



Term 3 2023  
ParentZone Northern

**PARENTZONE**

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TOMORROWS**

# Welcome to the ParentZone Northern Newsletter for Term 3 2023

Welcome to the final PZ Team Leader's report for Helen Slonek.

Well, what a difference a term makes! During term one we farewelled Jess Moran, who has moved on to a new role with the University of Melbourne research team behind Tuning in to kids and Tuning in to teens. Jess will be leading a team of online group facilitators and participating in ongoing research. Jess will be sadly missed, but will excel in this exciting new position, utilising her incredible group facilitation skills, academic rigour and research skill set. They are very lucky to have her! Roba Elkadi is currently acting in the PZ co-ordinator position on secondment, ensuring a smooth handover and stability for the team. We are fortunate to have Roba's calm, organised and therapeutic organisation style as we navigate this period of transition for PZ. I am also moving on after 25+ years with AV, to a position in the Family Court. Bella Odicho will be acting team leader during the recruitment process, again creating stability and a smooth transition for the team. I would like to take this opportunity to thank the organisation, my various managers over the years and in particular to Rosie Downs and my current team, whose support have made this role an exciting and dynamic one, in a particularly challenging climate. Their dedication to the vulnerable families and communities we support is unwavering and of the highest professional standard. I would also like to acknowledge all our community partners and stakeholders for the collaborative nature in which we work and hope to cross paths with you again in future.

Please find attached the term 2 timetable and remember to send in any information you would like shared in our newsletter to: [parentzone.northern@anglicarevic.org.au](mailto:parentzone.northern@anglicarevic.org.au). In the interim, please remember the PZ pods, link below, which are a great asset as a brief intervention, giving parents and carers a more immediate option for issues or concerns they are facing now. Please see link here:

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

Take care and all the best.

Warm regards  
Helen Slonek  
Team Leader, PZ and BWCH

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# What we do

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

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



# ParentZone Term 3 Parent Programmes

## Tuning in to Kids

Tuning into Kids (TiK) is a program that provides parents and carers with skills in emotion coaching.

Emotion coaching is about recognising, understanding and managing your own emotions as a caregiver as well as your children's emotions.

When children develop these emotional skills, they are better equipped to negotiate the ups and downs of life.

TiK is an evidence-based program; randomised controlled research trials have shown that it makes a difference to parents and children.

Tuesday 1st August - 5th September

6.00pm - 8.00pm

Venue: Online via Zoom

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

## Parents Building Solutions (Early years)

Do you want to:

Help your child cope in a chaotic world?

Improve your child's confidence and self-esteem?

Help your child to deal with anxious feelings?

Develop strategies to manage anger?

Talk so your child will listen?

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

Recommended for: parents/carers of children (aged 2-6 years)

Wednesday 2nd August - 6th September

10.00am - 12.00pm

Venue: Online via Zoom

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

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# ParentZone Term 3 Parent Programmes

## Circle of Security

Circle of Security Parenting is an 8-week relationship-based parenting program that explores how parents can enhance their attachment with their children.

It aims to help parents:

- Understand and respond to their child's needs and enhance connection.
- Support their child's ability to successfully manage emotions
- Build secure connection with their child so they feel secure and confident to explore, learn, grow and build positive relationships.

Thursday 27th July - 14th September

10.30am - 12.30pm

Venue: Online via Zoom

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

## Looking forward

Women who are living in or who have left an abusive or hurtful relationship are invited to participate in a 7-week women's empowerment group.

The group will focus on the following areas:

- Defining abusive and hurtful relationships:
- Exploring healthy relationships: Exploring coping skills:
- The importance of self-care

Monday 31st July- 11th September

10.00am - 12.30pm

Venue: Broadmeadows area

Bookings and enquiries contact Bec or Keklik on 03 8641 8900 or [parentzone.northern@anglicarevic.org.au](mailto:parentzone.northern@anglicarevic.org.au)



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# ParentZone Term 3 Parent Programmes

## **PBS Dads**

Based on ParentZone's Parents Building Solutions, this program will enable dads to come together to discuss what parenting issues and concerns they have.

Together they will work on strategies and ideas on how to become the dad they want to be.

Assistance will be provided to identify the key areas of support dads need in parenting. Recommended for: dads/father figures/male carers

Tuesday 1st August - 5th September

6.00pm - 8.00pm

Venue: 7 Union Street, Brunswick

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

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## **Parents Building Solutions -Arabic Program**

This 6-week parenting program is open to Arabic speaking parents/carers of children of any age.

Do you want to strengthen your parenting skills and connect with other parents?

Better understand why kids behave the way they do?

Develop strategies to manage parenting stress?

Come along to these sessions to share stories and learn strategies for common parenting challenges.

Friday 4th August - 8th September

10.30am - 12.30pm

Venue: Broadmeadows Womens Community House

Bookings and enquiries to Roba Elkadi: 03 9301 5273 or [Roba.Elkadi@anglicarevic.org.au](mailto:Roba.Elkadi@anglicarevic.org.au)



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# ParentZone Term 3 Parent Programmes

## Single Sessions

### Parenting Toddlers Info Session

This session aims to assist parents/ carers to better understand their toddler's behaviour and sleep.

Parents/ carers will be provided with information on toddler development, and useful information and strategies to manage challenging but normal toddler behaviours and sleep needs.

Wednesday 12th July

10.00am - 11.30am

Venue: Kirrip Community Centre, 135 De Rossi Boulevard, Wollert East

For enquires contact City of Whittlesea  
[familytraining@whittlesea.vic.gov.au](mailto:familytraining@whittlesea.vic.gov.au) or 9404 8865

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### Boundaries Setting for Success

Creating and maintaining healthy boundaries with your child can be challenging!

Join Parentzone Northern for this informative and engaging workshop, in which you'll develop the skills and confidence to set boundaries for success.

Tuesday 25th July

10.00am - 12.00pm

Venue: Online via Zoom

For enquiries contact Hume Youth Services on  
[youth@hume.vic.gov.au](mailto:youth@hume.vic.gov.au) / 9205 2556

Bookings:

<https://www.eventbrite.com.au/e/boundary-setting-for-success-tickets-639082632357>

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# ParentZone Term 3- Professionals Programme

## Managing Children's Anxiety

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Would you like to explore and discover how to support families to understand:

- how anxiety can present in children
- the impact it has on children, their friendships, schoolwork or family life
- what they can do to support their children with they are feeling anxious.

Join us for this interactive workshop to discover practical tools and evidence-based strategies to improve our professional practice when working and supporting families

Tuesday 25th July  
7.00pm - 8.30pm  
Venue: Online via Zoom

For enquiries to Parentzone Northern: 03 8641 8900 or  
[parentzone.northern@anglicarevic.org.au](mailto:parentzone.northern@anglicarevic.org.au)

Bookings:  
<https://www.trybooking.com/CJBFX>



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# Tuning into Teens

Equipping parents with skills to build on their emotionally intelligent parenting.



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

One of the things parents find most helpful about attending this series is the chance to share experiences that are common for parents at this time, and hear new ideas about connecting with teenagers.

TinT is a **FREE** program run by Kids First for parents with children that live in Yarra, Darebin, Whittlesea, Banyule and Nillumbik areas.

## Session dates and times

Session 1: Wednesday 2nd Aug  
Session 2: Wednesday 9th Aug  
Session 3: Wednesday 16th Aug  
Session 4: Wednesday 23rd Aug  
Session 5: Wednesday 30th Aug  
Session 6: Wednesday 6th Sept

Time: 10:00am – 12:00pm

## Location

Kids First Child & Family Centre  
70 Altona St, Heidelberg Heights

## For all enquiries please contact

Donna El-Cheikh

03 9450 0900 | 0409 006 126

[delcheikh@kidsfirstaustralia.org.au](mailto:delcheikh@kidsfirstaustralia.org.au)





# Positive Parenting Program

Strengthening positive relationships and promoting a safe and supportive home where your family can thrive.

## About the program

Positive Parenting Program (Triple P) is an online evidence-based program that supports parents to raise happy babies and confident kids by giving them tools and tips to use with confidence.

Kids First invite you to attend any or all of our Triple P sessions. We will share ideas, tools and tips to guide your child's behaviour.

Triple P is a **FREE** online program run by Kids First for parents who live in Yarra, Darebin, Whittlesea, Banyule and Nillumbik areas.

## Session dates and times

Session 1: The Power of Positive Parenting  
Tuesday, 15 August

Session 2: Raising Confident, Competent Children  
Tuesday, 22 August

Session 3: Raising Resilient Children  
Tuesday, 29 August

Time: 6:00pm – 7:30pm

Location: ONLINE via Microsoft Teams

## For all enquiries

Donna El-Cheikh

03 9450 0900 | 0409 006 126

[delcheikh@kidsfirstaustralia.org.au](mailto:delcheikh@kidsfirstaustralia.org.au)



# Northern Parent Educator Network

## NPEN Update

The Term 2 2023 NPEN meeting was held on 8th June 2022 at Anglicare Preston Office. Meeting was open with Welcome to Country and Smoking Ceremony by Wurundjeri Elder Perry Wandin, we were lucky that the rain had cleared and Uncle Perry was able to cleanse the space and welcome all attendees to Wurundjeri country. Yvette Higgins (Best Start Project Leader) from Darebin City Council and Tori Brooks (Early Years Team Leader) at VACCA presented on Aboriginal Led Practice.

This was a fantastic, interactive and enjoyable presentation about The Darebin Best Start Aboriginal Reference group. It was great to watch the video series for mob, known as Nugal Murrup Buladu – belong, spirit, grow and to hear about all the amazing work that is being done to support Aboriginal families in the early years space in Darebin. Listening and learning about Aboriginal Led Practice provided a great learning platform for professionals to see the positive impacts this practice had on indigenous families. Professionals also reflected on and share how they could use Aboriginal Led Practice and the video series of mob in their professional practice when working with indigenous families.

A very big thank you to Yvette and Tori for such an informative session! Also, thanks to Anglicare Reconciliation Action Plan (RAP) members and to all other professionals who attended.

The Term 3 2023 NPEN meeting will be held on Thursday 31st August from 2pm-4pm online. Details for Term 3 presentation will be shared with NPEN members prior to meeting date. Please remember NPEN is a great opportunity to network/information share, develop partnerships, find out about local services, community resources and connect with other professionals. If you are interested in presenting or attending, please email [Roba.Elkadi@anglicarevic.org.au](mailto:Roba.Elkadi@anglicarevic.org.au)

## Family Services

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



# Northern Group Work Network

## NGWN Update

Welcome to term 3 2023. In term 2 the BWCH convened the network onsite at the Broadmeadows Women's Community House. We had Amy and Libby the Senior Specialist Family Violence Practitioners from Berry Street (Communities for Children) come out to present to us on 'Partnering with Victim Survivors of Family Violence'. The presentation involved an overview about the Hume Early Years Family Violence Project (HEYFVP) as well as the upcoming FV playgroup beginning in Term 2 for adult and children victim survivors. As a whole group we unpacked some ideas about ways of partnering with victim survivors of family violence as well as facilitating a reflective discussion on this topic. Thank you so much for such an informative session! We had to push back our May 24th meeting to

Wednesday 28th June, speakers TBC.

2023 Network Dates:

15th February

29th March

24th May

28th June

Annual NGWN Forum Wednesday 16th August

15th November

We look forward to continuing hosting the networks at the Women's House and some online meetings perhaps in the colder winter months. If you're a professional facilitating groups, working in case management, therapeutic work or even teaching then this network is for you! Attending our network will provide you with the opportunities to share information, to source referrals for groups, to network, to develop partnerships, to source venues and other locally available community resources, and to connect with experienced practitioners for co-facilitation of particular groups.

If you are interested in presenting in one of our network meetings we would love to hear from you, additionally the Broadmeadows Women's Community House always welcomes partnerships and co-facilitation for some of our groups. Contact Bella on 9301 5250 or email [bella.odicho@anglicarevic.org.au](mailto:bella.odicho@anglicarevic.org.au)

Bella Odicho

Family & Relationship Skills Program Coordinator & Acting Team Leader

Broadmeadows Women's Community House (BWCH) & ParentZone Northern

# Broadmeadows Women's Community House

## Term 3 Programmes

All enquiries – 9301 5250 or [womenshouse@anglicarevic.org.au](mailto:womenshouse@anglicarevic.org.au)

### **Holy Child Primary School Supported Playgroup**

Tuesdays  
9.30-11.30 am



### **Ageing and Feeling Great Seniors Group**

Thursdays  
10.00 -1.00 pm



### **Meadows Primary School Supported Playgroup**

Thursdays  
9.30-11.30 am

### **Campbellfield Heights Primary School Supported Playgroup**

Fridays  
9.30-11.00 am



### **PBS Arabic (6 weeks)**

Fridays  
10.30-12.30 pm

### **Supported Playgroups Hume LGA**

Contact [womenshouse@anglicarevic.org.au](mailto:womenshouse@anglicarevic.org.au) for further information.

# Important Telephone Contacts

Police, Fire or Ambulance 000

Nurse on call 1300 60 60 24

National Home visiting Doctors 13 74 25 (13 SICK)

Poison Information Hotline 13 11 26

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

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

Darebin Community Mental Health Centre 03 9416 6300

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

Child Protection After Hours Service 131 278

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

Lifeline Crisis and Suicide Support 13 11 14

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

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

Aboriginal Family Violence Prevention and Legal Service 1800 105 303

Kids' Helpline 1800 55 1800

Mensline Australia 1300 78 99 78

Suicide Call Back Service 1300 659 467

Perinatal Anxiety and Depression Australia (PANDA) 1300 726 306

Parentline Victoria 13 22 89

DirectLine – drug & alcohol services 1800 888 236

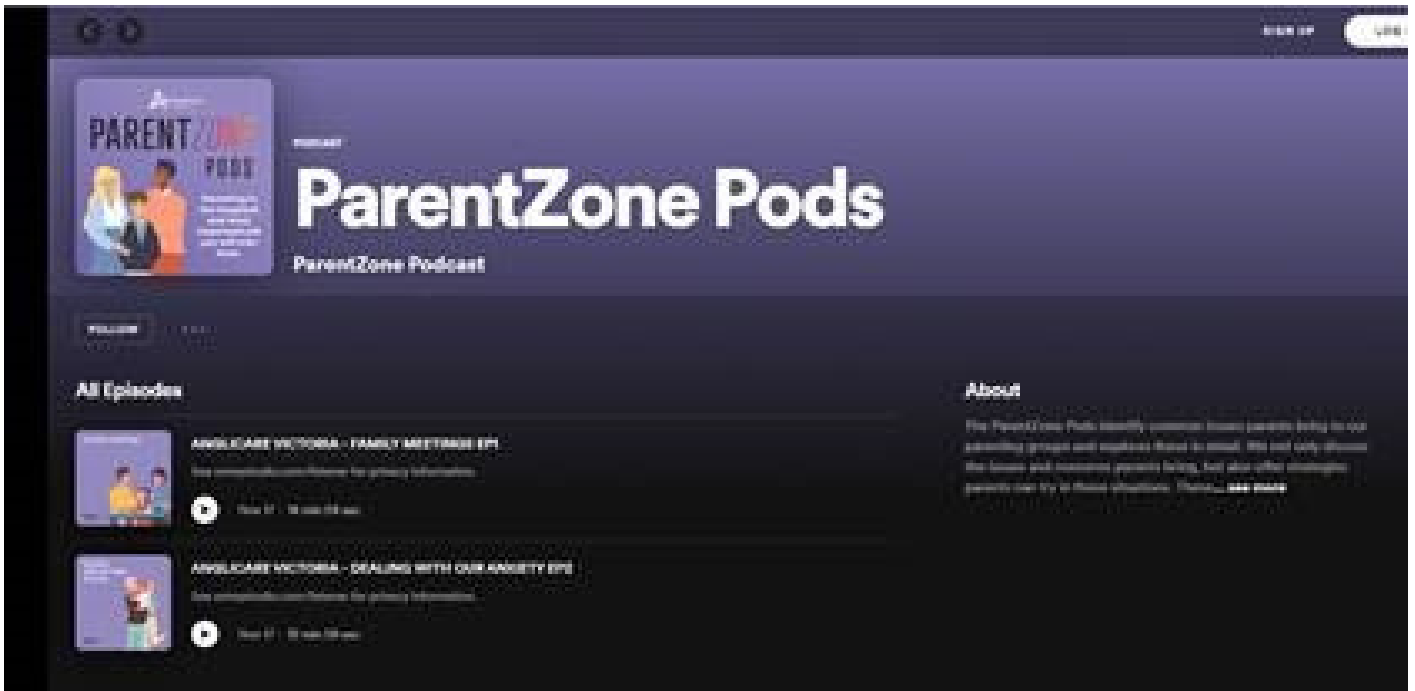
Headspace 1800 650 890  
Switchboard – LGBTIQ support (3pm – midnight only) 1800 184 527

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



# Resources

## ParentZone Pods | Podcast on Spotify



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