

Welcome to Parent News Term 2, 2016

NEWS ACROSS THE EASTERN REGION

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

Hello all,

As you are probably aware, Gill Oliver is no longer with us as our team leader. Unfortunately, she has moved on to work with DHHS in adoption and foster care and will be very missed by us here at Parentzone.

We have also undergone a transformation here at Anglicare with new branding, logos and website. This has therefore changed the look and pathways to find our newsletters. The pathway now to find our newsletter online is to head to www.anglicarevic.org.au, then click on "About Us" very top right hand side of page. When this page opens you will see NEWSLETTERS on left side of page. This link will take you directly to our newsletter. Our newsletter is full of information from other organisations as well as our own.

We also offer consultation, information & resources, along with knowledge and skill development for all parents and the people who support them – professionals, nurses, teachers...anyone. We have an extensive **library** of books and information on a wide range of topics of interest to parents. Books are available for loan – just give us a call on 9735 6134.

"User Guide" for Parent News

1. The **Index** on Page 3 lists all the sections across a range of topics of interest to parents
2. **Check index** to find what section you are interested in by:
 - the **age** of your child or young person
 - a specific **topic** (e.g. sole parents, mental health support)
 - a **feature** that fits for you, your child or your family (such as your cultural background, disability issue, stepfamily)
3. **Information** in each section starts with general resources that cover all of the Eastern area and then is listed according to each Local Government area.
4. If you don't easily find what you are seeking...try a related topic or give us a call!

Parent Education Partnership Scheme (PEPS)

The PEPS scheme is available for not-for-profit organizations to provide parenting courses, forums and events in their local community.

Enquiries are welcome regarding any parenting support project you may have in mind. Funds are still available for the 2015-16 year - give us a call to discuss your interest.

Regards Parentzone team – Julia, Helena and Kim

EASTERN REGIONAL PARENTING SERVICE

Anglicare Parentzone
47-51 Castella Street, Lilydale, 3140
Phone: 9735 4188 Fax: 9735 5782

Email: parentzone.errd@anglicarevic.org.au
Web Site: www.anglicarevic.org.au

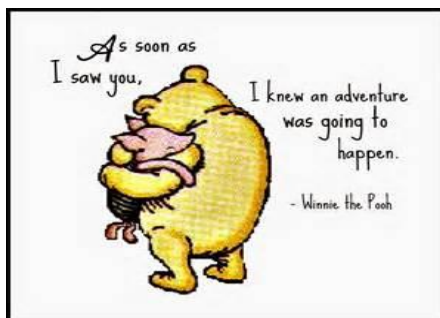
Monday to Friday from 9.00pm – 4.00pm
Telephone: 9735 4188

OTHER REGIONAL PARENTING SERVICES IN METROPOLITAN MELBOURNE

Northern Region: Anglicare Parentzone, 8 Hurtle Street, Lalor
Tel: 9465 0322

Southern Region: Anglicare Parentzone, 66-68 Main Street, Pakenham, (Tel: 1300 984 011)
Anglicare Parentzone, 60-64 Wells Street, Frankston, Tel: 9781 6700

Western Region:
McKillop Family Services/ParentsLink)
118 Commercial Road, Footscray, Tel: 9680 8411



CONTENTS

Parentzone Parent Education Partnership Scheme (PEPS)	4
PROFESSIONAL DEVELOPMENT / TRAINING	6
FAMILY FOCUSED WEBSITES	8
GENERAL PARENTING (0-5 YEARS)	10
PARENT RUN AND SUPPORTED PLAYGROUPS	13
GENERAL PARENTING (0-12 YEARS)	16
SLEEP UNITS	18
PARENTS OF ADOLESCENTS (12-18 YEARS)	19
CULTURALLY AND LINGUISTICALLY DIVERSE (CALD)	21
SOLE PARENTS	23
STEP AND BLENDED FAMILIES	24
GRIEF AND LOSS	25
YOUNG PARENTS	26
MENTAL HEALTH / POST NATAL DEPRESSION SUPPORT	27
DADS	29
FAMILY VIOLENCE AND ANGER MANAGEMENT	31
SPECIAL NEEDS	33
VULNERABLE AND ISOLATED PARENTS	39
DRUGS, ALCOHOL AND ADDICTIVE BEHAVIOURS	41
NOTICES AND FLYERS	43
CHILDREN AND ADOLESCENTS PROGRAMS	45
OTHER COMMUNITY SUPPORT GROUPS	47

PARENT EDUCATORS NETWORK MEETINGS

State Parent Educators Meetings

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

100 Drummond St, Carlton
(Walkable from parliament station).

Contact Pat Jewell for further
information and/or details
0429 819 392 or patj@bigpond.net.au

Parentline - Phone 132 289

Monday to Friday from 8 am to
midnight.

This 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.

Parent Educators Network Eastern Region

This network meeting is open to all professionals involved in the provision of parenting education and information. Meetings are held once a term to facilitate supportive and educational interaction between people who are providing various parenting services across the Eastern Region.

We are always open to suggestions so please contact Parentzone if you have any particular topic requests.

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 or bring your details to the meeting.

Next meeting is on Wednesday 15th June at EACH, 6 Silver Grove, Nunawading

NUMBERS LIMITED BOOKINGS ESSENTIAL

Phone Helena at Parentzone
on 9735 6134

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

Parentzone Parent Education Partnership Scheme (PEPS) Grants of up to \$500

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

Eastern Parentzone provides PEPS funding to support the delivery of parent education programs throughout the Eastern Region. PEPS empowers the community through capacity building, adds value to existing services, and expands on the network of current parent education programs.

PEPS may be provided to a variety of partnership project types that provide parent educational experiences, materials and supports which promote resilient and healthy family relationships and parenting confidence.

These may include, but not limited to structured Parenting Group Work – Parent-Child activities with a component of parenting information (supported playgroups are not funded), Parent Education Information Sessions and Parent Expos.

Eligibility

Applications must meet the following eligibility criteria to be considered;

- The project is delivered within the Eastern Metropolitan Region
- The outcome of the project must be to provide parent education and/or support/information
- The application does not exceed \$500
- A maximum of 2 funding applications per year will be approved to the one service/program
- Reporting post project completion must be submitted prior to the funding being forwarded
- A registered not for profit organisation

For details and application form call 9735 4188. Email: parentzone.errd@anglicarevic.org.au

What do you have planned for Term 3, 2016?

TERM 3 'PARENT NEWS' DEADLINE: - Friday 2nd September 2016

Is Your Information Up to Date?

Towards the end of each school term we send out a “What’s On” form via email to all registered organisations to either confirm current details of their activities or to update their group activities and service information for the coming term.

This email is sent to a designated contact person provided by each organisation. We are especially grateful for all the responses we receive but unfortunately we don’t receive a completed form from all registered members.

We need this information by in order to have your programs advertised in **Term 3, 2016**.

If you are unsure of details such as dates, times, costs 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, 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.

To Save Time and Human Resources We Need Your Help!!

If you are a listed service and your contact person or program information printed in this edition is incorrect, or you are not receiving the ‘What’s On’ form via email, can you please contact us immediately to update your contact details and agencies activities and ensure that at the end of each term you are updating and sending your details to:

Parentzone - parentzone.errd@anglicarevic.org.au

Without your update our parent educators are spending significant time each term over the school holidays contacting organisations and/or checking website to update as much information as possible. Meanwhile we are looking at a more efficient way to update each term’s information.

If you wish to be on our reminder list, let us know via email - parentzone.errd@anglicarevic.org.au

If you do not receive your reminder, please contact us on 9735 6134

Parent Educators Network Eastern Region

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

Jeremy Shub from EACH Youth and Family Services, will be sharing his work with us on young people and problematic use of technology, specifically social Media, gaming and internet addiction. This will cover an educational element and parenting strategies.

**Wednesday 15th June, 2016
9.30 – 11.30 am**

**To be held at EACH
6 Silver Grove
Nunawading**

**NUMBERS LIMITED - BOOKINGS ESSENTIAL
Phone Helena Parentzone on 9735 6134**

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 or bring your details to the meeting.



PROFESSIONAL DEVELOPMENT / TRAINING

Engaging Dads Forum

Cardinia Cultural Centre, 40 Lakeside Blvd., Pakenham 21st April 9 am – 1 pm
Contact: Parentzone Southern 5945 2000 or www.parentzone.southern@anglicarevic.org.au

Autism Behavioural Intervention Association (ABIA)

ABIA trains, educates and supports parents, carers, and professionals working with children with Autism Spectrum Disorder. Our purpose is to raise awareness about Applied Behaviour Analysis - its scientific basis and potential positive life outcomes- and to promote it as the preferred method of care and treatment for children with Autism.
Level 1, 121 Maling Rd, Canterbury Ph 9830 0677
email info@abia.net.au / web www.abia.net.au

The MAT program – a therapeutic martial arts program for kids

“TESSA provides a range of active therapeutic programs and services that combine the principles of psychosocial development with those of somatic education in a format that engages young people to learn life skills and better manage challenges in their lives.”
Services available include support programs for young people and professional education.
Enquiries: 9724 2936 <http://tessainc.org.au/>

Leadership and Authentic Change - Dr. Michael Kendrick

Monday 18th April 9.00 am – 4.30 pm Cost: \$200 or concession \$60
For further info: info@belongingmatters.org or 9739 8333

Family Violence Sector Induction Forum - Tues 3rd May 9.30 – 3.30pm

Manningham Function Room, 699 Doncaster Road, Doncaster
For more information contact melanie.rfvp@edvos.org.au

Irabina

Sensory processing for teachers in classroom settings Thurs 14th April 6.30 – 8.30 pm
How to manage challenging behaviours in the classroom Tues 26th April 6.30 -8.30 pm
193 Bayswater Road, Bayswater www.irabina.com or 9720 1118

Donna Zander and Associates – Unlocking Infant and Early Childhood Trauma 20th and 21st April Melbourne
Unlocking Complex Trauma in Adults Traumatized as Children 11th May Melbourne
Contact: Donna on 0411 399 747 or donnazander@optusnet.com.au

Outside the Square Psychology

Tackling Sleep Issues for Children on the Spectrum Wed 25th May 10 – 11.30 am
Toilet Training for Children with Additional Needs Wed 25th May 12.00 – 1.30 pm
20 Banksia Street, Burwood Cost: \$ 50 per workshop or \$75 for both Contact: 9808 3917

Philosophy of Parenting (POP)

A comprehensive framework for professionals who work with parents. The core training will develop practical tools and strategies that professionals can use with parents in any circumstance.
Anglicare, 47 Castella Street, Lilydale Starting Thurs 5 May – 9 June 2016 9.00am – 1.00 pm
Contact Helena Laverie 9735 6134 or helena.laverie@anglicarevic.org.au
Cost: \$250 (Anglicare staff and volunteers free)

Peer Support Training for Young Mums - Starting Out

This training gives young mothers knowledge and communication skills that can be used to support other young parents
Contact: Connections, Croydon 9724 2222

Autism Counselling

Various training and consultations for professionals. Outreach service. Kinder, school program, classroom planning, transitions, positive behaviour support. Parent Courses starting this term Ring for details
Contact Jo Tel: 0414 487 509 or jowhite3130@gmail.com or visit www.autismcounselling.com.au

Mount Evelyn Counselling,

29 Monbulk Road, Mt Evelyn Contact: 9736 2273 www.moutevelyncounselling.com.au

Relationships Australia

Asking adults the hard questions: Creating a safe place to respond to family violence 9.30 – 4.00pm
Cost: \$250
Addressing family violence through child and infant-led practice 9.30 – 4.00pm Cost: \$250
Mediation Training – 5 Day Training Cost: \$450

1183 Toorak Road, Camberwell Contact: Jodie Patten on 9261 8707 or 8573 2271
Man Enough - pornography awareness for men Offer interactive talks and presentations to schools, business and community groups. Also confidential one-on-one programs. Contact Hugh on 0456 224 803 or www.manenough.com.au
Borderline Personality Disorder Tues 18 th April 9.30 – 12.30 pm Cost: \$80 Psychosis – Tues 17 th May 9.30 – 12.30pm Cost: \$80 Maroondah Federation Estate, 32 Greenwood Ave, Ringwood Room 2 Contact: Marion at Eastern health 9895 4069 or marion.bernard@easternhealth.org.au
Breaking the Cycle – Introduction to Adolescent Violence in the Home 5 May 9.30 – 4.30 pm Breaking the Cycle – Advanced Skills in working with Adolescent Violence in the Home 21 and 22 nd June 9.30 -4.30pm Clifton's Training Facilities, 440 Collins Street, Melbourne Cost: \$66 Contact: Larisa or Rosemary 9896 6322
Fernhills Clinic Psychology Mental Health Care Offering group therapy at Boronia, Ringwood and Ferntree Gully. Groups available : Women's Mental Health Support Group, Being Assertive: overcoming anxiety and depression and Facing Anxiety Contact: 9839 3300 or www.fernhillscclinic.com.au
Working with the impacts of sexual assault (2 day workshop) Wed 21 June and Thurs 22 nd June in Melbourne Cost: \$280 per person or \$160 for students CASA House 9635 3600 for more information

CHILD AND FAMILY FOCUSED SERVICES/WORKSHOPS

<p>Family Relationships Services for Carers</p> <p>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.</p> <p>Contact: EACH–Ringwood Tel: 1300 003 224 / Email: frsc@each.com.au</p>
<p>Elkanah Counselling</p> <p>Consultations by Appointment only.</p> <p>Time: 8.00am–8.00pm Mon to Fri and 8.00am-12.00noon Sat</p> <p>Venue: 1 Whitehorse Road, Balwyn, 3101</p> <p>Contact: Tel: 9817 5654 between 10.00am – 4.00pm Monday to Friday</p> <p>Visit: www.elkanahcounselling.com.au</p>
<p>Lead the Way - Psychology and Animal Assisted Therapy</p> <p>Counselling in a range of issues Low cost and located in Boronia. \$60 income earners and \$40 for pensioners and Health Care Card holders. www.ltw.com.au 9761 0973</p>
<p>Safe Sleep Space Services</p> <p>Safe Sleep Space offers telephone consultations Australia Wide. 20 minute consultation and tip sheet for \$40.00 + GST.</p> <p>Home Visiting or Day-stay Program</p> <p>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.</p> <p>Contact: For bookings or more info Tel: 1300 775 337. info@safesleepspace.com.au</p>
<p>Yarra Valley Psychology</p> <p>Offer a range of services including Individual & relationship counselling, Family Therapy, Psychological assessment, Mediation, Group Therapy, Employee Assistance Program (EAP), Pain management programs</p> <p>Monday to Saturday. Lilydale, Croydon, Nunawading and Ferntree Gully</p> <p>Day & evening appointments available For more information Tel: 9723 1441 or visit www.yvp.com.au</p>
<p>C.H.A.M.P.I.O.N (Community hub & meeting place in our neighbourhood)</p> <p>TSA Community Hall, 51 Elizabeth St, Bayswater (brown building on right of the driveway)</p> <p>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, budgeting assistance, advocacy and a place to talk</p> <p>Hours: Mondays 10.00 am to 12.00pm and Wednesdays 12.30pm to 3.30pm</p> <p>Information: Martina Eaton, Community Care Worker Tel: 0433 335 815</p>
<p>Eating Disorders Victoria</p> <p>Fact sheets, support groups and events. Helpline 1300 550 236 16 Lulie Street Abbotsford</p> <p>www.eatingdisorders.org.au</p>
<p>The Butterfly Foundation</p> <p>Support for Australians experiencing eating disorders. Support line 1800 334 673</p> <p>www.thebutterflyfoundation.org.au</p>
<p>Supporting Children through Counselling - Family Mediation and Counselling Service</p> <p>FMC provides a range of services to support children and their families in understanding and managing difficult situations and the emotions and behaviours that come with it. FMC Child Counsellors support children aged between 5 to 18 years. Group sessions are also available and short courses in schools or at FMC premises.</p> <p>Contact: Sally Clarke at Family Relationship Centre, 41 Stamford Rd Oakleigh</p> <p>9564 6999or chadstone@mediation.com.au</p>
<p>Womens Legal Service Victoria</p> <p>Providing free and confidential legal information, advice, representation and referral to women in Victoria</p> <p>Level 10, 277 William Street, Melbourne 8622 0600 or www.womenslegal.org.au</p>
<p>Youth Counselling Servcies - Yarra Ranges Lilydale</p> <p>Youth Services offers free counselling for young people ages 12 – 25 and their families who live, work or go to school in Yarra Ranges. Contact: 9294 6716</p>

FAMILY FOCUSED WEBSITES

Asthma Foundation Of Victoria

491–495 King Street, West Melbourne. Telephone Advice Line 1800 278 462 or 9326 7088 - 9.30am-3 pm.
www.asthma.org.au

Australian Multiple Births Association

Social and practical support about PND, babysitting, equipment hire, feeding, ante-natal information, social activities and Babysitting Club. Multiples playgroups in each area and Newsletters giving information about activities and resources.

PO Box 4021, Knox Shopping Centre. Phone 1300 886 449 Email secretary@amba.com.au See “Club Finder” for national details. www.amba.org.au

Child and Youth Health – <http://www.cyh.com>

Children with Parents affected by Mental Illness – www.mentalhealth.gov

Everyday Ways to Support Your Baby's & Toddler's Early Learning

Your baby is learning – about you, themselves & the world around them- from the moment they enter the world. What's going on with your baby or toddler – Language & communication, thinking skills, self-control, self-confidence. For more info on early learning & healthy development visit: www.zerotothree.org

Mirabel Foundation Established in 1998 to assist children who have been orphaned or abandoned due to parental illicit drug use & are now in the care of extended family.(Kinship Care) www.mirabelfoundation.org.au

Office For Children – Parent information- giving children the best start in life. www.office-for-children.vic.au/child-protection-family-services/information

Parenting Ideas – Michael Grose Presentations – www.parentingideas.com.au

Parentlink ACT <http://www.parentlink.act.gov.au>

Parenting Research Centre (Victorian Parenting Centre) including a Newsletter - www.parentingrc.org.au

Raising Children Network

The Raising Children Network is an Award winning national, reliable, user-friendly resource site which includes information, tools and resources on raising children in the pre-teen and early teen years. 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

Stepducks – The ultimate stepfamily www.stepducks.com

Maggie Dent – quietly improving lives

Building relationships and supporting adolescents to adulthood www.maggiedent.com

The Good Beginnings National Parenting Program - Fostering partnerships with parents and service providers – offering support in creating safe environments for babies and children. www.goodbeginnings.org.au

Kids for Mums and Dads

What can I do? Where can I find out? Find everything you need for family in and around Maroondah and Yarra Ranges in one place and at your fingertips. www.myrkind.com.au

New Mental Health Resources:-

Fact sheets in 21 languages: “What is Mental Illness, Personality Disorders, Eating Disorders, Schizophrenia...” www.mhima.org.au

Australia Gov. comprehensive one stop shop website www.mentalhealth.gov.au

Every day with ADHD

Resources and training for parents, teachers, carers, community professionals and youth www.everydaywithadhd.com.au

www.healthystart.net.au: Healthy Start is a national capacity building strategy which aims to improve health and wellbeing outcomes for children whose parents have learning difficulties

GENERAL PARENTING (0-5 YEARS)

Regional Australian Breastfeeding Association Head Office -9885 0855 / www.breastfeeding.asn.au Website to access local information & counselling. 24 hour helpline Tel: 1800 686 268
Kindergarten Parents Victoria Free training for Committees at various venues. Phone 9489 3500 or visit www.elaa.org.au for details
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
Mercy Health – O’Connell Family Centre , 6 Mont Albert Rd, Canterbury Early year’s education and support and Early Parenting Support Group (6-12 months) Mondays Phone for costs and further information. Mercy Health 8416 7600 Email: reception@mercy.com.au Visit: www.mercyhealth.com.au
Parenting Positively A parent education and family support service situated in the eastern suburbs of Melbourne. Mentoring service will support and guide parents in the most important role they will ever have, their parenting role. Services include: Group or individual parenting programs.. Individual parenting workshops. Home visit consultations. Individually tailored parenting workshops for schools, Kindergartens, Community Houses etc. Parenting programs for schools, Kindergartens and Community Houses. Info: visit www.parentingpositively.com.au or call Chris Hutchinson on 8761 6811
Tweddle Child Family Health Service – check website – www.tweddle.org.au . For info re range of seminars held in Footscray call 9689 1577.
Boroondara Boroondara Family Network Home visiting by volunteers for parents of children 0-5 years. Phone Trish on 0409 014 862 for details www.boroondarafamilynetwork.org.au
Supportive Parenting Workshops - up to 12 months age May 2 nd , June 6 th , and July 4 th 1 -3 pm 12 months and over Toddler Tips May 2 nd , June 6 th and July 4 th 10 – 12pm Mercy Health, O’Connell Family Centre, 6 Mont Albert Road, Canterbury Contact: 8416 7600 or email ofc_reception@mercy.com.au
Creative Dance Surrey Hills Neighbourhood Centre, 157 Union Road, Surrey Hills. Monday, Tuesdays and Fridays morning and afternoons. Tel: 9890 2467 / www.surreyhillsnc.org.au
Playgroups & Childcare Bowen Street Community Centre, 102 Bowen Street, Camberwell Grandparents Playgroup Mondays 9.30 – 11.30am gold coin donation Children with a Disability Playgroup Mondays 9.30 -11.30 am Gold coin donation Chinese Speaking Playgroup – Tuesdays 1.00 – 2.30 pm For details phone Mary Liston 9889 0791 or email info@bowenstreet.org.au Visit: www.bowenstreet.org.au
Parenting Workshops/Support Venue: IECHS-Ashburton – child care provided. Tel Maria or Sarah on 9885 6822 for details.
Kew Neighbourhood Learning Centre Dance Fun for Tots Fri 9.45 -10.30 am Little Art Makers Tues 4.15 – 5.15pm Music Fun for Pre-schoolers Tues 10.15 – 11.00 Playgroup for grandparents Wed 11 – 1pm \$3.50 per session Contact: 9853 3126 www.kewnlc.org.au
Knox Australian Breastfeeding Association Group – Bayswater For information contact Skye Mactier-Hall: knoxaba@hotmail.com or Lilydale area Lisa lilydalecroydonaba@gmail.com

<p>Eastern Kinship Care Network Glen Park Community Centre, 30 Glen Park Road, Bayswater Nth once a month Thursdays 12- 2pm stating 14th April Lilydale Lake Community Room, 435 Swansea Road, Lilydale Every 2nd Friday 10 – 12pm starts 22nd April Ring Jessie Lobley at Anchor 9801 1999 for details kinship.info@anchor.org.au</p>
<p>Story Time for Children Knox Library School terms Only Also held at Bayswater, Boronia, Ferntree Gully, Rowville Tiny Tots (0-12mths) Wednesday 10am, Thursday 1pm Toddlers (18mths-3yrs) Thurs 11am Pre-schoolers (3-5yrs) Tuesday 11am Phone 1300 737 277 for more details.</p>
<p>Manningham</p>
<p>MOPS (Mothers of Pre-schoolers) Deep Creek Anglican Church, 460 Blackburn Road, Doncaster East. Phone Cheryl Arsenis on 0403 692 856 shanbbrowne@hotmail.com Fortnightly on Thursdays 9.30-11.30am. \$7.00 per session. Childcare including speakers and activities. 9841 7427</p>
<p>Pram Walking Group Tues 9.30 – 10.15 am Pines Learning Centre, 1/520 Blackburn Road, Doncaster East Cost: FREE Contact: 9842 6726</p>
<p>Wonga Park Community Cottage Old Yarra Road, Wonga Park Occasional care 0 – 6 year olds. Mon – Thurs 9 -1 pm Friday 9 -12pm Contact: 9722 1944</p>
<p>Maroondah</p>
<p>Eastern Kinship Care Network 2015 Glen Park Community Centre, 30 Glen Park Road, Bayswater Nth once a month Thursdays 12- 2pm stating 14th April Lilydale Lake Community Room, 435 Swansea Road, Lilydale Every 2nd Friday 10 – 12pm starts 22nd April Ring Jessie Lobley at Anchor 9801 1999 for details kinship.info@anchor.org.au</p>
<p>Occasional Childcare 3 Year Old Groups North Ringwood Community House, 120 Oban Road, Ringwood North (Mon-Fri) Cost: \$50 per session – phone Sue McDermott on 9876 3421 3 Year Old Activities (as above-crèche) on Wednesdays from 1-4 pm. Cost: \$270 per term.</p>
<p>Paediatric First Aid Arrabri Community House, Allambanan Drive, Bayswater North \$25pp or \$40 per couple. Bookings essential Ring for details 9294 7530</p>
<p>Story Time for Children Croydon Library, Civic Square, Croydon during school term time Tiny Tots (0-12mths) Tuesdays 1.00pm Toddler Time (1-3yrs) Friday 11am Children's Stories & Fun (3-5yrs) Tuesday 11am Phone Sarah on 9294 5640 for more details. . www.eri@vic.gov.au for other 'Story Time' locations</p>
<p>'Story Time' - Ringwood Library, 28 Warrandyte Rd during school term times Tiny Tots (0-12mths) Tuesdays 10am Toddler Time (1-3yrs) , Wednesdays 11am Children's Stories & Activities (3-5yrs) Thursdays 11am. All Ages Saturday 10.30am at Croydon, Knox and Rowville Phone 9870 6430 for more details. www.eri@vic.gov.au for other 'Story Time' locations</p>
<p>Whitehorse</p>
<p>Occasional Childcare (0-6 year olds) Mitcham Community House, 19 Brunswick Road, Mitcham Wednesdays, Thursday & Fridays from 9.30 – 2.30pm Minimum of 3 hours. Cost: \$25 for 1 child or \$40 for 2 or more children. Phone Anne Kean on 9873 4587 for details. PLUS Pre-schooler Music Tues 10 – 11am Contact: 9873 4587</p>
<p>Yarra Ranges</p>
<p>"Smalltalk" Supported playgroups (for parents of children under 4 years) 10 week program for families with their toddlers. Play experiences and weekly topics to support children's development and learning. Facilitated by trained facilitators. Bookings essential Ring 9294 6243 Venues: Upwey, Kilsyth, Mooroolbark, Healesville and Millgrove earlyyears@yarraranges.vic.gov.au</p>
<p>Parenting Explosive Children Thursday 12th May – 23rd June 9.30am – 11.30 am Kilsyth Primary School, Durham Road, Kilsyth Cost: FREE Contact: Julia Anglicare Parentzone 9735 6190 or 0400 866 495</p>
<p>Eastern Kinship Care Network 2015 Glen Park Community Centre, 30 Glen Park Road, Bayswater Nth once a month Thursdays 12- 2pm starting 14th April Lilydale Lake Community Room, 435 Swansea Road, Lilydale Every 2nd Friday 10 – 12pm starts 22nd April Ring Jessie Lobley at Anchor 9801 1999 for details kinship.info@anchor.org.au</p>

<p>Young Parents Yarra Junction Upper Yarra Family Centre, Cnr. Hoddle and Warburton Highway, Yarra Junction – Monday 1.30pm-3.30pm Phone YVCHS on 1300 130 381 or Emma 0459 811 155</p>
<p>Yarra Valley Community Health Service A range of services including paediatric, physiotherapy, dietician, OT and speech therapy for children, asthma education in-house. Phone 1300 130 381 for more information.</p>
<p>Healesville Early Childhood Intervention Assessment, therapy, education, family support. Phone EACH Intake on 5962 4704. Visit www.each.com.au/services</p>
<p>Inspiro CHS Assessment and advice about children's development, individual and group support available. Contact Child Health Team-Anna Bell and Vicki 9738 8801 (Belgrave/Lilydale) Email referral@inspiro.org.au</p>
<p>Australian Breastfeeding Association Group – Lilydale and Croydon Monday morning at Upper Yarra Family Centre. Lisa email lilydalecroydonaba@gmail.com</p>

PARENT RUN AND SUPPORTED PLAYGROUPS

Regional

Mother Goose Program

Currently the Parent-child Mother Goose program is delivered through a number of services including and not limited to: Council libraries, MCHN services, Playgroups, Women's services, Young Mum's Groups, Childcare and Kindergartens. See www.playgroup.org.au for further details

Playgroup Victoria

Fun, learning & friendship. All Victorian Municipalities across Melbourne usually meet weekly. Advice on starting and running playgroups. Many resources.

Hotline toll free 1800 171 882 Phone for details of local groups www.playgroup.org.au

Boroondara

Playgroups/Parent Led

Surrey Hills Neighbourhood Centre, 157 Union Road, Surrey Hills. Tel: 9890 2467 / www.surreyhillshillsnc.org.au
Tuesday, Thursday, Friday from 9.30am-11.30pm (phone for details)

Kew Neighbourhood Learning Centre

Playgroups for Grandparents Wed 11 – 1 pm Cost: \$3.50 per session

Playgroup (all ages) Wed 12.30 – 2.00 pm and Friday 10 -12 pm Cost: \$5.50 family/session During school term
Phone 9853 3126 for further details. www.kewnlc.org.au

Playgroups & Childcare

Bowen Street Community Centre, 102 Bowen Street, Camberwell

Grandparents Playgroup Mondays 9.30 – 11.30am gold coin donation

Children with a Disability Playgroup Mondays 9.30 -11.30 am Gold coin donation

Chinese Speaking Playgroup – Tuesdays 1.00 – 2.30 pm

For details phone Mary Liston 9889 0791 or email info@bowenstreet.org.au Visit: www.bowenstreet.org.au

Afghan Women's Group/Playgroup (Dari) Wed 11 – 1pm

Afghan Men's Group Every second Thurs 1 – 3pm

Craig Family Centre, 7 Samarinda Avenue, Ashburton. Social support and recreation group Phone 9885 7789

Knox

Playgroup Information – Knox Area

Phone Sharon on 9298 8348 for information and locations. Visit: www.knox.vic.gov.au

Playconnect Supported Playgroup (0-6 years with Autism)

West Gully Family & Children Centre, Dobson Street, Ferntree Gully. Tuesdays during term time from 9.30-11.30am. No charge. Phone Sharon Bradford on 9298 8348 for details.

Chinese Family Playgroup (Grandparents welcome) Mandarin/Cantonese

N.G. Hayes, 10 Tamara Street, Wantirna Sth. Phone Kate 0402 087 697

Outer East Chinese Father's Playgroup, Wantirna (0-5 year olds plus Chinese Fathers)

Biloo Park Children & Family Centre, 40 Birchfield Crescent, Wantirna

Every second Saturday morning 10 am – 12 pm Gold coin donation

Bookings essential by phoning 9875 4222 or email: joseph.jin@connections.org.au

Templer Playgroup for children aged 16 mths to kinder

Templer Society Community Hall, 51 Elizabeth Street, Bayswater on Fridays from 9.30am-12pm.

Cost (concessions can apply). Phone (facilitated group). 9557 6713

Manningham

1 and 2 year old Structured Playgroup

Bulleen and Templestowe Community House, 2/284 Thompsons Road, Lower Templestowe

Creative Capers Thurs 10.15 – 12.15 pm Structured Playgroup Tues 10-12pm **AND** Wed 9.30 – 11.30 am

Phone 9850 3687

Wonga Park Community Cottage

Old Yarra Road, Wonga Park Phone: 9722 1944 Family Playgroups Tues starts 26th April 10 – 12 pm

"Wonga Wombats" Leader run Playgroup, (3 – 5 year olds) Starts 19 April 2 – 4 pm

Maroondah

The Club Supported Playgroup children 0 – 6 years

Arrabri Community House, Allambanan Drive, Bayswater North

Tuesday 1-3pm during school term Cost: \$8.00 per session Phone 9294 7530 for details.

<p>Aboriginal Burrai Playtime Mullum Mullum Indigenous Gathering Place, 3 Croydon Way, Croydon on Tuesdays at 10.30am. Phone 9725 2166.</p>
<p>Saturdays – for dads and their children pre school and younger Every Saturday 9 – 11.30 am Rear 75 Patterson Street, Ringwood East AND Parent Child Mother Goose Monday mornings Contact: Kate Letcher 9837 3999 AND Next Step Tues mornings Starts 19th April 10 -12 pm Contact: Paulina 9837 3985 or 9837 3907</p>
<p>Family Playgroups Central Ringwood Community Centre, 120 Bedford Road, Ringwood on Tuesdays 9.30-11.30am starts 12th April Cost: \$82.50 per child or two from the same family for \$107.25 Phone 9870 2602 or email info@crccinc.org.au Visit: www.crccinc.org.au</p>
<p>Come and Play Playgroup (for caregivers and children from refugee backgrounds) – NO CHARGE Pembroke Primary School, Cnr. Pembroke and Lawson Rds., Mooroolbark – Tues 1.30 – 3.00pm Croydon Uniting Church, cr. Croydon Rd and Tallent St, Croydon – Fri 1-2.30pm Central Ringwood Community Centre, Bedford Road, Ringwood Friday 10.30 – 12.00pm Contact: Niquita MIC 9285 4888</p>
<p>Monash</p> <p>Mums for Mums Support Group (Playgroup for Mums who do not have family support) babies under 9 mths Group meets during school terms Thursday 9 - 11.00 am Bookings essential 9887 6226 Cost: \$35 per term</p> <p>Japanese Mothers' Group/Playgroup Fridays 10.30am-12.30pm. Cost \$3.00 per session. Phone Rieko on 0478 397 648.</p> <p>Chinese Mothers Group/Playgroup - Wed 9.15 – 11.15 am Cost: \$3.00 per session Kerrie Neighbourhood House, 36 Kincumber Drive, Glen Waverley 9887 6226</p>
<p>Playgroup Thursday and Fridays Notting Hill Neighbourhood House, 37 Westerfield Drive, Notting Hill Cost: \$60 per term Contact: Kath Taylor 9561 0114</p>
<p>Glen Waverley Inner East Chinese Father's Playgroup (0-5 year olds plus Chinese Fathers) Bestchance, 583 Ferntree Gully Rd, Glen Waverley Every second Saturday morning 10 am – 12 pm Gold coin donation Bookings essential by phoning 9875 4222 or email: joseph.jin@connections.org.au</p>
<p>Clayton Chinese Family Services Playgroup (0-5 year olds plus parents and caregivers) Clayton Community Centre, 9-15 Cook Street, Clayton Group meets during school terms on Fridays from 2-3.30pm Gold Donation Bookings essential by phoning 9875 4222 or email: joseph.jin@connections.org.au</p>
<p>Mulgrave Chinese Family Services Playgroup (0-5 year olds plus parents and caregivers) Mulgrave Neighbourhood House, 36-42 Mackie Road, Mulgrave Group meets during school terms on Mondays 10.30 am – 12 pm Cost: Gold coin donation Bookings essential by phoning 9875 4222 or email: joseph.jin@connections.org.au</p>
<p>Whitehorse</p> <p>Playgroup (0-5 year olds) Mitcham Community House, 19 Brunswick Road, Mitcham on Mondays and Weds 9.30 – 11.30 Cost: \$40 per family per school term. Phone Pam 9873 4587 or visit www.mitchamcommunityhouse.org.</p>
<p>Facilitated Grandparents Playgroup Weds 10 -12.30 pm \$25 per term AND 3 and 4 year old Play Group Thursday 12.45 – 3.15pm Cost: \$22.50 per session payable per term Koonung Cottage Community House, 109 Koonung Road, Blackburn North Contact: 9878 6632</p>
<p>Yarra Ranges</p> <p>Come and Play (Multicultural Playgroup) Pembroke Primary School, Cnr. Pembroke and Lawson Road, Mooroolbark Every Tuesday from 1.30 – 3.00pm Phone Niquita 9285 4888 Cost: Free - includes snacks</p>
<p>Supported Playgroups Healesville, Millgrove, Upwey and Mooroolbark Contact : Early Years Team 1300 368 333 or email: earlyyears@yarraranges.vic.gov.au</p>
<p>Upper Yarra Family Centre Playgroups Cnr. Warburton Highway and Hoddle Street, Yarra Junction. • My Time Peer Support Group Mon 10am-12pm – Tel Brenda Ammann on 5967 1284</p>

<ul style="list-style-type: none"> • Young Parents Supported Playgroup Mon 1.30pm-3.30pm – email louise.farmer@easternhealth.org.au • Gumbboot Gang Playgroup Tues 10-11.30am – Tel Kylie 5964 6396 <p>Smalltalk Playgroups Thursday mornings – Tel: Anne 9294 6243</p>
<p>Upper Yarra Playgroups</p> <ul style="list-style-type: none"> • Don Valley Comm Playgroup, Sydney Halbish Hall, cr. Old Don & Dalry Rds, Don Valley-Tel Andrea 5967 3149 • Don Valley Eager Beavers, Don Valley Primary School Thurs am – Tel Lesley 5967 3321 • Gladysdale Little Apples, Gladysdale Primary School – Tel Michelle 0429 795 203 or John 5966 6202 • Rivertots Playgroup, Milwarra Primary School – Tel Jo 5966 5921 • Warburton Christian Playgroup, Warburton Christian School – Tel Ngaire 5964 7341 • Wesburn Primary Playgroup, Wesburn Primary School – Tel Naomi 5967 1302 • Woori Prezzy Playgroup, Presbyterian Church, 1363 Healesville Road, Woori Yallock – Tel Fiona 5961 5947
<p>Facilitated Playgroups (2-4years)</p> <p>Seville Community House, 8 Railway Road-Monday & Tuesday 9.30am-11am. \$52.50 Tel Vicki 5964 3987</p>
<p>Young Parents' Supported Playgroup (birth to preschool)</p> <p>Upper Yarra Family Centre, Yarra Junction. Mondays from 1.30 – 3.30 pm No cost.</p> <p>Contact: 1300 130 381 or Emma 0459 811 155</p>
<p>Sing Play Create (families with complex needs))</p> <p>1624 Burwood Highway, Belgrave on Tuesday 10am. -11.30am. Cost: FREE</p> <p>Phone Vicki at Inspiro Tel 9757 8711</p>
<p>Smalltalk Supported playgroups (for parents of children under 4 years)</p> <p>10 week program for families with their toddlers. Play experiences and weekly topics to support children's development and learning. Facilitated by trained facilitators. Bookings essential</p> <p>Venues: Upwey, Kilsyth, Mooroolbark, Healesville and Millgrove Ring 9294 6243 or earlyyears@yarraranges.vic.gov.au</p>
<p>Selby Community House Occasional Care</p> <p>Wed 9.30 – 12.30 and Fri 9.30 – 1.30 pm Wed \$25 and Fri \$30</p> <p>Playgroups - Thursdays Cost: \$20 per term</p> <p>1 Minak Rd, Selby Contact 9754 2039 selby@selbyhouse.com</p>

GENERAL PARENTING (0-12 YEARS)

Regional
Positive Parenting and Family Wellness (3 sessions per course) 46 Princess Street, Kew. 11 th , 18 th and 25 th May 6.45- 8.45 pm Cost \$150 (conc \$120) ring for details Phone 9261 8727 email relationshipseducation@rav.org.au visit www.relationshipsvictoria.com.au
Boroondara
'Parent Effectiveness Training' – parent coaching Mentor Maestro, Camberwell Ring for details Janet 9889 3991 / 0411 091 419 janet@mentormaestro.com or www.mentormaestro.com
Parents, Boundaries and Children Wed 27 th April 7 pm – 9pm Boroondara Council Offices, Parkview Room, 340 Camberwell Road, Camberwell Contact: Kim Anglicare Parentzone 9735 6146
Knox
Dance Family (movement to music for children aged 8-18 years with a disability) Bayswater Youth Hall, cnr. Station St & Pine Road, Bayswater. Sundays 10.30am-12pm during term time. Cost \$10. Phone Rosie Dyson on 9758 7991.
Surviving Parenthood 2 nd , 9 th , 23 rd , 30 th May and 6 th June 7 pm – 9pm Boronia Heights Primary School, Landscape Drive, Boronia Heights Contact: Helena Anglicare Parentzone 9735 6134 or 0488 501 204
Children, Challenges and Choices Tues 19 th , 26 th April and 3 rd , 10 th and 17 th May 1 pm – 3 pm Rowville Primary School, Paratea Drive, Rowville Contact: Kim Anglicare Parentzone 9735 6146
Knox Parenting Information Sessions Knox City Council, 511 Burwood Hwy, Wantirna Sth. Phone Sarah Waters 9298 8311 / sarah.waters@knox.vic.gov.au
Temple Society Australia Kids' Club Various venues. Tel Susi Richter on 0400 764 257 for more information.
Eastern Kinship Care Network Glen Park Community Centre, 30 Glen Park Road, Bayswater Nth once a month Thursdays 12- 2pm stating 14 th April Lilydale Lake Community Room, 435 Swansea Road, Lilydale Every 2 nd Friday 10 – 12pm starts 22 nd April Ring Jessie Lobley at Anchor 9801 1999 for details kinship.info@anchor.org.au
Relationships Counselling 1248 High Street Road, Wantirna South. A moderate fee applies, after hours appointments available. Contact Intake Worker Gennene Mitchell on 9871 8900 for more information.
Children's Play Therapy & Counselling 1248 High Street Road, Wantirna South. A moderate fee applies, after hours appointments available. Contact Intake Worker Gennene Mitchell on 9871 8900 for more information.
Tough Love Wantirna Parent Support Group (children with unacceptable behaviour) CAV Centre, 8 Ashley Street, Wantirna. Wednesday 7.30 pm. \$5 per person per week. No childcare. Phone Sally Kirkham 0488 706 221 info@vic.toughlove.org.au
C.O.A.C.H Community Mentoring (working with families to achieve set goals) 1248 High Street Road, Wantirna South. No charge. Phone 9871 8900.
Manningham
Manningham Community Health - www.mannchs.org.au Contact: 8841 3000 email: mchs@mannchs.org.au
Love and Logic Parenting Program Thurs 5 th May – 16 th June 7.40 pm – 9.40 pm Park Orchards Community Learning Centre, 572 Park Road, Park Orchards Cost: \$85 for 6 weeks ALSO Parenting and Early Brain Development Tues 15 th June 7.30 – 9.30 pm Cost: \$55 Contact: Rebecca Sanders on 9876 4381
Eastern Community Legal Centre at Bulleen www.ecclc.org.au Contact: 9285 4822
Maroondah

<p>Study Buddies Uniting Care East Burwood Centre, 220 Burwood Hwy, East Burwood no charge Phone 9803 3400 for more details and bookings. 3.45 – 5.30pm during school term</p>
<p>Monash Psychotherapy 0 -12 years old ATAPS PS 4KIDS LINK Health and Community (formerly Monashlink CHS) Glen Waverley and Hughesdale 12 individual sessions which includes parent work No Cost Contact: 1300 552 509 for further details or www.linkhc.org.au</p>
<p>Whitehorse Study Buddies Supported study group - for Primary aged children Wednesdays 3.45 – 5.30pm during school term Cost: Free. Afternoon snack provided. Uniting Care East Burwood Centre, 220 Burwood Hwy, Burwood East. Ph. 9803 3400 for details.</p>
<p>Understanding Children's Behaviour – Survival Tips for Parents Tues 10th May 7.30 – 9.30 pm Whitehorse Centre, 379 Whitehorse Road, Nunawading Cost: \$2 donation Contact: Molly Block 9262 6175</p>
<p>Tuning into Kids 12th May – 16th June 7 pm – 9pm Cost: FREE Mitcham Community House, 19 Brunswick Street, Mitcham Contact: Julia Anglicare Parentzone 9735 6190 or 0400 866 495</p>
<p>Carrington Health - Group Programs, Child and Family Development 43 Carrington Road, Box Hill www.carringtonhealth.org.au Contact: 9890 2220</p>
<p>Link Health and Community www.linkhc.org.au Relationship and Family Issues, Services for Children Contact: 1300 552 509</p>
<p>Yarra Ranges Eastern Kinship Care Network Glen Park Community Centre, 30 Glen Park Road, Bayswater Nth once a month Thursdays 12- 2pm stating 14th April Lilydale Lake Community Room, 435 Swansea Road, Lilydale Every 2nd Friday 10 – 12pm starts 22nd April Ring Jessie Lobley at Anchor 9801 1999 for details kinship.info@anchor.org.au</p>
<p>Parenting Explosive Children Thursday 12th May – 23rd June 9.30am – 11.30 am Kilsyth Primary School, Durham Road, Kilsyth Cost: FREE Contact: Julia Anglicare Parentzone 9735 6190 or 0400 866 495</p>
<p>Family Relationships Centre Ringwood Information session for Service Providers working with families in the EMR (Eastern Metropolitan Region) We provide Information & referrals to a range of services that can help strengthen relationships, prevent family breakdown and support separated families. 68 Charter St, Ringwood. Call for details 9871 6300 or email frcintake@ringwoodfrc.org.au</p>
<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. Free of charge for schools and families. For further information contact vic@kidsmatter.edu.au or www.kidsmatter.edu.au/primary</p>
<p>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 1300 543 396 Log on to www.lifeworks.com.au or visit us at 666 Mountain Highway, Bayswater.</p>



SLEEP UNITS

Regional

Sleep Unit Location Mitcham Private Hospital, Mitcham

For diagnosis & treatment of sleep problems & disorders for teenagers and adults.

Phone 9210 3146 for details.

Useful websites: www.sleep.org.au and www.betterhealth.vic.gov.au

Sleep Unit Location Epworth Sleep Unit Richmond, Camberwell and Box Hill

For diagnosis & treatment of sleep problems & disorders for Teenagers & Adults.

Tel: 9426 6666 or visit www.epworthsleepcentre.org.au

Useful websites: www.sleep.org.au and www.betterhealth.vic.gov.au

Sleep Unit Location Monash Medical Centre, Clayton

For diagnosis & treatment of sleep problems & disorders for children.

Tel: 9594 2400

Useful websites: www.sleep.org.au and www.betterhealth.vic.gov.au

Sleep Unit Location Royal Children's Hospital, Parkville

For diagnosis & treatment of sleep problems & disorders for children.

Phone 9345 6180 for further information. Also visit: www.sleep.org.au

Queen Elizabeth Centre Education Services,

53 Thomas Street, Noble Park

Contact: 9549 2777 or thegec@gec.org.au

PARENTS OF ADOLESCENTS (12-18 YEARS)

<p>Regional</p> <p>YSAS works to improve the health & wellbeing of young people aged 12-21 affected by the use of alcohol and other drugs. Level 1, 16-18 Ellingworth Pde. Box Hill Phone 9890 7855 or 1800 458 658 www.ysas.org.au</p> <p>Headspace Knox offers young people aged 12-25 confidential advice, support, and information. Services include: Mental health counselling and support, alcohol and drug services, vocational and educational support, general health services and group programs 2 Capital City Blvd, Knox Ozone, Contact: 9801 6088 www.headspace.org.au/knox</p>
<p>Boroondara</p> <p>Boroondara Youth Services Counselling referral and support service information and support groups for parents. 35 Fairholm Grove Camberwell and Hawthorn Weekdays 10am-6pm. Phone 9835 7824</p>
<p>Knox</p> <p>Stronger Families Program - supports young people 12- 17 years and their families where issues have arisen that are impacting on the family. Support is provided through one on one support, mediation, parenting support and referral to specialist services. Uniting Care Harrison, Knox Ozone, 1012 Little Burwood Highway, Wantirna South Phone Janine Triandafillou 9871 8762</p> <p>Talking Teens 4th Aug – 1st September 7.00 pm – 9.00 pm Anglicare, 666 Mountain Hwy, Bayswater Const: FREE Contact: Helena Anglicare Parentzone 9735 6134 or 0488 501 204</p> <p>Who's In Charge Wed 27th April – 8th June 12.00pm – 2.00pm Cost: FREE Headspace, 2 Capital City Blvd., Knox Ozone, 509 Burwood Hwy, Wantirna Contact: Lea Connections 9724 2222 or Rima Headspace 9801 6088</p> <p>Tuning into Teens Wed 4th May – 15th June Knox Youth Info Centre (Knox City) If you are a parent interested in the Tuning into Teens Program, please contact Janine Triandafillou Team Leader Early Intervention Youth and Family Services at Uniting Care Harrison on (03) 9871 8700 for more information.</p> <p>Relationship Counselling, Parenting 1248 High Street Road, Wantirna South. Ongoing throughout 2014. Moderate fees apply and after hours appointments available. Phone Intake contact Gennene Mitchell on 9871 8900.</p> <p>Knox Youth Info/services (information service for young people and the parents in Knox area) Building 2, Capital City Blvd, Knox Ozone Precinct, Wantirna South Mon-Thurs 1-5pm. Free brief counselling and referral. Phone 9298 8469.</p> <p>Toughlove (children with unacceptable behaviour) CAV Centre, 8 Ashley Street, Wantirna Wed 7.30pm, \$5 per person per week. No childcare available. Phone Wantirna Parent Support Sally 0488 706 221 info@vic.toughlove.org.au</p> <p>Templer Youth/Teenage Group Monthly activities at various venues. Phone Susi Richter on 0400 764 257.</p> <p>Eastern Kinship Care Network Glen Park Community Centre, 30 Glen Park Road, Bayswater Nth once a month Thursdays 12- 2pm stating 14th April Lilydale Lake Community Room, 435 Swansea Road, Lilydale Every 2nd Friday 10 – 12pm starts 22nd April Ring Jessie Lobley at Anchor 9801 1999 for details kinship.info@anchor.org.au</p> <p>Same Sex Attracted Young People Support (12-25 years) Referral to a wide range of services - Eastern Region Gay & Lesbian Youth project including "Purple Bus" magazine. Refugee homework support. Phone Kate at Knox Youth Services on 9298 8686.</p>
<p>Maroondah</p> <p>Youth Health Clinic Eastern Access Community Health, 46 Warrandyte Road, Ringwood Phone 9871 1800 youthclinic@each.com.au</p> <p>Maroondah Youth Services Monday to Friday from 9am-5pm. Services and programs for young people 12-25 years. Phone 9294 5709. www.maroondahyouthservices.com</p>

Manningham Manningham YMCA School services, counselling & support, personal development and leadership, youth events, skate services, LAP and youth activities. Phone on 9848 0088 or www.manningham.ymca.org.au/youth-services
Monash Parenting Adolescents 28 th April – 2 nd June 10 am – 12.30 pm Cost: FREE Monash Youth and Family Services, 1A Atherton Road, Oakleigh Contact: Emily or Libby 9518 3900
Whitehorse Talking Drugs and Alcohol to Adolescents Thurs 21 st April 7.30 – 9.30 pm Cost: \$2 donation Whitehorse Centre, 370 Whitehorse Road, Nunawading Contact: Molly Block 9262 6175
School Refusal Program Catholic Care, 510-512 Whitehorse Road, Mitcham. Cost according to income. Phone 9873 4344 or email mitcham@ccam.org.au .
Youth Connections (programs and support to young people and families) Whitehorse Youth Services, Level 1, Box Hill Central. Open Mon-Fri 1-5pm daily. Phone 9898 9340 or youth.worker@whitehorse.vic.gov.au
Anglicare Youth & Family Services (family counselling-Meridian) 7-11 Shipley Street, Box Hill. Monday-Friday 9am-5pm. Adolescent (10-22) and parent mediation. Contact: 9896 6322
Yarra Ranges Youth & Family Counselling (for young people 12-25 years and their families) Yarra Ranges Youth Services, Shire of Yarra Ranges. Phone 1300 368 333
Eastern Kinship Care Network Glen Park Community Centre, 30 Glen Park Road, Bayswater Nth once a month Thursdays 12- 2pm stating 14 th April Lilydale Lake Community Room, 435 Swansea Road, Lilydale Every 2 nd Friday 10 – 12pm starts 22 nd April Ring Jessie Lobley at Anchor 9801 1999 for details kinship.info@anchor.org.au

CULTURALLY AND LINGUISTICALLY DIVERSE (CALD)

Regional

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/resources/community-directory.

0-12 Years

Afghan Women's Group/Playgroup (Dari) Social support and recreation group 11am-1pm. \$40 per family per term
AND Afghan Men's Group Thursday fortnightly 1 – 3 pm
 Craig Family Centre, 7 Samarinda Avenue, Ashburton. Phone 9885 7789.

Chinese Speaking Playgroup

Best Chance, 583 Ferntree Gully Road, Glen Waverley.
 Held every 2nd Saturday from 10am-12pm during term time. Gold coin donation
 Phone Joseph Jin at Connections on 9875 4222

Chinese Speaking Playgroup

Tuesdays 1.00 – 2.30pm Cost: \$50 a term
 Bowen Street Community Centre, 102 Bowen Street, Camberwell Contact: Mary 9889 0791

Aboriginal Burrai Playtime

Mullum Mullum Indigenous Gathering Place, 3 Croydon Way, Croydon on Tuesdays at 10.30am. Phone 9725 2166.
www.mmigp.org.au

Japanese Mothers' Group/Playgroup

Kerri Neighbourhood House, 36 Kincumber Drive, Glen Waverley – Fridays 10.30am-12.30pm. Cost \$3.00 per session. Phone Rieko on 0478 397 648.

Knox

Chinese Fathers' Playgroup

Billio Park Children & Family Centre 40 Birchfield Crescent, Wantirna held every second Saturday from 10am-12pm. Starting 6th Feb Phone Joseph Jin on 9875 4222 or email joseph.jin@connections.org.au

Mandarin Speaking Parent-Child Playgroup

Mondays 1.30 – 3.00pm
 Irabina Autism Services, 193 Bayswater Road, Bayswater Cost: \$110 per session per family
 Contact: 9720 1118

Homework Support Programs

Facilitated by Migrant Information Centre, East Melbourne. 9285 4888 www.miceastmelbourne.com.au
 Mooroolbark Library, 7 Station Street, Mooroolbark on Mondays from 4-5.30pm during term time.
 Croydon Library, Civic Square, Croydon on Tuesdays from 4-6pm during term time.
 Knox Library, Knox City Shopping Centre, Wantirna South on Wednesdays

Manningham

Chinese Family Playgroups

1 Sherwood Court, East Doncaster
 Kimmba Bilingual Doncaster Playgroup Contact 9525 8313 www.kimmba.vic.edu.au

Arabic Speaking Women's Social Group

Tuesdays 11 am – 1.00pm
 Benevolence House, 125 George Street, Doncaster Contact: Mervat on 9285 4888

Maroondah

Homework Support Programs

Facilitated by Migrant Information Centre, East Melbourne.
 Mooroolbark Library, 7 Station Street, Mooroolbark on Mondays from 4-5.30pm during term time.
 Croydon Library, Civic Square, Croydon on Tuesdays from 4-6pm during term time.
 Knox Library, Knox City Shopping Centre, Wantirna South on Wednesdays from 4-6pm during term time.
 Phone 9285 4888 or www.miceastmelbourne.com.au

Migrant Information Centre,

1 -3 Pitt Street. Ringwood Tues to Friday 9 am – 5 pm
 Contact: 9870 1351

Family Dispute Resolution in Chinese languages

Now available at Ringwood and Box Hill sites.
 Phone 9871 6313 for Chinese languages and 9871 6300 for English speaking
 Ringwood Family Relationship Centre, 68 Charter Street, Ringwood

Eastern VACCA Programs

Promotes and protects the rights of vulnerable Aboriginal children, young people, families and the community.
A variety of programs and support Contact: 9871 9000 www.vacca.org 10 Maroondah Highway, Ringwood

Monash

Chinese Mothers' Playgroup

Kerri Neighbourhood House, 36 Kincumber Drive, Glen Waverley Phone 9887 6226 for details.
Wednesdays 9.15 – 11.15 am pm during school term

AND

Japanese Mothers Playgroup Fridays 10.30 – 12.30 pm

Phone 9887 6226 or www.knh.org.au

Chinese Grandparents Playgroup

St. Johns Uniting Church, 37 Virginia Street, Mount Waverley Every second Tuesday 10.30 am – 12.00pm
Contact: Amber Huang at Migrant Resource Centre 9285 4888

Chinese Fathers' Playgroup

Best Chance, 583 Ferntree Gully Road, Glen Waverley.
Held every 2nd Saturday from 10am-12pm during term time. Starting 30th Jan. Gold coin donation
Phone Joseph Jin at Connections on 9875 4222

Mulgrave Chinese Family Services Playgroup

Mulgrave Neighbourhood House, 36-42 Mackie Road, Mulgrave held on Mondays from 10.30am-12pm. Starting 1st Feb. Phone Joseph Jin at Connections on 9875 4222

Chinese Playgroup in Clayton

Every Friday afternoon 2.00 – 3.30 pm Clayton Community Centre, 9 -15 Cook Street, Clayton
Contact: Joseph Jin at Connections on 9875 4222

SEAAC (Southern Ethnic Advisory and Advocacy Council) – service for 12 – 25 years from disadvantaged multicultural youth in City of Monash. Contact: 9547 0511 www.seaac.org.au

Whitehorse

Chinese Grandparents Playgroup

Mitcham Community House, 19 Brunswick Road, Mitcham Every second Tuesday 10.30 – 12.00 pm
Contact Amber Huang at Migrant Resource Centre on 9285 4888

Yarra Ranges

Homework Support Programs

Facilitated by Migrant Information Centre, East Melbourne.
Mooroolbark Library, 7 Station Street, Mooroolbark on Mondays from 4-5.30pm during term time.
Croydon Library, Civic Square, Croydon on Tuesdays from 4-6pm during term time.
Knox Library, Knox City Shopping Centre, Wantirna South on Wednesdays from 4-6pm during term time.
Phone 9285 4888 or www.miceastmelbourne.com.au

Balit Indigenous Playgroup

6 Vimy Ridge, Healesville – Alternate Mondays from 10am-12pm. Phone YRCHS HIS on 5957 1100 (ask for Rhonda or Sam)

Multicultural Playgroup - Pembroke Primary, Cnr. Pembroke and Lawson Rds. Mooroolbark Every Tues 1.30 – 3.00pm

Croydon Uniting Care Church, 6 Tallent Street, Croydon every Friday 1 – 2.30 pm
Central Ringwood Community Centre, Bedford Road, Ringwood Fridays 10.30 – 12pm
Contact Niquita at MIC for details 9285 4888

SOLE PARENTS

Regional

Post Separation Parenting Men & Women

Relationships Australia, Kew Centre, 46 Princess Street, Kew. 12th, 19th and 26th April and 18th and 25th May & 1st June 6.30-8.30 pm
(3x2hr sessions) cost \$150 / Conc \$120. Phone 9261 8727 or relationshipseducation@rav.org.au

Positive Parenting and Family Wellness

Relationships Australia, Kew Centre, 46 Princess Street, Kew. 11th, 18th and 25th May 6.45-8.45 pm
Cost \$150 per person \$120 conc. Phone 9261 8727.

Moving on after Separation 13th, 20th, 27th April and 4th May 6.45 pm – 8.45 pm Cost: \$160/Conc\$120
Relationships Australia, 46 Princes Street, Kew Contact: 926 8727

Supporting Children after Separation, courses and workshops for families dealing with separation issues

Family Mediation Centre, 367 Maroondah Highway, Ringwood. Phone for information 9847 5888
www.mediation.com.au

Council of Single Mothers and their Children (CSMC)

CSMC is a Victoria wide service run by and for women parenting alone. They provide telephone support, information & referral on a range of issues including emergency relief, housing, Centrelink, child support, family law, family violence and parenting. www.csmc.org.au Phone 9654 0622/1300552511 - Mon-Thurs 9.30am-3.00pm

Maroondah

Family Dispute Resolution in Chinese languages

Now available at Ringwood and Box Hill sites.
Phone 9871 6313 for Chinese languages and 9871 6300 for English speaking
Ringwood Family Relationship Centre, 68 Charter Street, Ringwood

Co Parenting after Separation 5th, 12th, 19th and 26th May 5.00 pm – 8.00pm
Ringwood Family Relationship Centre, 68 charter Street, Ringwood Contact: 9871 6300

Separated Parents Information Session

Ringwood Family Centre, 68 Charter Street, Ringwood Weekly Tues or Wed 6.30 – 7.30 pm or Friday monthly 10.00-11.00 am 5.00 – 8.00 pm Cost: FREE Contact: Intake 9871 6300

Monash

Supporting Children Through Counselling - child counsellors supporting children through separation
Family Relationship Centre, suite 1 & 2, 41 Stamford Road, Oakleigh Contact: Sally Clarke 9564 6999

Whitehorse

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, and personal counselling.

DadsLink YMCA

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.

Primary Dispute Resolution - Relationships Australia Kew, 46 Princess Street, Kew, 1300 364 277.

Centacare – 510 Whitehorse Road, Mitcham, 9873 4344.

Family Mediation Centre – 367 Maroondah Highway, Ringwood, 9876 0677.

Family Relationship Centre - Relationships Australia

83 Boronia Rd, Boronia 9725 9964

1st Floor, 68 Charter St, Ringwood, Ph. 9871 6300. frcintake@ringwoodfrc.org.au Check the Web for details of various courses about parenting, dealing with conflict & relationships – www.relationships.com.au

Relationships Australia BOOKSHOP - www.rabooks.com.au

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 Ten20 Foundation on 8560 4520 or www.ten20.com.au

Australian Parenting & Relationships Helpline 1300 365 859 support & referral service pss.manager@iimetro.com.au

STEP AND BLENDED FAMILIES

Regional

Step Family Australia counselling, support groups, resources, tip sheets, Stepfamilies Australia www.stepfamily.org.au Ph.: 9663 6733 for more details. 195 Drummond Street, Carlton.

Post Separation Parenting Mixed Group

Relationships Australia, 46 Princess Street, Kew. 12th, 19th and 26th April and 18th, 25th May & 1st June 6.45 – 8.45 pm (3x2 hr.) Cost \$150 or \$120 conc. Phone 9261 8727 for details or relationshipseducation@rav.org.au

Positive Parenting and Family Wellness

Relationships Australia, 46 Princess Street, Kew. 11th, 18th and 25th May 6.45- 8.45pm Cost \$150 per person \$120 conc. Phone 9261 8727 for details or relationshipseducation@rav.org.au

Parenting After Separation weekend program

Lifeworks Level 4, 255 Bourke St Melbourne, Saturdays 23rd April and 7th May 10am- 3pm
Contact: 1300 543 396 Cost \$270

Parenting After Separation (weekly program)

Lifeworks, Level 4, 255 Bourke Street, Melbourne. 10th May - 7th June 6 - 8pm. Cost \$200 Concession available
Contact: 1300 543 396

Parenting After Separation Series – 19th April (one day) 10 – 5pm

Berwick Family Relationship Centre, 38 Clyde Road, Berwick Contact: 8768 4111 or enquiries@berwickfrc.org.au

Parenting After Separation Series Relationships Victoria

379 Collins Street, Melbourne. 14th April and 26th May 10am-5pm (one day). Cost \$80 Inc. refreshments Conc available. enquiries@melbournefrc.org.au Phone 8625 3666 for further details.

Knox

Relationship Counselling & Family Therapy

1248 High Street Road, Wantirna South. Moderate fees, appointments available. Phone Gennene Mitchell on 9871 8300 or email mail@citylifechurch.com.

Co Parenting after Separation 5th, 12th, 19th and 26th May 5.00 pm – 8.00pm

Ringwood Family Relationship Centre, 68 Charter Street, Ringwood Contact: 9871 6300

Maroondah

When Parents Separate-- Family Law Dispute Resolution Information

Ringwood Family Relationship Centre, 68 Charter St Ringwood ALSO AVAILABLE AT YARRA JUNCTION
Some evenings til 8 pm by arrangement.
Bookings required – call intake on 9871 6300 No charge. (Not suitable for children)

Co Parenting after Separation 5th, 12th, 19th and 26th May 5.00 pm – 8.00pm

Ringwood Family Relationship Centre, 68 Charter Street, Ringwood Contact: 9871 6300

Family Dispute Resolution in Chinese languages

Now available at Ringwood and Box Hill sites.
Phone 9871 6313 for Chinese languages and 9871 6300 for English speaking
Ringwood Family Relationship Centre, 68 Charter Street, Ringwood

Supporting Children After Separation – individual counselling, group work for children, preventative education programs and child inclusive mediation

Family Mediation Centre, 367 Maroondah Highway, Ringwood www.mediation.com.au
Cost: concession available. Phone 1800 639 523. Ring for details

GRIEF AND LOSS

State Wide
Contact your local Community Health Service for bereavement counselling
The Australian Centre for Grief & Bereavement for information about education, workshops & training & bookings. Phone 9265 2100, fax: 9265 2150 email: info@grief.org.au or www.grief.org.au. Bereavement Counselling & Support Service 9265 2111. The Centre is at 253 Wellington Rd Mulgrave. Ring for further details. Programs include 'Kids Grieve Too', and 'Younger Bereaved Partners'
Regional
SIDS and Kids Victoria and New South Wales 24 hour crisis help line 1800 240 400, 1227 Malvern Rd, Malvern. Toll free 1800 240 400 or 8888 1600 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. Also run Children's Holiday Workshops – visit: www.sidsandkidseastcoast.org .
The Compassionate Friends Bereaved Parents Centre 173 Canterbury Rd, (cr. 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. 9888 4944 (24 hrs.) 1800 641 091 www.compassionatefriendsvictoria.org.au .
Very Special Kids - 321 Glenferrie Road, Malvern 9804 6222 www.vsk.org.au Respite & support for families of children with a life threatening illness. Offices in Traralgon, Shepparton, Geelong, Footscray, Coburg.
Grief Line Community & Family Service Contact: Catherine Cini on 9935 7400 for further details Free anonymous phone counselling to adults and children for any type of grief and loss. Phone 9935 7444 www.griefline.org.au .
OPEN DOORS Counselling, Ectopic Pregnancy, IVF losses and stillbirth 5 Greenwood Ave, Ringwood. Established since 1984 in this area of grief. Phone: 9870 7044 for more information. www.opendoors.com.au / www.4teenz.com.au
Knox
Counselling & Support Knox Community Health Service, 1063 Burwood Highway, Ferntree Gully. Ongoing phone 9757 6200.
Play Therapy and Children's Counselling , Parenting Citylife Community Care, 1248 High Street Road, Wantirna Sth Low fees apply Contact Gennene Mitchell 9871 8900
Monash
Supporting Families of Children with Life Threatening Illnesses Australian Centre for Grief and Bereavement, 253 Wellington Road, Mulgrave. To register or for more information phone 9265 2111 or 1800 642 066 email: info@grief.org.au .
Support After Suicide (SAS) Jesuit Social Services 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 – Website: www.supportaftersuicide.org.au

YOUNG PARENTS

Knox

Murrindal Young Parents Group (babies – 12 months)

Murrindal Family Centre, 100 Murrindal Drive, Rowville on Thursdays from 11.30am-1.30pm. No charge.
Phone Louise on 9721 3688 or 0439 568 533
Louise is also available on Thursdays for one off consults, counselling, referrals and support by appointment only

Young Mums Group

17 Hearing Road, Boronia. Phone Amy on 0410 400 536 for more details. haeringroadplaygroup@hotmail.com

Knox Young Parents Group (for parents under 25 with 1 year old baby)

13 week program on Fridays at 11.00am. Phone Sarah Waters at Knox Youth Service, Knox Ozone, Capital Boulevard (opposite Headspace) on 9298 8311 for details.

Maroondah

Young Parents Leader Run Playgroup (2 hours)

Yarrunga Community Centre, 76-86 Croydon Hills Drive, Croydon Hills on Mon 10am-12pm.
Bookings essential, phone for details 9722 8942.

Monash

Mums for Mums Group

Kerrie Neighbourhood House on Thursdays from 9.00-11.00am. Cost \$3 per session. Phone 9887 6226 for information.

Whitehorse

Young Mums' Group (15-25 year old pregnant and parenting Mums)

Family Access Network, 1030 Whitehorse Road, Box Hill (next to Box Hill Town Hall) on Tuesdays from 1-3pm.
Includes light lunch. Phone for details Laurie 9890 2673

Yarra Ranges

Young Parents & Kids Playgroup – for parents under 25

Healesville Child & Family Centre, Vimy Ridge, Healesville. Fridays 10-12pm during school terms, No cost
Contact: Michele 1300 130 381

Healthy Mothers, Healthy Babies

For pregnant women living in the Shire of Yarra Ranges
Yarra Valley Community Health Free Outreach Service Contact: Emma 1300 130 381

Young Parents' Supported Playgroup (birth to preschool)

Upper Yarra Family Centre, Yarra Junction. Mondays from 1.30 – 3.30 pm No cost. Phone for details 1300 130 381

Young Parents & Kids Play Group (Pregnant or Parenting) for Young Parents 16 -25yrs

Yarra Ranges Council, Rolling Hills, 54-56 Landscape Drive, Mooroolbark. During school term. Recreation, personal & child development. Small cost for some activities. Transport available. Call Anne 9294 6323

Young Mum's VCAL

Upper Yarra Community House on Thursday and Friday during term time. Phone 5967 1776

MENTAL HEALTH / POST NATAL DEPRESSION SUPPORT

Regional

New Mental Health in Multiculturalism

What is Mental Illness, Personality Disorder, Eating Disorder, Schizophrenia and more.
A Multicultural website including Fact Sheets in 21 languages Visit: www.mhima.org.au

Headspace Knox offers young people aged 12-25 confidential advice, support, and information. Services include: Mental health counselling and support, alcohol and drug services, vocational and educational support, general health services and group programs
2 Capital City Blvd, Knox Ozone, Contact: 9801 6088 www.headspace.org.au/knox

NEAMI National – provides rehabilitation and recovery support to people recovering from mental illness. Referrals taken by Eastern Mental Health Community Intake on 1300 785 358 Contact: 9890 9248

The Anxiety Recovery Centre Victoria (ARCVic)

ARCVic is a state-wide, specialist mental health organisation, providing support, recovery and educational services to people and families living with anxiety disorders. We aim to support and equip people with knowledge and skills that will build resilience and recovery and reduce the impact of anxiety disorders. Services include: helpline, support groups, recovery programs, community education seminars, youth specific services etc.
Helpline 1300 269 438 Office (03) 9830 0566. www.arcvic.org.au

The MAT program – a therapeutic martial arts program for kids

“TESSA provides a range of active therapeutic programs and services that combine the principles of psychosocial development with those of somatic education in a format that engages young people to learn life skills and better manage challenges in their lives.”
Services available include support programs for young people and professional education.
Enquiries: 9724 2936 <http://tessainc.org.au/>

ARAFEMI Support Groups and resource centre

Carer help line 1300 550 265. Visit www.arafemi.org.au Phone for details 1300 550 265 for resources and information re mental health and well being

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 8486 4200 or www.mifellowship.org

Child And Youth Health <http://www.cyh.sa.gov.au>

Children Of Parents Affected By A Mental Illness – www.health.gov.au

Children Of Parents With A Mental Illness www.copmi.net.au

Griefline Community & Family Services,

21 Ludwell Cres, Bentleigh East Sessions by appt. only and by donation Contact: Catherine Cini on 9935 7444

Boroondara

Hoarding Structured Support Group (self-help support group) Starts 14th April 1.00- 2.30pm

AND

Obsessive Compulsive Disorder Self-Help Support group Last Wed every month 7.00 - 8.30pm

AND

Parental Anxiety Support Group Meets 3rd Tuesday of every month Starts 19th April 7.30 – 9.00pm

ARC Vic, 292 Canterbury Road, Surrey Hills Cost: Free Ring 9830 0533 for further details

Knox

ARCVic Anxiety Recovery Support Group

Meets fourth Tues each month at Boronia CWA, 4 Sundew Avenue, Boronia 7.00pm – 8.30 pm
Contact: 9830 0566 for further details

GROW (Support group for carers of someone with mental health)

Meets twice a month. No charge. Phone for support group details 1800 558 268 Visit www.grow.net.au

Maroondah

Boronia Anxiety Support Group

Meets fourth Tues of each month 7.00pm – 8.30 pm Boronia CWA, 4 Sun Dew Ave, Boronia
Contact: 9830 0566 for further details 7 – 8.30 pm

AND

ARCVic Anxiety Recovery Support Group

Meets second Monday each month 7.30 – 9.00pm Mount Street Neighbourhood House, 6 Mount Street, Glen Waverley Contact: 9830 0566 for further details 7.30 – 9.30 pm

AND

Social Anxiety Support Group Meets second Tues each month. 7.30 – 9.00 pm
ARCVic, 292 Canterbury Road, Surrey Hills

Eastern Access Community Health support group for carers

EACH Lifeworks, 9 Greenwood Ave., Ringwood Every second Thursday 1- 3 pm Cost: FREE
Contact Stacey on 8892 4201 or 0477 721 238

Whitehorse

Well Ways Building a Future – carers of someone with a mental illness

8 x 3 hour weekly group sessions Box Hill Town Hall

Contact: 8873 2510 or jcorbo@mifellowship.org

ARCVic, 292 Canterbury Road, Surrey Hills (Anxiety Recovery Centre)

A range of support groups for people with anxiety issues

Parental Anxiety Support Group third Tuesday each month 7.30pm – 9.00pm

Mindfulness Guided Support Group second Friday each month 7.30pm – 9.30 pm

Contact: 9830 0533 for further details www.arcvic.org.au



DADS

Regional	
Engaging Dads Forum	21 st April 9 am – 1 pm Cardinia Cultural Centre, 40 Lakeside Blvd, Pakenham Contact: Parentzone Southern 5945 2000
Mensline Australian – Talk it Over	MensLine Australia now provides free video counselling sessions to help men with family and relationship concerns <ul style="list-style-type: none"> • Real time face-to-face support with a professional counsellor using Skype • Free and confidential • For more information about session times please visit mensline.org.au To find out if you are eligible and to book. www.mensline.org.au or call 1300 789 978.
DadsLink YMCA (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 victoriaoffice@ymca.org.au
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.menscentre.org.au to register as a site member and add your details as a Men's Service provider to this site.
Men's Referral Service	Phone counselling service for men. Monday-Friday 12noon–9pm. Phone 1300 766 491 www.mrs.org.au
Better Men Australia	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. Phone Rob 0432 439 943 info@bettermen.com.au www.bettermen.com.au .
Man Enough Workshops - Pornography awareness for men	We offer interactive talks and presentations to schools, business and community groups. Also one-on-one confidential programs. Contact: Hugh on 0456 224 803 or www.manenough.com.au
Boroondara	
Men's Talk - a group for men in deteriorating or separated relationships	13 th and 27 th July and 10 th and 24 th August 6.30 – 8.30 pm Relationships Aust., 46 Princes Street, Kew Cost: \$160 Conc. \$120 Contact: 9261 8727 or www.relationshipsvictoria.com.au
Men's Shed (now open 2 days a week) Tues and Thurs	Alamein Neighbourhood Learning Centre, 49 Ashburn Grove, Ashburton Contact Rob Reid 9885 9401 Mon- Wed \$25 per term AND Men's Shed Mon and Wed Kew Neighbourhood Learning, 2-12 Derby Street, Kew 9853 3126 Contact: Bill 0402 420 904
INROADS – Managing Difficult Behaviour	Men's Behaviour Change Program 26 May, 2 nd , 9 th , 16 th , 23 rd and 30 th June; 7 th , 14 th , 21 st and 28 th July and 4 th , 11 th , 18 th and 25 th August Relationships Australia, 46 Princess Street, Kew Cost: \$280 Contact: 9261 8702 or email www.relationshipsvictoria.com.au
Knox	
Stamford Park Men's Shed	2 Emmeline Row, Rowville. For details contact Barry Treadwell 0425 719 451 info@stamfordparkshed.org.au www.stamfordparkshed.org.au
The Gully Men's Shed	Mount Dandenong Road, Upper Ferntree Gully Mon – Thurs 0407 560 168
Blokes Side by Side - by men for men	Thursdays fortnightly 10.30 -12 pm CityLife Community Care, 1248 High Street, Road, Wantirna 9871 8900 No cost

Chinese Fathers' Playgroup

Biloo Park Children & Family Centre 40 Birchfield Crescent, Wantirna held every second Saturday during school term 10am-12pm.

Phone Joseph Jim on 8873 5434 or 0422 008 145 email joseph.jin@connections.org.au

Maroondah**Mens Self Help Support Group**

Many men are affected by mental health issues and might find it helpful to talk with others who share in similar experiences. Discussing symptoms, strategies and support. Meets 2nd Wednesday each month 7.00-8.30pm Contact ARCVic, 292 Canterbury Road, Surrey Hills. 9830 0566 for further details www.arcvic.org.au

Croydon Hills Men's Shed

2-8 Bemboka Road, Croydon Hills Contact Bruce on 9876 4503

AND 12-50 Norton Road, Croydon Tues, Thurs and Sat. Contact: Ron 0490 329 449

Dads in Distress

DIDS provide peer support and referral networks to Dads going through the trauma of family breakdown. Glen Park Community Centre, 30 Glen Park Road, Bayswater North. Every Tues 7.30-10.00pm
Contact: 1300 853 437

Ringwood Men's Shed

35 Tortice Road, Ringwood. Phone Belinda Tanfield on 0403 838 857 or email ringwoodmensshed@bigpond.com

Monash**Chinese Dads' Playgroup**

Best Chance Child Family Care Centre, 583 Ferntree Gully Road, Glen Waverley on Saturdays 10am–12 noon.

Bookings essential, Limited places. Phone Joseph 9875 4222 / Mobile 0422 008 145 Joseph.jin@connections.org.au

Monash Men's Shed

49 Bogong Avenue, Glen Waverley. Phone Ray Allen on 0402 477 711 or rayallen64@gmail.com for details.
Mon, Tues and Thurs

Whitehorse

Dads, Children and Connecting Thurs 23rd June 7.30 -9.30 pm Cost: \$2 donation
Whitehorse Centre, 379 Whitehorse Road, Nunawading Contact: Molly Block 9262 6175

Dad's Playgroup Thursday 10.30 during school term Cost:\$20 per term

The Salvation Army, 325 Mitcham Road, Mitcham Contact: Simon on 0488 300 861

Yarra Ranges**Monbulk District Men's Shed**

30 Main Road, Monbulk. Phone Brian Tunks 9751 1886 or 0430 380 397 or monbulkdistrictmensshet@gmail.com

Belgrave Men's Shed, 2/1A Reserve Road, Belgrave

Phone John Podger on 9752 1359 or 0415 166 747 for details.

Montrose Men's Shed

1B Leith Road, Montrose Tues & Fri 9.30 – 3.30 pm Contact Max Lamb on 0427 358 000

FAMILY VIOLENCE AND ANGER MANAGEMENT

Regional
Women
<p>Eastern Domestic Violence Services (EDVOS) Ringwood. 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 also provided in Knox, and Yarra Ranges: Women may access groups at any of these services – normal catchment boundaries will be exempted for group attendance. Phone: Mon-Fri 9-5pm 9259 4200 After hours: 1800 015 188 (Women's Domestic Violence Crisis Service) www.edvos.org.au</p>
<p>Safe Steps Family violence (formerly Women's Domestic Violence Crisis Service), State-wide phone service: 1800 015 188 (24 hr. toll free line) Telephone information and</p>
<p>Eastern Centre Against Sexual Assault Ringwood East. Phone: 9870 7330 1800 806 292(24 hr. toll free line) Email: ecasa@easternhealth.org.au</p>
<p>Anger Management for Women SEA Change Lifeworks-Relationship Counselling & Education Services, level 4, 255 Bourke Street, Melbourne Ring for details Cost \$200 Conc. \$150 Phone 1300 543 396</p>
Children & Youth
<p>Kids Help Line If you are a child or young person who needs help or just someone to talk to, call Kids Helpline on 1800 55 1800 (24 hr. toll free number) or visit Kids Helpline website</p>
<p>Supporting Children Through Counselling Individual, groups or family counselling. Mediation and preventative education for schools and community groups Contact: Sally Clarke at Family Relationship Centre Chadstone 9564 6999 sally.clarke@mediation.com.au</p>
<p>Adolescent Violence in the Home - Uniting Care Kildonan - programs and services, youth and family support www.kildonan.org.au Contact: 8401 0100</p>
Men
<p>Men's Referral Service - Opening Times: 9am-9pm Monday to Friday. Phone: 1300 766 491. Men who are victims of family violence needing support can contact Victims of Crime Helpline on 1800 819 817 (state-wide service) www.mrs.org.au</p>
<p>Eastern Victims Assistance Counselling Program, 46 Warrandyte Road, Ringwood, Phone 1300 884 284.</p>
<p>Men's Behaviour Change Lifeworks-Relationship Counselling & Education Services, Level 4, 255 Bourke Street, Melbourne. Phone 1300 543 396 ring for further details</p>
Boroondara
<p>INROADS – Managing Difficult Behaviour Relationships Australia, 46 Princess St, Kew Men's Behaviour Change Program Starts May 26th 6.30 -8.30 pm Cost \$280 Call for details – 9261 8702</p>
<p>Women Managing Anger May 3rd – June 14th 6.30 – 8.30 pm Cost: \$280 concession \$ 210 Relationships Aust , 46 Princess Street, Kew Contact: 9261 8727</p>
<p>Women Making Choices Starting 19th April 10 – 12.30 pm Relationships Australia, 46 Princes Street, Kew 9261 8702 or relationshipseducation@rav.org.au</p>
Knox
<p>SEA Change Anger Management for Women Lifeworks, Anglicare Victoria, 666 Mountain Hwy, Bayswater. Bookings essential, no charge. Phone 8650 6200 or visit www.lifeworks.com.au</p>
<p>Tough Love Wantirna Parent Support Group (children with unacceptable behaviour)</p>

CAV Centre, 8 Ashley Street, Wantirna. Wednesday 7.30 pm. \$5 per person per week. No childcare. Phone 0488 706 221 info@vic.toughlove.org.au
Men's Family Violence Program (entry group – 10 weeks) Anglicare, 666 Mountain Highway, Bayswater – by referral, phone Paul or Carolyn 9735 4188.
Who's In Charge for parents of 8 – 18 years old who are beyond control, violent or defiant Wed 27 April – 8 th June 12.00 – 2.30 pm Cost: FREE Headspace Knox, 2 Capital City Bld, Knox Ozone, 509 Burwood Hwy., Wantirna South
Maroondah
Eastern Domestic Violence Outreach Service Inc. 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. Ringwood –Tel: 9259 4200 www.easternfamilyviolencepartnership.org.au
Manningham
Women's Health East – Investing in Equality and Wellbeing for Women. WHE acts to improve women's health, safety and wellbeing through leading, partnering, shaping, informing and delivering responses that address the needs of women. 1/125 George Street, Doncaster East Contact: 9851 3700 or www.whe.org.au
Monash
SECASA 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 9928 8741 or secasa@monashhealth.org No charge applies.
Men's Responsibility Group (Men who use violence towards their partners and/or children) 568 Neerim Road, Hughesdale on Wednesdays from 7–9 pm. Developing non-violent behaviour (school terms) \$300 per program. Contact Link Health and Community on 1300 552 509.
Whitehorse
Breaking The Cycle - for parents, carers whose adolescents are abusive or violent in the home Wed April 20 – June 8 th 6.30 – 8.30 pm Cost: \$50 p.p. or \$80 per couple Anglicare, 7 – 11 Shipley Street, Box Hill Contact: 9896 6322
Yarra Ranges
Men's Family Violence Program (entry group) Anglicare, 47 Castella Street, Lilydale on Wednesdays at 7.00pm. Referral only. \$20 per night (subsidy avail). Phone Anglicare 9735 4188.
Reclaim, Renew, Reconnect 21 st April – 9 th June 10 – 1pm Anglicare, 47 Castella Street, Lilydale Contact: Sonia T 9735 4188
Men's Behaviour Change (10 week program "On Track") Anglicare, 47 Castella Street, Lilydale on Wednesdays at 7.00pm. Referral only. \$20 per night (subsidy avail). Phone Anglicare 9735 4188.
Yarra Ranges Legal Clinic – free family violence legal advice, assistance and support Eastern Community Legal Centre, 110 River Street, Healesville Contact: 5962 1665 Regional: 1300 79 70 88
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: 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.

SPECIAL NEEDS

<p>Regional</p> <p>The MAT program – a therapeutic martial arts program for kids “TESSA provides a range of active therapeutic programs and services that combine the principles of psychosocial development with those of somatic education in a format that engages young people to learn life skills and better manage challenges in their lives.” Services available include support programs for young people and professional education. Enquiries: 9724 2936 http://tessainc.org.au/</p>
<p>Extended Families Australia Live Your Community Program (LYCP) provides flexible, practical, volunteer based inclusion support for children with disabilities who experience barriers to participate in sport, recreation and leisure. The program was developed by Extended Families Australia and funded by the Department of Human Services Innovative Respite program. Assessment based for children 6 to 17 years with a disability. For further information call 9355 8848 or email eastern@extendedfamilies.org.au or view website www.extendedfamilies.org.au</p>
<p>Vic Deaf News, resources, interpreter services and education Contact email: info@vicdeaf.com.au , TTY – 03 9473 1199, Phone – 03 9473 1111</p>
<p>Early Childhood Intervention Australia (ECIA) ECIA’s work assists children with developmental delays or disabilities, their families and the networks that support them. They provide information, professional development across the sector. www.eciavic.org.au Phone: 9018 5496</p>
<p>Down Syndrome Victoria 219 Napier Street, Fitzroy. Information, resources, encouragement and support for families. For details phone 1300 658 873, email info@dsav.asn.au or visit www.downsyndromevictoria.org.au. Club 21 (peer support group for adults 18-25 years), groups in Melb. and Geelong areas</p>
<p>Deaf Parenting Skills John Pierce Centre, 25-35 High Street, Prahran. Phone for dates, times, information, playgroups and activities. Pastoral care and counselling, pre-marriage. Outreach and life skills www.jpc.org.au 9525 1158 or email admin@jpc.org.au</p>
<p>The Gift of Dyslexia For information phone Sally Beulke Dyslexia Victoria on 5725 1752 or email sallyddc@bigpond.com. Sally also does dyslexia screening tests/ assessments and strategies to correct symptoms</p>
<p>Cerebral Palsy Support Network (state-wide) 525 High St, Preston, 3072. 16+ adult children support group, respite brokerage. State-wide self-help group offering phone information and support in quarterly newsletter, information, seminars, workshops, support groups, recreational & brokerage avail. Ring for details of Support Groups-9478 1001 / 1300 277 600 / email www.cpsn.org.au</p>
<p>SPELD Vic. Parent Support Group Association of parents and professional people interested in children and adults with specific learning difficulties. Provides Diagnostic Services, seminars, resources for sale, library. 60 High Street, Preston. Phone 9480 4422. www.speldvic.org.au</p>
<p>Association for Children with a Disability A state-wide organisation which 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 www.yourshout.org.au Suite 2, 98 Morang Rd, Hawthorn. Phone 9818 2000 / www.acd.org.au Rural Free call 1800 222 660</p>
<p>Epilepsy Foundation Victoria (Parent/Carer Education & Informal lunchtime get together) 587 Canterbury Rd, Surrey Hills on 8809 0600. Email epilepsy@epilepsy.asn.au Regular info sessions, counselling, advocacy, referrals, education at school Free call 1300 852 853 www.epinet.org.au .</p>
<p>Parent Support Network Eastern Region – Groups held regularly in Camberwell, Croydon Hills, Blackburn, Glen Waverley, Ferntree Gully Email: psn-emr@bigpond.net.au / Contact: 9758 5522 5 -7 Yose Street, Ferntree Gully www.psn-emr.com.au</p>
<p>AMAZE (formerly Autism Victoria) Parent support books, newsletter, counselling, resources.</p>

PO Box 374, Carlton South. Phone for details and service directory in your area. 9657 1600 or 1300 307 309 Visit www.amaze.org.au

MyTime

Local support groups of parents of children up to the age of 16 with disabilities or chronic medical condition. www.mytime.net.au Phone: 1800 889 997.

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

- Mini Minds – activities for pre-schoolers
- Primary Minds- activities for primary school aged children and their parents
- Teens and Tweens – activities for teenagers and their parents each term
- Information evenings with expert speakers covering issues relating to the gifted
- Daytime and evening social events for parents to share their experience of parenting the gifted child
- Comprehensive members' library
- Quarterly newsletter containing professional articles

For further information visit www.giftedsupport.org / PO Box 2808 Cheltenham 3192 / email admin@giftedsupport.org
For full program of Gifted Support Network activities see the excellent calendar of events at www.giftedsupport.org

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. Go to www.dkd.org.au or phone 9786 2909

Divine website – an online community for and by people with a disability

www.divine.vic.gov.au

Belonging Matters

www.belongingmatters.org Phone: 9739 8333

Interchange Victoria – Provides respite and recreational experiences for children with a disability

www.interchange.org.au Phone: 1300 300 436

Home and Community Care (HACC) Program

A joint federal-state program that provides services to young people with a disability and their carers and people who are frail aged. HACC services can include a combination of in-home respite and personal care. For information contact your local council or shire or HACC team for assessment.

Victorian State Disability Plan 2013-2016

The Victorian State Disability Plan includes the Victorian Governments ideas to make life better for people with a disability, their families and carers. The plan is part of a set of three documents. Go to www.dhs.vic.gov.au

ARAFEMI Supports people with a mental illness and their carers

www.arafemi.org.au Phone: 1300 550 265

Aspergers Victoria

www.aspergersvic.org.au Phone: 9845 2766

Autism Friendly Learning – The Autism friendly website provides links to information about ASD, school supports and specific issues such as transitions. www.education.vic.gov.au/about/programs/needs/Pages/autism.aspx

Griefline Community & Family Services,

21 Ludwell Cres, Bentleigh East Sessions by appt. only and by donation Contact: Catherine Cini on 9935 7444

Boroondara

Children with a Disability Playgroup

Mondays 9.30 – 11.30 am Cost: Gold coin donation

Bowen Street Community Centre, 102 Bowen Street, Camberwell Contact: Mary 9889 0791

Art of Meditation and Mindfulness for carers Thursdays starting 14th April 10 – 12pm

Ashburton Community Centre, (Room 3) Cnr. Highgate Rd and High Street, Ashburton

Contact: Villa Maria Catholic Homes Carer and Support Program 1300 971 720 Cost: FREE

Epilepsy Information Sessions

Epilepsy Foundation of Vic, 587 Canterbury Rd, Surrey Hills (enter from Stirling Cres)

More info or registration Phone 1300 852 853 / www.epinet.org.au

<p>Disability Support - The Craig Family Centre, 7 Samrinda Avenue, Ashburton Have programs designed to promote independence, social interaction and daily living skills Contact: 9885 7789 for further details</p>
<p>The About Face Social Skills Program interactive program to improve social, communication, and conversation skills in children and adolescents. Cost : \$590 (10 week program) 6/497 Burke Road, Hawthorn Phone: 9821 0581 www.blcspeech.com.au</p>
<p>Autism Behavioural Intervention Association (ABIA) ABIA trains, educates and supports parents, carers, and professionals working with children with Autism Spectrum Disorder. Our purpose is to raise awareness about Applied Behaviour Analysis - its scientific basis and potential positive life outcomes- and to promote it as the preferred method of care and treatment for children with Autism. Level 1, 121 Maling Rd, Canterbury Ph 9830 0677email info@abia.net.au / web www.abia.net.au</p>
<p>Knox</p>
<p>Irabina Autism Services Selecting the Right School, 23rd March 6.30 – 8.30 pm Disclosing the Diagnosis, 23rd February 6.30 -8.30 pm 193 Bayswater Road, Bayswater Contact: 9720 1118 or www.irabina.com</p>
<p>Autism Spectrum Australia 27th, 28th, 29th April Develop an understanding of Autism and how it impacts on learning and behaviour. Knox Civic Centre, 511 Burwood Hwy, Wantirna South Contact: 9377 6600</p>
<p>Mandarin Speaking Parent-Child Playgroup Mondays 1.30 – 3.00pm Irabina Autism Services, 193 Bayswater Road, Bayswater Cost: \$110 per session per family Contact: 9720 1118</p>
<p>Family Relationship Support for Carers - Counselling Services and Community Education EACH, 46 Warrandyte Road, Ringwood Contact: 1300 303 346</p>
<p>Social Skills After School Program Groups designed to support children with strong language and learning skills develop skills to become flexible social thinkers and social problem solvers. 45 mins. a week – 8 weeks in a school term. Cost: \$65 per session Contact: Irabina Autism Services on 9720 1118 or www.irabina.com</p>
<p>Employeease – Developing Skills for Independence Government Funded Training to earn an accredited qualification to help you achieve your goals. Programs across the east. Contact: 9761 2156 Based at 244 Dorset Road, Boronia</p>
<p>Dance Family An activity where the whole family can join in. For children aged 6 yrs. up with a disability and their families Bayswater Community Youth Centre, Cnr Station St & Pine Rd, Bayswater - every Monday during school term 10.30am,–12noon. Cost: \$10 per family per session Rosie 9758 7991 illoura@knox.vic.gov.au / Jenny 9259 4312 Psn-emr@bigpond.net.au</p>
<p>The Shop Front Provides info & support for families concerned about their children especially those with additional needs. 102 Station Street, Ferntree Gully. Contact Anne Peel on 9758 7747 or email theshopfrontFTG@gmail.com Visit www.theshopfrontFTG.com.au</p>
<p>My Time Supported Playgroup (0-6 years with additional needs) Scoresby West Family & Children Centre, Nevana Street, Scoresby. Mondays during term time from 9.30-11.30am. AND Alice Johnston Pre School, Ferntree Gully. Thursdays 9.30 am during school term No charge. Phone Sharon Bradford on 9298 8348 for details.</p>
<p>Playconnect Supported Playgroup (0-6 years with Autism) West Gully Family & Children Centre, Dobson Street, Ferntree Gully. Tuesdays during term time from 9.30-11.30am. No charge. Phone Sharon Bradford on 9298 8348 for details.</p>
<p>Wellington Care Centre (Relief Recovery Restoration-children specialists for Autism and Asperger's Syndrome) Cnr. Wellington Road and Le John Street, Rowville. Phone for details 9764 3738. www.wellingtoncarecentre.com.au / www.rowvillebaptist.org.au</p>
<p>Manningham</p>
<p>Autism Presentations - How do I choose the most fitting approach Thursday 7.00pm – 8.00pm (contact for date) Cost: \$10 per person AND Improving Information Processing and Managing Meltdowns Thurs 2nd June 7.00 – 8.30 pm Cost: \$10 p.p Park Orchards Community House, 572 Road, Park Orchards Contact: Rebecca Sanders 9876 4381</p>

Maroondah
<p>Maroondah Gifted Children's Parents' Association Morning coffee at MacDonald's, Maroondah Hwy, Croydon on first Wednesday of the Month at 10.30am. For further information regarding the Association phone Jennifer Grant 9779 4218 or Louise Howe 9801 2912.</p>
<p>Parent Support Network (Supporting parents, carers & families of children with a disability or special need) Yarraunga Community Centre, Croydon Hills. First Wednesday of the month 10.– 1 pm For further information and dates phone Jenny Salgo 9874 6205 or email psn-emr@bigpond.net.au</p>
<p>Autism – Siblings Group (for siblings of children of with Autism) Irabina, 193 Bayswater Road, Bayswater. Phone for details 9720 1118 (also see “regional” information).</p>
<p>Early Childhood Intervention Program (0-6 who have a delay in two or more development areas) 75 Patterson Street, Ringwood. For more information phone Bronwyn 9871 3964.</p>
<p>Family Relationships Service (for carers of disabled people) Eastern Access Community Health, 2/254 Canterbury Road, Bayswater. No charges. Phone 1300 303 346.</p>
<p>Ringwood Biala - Respite program for parents of children with additional needs 0- 6 years The program is designed to give parents one day to a week relief. www.bialaringwood.com Ringwood Uniting church, 2 Greenwood Avenue, Ringwood Contact: 9870 2335</p>
Monash
<p>Signposts for Building Better Behaviour A parenting program to help families manage the behaviour of children with developmental delay or disabilities. Krongold Centre, Monash University, Clayton. www.signposts.net.au for local groups</p>
<p>Connecting Teens – Social Group for Teens with Aspergers ASD/ADHD & similar traits Power Neighbourhood House, 54 Power Ave, Ashwood on Friday fortnightly afternoons during school term. \$80.00 per term. Phone Carol 9807 3589 or 0432 150 799.</p>
Whitehorse
<p>My Time Blackburn (Down Syndrome Vic) One Community Church, 184 Surrey Road, Blackburn on Fridays fortnightly from 10am-12pm. Phone Kerry Hands on 9486 9600 ext. 203.</p>
<p>Autism and Siblings Forum Thurs 26 April 7.30 -9.00pm Fee: \$5 Author and lecturer Donna Williams will share her expertise as an autism consultant. Mitcham Community House, 19 Brunswick Road, Mitcham Contact: 9873 4587</p>
<p>Parent Support Network (morning coffee) www.psn-emr.com.au Clota Cottage, 31 Clota Avenue, Box Hill. Phone for details Frances 0423 655 779</p>
<p>Burke and Beyond – The Next Step A service for young people who want to gain practical skills that will enable them to better participate in the community. Suite 1, 14-16 Blackburn Road, Blackburn Phone: 9886 1111 www.burkeandbeyond.org.au</p>
<p>Young Mums Group – Family Access Network, 1030 Whitehorse Road, Box Hill Contact: Beck on 9890 2673 RGranata@fan.org.au</p>
<p>Asperger Syndrome Support Network (Autism Spectrum Disorder) 54 Railway Road, Blackburn. 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. Visit www.assnvic.org.au</p>
<p>Autism Counselling Families Information Sessions-ASD and Anxiety for Families, Individuals and Professionals Family, children, teenagers and adult counselling. Home visits, monthly information sessions, 6 week parent education course, social skills, professional development and outreach to schools and home. Contact : Jo White at 212 Canterbury Road, Blackburn 0414 487 509 www.autismcounselling.com.au Parent Course – new diagnosis Starts 21st April – 26th May 6.00 – 7.30 pm Cost: \$300 (cost reimbursed through FACHSIA)</p>
Yarra Ranges
<p>HAGS (Happy Autism Group Support) Selby Community House (next to Minak Reserve via Charles Street, Selby). Monthly on Mondays from 9.30am-12.30pm. Phone Sara O'Connor on 9754 6405 for details.</p>
<p>Autism presentation by Donna Williams - Autism, friendships, relationships and independent living May 26th 7.00 – 9.00 pm Seville Primary School, Railway Ave, Seville Cost: \$5.00 Contact: 5964 4557</p>

<p>ASK Autism Spectrum Kids – social skills group for young people 10 -18 years 8 week program Starting 19 April - 7 June 4.30 – 6.00 pm Yarra Ranges Youth Services, 216 – 218 Main Street, Lilydale Contact: 9294 6716</p>
<p>Art of Meditation and Mindfulness for carers Mondays starting 18th April 10 – 12pm The Wellness Barn, 148 Basin Olinda Road, The Basin Contact: Villa Maria Catholic Homes Carer and Support Program 1300 971 720 Cost: FREE</p>
<p>Belgrave Parent Support Group Phone for details – Heike Reich 9752 5420 or email heikemagnus@yahoo.com.au</p>
<p>Weekend Extend Program (recreational program for people - 16 year and above - with disabilities Belgrave South Community House, Gilmore Court, Belgrave South. Either Saturday or Sunday from 10am–4pm or evenings. Cost: \$120 all included, funding available. Contact Lyn ph. 9754 2274 / bsch-extend@netspace.net.au</p>
<p>Healesville Early Intervention Groups (for children with developmental delays) 6 Vimy Ridge, Healesville. Contact Bronwyn 5962 4704 or visit www.each.com.au/services.</p>
<p>The Hills Autism Support Group (parents/carers with family member with ASD) Kiss the Sky Café, Clematis every 3rd Wed of month at 12.30pm. Informal coffee and lunch meeting. For details phone Barb on 5968 9014 or Lynelle 5968 4390.</p>
<p>My Time Supported Playgroups Healesville. EACH Community Health Wednesdays 10 am Contact Kerry Hands on 9486 9600 AND Mt. Evelyn. Mt.Evelyn SDS Thursdays 9.30 am Contact Kerry Hands on 9486 9600 AND Yarra Junction. Shire of Yarra Ranges Mondays 10 am Contact Genevieve O'Connor on 1800 171 882</p>
<p>Respite</p>
<p>Emergency After Hours Response Service (EARS) 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. 1800 727 280 After Hours only 5pm—9am weekdays. 24 hours on w/ends & public holidays www.annecto.org.au Ringwood office 9876 0133</p>
<p>Interchange Inner East (Boroondara, Monash, Manningham, Whitehorse) PO Box 262, Canterbury, 3126 Phone: 9836 9811 www.iie.org.au 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 include Host program, Adolescent Program, Young Adults Program, Paid Care Program. Phone if you are interested in volunteering or applying for a place.</p>
<p>Interchange Outer East (Yarra Ranges, Maroondah, Knox) 5-7 Yose Street, Ferntree Gully. Similar to above. Also school holiday and camp programs. Phone 9758 5522 or visit www.ioe.org.au</p>
<p>Eastern ReCharge Program Recharge Co-ordinator, 1300 472 673 recharge@scopevic.org.au C/- SCOPE–830 Whitehorse Road, Box Hill An innovative program providing community recreational respite opportunities for families & people with disabilities in Eastern Metro Region. www.scopevic.org.au</p>
<p>Extended Family Australia Companionship to children with disabilities and respite to their families. Volunteers trained and supported. Phone Eastern Box Hill 9275 6953 or visit www.extendedfamilies.org.au</p>
<p>RIDE (Respite Information & Development in the East) Info about respite services available to persons with a disability aged 0-64 years, living with primary carer & residing within Eastern Metro Region. Phone 1300 886 798 or email ride@yooralla.com.au Visit www.respiteeast.org.au</p>
<p>Commonwealth Carer Respite Centre Uniting Care Community Options—Respite and emergency care planning in Eastern region. Contact 1800 052 222</p>
<p>Respite for Carers supporting a person with a disability Support to parents and carers of a person with a disability, and support to people with a disability ages 6-64. Contact EACH , 46 Warrandyte Road, Ringwood Phone 9871 1800 / info@each.com.au</p>
<p>Holiday House Phillip Island - Ripples N Tonic will make your stay an experience to remember in a positive and holistic way. Go to www.ripplesntonic.com.au for more information or email relax@ripplesntonic.com.au</p>
<p>OMNI-Care http://omni-care.com.au/services/#tab-5</p>

APTO Croydon

<http://apto.com.au/pages/>

Care Choice

<http://www.carechoice.net.au/disability-services/services-we-provide/>

Biala Parent Respite Program

<http://www.biala.org.au/respite-and-support/>

HACC Programs [Home & Community Care] – contact your local council

Usually can provide a respite service for those with aged and disability needs

VULNERABLE AND ISOLATED PARENTS

Regional

Music Together (0-5 years)

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, Mitcham, Warrandyte, Box Hill, Balwyn East, Croydon, Hampton Park, Mooroolbark, Boronia, Blackburn, Heathmont.

Cost \$125 per family per Term (\$12.50 per week/family). Some subsidies available.

For general information contact Connections – 9871 0221 or contact groups directly details at

www.connections.org.au/musictogether

The MAT program – a therapeutic martial arts program for kids

“TESSA provides a range of active therapeutic programs and services that combine the principles of psychosocial development with those of somatic education in a format that engages young people to learn life skills and better manage challenges in their lives.”

Services available include support programs for young people and professional education.

Enquiries: Danielle Neilsen 9724 2936 <http://tessainc.org.au/>

In Home Childcare

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. You can find out which services offer In Home Child Care in your area by visiting the National In-Home Childcare Association website – www.australianhomechildcare.com.au (02) 6026 3899

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 8486 4232 or www.mifellowship.org

Respite Facility for Women

Help to nurture the spirit of each woman who comes into their care so that they can return home more confident and with plans to cope with the stresses of life and family. 69 Alto Avenue, Croydon Contact: 9723 6797 or

www.familycaresisters.com.au

SKY Program – VACRO

Counselling & Mentoring for children with a family member in contact with the criminal justice system.

1/116 Hardware St, Melbourne. Phone 9605 1900 for details / www.vacro.org.au

Boroondara

ARAFEMI (Workshops, seminars and support groups)

270 Auburn Rd, Hawthorn -Carer Help Line 1300 550 265 or call Jen on 9455 7990 or

recovery@mindaustralia.org.au

Knox

Murrindal Referral and Support Service

Murrindal Family Centre, Rowville one off sessions, consults, counselling, and support service by appointment Thursdays only Contact: Louise 0439 568 533 or 9721 3688 Anglicare Bayswater

Dance Family (movement to music for children aged 8-18 years with a disability)

Bayswater Youth Hall, cr. Station Street & Pine Road, Bayswater on Sundays during term time 10.30am-12pm.

Cost \$10 per session. Phone Rosie Dyson on 9758 7991.

Cooking Together

TLC Church, 265 Canterbury Road, Bayswater North on Thursdays 9.30am-1pm. \$3 per session. Phone 9729 6555.

Eastern Kinship Care Network

Glen Park Community Centre, 30 Glen Park Road, Bayswater Nth once a month Thursdays 12- 2pm stating 14th April Lilydale Lake Community Room, 435 Swansea Road, Lilydale Every 2nd Friday 10 – 12pm starts 22nd April

Ring Jessie Lobley at Anchor 9801 1999 for details kinship.info@anchor.org.au

Yarra Ranges

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 www.inspiro.org.au

Eastern Kinship Care Network

Glen Park Community Centre, 30 Glen Park Road, Bayswater Nth once a month Thursdays 12- 2pm stating 14th April Lilydale Lake Community Room, 435 Swansea Road, Lilydale Every 2nd Friday 10 – 12pm starts 22nd April
Ring Jessie Lobley at Anchor 9801 1999 for details kinship.info@anchor.org.au

Supported playgroup Sing, Play and create (for parents experiencing difficulties 6mths-3 years)
1624 Burwood Highway, Belgrave on Fridays from 10.00-11.30am. Cost: FREE
Phone Vicki at Inspiro CHS on 9757 8711

VULNERABLE AND ISOLATED PARENTS WEB SITES

http://www.raisingchildren.net.au/articles/families_with_vulnerabilities.html

www.rch.org.au/uploadedFiles/Main/.../PB18_Vulnerable_families.pdf

www.aifs.gov.au/cfca/pubs/papers/a142861/cfca09.pdf

http://www.community.nsw.gov.au/docswr/.../brighterfutures_disability.pdf

<http://www.dss.gov.au>

<http://www.familiescommission.org.nz/>

<http://www.barnardos.org.uk/>

<http://www.actionforchildren.org.uk>

www.healthystart.net.au: Healthy Start is a national capacity building strategy which aims to improve health and wellbeing outcomes for children whose parents have learning difficulties

DRUGS, ALCOHOL AND ADDICTIVE BEHAVIOURS

Counselling

SURe (Substance Use Recovery)

Individual & family counselling. Phone Intake & Assessment Worker at Knox 9721 3688. Mon-Fri 11am–3 pm.

Headspace Knox offers young people aged 12-25 confidential advice, support, and information. Services include: Mental health counselling and support, alcohol and drug services, vocational and educational support, general health services and group programs
2 Capital City Blvd, Knox Ozone, Contact: 9801 6088 www.headspace.org.au/knox

FADS Program (Family Alcohol & Drug Service)

Families with children up to 18 years where an adult has a drug or alcohol problem.
Phone Intake & Assessment Worker at Knox 9721 3688. Mon-Fri 11am–3 pm.

Eastern Drug & Alcohol Service (EACH)

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. <http://www.each.com.au/eastern-drug-and-alcohol-service-edas/> 1300 650 705

Regional

Alcohol and Other Drug Family Service (Catholiccare)

Professional counselling for individuals with problem drug use plus any or all members of family and extended family and friends. Therapeutic and educational groups for family members. Supported playgroups for families affected by alcohol and other drug use. Alcohol and other drug use assessment and referral to other agencies. Community programs aimed at supporting and strengthening families. 28 Brunswick Street, Fitzroy Phone 9962 3929
Evening appointments may be available. <http://www.ccam.org.au/ServicesCourses/FRS/AODFS.aspx>

Man Enough Workshops - Pornography awareness for men

We offer interactive talks and presentations to schools, business and community groups. Also one-on-one confidential programs. Contact: Hugh on 0456 224 803 or www.manenough.com.au

Family Drug Help

For people concerned about a relative or friend using alcohol or other drugs. Also provide Support Groups.
1300 660 068 - 24-hour helpline www.familydrughelp.com.au

Tobacco Free Clinic (specially trained staff for individual needs)

Health Promotion Unit, Eastern Health, Box Hill and Maroondah Hospitals. Cost \$24, \$15 conc.

Turning Point Alcohol & Drug Centre

Direct Helpline 1800 812 804. 24-hour drug & alcohol counselling, information and referral service. 8413 8413 for more information. www.turningpoint.org.au

Griefline Community & Family Services,

21 Ludwell Cres, Bentleigh East Sessions by appt. only and by donation. Contact: Catherine Cini on 9935 7444

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 1800 458 685.

Arbias Specialist ABI Services Victoria Assisting people with an acquired brain injury due to alcohol or drug misuse. 8388 1222 www.arbias.org.au

Boroondara

Drug Counselling (for individuals and families who live, work or study in Boroondara)

Inner East Community Health, 378 Burwood Road, Hawthorn. Adult counselling, homeless outreach. Phone 1800 778 278

Knox

Parent Support Group (for adults who are parenting people with drug and alcohol issues 8 weeks)

Anglicare Victoria, 666 Mountain Highway, Bayswater. Cost FREE Phone Faye 9721 3688

LYFT (Linking Young People & Families Together) Young People 12-21 years

Anglicare Victoria, 666 Mountain Highway, Bayswater. Working to reduce stresses at home and strengthen family relationships as a way of addressing the young person's problematic alcohol use. Phone Liz 9721 3688

<p>SURe (Substance Use Recovery) Individual, non-residential recovery and family counselling. Building B, 46 Warrandyte Road, Ringwood Phone Intake and Assessment Worker on 1300 007 873 or www.sureaod.org.au</p>
<p>FADS (Family Alcohol & Drug Service) Families with children up to 18 years where an adult has a drug or alcohol problem. Families with a young person up to 25 years who has a drug or alcohol problem. Phone Intake and Assessment Worker on 9721 3688, Mon-Fri 11am-3pm.</p>
<p>Drug & Alcohol Counselling Knox Community Health, 1063 Burwood Highway, Ferntree Gully. Phone for information 9757 6200.</p>
<p>Knox Tobacco Free Clinic Knox Community Health Service, Unit 1, 603 Boronia Road, Wantirna Wednesdays from 9am-5pm and 1063 Burwood Hwy., Ferntree Gully on Fridays Phone 9757 6200. Cost: \$20</p>
<p>Maroondah</p>
<p>SURe (Substance Use Recovery) Individual, non-residential recovery and family counselling. Building B, 46 Warrandyte Road, Ringwood Phone Intake and Assessment Worker on 1300 007 873 or www.sureaod.org.au</p>
<p>Tobacco Free Clinics Box Hill, Ferntree Gully, Ringwood, Yarra Junction and Healesville By appointment ring co-ordinator 0417 861 324 or 9871 3818. Cost \$5 per appt. www.TFCBookings@easternhealth.org.au</p>
<p>Mountview Corner House, 4 Mountview Street, Croydon 9723 2206 AIDS/Hepatitis info and support. Alcohol and drug service. Information and support. Pharmacotherapy substitute program</p>
<p>Monash</p>
<p>Addiction Recovery Service Is substance use becoming an issue in your family? Plus New Life Recovery Peer Support Group contact LINK Community and Health, Glen Waverley, Clayton and Oakleigh Phone Intake Line 1300 552 509 www.monashlink.org.au</p>
<p>Family Drug Help Support Group 2nd and 4th Tuesday of the month 6 – 7.45 pm Rear, level 1 Clayton Community Centre, 9 – 15 Cooke Street, Clayton Phone: Helpline 1300 660 068 or email fdh@sharc.org.au</p>
<p>Waverley Emergency Adolescent Care, Counselling, Family Therapy, accommodation, education, youth drug and alcohol, material aid and training specialist youth service. 156 Drummond Street, Oakleigh Contact: 9563 2275 or www.weac.org.au</p>
<p>Whitehorse</p>
<p>Tobacco Free Clinics Box Hill, Ferntree Gully, Ringwood, Yarra Junction and Healesville By appointment ring co-ordinator 0417 861 324 or 9871 3818. Cost \$5 per appt. www.TFCBookings@easternhealth.org.au</p>
<p>Eastern Health Alcohol & Drug Service Advice for anyone wishing to undergo withdrawal. Counselling, Overdose response program, Dual Diagnosis Phone 9843 1288 www.easternhealth.org.au</p>
<p>Eastern Health Mental Health Dual Diagnosis Team 43 Carrington Road, Box Hill. Phone for information on 9843 1288. www.easternhealth.org.au</p>
<p>Yarra Ranges</p>
<p>YSAS – Home Based Withdrawal for Youth Phone 1800 014 446 country freecall. www.ysas.org.au</p>
<p>Tobacco Free Clinics Box Hill, Ferntree Gully, Ringwood, Yarra Junction and Healesville By appointment ring co-ordinator 0417 861 324 or 9871 3818. Cost \$5 per appt. www.TFCBookings@easternhealth.org.au</p>
<p>SURe (Substance Use Recovery) Individual, non-residential recovery and family counselling. Building B, 46 Warrandyte Road, Ringwood Phone Intake and Assessment Worker on 1300 007 873 or www.sureaod.org.au</p>
<p>Salvation Army – The Basin Drug and Alcohol Service Basin-Olinda Road, The Basin. 9762 1166</p>

Rehabilitation for Alcohol and Drugs. Counselling. Residential mixed – work therapy. A therapeutic community program www.salvos.org.au

Maroondah Addictions Recovery (MARP) 17 Clarke Street. Lilydale 9737 6540
Supported accommodation, groups, activities counselling. www.marp.com.au

NOTICES AND FLYERS

Drug and Alcohol Program provided by AGENDAS

ANGLICARE VICTORIA'S GREATER EASTERN DRUG AND ALCOHOL SERVICE

FREE OF CHARGE SERVICES CAN BE ACCESSED VIA THE INTAKE WORKER ON 9721 3688 (MON-FRI)

	Target Group	Details	Eligibility	Referral method	Location/s
Drug Education Support Group Program	Individuals experiencing anxiety and/or depression and substance abuse	*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. *Includes an introduction to CBT and problem solving techniques	Knox and surrounding suburbs. No exclusion criteria.	Self-referral and/or referrals from GPs and other services	Bayswater
Linking Youth and Families Together (LYFT)	Families with a young person aged 12 to 21 who are using alcohol in a problematic way	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. Secondary consultation for other professionals	Outer Eastern suburbs The young person must be using alcohol. Will work with co morbid issues.	Self-referral and/or referrals from GPs and other services	Flexible, dependant on referrals
Parent Support Group program	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	Eastern Region No exclusion criteria.	Self-referral and/or referrals from GPs and other services	Flexible, dependent on referrals
Family Drug and Alcohol Service (FADS)	*Families where a parent has a substance abuse problem and the children are 18years or under *Families where a member 25 years of age or younger has a substance abuse problems	*Counselling for all the family members *Opportunities to develop strategies to tackle alcohol or drug problems *Focus on building family relationships that have suffered due to substance abuse *Secondary consultations for other professionals	Eastern Region No exclusion criteria. Will work with co morbid issues.	Self-referral and/or referrals from GPs and other services	Bayswater and Lilydale
Family to family Link Up (F2F)	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	*Links families together to share experiences *Education around substance abuse issues *Increases self-awareness and confidence *Reduces social isolation	Knox and Yarra Ranges No exclusion criteria.	Self-referral and/or referrals from GPs and other services	Bayswater and Lilydale

Cautious with Cannabis	Anyone interested in learning more about the impacts and effects of cannabis.	A 2 hour educational session on the effects and impacts of cannabis use	Knox and Yarra Ranges No exclusion criteria.	Self-referral and/or referrals from GPs and other services	Bayswater and Lilydale
Counselling	Individual adults and/or couples	Alcohol and Drug assessment, counselling, support, advice, information and referral. Community development and secondary consultation.	Knox and Yarra Ranges Will work with co morbid issues.	Self-referral and/or referrals from GPs and other services	Bayswater and Lilydale

CHILDREN AND ADOLESCENTS PROGRAMS

Regional

Supporting Children Through Counselling - Family Mediation and Counselling Service

FMC provides a range of services to support children and their families in understanding and managing difficult situations and the emotions and behaviours that come with it. FMC Child Counsellors support children aged between 5 to 18 years. Group sessions are also available and short courses in schools or at FMC premises.

Contact: Sally Clarke at Family Relationship Centre, 41 Stamford Rd Oakleigh
9564 6999 or chadstone@mediation.com.au

The MAT program – a therapeutic martial arts program for kids

“TESSA provides a range of active therapeutic programs and services that combine the principles of psychosocial development with those of somatic education in a format that engages young people to learn life skills and better manage challenges in their lives.”

Services available include support programs for young people and professional education.

Enquiries: 9724 2936 <http://tessainc.org.au/>

KIDS Help Line (for kids aged 5-25 years)

Free 24 hour telephone & online counselling service. To contact one of our counsellors call 1800 551 800.

For more information re Kids Helpline or Boys Town call 07 3368 3399 / 1800 551 800 / www.kidshelp.com.au

Bursting the Bubble – something not right at home?

www.burstingthebubble.com

Outdoor Experience Program (15-25 year olds)

The Bush Hut, 110 Studley Park Road, Yarra Bend Park, Kew. 4-6 weeks-no charge. Phone 9855 2633 for info
www.jss.org.au

Griefline Community & Family Services,

21 Ludwell Cres, Bentleigh East Sessions by appt. only and by donation

What About Me? Support for children who have had loss or a sibling with a disability. Contact: 9935 7444

YMCA Connect

A 5 day residential camping program designed for young people aged 9–16 years.

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

YMCA Connect is held every school holidays at various accredited campsites across Victoria.

For further information phone 9345 8022 / connect.victoria@ymca.org.au / www.vic-youth.ymca.org.au

Boroondara

Headspace Hawthorn – service for young people aged 12 – 25. Mental health, physical and sexual health, drug and alcohol counselling and education and employment services

Contact: 9006 6500 www.headspace.org.au/hawthorn

Knox

Knox Youth Group

Temple Society Community Hall, 51 Elizabeth Street, Bayswater Usually meet Friday evenings once a month 7.30 - 9.30 pm Contact: Susi 0400 764 257 for a full term program

Youth Information Centre (YIC)

Information and referral services for young people 10-25 years and their parents.

Knox Ozone (near Timezone). Monday – Thursday from 1-5pm. Phone 9298 8000.

VCAL (alternative to VCE for 16-20 year olds)

Pines Leaning, 1/520 Blackburn Road, Doncaster East. Phone for interview and information 9842 6726.

Headspace Knox offers young people aged 12-25 confidential advice, support, and information. Services include: Mental health counselling and support, alcohol and drug services, vocational and educational support, general health services and group programs

Cool Head - Anger Management Group for guys aged between 17 and 25 years

19th May – 23rd June 6.30 pm – 8.00pm Call Andrew on 9801 6088 Cost: FREE

2 Capital City Blvd, Knox Ozone, Contact: 9801 6088 www.headspace.org.au/knox

Maroondah

Youth and Technology – problematic use and strategies

EACH, 46 Warrandyte Road, Ringwood. Councils around Knox, Maroondah and Yarra Ranges.

Contact Jeremy Shub 9871 1802

Cool Kids for primary aged children with experience, or at risk of family violence and/or homelessness
Ringwood Nth Community House, 35 Tortice Dve. Ringwood Nth. Must make a referral to Angela Rousseau or
Susie Richards 8870 4040 Cost: FREE

Kids with Courage - 7 sessions aims to strengthen primary aged grades 3 – 6) children who are struggling at school, home or with peers. Parents and kids info night 28th April 7.30 pm. Program Thurs 5th May – 16th June 2 – 4pm Discovery Church, 89 Monbulk Road, Mount Evelyn Contact: 9736 2323
Cost: \$45 single child \$75 two or more

Youth Grief Support Group - for young people 13-25 years of age.
EACH Youth Hub, 46 Warrandyte road, Ringwood Normally 4th Wednesday of each month 5.30 pm – 6.45pm
Contact: Rosie Petschack 9871 1800 No cost

The Crew (young people disengaged from school and community and feel isolated)
Eastern Region, EACH Nunawading. Ongoing group Phone 9871 1802 for details.

MYS Volunteers (individually tailored volunteer program for 12-25 year olds)
EV's Youth Centre, 212 Mt Dandenong Road, Croydon. Monthly meetings, weekly individual catchy-ups. No charge.
Phone Melinda Jeffery on 9294 5705. www.maroondahyouthservices.com

Information Support and Referral (short term support for 12-25 year olds who live, study or work in Maroondah)
Monday to Friday 9am.-5pm. Also available by phone. Held at office or EV's Youth Centre. Phone Maroondah Youth Services on 9294 5705

EV's Lounge (social and recreational drop-in program for 12-17 years olds) 212 Mt Dandenong Road, Croydon
Qualified youth workers available. No charge. Held every Thursday during term time from 3.00-5.30pm.
Phone Mel Jeffrey on 9294 5705 www.maroondahyouthservices.com

EV's Shack (drop-in program for young people 18-25 years)
EV's Youth Centre, 212 Mt Dandenong Road, Croydon on Wednesdays during term time from 4.30-6.30pm. No charge. Phone Rachelle 9294 5700 www.maroondahyouthservices.com

Maroondah FreeZA Group (personal development program for 15-21)
A year long program. Group meets every 2nd Friday at EV's. Phone Kate McGreal Maroondah Youth Council Services on 9294 5703.

Monash

Supporting Children Through Counselling - Family Mediation and Counselling Service

FMC provides a range of services to support children and their families in understanding and managing difficult situations and the emotions and behaviours that come with it. FMC Child Counsellors support children aged between 5 to 18 years. Group sessions are also available and short courses in schools or at FMC premises.

Contact: Sally Clarke at Family Relationship Centre, 41 Stamford Rd Oakleigh
9564 6999or chadstone@mediation.com.au

Pride and Diversity – free service for young people aged 14 – 18 years who identify as gay lesbian bisexual or gender diverse. Contact: Reece Monash YFS 9518 3900 or 0417 023 739 or reeceg@monash.vic.gov.au

AND

PATS (paying attention to self) - a peer support program for young people (secondary school aged young people) that have a parent, carer or sibling that have mental health concerns. Contact: Tim Moran at MYFS 9518 3900 or Suzi Tsopanas at MI Fellowships 8873 2500

Connecting Teens (Social group for teens with Asperger's Syndrome)
Power Neighbourhood House, 54 Power Avenue, Ashwood. \$80 per term. Phone Carol Berger on 9807 3589.
Email Carol at office@powernh.org.au

Martial Arts Therapy and Life Skill Program for young people aged 14- 18 years
Monash Youth and Family Services, 14 Bogong Road, Glen Waverley Ring for details
Contact: Tim on 9518 3900

LINK Health and Community Service – Services - counselling and support for families, adults and young people experiencing emotional, social, behavioural or addiction problems Contact: 1300 552 509 www.monashlink.org.au

Whitehorse

Study Buddies (a homework club for children and young people)
Uniting Care East Burwood, 220 Burwood Highway, East Burwood
Wed during term time from 4.00pm-5.30pm. During school term No charge. Phone 9803 3400 for further details

CHAMPS MAT life skills program for children 8 – 12 who have a parent with mental health issues

Starts Wed 27th April (8 weeks) 4 – 5.30 pm “The Avenue” Blackburn Uniting Church hall, 46 Blackburn Road, Blackburn Contact: Bronwyn Sanders 9871 3988 or 0488 291 580

Cool Cookies - children aged 8 – 12 who have a parent with mental health issues and who have completed CHAMPS program Group held once a month starting 26th April 4.00 – 6.30 pm
Uniting Church Hall, 46 Blackburn Road, Blackburn Contact: Jasmine Corbo 8873 2510 or Bronwyn Sanders 9871 3988 or 0408 291 580

Mankind - for young men aged 14 – 16 who need support to enhance self-esteem and confidence, develop coping skills and resilience Starts Thurs 13 August 9.30 – 2.30 pm EACH, 6 Silver Grove, Nunawading Contact: Sean Rayner 9890 6833 or Julie Ritchie 8878 3807

Shine - for young women 14 -17 experiencing anxiety and/or depression which is affecting relationships
21st April – 26th May 9.30 am – 12 pm EACH, 14 Silver Grove, Nunawading
Contact: Tammy Moran 9871 1802 or Cathy Mason 9800 1499

Seasons for Growth- for primary aged (grade 4/5) children who have experienced significant change or loss such as death, separation, divorce and natural disaster. 29th April – 7th June 4 – 4.45pm
EACH, 10 Silver Grove, Nunawading Contact: Martine Henderson 0477 746 133

Youth ConneXions

Whitehorse Centre, 379 – 397 Whitehorse Road, Nunawading open 1 – 5 pm every day to drop in
Contact: Jules Piccinin 9898 9340

Cruzin Study Homework Program

Whitehorse Council Youth Services, Box Hill Library, 1040 Whitehorse Road, Box Hill Every Thursday during school term 4 – 6 pm Contact: Jacqueline Piper 9898 9340

Yarra Ranges

Shire of Yarra Ranges Youth Services

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 phone 9294 6716 / youthservices@yarraranges.vic.gov.au / www.yrys.com

Kids with Courage - 7 sessions aims to strengthen primary aged grades 3 – 6) children who are struggling at school, home or with peers. Parents and kids info night 28th April 7.30 pm. Program Thurs 5th May – 16th June 2 – 4pm Discovery Church, 89 Monbulk Road, Mount Evelyn Contact: 9736 2323
Cost: \$45 single child \$75 two or more

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. To get involved contact Yarra Ranges Youth Services 1300 368 333

ASK (Autism Spectrum Kids)

A free social skills group for young people 10 -18 years who have ASD Contact: Youth Services Lilydale 1300 368 333 for further details

Peaceful Warriors – a 20 week program which aims to build positive relationships between men and boys.

Anglicare, 47 Castella Street, Lilydale Contact: Damien Litchfield on 9735 4188 for further details

Looking for help for a young person in your care?

Search for accommodation, parenting, counselling, health, educational and financial support from organisations that can support you and the young people in your care. Visit www.nowrongdoor.com.au – free site to search enabling you to be informed about what help is available.

find support for
young people including
counselling, drugs & alcohol, education,
financial assistance, housing
and more...



Youth Services Directory

www.nowrongdoor.com.au

OTHER COMMUNITY SUPPORT GROUPS

Community Information and Support Centres / Citizen Advisory Bureau

CARE CONNECT

Aged care and disabilities-adults and children. Offers case management and brokerage.
Early Choices 0-5 yrs. / Making a Difference 5-18 yrs. & 18+ yrs. / Linkages-Adults Intake worker: 1800 116 166

CENTRE AGAINST SEXUAL ASSAULT

Eastern Region - 9am-5.30pm Mon-Fri. 9870 7330
For non-offending parents of sexually abused children. Survivors of recent or past sexual assault.
Crisis counselling State-wide phone 9635 3600 - 24 hours / 1800 806 292 - outside metro.

CITIZEN'S ADVICE BUREAU

Ringwood and Croydon (Maroondah) Phone 9870 3233 and 9725 7920
Uniting Care East Burwood Centre Phone 9803 3400
Monash Oakleigh Community Information Phone 9568 4533
Box Hill Whitehorse 9285 4801
Lilydale Assist Yarra Ranges Phone 9735 1311
Knox InfoLink, 186 Boronia Road, Boronia (Knox) Phone 9761 1325
Information Warrandyte (Manningham) Phone 9844 3082

CITY LIFE COMMUNITY CARE - KNOX

1248 High St Rd, Wantirna South. Counselling, play therapy (for children), Speech Pathology.
Phone 9871 8300 visit www.citylife.org

FAMILY PLANNING VICTORIA www.fpv.org.au

ISLAMIC WOMEN'S WELFARE COUNCIL OF VICTORIA

Phone 9481 3000 / Fax 9481 3001 / www.islamicwomenswelfare.org.au / Email – iwwcv@vicnet.net.au

LIFEWORKS

Hawthorn, Lilydale, Bayswater. Fees are based on ability to pay.
Phone Melbourne office for information and appointments – 8650 6200 / www.LifeWorks.com.au

MIGRANT INFORMATION CENTRE (MIC)

Regular newsletter of local events & services. Suite 2, Town Hall Hub, 27 Bank St, Box Hill.
Phone 9285 4888 / www.miceastmelb.com.au

RELATIONSHIPS AUSTRALIA

Fees according to income, counselling for individuals, couples, families, children regarding relationship issues.
83 Boronia Road, Boronia 9725 9964. Contact Reception or Team Leader on 1300 364 277 /
www.relationships.org.au

