

Bookings

Bookings are essential, you can register by phoning our office in Preston on 8470 9999 and ask for Parentzone or email us at parentzone.preston@anglicarevic.org.au.

Childcare

Unfortunately, we are unable to provide childcare.

Costs

All our services are free of charge.

Venue

All groups are delivered in the Northern region.



Parentzone Northern Region
Anglicare Victoria
Ph: 8470 9999

Email: parentzone.preston@anglicarevic.org.au

Parentzone Northern Region

Parentzone is the regional parenting service for the northern region and funded by the State Department of Education & Early Childhood Development (DEECD), and the Australian Government Department of Social Services (DSS).

It is part of the Anglicare Victoria network of Family Services in the northern suburbs. We provide information and support for parents and caregivers of children of all ages, from babies through to young adults.

Our Group Facilitators

All our facilitators are trained professionals, highly skilled group workers, and use a variety of approaches.

Further information is available on our on-line newsletter at anglicarevic.org.au/helping-parents



Parentzone Northern Region Parenting Programs & Seminars 2014



Parentzone Northern Region Parenting Programs 2014

TERM 1

Bringing Up Great Kids

- using mindful parenting.

This 6 week program explores the use of reflection to support parents to improve communication with their children and to encourage their development of positive self-esteem.

Tuning in to Teens.

This 6 week program based on emotional intelligence looks at enhancing family relationships through tuning in to the emotions of our adolescent children.

Parenting After Violence.

This 4 session program is for women who are dealing with the effects of parenting their children after (or during) family violence. Sessions can be either taken as a series or women can elect to attend any of the four.

Parenting Fundamentals.

A 4 to 6 week practical parenting program for parents of young children from birth up to 12 years. Includes child development, behaviour, discipline and strengthening family relationships.

Siblings without Rivalry.

This introductory session will look at the practical tools needed to cope with conflict and encourage cooperation.

Parenting Strategies to Help Kids who Worry too Much.

This session will provide an opportunity to think about how to best support your child who worries.

TERM 2

Talking to Teenagers.

This 4 week program focusses on adolescent development, enhancing communication, setting limits and boundaries.

Tuning in to Kids.

A 6 week program designed to help parents to coach their children in understanding and managing their emotions.

Tuning in to Teens.

This 6 week program based on emotional intelligence looks at enhancing family relationships through tuning in to the emotions of our adolescent children.

How to Talk so Kids Will Listen and Listen so Kids Will Talk.

This session will look at practical ways of improving communication between parents and children.

Dealing with Bullying by Building Resilience.

This session looks at various types of bullying and explores ways that parents can support their children by building strength and resilience.

TERM 3

Peer Support for Parents with a Mental Illness.

A 6 session parenting program that offers an opportunity for mothers and fathers to safely share common experiences.

Bringing Up Great Kids.

- using mindful parenting

This 6 week program explores the use of reflection to support parents to improve communication with their children and to encourage their development of positive self-esteem.

Parenting Fundamentals.

A 4 to 6 week practical parenting program for parents of young children from birth up to 12 years. Includes child development, behaviour, discipline and strengthening family relationships.

Tuning in to Teens.

This 6 week program based on emotional intelligence looks at enhancing family relationships through tuning in to the emotions of our adolescent children.

Emotional Intelligence.

This introductory session looks at emotional intelligence and how we can tune in to our kids to help them manage their emotions.

Parenting after Separation.

This 6 week program explores how to adapt to parenting following a separation and how to manage the many challenges that are presented.

TERM 4

Tuning in to Kids.

A 6 week program designed to help parents to coach their children in understanding and managing their emotions.

Talking to Teenagers.

This 4 week program focusses on adolescent development, enhancing communication, setting limits and boundaries.

Parenting Fundamentals.

A 4 to 6 week practical parenting program for parents of young children from birth up to 12 years. Includes child development, behaviour, discipline and strengthening family relationships.

Making the most of the Preschool Years.

This session explores the development, behaviour and identity in children aged 0 - 4.

Breaking the Cycle.

This introductory session will look at the issues facing parents with an adolescent who is violent in the home.

Dates, times and venues to be confirmed, please ring 8470 9999 for further details