www.bettermen.com.au">www.bettermen.com.au</a>	We are working on the shift that's sweeping the nation: average blokes who are striving to become better men, better husbands & better fathers. 'Men-touring' adventures on-line & face-to-face coaching. Entertaining Events & practical Seminars. Consultancy to Councils, Agencies, Businesses, Churches & Clubs	
INROADS – Managing Difficult Behaviour Men's Behaviour Change Program Open Entry Men's Group Closed Men's Behaviour Change group Min requirements ring for details	Ph 9261 8727	Relationships Australia 46 Princess Street, Kew	Thursdays, Oct, Nov & Dec Ring for details Assessment fee \$65 for the two sessions \$35 con  Open Entry Group: \$35 /\$25 con per session Closed group: \$350/\$250 conc total cost
Men finding their way group	9261 8727 or <a href="mailto:relationshipseducation@rav.org.au">relationshipseducation@rav.org.au</a>	46 Princess Street, Kew	Wednesdays fortnightly 4 sessions per course 6.30 – 8.30 pm 9 & 23 Oct and 6 & 20 Nov  Cost: \$160 / \$120 con
Post Separation Parenting – Men's Court Ordered Group	9261 8727 or <a href="mailto:relationshipseducation@rav.org.au">relationshipseducation@rav.org.au</a>	46 Princess Street, Kew	Tuesdays (3 sessions per group) 6.45 – 8.45 pm  Groups for 2013 12, 19 & 26 November  Cost \$150 / \$120 conc Assessment fee: \$35
<b>Boroondara</b>			
DiD Inc. Dads in Distress Men going through separation/divorce.	Brad 0409 861 861 1300 853 437	The Craig Family Centre 7 Samarinda Avenue Ashburton	Tues weekly 7.30 pm. FREE
<b>Manningham</b>			
Men's Shed	Ph 9840 1681 0419 105 067	Mens Shed, 41 Wetherby Rd Doncaster	Calls for details

## DADS

Program	Contact/Phone	Venue	Dates/Times/Other
<b>Knox</b>			
Men Alive Support Group	Craig ph 0438 466 093 Email: <a href="mailto:craig@menalive.com.au">craig@menalive.com.au</a> Web: <a href="http://www.arrabri.org">www.arrabri.org</a>	Arrabri Community House Allambanan Dve, Nth Bayswater	2 <sup>nd</sup> & 4 <sup>th</sup> Wednesdays each month 7 to 10 pm Cost: \$15
Dads Playgroup The Basin Playgroup	0413 664 280	387 Forest Road, The Basin	Saturdays 12.30 pm and 2.30 pm
Dads In Distress	Francis 1300 853 437	Glen Park Comm Centre 30 Glen Park Rd, Bayswater Nth	Tuesdays 7.30 pm Ring for details.
<b>Maroondah</b>			
Little Ewoks - Just gained custody of your child?	Ph 0448 022 642	Service provided in family home. Ring for details	By appt. Ring for further details Cost: Ring for cost <a href="http://www.littleeboks.com.au">www.littleeboks.com.au</a> <a href="http://www.facebook.com/LittleEwoks">www.facebook.com/LittleEwoks</a>
SaturDADS Playgroup for Dads & Kids – Kids 0 - 5 yrs.	Alistair 9837 3999	"EACH Childcare Centre" Rear of 75 Patterson Street Ringwood East	Every 3 weeks on Saturday mornings Ring for details Cost: FREE
Part Time Father's Full Time Dad's & Men's Shed	Call Wally 9294 7525 or 9720 9549	Glen Park Com Centre 30 Glen Park Rd Bayswater Nth	Call for details.
<b>Monash</b>			
Chinese Dads' Playgroup	Joseph 9271 0847 Mobile 0422 008 145 <a href="mailto:Joseph.jin@connections.org.au">Joseph.jin@connections.org.au</a>	Best Chance Child Family Care Centre 583 Ferntree Gully Road, Glen Waverley	Saturdays 10 am – 12 noon Bookings essential, Limited places.
Parenting After Separation – For Men	Ph 9564 6999	Chadstone Family R'Ship Ctre, 41 Stamford Rd, Oakleigh	Ring for details
<b>Yarra Ranges</b>			
Dads Putting Kids First program Only for men who have completed a Men's Behaviour Change program	Carina 9735 4188	Anglicare Lilydale 47-51 Castella St, Lilydale	Tuesdays, from 8 October 7 – 9pm (10 weeks) Cost: \$20 per session Ring for details
Mount Evelyn Men's Shed	John Hobbs 9736 1457	Morrison House, Old Hereford Rd, Mt Evelyn	Call for details
<b>DadsLink</b>			
Information, Activities & Support for Dads and Kids a partnership between YMCA Victoria, Mensline Australia, Relationships Australia and the Life Is Foundation.			
One on one counselling also available. Contact by phone: 9403 5000 or email <a href="mailto:dadslink@ymca.org.au">dadslink@ymca.org.au</a> <a href="http://www.victoria.ymca.org.au/dadslink">http://www.victoria.ymca.org.au/dadslink</a>			
<b>Men and Family Relationships</b>			
Income-based fee for individual counselling for men For more information Phone: 9725 9964			

### AUSTRALIAN DIRECTORY OF MEN'S SUPPORT SERVICES

The aim of the ADMSS is to create a website with the most up-to-date and relevant information about Men's Health and Wellbeing programs and services in Australia

Visit [www.admss.com.au](http://www.admss.com.au) to register as a site member & add your details as a Men's Service provider to this site



# FAMILY VIOLENCE & ANGER MANAGEMENT

Program	Contact/Phone	Venue	Dates/Times/Other
<b>Regional</b>			
Who's the Boss?	Garry 9525 1300	Inner South Community Health Service 341 Coventry St, South Melbourne & Prahran	Ring for details Cost: \$40
Who's in Charge For Parents & carers of 8 – 18 y/o's that are beyond control, violent or defiant	Bronwyn ph 5990 8400 Sharon ph 5945 3900 Bookings essential	Connections Uniting Care John Garrett Room 55 Webb St, Narre Warren	Tuesdays from 27 Aug – 22 Oct 7 – 9pm (7 sessions) Cost: Gold coin donation
Anger Management for Women SEA Change	1300 543 396	Lifeworks-Relationship Counselling & Education Services Level 4, 255 Bourke St, Melb	Ring for details
Men's Behaviour Change	8650 6200	As above	Ring for details
New Beginnings supported group for women impacted by violence	9783 7611	Lifeworks Frankston	Ring for details
<b>Boroondara</b>			
Who's in Charge? For Parents & Carers dealing with adolescent violence or out of control behaviour	Zoe ph 9831 1910 Bookings essential	Camcare (Camberwell office) Ring for further detail	Mondays 7 Oct – 18 Nov 1 – 3pm Cost: FREE Ring for further detail
SNAP (Socialise, Nurture and Play) Supported Playgroup for women and children experiencing family violence	Ph 9809 9100 Referral only Ring for details	Ashburton	Referral only. Thurs 10-12 during school term. Phone for details.
Women Managing Anger	9261 8727 <a href="mailto:relationshipseducation@rar.org.au">relationshipseducation@rar.org.au</a> Bookings Essential	Relationships Australia 46 Princess St, Kew	Tuesdays 6.30 – 8.30 pm 7 sessions per course 29 Oct and 12, 19 & 26 Nov and 3, 10 & 17 December  Cost per group: \$280 / \$210 conc
Women Making Choices Women's Support Group (after Violence)	As above All women interested must ring for an assessment prior to registering.	As above	Tuesdays 6.30 – 8.30 pm 8 sessions per group  15, 22 & 29 Oct and 12, 19 & 26 Nov and 3 & 10 December Cost: FREE
INROADS – Managing Difficult Behaviour Men's Behaviour Change Program Open Entry Men's Group Closed Men's Behaviour Change group  Min requirements ring for details	Ph 9261 8727	As above	Thursdays Oct, Nov & Dec Ring for details Assessment fee \$65 for the two sessions \$35 con  Open Entry Group: \$35 /\$25 con per session Closed group: \$350/\$250 conc total cost
<b>Knox</b>			
Stronger Now! For women that have attended a Family Violence Support Group	Relationships Aust. Boronia Centre ph 9725 9964 Email: <a href="mailto:boronia@rav.org.au">boronia@rav.org.au</a>	Relationships Aust. Victoria 83 Boronia Rd, Boronia	Wednesdays 16 Oct – 20 Nov 10am – 12pm (6 weeks) Cost: \$10 per session, negotiable
SEA Change Anger Management for Women	For bookings call Sue on Ph 8650 6200 or visit <a href="http://www.lifeworks.com.au">www.lifeworks.com.au</a>	Lifeworks 1/666 Mountain Hwy, Bayswater	Cost: Free Bookings essential
Holding it All together Women's Family Violence Group	Knox Community Health Service Intake 9757 6200	Ring for details	Mondays 10 – 12 noon Cost: Free
Advocates for Survivors of Child Abuse (ASCA)	<a href="http://www.asca.org.au">www.asca.org.au</a> 1300 657 380 <a href="mailto:vic@asca.org.au">vic@asca.org.au</a> for support grps	Support Groups P.O. Box 1123, Ferntree Gully 3156	Call for details Support Group Mountain Gate

# FAMILY VIOLENCE & ANGER MANAGEMENT

Program	Contact/Phone	Venue	Dates/Times/Other
<b>Knox</b>			
Time for change A behaviour change program for men who want to end their use of violence and other problem behaviours in their relationship	9725 9964 Relationships Australia Assessment essential	83 Boronia Road Boronia	Tuesday evenings Open Group: 5.45 – 7.45 pm Closed Group: 6 – 8 pm Cost: Assessment – sliding scale Group \$20 per session
Men's Family Violence Program- Entry gp/10 week	Anglicare - Yarra Ranges 9735 4188	666 Mountain Highway Bayswater.	By referral Ring for info.
Stand by Me Post Separation Parenting Group	Bookings essential Ph 9871 6300	Ringwood Family Relationship Centre 68 Charter St, Ringwood	Wednesdays 16 Oct – 6 Nov 5.30 – 8.30 pm, (4 weeks) Bookings essential
Women's Family Violence	EACH Paulina, 9879 3933	Patterson St, Ringwood East	Call for details
Women's Discussion & Support Group	As above	As above	Fridays, 12:30 - 2:30pm during school terms. No cost and childcare avail for \$1.50 p/h per family
Cool Kids A therapeutic group for primary school aged children who have experienced homelessness and/or family violence	Contact Camcare for more information: 9809 9106	The rear of: St Peters Anglican Church 1038 Whitehorse Rd, Box Hill	Tuesday afternoons 4-5.30 pm  Ring for Referral or further information
Cool Kids A therapeutic group for primary school aged children who have experienced homelessness and/or family violence.	Susie at Wesley <a href="mailto:Susie.richards@wesley.org.au">Susie.richards@wesley.org.au</a> or Resilient Kids on 8870 4040	Ringwood – ring for details	4 – 5.30pm Commencing Ring/email for details
<b>Monash</b>			
SECASA provides counselling for victims of sexual assault and family violence both child and adult. The service is 24 hour. Short, medium and long term counselling is provided in a number of locations. Counselling is available for family members, carers and friends. Sexually Abusive Treatment Services – SECASA runs a program for 10 - 17 year olds exhibiting problem sexual behaviours and sexually abusive behaviours. Ring for details. Contact: 9594 2289 Cost: FREE			
Men's Responsibility Group Men who use violence towards their partners and/or children	Monashlink CHS 1300 552 509	568 Neerim Road Hughesdale	Wednesdays 7 – 9 pm Developing non-violent behaviour.(school terms) \$200 per program
Women Reclaiming their Lives group For women who have been subjected to violence at home	1300 552 509	Ring for details	Mondays 12.30 pm – 3 pm 9 weeks  Ring for details
<b>Whitehorse</b>			
Under My Wing A supported Mother – Child Group, (child/ren up to 5 y/o)	Carla 9259 4225 Rima 9875 4222	Connections Blackburn 48 Blackburn Road, Blackburn	Mondays 10am – 2pm (8 weeks) Ring for dates & further info 10am – 12pm Cost: Free
Mitcham Family Violence Program Women's Discussion & Support Group for women who have experienced past or current family violence/abuse	Jeanette 9873 4812	Mitcham Community house 19 Brunswick Road Mitcham	Fridays during school terms 12.30 – 2.30 Cost: FREE Childcare \$2 per hr per family
What you say matters – Communicating with confidence. A course for women who are experiencing/have experienced family violence.	For bookings or further info call Ph 9873 4812	As above	Wednesdays 9.30 am – 12.30pm 9 October - 27 November (8 wks) Cost: \$30 Childcare avail at \$2 per hour per family – bookings required

# FAMILY VIOLENCE & ANGER MANAGEMENT

Program	Contact/Phone	Venue	Dates/Times/Other
<b>Whitehorse continued .....</b>			
Breaking the Cycle – making Changes Group for any parent/carer whose adolescent is abusive and/or violent at home.	Bookings Essential Meridian Intake at Anglicare Victoria 9896 6322	Anglicare Box Hill 7-11 Shipley Street Box Hill	Wednesdays 16 Oct – 4 Dec 6.30pm – 8.30pm Cost: \$50 single \$80 couple Ring for further details
<b>Yarra Ranges</b>			
Stronger Now! For women that have attended a Family Violence Support Group	Relationships Aust. Boronia Centre ph 9725 9964 Email: <a href="mailto:boronia@rav.org.au">boronia@rav.org.au</a>	Relationships Aust. Victoria 83 Boronia Rd, Boronia	Wednesdays 16 Oct – 20 Nov 10am – 12pm (6 weeks) Cost: \$10 per session, negotiable Ring for further details
Healing Vibrations – A Woman's Voice	For bookings contact: Frances ph. 0409 325 692 Email: <a href="mailto:frances@healingvibrations.com.au">frances@healingvibrations.com.au</a>	76 Lakeview Drive, Lilydale	<a href="http://www.healingvibrations.com.au">www.healingvibrations.com.au</a>
Transforming Anger to Happiness Both genders	For bookings or further info Tracy ph 9754 2039	Selby Community House Minak Res. via Charles St, Selby	Saturdays from 9 November 10am – 4pm (6 weeks). Cost: \$50 Ring for more info
Breaking the Cycle – making changes Group for any parent/carer whose adolescent is abusive and/or violent at home.	Julia Russell 9735 4188	Anglicare Yarra Ranges 47-51 Castella Street, Lilydale	Dads to be advised Bookings Essential
Men's Family Violence Program Entry group	Anglicare Lilydale Eastern Region ph 9735 4188	As above	Referral only. \$20.00/night Wed. 7pm Subsidy available
Men's Behaviour Change - 10 wk Program- 'On Track'	As above	As above	Referral. \$20 per night (Subsidy available) Wed, 7pm.
Dads Putting Kids First A dads program for men who have completed a Men's Behaviour Change Program	Carina ph 9735 4188	As above	Tuesdays from 8 October, 7 – 9 pm Ring for further details Cost: \$20 per evening donation
Reclaim, Renew, Reconnect Creative arts journey for women recovering from family violence	Sonia T ph 9735 4188 Ring for further details	As above	Tuesdays from 15 October 8 weeks 10 am – 1 pm Cost: Free

Eastern Domestic Violence Outreach Service Inc. - Phone Intake: 9870 5939 for assessment & case management information. Provides information, advocacy, support and referral for women and their children living in the eastern region, who have or are experiencing domestic violence. It is free and confidential.

Family Violence Program Eastern Region Women's Counselling & Support. There is no fee attached to either group attendance or counselling sessions. Services are provided by Knox Community Health Service – (FTG - 9757 6200) EACH – Eastern Access Community Health Service (Ringwood – 9879 3933). Ranges Community Health Service (Belgrave – 9754 8963) and Yarra Valley Community Health Service (Healesville – 1300 130 381) Women may access groups at any of these services – normal catchment boundaries will be exempted for group attendance.

STOP PRESS – The Domestic Violence & Incest Resource Centre has changed its name to the Domestic Violence Resource Centre Victoria. The new domain name is DVRCV website is now [www.dvrcv.org.au](http://www.dvrcv.org.au)

## ROYAL CHILDREN'S HOSPITAL ADDRESSING FAMILY VIOLENCE PROGRAMS (AFVP)

**The Peek-a-Boo Club** is a therapeutic program for infants from birth to 6 months, where the infant and mother have been exposed to family violence.

**BuBs On Board** is a shelter based intervention first piloted in 5 Tasmanian shelters for mothers and infants affected by family violence. Its goal is to deliver an intervention which enhances the affectional bonds between infants and mothers where this has been compromised by their exposure to the trauma of severe family violence.

**Dads on Board** is an infant led group work intervention for infants and their fathers, where the father has been identified as a perpetrator of Domestic violence. The aim of the intervention is to engage the infant and father in a therapeutic and experientially based positive and supported relational encounter.

For more information, articles, training program and resources about the AFVP: [www.rch.org.org/mhs/afvp](http://www.rch.org.org/mhs/afvp)

## SPECIAL NEEDS

Program	Contact/Phone	Venue	Dates/Times/Other
<b>Regional</b>			
<p><b>Weekend Getaway to Phillip Island</b> Friday 29 November to Sunday 1 December</p> <p>A great chance for people with disabilities to get away, meet new friends and most of all have fun. Staying at the completely accessible Alvina Cottages, this weekend getaway will include many local Island activities. All inclusive cost of \$880</p> <p>For more information and bookings, contact: Leanne Skinner ph 9754 2274 or 0407 942 007 Email: <a href="mailto:bsch-extend@netspace.net.au">bsch-extend@netspace.net.au</a> Belgrave South Community House, Gilmore Court, Belgrave South</p>			
<p><b>Dyslexia Management Services</b> <i>About Us</i></p> <p>Dyslexia Management Services (DMS) exists to help create better outcomes for children and young people impacted by Specific Learning Difficulties/Dyslexia (SLD), of whom there are approximately 73,000 in the state of Victoria (approximately 3,000,000 across Australia).</p> <p>At DMS we strive to –</p> <ul style="list-style-type: none"> <li>• Help parents come to a tailored understanding of their child's Specific Learning Abilities as well as Specific Learning Difficulties.</li> <li>• Inform and empower parents to take on a collaborative role, along with their child's educators, in the ongoing management of SLD</li> <li>• Inform and assist teaching and allied staff how to recognise and better manage SLD in the classroom</li> <li>• Promote and help facilitate effective collaboration between parents, educators and allied staff in the ongoing management of SLD</li> <li>• Empower individual children and young people towards achieving their true potential by helping them gain a balanced understanding of their learning abilities and challenges</li> </ul> <p>*Find out more by visiting our website <a href="http://www.dyslexiamanagementservices.com.au">www.dyslexiamanagementservices.com.au</a> or ring Glyn on 0430 531 477</p>			
<p><b>Live Your Community Program</b> Focusing on the Chinese Community in the Eastern Region</p> <p>Live Your Community Program (LYCP) provides flexible, practical, volunteer based inclusion support for children with disabilities who experience barriers to participation in sport, recreation and leisure. The program, developed by Extended Families Australia and funded by the Department of Human Services Innovative Respite program</p> <p>Assessment based for children 6 to 17 years with a disability.</p> <p>For further information contact: Rosemary Nicholls on 9355 8848 or email <a href="mailto:info@extendedfamilies.org.au">info@extendedfamilies.org.au</a></p>			
Irabina – Getting ready for the 2014 school year	Irabina bookings contact Paula on Ph 9720 1118 or email <a href="mailto:janneller@irabina.com">janneller@irabina.com</a>	Ring for venue	Fridays 11 Oct – 13 December term 4 Either 9.15–11.15am or 1-3pm, ring for exact time Cost: \$1500 a term
Irabina – Pre-schoolers with Autism, education & skills program for parents	Bookings & further info, contact Louise Morse ph 9720 1118	Ring for venue	Daytime program, ring for details Tuesday evenings 7.30 – 9pm Ring for dates
Parents East Group (PEG) Parents of deaf/hearing impaired	Sandra ph 0425 718 527 Deaf Children Aust.	Ring for details.	Regular events, meetings and activities.
Counselling and support Service for Parents of Children with Autism Spectrum Disorder and other Special Needs	Ph 1300 658 873 <a href="http://www.downsyndromevictoria.org.au">www.downsyndromevictoria.org.au</a> email – <a href="mailto:info@dsav.asn.au">info@dsav.asn.au</a>	Frossa Mrakas 0418 174 545 frossamrakas@hotmail.com	Burwood and Knox Ring for details
Down Syndrome Victoria	Ph 1300 658 873 <a href="http://www.downsyndromevictoria.org.au">www.downsyndromevictoria.org.au</a> email – <a href="mailto:info@dsav.asn.au">info@dsav.asn.au</a>	219 Napier Street, Fitzroy	Info, resources, encouragement & support to families. Call for details.
Deaf Parenting Skills	Ph 9525 1158 / 0403 922 245 SMS: <a href="mailto:admin@jpc.org.au">admin@jpc.org.au</a>	John Pierce Centre 25-35 High St, Prahran	Phone for dates and times. Also info. About playgroups and other activities

## SPECIAL NEEDS

Program	Contact/Phone	Venue	Dates/Times/Other
<b>Regional continued.....</b>			
The Gift of Dyslexia	Sally Beulke ph 5725 1752 <a href="mailto:sallyddc@bigpond.com">sallyddc@bigpond.com</a>	Ring for details	Ring for details
Cerebral Palsy Support Network (Statewide) 3 Ethel Street Thornbury	Phone: 9484 5326 / 1300 277 600 Email: <a href="mailto:cpsn@cpsn.info">cpsn@cpsn.info</a> Website: <a href="http://www.cpsninfo">www.cpsninfo</a>	16+ adult children support group, respite brokerage.. Statewide self help group offering phone information and support in quarterly newsletter, information, seminars, workshops, support groups, recreational & brokerage avail. Ring fro details of Support Groups.	
SPELD Vic. Seminars & Programs Parent Support Group	9489 4344 494 Brunswick Street Fitzroy North	Association of parents and professional people interested in children and adults with specific learning difficulties. Provides Diagnostic Services, seminars, resources for sale, library.	
Genesis – Supports adults with an ID achieve their greatest potential and enhance independence.	Harrison Community Services 9887 1055	Three distinct services: Day Service Program (DSP) based in Mitcham. Individual Development Program (IDP) Located in Blackburn – Community Outreach Program (CSP) based at Knox .	
Association for Children with a Disability <a href="http://www.acd.org.au">www.acd.org.au</a> Rural Freecall 1800 654 013 Web <a href="http://www.acd.org.au">www.acd.org.au</a>	Statewide organisation Suite 2, 98 Morang Rd Hawthorn Phone 9818 2000 Fax 9818 2300	Provides a range of information booklets including, 'Through the Maze: A Guide to Benefits and Services for Families of Children with a Disability' (also available in Arabic, Chinese and Vietnamese); "Your Shout" - website for siblings of children with a disability <a href="http://www.yourshout.org.au">www.yourshout.org.au</a>	
Parent/Carer Education & Informal lunchtime get together	Epilepsy Foundation Victoria Jean 9805 9111 <a href="mailto:epilepsy@epilepsy.asn.au">epilepsy@epilepsy.asn.au</a>	Regular info sessions, counselling, advocacy, referrals, education at school. 818 Burke Road, Camberwell. Freecall 1300 852 853 <a href="http://www.epinet.org.au">www.epinet.org.au</a> Fax 9882 7159	
Parent Support Network Eastern Region – Groups held regularly in Camberwell, Croydon Hills, Box Hill, Mooroolbark	Email: <a href="mailto:psn-emr@bigpond.net.au">psn-emr@bigpond.net.au</a> 97 Bedford Road, Ringwood East, 3135. Ph: Frances 9259 4312 or 0423 655 779 <a href="http://www.psn-emr.com.au">www.psn-emr.com.au</a>	Email: <a href="mailto:psn-emr@bigpond.net.au">psn-emr@bigpond.net.au</a> 97 Bedford Road, Ringwood East, 3135. Ph: Frances 9259 4312 or 0423 655 779 <a href="http://www.psn-emr.com.au">www.psn-emr.com.au</a>	
ADDVic	9890 2144 (Wed and Fri 10am -1pm)	Country callers 1800 233 842. Resources and support for families with children affected by ADD and related issues	
AMAZE (formerly Autism Victoria) Parent Support books, Newsletter, Counselling, resources	Phone: 9657 1600 or 1300 308 699 Fax: 9639 4955 <a href="http://www.amaze.org.au">www.amaze.org.au</a>	PO Box 374 Carlton South Ring for details and Service Directory in your Area	
<b>Families of Children aged 0 – 6 yrs diagnosed with an Autism Spectrum Disorder</b> , and not yet at full time school, will have access to a funding package of up to \$12,000 to assist with the financial cost of accessing early intervention services.			
The funding package will support the provision of structured & intensive early intervention services, such as one-on-one intensive activities & tailored group & individual programs that can be delivered in a range of settings. The Autism Advisors in each state can be contacted through the lead agency association Autism Victoria Inc 9885 0533 <a href="http://www.amaze.org.au">www.amaze.org.au</a>			
MyTime - Local support groups of parents of children up to the age of 16 with disabilities or chronic medical condition – <a href="http://www.mytime.net.au">www.mytime.net.au</a>			
THE BIG BANG COFFEE CLUB - All are welcome.			
First Wednesday of the month at 9.30 am (School and Public Holidays excepted)			
Venue: The Coffee Club, Shop 49 – 50 Moonee Ponds Central, 14 – 16 Hall Street, Moonee Ponds			
For more information: Nocole Lawrence 0413 754 278 or <a href="mailto:Nicole.lawrence@mailcan.com">Nicole.lawrence@mailcan.com</a>			
GIFTED SUPPORT NETWORK (formerly Bayside Young Active Minds – BYAMS) Active network in Melbourne's south eastern region offering the following services to families with gifted children			
For further information visit: <a href="http://www.giftedsupport.org">www.giftedsupport.org</a>			
Dogs for Kids with Disabilities Provides support and training to families and children with special needs through the training and provision of a companion dog.			
For more information: <a href="http://www.dogsforkidswithdisabilities.com">www.dogsforkidswithdisabilities.com</a> or contact Katie 0488 104 044			

## SPECIAL NEEDS

Program	Contact/Phone	Venue	Dates/Times/Other
<b>Regional continued .....</b>			
My Time (Down Syndrome Vic) Parents of children up to age 16 with a disability	Contact Leonie White Ph 9486 9600 ext. 203	One Community Church 184 Surrey Rd, Blackburn	Fridays fortnightly 10 am – 12 noon
As above	Contact Down Syndrome Vic Ph 9486 9600	My Time Rowville Vermont South Community House Karobran Drive Vermont South	Fridays fortnightly 9.30 am – 11.30 am
15+ Family Network Group Parents of Teens & Adults with Down Syndrome	Anthea Ph 0418 402 455	Club Ringwood Cnr Oban Rd & Maroondah Hwy Ringwood	Mondays Monthly 7.30 – 9.30 pm
Club 21, peer support group for adults 18 to 25 years old, (Down Syndrome Vic)	Contact Leonie White Ph 9486 9600 ext. 203	Federation Square, ring for further details	Meets fortnightly on weekends, ring for further details
Dimensions, Specialist counselling for children with a disability & problem sexual behaviour		Aust Childhood Foundation 1800 176 453 Mitcham Phone for details	Ring for details
Autism Behavioural Intervention Assoc (ABIA) Various Topics	Ph 9830 0677 Ring for seminar subjects & dates Email: <a href="mailto:info@abia.net.au">info@abia.net.au</a> Web: <a href="http://www.abia.net.au">www.abia.net.au</a>		ABIA Suite 2/437 Canterbury Rd, Surrey Hills
<b>Boroondara</b>			
Epilepsy Information Sessions	More info or registration ph 1300 852 853 Email: <a href="mailto:mgreen@epilepsy.asn.au">mgreen@epilepsy.asn.au</a>	Epilepsy Foundation of Vic 587 Canterbury Rd, Surrey Hills (enter from Stirling Cres)	Tue 15 Oct, 10.30am – 12.30pm Or Wed 20 Nov, 12.30 – 2.30pm Cost: FREE
Parent/Carer Epilepsy Education & Support Program	Jean Ewing ph 8809 0637 Email: <a href="mailto:jewing@epilepsy.asn.au">jewing@epilepsy.asn.au</a>	As above	Sunday 27 October Registration 9.30am, 10am – 4pm Cost: FREE Donations accepted
<b>Knox</b>			
Irabina School Holiday Programs	Irabina bookings ph 9720 1118 <a href="http://www.irabina.com">www.irabina.com</a>	Irabina Childhood Autism Service 193 Bayswater Road, Bayswater	9.30 am – 12 noon Places are limited ring for details
Sing & Grow	Irabina 9720 1118	193 Bayswater Rd Bayswater.	Wednesdays Ring for details 9.30 am – 10.30 am
Aquatic Occupational Therapy for your child	Irabina 9720 1118	Ring for details	Monday - 5 day Intensive Cost: \$475 can be funded using FaHCSIA Ring for details
Dance Family An activity where the whole family can join in. For children aged 6 yrs up with a disability and their families	Rosie 9758 7991 <a href="mailto:illoura@knox.vic.gov.au">illoura@knox.vic.gov.au</a> Jenny 9259 4312 <a href="mailto:Psn-emr@bigpond.net.au">Psn-emr@bigpond.net.au</a>	Bayswater Community Youth Centre Cnr Station St & Pine Rd Bayswater	Every Monday during school term 10.30 – 12 noon Cost: \$10 per family per session
THE SHOP FRONT Provides info & support for families concerned about their children especially those with additional needs.	Anne Peel Ph 9758 7747 E-theshopfrontFTG@gmail.com	90 Station Street Ferntree Gully	<a href="http://www.theShopfrontFTG.com.au">www.theShopfrontFTG.com.au</a>
Bayswater Cerebral Palsy Support Groups	Ph 9445 7488 <a href="mailto:cpsm@cpsn.info">cpsm@cpsn.info</a>	Knox C'ty Arts Centre Bayswater Youth Hall Cnr Pine Rd & Station St, Bayswater	TBA
Autism Spectrum Disorder Support Group Meetings	Jacquie Moffat Ph 9758 7747	The Shop Front 81 Station St, Ferntree Gully	Mon – Fri 9.30 am – 1 pm
Save the Children Mobile Playbus staff facilitated supported playgroup running in the area of Bayswater	Richard Baker Ph 8417 1404	Koolyangarra Children & Family Centre Bayswater	Thursdays 9.30 – 11.30 am (school terms) FREE

## SPECIAL NEEDS

Program	Contact/Phone	Venue	Dates/Times/Other
<b>Knox continued .....</b>			
My Time Rowville, (Down Syndrome Vic), peer support group for parents.	Contact Leonie White Ph 9486 9600 ext 203	Vermont Sth Community House Karobran Drv, Vermont Sth	Fridays fortnightly 9.30 – 11.30am Ring for more info
MYTIME supported Playgroup 0-6 years with additional needs	Sharon Bradford 9298 8348	Scoresby West Family & Children Centre Nevana St, Scoresby	Mondays (school Terms) 9.30 – 11.30 am FREE
MYTIME supported Playgroup 0-6 years with additional needs	Sharon Bradford 9298 8348	Kinderlea Family & Children Centre 3 Coleman Rd, Wantirna Sth	Thursdays (school Terms) 9.30 – 11.30 am FREE
Playconnect Supported Playgroup Birth to six years with Autism	Sharon Bradford 9298 8348	West Gully Family & Children Centre Dobson St, Ferntree Gully	Tuesdays (school Terms) 9.30 – 11.30 am FREE
Making it Possible! A workshop for Parents of children 0 - 18 y/o	Bookings or more info Ph 9818 2000, rural 1800 654 013 <a href="http://www.trybooking.com/45838">www.trybooking.com/45838</a>	Upwey Community Hall 1443 Burwood Hwy, Upwey	Wed 13 Nov, 9.30am – 2.45pm Cost: \$20 members \$40 non-members
Family Relationships Service for Carers of disabled people	Phone 1300 303 346	Eastern Access Comm. Health 254 Canterbury Rd, Bayswater	No Cost for services Call for more information
Wellington Care Centre Relief Recovery Restoration Children specialists for Autism and Aspergers Syndrome	Ph 9764 3738 <a href="http://www.wellintoncarecentre.com.au">www.wellintoncarecentre.com.au</a> <a href="http://www.rowvillebaptist.org.au">www.rowvillebaptist.org.au</a>	Cnr Wellington Rd & Le John St Rowville	Ring for details
<b>Manningham</b>			
Stride Supported Playgroup	Anna 9850 8080 or <a href="mailto:ang@strideforward.edu.au">ang@strideforward.edu.au</a>	44 Balmoral Avenue Lower Templestowe	Thursday mornings during school terms 10 – 11.30 am Cost: FREE
Family Network Group (Down Syndrome Vic) Social evenings & School holidays	9486 9600	Venue varies	Ring for details
<b>Maroondah</b>			
<p>MAROONDAH GIFTED CHILDREN'S PARENTS' ASSOCIATION Morning Coffee at Mac Donald's, Maroondah Hwy, Croydon First Wednesday of the Month @ 10.30 am For further information regarding the Association: Jennifer Grant 9779 4218 or Louise Howe 9801 2912 Parent Support Network – Supporting parents, carers &amp; families of children with a disability or special need 10 am – 12 noon – 18 July, 15 August, 19 September, 17 October, 21 November Yarrunga Community Centre, Croydon Hills For further information: Jenny Salgo 9259 4312 Or email: <a href="mailto:psn-emr@bigpond.net.au">psn-emr@bigpond.net.au</a></p>			
<p>Gifted Resources &amp; "News"- Monthly newsletter with info re groups for gifted kids. Resources are for browsing, buying &amp; borrowing – strictly by appointment. Postal Address: PO Box 4176, Croydon Hills, 4176. Newsletter on line: <a href="http://www.giftedresources.org/web/newsletter.htm">www.giftedresources.org/web/newsletter.htm</a> Jo Freitag Phone 8711 3630 Email: <a href="mailto:jo@giftedresources.org">jo@giftedresources.org</a> Web: <a href="http://www.giftedresources.org">www.giftedresources.org</a> Blog: <a href="http://www.giftedresources.org/jo/blog.sprite'site">www.giftedresources.org/jo/blog.sprite'site</a> Phone or email consultations to parent your gifted child.</p>			
Siblings Group, For siblings of children with Autism.	Irabina Ph: 9720 1118 (see regional entry)	193 Bayswater Rd Bayswater	Call for details
The Club Supported Playgroup	9294 7530	Arrabri Community House Allamban Drive, Nth Bayswater	Tuesday afternoons 1 pm – 3 pm Cost \$7per family
AUSLAN Level 2, Conducted by The Auslan Company	9786 3421 <a href="http://www.auslan.net.au">www.auslan.net.au</a>	North Ringwood Comm House 120 Oban Rd, Nth Ringwood	Ring for details
Early Childhood Intervention Program	Bronwyn, 9879 3933	75 Patterson Street Ringwood	0-6 who have a delay in two or more development areas.
Family Relationships Service Carers of disabled people	Phone 1300 303 346	Eastern Access Com Health 46 Warrandyte Rd, Ringwood	No Cost for services call for information
15 + Family Network Group (Down Syndrome Vic) Parents of teens & adults	Anthea 0413 981 212	Club Ringwood Cnr Oban Rd & Maroondah Hwy, Ringwood	Mondays Monthly 7.30 – 9.30 pm

## SPECIAL NEEDS

Program	Contact/Phone	Venue	Dates/Times/Other
<b>Monash</b>			
Signposts for building better behaviour - Parenting Program to help families manage the behaviour of children with developmental delay or disabilities.	Fiona May 0450 446 368 <a href="mailto:fiona.may@monash.edu">fiona.may@monash.edu</a>	Krongold Centre Monash University, Clayton	Ring for details  Cost: \$300 per family
Connecting Teens – Social Group for Teens with Aspergers ASD/ADHD & similar traits	Carol 9807 3589 or 0432 150 799 Call for details	Power N'H House 54 Power Ave, Ashwood	Friday evenings 4.30 - 6.30pm & 7 – 9pm Sat PM during school term \$80.00 per term.
<b>Whitehorse</b>			
My Time Blackburn, (Down Syndrome Vic)	Contact Leonie White Ph 9486 9600 ext. 203	One Community Church 184 Surrey Rd, Blackburn	Fridays fortnightly 10 am – 12 noon
Parent Support Network – Morning coffee.	Parent Support Network, 9259 4312 Frances 0423 655 779	Clota Cottage, 32 Clota Ave, Box Hill	Phone for details.
Asperger Syndrome Support Network - Autism Spectrum Disorder 54 Railway Road, Blackburn	Sally 9845 2766 assnvc@mssociety.com.au Web: <a href="http://www.assnvc.org.au">www.assnvc.org.au</a>	A group of parents who have family members diagnosed with Asperger's Syndrome, an Autism Spectrum Disorder - Age 3 years up. Coffee Mornings and evenings, Library, info sessions, seminars. Regular meetings: AS Girls, AS Adults, AS Teens, Parents.	
<b>Yarra Ranges</b>			
HAGS Happy Autism Group Support	Sara O'Connor 9754 6405	Selby Community House Next to Minak Reserve via Charles Street, Selby	Monthly Wednesdays 9.30 am – 12.30pm Ring for details
Belgrave Parent Support Group	Heike Reich 9752 5420 <a href="mailto:heikemagnus@yahoo.com.au">heikemagnus@yahoo.com.au</a>	Ring for details	Meetings generally monthly on Mondays Ring for details
Weekend Extend Program, recreational program for people, 16 and above, with disabilities	Contact Lyn ph. 9754 2274 Email: <a href="mailto:bsch-extend@netspace.net.au">bsch-extend@netspace.net.au</a>	Belgrave Sth Community House Gilmore Court, Belgrave Sth  Chirnside Park Community House Kimberley Drive, Chirnside Park	Either Saturday or Sunday 10am – 4pm or evenings Ring for details Cost: \$120 all included, funding available Ring for more details
Healesville Early Intervention Grps for children with developmental delays	Bronwyn 5962 4704	6 Vimy Ridge, Healesville <a href="http://www.each.com.au/services">www.each.com.au/services</a>	Ring for details
Mothergoose Mums & Toddlers 0 – 2yrs	As above	As above	Ring for details
Round and Round Supported Playgroup 0 – 6 yrs	As above	As above	Ring for details
The Hills Autism Support Group Parents/Carers with family member with ASD	Barb 5968 9014 Lynelle 5968 4390	"Kiss the Sky" Café Clematis	Every 3rd Wed of month at 12.30 Informal coffee & lunch mtg.
Extend Day & Weekend Program (For young people 16+ with disabilities recreational / respite)	Lyn Young ph 9754 2274	Belgrave Sth Community House, Gilmore Court, Belgrave South	Individual plan for each participant 9 am – 3 pm Call for details
Extend Day & Weekend Program (For young people 16+ with disabilities – recreational/respite)	Lyn Young ph 9754 2274	Activities run throughout Melb.	Various Activities ring for details. Cost: \$120 per participant for a 6 hour day



## SPECIAL NEEDS

Program	Contact/Phone	Venue	Dates/Times/Other
<b>Respite</b>			
Saturday Respite Co-ordination/enquiries 0411 899 622	Uniting Care Comm. Options, 9804 0011	6-9 yo—Deepdene 9-12 yo—Ashburton Teens – Chill Out – Box Hill.	Creative activities for children with complex care needs. Saturdays
Emergency After Hours Response Service (EARS)	1800 727 280 After Hours only 5pm—9am weekdays. 24 hours on w/ends & public holidays	Individually tailored for specific needs. Free after hours crisis and support to people with a disability and their carers. EARS is free and operates outside business hours.	
Interchange Inner East Boroondara, Monash, Manningham & Whitehorse	PO Box 262, Canterbury, 3126 Phone: 9836 9811	Interchange Inner East provides flexible respite care services and recreational opportunities, which are responsive to changing needs of families and their children/young adults with disabilities. Services included are: - Host program; Adolescent Program; Young Adults Program; Paid Care Program. Phone if you are interested in volunteering or applying for a place	
Interchange Outer East Yarra Ranges, Maroondah, Knox	5-7 Yose Street, Ferntree Gully 9758 5522 www.ioe.org.au	Similar to above. Also school holiday and camps programs.	
Eastern ReCharge Program	Project Facilitator, 9877 0100 C/- SCOPE—Level 3/Shop 320 270 Canterbury Rd, Forest Hill	An innovative program providing community recreational respite opp for families & people with disabilities in East Met Region	
Extended Family Aust.	Eastern 9285 4837 eastern@extendedfamilies.org.au	Companionship to children with disabilities and respite to their families. Volunteers trained and supported.	
RIDE Respite Information & Development in the East	1300 886 798 ride@yooralla.com.au www.respiteeast.org.au	Info about respite services available to persons with a disability aged 0-64 yrs, living with primary carer & residing within Eastern Metro Region.	
Commonwealth Carer Respite Centre	1800 059 059	Uniting Care Community Options—Respite and emergency care planning in Eastern region	
Respite for Carers supporting a person with a disability	EACH, Ph: 9871 1800 info@each.com.au	Support to parents and carers of a person with a disability, and support to people with a disability ages 6-64.	

## VULNERABLE & ISOLATED PARENTS

Program	Contact/Phone	Venue	Dates/Times/Other
<b>Regional &amp; Other</b>			
<p style="text-align: center;">HEALTHY START LEARNING HUBS –Inner and Outer East (Website: <a href="http://www.healthystart.net.au">www.healthystart.net.au</a>)            Healthy Start is a National Strategy for children of parents with learning difficulties.            Inner East Hub – Contact Ann Johnson, O'Connell Family Centre 9416 7600; email: <a href="mailto:annjohnson@mercy.com.au">annjohnson@mercy.com.au</a>            Outer East Hub – Contact Sandie Walker, Knox Council – Illoura House, 9758 7991; email: <a href="mailto:sandie.walker@knox.vic.gov.au">sandie.walker@knox.vic.gov.au</a></p>			
<p><b>MUSIC TOGETHER For Children 0 – 5 yrs old</b>            Encourages supportive, nurturing relationships between parents/carers and children through music. Includes songs, dancing, relaxation. Lead by creative arts therapists at a variety of locations Bayswater, Mitcham, Warrandyte, Box Hill, North Balwyn, Croydon, Vermont, Hampton Park, Boronia, Blackburn &amp; Heathmont.            Cost \$120 per family per Term (\$12 per week/family). Some subsidies available.</p> <p style="text-align: center;">For general information contact Tirta at Connections – 9871 0218 or contact groups directly details at <a href="http://www.connections.org.au/musictogether">www.connections.org.au/musictogether</a></p>			
<p><b>IN HOME CHILD CARE</b></p> <p>Is a flexible form of child care where children can be cared for in their own home, by an approved carer. To be eligible for In Home Child Care, families must have no access to existing child care services and/or their circumstances mean that an existing child care service cannot meet their needs. Families must also meet one or more other criteria ring for details.</p> <p>You can find out which services offer In Home Child Care in your area by contacting the Child Care Access Hotline 1800 670 305 or by visiting the National In-Home Childcare Association website – <a href="http://www.nica.org.au">www.nica.org.au</a> (02) 6026 3899</p>			
<p style="text-align: center;">Mental Illness Fellowship Victoria - Support &amp; Information Programs for Families &amp; Friends of People with Mental Illness &amp; Dual Diagnosis (Mental Illness &amp; Substance Use)– Well Ways – For Program Information call Administrator 8486 4232 or <a href="mailto:wellwaysfamed@mifellowhip.org">wellwaysfamed@mifellowhip.org</a></p>			
<p>SKY Program – VACRO            Counselling &amp; Mentoring for children with a family member in contact with the criminal justice system</p>	<p>Phone 9605 1900            Ring for details</p>	<p>VACRO            116 Hardware St, Melb</p>	
<b>Boroondara</b>			
<p>ARAFEMI Workshops &amp; Seminars for Carers</p>	<p>Carer Help Line 1300 550 265 or email <a href="mailto:admin@arafemi.org.au">admin@arafemi.org.au</a></p>	<p>270 Auburn Rd, Hawthorn</p>	<p>1. Moving beyond Loss &amp; Despair            2. On the path to self-advocacy            3. Carers Coping Skills</p> <p style="text-align: center;">Call for details</p> <p style="text-align: center;">Cost: \$5 per session</p>
<b>Knox</b>			
<p>Dance Family (movement to music for children aged 8 - 18yrs with a disability)</p>	<p>Rosie Dyson 9758 7991</p>	<p>Bayswater Youth Hall            Cnr Station St &amp; Pine Rd            Bayswater</p>	<p>Sundays – during school term            10.30 – 12 noon            Cost: \$10 per session</p>
<p>Supported Playgroup For isolated &amp; vulnerable families with children 0 – 6 years</p>	<p>Sharon Bradford 9298 8348</p>	<p>Koolyangarra Children &amp; Family Centre            Bayswater</p>	<p>Thursdays            1 – 3 pm            FREE</p>
<p>Building Strengths – Supported Playgroup Disadvantaged families</p>	<p>Toni 9298 8000            Sandi 9758 7991</p>	<p>Kinderlea - Wed 9.30am – 0-2 yr            Koolyangarra – Fri 9.30am – 2-4 yr</p>	<p>Parents with learning difficulties            FREE</p>
<p>Bounce Back Women's group dealing with Anxiety &amp; depression various activities &amp; outings for relaxation</p>	<p>Call 9801 1895</p>	<p>Orana House            62 Coleman Rd, Wantirna South</p>	<p>Wednesdays 1 – 3 pm            Ring for details            Cost: \$5 per session</p>
<p>Cooking Together</p>	<p>9729 6555</p>	<p>TLC Church            Bayswater North</p>	<p>Thursday mornings 9.30 am – 1 pm            \$3 per session            Ring for details</p>

## VULNERABLE & ISOLATED PARENTS

Program	Contact/Phone	Venue	Dates/Times/Other
<b>Manningham</b>			
Hands on Parenting Support Program	Freya Dugan 9841 4215	In home visiting service	Ring for details
<b>Maroondah</b>			
The Club – supported playgroup A social group offered to parents & child (aged 0 – 5)	9294 7530	Arrabri Community Allambanan Street Nth Bayswater	Tuesdays 1.00 – 3.00pm \$7 per family
<b>Monash</b>			
SNAP (Socialise, Nurture and Play) Supported Playgroup for women and children experiencing family violence	Camcare 9882 2216 or EDVOS 9259 4200	Ashburton Phone for details	Referral only. Phone for details.
Mums for Mums Support Group Playgroup for Mums who do not have family support.	Helen Grosvenor 9887 6226	Kerrie Neighbourhood House 36 Kincumber Drive, Glen Waverley	Thursdays 11.30 – 1.30 during school term Bookings essential.
Support Program Inner East Mothers with mental illness	Sthn Office 9692 9400 East Office 9692 9400	Prahran Mission Monash, Boroondara & Whitehorse	Home based outreach support & rehabilitation. Referral necessary
OCD Family & Carer Support Group	Call the 1300 269 438 or 9830 533 0566	Anxiety Recovery Centre 292 Canterbury Rd Surrey Hills	Call for details
Managing Stress & Anxiety	Email: admin@arcvic.com.au www.arcvic.com.au	As Above	Call for details
<b>Yarra Ranges</b>			
Healthy Mothers Healthy Babies Support for pregnant women in the community. Help to access services and other support during pregnancy and for 6 weeks post birth. Contact: 9738 8801 or <a href="http://www.inspiro.org.au">www.inspiro.org.au</a>			
Supported playgroup for parents experiencing difficulties (6mths – 3 YO)	Inspiro CHS, 9738 8801 Melanie 9754 8963	1624 Burwood Highway Belgrave	10.30 am – 11.30pm Fridays \$30 per term. Sing, play and create
Sing Play Create Supported playgroup Parents experiencing difficulties. (6mths-4yrs)	Intake Worker Inspiro - Beth 9754 8963 or 9738 8801	1624 Burwood Highway Belgrave	Music, Art, family Relationships. Friday's 10 – 11.30am Cost \$30 For the Term

# DRUGS, ALCOHOL & ADDICTIVE BEHAVIOURS

Program	Contact/Phone	Venue	Dates/Times/Other
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Parenting strategies for under-age drinking – New web site – <http://www.parentingstrategies.net/>  
The website will offer a web-based program designed to help parents assess their current approaches, with parents receiving personalised feedback on how to confidently manage their child's alcohol use.

## Counselling

Drug & Alcohol Family Support Program	1300 650 705 or Caroline, 0400 447 013	Supported by Monashlink Health Serv. & EACH, East Region	Individual/family counselling & support, groups, secondary consultations, information & referral
1) AGENDAS Anglicare Greater Eastern Drug & Alcohol Services  2) FADS Program Family Alcohol & Drug Service	Intake & Assessment Worker Knox 9721 3688 Mon-Fri 11 am – 3 pm		1) Individual & family counselling  2) Families with children up to 18 yrs where an adult has a drug or alcohol problem. Families with a young person up to 25 yrs who has a drug or alcohol problem.
Eastern Drug & Alcohol Service (EDAS)	1300 650 705 9am-5pm Mon-Fri Sat. appoint. Possible		EDAS can assist you if you would like some information or assistance when someone close to you is affected by alcohol or other drugs. Includes counselling for parents and children, withdrawal support for young people (resi & h/b). Also runs 'Caution with Cannabis' course * IECHS, 953 Whitehorse Road, Box Hill * Eastern Access CHC, 46 Warrandyte Rd, Ringwood * EDAS, Corner Blackburn & Doncaster Roads * Monash Link CHC, 34 O'Sullivan Rd, Glen Waverley
Box Hill	As above		
Maroondah & Yarra Ranges	9871 1800		
Manningham	8841 3000		
Monash & Knox	1300 552 509		
New Life Program For women with addictions Also groups for Men	1800 630 010 9890 7755 0412 535 302		Ring for assistance, information, referral to other services. Individuals & group programs in Maroondah, Box Hill, Lilydale & F'Tree Gully

## Regional

Eastern Collaboration of Alcohol & Drug Agencies (ECADA) Program	0408 171 881 (except Wed) ecada@boxhill.org.au PO Box 94, Box Hill, 3128	The chief purpose of ECADA is to facilitate the development of an effective and well integrated drug and alcohol service system in the Region. Comprehensive list of services.
Family Drug Help	1300 660 068 24-hour helpline	For people concerned about a relative or friend using alcohol or other drugs. Also provide Support Groups <a href="http://www.familydrughelp.sharc.org.au">www.familydrughelp.sharc.org.au</a>
Turning Point Alcohol & Drug Centre	Directline 1800 888 236	24-hour drug & alcohol counselling, information and referral service. Also provides a Disposal Helpline 1800 552 355
'Substance use & the adolescent brain' 'What everyone needs to know about foetal alcohol syndrome in Australia'	Turning Point 8413 8413	Call for details
Tobacco Free Clinic Specially trained staff for individual needs	Robyn 9895 4947	Health Promotion Unit Eastern Health Box Hill & Maroondah Hospitals
Family Drug Help Action for Recovery Course	1300 660 068	The Church, 140 Grange Rd, Carnegie.
YSAS Reconnect - Helps young people, who are using alcohol and/or other drugs aged 12 – 18 who are homeless or at risk of homelessness and their families	16 Ellingworth Pde Box Hill	Ring for details 9890 7855
		Cost \$25 \$15 conc Call for details.
		Ring for details

# DRUGS, ALCOHOL & ADDICTIVE BEHAVIOURS

Program	Contact/Phone	Venue	Dates/Times/Other
<b>Boroondara</b>			
Support Group for family & friends of Drug & Alcohol Users	Nina 9898 2803	Balwyn Library Ring for info before attending	Confidential meetings, support, info sharing & guest speakers
Drug Counselling For indiv. & families who live, work or study in Boroondara	9851 7800	EASTCARE 16 Church Street, Hawthorn	Adult counselling, homeless outreach. Ring for appointment
<b>Maroondah</b>			
Parent Support Group For adults who are parenting people with Drug and alcohol issues	Leah 9721 3688	Anglicare Victoria 666 Mountain Hwy, Bayswater	Ring for details 7 week course Tuesdays, 6 – 8 pm Cost: FREE
Cautious With Cannabis Group	Alicia Strickland 9721 3688	As above	Tuesdays 2 – 4 pm 13 August & 10 September 6 – 8pm 2 hour Education Program FREE Ring for more details
Linking Young People & Families Together (LYFT) Young people 12-21 year olds	Ken Intake 9735 4188 or 0422 253 996	Anglicare Victoria 666 Mountain Hwy, Bayswater or elsewhere by arrangement	Working to reduce stresses at home, and strengthen family relationships, as a way of addressing the young person's problematic alcohol use. Ring for details.
1) AGEnDAS Anglicare Greater Eastern Drug & Alcohol Services  2) FADS Program Family Alcohol & Drug Service	Intake & Assessment Worker Knox 9721 3688 Mon-Fri 11 am – 3 pm	1) Individual & family counselling  2) Families with children up to 18 yrs where an adult has a drug or alcohol problem. Families with a young person up to 25 yrs who has a drug or alcohol problem.	
Drug & Alcohol Counselling	Knox Community Health Service 9757 6200	1063 Burwood Hwy Ferntree Gully	Phone for information
Knox Tobacco Free Clinic	9757 6200	By appointment Wantirna: Weds 9 am – 5 pm FTG: Thurs 9 am – 5 pm	
<b>Maroondah</b>			
Tobacco Free Clinics	Robyn 9895 4947	Box Hill & Maroondah Hospitals	By Appointment Cost \$25 / \$15 conc
First Response Family Forums Is substance use becoming an issue in your family?	For more details: EDAS Intake Line 1300 650 705	EDAS - EACH 46 Warrandyte Rd, Ringwood Meeting Room Building B	Call for details
Parent Support Group & Counselling	Caroline / Marcel 9871 1800	Ringwood (EACH) Ring for details	Families where alcohol +/- or other drug use is problematic Alt. Wednesdays
<b>Monash</b>			
Chinese Speaking Alcohol and Other Drugs (AoD) Counsellor at MonashLink Monday, Tuesday and Wednesday 8.30 am – 5 pm.			
For more information and bookings contact Vera Yang on 1300 552 509 or <a href="mailto:vyang@monashlink.org.au">vyang@monashlink.org.au</a>			
First Response Family Forums Is substance use becoming an issue in your family?	For more details: EDAS Intake Line 1300 650 705	EDAS – Monash Link 7 Dunscombe Ave, Glen Waverley	Ring for details
Family Drug Help Peer Support Group	EDAS 1300 650 705 or Info & Referral Margaret 9803 0300	MonashLink Hlth Serv. 9 Dunscombe Ave Glen Waverley	Carers of substance abusing family member. 1st Thursday every month
Alcohol & Drug Information/Education	As Above	As Above	3rd Thursday every month

# DRUGS, ALCOHOL & ADDICTIVE BEHAVIOURS

Program	Contact/Phone	Venue	Dates/Times/Other
<b>Whitehorse</b>			
Tobacco Free Clinics	Robyn 9895 4947	Box Hill & Maroondah Hospitals	By Appointment Cost \$25 / \$15 conc
First Response Family Forums Is substance use becoming an issue in your family? EDAS	Janice Florent 1300 552 509	EDAS – IECHS 953 Whitehorse Rd, Box Hill	Ring for details
Eastern Health Alcohol & Drug Service	9843 1288 Mon - Fri, 9am - 5pm	Advice for anyone wishing to undergo withdrawal. Overdose response program	
Eastern Health Mental Health Eastern Dual Diagnosis Team	9843 1277	43 Carrington Road, Box Hill. Phone for information	
<b>Yarra Ranges</b>			
Alcohol & Drugs in your community	Anne Iversen (SHARC) Ph 9573 1777 or Jenny Syme (Anglicare) Ph 5967 1769	Millgrove Community Centre Millwarra Primary School Cavanaugh Rd, Millgrove	22 October 7.30 – 9.15pm Cost: FREE Light supper included Bookings essential
Parent Support Group for Parents/Carers supporting people with drug & alcohol issues	Leah ph 9721 3688	Inspiro Belgrave 1624 Burwood Hwy, Belgrave (Next to Cameo Cinema)	Thursdays, 17 Oct to 12 Dec 10am – 12pm Cost: FREE
Cautious With Cannabis Group	Alicia Strickland 9721 3688	Anglicare Lilydale 47 – 51 Castella Street Lilydale	Tuesdays 2 – 4 pm 2 hour Education Program run on the following dates in 2013, 8 October 12 November 3 December FREE
YSAS– Homebased	Withdrawal for Youth	1800 014 446 Country freecall	
AGEnDAS Parent Support Group Program	9735 4188 Ring for details	Anglicare Victoria Lilydale	Group No charge Donations appreciated
AGEnDAS drug & alcohol service	Intake 9721 3688	Anglicare Victoria	
Action for Recovery Course For families impacted by their loved one's drug and/or alcohol use	Jenny Syme 5967 1769 Tracey Alder 9573 1784 Bookings Essential	Yarra Junction Community Link Cnr Hoddle St and Warburton Hwy Yarra Junction	Ring for details Cost: \$60 Bookings Essential
Parent Support Group, for parents/carers supporting people with drug & alcohol issues	Leah ph 9721 3688  As above	Anglicare Bayswater office 666 Mountain Hwy, Bayswater  Inspiro Belgrave office 1624 Burwood Hwy, Belgrave	Thursdays 17 Oct to 12 December 10am–12pm (7 weeks) Cost: Free
Linking Young People & Families Together (LYFT) Young people 12-21 year olds	Ken 9721 3688	Anglicare Victoria 666 Mountain Hwy, Bayswater or elsewhere by arrangement	Working to reduce stresses at home, and strengthen family relationships, as a way of addressing the young person's problematic alcohol use. Ring for details.

<b>Drug and Alcohol Program provided by AGENDAS -Anglicare's Greater Eastern Drug and Alcohol Service</b> <b>AGEnDAS services are free and can be accessed via the Intake Worker, on 9721 3688, Mondays to Fridays</b>					
	Target Group	Details	Eligibility	Referral method	Location/s
<b>Drug Education Support Program</b>	Individuals experiencing anxiety and/or depression and substance abuse	<p>*An ongoing support group for those impacted by substance use and anxiety /depression, aiming to educate, reduce social isolation, increase self awareness and self confidence , and learn new skills .</p> <p>*Includes an introduction to CBT and problem solving techniques</p>	<p>Knox and surrounding suburbs.</p> <p>No exclusion criteria.</p>	Self referral and/or referrals from GPs and other services	Bayswater
<b>Linking Youth and Families Together (LYFT)</b>	Families with a young person aged 12 to 21 who are using alcohol in a problematic way	<p>A flexible approach , tailored to the needs of each family. This may include referral and assessment, case coordination, individual and family counselling, and parent support groups.</p> <p>Secondary consultation for other professionals</p>	<p>Outer Eastern suburbs</p> <p>The young person must be using alcohol. Will work with co morbid issues.</p>	Self referral and/or referrals from GPs and other services	Flexible, dependant on referrals
<b>Parent Support program</b>	Adults who are parenting people with problematic substance abuse	An 8 week structured , confidential program which aims to support parents, increase both their confidence and effectiveness ,and knowledge of drugs and alcohol	<p>Eastern Region</p> <p>No exclusion criteria.</p>	Self referral and/or referrals from GPs and other services	Flexible, dependent on referrals
<b>Family Drug and Alcohol Service (FADS)</b>	<p>*Families where a parent has a substance abuse problem and the children are 18years or under</p> <p>*Families where a member 25 years of age or younger has a substance abuse problems</p>	<p>*Counselling for all the family members</p> <p>*Opportunities to develop strategies to tackle alcohol or drug problems</p> <p>*Focus on building family relationships that have suffered due to substance abuse</p> <p>*Secondary consultations for other professionals</p>	<p>Eastern Region</p> <p>No exclusion criteria. Will work with co morbid issues.</p>	Self referral and/or referrals from GPs and other services	Bayswater and Lilydale
<b>Family to family Link Up (F2F)</b>	Families/family members/carers (can include extended family and significant support people) who would benefit from meeting other families experiencing similar substance abuse issues that impact on their family well being	<p>*Links families together to share experiences</p> <p>*Education around substance abuse issues</p> <p>*Increases self awareness and confidence</p> <p>*Reduces social isolation</p>	<p>Knox and Yarra Ranges</p> <p>No exclusion criteria.</p>	Self referral and/or referrals from GPs and other services	Bayswater and Lilydale
<b>Cautious with Cannabis</b>	Anyone interested in learning more about the impacts and effects of cannabis.	A 2 hr educational session on the effects and impacts of cannabis use	<p>Knox and Yarra Ranges</p> <p>No exclusion criteria.</p>	Self referral and/or referrals from GPs and other services	Bayswater and Lilydale
<b>Counselling</b>	Individual adults and/or couples	Alcohol and Drug assessment, counselling, support, advice, information and referral. Community development and secondary consultation.	<p>Knox and Yarra Ranges</p> <p>Will work with co morbid issues.</p>	Self referral and/or referrals from GPs and other services	Bayswater and Lilydale

## CHILDREN & ADOLESCENTS

Program	Contact/Phone	Venue	Dates/Times/Other
<b>Regional</b>			
<p>YMCA Connect A 5 day residential camping program designed for young people aged 9 – 16 years.</p> <p>Who is eligible? Young people who have had adverse life experiences, and who would greatly benefit from a positive and supportive environment with appropriate adult influences. Young people who agency staff are confident can deal positively with an environment of new people, new locations and new experiences Young people living in foster care or supported accommodation</p> <p>YMCA Connect is held every school holidays at various accredited campsites across Victoria.</p> <p>For further information: 9345 8022 <a href="mailto:connect.victoria@ymca.org.au">connect.victoria@ymca.org.au</a> <a href="http://www.vicyouth.ymca.org.au">www.vicyouth.ymca.org.au</a></p>			
Fused Workshops 13-18 yrs (Financial assistance available.) Ring for details	Ph 9412 0900 or <a href="mailto:workshops@reach.org.au">workshops@reach.org.au</a>	Aimed at building self esteem, confidence and resilience. Mt. Waverley, Collingwood, Frankston, Narre Warren, Broadmeadows 5 week-courses 6-8pm. \$5/session	
KIDS Help Line For kids aged 5 – 25 yrs old	1800 55 1800 <a href="http://www.kidshelp.com.au">www.kidshelp.com.au</a>	Free 24 hour telephone & online counselling service. To contact one of our counsellors call 1800 551 800. For more information re Kids Helpline or BoysTown call 07 3368 3399	
Outdoor Experience Program 15 – 25 year olds	Phone 9855 2633 For further information	'The Bush Hut' 110 Studley Park Rd, Yarra Bend Park Kew	4 – 6 weeks Cost: No Charge
TAP into Training	Cheryl Humphries / Margie Fry' 9726 1673	Swinburne University TAFE Division	Ring for details and to make an appointment
Life Skills based on Martial Arts Therapy – 2 age groups (6-11 and 12-15)	Steve 0402 320 503	Ultimate Martial Arts 126 Canterbury Rd, Heathmont.	Wednesday 8 weeks Costs \$20 for intensive session \$10 for social competency
Hand Brake Turn Aust Apprenticeship Access Program	Phone 9793 1466 <a href="mailto:Hbt.dan@concernaustralia.org.au">Hbt.dan@concernaustralia.org.au</a>	Centrelink / JSA registered.	Ring for details
Creating Options for Young People – Referral Necessary	Sarah 9758 8508	Halcyon, 3 The Avenue Ferntree Gully	A social & rec. grp for 17-25 y.o. with mental health issues Thurs. 5-7pm. Ring for details
Templer Youth Group – fun & friendship in a safe & supportive environment.	Susi Richter 9557 6713	Temple Soc Comm. Hall 51 Elizabeth St, Bayswater	Call for details
<b>Boroondara</b>			
Cool Kids, (Outer East) A therapeutic group for primary school aged children who have experienced homelessness and/or family violence	Contact Resilient Kids for more information on ph 8870 4042 or email Susie Richards on <a href="mailto:susie.richards@wesley.org.au">susie.richards@wesley.org.au</a>	Venue to be advised Ring for more details	Tuesday afternoons during school term Dates to be advised 4 – 5.30 pm Ring for more details
Baby sitting education for teenagers	Janette Witt ph 9889 0791 Tuesdays, Wednesdays & Fridays	Bowen Street Community Centre 102 Bowen Street, Camberwell	October 2 & 4, Ring for more details
<b>Knox</b>			
Children's Mental Health Service	Craig Russouw ph 9871 1000	Multiple locations across Knox, Maroondah & Yarra Ranges ring for further details	Ongoing service Ring for more info
Youth Information Centre (YIC) Information & Referral Services for Young people 10 – 25 & their parents	Julia 9298 8469	YIC – Knox Ozone (near Timezone)	Monday – Thursday 1 – 5 pm
VCAL in 2010 for 16-20y.o alternative to VCE	Alex 9842 6726	Pines Learning 1/520 Blackburn Rd, Doncaster East	Call for interview & information
Martial Arts Therapy	Bookings essential Christine 9842 6726	As above	Ring for details Cost: \$50 Bookings Essential



## CHILDREN & ADOLESCENTS

Program	Contact/Phone	Venue	Dates/Times/Other
<b>Maroondah</b>			
Rebound – EACH For 13 to 15 year olds experiencing conflict or instability, with willingness to chg	Youth & Family intake Ph 9871 1800 or Warren 0467 718 385	Monash Youth & Family Services 14 Bogong Ave, Glen Waverley (parking in car park opposite) Ring for further details	Wednesday 16 October 9.30 – 11 am Ring for further details
Children's Mental Health Service	Craig Russouw ph 9871 1000	Multiple locations across Knox, Maroondah & Yarra Ranges ring for further details	Ongoing service Ring for more info
Cool Kids, (Outer East) A therapeutic group for primary school aged children who have experienced homelessness and/or family violence	Contact Resilient Kids for more information on ph 8870 4042 or email Susie Richards on <a href="mailto:susie.richards@wesley.org.au">susie.richards@wesley.org.au</a>	Venue to be advised Ring for more details	Tuesday afternoons during school term Dates to be advised 4 – 5.30 pm Ring for more details
The Next Step, Youth Peer Leadership, young people 15 to 20 y/o – conditions apply	Youth & Family team Ph 9871 1800	5 day wilderness adventure camp	Conditions apply, ring for more information
The MAT program A therapeutic martial arts program for children 8 – 12 years who have a parent with mental health issues incl's children who do not live with their parents	Bronwyn 9871 3988 / 0408 291 580	Croydon Connections 185 Mt Dandenong Road Croydon (cnr of Mount View Street)	Ring for more details  Cost: FREE
TREE HOUSE, A therapeutic play based program primary aged children who need some extra support with social skills, self esteem, managing strong feelings & developing resilience	Alana or Jane ph 9871 1802	EACH Silver Grove Nunawading	Thursdays 24Oct to 5 Der 8 week program 4 – 5.30 pm  Cost: FREE
Ev's lounge Drop in program for young people 12 – 18 years	Maroondah Youth Services 9294 5709	EV's Youth Centre 212 Mt Dandenong Rd Croydon	Fri 3.30 pm – 5.30 pm during school terms Cost: FREE
Maroondah FreeZA group Personal development program for 15-21 year olds	Maroonda Youth Council Services	As above	Year long program. Group meets weekly Ring for more information.
'Impact' a behavioural change program with an anger management focus for young men 14-17y.o	9871 1800	EACH Call for details	Call for details FREE bookings essential
<b>Monash</b>			
Connecting Teens	Carol Berger 9807 3589 Call for details	Power N'Hood House 54 Power Ave, Ashwood	Social Group for Teens with Aspergers Syndrome \$80 per term
ACTIVATE Young people 10-18 years	Monash Youth 9807 0570	Jordanville Comm. Centre Batesford Rd & Power Ave, Chadstone	Wed 4.30–6.30pm Wkr on night can be phoned No charge.
Quik Sound – create music & cultural events - 12 – 25 yrs	Call MYFS on 9518 3900	MYFS Glen Waverley	Mondays 5.30 – 7pm Call for details
<b>Whitehorse</b>			
Cool Kids, (Outer East) A therapeutic group for primary school aged children who have experienced homelessness and/or family violence	Contact Resilient Kids for more information on ph 8870 4042 or email Susie Richards on <a href="mailto:susie.richards@wesley.org.au">susie.richards@wesley.org.au</a>	Venue to be advised Ring for more details	Tuesday afternoons during school term Dates to be advised 4 – 5.30 pm Ring for more details
Yoga for Teens	Bookings ph 9873 4587	Mitcham Community House 19 Brunswick Rd, Mitcham	Thursdays 10 Oct to 28 Nov 4.30 – 5.30pm (8 weeks) Cost: \$72 per term
CHAMPS For children aged 8 – 12 years who have a parent or parents with mental health issues including children who do not live with their parents	Bronwyn 9843 5851 / 0408 291 580	Connections 185 Mt Dandenong Road Croydon	8 weeks 4 – 5.30pm Includes afternoon tea  Cost: FREE

## CHILDREN & ADOLESCENTS

Program	Contact/Phone	Venue	Dates/Times/Other
<b>Whitehorse continued .....</b>			
TREE HOUSE, A therapeutic play based program primary aged children who need some extra support with social skills, self esteem, managing strong feelings & developing resilience	Alana or Rhianna Ph 8878 3800	EACH Silver Grove Nunawading	Tuesdays 25 July to 12 August 8 week program 4 – 5.30pm  Cost: FREE
Under My Wing A supported Mother – Child/ren (up to 5 y/o) Group	Carla Ph 9259 4225 Rima (Connections) 9875 4222	Connections Blackburn 48 Blackburn Road, Blackburn	Mondays 10 am – 12 noon Terms 3 & 4, 8 week program Ring for dates Cost: Free
Cool Kids, A therapeutic group for primary school aged children who have experienced homelessness and/or family violence.	Contact Camcare for more information: 9809 9106	The rear of: St Peters Anglican Church 1038 Whitehorse Rd, Box Hill	Tuesday afternoons during school term 4 – 5.30 pm  Ring for more details
ARTstop Art as therapy	Susie or Maria 8870 4040 <a href="mailto:Susie.richards@wesley.org.au">Susie.richards@wesley.org.au</a> <a href="mailto:Maria.sirpis@wesley.org.au">Maria.sirpis@wesley.org.au</a>	Box Hill Community Arts Centre 470 Station Street Box Hill	Mondays during school terms Starts 4 Feb 4.30 – 6 pm  FREE
Study Buddies A homework club for children & young people	Katherine Briggs Ph 9803 3400	Uniting Care East Burwood Cnr Burwood Hwy & Blackburn Rd East Burwood	Wednesdays during school term 3.30 – 5pm Cost: Free Afternoon tea provided
Children's Social Skills -	Whitehorse Comm. Health 9890 2220	Box Hill	Ring for details \$7.50 per session
City of Whitehorse Youth Connexions – Drop-in centre for young people 12-25. support & referral on a range of issues.	Jules, Jacqueline and Amy 9898 9340	As Above	Mon to Fri 1 – 5pm
<b>Yarra Ranges</b>			
Shire of Yarra Ranges YOUTH SERVICES <a href="http://www.yrmys.com">www.yrmys.com</a> If you'd like to get involved in your community, then Youth Services has a variety of Youth Programs, Events and Youth Support For more information: 9294 6716, <a href="mailto:youthservices@yarraranges.vic.gov.au">youthservices@yarraranges.vic.gov.au</a> , <a href="http://www.yrmys.com">www.yrmys.com</a>			
Youth Mentoring Program Jindi Woraback Mentoring Program is for young people aged 12-25 years of age who are in need of support and friendship.  How to get involved: Yarra Ranges Youth Services 9294 6716			
Kids Rock - Music Program	Bookings essential Ph 9728 3587	Japara Neighbourhood House 13 Leith Rd, Montrose	Expressions of interest sought for ongoing program Ring for more details
Children's Mental Health Service	Craig Russouw ph 9871 1000	Multiple locations across Knox, Maroondah & Yarra Ranges ring for further details	Ongoing service Ring for more info
Kids of Gold – Camp for building self-esteem – Level 1, never been on Kids of Gold camp before, grades 4 - 6	Enquiries & pre-bookings Jenny ph 0418 170 027 Gary ph 9737 9475 or 0415 427 396	Kids of Gold 323 Monbulk Rd, Silvan Ring for camp location	Weekend Fri 14 to Sun 16 Feb Cost: \$55 Ring for more details Web: <a href="http://www.kidsofgold.org.au">www.kidsofgold.org.au</a>
Kids Skills for Life Children 9 – 12 years old	Ph 9754 2039 Ring for further details	Selby Community House Opposite Minak Reserve on Wombalana Rd via Charles St	Wednesdays 16 Oct – 13 Nov 4.15 – 5.45pm (5 weeks) Cost: \$75 materials included Ring for further details
Young Voices of Warburton 6 -12 years	Lori 5966 4500	Upper Yarra Arts Centre 3409 Warburton Hwy Warburton	Ring for details
Little Hoppers (pre school) Hopping Not Flopping (school aged)	Intake 9738 8801 RCHS (Paediatric OT)	Lilydale	Children with co-ordination difficulties - Ring for details

## CHILDREN & ADOLESCENTS

Program	Contact/Phone	Venue	Dates/Times/Other
<b>Yarra Ranges continued .....</b>			
Youth Program — Support, pathways, options to help with life direction(15-18 Y.O)	Sue - 9736 1457 Ring for details	Morrison House Old Hereford Rd, Mt Evelyn	Young people at risk or have withdrawn from mainstream education &/or social issues.
PATS - Paying attention to self 12 – 14 Year olds who have parents with Mental Health Issues	Lyn 9294 6716 youthservices@yarraranges.vic.gov.au (Bookings essential)	Youth Services 216-218 Main St, Lilydale	Call for details
TRACTION - Young people 16 – 25 that are experiencing mental health issues	Ph 9294 6716 <a href="http://www.yrys.com">www.yrys.com</a> Youthservices@yarraranges.vic.gov.au	Ring for details	Ring for details
Young Leaders 2010 – 17-25 yr olds	Yarra Ranges Youth Services Simon or Amanda 9294 6716		Develop Leaderships Call for details
FREE 2 BE ME (14-18 yr olds)	Marg Piggott 9294 6716 m.piggott@yarraranges.vic.gov.au		Same Sex attracted Peer Support, information, resources, fun

### OPPORTUNITIES TO RETURN TO STUDY AS A MATURE LEARNER

TAP INTO LEARNING TODAY

If you have been retrenched post January 2009 or you are registered with a job service agency – you may be eligible for a full tuition fee waiver for a course of study at Swinburne.

[www.tilt.edu.au](http://www.tilt.edu.au)

### VicCHAMPS

Support for children who have parents with mental illness.

Eastern Health contact is Bronwyn Sanderson – 9843 5851 or 0418 441 005

Check the Web for **VicChamps Website for Kids** [www.easternhealth.org.au](http://www.easternhealth.org.au)

Link to Mental Health/VicChamps - Information for 5-8 yo and 9-12 yo children      Links 4 kids – Crisis Action Plans

### Indigo – Magazine – Young, fun & unique just like all girls

A great Self Esteem, Body Image, Personal Development & Health & Wellbeing magazine for young girls – also a valuable tool to have in any workshop kit!

**Indigo** – encourages girls to break down barriers & love themselves for who they are.

Indigo is the fun, body friendly & age appropriate magazine for girls. It celebrates youth, individuality & creativity. When girls flick through the pages, they see themselves.

Girls contribute content & drive the direction of each issue. Girls want reality. So indigo bursts with real girls, real stories, real issues & really inspirational people.

Indigo addresses the tricky topics like bullying & self-esteem. But these issues are always dealt with in a positive & empowering way.

[www.indigo4girls.com](http://www.indigo4girls.com) – **“Seriously cool”**

## OTHER COMMUNITY SUPPORT GROUPS

### CITIZEN ADVISORY BUREAU & COMMUNITY INFORMATION & SUPPORT CENTRES

<p>Maroondah Citizens' Advice Bureau Box Hill Comm. Information &amp; Support East Burwood/N'wading Comm. Info Monash Oakleigh Comm. Info Monash Waverley Doncare Lilydale Comm. Info Centre Knox InfoLink Kew/Hawthorn Comm. Info &amp; Support Camcare Community Information &amp; Support — Camberwell Camcare Ashburton Camcare Kew Warrandyte Comm. Info</p>	<p>9870 3233 &amp; 9725 7920 9890 3333 9803 3400 9568 4533 9807 9844 9848 4433 9735 1311 9761 1325 9853 5244 9882 2216  9885 0366 9853 2054 9844 3082</p>	<p>Ringwood and Croydon (Maroondah) Whitehorse Whitehorse Monash Monash Manningham Yarra Ranges Knox Kew and Hawthorn (Boroondara) Camberwell (Boroondara)  Ashburton (Boroondara) Kew (Boroondara) Manningham</p>
<p>Asthma Foundation of Victoria 491 – 495 King Street West Melbourne</p>	<p>Telephone Advice Line 1800 645 130 or 9326 7088</p>	<p>9.30 am - 3 pm <a href="http://www.asthma.org.au">www.asthma.org.au</a></p>
<p>Centre against Sexual Assault Eastern Region 9928 8749 9am - 5.30pm, Mon-Fri</p>	<p>Crisis counselling Statewide, 9594 2289, 24 hours 1800 806 292, outside metro</p>	<p>For non-offending parents of sexually abused children Survivors of recent or past sexual assault</p>
<p>Australian Multiple Births Association</p>	<p>Naomi 0419 526 013 See "Club Finder" for national details. <a href="http://www.amba.org.au">www.amba.org.au</a> PO Box 4021, Knox Shopping Centre Email <a href="mailto:secretary@amba.com.au">secretary@amba.com.au</a></p>	<p>Social and practical support about PND, Baby sitting, Equipment hire, Feeding, Ante Natal Information, Social Activities and Babysitting Club. Multiples playgroups in each area and Newsletters giving information about activities and resources.</p>
<p>Migrant Information Centre (MIC)</p>	<p>Suite 2, Town Hall Hub 27 Bank St, Box Hill – 9285 4888</p>	<p><a href="http://www.miceastmelb.com.au">www.miceastmelb.com.au</a>. Regular newsletter of local events &amp; services</p>
<p>PLAYGROUP VICTORIA 346 Albert St, Brunswick</p>	<p>Hotline: 1800 171 882 <a href="http://www.playgroup.org.au">www.playgroup.org.au</a></p>	<p>Advice on starting and running playgroups. Many resources</p>
<p>P FLAG</p>	<p><a href="http://www.pflagaustralia.org.au">www.pflagaustralia.org.au</a></p>	<p>Parents, Families &amp; Friends of Lesbians and Gays—supportive monthly groups</p>
<p>LIFEWORKS - relationships and family counselling</p>	<p>Hawthorn, Lilydale, Bayswater Web: <a href="http://www.LifeWorks.com.au">www.LifeWorks.com.au</a></p>	<p>Fees are based on ability to pay Phone Melbourne office for information and appointments – 8650 6200</p>
<p>The Anxiety Recovery Centre Victoria (ARCVic) Courses and support.</p>	<p>292 Canterbury Road, Surrey Hills Helpline (General) 1300 269 438</p>	<p>Helpline 9830 0533 Office 9830 0586 <a href="http://www.arcvic.org.au">www.arcvic.org.au</a></p>
<p>Islamic Women's Welfare Council of Vic</p>	<p>9481 3000, Fax 9481 3001 <a href="http://www.islamicwomenswelfare.org.au">www.islamicwomenswelfare.org.au</a></p>	<p>Email – <a href="mailto:iwwcv@vicnet.net.au">iwwcv@vicnet.net.au</a></p>
<p>Care Connect—Aged care and disabilities—adults and children. Offers case management and brokerage</p>	<p>Intake worker: Lilydale 9737 6302 Kew 9816 9751</p>	<p>Early Choices 0—5 yrs Making a Difference, 5—18 yrs &amp; 18+ yrs Linkages—Adults</p>
<p>City Life Community Care - Knox</p>	<p>1248 High St Rd, Wantirna Sth 9871 8900</p>	<p>Counselling, play therapy (for children), Speech Pathology</p>
<p>Karinya Counselling Centre</p>	<p>9802 2886</p>	<p>Centres in Glen Waverley, Blackburn, Surrey Hills &amp; Heathmont. Counselling includes relationships, parenting, etc. Moderate fees.</p>
<p>Relationships Australia – Relationship Counselling</p>	<p>Reception or Team Leader Croydon 9725 9964 83 Boronia Road, Boronia 9725 9964</p>	<p>Fees according to income, counselling for individuals, couples, families, children regarding relationship issues</p>

## Parent Education Partnership Scheme (PEPS)

Not-for-profit organisations can apply for small grants to provide parenting courses in the local community.

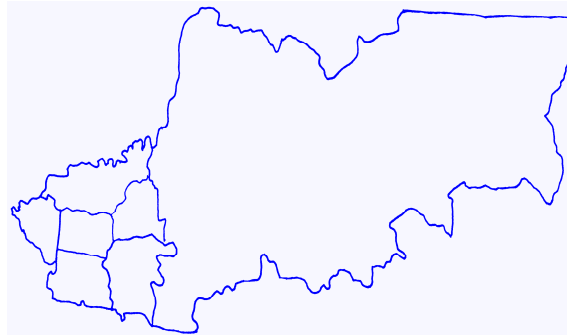
Enquiries welcome.



## Professional Education

Focus groups, network meetings, professional training and course co-facilitation are available for professionals in the field.

## Eastern Region



Includes:

- Boroondara
- Knox
- Manningham
- Maroondah
- Monash
- Whitehorse
- Yarra Ranges



Anglicare

47 Castella Street  
Lilydale 3140

Telephone: 9735 4188

Facsimile: 9720 2474

Email:

[parentzone.errd@anglicarevic.org.au](mailto:parentzone.errd@anglicarevic.org.au)

Website:

[www.anglicarevic.org.au/parentzone](http://www.anglicarevic.org.au/parentzone)





Parentzone provides resources and support for parents and professionals who are facing challenges, or simply want to learn about children and the job of parenting. Parents or carers with children 0-18 years in the Eastern Region of Melbourne are welcome.

### **Consultations about parenting issues for parents and professionals who work with parents.**

Appointments can be made at Parentzone.

Discussion of parenting issues and access to resources are available by telephone or one-on-one in our office.

### **Parenting Courses**

These include a range of topics and session types and can be held at various locations. Following are examples of what courses may cover:

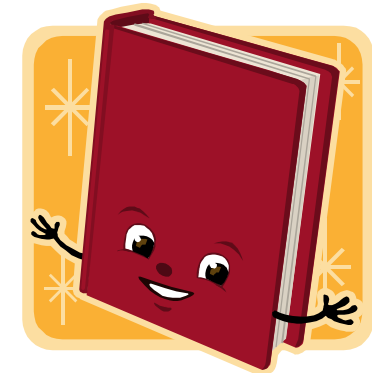
- Helping children know and accept themselves / building self esteem
- Building a positive, effective parent-child relationship and creating a good family environment
- Understanding the difference between punishment and discipline
- Recognising and exploring different parenting styles
- Understanding children's behaviour
- Understanding and handling anger and other challenging behaviour, such as bullying
- Disability issues
- Communication skills for the parent-child relationship
- Loss, separation & divorce issues.

### **Parent News'**

'Parent News' is a booklet that provides comprehensive information about parenting courses and resources in the region. Each term it is available on the Anglicare website, [www.Anglicarevic.org.au](http://www.Anglicarevic.org.au) (click on MEDIA, then NEWSLETTERS, then PARENTZONE, and then EASTERN NEWSLETTER.)

### **Library**

An excellent range of books, videos and parenting tip sheets is available. Our resource database can be accessed on our website.



Anglicare VICTORIA Parentzone EASTERN




Photo by Sharon D. Pruitt Photo by tobyoffler

## Discipline vs. Punishment

What is discipline? Why doesn't punishment work?  
Do you wonder how to get your kids to listen?  
Or are they just driving you batty?  
Come share your ideas, skills, solutions and ideas at this workshop

**Who:** Dads, mums & carers of children under 12 years

**When:** Thursday 14<sup>th</sup> November  
10.00 – 12.00 pm

**Where:** Sherbrooke Family Centre, Cnr. Mast Gully Road  
and Burwood Hwy, Upwey  
(enter car park via Burwood Hwy)

**Cost:** Free (bookings essential)

**Contact:** Helena at Parentzone on 9735 6134 or 0488 501 204

Eastern Region Parentzone, Anglicare Victoria, 47 Costello Street Lyndale 3140 Telephone: 9735 4188 Fax: 9735 5782  
www.anglicarevic.org.au

Anglicare VICTORIA Parentzone EASTERN




Photo by adambones Photo by andrew stawarz

## Behaviour

Why do kids behave the way they do?  
What is misbehaviour and what to do about it?  
Come share your ideas, skills, solutions and ideas at this workshop

**Who:** Dads, mums & carers of children under 12 years

**When:** Thursday 21<sup>st</sup> November  
10.00 – 12.00pm

**Where:** Sherbrooke Family Centre, Cnr. Mast Gully Road  
and Burwood Hwy, Upwey  
(enter car park via Burwood Hwy)

**Cost:** Free (bookings essential)

**Contact:** Helena at Parentzone on 9735 6134 or 0488 501 204

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Anglicare VICTORIA Parentzone EASTERN



Photo by robert seiff

## Rules & Consequences

What are 'positive' rules? How do you make them work?  
Using rules and consequences together, instead of punishment  
Come share your ideas, skills, solutions at this workshop

**Who:** Dads, mums & carers of children under 12 years

**When:** Thursday 28<sup>th</sup> November  
10.00 – 12.00pm

**Where:** Sherbrooke Family Centre, Cnr. Mast Gully Road  
and Burwood Hwy, Upwey  
(enter car park via Burwood Hwy)

**Cost:** Free (bookings essential)

**Contact:** Helena at Parentzone on 9735 6134 or 0488 501 204

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Anglicare VICTORIA Parentzone EASTERN




Photo by CJ Burg Photo by leonid mandchenov

## Dealing With Feelings Yours and theirs

Are you wondering how to help kids deal with feelings?  
How to handle their anger and yours?  
Come share your ideas, skills, solutions and ideas at this workshop

**Who:** Dads, mums & carers of children under 12 years

**When:** Thursday 5<sup>th</sup> December  
10.00 – 12.00pm

**Where:** Sherbrooke Family Centre, Cnr. Mast Gully Road  
and Burwood Hwy, Upwey  
(enter car park via Burwood Hwy)

**Cost:** Free (bookings essential)

**Contact:** Helena at Parentzone on 9735 6134 or 0488 501 204

Eastern Region Parentzone, Anglicare Victoria, 47 Costello Street Lyndale 3140 Telephone: 9735 4188 Fax: 9735 5782  
www.anglicarevic.org.au

Anglicare VICTORIA Parentzone EASTERN




Photo by Sharon D. Pruitt Photo by wolver

## Resilience

What is resilience? Where does it come from?  
Do you want your kids to have 'bounce-back-ability'?  
Come share your ideas, skills, solutions and ideas at this workshop

**Who:** Dads, mums & carers of children under 12 years

**When:** Thursday 12<sup>th</sup> December  
10.00 – 12.00 pm

**Where:** Sherbrooke Family Centre, Cnr. Mast Gully Road  
and Burwood Hwy, Upwey

**Cost:** Free (bookings essential)

**Contact:** Helena at Parentzone on 9735 6134 or 0488 501 204

Eastern Region Parentzone, Anglicare Victoria, 47 Costello Street Lyndale 3140 Telephone: 9735 4188 Fax: 9735 5782  
www.anglicarevic.org.au



Photo by Alex E Proimos



Photo by Lindsay Gee

## Children, Challenges & Choices

Do you wonder what is the difference between discipline and punishment?

Or why kids choose the behaviours they do?

Don you want to strengthen your relationship with them?

Come along to this program and share your frustrations, skills and get new ideas on parenting in today's world

**Who:** Dads, mums & carers of children under 12 years

**When:** Wednesday 16<sup>th</sup> & 23<sup>rd</sup> October, 4<sup>th</sup> & 11<sup>th</sup> December  
7.00pm – 9.00pm

**Where:** Serpells Road Primary School, Tuckers Road, Templestowe

**Cost:** Free (bookings essential)

**Contact:** Suzanne Young at the Primary School 9842 8182 or  
Kim Pedler at Parentzone 9735 6146

## Resilient Parenting

Presented by Parent Educator from Parentzone, Anglicare

Do you wonder why your kids aren't listening to you or how to deal with their anger and your own?

Do you want to stay connected to your child?

Do you find living with kids exhausting and frustrating?

Come and share your ideas, skills, solutions and frustrations and get some new strategies to help with healthier relationships!



Photo by Enid Yu



Photo by Lindsay Gee

**Who:** Mums, Dads & Carers of children aged 5-12 years

**When:** Thursday 31<sup>st</sup> Oct, 7<sup>th</sup>, 14<sup>th</sup> & 21<sup>st</sup> Nov (4 sessions)

**Time:** 7.00 pm - 9.00 pm

**Where:** Mitcham Community House, 19 Brunswick Road Mitcham

**Bookings:** Mitcham Community House: 9873 4587

**Cost:** \$10 per person

**BOOKINGS ESSENTIAL**



## Growing Great Kids



Photo by Phillippe Put



Photo by Andrew Stawarz

Do you wonder what is the difference between discipline and punishment?

Or why kids choose the behaviours they do?

Don you want to strengthen your relationship with them?

Come along to this program and share your frustrations, skills and get new ideas on parenting in today's world

**Who:** Dads, mums and carers of children 0 -12 years

**Where:** Glen Park Community Centre, 30 Glen Park Road Bayswater

**When:** Saturday 2<sup>nd</sup> and 9<sup>th</sup> November  
10.00 am – 12.00 pm

**Cost:** Free (bookings essential)

**Contact:** Heidi at Glen Park Community Centre 9294 7525

## Talking Teens

Do you wonder why they aren't listening to you or how to deal with their anger?

Do you want to maintain a connection with them?

How do we talk so they will listen?

Take some time out for parents

This is an opportunity to call in, ask questions, meet other parents and share ideas that work!



Photo by Neil Conway



Photo by Tyrone Daryl

**Who:** Dads, mums & carers of teenagers 12 -18 years

**When:** Thursday 24<sup>th</sup> October – 21<sup>st</sup> November  
7 – 9.00 pm

**Where:** Norwood Secondary School, Byron Road, Vermont

**Cost:** Free (bookings essential)

**Contact:** Helena at Parentzone on 9735 6134 or mobile 0488 501 204

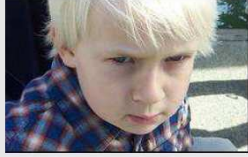


Photo by Gerry T



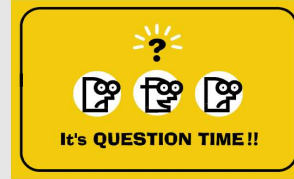
Photo by Stevendepolo

## Discipline vs. Punishment

What is discipline? Why doesn't punishment work?  
Do you wonder how to get your kids to listen?  
Or are they just driving you batty?

Come share your ideas, skills, solutions and ideas at this workshop

- Who:** Dads, mums & carers of children under 12 years
- When:** Thursday 17<sup>th</sup> October  
9.30 – 11.30 am
- Where:** Woori Yallock Primary, Healesville Road, Woori Yallock  
Child Care available
- Cost:** Free (bookings essential)
- Contact:** Helena at Parentzone on 9735 6134 or 0488 501 204



## Rules & Consequences

What are 'positive' rules? How do you make them work?  
Using rules and consequences together, instead of punishment  
Come share your ideas, skills, solutions at this workshop

- Who:** Dads, mums & carers of children under 12 years
- When:** Thursday 31<sup>st</sup> October  
9.30 – 11.30 am
- Where:** Woori Yallock Primary, Healesville Road,  
Woori Yallock  
Child care available
- Cost:** Free (bookings essential)
- Contact:** Helena at Parentzone on 9735 6134 or 0488 501 204



Photo by Enid Yu



Photo by vauvan

## Behaviour

Why do kids behave the way they do?  
What is misbehaviour and what to do about it?  
Come share your ideas, skills, solutions and ideas at this workshop

- Who:** Dads, mums & carers of children under 12 years
- When:** Thursday 24<sup>th</sup> October  
9.30 – 11.30 am
- Where:** Woori Yallock Primary, Healesville Road,  
Woori Yallock  
Child care available
- Cost:** Free (bookings essential)
- Contact:** Helena at Parentzone on 9735 6134 or 0488 501 204



Photo by CJ Sorg



Photo by Macrj

## Dealing With Feelings Yours and theirs

Are you wondering how to help kids deal with feelings?  
How to handle their anger and yours?

Come share your ideas, skills, solutions and ideas at this workshop

- Who:** Dads, mums & carers of children under 12 years
- When:** Thursday 7<sup>th</sup> November  
9.30 – 11.30 am
- Where:** Woori Yallock Primary, Healesville Road,  
Woori Yallock  
Child care available
- Cost:** Free (bookings essential)
- Contact:** Helena at Parentzone on 9735 6134 or 0488 501 204