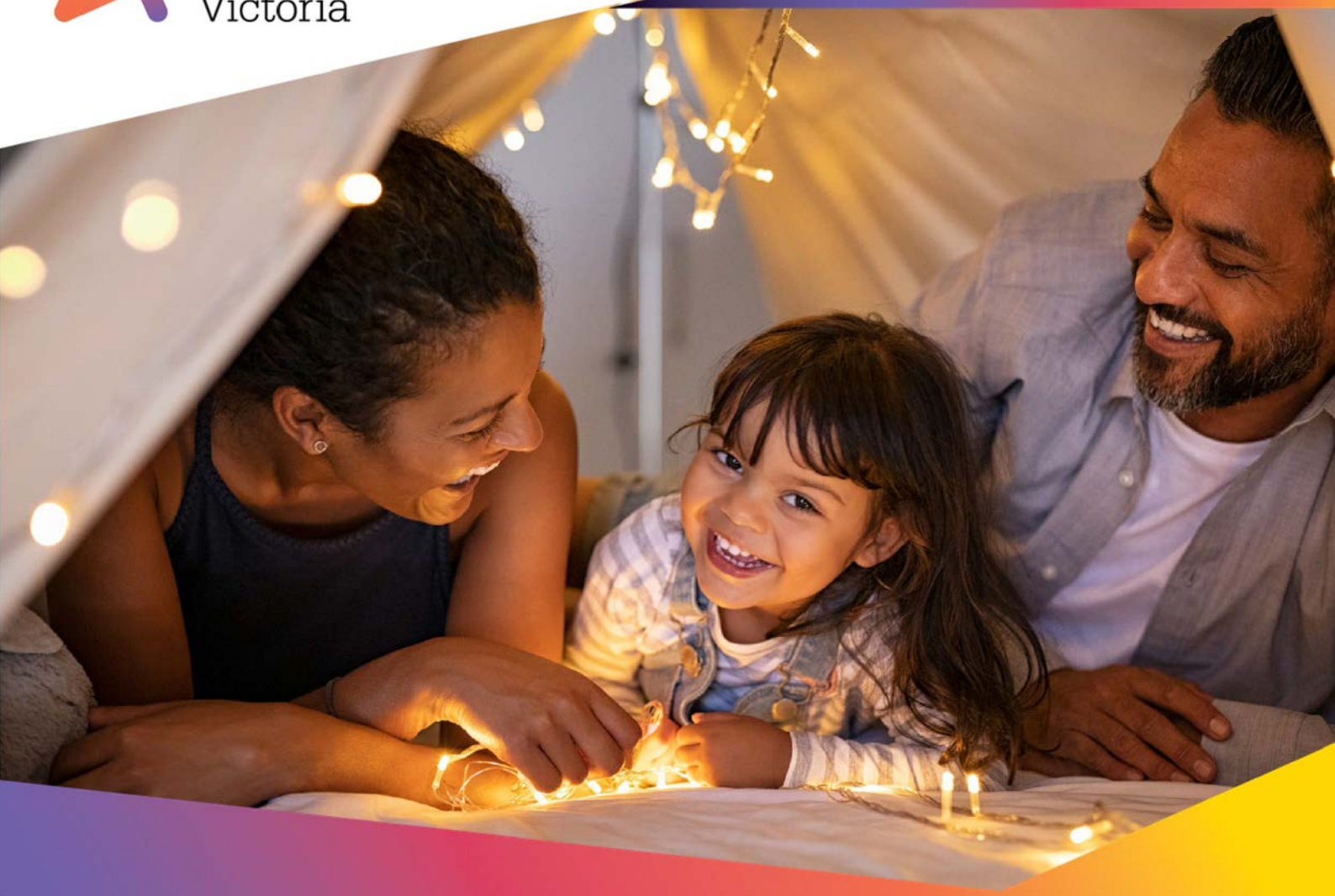
Anglicare Victoria



Parenting in the East What's On Term 4, 2026

News and Information on Programs and Services to Support Parents across the Eastern Region of Melbourne

PARENTZONE

BETTER TOMORROWS

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PARENTZONE

What's new at ParentZone?

Welcome to the Spring edition of **What's on in the East** for 2026.

The following groups are available this term FREE of charge!
To register see pages: 4-6 of the What's on Guide.

- Talking Teens - for parents of teens
- Circle of Security Parenting - for parents of 0 - 6 years
- Tuning in to Kids - for parents of primary school aged children
- Building Better Behaviour - for early years
- Individual parenting sessions - tailored to a specific parenting goal
- Parent seminar: Practical strategies for everyday issues" for parents of 3-10 year-olds

Our skilled facilitators are trained in a variety of parenting programs including Tuning in to Kids, Tuning in to Teens, Circle of Security Parenting, Bringing up Great Kids and our flagship Parents Building Solutions programs.

Please contact us if you would like to attend a FREE parenting program, participate in individual parenting sessions, or if you would like us to facilitate a parenting program for your school or community group.

For parents and carers who have a child with a disability or developmental delay we offer free support groups and limited one on one support, both in person and online. We have in person groups in Bayswater and Box Hill for those looking to connect, support and share strategies. For those who can't get to an in-person group, we also have a variety of online peer support groups to check out!

We'd love to hear from you about our parenting programs, including the best times/days to participate, whether you want to join a group online or in person and what themes you want to explore. Click here to take the anonymous survey.

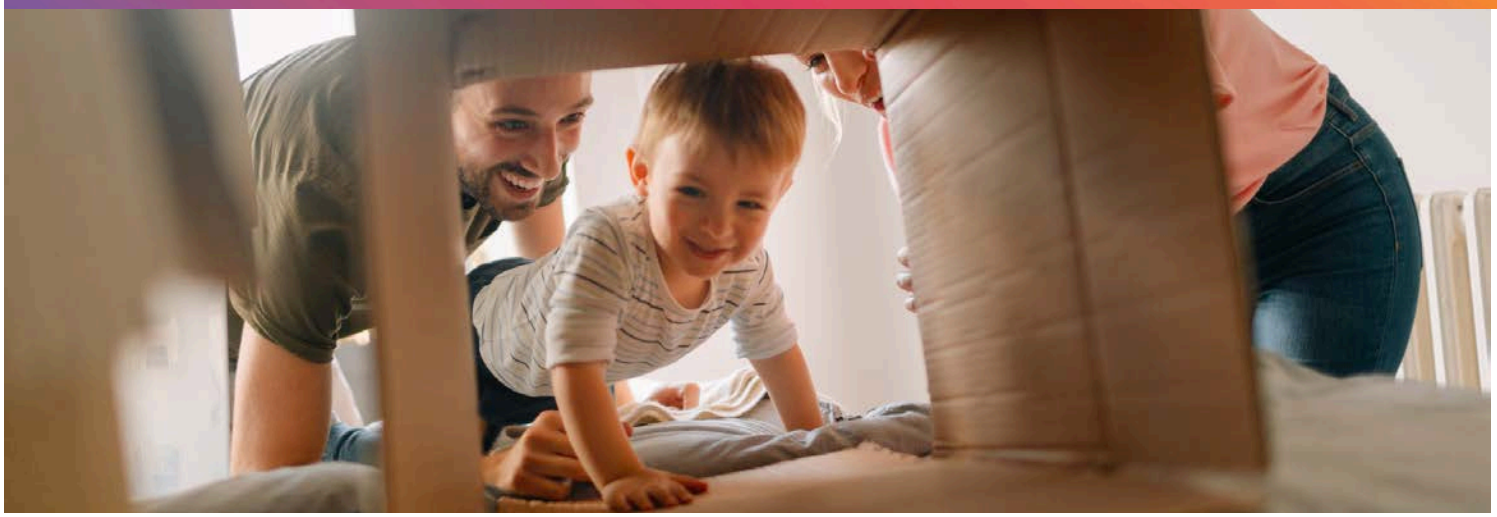
Parenting can be hard, and we all need extra support and skills to break old habits and improve our relationships with our children. Come along to one of our groups, meet other like-minded parents, and find new ways to enjoy parenting.

We feel privileged to be walking alongside you on your parenting journey.

From the ParentZone Eastern Team
Tamara, Julia, Sharon, Michelle & Deborah

PARENTZONE

ParentZone Eastern
Term 4 Parenting Programs - Online



Building Better Behaviour

A 3-week program for parents
of children aged 2 to 7 years

Young children are still learning how to communicate their needs and cope when things don't go their way.
This 3-week program will provide simple, realistic strategies to help you:

- Understand why young children behave the way they do
- Encourage cooperation and resilience
- Create helpful morning and bedtime routines
- Set positive family rules
- Use logical consequences that support your child's wellbeing and development
- Stay calm when parenting feels hard

Dates: Tues 10, 17, 24 Nov 2026
Time: 12.00pm - 2.00pm
Venue: Online via Zoom
Enquiries: sharon.muir@anglicarevic.org.au
Cost: Free
Registrations: Click here or scan QR code below

Please note: Programs are interactive. Participants are expected to have cameras on and join from an appropriate setting

Circle of Security Parenting

An 8 week program for parents
of children age 0-6 years

Circle of Security Parenting™ is an evidence-based program that helps parents understand their child's emotional world, strengthen their relationship, and support healthy emotional development.

You will learn how to:

- Understand what your child needs from you.
- Respond to emotions and challenging behaviour more effectively.
- Build a secure, trusting relationship with your child.
- Foster your child's confidence, resilience, and emotional wellbeing.

Dates: Mondays (8 evening sessions)
Monday 5th Oct to 30th Nov 2026
(No session on Monday 2nd Nov)
Time: 10.00am - 12.00pm
Venue: Online via Zoom
Click here to book or scan QR code
Cost: Free

All parents are welcome, however priority is given to parents from the Eastern Region of Melbourne

PARENTZONE

ParentZone Eastern
Term 4 Parenting Programs - Online



Tuning into Kids

Emotionally intelligent parenting for parents of children aged 5 to 12 years

Would you like tips and strategies to:

- Better understand and communicate with your child?
- Help your child learn to manage their emotions and deal with conflict?
- Manage challenging behaviours?
- Parent anxious children?
- Raise resilient children?

Children with emotional intelligence:

- Have greater success with making and keeping friends
- Show improved concentration at school
- Have increased wellbeing

Dates: Fridays (6 afternoon sessions)
Friday 16th Oct to Fri 20th Nov 2026
Time: 12.00pm - 2.00pm
Venue: Online via Zoom
Enquiries: sharon.muir@anglicarevic.org.au
Cost: Free
Registrations: Click here or scan QR code

Talking Teens

An online program for parents and carers of 12 - 18 year olds

Would you like tips and strategies to:

- Improve communication with your teen?
- Manage emotions and challenging behaviours?
- Explore how to set effective boundaries?
- Build positive relationships within your family?
- Understand the challenges of adolescence to better support your teenager?
- Help your teen with their emotions?

Dates: Tuesdays 21st July - 25th August 2026
(6 evening sessions, no session on cup day)
Time: 7.00pm - 9.00pm
Venue: Online via Zoom
Enquiries: Julia 9721 3629 or 0400 866 495
julia.russell@anglicarevic.org.au
Cost: Free
Registrations: Click here or scan QR code

Please note: Programs are interactive.
Participants are expected to have cameras on and join from an appropriate setting

PARENTZONE

ParentZone Eastern
Term 4 Parenting Single Sessions



Parent seminar: Practical strategies for everyday issues

for parents of 3-10 year-olds

The daily demands of parenting are familiar to many of us: getting children ready for school, fighting with brothers or sisters, having a tantrum in the supermarket.
Sometimes it feels never ending.

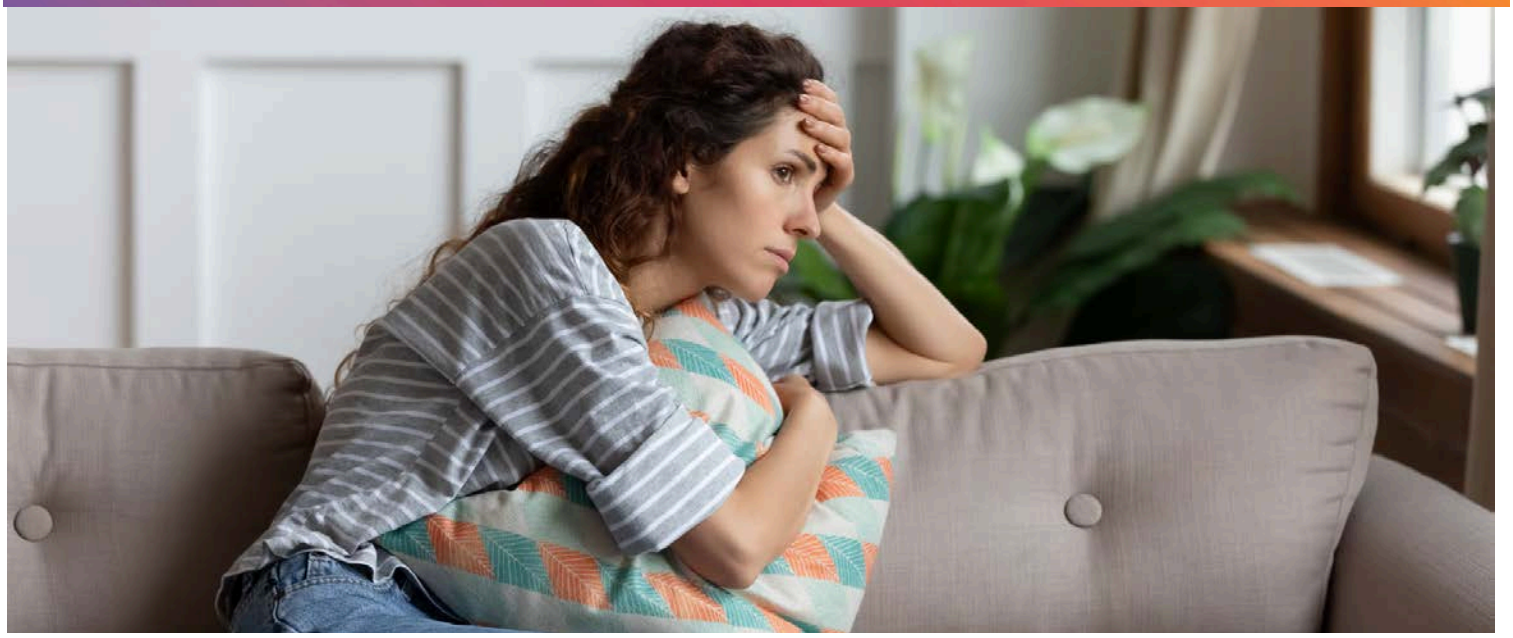
Come along to this seminar and learn about some practical approaches to handling these everyday dramas.

Presented by ParentZone Eastern in partnership with Boroondara, Knox, Maroondah and Yarra Ranges Councils.

Date: Tuesday 13th October 2026
Time: 7.30pm - 8.30pm
Venue: Online via Zoom
Cost: Free
Registrations: click here

BOROONDARA Knox City Council Maroondah City Council Yarra Ranges Council PARENTZONE

ParentZone Eastern
Individual Parenting Sessions



Individual parenting sessions

ParentZone offer individual parenting sessions, which aim to provide brief and early support for families who are experiencing parenting challenges.

The aim of the session is to:

- Focus on a specific parenting goal
- Build confidence, skills, and problem-solving strategies
- Support you to find clear, flexible solutions to a parenting situation

It is ideal for parents who:

- ✔️ Have limited time
- ✔️ Want to focus on tackling one specific parenting challenge
- ✔️ Are ready to seek support for their family

To book a session please email ParentZone Eastern at parentzone.eastern@anglicarevic.org.au

or call us on 9721 3646

Please note sessions are limited and available only to parents in the Eastern Region of Melbourne

PARENTZONE

Disability Support and Programs for Parents

Strengthening Parents Support Program

For parents & carers of children with a disability, developmental delay or neurodivergence (including ASD, ADHD & AuDHD)



Are you a parent or carer of a child with a disability or developmental delay and/or Neurodivergence (with or without a formal diagnosis)?

Could you use a bit of support and connection with others who understand?

Come along and join other parents and carers at one of our monthly peer support groups.

Share stories and strategies, and have a cuppa, a chat and some laughs with other supportive parents and carers in a casual and comfortable environment. You can come to one or as many groups as you like!

Free of charge.
Bookings are required.
Contact **Michelle** on **0438 646 744** or **StrengtheningParentSupport@anglicarevic.org.au**

Online Group
When: Fortnightly on Monday mornings during school term
Time: 10.30am - 11.30am
Location: Online via Zoom

Walking group
When: Monthly Tuesday mornings during school term
Time: 10.30am - 11.30am
Location: Glen Park Community Centre 30 Glen Park Rd, Bayswater North

Neuro affirming support group
When: Fortnightly Tuesday mornings during school term.
Time: 10.30am - 11.30am
Location: online via zoom

'Caring for the Carer'-Self-care group
When: Monthly Wednesday mornings during the school term
Time: 10.30am - 11.30am
Location: Anglicare Box Hill office level 2/37-41 Prospect Street, Box Hill

To register your interest or for more information call 0438 646 744

PARENTZONE

ParentZone Pods





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

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

Podcast Series 1

Episode 1: Family Meetings
Episode 2: Dealing with Anxiety
Episode 3: Sibling Rivalry
Episode 4: Getting Children to Listen
Episode 5: How to Respond to Kids' Behaviour
Episode 6: How to Stop Yelling at your Kids

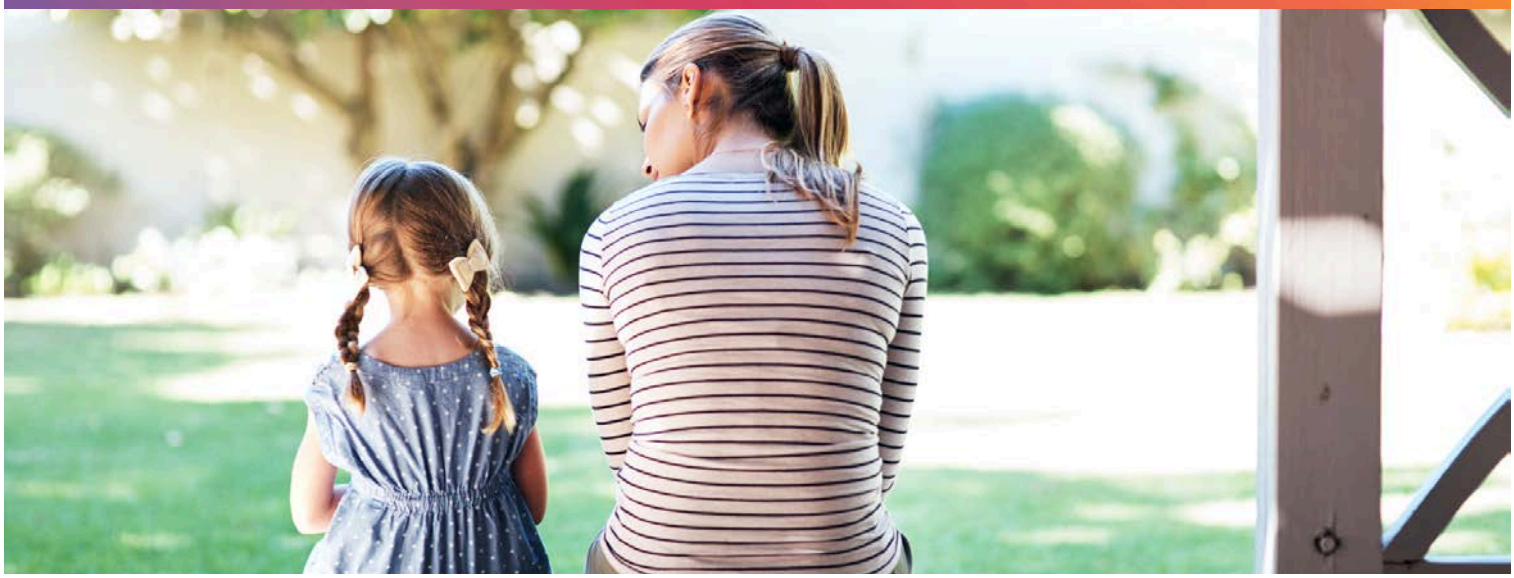
Podcast Series 2

Episode 1: Positive Discipline
Episode 2: School Refusal
Episode 3: Parenting our Teenagers
Episode 4: Meltdowns vs Tantrums
Episode 5: Couples Parenting Together
Episode 6: Dads Parenting Today

ParentZone Pods can be found on our website, Apple and via Spotify

PARENTZONE

Parenting Support and Programs



The Orange Door

Easily accessible, community-based point of entry for children, young people, and families needing support.

Boroondara, Manningham, Monash, and Whitehorse
Phone: 1300 354 322

Knox, Maroondah, and Yarra Ranges
Phone: 1300 271 150

The Table Talk Project

Who We Are:
The Table Talk Project is a groundbreaking FREE Mental Health Wellbeing Social Enterprise dedicated to strengthening family relationships through the simple act of gathering around the dinner table. We provide evidence-based resources and support to help families foster meaningful conversations and enhance mental health and wellbeing.

Join The Table Talk Project Today:
Visit our website at thetabletalkproject.org to learn more and get started on your journey toward stronger, healthier family relationships.

Relationships Matters Parenting Programs

- Tuning into Kids
- Tuning into Teens
- Parenting after separation
- Keep Calm and Parent on
- Making stepfamilies work
- Roadworthy for dads

Website:relationshipmatters.com.au/program-category/parenting-programs/

Relationships Australia Parenting Programs

We provide programs designed to improve the wellbeing and safety of children and young people, providing strategies for communication and emotional development.
Website: relationshipsvictoria.org.au/child-parenting-courses

Triple P Parenting Program

The Triple P – Positive Parenting Program provides practical strategies to help parents raise happy, confident children; set family routines and rules that everyone can follow; and balance work and family life with less stress. Free to attend online
For more information click here

PARENTZONE

Parenting Support and Programs

Tuning in to Kids

TTuning in to Kids is a free 6-week parenting program that focuses on the emotional connection between parents/carers and their children.

Would you like to learn how to:
- Be better at talking with your child?
- Be better at understanding your child?
- Help your child learn to manage their emotions?
- Help to prevent behavioural problems?
- Teach your child to deal with conflict?

Tuning in to Kids shows you how to help your child develop emotional intelligence. Children with higher emotional intelligence:
- Have greater success with making and keeping friends
- Have better concentration at school
- Are more able to calm down when upset or angry

The details

Where: Online
When: Thursdays, 8th of October – 12th of November 2026
Time: 10 am - 12 pm.
Cost: Free
Suitable for: Parents and carers of young people aged 3 to 10 years.
Eligibility: Available to parents and carers residing in the areas listed below, or who are connected in with a Family Wellbeing Program partner service.

Catchment areas:
- Yarra Ranges
- Knox
- Whitehorse
- Maroondah
- Manningham
- Monash
- Boroondara

Circle of Security

The Circle of Security® Parenting program is based on decades of research about how secure parent-child relationships can be supported and strengthened. This program will help you to:
- Understand your child's emotions.
- Support your child's ability to successfully manage emotions.
- Enhance the development of your child's self-esteem.
- Strengthen the attachment with your child.

Eligibility: Available to parents/carers of children aged 0-5 years in Yarra Ranges, Knox, Whitehorse, Maroondah, Manningham, Monash, and Boroondara, or those connected with a Family Wellbeing Program partner.

Where: Uniting Church
When: Wednesdays, 7th of October - 25th November
Time: 10am - 11:30am
Duration: 8 Weeks
Cost: Free

PARENTZONE

Parenting Support and Programs Mentoring

C.O.A.C.H. (Creating Opportunity and Casting Hope)

C.O.A.C.H. is a free mentoring program that supports and empowers people facing tough and challenging situation to move forward. Our trained C.O.A.C.H. mentors are friendly, encouraging, supportive and non-judgemental. Your mentor will meet with you regularly and walk alongside you, offering guidance, encouragement and support. They will help you identify your strengths, set achievable goals and take positive steps towards improving your life.

Cost: Free
When: All year round
Where: CityLife Community Care - 1248 High Street Road, Wantirna South
Contact : Christine Leong
Phone: (03) 9871 8900
Email: christine.leong@citylife.care
Website: www.citylife.care



Cire Reconnect Program

Reconnect can provide up to 18 months of mentorship and support for adults seeking to re-enter the workforce or training. Suitable for parents (aged 17-64) who have not been in education or employment for 6 months or more and want support to re-engage. In addition, any adults with lifetime experiences of Out of Home Care are eligible. Participation is free and voluntary – not tied to any Centrelink payments.

Contact: Erica German
Phone: 1800 835 235
Email: ericagerman@cire.org.au
Website: www.cire.org.au/training/reconnect-program/

COACH Community Mentoring (SBC/ABC)

Participants are matched with a volunteer mentor to meet for an hour a week for one year. Participants choose their own goals, which may include parenting, social connection, life skills, education, employment etc., Mentors provide supportive friendship to assist follow through. Bi-lingual mentors may be available.

When: Flexible
Cost: Free
Contact Person: Rosie Merrigan
Phone: (03) 9803 9144
Email: rmerrigan@sb.org.au

Parenting Support and Programs Dads



Knox Dad's Playgroup

For children birth to school age and their dads and father-figures.
Join the Knox Dads Playgroup to:

- Connect with other dads in Knox
- Have some special time to play together with your child
- Help your child develop social skills and confidence

When: Every Saturday during school terms
Where: The Basin Children & Family Centre, 387 Forest Road, The Basin
Time: 10.00am - 12.00pm
Cost: Free
Contact: Leanne
Phone: (03) 9298 8348
Email: play@knox.vic.gov.au
Booking: tix.yt/knox-dads-playgroup-the-basin

Dads in Distress

Supports dads experiencing trauma through family breakdown and separation.
Website: parentsbeyondbreakup.com/dids
Phone: 1300 853 437

Dads Online

Dads come in all shapes and sizes and many are part of a separated family. There is one distinct common thread that connects us, we love our children, we embrace fatherhood, and intentionally make it a priority. We provide relevant information and ideas that tap directly into the heart of topics that are most important to Dads.
Where: Online
Contact: www.dadsonline.com.au/contact

Caring Dads Program

The Caring Dads Program is a free 17-week program for fathers who have used family violence, have abused or neglected their children, or are at risk of doing so. It is for fathers living or working in the Eastern Region who have at least one hour of weekly contact with a child. This program is not suitable for men seeking to regain contact with their children.

Referrals open in December for February 2027
Contact: Gennene Mitchell
Phone: (03) 9735 6100
Email: EasternFVIntake@Anglicarevic.org.au

Dads Chat

Yarra Ranges and Maroondah City Council are providing a strengths-based series of five workshops that focuses on connecting with other local dads and dives deep into your role as a dad or male carer For dads, grandfathers, step-dads and male carers with children 0 to 8 years.
Participants are encouraged to attend all five sessions. Join Tony from Building Better Brains to share ideas and get hands on with tools and techniques that make you feel more connected to your children and other dads.

When: Monday nights, from 9 November to 30 November September
Time: 7.00pm-9.00pm
Where: Croydon Community Hub, Unit 4, 7 Civic Square, Croydon 3136
Facilitator: Tony Vallance, Building Better Brains
Cost: Free, bookings essential
https://maroondah-events.bookable.net.au/#!/event-book/ev_5600663150e34c2da8b144fb2cc8c951?eventDateID=185

DadsLink

DadsLink group is a space for all Dads and Father figures to connect, while also creating opportunities to enjoy healthy activities and camps with their children.
Where: Hocokah House in Canterbury.
Contact: dadslink@ymca.org.au

PARENTZONE

Parenting Support and Programs Separated Parents



Family Dispute Resolution General Information Session

When: Weekly
Time: 10.00am - 11.00am or 6.00pm - 7.00pm
Online via Zoom

Information for separated parents and other family members around Family Dispute Resolution and Parental Conflict.

Contact: Intake Worker
Phone: (03) 9871 6300
Email: cso@each.com.au
www.ringwoodfrc.org.au

Family Dispute Resolution Parenting Orders Program

When: Quarterly
Time: 10.00am - 11.00am or 6.00pm - 7.00pm
Online via Zoom

Program for separated parents who are in high conflict and have been court ordered to complete a Parenting Orders Program or Post Separation Parenting Program.

Contact: Karen Barton
Phone: (03) 9871 6300
Email: cso@each.com.au
www.ringwoodfrc.org.au

Parents Beyond Breakup

Parents Beyond Breakup is a charity that supports parents experiencing trauma related to family breakdown and separation.

Helpline: 1300 853 437
www.parentsbeyondbreakup.com

Family Relationships Online

Information for all families – whether together or separated – about family relationship issues. Find out about a range of services to assist families manage relationship issues, including helping families agree on arrangements for children after parents separate.

Helpline: 1800 050 321
www.familyrelationships.gov.au

Family Relationships Advice Line

The Family Relationship Advice Line is a national telephone service that helps families affected by relationship or separation issues, including information on parenting arrangements after separation. It can also refer callers to local services that provide assistance.

www.familyrelationships.gov.au/talk-someone/advice-line

Supporting Children after Separation

The Supporting Children after Separation program provides support services for children and young people of all ages who need some help coping with and understanding their parents' separation. The services use a range of age appropriate interventions, such as individual counselling or group work.
Fees are payable for these services, with arrangements made for families on low incomes.
To find a local service under the Supporting Children after Separation program near you, call the Family Relationship Advice Line on 1800 050 321

PARENTZONE

Parenting Support and Programs
Early Years - 0 to 6 year olds



SmallTalk Supported Playgroups

At a Smalltalk supported playgroup you can:

- Get tips & strategies to support your child's learning & language development
- Interact in fun, engaging activities & experiences
- Meet other families with young children in your local area
- Gain support in the development of parenting skills

To be eligible for Smalltalk Knox and Yarra Ranges, a family member must hold a Health Care Card or equivalent and have a child aged 0–5 years. Please call or email to ask about other referral options for Supported Playgroup.

Dates: Multiple days during school terms
Times: Multiple sessions
Email: play@knox.vic.gov.au

Whitehorse families:
Email address:
supportedplaygroup@whitehorse.vic.gov.au

Knox Council families: Knox Playgroup Team
Contact: (03) 9298 8499
Email address: play@knox.vic.gov.au

Yarra Ranges families:
Contact: 1300 368 333
Email address: earlyyears@yarraranges.vic.gov.au
Click for more information

Knox Intergenerational & Grandparents Playgroup

Intergenerational Playgroups are a fun, safe and educational way for children, grandparents, caregivers and older people to join together through fun activities. Bringing different generations together fosters awareness, understanding and respect between generations, and breaks down social barriers and isolation commonly experienced by new parents and ageing communities.

When: Every Friday during school term
Where: Knox Children and Family Centre Bayswater, 41 Phyllis Street, Bayswater
Time: 9.30am - 11.30am
Email: play@knox.vic.gov.au
Cost: Free
Book Here: tix.yt/knox-intergenerational-grandparents-playgroup

Knox Rainbow Family Playgroup

A safe space for LGBTQIA+ families and their children to play and learn, as well as provide support and resources for each other.

When: 2nd Saturday of month (excl. school hols)
Where: Billoo Park Playgroup, 40B Birchfield Cres, Wantirna
Time: 10.00am - 12.00pm
Book Here: tix.yt/knox-rainbow-playgroup

Mums & Munchkins
(Support for Mums through challenge)

- Improve your confidence & self esteem
- Build new friendships with people on a similar journey
- Invest time into your personal wellbeing
- Explore topics of interest with a parenting focus
- A supported play program will be provided for birth to pre-school aged children

Where: CityLife Community Care, 1248 High Street Road Wantirna South
When: 1st & 3rd Thursday of month (excl. school hols)
Time: 10.00am – 11.30am
Contact: Nims
Phone: (03) 9871 8900
Email: nims.dias@citylife.care

PARENTZONE

Parenting Support and Programs
Early Years - 0 to 6 year olds

Knox Community Playgroups - Wantirna South

Playgroup is having special time to play together, build relationships, meet new friends and gain a sense of community involvement. Playgroups usually meet on a regular basis once a week during school terms.

When: Weekly, during school term
Where: Knox Children and Family Centre – Wantirna South, 81 Argyle Way, Wantirna South
Time: Various - see booking link
Cost: Free
Email: play@knox.vic.gov.au
Booking: tix.yt/knox-community-playgroup-wantirna

Knox Young Parents Group

Supported group for young parents under the age of 25 years with a baby under the age of 12 months old. Facilitated by Knox Children's services and Knox Youth Services.

When: Fridays
Time: 10:00am - 12:00pm
Where: Marie Chandler Playgroup room, 11-136 Park Cres, Boronia
Contact Person: Michelle Pascoe
Contact Number: (03) 9298 8000
Email: michelle.pascoe@knox.vic.gov.au

Mother Goose

An hour of songs, rhymes, and stories with your child. This group is aimed at strengthening the bond between parent and child, and developing group friendships. Dads welcome.

Term 4: 12 October - 14 December 2026
0-2yrs Age Group
Mondays 10.45am - 11.30am
2-4yrs Age Group
Mondays 9.45am - 10.30am
Where: EACH Community Health
28 Freeman St, Ringwood East
Cost: Free, registration required
Contact: Narelle Loftus
Phone: (03) 9837 3900
Email: cdtcorrespondence@each.com.au
Webpage: www.each.com.au/parent-child-mother-goose-program/

Knox Community Playgroups - Bayswater Hub

Playgroup is having special time to play together, build relationships, meet new friends and gain a sense of community involvement. Playgroups usually meet on a regular basis once a week during school terms.

When: Weekly, during school term
Where: Knox Children and Family Centre – Bayswater, 41 Phyllis Street, Bayswater
Time: Various - see booking link
Cost: Free
Email: play@knox.vic.gov.au
Booking: tix.yt/knox-community-playgroup-bayswater

Little Stars Playgroup

Facilitated playgroup for preschoolers and their carers.

Dates: Tuesdays during school terms
Time: 10.00am - 11.30am
Where: 13 Bedford Road Ringwood
Phone: (03) 9870 8169
Contact: Tiffany Gilmour, Playgroup Coordinator
Email: playgroup@ringwoodchurch.org.au
Web: www.ringwoodchurch.org.au/be-involved/kids-families/

Parent Pathways

The Parent Pathways program is a free and voluntary support service offered in Australia to help parents and carers of young children (under 6 years old) achieve personal, study, or work goals.

Participants work with a qualified mentor to explore support options and can be linked in with

- Financial assistance (e.g., for training, textbooks, computers, or getting a licence)
- Referrals to health, domestic violence, or financial services
- Assistance with access to, or help finding childcare
- Access to training (e.g., short TAFE courses)
- Career guidance
- Language and literacy programs

For eligibility criteria or to engage contact
Rebecca Ramsden | Parent Pathways Mentor
Sarina Russo Job Access
8841 7496 or 0461 286 769
RamsdenR@sarinarusso.com.au

PARENTZONE

Parenting Support and Programs
Early Years - 0 to 6 year olds

Maternal & Child Health Telephone Service

Confidential, 24-hour Maternal and Child Health Line provides information and advice about the care and health of your child (from birth to school age).
Discuss your concerns about child health and nutrition, breastfeeding, your own health, and any parenting issues
Phone: 13 22 29



ForWhen

A judgment free mental health referral service. Mental health support for expecting and new parents.

We connect parents that are struggling to navigate the complex waters of pregnancy and new parenthood to the critical mental health services they need.

ForWhen is a national support line for new and expecting parents, mums, dads and guardians. It is a national support line that connects you to the right service that can help you understand what you're feeling and provide the guidance and support you need at the right time.

You can call our free national helpline number at 1300 242 322 to speak to a local specialist

Australian Breastfeeding Association

The Breastfeeding Helpline is available 24hrs, 7 days a week, staffed by trained volunteer counselors who answer in their own homes.
Phone: 1800 686 268

Local groups meet regularly to provide information, "mother to mother" support, and activities in community centres, cafes, local parks, and online.

For local group meetings dates, times, and locations click here

PANDA - Perinatal Anxiety and Depression Australia

Provides support, information, referral, and counseling to any new parent struggling during pregnancy or after the birth of their baby. Callers do not need to have a diagnosis of antenatal or postnatal depression to make contact with the helpline.
Phone: 1300 726 306

Early Parenting Centres

EPCs strive to support happy, healthy, safe and thriving babies and toddlers by promoting the parent-child relationship, and equipping parents with a pathway to achieve their parenting goals.

These goals often relate to sleep and settling, child behaviour and health and wellbeing.

For parents of children up to 4 years of age.

O'Connell Family Centre, Canterbury
Phone: (03) 8416 7600

Queen Elizabeth Centre, Noble Park
Phone: (03) 9549 2777

Tweedle Child & Family Health Service, Footscray
Phone: (03) 9689 1577

PARENTZONE

Parenting Support and Programs
Early Years - 0 to 6 year olds

Bookaburra Story Time

Bookaburra Volunteer Storytellers run FREE interactive sessions including stories, rhymes and fun. The program is open to all children and their families and provides support in language development, building social connections and small group skills. No booking required!

These sessions are open to all families with children aged 0-5 years.

When: Monday-Friday mornings (excluding school holidays)
Where: Variety of locations across Yarra Ranges
Contact: Michelle Lehmann
Phone: 0407 319 456
Email: earlyyears@yarraranges.vic.gov.au
www.yarraranges.vic.gov.au/Experience/Events/Bookaburra-Storytime

Burmese Storytime and Play

These sessions include a mix of group activities, games, craft, and play, giving families time to socialise and connect. Parents and carers can also get helpful information to support the health and wellbeing of the whole family. Appropriate for Burmese ethnic families with children aged 0 to 5 years. Burmese dialects spoken as well as English.

When: Wednesday 10:30am - 12pm
Where: Ringwood Church of Christ, 13-15 Bedford Road, Ringwood

When: Wednesday 1:30pm to 3pm
Maroondah Maternal and Child Health
Where: 9 Civic Square, Croydon 3136
Cost: Free

For more information click here
Email: outreach.program@maroondah.vic.gov.au
Phone: 0448 557 269

Kindergarten Outreach Program for Culturally and Linguistically Diverse Families

The free Kindergarten Outreach Program supports children and families from culturally and linguistically diverse backgrounds to enrol and participate in kindergarten. Bilingual staff are available to support families, and interpreters are available if required.
The program supports children and families that have recently arrived in Australia:

- to enrol and participate in 3-year-old and 4-year-old kindergarten
- to transition into primary school
- to engage in other early childhood support services

Enquiries:
Maroondah: 1300 882 233 / (03) 9294 5939 or outreach.program@maroondah.vic.gov.au
Click for more information

Yarra Ranges: 1300 368 333
earlyyears@yarraranges.vic.gov.au
Click for more information

Yarra Ranges school holiday program

Supporting families and children across Yarra Ranges with a range of free and low-cost activities during the school holidays. For children aged 0-14 years.

Cost: Free or low cost
Date: School Holidays
Where: various locations across Yarra Ranges
Contact: Michelle Lehmann 0407 319 456
Email: earlyyears@yarraranges.vic.gov.au
For more information click here

PARENTZONE

Parenting Support and Programs
Early Years - 0 to 6 year olds

Young Families Village

Young Families Village is a weekly drop-in program for parents aged 26 and under and their children to connect, share experiences, and support each other.
Meet other young parents, build confidence, and develop practical skills, all while enjoying fun activities with your child.

When: Every Tuesday
Time: 1:30pm - 3:00pm
Where: 7 Civic Square, Croydon
Email: youth@maroondah.vic.gov.au
Cost: Free
For more information click here

Family Services

Children have the best outcomes in life when they grow up with the support of a healthy family. The goal of Family Services – Anglicare Victoria's largest service area – is to keep families safely together.

Anglicare Victoria's Family Services teams support thousands of vulnerable families across Victoria every year, offering a broad range of inclusive family and parenting services and programs.

Family support workers visit families at home, meeting face-to-face in the place where they feel most in control. They work alongside parents to help them build skills and awareness, resulting in safer and more caring environments for their children.

They connect families with other specialist services when this is needed, such as mental health, family violence, disability or alcohol and other drugs.

Children are at the centre of all discussions and great care is taken to make sure the voice of the child is heard throughout the process

Referrals to Family Services are made through The Orange Door

Safe Care

Safe Care is a parenting program for parents and caregivers of Children aged 0 to 5 years. Safe Care educators work with families to increase positive interactions they have with their child, keep their child healthy and make their home safe.

Safe Care educators conduct weekly home visits, with the program being completed in 18-20 weeks. The Safe Care Topics are:

Parent/Child Interaction/Parent Infant Interaction:

To increase positive interactions they have with their children during play and daily activities. PCI can also help to reduce challenging behaviours in young children.

Health: This module helps parents and caregivers to prepare for when their child is sick or injured and recognise when symptoms need emergency care, a doctor's appointment or cared for at home.
Home Safety: This module helps parents and caregivers to identify and remove common household hazards and understand the importance of child supervision.

Contact: Genna Hatcher
Phone: (03) 9735 6100
Email: genna.hatcher@anglicarevic.org.au

PARENTZONE

Services for Children and young people Mental Health



Eastern Infant, Child & Youth Mental Health Service (iCYMHS)

Eastern Health CYMHS is a Specialist Mental Health Services for children and young people up to the age of 24 years who are displaying symptoms of psychiatric disorder or severe emotional and behavioural disturbance.

Phone: 1300 721 927 (Press Option 2)

Headspace

Connect with a clinician 1-on-1 through webchat, email or call 1800 650 890 between 9.00am – 1.00am AEDT.

For more information and resources click here

Anxiety Recovery Centre Victoria

Programs for parents who have anxiety, or who have a child with anxiety including workshops on a variety of parenting topics.

OCD & Anxiety HelpLine

Phone: (03) 9830 0533 or 1300 ANXIETY (1300 269 438)

Kids Helpline

Connect with a clinician 1-on-1 through webchat, email or call 1800 55 1800

24/7 - Every day and night.

for kids aged 5 - young adults aged 25

For more information and resources click here

Meridian Youth & Family Therapy

Therapy for people aged 10-23 and their families to address conflict from issues such as: violence, anxiety, bullying, depression, eating disorders, family breakdown, gaming or internet misuse,
grief, self-harm, suicidal thoughts, sexual or physical abuse, sexual identity & gender issues, school refusal, & social isolation.

Phone: Meridian Intake on (03) 9896 6322

Email: meridian@anglicarevic.org.au

Kids of Gold Camps

This is a camp for building self-esteem and confidence in Upper Primary aged children, including those 9-12 years of age or who are in Grades 4-6 in 2026. Receiving applications throughout Term 3. Offering 3 Scholarships for each school where this is being promoted.

Date: Friday 23rd to Sunday 25th October 2026 (Level 1 camp)

Where: Lyrebird Park Campgrounds
510 Beenak Road, Yellingbo 3139

Cost: $85

Contact person: Gary Parsons

Phone: 0477 309 832

Email: info@kidsofgold.org.au

Website: www.kidsofgold.org.au

For more information see the website or click the link https://www.youtube.com/watch?v=QNtEUNFf4VI

PARENTZONE

Parenting Support and Programs Young People - 9yrs +

Each - Family & Youth Counselling Team

Provides free counselling support for young people aged 12–18 years and their families who live, work, study or play in the City of Knox, Maroondah and Yarra Ranges.

Parent/Carer Support
We offer up to 6 counselling sessions for parents and carers. Sessions are typically held weekly or fortnightly, depending on your needs. The frequency and number of sessions will be discussed with your counsellor and can be adjusted as required.

Young Person Counselling
Young people aged 12–18 years can access up to 20 counselling sessions, based on individual needs. Sessions are generally weekly or fortnightly. The frequency and duration of support will be discussed collaboratively with your counsellor and reviewed regularly.

How We Can Help
Our counsellors provide support for a range of concerns, including but not limited to:
• Mental health concerns, including anxiety and depression
• Relationship difficulties (with parents, peers, or partners)
• Bullying
• School-related stress
• Grief and loss
• Self-esteem and confidence
• Parenting support
• Parent–child relationship challenges
• Social and emotional wellbeing

Where: 46 Warrandyte Road, Ringwood
Cost: FREE
Email: youthandfamilyvic@each.com.au
Phone: 1300 003 224

Partners in Parenting (PiP) with Headspace

For parents or guardians of teenagers aged 12-17 years.
Monash University is studying different formats of the Partners in Parenting (PiP) online program, supporting parents concerned about their teen's anxiety or depression.

Participants receive personalised feedback and up to 10 online modules, with self-guided or coach-supported options.

You can receive up to $80 in e-gift vouchers for completing follow-up surveys.

- Eligibility includes regular internet access, English proficiency, and availability for coaching during business hours.

Website: partnersinparenting.com.au
Where: Online - Now until February 2027
Cost: FREE
Email: pip-p2p@monash.edu
Phone: (03) 9903 4042

Partners in Parenting Education (PiP-Ed)

For parents or guardians of teenagers aged 12-15 years.
PiP-Ed+ is a FREE evidence-based online program designed to help parents and carers support their teenager's mental health and school attendance. The program provides parents with practical strategies to respond to their teen's school distress, anxiety and/or depression.
There are two components to the PiP-Ed+ program:

- A series of up to 13 interactive online modules covering a range of topics related to supporting teenage mental health and school attendance;
- Up to 9 weekly one-on-one coaching sessions with a PiP-Ed+ coach, delivered via videoconference (Zoom).

Website: partnersinparenting.com.au
Email: pip-ed@monash.edu
Phone: (03) 9905 1250

PARENTZONE

Parenting Support and Programs
Young People - 9yrs +

FREE Parenting program for Teens - Worried about depression or anxiety?

Online parenting program to support parents and caregivers who are worried about depression or anxiety in their teenager. Receive 1 of 2 versions of the Partners in Parenting program:
- Self-guided: explore the online program at your own pace, in your own time
- Peer-guided: paired with a 'PiP Coach' who has lived experience of caring for a teenager with mental health challenges

What does Partners in Parenting involve?
- Both versions: Do up to 10 online modules over 14 weeks
- Peer-guided program: get up to 10 coaching sessions on Zoom over 14 weeks
- Both versions: Fill out some surveys: 1) before the program, 2) right after the program, and 3) one year after the program
- The program is FREE and you will get up to $80 in egift vouchers for completing the follow-up surveys.

Dates / ongoing event: Now until February 2027 - final chance to register
Venue: Online

Any criteria for participants:

You may eligible if you:
- are an adult caring for a teen aged 12-17 years
- are concerned about your teen's anxiety or depression
- live in Victoria
- can read, write, hear, and speak English
- have regular internet access
- could attend coaching sessions during business hours

Contact person, number and email: Partners in Parenting, pip-p2p@monash.edu, 03 9903 4042

For more information or to express interest https://p2p.partnersinparenting.com.au/

PARENTZONE

Services for Young People
Eastern Youth Services

Boroondara Youth Services
Website: www.boroondara.vic.gov.au/community-support/young-people/visit-our-youth-centre
Phone: (03) 9278 4608

Knox Youth Services
Website: knox.vic.gov.au/youth
Phone: (03) 9298 8000

Manningham Youth Services
Website: each.com.au/manninghamyouth/youth-programs/
Phone: 130000 Each / (1300 00 3224)

Maroondah City Council Youth Services
Website: www.maroondah.vic.gov.au/Youth
Email: youth@maroondah.vic.gov.au
Phone: (03) 9294 5704

Monash Youth Services
Website: monashyouth.org.au/Programs
Phone: (03) 9518 3900

Whitehorse Youth Connexions
Website: www.whitehorse.vic.gov.au/youth-connexions
Email: youth.worker@whitehorse.vic.gov.au
Phone: (03) 8873 9140

Yarra Ranges Youth Services
Website: yarraranges.vic.gov.au/Community/Youth
Phone: 1300 368 333

YSAS
Youth Support and Advocacy Service
Website: ysas.org.au
Phone: (03) 9415 8881

Headspace
Confidential and free mental health support for young people aged 12 to 25 years
Website: headspace.org.au
Phone:
Knox - (03) 9801 6088
Hawthorn - (03) 9006 6500

PARENTZONE

Services for Young People
Youth Groups



Hangout

A free weekly social drop-in program for young people aged 12-25. Hangout is a safe place where young people can connect with new people, participate in the weekly themed activities, speak to a youth worker to get support, or just hangout. Snacks provided!

When: Every Thursday 3.00pm - 6.00pm
Where: 7 Civic Square, Croydon
Website: www.maroondah.vic.gov.au/Youth

Each Youth and Family - Your Space - Youth Drop-in Tuesdays (fortnightly)

A space for young people aged 12–25 to come together, hang out and get involved.

- Catch up with mates and make new ones
- Explore advocacy and community engagement opportunities
- Get creative with craft activities and potter in the garden
- Connect with support workers when needed
- Play video and board games
- Enjoy yummy food

When: 3.00pm - 6.00pm, every second Tuesday
Where: Killara House, 46 Warrandyte Rd, Ringwood

Scan QR code for more information

PARENTZONE

Parenting Support and Programs Disability

ACD - Advocating for Children with Disability

ACD supports all families in Victoria raising children with disability aged 0 to 18.
They provide free information and resources in English and five community languages on topics such as:

· NDIS access and planning
· Early intervention
· School and education support
· Supporting teens

ACD also offers:

· Free workshops for families
· Presentations about ACD for professionals
· Monthly online newsletter

A free telephone advocacy is available Monday to Friday, 9am-5pm.
No diagnosis is needed.
Interpreters are available.

Support line: (03) 9880 7000
Support line (regional): 1800 654 013
Support email: mail@acd.org.au
Website: acd.org.au
Facebook: @acdvic

Strengthening Parent Peer Support Program

Peer support groups free of charge for parents or carers who have a child with a disability, developmental delay or neurodivergence in the Eastern Region.
Groups available face to face and online across multiple times and dates.

Contact: 0438 646 744
Email: StrengtheningParentSupport@anglicarevic.org.au



Each Family Relationship Support for Carers Program

Carer workshops, information sessions, and events with topics relevant to carer needs.

- Short-term counselling support
- Carer Wellness events
- Carer information workshops and forums
- Wills & Estate Planning, including Disability Trust information

For further information please contact Each on 1300 303 346 or frsc@each.com.au

PARENTZONE

Parenting Support and Programs Disability

ACD - Advocating for Children with Disability

Support Line Monday to Friday 9:00 am-5:00 pm
Email: acdsupport@acd.org.au with your preferred day and time for a callback, or
Text: 0475 577 997 with your preferred day and time for a callback
Phone: (03) 9880 7000 or 1800 654 013 (regional)

AMAZE

Builds autism understanding in the community, influences policy change for autistic people and their families/supporters, and provides independent, credible information and resources.
Phone: (03) 9657 1600
Website: www.amaze.org.au

Autism Counselling

Suite 2/171 Boronia Rd, Boronia
Phone: 0414 487 509

Cerebral Palsy Support Network

A community that advocates for inclusion and self-determination of individuals with Cerebral Palsy
Website: www.cpsn.org.au

Deaf Victoria

Advocates to increase access to services and to educate the wider community on how to work, play, and study with deaf and hard of hearing people.
Phone: 0431 476 721
Website: www.deafvictoria.org.au

Down Syndrome Victoria

Provides families and people with Down syndrome with support, encouragement, information and resources.
Phone 1300 658 873
Email info@dsav.asn.au
Website: www.downsyndromevictoria.org.au

Epilepsy Action Australia

Provider of epilepsy support and information nationwide.
Website: www.epilepsy.org.au

Scope Australia

Support for people with physical, intellectual disabilities, and developmental delays to achieve their goals.
Phone: 1300 472 673

VALID

Equipping and empowering people with a disability and their families using training tools, information, and resources. 130 Cremorne street, Richmond Vic 3132
Phone: (03) 9416 4003

Yooralla

Provides quality services for people with disability across Victoria
Phone: (03) 9666 4500
Website: www.yooralla.com.au

PARENTZONE

Parenting Support and Programs Disability

MyTime

MyTime is a place where you can access peer support, unwind, and share ideas and experiences with others who understand. It is for all parents and carers of children under the age of 18 who need a higher level of care than other children due to a disability, chronic medical condition, or other additional needs including developmental delay. Groups are **free** and morning tea is provided.Preschool-age children are welcome. While you unwind, your child is kept engaged nearby by MyTime play leaders. Contact the Facilitator to obtain your preferred group's term schedule, or submit an enquiry at https://www.mytime.net.au/groups/

MyTime Blackburn

When: Fridays, fortnightly during school terms **Time:** 10:00am - 12:30pm
Where: One Community Church, 184 Surrey Road, Blackburn
Contact: Sarah Lacy – Facilitator
Email: sarahl@mytimevic.com.au

MyTime Ferntree Gully

When: Fridays, fortnightly during school terms **Time:** 10:00am - 12:30pm
Where: Eastern Ranges School, 56 Dorset Road, Ferntree Gully
Contact: Lynne Wood – Facilitator
Email: lynnew@mytimevic.com.au

MyTime Forest Hill - Chinese-Mandarin speaking group

When: Mondays, fortnightly during school terms **Time:** 10:30am - 1:00pm
Where: Level 1, 79 Mahoneys Road, Forest Hill
Contact: Emily Ma – Facilitator
Email: emily@extendedfamilies.org.au

MyTime Mount Evelyn

When: Thursdays, weekly during school terms **Time:** 9:30am - 11:30am
Where: Yarra Ranges SDS, Early Years Building, 20 Burdap Drive, Mt Evelyn
Contact: Shaana Teitel – Facilitator
Email: shaanat@mytimevic.com.au

MyTime Warrandyte

When: Fridays, fortnightly during school terms **Time:** 9:45am - 11:45am
Where: Warrandyte Community Church, 57 Yarra Street, Warrandyte
Contact: Sarah Lacy – Facilitator
Email: sarahl@mytimevic.com.au

MyTime Wheelers Hill

When: Tuesdays, fortnightly during school term **Time:** 9:15am - 12:15pm
Where: Monash SDS, 15-25 Academy Ave, Wheelers Hill
Contact: Eva Dimou – Facilitator
Email: evad@mytimevic.com.au

MyTime Online

When: Mondays, weeklyduring school terms **Time:** 7:30pm - 9:00pm
Where: Online via Zoom
Contact: Alision Burns – Facilitator
Email: alisonb@mytimevic.com.au

PARENTZONE

Parenting Support and Programs Aboriginal and Torres Strait Islander

Mullum Mullum Indigenous Gathering Place

Elders, Men's, Women's and Youth networks

- Burrai Playtime
- Food bank
- Access and support
- Aboriginal Health Promotion and Chronic Care Program (AHPACC)
- Indigenous Community Links

Website: mmigp.org.au
Phone: (03) 9725 2166

Djirra

Where culture is shared and celebrated, and practical support is offered to all Aboriginal women and particularly to Aboriginal people who are currently experiencing family violence or have in the past.
Website: djirra.org.au
Phone: (03) 9244 3333

Dardi Munwurro

Delivers a range of family violence, healing, and behaviour change programs and services.
Breaks the cycle of inter-generational trauma in Aboriginal families and communities, by empowering and inspiring individuals to heal the past, Acknowledge the present and create a positive vision for the future.
Website: dardimunwurro.com.au
Phone: 1800 435 799

Boorndawan Willam Aboriginal Healing Centre

A culturally safe service that assists in their healing journey from the impact of family violence. Boorndawan Willam (Safe House) is a place where you can strengthen your family and relationships through our holistic Aboriginal cultural and spiritual approach
Website: bwahs.com.au
Phone: (03) 9212 0200

Victorian Aboriginal Child Care Agency (VACCA)

A state-wide Aboriginal Community Controlled Organisation servicing children, young people, families, and community members.
The largest of its kind in Australia.
Website: vacca.org
Phone: (03) 8727 8800

Oonah Health & Community Services Aboriginal Corporation

A welcoming and culturally affirming place that provides information, services, and programs focused on building a healthy, strong, and skilled community.
Website: oonah.org.au
Phone: (03) 5962 2940

PARENTZONE

Culturally and Linguistically Diverse Families

Asylum Seeker Resource Centre

The ASRC has a food bank and can provide material aid, healthcare, housing support, education support, and legal aid for refugees and asylum seekers residing in Australia.
Phone: (03) 9326 6066
Website: asrc.org.au

Migrant Information Centre

The Migrant Information Centre (Eastern Melbourne) (MIC) assists families and children from migrant and refugee backgrounds residing in the eastern suburbs of Melbourne to understand Australian life, integrate into a multicultural community, and access services.
Website: miceastmelb.com.au

Chinese Family Services

Uniting Connections offers a range of programs to support families living in Monash. Programs offered include:

- Chinese Playgroup
- Information sessions for Chinese parents
- Support for Chinese fathers

Phone: Joseph Jin - 0422 008 145 or 9875 4222
Email: Joseph.Jin@vt.uniting.org

Victorian Multicultural Commission

Strengthens cultural diversity in Victoria through consultation, advocacy, celebration, and promotion. Site list more than 1700 services including interfaith networks, language service providers, government agencies, language schools, and events
Phone: (03) 7005 1267
Website: multiculturalcommission.vic.gov.au

English Conversation Corner

Free online weekly sessions to practice your English skills in a relaxed supportive environment. Organised by volunteers with training through AMES. Conversation groups are for those over 18 years of age
Website: ringwoodchurch.org.au/be- involved/community



PARENTZONE

Culturally and Linguistically Diverse Families



Knox Chinese Family Playgroup

Join a group of parents and carers of Chinese background with their babies, toddlers and preschool children. The group meets weekly to build friendships, play, learn and have fun.

Where: Knox Children and Family Centre
77-81 Argyle Way, Wantirna South
When: 2 sessions a week (during school term)
Time: Wednesday 9:30am - 11:30am & Thursday 1.00pm–3.00pm
Cost: FREE
Email: play@knox.vic.gov.au
Book Here: tix.yt/knox-chinese-playgroup-wantirna-hub

Knox Punjabi Playgroup

Join a welcoming group of parents and carers from a Punjabi background with their babies, toddlers, and preschool children. This playgroup meets fortnightly during school terms where children can enjoy opportunities to play, learn, and have fun while engaging with Punjabi language and culture in a relaxed, family-friendly environment.
Where: Rowville Playgroup, 965 Wellington RoadRowville 3178
When: Every Friday, during school term
Time: 2:30pm - 4:30pm
Cost: FREE
Email: play@knox.vic.gov.au
Book Here: tix.yt/knox-punjabi-playgroup-rowville oup

Knox Spanish Playgroup

This playgroup is designed for parents and kids to gather in a fun & friendly environment where we encourage Spanish language! Join a group of parents and carers of Spanish speaking background with their babies, toddlers and preschool childre

Where: Knox Children and Family Centre Bayswater
When: Every Wednesday, during school term
Time: 2.00pm-4.00pm
Cost: FREE
Email: play@knox.vic.gov.au
Book Here: tix.yt/knox-spanish-playgroup

Knox Korean Playgroup

Join a group of parents and carers of Korean background with their babies, toddlers and preschool children. The group meets weekly to build friendships, play, learn and have fun.

Where: Knox Children and Family Centre
77-81 Argyle Way, Wantirna South
When: Every Thursday, during school term
Time: 10.00am-12.00pm
Cost: FREE
Email: play@knox.vic.gov.au
Book Here: tix.yt/knox-korean-playgroup

PARENTZONE

Parenting Support and Programs
Drugs and Alcohol



Parent Support Group

Anglicare's Parent Support Group is for parents who are supporting someone with drug or alcohol issues.

- Improve your knowledge of alcohol and drugs
- Develop communication skills to improve your family relationships
- Develop strategies to manage your own stress and tension
- Improve your parental/carer confidence and self-esteem

When: Every Tuesday
Time: 5.30pm-7.30pm
Where: Anglicare Box Hill, Level 2/ 37-41 Prospect Street, Box Hill 3128
Cost: Free of charge - bookings essential
Contact: Leigh or Stacey

- leigh.davidson@anglicarevic.org.au
- stacey.caldwell@anglicarevic.org.au

Family Drug Support

Family Drug Support runs peer support group meetings at a range of locations in Victoria as well as online.

This group is open to anyone who has a family member that uses drugs or alcohol. It is non-religious, non-judgmental, and safe.

When: Wednesday and Thursday fortnightly

Where: Currently, all groups are held online.
Cost: Free
Contact: Chloe on 0448 177 083
Webpage: please click here, or copy the URL www.fds.org.au/meetings-events

PARENTZONE

Parenting Support and Programs Family Violence

DAWN Mentoring Program

DAWN provides long-term support to women recovering from the ramifications of domestic violence. This is done through a mentoring process, where volunteers are matched with a client to provide social support, assistance with practical issues and companionship.

Participants can be referred by family support workers, counsellors, emergency relief workers, women's refuges, police, and other services. The DAWN program is delivered by Doncare.

If you would like to find out more about the DAWN program or query eligibility, please call.

Phone: (03) 9856 1500
Webpage: doncare.org.au/the-dawn-program

Doncare

Counselling services for people who have experienced family violence, including children and young people.

Contact Person: Intake Co-ordinator
Phone: (03) 9856 1500
Email: intake@doncare.org.au
Website: https://doncare.org.au/

Crossways Life Care

Offers support to women and children who have experienced family violence through various group programs, counseling, mentoring, financial care, food pantry and community events.

Phone: (03) 9886 3899
Email: lifecare@crosswaylifecare.org.au



TRAK Forward - Anglicare

FREE therapeutic services for recovery and healing for anyone who has experienced family or intimate partner violence.

- Individualised Trauma and Family Violence informed recovery focused counselling for adults, families, children and young people.
- Recovery focused groups
- Connections to others with lived experience

If you live, work or study in Manningham, Boroondara, Monash and Whitehorse and would like to find out more please contact-

Intake Phone: (03) 9896 6395
Email: trakeast@anglicarevic.org.au

Free From Family Violence

Previously called: Eastern Domestic Violence Services (EDVOS)
Support includes working with police and the court system, housing assistance, counselling, and men's family violence intake.
Services are free and confidential.
Phone: (03) 9259 4200
Safe Steps Phone: 1800 015 188
(24-hour crisis line)
Website: www.fvree.org.au

PARENTZONE

Parenting Support and Programs Family Violence



Courage to Heal

The Courage to Heal Program is a 12 month group therapy program for women who have experienced intimate-partner violence.

Courage to Heal covers topics including understanding abuse, managing emotions, healthy boundaries and healthy relationships. The program aims to create community connections, empower and support women as they heal and recover from the impacts of family violence. Occasional childcare is available for pre-school aged children while their mums attend the program

Who: the program provides post-crisis support. It is suitable for women who have experienced intimate-partner violence but are no longer in an abusive relationship and are able to commit to the 12-month program.
When: On enquiry
Where: Waratah House, a confidential location within City of Whitehorse
Cost: Free
Bookings: email FVPrograms@crosswaylifecare.org.au or call (03) 9886 3899

For more information on programs by Crossway Lifecare click here

Artful Healing

An art-based self-care group for victim-survivors of family violence. Come along to a supportive space where you can explore your creativity and reconnect with yourself. Whether you're an experienced artist or new to the creative process, this is your space to relax, express, and heal.
Where: Waratah House, confidential location within the City of Whitehorse
Cost: Free
Dates: On enquiry
Time: Wednesdays 10.00am - 12.00pm
Contact: Family Violence Intake Team
(03) 9886 3899 or 0403 870 716

PARENTZONE

Parenting Support and Programs Family Violence



The Art Of Choice Art Therapy group

The Art of Choice is an Art Therapy group for women who have experienced family violence. The group aims to provide a safe space for women to explore their experiences in a creative way and strengthen their ability to make choices in a supportive environment. No art experience required.
In preparation for the sessions, an information session will be held prior to the commencement of the group on:

Venue: To be provided upon registration.
Cost: Free of charge
Contact: Each intake to register your interest on 1300 003 22

Breaking the Cycle

'Breaking the Cycle' is an eight-week therapeutic groupwork program for parents/caregivers experiencing adolescent violence in the home.

Dates: Term 4: Wed 14th Oct – Wed 2nd Dec 2026
Time: 10:00am - 12:00pm
Venue: Japara House, 54-58 Durham Rd Kilsyth VIC 3127
Contact: Meridian Intake
Phone: (03) 9896 6322
Email: meridian@anglicarevic.org.au

Therapeutic Hub Services for Children - RFVP

'The Regional Family Violence Partnership Therapeutic Hub is a free resource for therapeutic services in the Eastern Metropolitan Region. It is designed to help people connect with appropriate support.
To view supports currently available click here!

PARENTZONE

Parenting Support and Programs Family Violence



Stronger Together

A fun non-conversational Family violence recovery program for Women and their children Stronger Together creates a safe place to re-build physical and emotional safety and strengthen parent / child connections through play.

When: Wednesdays During School term
Time: 4.30pm-5.30pm
Where: Anglicare Victoria Box Hill
Cost: FREE
Contact: Anglicare TRAK Forward Intake
Phone: (03) 9896 6395
Email: trakeast@anglicarevic.org.au

CAREing Connections

A weekly peer support recovery group that provides women a safe, relaxed space to connect and discuss participant-identified topics (such as resilience and wellbeing) over a cup of tea.

When: Wednesdays during term starting week 2
Time: 12:00pm - 2:00pm
Where: Anglicare Victoria Box Hill
Cost: Free
Contact: Anglicare TRAK Forward Intake
Phone: (03) 9896 6395
Email: trakeast@anglicarevic.org.au

S.T.A.R Kids

Is a kids recovery group for grades 4-6 who have experienced or witnessed family violence. Kids can get creative, express themselves, and have fun with their peers. Gain self-confidence and self-esteem. Learn to manage emotions. and make new friends.

When: Wednesays During School term
Time: 4:00pm - 6:00pm
Where: Level 1, 687 Doncaster Road, Doncaster
Cost: Free
Contact: Anglicare Victoria TRAK Forward Intake
Phone: (03) 9896 6395
Email: Jim.McAlinden@anglicarevic.org.au or iva.pfeiffer@doncare.org.au

Re:SPECT

Re:SPECT is a 6 week creative art therapy recovery group for women who have experienced family violence. Providing a Safe space to Pause, Express, Connect and Thrive.

When: Tuesdays, During School Term
Time: 10:00am - 12:00pm.
Where: Doncare, Suite 4, Level 1, MC2, 687 Doncaster Road, Doncaster 3108
Cost: Free
Contact: Anglicare TRAK Forward Intake
Phone: (03) 9896 6395
Email: trakeast@anglicarevic.org.au

PARENTZONE

Parenting Support and Programs
Financial Counselling



Anglicare Victoria Financial Counselling Program

- Unable to pay your bills?
- Struggling to pay your debts?
- Thinking about bankruptcy?
- Struggling with paying your mortgage or rent?
- Do you have debts as a result of family violence?

Financial Counselling is free and confidential to anyone living in the Inner Eastern Metropolitan Region experiencing financial hardship.

Free services to anyone living in the Boroondara, Manningham, Monash, and Whitehorse local government areas.

You can see a Financial Counsellor over the phone, at our Box Hill office, or at an outreach location in Glen Waverley.

To make an appointment to see a Financial Counsellor please call (03) 9896 6322

Financial Counsellors can work with you to establish payment plans for:

- Utilities
- Credit Cards
- Loan repayments
- Telecommunication providers
- Fines

Financial Counsellors can:

- Provide options and explain the consequences of each option.
- Offer details of government concession and other assistance
- Support you with Centrelink matters
- Provide information on the bankruptcy process
- Refer you to other services that may be able to assist

PARENTZONE

Information forums and webinars



Boroondara City Council
www.boroondara.vic.gov.au/community/children-and-families

Knox City Council
www.knox.vic.gov.au/parentworkshop

Manningham City Council
www.manningham.vic.gov.au/events/parenting-seminar-parents-and-carers-lgbtqia-youth

Monash City Council
www.monash.vic.gov.au/Community/Children-Family/For-Parents/Parenting-Programs

Yarra Ranges Council
www.yarraranges.vic.gov.au/Community/Family/Family-Webinars

PARENTZONE

Useful Contacts for Families
Maternal & Child Health Centres

Boroondara MCH Centres

Bookings: phone (03) 9278 4606 or
email boroondara@boroondara.vic.gov.au

- 1 Cherry Road, Balwyn (03) 9836 8151
- 5 Anderson Rd, Hawthorn East (03) 9835 7861
- 21 Strathalbyn St, Kew East
- 152 Pakington St, Kew (03) 9853 9466
- Kendall St, Canterbury VIC (03) 9836 2106

Manningham MCH Centres

Bookings: phone (03) 9840 9188 or
email mchadmin@manningham.vic.gov.au

- 5/7 Derreck Ave, Bulleen (03) 9840 9188
- 1/687 Doncaster Rd, Doncaster (03) 9840 9188
- 39 Mayfair Ave, Templestowe Lower (03) 9840 9188
- 510-518 Blackburn Rd, Doncaster East (03) 9840 9188
- Tunstall Rd, Doncaster East (03) 9840 9188

Maroondah MCH Centres

- Arrabri House Bayswater North 9729 4017
- 90 Bonnie View Road Croydon North 9294 5777
- Croydon Civic Square 9294 5540 or 9294 5541
- Norwood Centre, Ringwood 9870 7264 / 9879 8813
- 75 Patterson Street Ringwood East 9879 6583
- 127 Oban Rd, Ringwood North 9876 3307, 9879 0854
- Tarralla, 38 Gracedale Ave, Ringwood East 9294 5777

Yarra Ranges MCH Centres

Central Maternal Child Health 1300 368 333

Urban Maternal and Child Health Centres:

- Chirnside Park, Kilsyth, Lilydale, Mooroolbark, Montrose, Mount Evelyn

Hills Maternal and Child Health Centres:

- Belgrave, Belgrave Sth, Monbulk, Selby, Upwey

Valley Maternal and Child Health Centres:

- Badger Creek, Coldstream, Healesville, Wandin, Warburton, Woori Yallock, Yarra Glen, Yarra Junction

Knox MCH Centres

Bookings: phone (03) 9298 8741

- Billoo Park 40 Birchfield Crescent, Wantirna Forest Road (Cnr. Stockton Ave)
- Ferntree Gully Knox CFC - 41 Phyllis Street, Bayswater
- Knox CFC - 81 Argyle Way, Wantirna Sth
- Knoxfield 81 Anne Road, Knoxfield
- Liberty 77 Liberty Avenue, Rowville
- Murrindal 100 Murrindal Drive, Rowville
- Marie Chandler Park Crescent, Boronia
- Wattleview 17 Fuchsia Street, Ferntree Gully

Monash MCH Centres

Bookings: phone (03) 9518 3662

- Batesford Hub: 94 Batesford Road, Chadstone
- Brandon Park: 7 Collegium Ave, Wheelers Hill
- Clayton Comm Centre 9-15 Cooke Street, Clayton
- Huntingdale: 59 Greville Street, Oakleigh East
- Kerrie: 35 Boyanna Road, Glen Waverley
- Mount Waverley: 35 Sherwood Road, Mt Waverley
- Mulgrave: 55 Shaftsbury Drive, Mulgrave
- Oakleigh: Link Centre, 8-10 Johnson St, Oakleigh
- Pinewood: 11 Pinewood Drive, Mount Waverley

Whitehorse MCH Centres

Bookings: Phone (03) 9837 1116

Child Health and Development checks up to 4 years, Enhanced Home Visiting, Lactation Clinic, Sleep and Settling program and New Parent Groups.

Whitehorse Youth Services

Bookings: phone (03) 9898 9340

Email: youth.workers@whitehorse.vic.gov.au
Facebook: www.facebook.com/YouthConneXions
Instagram: YC Connexions (@youthconnexions)

PARENTZONE

Useful Contacts for Families

Help Lines

Police (24-hour stations) 000

Lifeline Crisis Support. Suicide Prevention 13 11 14

Parentline Victoria Counselling Service 13 22 89

Family Violence Help: 1800 015 188

Kids Help Line Phone Counselling Service: 1800 551 800

Homeless Crisis Line 1800 825 955

Drug and Alcohol Services 1800 888 236

Mensline Counselling Service 1300 78 99 78

Q Line Counselling & Referral for LGBTI people 1800 184 527

1800 Respect: 1800 737 732

Eastern Region Councils

Boroondara City Council
8 Inglesby Rd, Camberwell VIC 3124
(03) 9278 4444
www.boroondara.vic.gov.au

Knox City Council
511 Burwood Highway, Wantirna South VIC 3152
(03) 9298 8000
www.knox.vic.gov.au

Manningham City Council
699 Doncaster Rd, Doncaster VIC 3108
(03) 9840 9333
www.manningham.vic.gov.au

Maroondah City Council
Realm, 179 Maroondah Hwy, Ringwood
Croydon Library, Civic Square, Croydon
1300 88 22 33 or (03) 9298 4598
www.maroondah.vic.gov.au

Whitehorse City Council
379-397 Whitehorse Rd, Nunawading 3131
(03) 9262 6333
www.whitehorse.vic.gov.au

Yarra Ranges Council
15 Anderson Street Lilydale, VIC 3140
1300 368 333 (03) 9735 4249
www.yarraranges.vic.gov.au/Home

Centrelink

Carers 132 717

Families 136 150

Financial Information Service 136 357 **(FIS seminar booking)**

Help in an Emergency 132 850

Indigenous Australians Call Centre 1800 136 388

Languages (Multilingual) 131 202

Low Income Healthcare Card 132 490

Online Support Hotline 132 307

myGov Help Desk 132 307

People With a Disability 132 717

Medicare

General enquiries 132 011

Aboriginal and Torres Strait Islander Line 1800 556 955

Australian Immunisation Register Enquiries 1800 653 809

Compensation Recovery - Medicare 132 127

Disaster Health Care Assistance 1800 660 026

myGov help desk 132 307

Pharmaceutical Benefits Scheme 132 290

Telephone claims 1300 360 460

Translating and Interpreting Service (TIS National) 131 450

Eastern Region Community Services Contacts

ANGLICARE VICTORIA

1800 809 722 anglicarevic.org.au

Anglicare Box Hill - (03) 9896 6322
37-41 Prospect Street, Box Hill VIC 3128

- Adolescent Support, Youth Counselling and Mediation
- Crisis Accommodation for Young People
- Drug & Alcohol Services
- Family Violence Counselling
- Family Services
- Financial Counselling
- Foster and Kinship Care
- Men's Behaviour Change Group
- Residential Care
- ParentZone

Anglicare Lilydale - (03) 9735 6100
47-51 Castella Street, Lilydale, Victoria, 3140

- Family Violence Support
- Foster Care Intake and Services
- Integrated Family Services
- TEACHaR
- Functional Family Therapy
- Safe Care
- Family Preservation and Reunification

Temcare

(03) 9877 7729 www.temcare.org.au

Register Your Interest Here

Who we support

- Single mums and mother-figures who are carrying the load on their own.
- Single dads and father-figures who are doing the hard yards.
- Families impacted by incarceration.

How we can support

- Camps – wide variety of holiday camps for children and families
- Back-to-School Sponsorship – annual support for textbooks, uniforms, or approved sport/extra-curricular activities
- Food Support – helping with access to partnered foodbanks and community food resources when times are tough
- Social Events – meaningful spaces for friendship, community and belonging
- Personal Development Workshops – confidence-building, life skills, wellbeing, and personal growth.

Each
Eastern Access Community Health
each.com.au/services
Phone: 1300 003 224

- Assistance in accessing NDIS Services
- Childhood Intervention Services and therapy
- Counselling
- Playgroups
- Psychology
- Youth services including Counselling, Group programs & Mental Health support

DONCARE
Manningham City Square, Suite 4 L1/687 Doncaster Rd, Doncaster
Low-cost Counselling in Doncaster | Doncare
(03) 9856 1500

- Emergency Relief
- Family Services
- Child and Youth Counselling
- Men's Wellbeing Counselling
- Couples Counselling
- Generalist Counselling
- Family Violence Specialist Counselling and Groups
- Doncare's Counselling programs offer low-cost counselling.

BEYOND BLUE 1300 22 4636
Support for depression and anxiety

HEADSPACE YOUTH MENTAL HEALTH
Phone Counselling 1800 650 890
Hawthorn (03) 9815 0818
Knox (03) 9801 6088

INPSPIRO COMMUNITY HEALTH
Lilydale · (03) 9738 8801
Belgrave (03) 9738 8853

RELATIONSHIPS AUSTRALIA
1300 364 277

SANE AUSTRALIA 1800 18 7263
Mental illness and support information

UNITING
Email: www.vt.uniting.org Phone: 1300 003 224

Uniting Burwood East Phone: (03) 9803 3400
Emergency Relief: 9:30am to 3:35pm Counselling: By appointment

Uniting Connections Blackburn (03) 9875 4222 Croydon (03) 9724 2222
Child FIRST, Family Services, Home-Start Scheme, Parenting Assessment and Skills Development Service, Starting Out

Uniting Harrison Mount Waverley (03) 9051 3000
Crisis assistance, Family Mediation, Youth Support, Affordable Housing

Uniting Wesley Croydon (03) 9839 6100 Ringwood (03) 8870 4070
Foster Care, Adolescent Support, Family Violence, Homelessness & Crisis

Uniting Prahran Kew East (03) 9692 9400 Mt Waverley (03) 9692 9400
Mental Health Support, Personal Helpers and Mentor Service

Partner with ParentZone

Parent Educators Network

Any professionals working with parents in the Eastern Region are welcome to join us in sharing resources, networking, and hearing from our informative guest speakers! In 2026 we have had guest speakers from The Orange Door and Anglicare Victoria's SafeCare program.

2026 Dates:
Spring: Wednesday 16th September 2026
Guest Speaker: Leonie Measom
ACD - Advocating for Children with Disability

If you would like to attend this network please email and we will add you to the mailing list. We are always pleased to see new faces!

Subscribe to our mailing list to hear about future ParentZone events

We look forward to hearing from you!

The ParentZone Eastern team,
Tamara, Julia, Sharon, Michelle & Deborah

parentzone.eastern@anglicarevic.org.au
Level 2, 37 - 41 Prospect Street, Box Hill
(03) 9721 3646



Publish your parenting programs and events FREE in this Guide!

As a Parent Resource Service, we are very interested in hearing from professionals who work with parents throughout the Eastern region of Melbourne.

What emerging needs have you identified?

What upcoming programs and services is your organization offering or planning to offer?

To submit an entry into future ParentZone newsletters email us at:
parentzone.eastern@anglicarevic.org.au