

Term 4, 2012

Parents Events Calendar

<p>Purpose</p>	<p>The Parents Events Calendar is a resource for parents, carers and families with children aged 10 to 25 years that identifies and promotes initiatives in the local community which supports and meets their needs by enhancing their abilities to best support local young people across the Bayside, Glen Eira and Kingston region. The resource is produced as an electronic calendar that is hosted by the BGK LLEN, as well as a PDF version which is produced at the beginning of each school term.</p> <p>To view the electronic calendar, please visit the Bayside Glen Eira Kingston Local Learning and Employment Network's (BGK LLEN) website at http://www.bgkllen.org.au/events.html which outlines the supports that are available for parents, carers and families in the region. Please feel free to reproduce the information in this calendar in your own communications, such as newsletter, bulletins and websites. We also encourage you to promote our website to parents and families.</p>
<p>Developers</p>	<p>This calendar is an initiative of the 'Working with Parents Network (Bayside, Glen Eira and Kingston)' made up of representatives from: Bayside City Council; Berendale School; BGK LLEN; City of Glen Eira; City of Kingston; Department of Education and Early Childhood Development (DEECD); Family Life; School-Focused Youth Service; and Youth Connect.</p>
<p>Information</p>	<p>For more information or to promote your parents initiative in this calendar please contact: Suzanne Bray BGK LLEN (Bayside Glen Eira Kingston Local Learning and Employment Network) P: 9584 8845 E: suzanne.bray@bgkllen.org.au</p> <div style="text-align: right;">  </div>

Category: Parents, Carers and Family Workshops and Information

Program Name	Dates and Time	Venue	Overview of Program	Target Group	Cost	Contact Details
Community PACTS: Parents As Career Transition Support Disability Focus	Wednesdays 3 rd October 10 th October 6.30pm to 8.30pm	Youth Connect Level 3 1001 Nepean Hwy Moorabbin	Community PACTS is a workshop for parent, carers and grandparents or anyone who wants to support a young person with education and career direction and decisions. Find out about the education and training pathways available and support services for young people when they leave school. This workshop will have a disability focus.	Parents, carers and grandparents with adolescents	Free	N: Michelle Peterson O: Youth Connect P: 8306 6300 E: m.peterson@youthconnect.com.au
ABCD Parenting Young Adolescents	Tuesdays October 9 th October 16 th October 23 rd October 30 th 12.30pm to 3.00pm	Kingston Youth Services Southland Shopping Centre Karen Street Carpark Cheltenham	This is a program for parents and carers of children who are about to enter their teenage years. The program will assist parents with understanding the challenges their children face, provide strategies to help parents learn new skills and build confidence in raising adolescents, as well as assist parents with an understanding of their own approach to parenting. The program will help improve communication, negotiate boundaries, problem solving, set limits, deal with risky behaviour and self care.	Parents and carers of adolescents aged 10 to 14 years.	\$20 per person	O: Kingston Youth Services P: 1300 36 94 36 Bookings are Essential (Registrations Close 21 st September)
Parent Information Night “Anxiety and Depression in Teens”	Tuesday 9 th October 7.30pm to 9.00pm	Glen Eira City Council Town Hall Theatrette Corner Glen Eira and Hawthorn Rds Caulfield	Glen Eira City Council Youth Services will host a parent information night on “Anxiety and Depression in Teens”. Guest speaker Dr Sally-Anne McCormack will discuss anxiety and depression and how these issues effect young people. Dr McCormack is a clinical psychologist and has a specific interest in the prevention and treatment of depression in children and adolescents and the unique difficulties that gifted students face in their schooling and personal lives. In her practice, she regularly counsels parents with issues they face raising their children and teens. This event will coincide with Mental Health Week.	Parents and Community Members	Free	O: Glen Eira Youth Services P: 9524 3676 Bookings are Essential
Who’s In Charge	Tuesdays October 9 th to December 4 th (Excluding 6 th November) 7pm to 9pm	Family Life 197 Bluff Road Sandringham	“Who’s In Charge” is an 8 week program for parents and carers of young people aged 10 to 18 years who are beyond control, violent or defiant. The group aims to provide a supportive environment while providing strategies to help parents and carers manage their child’s behaviour. The program will help parents and carers feel more in control and less stressed.	Parents, grandparents and carers of adolescents aged 11 to 18 years.	Gold coin donation	N: Lorraine Timmins O: Family Life P: 9782 7800 Bookings are Essential

Category: Parents, Carers and Family Workshops and Information (Continue)

Program Name	Dates and Time	Venue	Overview of Program	Target Group	Cost	Contact Details
Community PACTS: Parents As Career Transition Support	Friday 19 th October 1.00pm to 3.00pm	Youth Connect Level 3 1001 Nepean Hwy Moorabbin	Community PACTS is a workshop for parent, carers and grandparents or anyone who wants to support a young person with education and career direction and decisions. The session will provide an overview of the education and training pathways available to young people, such as VCE, VCAL and TAFE.	Parents, carers and grandparents with adolescents	Free	N: Mary Licciardo O: Youth Connect P: 8306 6300 E: m.licciardo@youthconnect.com.au
Peaceful Parenting Workshop	Monday 29 th October	Family Life 197 Bluff Road Sandringham	This workshop for parents of children aged between 5 and 16 years will cover topics, such as positive reinforcement, emotionally dismissive parenting, modelling behaviour, effective listening, self care and meltdown mapping. Participants are able to share their concerns and engage in an open discussion of what works and what doesn't work.	Parents	Free	O: Family Life P: 9770 0341 E: info@familylife.com.au Bookings are Essential
Community PACTS: Parents As Career Transition Support	Wednesday 31 st October 6.30pm to 8.30pm	Youth Connect Level 3 1001 Nepean Hwy Moorabbin	Community PACTS is a workshop for parent, carers and grandparents or anyone who wants to support a young person with education and career direction and decisions. The session will provide an overview of the education and training pathways available to young people, such as VCE, VCAL and TAFE.	Parents, carers and grandparents with adolescents	Free	N: Mary Licciardo O: Youth Connect P: 8306 6300 E: m.licciardo@youthconnect.com.au
Support Your Teen "Party Safe"	Wednesday 14 th November 6.30pm for a 7pm Start	Elwood College 101 Glenhuntly Road Elwood	Elwood College in collaboration with the City of Port Phillip will host an ongoing series of free evening forums for parents of school aged children from Grade 5 to Year 12. Speakers to include police, ambulance and drug and alcohol service providers.	Parents of school aged children from Grade 5 to Year 12 who are connected with the City of Port Phillip	Free	O: Elwood College P: 9531 9566 E: elwood.co@edumail.vic.gov.au Bookings to Elwood College
Secondary School Conversations	Friday 23 rd November 10am to 12pm	Youth Connect Level 3 1001 Nepean Hwy Moorabbin	Secondary School Conversations is a workshop for parents with children in Primary School Grades 4 to 6 who are keen to find out more about the Secondary School system including, VCE, VCAL and VET.	Parents, carers and grandparents of children at Primary School in Grades 4 to 6	Free	N: Mary Licciardo O: Youth Connect P: 8306 6300 E: m.licciardo@youthconnect.com.au

Category: Support Groups						
Program Name	Dates and Time	Venue	Overview of Program	Target Group	Cost	Contact Details
PFLAG Parents and Friends of Lesbians and Gays	The fourth Tuesday of the month October 23 rd November 27 th 7.30pm	Sol Green Community Centre Corner Montague and Coventry Streets South Melbourne	PFLAG is a support group of parents of lesbians and gays who provide support for other parents, families and friends. The meetings are an opportunity for people with similar experiences to meet in a friendly and non challenging environment to learn from one another and help other people. Guest speakers are also invited to attend some of the meetings.	Parents of lesbians and gays	Free	O: PFLAG P: 9660 3960 (This is a message bank and is checked daily) W: www.pflagvictoria.org.au
Parents Support Group	Every Thursday during the School Term 10.30am to 12pm	Chelsea Maternal Child Health Centre Corner Thames Promenade and Station Street Chelsea	The group is an opportunity for parents and carers to meet other parents in the area and to meet Family Support staff in a fun and relaxed atmosphere. Weekly activities and guest speakers are provided. Group calendar is available upon request. Pre-schoolers are welcome to attend with parents.	Parents and carers of children aged birth to 18 years who live in the City of Kingston.	Free	O: Kingston Family Support P: 9581 4860
Clarinda Parents' Group	Every Thursday during the School Term 1.00pm to 2.30pm	Clarinda Community Centre 58B Viney Street, Clarinda	The group is an opportunity for parents and carers to meet other parents in the area and to meet Family Support staff in a fun and relaxed atmosphere. Weekly activities and guest speakers are provided.	Parents and carers of children aged birth to 18 years who live in the City of Kingston.	Free	O: Kingston Family Support P: 9581 4860
OzChild Kinship Care Support Group	One Friday per month 10am – 12pm	Highett Neighborhood Community Centre 2 Livingston Street, Highett	This is an ongoing support group for kinship carers who are caring for a child. The focus is on kinship care issues such as legal, Centrelink, parenting and personal support.	Kinship carers, such as grand parents	Free	N: Sue Gale O: OZ Child P: 9212 5600

Category: Support Groups (Continue)						
Program Name	Dates and Time	Venue	Overview of Program	Target Group	Cost	Contact Details
Grandparents Support Group	Fridays October 19 th November 16 th 12pm – 2pm (lunch is included)	Southern Cross Community Centre Corner Pine Street and Chesterville Road Cheltenham	Support group for grandparents who are the primary carer for their grandchildren. The group will explore such topics as: 'what are the issues facing grandparents raising children today?', 'where can you find information?', 'what services can assist me and my grandchildren?' Come along and join the group to share and learn from other grandparents.	Grandparents who are the primary carer for their grandchildren	Free	N: Amy Street O: Youth Xpress P: 1800 609 889 E: amys@taskforce.org.au

Category: Young Mums Support						
Program Name	Dates and Time	Venue	Overview of Program	Target Group	Cost	Contact Details
Young Mum's Supported Playgroup	Every Wednesday during the School Term 1.30pm to 3pm	Hihett Maternal Child Health Centre Community Room Livingston Street, Hihett	The playgroup aims to support and strengthen families to make positive connections within both their family group and community.	Mothers under the age of 25 years with children up to five years.	Free	O: Bayside City Council Maternal and Child Health Service P: 9599 4755 Bookings are essential
Young Mum's Group	Wednesdays during school term 1pm to 3pm	Glen Eira Youth Service 86 Robert St, Bentleigh	The program is designed for young mums who may feel uncomfortable accessing other mothers groups. It is an opportunity for young mums to build their social support networks and provide opportunities for their children to play and build social skills. The program provides support and advice from youth workers, maternal child health nurses and other health care professionals.	Mums aged up to 25 years who have a connection to Glen Eira Youth Service.	Free	N: Rachael Kegen O: Bentleigh Bayside Community Health Service P: 9575 5310 M: 0438 538 199 E: r.kegen@bbch.org.au N: Bree Cross O: Glen Eira Youth Services P: 9524 3676 E: bcross@gleneira.vic.gov.au Bookings are essential

Category: Counselling and Support (one on one)

Program Name	Dates and Time	Venue	Overview of Program	Target Group	Cost	Contact Details
Child FIRST (Family Support)	Appointment	Office, home or alternative venue	<p>Child FIRST links children, young people and their families requiring support into appropriate and relevant services, and provides information and advice. This program can assist parents and families to join groups, such as playgroups, young mums and dads groups, parent education groups, volunteer and mentoring support programs and social support groups.</p> <p>Child FIRST Family Life is the contact office for Kingston, Bayside, Glen Eira, Stonnington and Port Phillip.</p>	Parents and families requiring support	Free	O: Family Life P: 1300 367 441
Adolescent and Family Counselling Service	Appointment	Youth Connect Level 1 1001 Nepean Hwy Moorabbin Outreach services may be provided if necessary	Youth Connect provides an Adolescent and Family Counselling service, delivered by a registered psychologist for young people and their families. The aim is to empower and support individuals and families to work towards overcoming any issues, and increase quality of life and wellbeing.	Adolescents, parents and family members	Bulk Billed (where Mental Health Care Plan is in place)	N: Gabrielle Pegrem O: Youth Connect P: 8306 6300 E: g.pegrem@youthconnect.com.au
Adolescent and Family Counselling	Appointment	Peterson Youth Centre Corner Peterson Street and Highett Road, Highett A mutually agreed venue can be arranged	Counselling and individual support is available for young people aged 10 to 25 years and their families who live, work, study or have ties in the Bayside municipality. Counselling and support can focus on relationships, school, friendships, parenting, home, work, as well as mental health issues such as depression and anxiety.	Adolescents, parents and family members	Free	O: Bayside Youth Services P: 9599 4622
Family Mediation and Counselling	Appointment	Family Mediation Centre 1001 Nepean Hwy Moorabbin	This program offers mediation and counselling to families to address issues affecting the wellbeing of children and parents. Issues may include difficulty communicating between adolescents and parents; family separation; mental health issues; school and friendship issues; drugs and alcohol.	Parents and Adolescents	\$30 for the intake appointment, then according to income level and negotiable.	N: Sarah Anderson O: Family Mediation Centre P: 9556 5333

Category: Respite

Program Name	Dates and Time	Venue	Overview of Program	Target Group	Cost	Contact Details
Home Based Care Respite Program	As required	Available upon request	The program provides support to parents who do not have support by offering family services.	Parents and families with children up to 17 years	Free	N: Kate Sullivan O: MacKillop Family Services P: 9699 9177
Respite South Website	Not Applicable	Not Applicable	<p>The Respite South website provides information about disability respite and recreation services in the southern metropolitan region in Melbourne.</p> <p>Key features include a comprehensive news and events listing with a strong focus on disability respite and recreation options; a library with an extensive range of information and resources; and the Respite Finder, a searchable directory of disability respite and recreation services across Victoria.</p>	Parents, carers and families of a person with a disability and people with a disability.	Free	<p>W: www.respitesouth.org.au</p> <p>Please use the contact page on the website. Sign up to the free weekly 'e newsletter'</p>