

Raising children and young people 2024

**FREE
programs**



**City of
Whittlesea**

Programs and short courses for parents
and carers of children of all ages



*City of Whittlesea
recognises the rich
Aboriginal heritage of this
country and acknowledge
the Wurundjeri Willam Clan
and Taungurung People
as the Traditional Owners
of lands within the City of
Whittlesea*

Children and Families

25 Ferres Boulevard,
South Morang

For more information visit
the individual trybooking
link for the program, email
familytraining@whittlesea.vic.gov.au
or call us on 9217 2170.

All events are FREE

Booking is required.

Contents

Children and Families

Whittlesea Family Day Care	05
Education and Engagement	05
Early Years CALD Outreach Program	06
Playgroups	06
Pop Up Playgroups	08
Early Years Playgroups and Parenting Programs	08
Kindergarten Central Application Scheme	10
Immunisation	11
City of Whittlesea Youth Service	11
Maternal and Child Health (MCH) Service	12
Enhanced Maternal and Child Health (EMCH) Service	12
Sleep and Settling Outreach Service	12

Early Parenting Program

First Time Parent Group	13
Drop in Services	13
Sleep and Settling	14
Big Group Hug	14
Kids First Promoting First Relationships	15
Yarra Plenty Regional Library	16
City of Whittlesea Branches	

February

Kinder application help sessions	17
CALD outreach pop up	18
Parents building solutions teens	19
Managing children who worry	19
Tuning in to kids	19
Toilet training	20
Is this teenage angst or a bigger problem?	20
Read, play and connect	21
My child doesn't want to go to school – What do I do?	21
Raising resilient teens	22
Student support group meetings	22

March

Parental self care	23
The Youth Development Team	24
Community Youth Services Expo	
Pop up playgroup	25
Dealing with preschool behaviours	26
Early Literacy – getting ready to read	26
Communication development for children 0-3 years of age	27
Raising resilient kids	27
Social media and the online space	28
First steps to support and connection	28

April

CALD outreach pop up	29
Pop up bush playgroup	30
Read, play and connect	30
Dealing with preschool behaviours	31
Circle of security parenting™	31
Circle of security parenting™ - Dads	32
Nature discovery walk	32
Bringing up great kids	33
Advocating at school	33

May

Tuning in to teens	34
Big kids, big problems; supporting the mental health and emotional wellbeing of young adults	34
Bringing Up Kids Expo	35
Fuelling up like a superhero: The power of nutritious meals for kids!	36
Managing screen time	36
Teens and beyond	37

June

Kinder application help sessions	38
Nourishing little people and oral health care	39
Read, play and connect	39
Early literacy – getting ready to read	40
Raising resilient kids	40
Successful secondary years	41

July

Circle of security parenting™	41
Parenting in Australia	42
Childhood development	42

August

Living with autism	43
Managing teens who worry	43
National Aboriginal and Torres Strait Islander Children's Day	44
CALD outreach pop up	46
Parenting toddlers' information session	46
Read, play and connect	47
Supporting children to be preschool ready	47
The Youth Development Team Community Youth Services Expo	48
Food adventures for sensory superheros	49
Toilet training	49

September

Supporting your child's development and referral pathways	50
Promoting positive relationships and sexual health	50
Sleep and Settling	51
Bringing Up Kids Expo	51

October

Read, play and connect	52
Managing screen time	52
Helping our children transition from kinder to primary school - Arabic speaking	53
Tuning in to teens	54
Circle of security parenting™	54
Nourishing little people and oral health care	55
Supporting the transition to secondary school	55

November

Setting the foundations for a healthy headspace	56
Supporting the transition to primary school	56
Managing children who worry	57

December

Read, play and connect	57
------------------------	----

Children and Families



Whittlesea Family Day Care

📞 9217 2170

✉️ famdaycare@whittlesea.vic.gov.au

City of Whittlesea Family Day Care is a network of selected and approved educators offering a quality, personalised and monitored home based childcare program for children. Our service has been consistently rated as Exceeding the National Standards and our educators strive to provide a safe, nurturing and educational environment for the children in their care. Our qualified staff collaborate with the educators and families to build strong connections and relationships.

For more information about becoming a Family Day Care Educator visit www.whittlesea.vic.gov.au/familydaycare



Education and Engagement

📞 9217 2170

✉️ familytraining@whittlesea.vic.gov.au

City of Whittlesea Education and Engagement Facilitator liaises with the early years and youth services sector to strengthen agency linkages and enhance service outcomes.

The Education and Engagement Officer's role includes:

- Identify, implement and review education and training programs for parents, young people and professionals
- Supporting children's consultation by working in partnership with the agency or service
- Implementing the endorsed charter Victorian Child Friendly Cities and Communities across the City of Whittlesea.



Early Years CALD Outreach Program

☎ 9217 2170

✉ fet@whittlesea.vic.gov.au

This program provides support to families of culturally and linguistically diverse (CALD) backgrounds in accessing and participating in early childhood education and other early years programs and services. The team has dedicated CALD Outreach workers who provide direct support to parents/carers with:

- **Registration and enrolment** of children starting in 3 and 4-year-old Kindergarten
- **Supporting attendance** in 3 and 4 year old Kindergarten
- **Referrals to other early childhood and support services** in their local area, such as community and supported playgroups and Maternal and Child Health
- **Transition from kindergarten to school support** for children and families.

We offer free interpreting services to all families for support throughout their engagement with the CALD Outreach worker. Families can self-refer to this program.



Playgroups

☎ 9217 2170

✉ playgroups@whittlesea.vic.gov.au

Playgroups provide an opportunity for parents and carers to come together in a local space with their babies, toddlers and preschool age children. It is a chance to assist their children to learn through play and connect with other families and services within the local community.

Community Playgroups

There are a range of Community Playgroups being delivered across the City of Whittlesea. Playgroups are low cost and held in a local venue which is a relaxed setting that can support children and their families to be more connected to their community, whilst offering a range of valuable early learning opportunities.

The link below can assist you in finding a playgroup located near you:
www.whittlesea.vic.gov.au/playgroups



Supported Playgroups

Supported playgroups are delivered by early years or social work professionals. These playgroups provide additional support for families and children that attend their programs. They have a key focus, for example supporting children and families with a disability or has eligibility criteria dependent on the group.

Council Supported Playgroups

Strengthening parent child relationships

**Eligibility criteria*

Various locations across the City of Whittlesea

Mikhala Porter

☎ 9217 2170

Early learning is fun: Play and learn playgroups nurturing relationship

**Eligibility criteria*

Epping, Lalor

Nicole Ducat

☎ 0429 087 761

Jindi Playgroups

For local parents to make connections

Mernda

Liz Genez

☎ 0482 162 398

Free to Be Me

Inclusive support group, free from judgment

Mernda and Mill Park

Liz Genez

☎ 0482 162 398

MyTime

For parents and carers of a child with a disability, chronic medical condition or other additional needs

Mill Park

Karen Allen

☎ 0411 523 187

Play Connect

For preschool aged children with autism or autism like behaviours

Thomastown

Cheryl Pane

☎ 0431 891 541

Aurora Intervention

Early Learning Group Supported Playgroup for parents / carers of children who are deaf or hard of hearing.

Thomastown

Catherine/Melissa

☎ 0439 383 853

The City of Whittlesea Playgroup Support and Development team can provide advice and support on:

- Finding and joining a local playgroup
- Starting a new playgroup
- Planning and running a playgroup
- Accessing Council's Supported Playgroup program
- Joining the online Whittlesea Playgroup Network.



Pop Up Playgroups

Pop up playgroup sessions will be scheduled in different locations throughout the year and advertised on the City of Whittlesea website.

For information about local playgroups, please visit Council's website or contact our office. Alternatively, you can contact Playgroup Victoria on **1800 171 882** or visit **www.playgroup.org.au**



For more information on what playgroup is all about, you can find a wealth of information on the Playgroup Victoria **www.playgroup.org.au/for-families/all-about-playgroup**



Early years Playgroups and parenting programs

Various programs available during school terms in 2024 at:

Jindi Family and Community Centre
48 Breadalbane Avenue, Mernda
Contact **JindiEarlyYears@bsl.org.au** to enrol.

Play and Grow Supported Playgroups

Tuesdays and Thursdays 10am - 11:30am

Facilitated playgroups for parents and their children to learn and grow together through play-based activities.

Facilitated by Jacqui Curcio and Solene Gueben – Brotherhood of St Laurence

Free to Be Me

Wednesdays 10:45am – 11:45am

For parents and their children 2-6 years

An inclusive support group for parents and their children that require additional support including play based activities in a friendly welcoming environment.

Facilitated by Liz Genez and Zoe Brown – Brotherhood of St Laurence and Goodstart Early Learning

Little Learners

Monday 10:30am – 11:30am
(Terms 2 – 4)

A Playgroup for 3 and 4 year old Kindergarten children to support skills in social and emotional learning, school readiness skills, in play-based environment.

Facilitated by Solene Gueben – Brotherhood of St Laurence

Jindi Juniors

Tuesdays 1pm – 1:45pm

A music group for parents and their children aged 0-5 to learn and grow together through songs, rhymes, movement and musical instruments!

Facilitated by Lauren Hansen and Liz Genez – Brotherhood of St Laurence

Baby and Toddler Time

Monday 9:30am – 10:15am

A fun supportive group for parents and their babies aged 0-18 months to come together to share in play activities and connect with other local parents and carers.

Facilitated by Liz Genez – Brotherhood of St Laurence

Triple P Baby

Monday 10:30am (Term 1)

A 4 week evidence based parenting program for parents to support their baby's emotional wellbeing.

Berry Street and Brotherhood of St Laurence

Tuning in to Kids

Monday 12pm – 2pm (Term 1)

An 8 week evidence based parenting program for parents and carers.

Berry Street and Brotherhood of St Laurence



Kindergarten Central Application Scheme

☎ 9217 2170

✉ keo@whittlesea.vic.gov.au

Council operates a Kindergarten Central Application Scheme for attendance at 3 and 4 year old Kindergarten. Apply online via www.kindergarten.whittlesea.vic.gov.au

Hard copy forms available from the Council office, Kindergartens, Maternal and Child Health centres or can be downloaded from Council's website.

Applications are now open for:

**Children born between
1 May 2019 – 30 April 2020**

to attend 3 year old Kindergarten in 2023 and 4 year old Kindergarten in 2024.

**Children born between
1 May 2020 – 30 April 2021**

to attend 3 year old Kindergarten in 2024 and 4 year old Kindergarten in 2025.

**Applications open
1 February 2024 for:**

**Children born between
1 May 2021 – 30 April 2022**
to attend 3 year old Kindergarten in 2025 and 4 year old Kindergarten in 2026.

**Applications open
1 February 2025 for:**

**Children born between
1 May 2022 – 30 April 2023**
to attend 3 year old Kindergarten in 2026 and 4 year old Kindergarten in 2027.

Note: From 2023 onwards, the Victorian State Government has announced that kindergarten will be free for all three and four year old children.



Immunisation

☎ 9217 2100

✉ immunisation@whittlesea.vic.gov.au

The City of Whittlesea holds regular public immunisation sessions throughout the municipality.

Council's public immunisation service includes:

- Infant vaccinations
- Secondary school student vaccinations
- Workplace and seasonal flu vaccinations
- Funded and catch-up vaccinations
- Updating overseas histories and missing records to the Australian Immunisation Register.

To make an appointment and/or further information:

www.whittlesea.vic.gov.au/immunisation



City of Whittlesea Youth Service

☎ 9217 2170

✉ baseline@whittlesea.vic.gov.au

You can find us at the:
EDGE Youth Facility
Shop MM1, Westfield Plenty Valley
415 McDonalds Road, Mill Park

We also work out in community in schools, community centres, libraries and other services to bring programs, activities and initiatives to where young people are.


Contact us to be linked in with the relevant local area Youth Development Officer to find out more about our work in the community.
www.whittlesea.vic.gov.au/youth



📷 [baselinecityofwhittlesea](https://www.instagram.com/baselinecityofwhittlesea)



Maternal and Child Health (MCH) Service

 9217 2170

 mch@whittlesea.vic.gov.au

MCH Service is a free service for families living in the City of Whittlesea who have children newborns to school age.


Our multidisciplinary team includes MCH Nurses, Lactation Consultants and Early Childhood Professionals.

Our service provides 10 Key Age and Stage consultations from a home visit to 3.5 years. The visits focus on your child's health growth and development and family wellbeing.

Additionally, your child's immunisation status will be monitored to ensure it is up to date.

The free immunisation program to protect children from serious and preventable diseases is offered by Council's Immunisation Team.

Enhanced Maternal and Child Health (EMCH) Service

 8401 6205


 emchs@whittlesea.vc.gov.au

EMCH Service provides additional outreach support for families experiencing increased vulnerability. The EMCH teamwork in partnership with families to increase parenting skills, confidence and enjoyment and to improve child health and wellbeing.

A referral to EMCH is required and must meet eligibility criteria.



Sleep and Settling Outreach Service

 9217 2170


 mch@whittlesea.vic.gov.au

The Sleep and Settling Outreach consultations are for families experiencing sleep and settling concerns. The consultations provide more intensive and tailored sleep and settling information and support to parents and caregivers in their home or other suitable community setting.

Early parenting programs

Many free programs are offered throughout the year by MCH. They are facilitated by health professionals and are offered to further support families in their parenting roles. Some of the programs are outlined below.

For further information speak with your MCH nurse or call our service:

 9217 2170
(Monday to Friday 9am – 4:30pm)

 mch@whittlesea.vic.gov.au

www.whittlesea.vic.gov.au/mch



Drop In Services

No appointment required

Open Consultation Sessions

Drop in for further review in between your child's scheduled Key Age and Stage visits.

Breast Feeding Support

Consult with one of our lactation consultants or MCH nurses for support with feeding your child breast, bottle or solid foods.



First Time Parent Group

The First Time Parent Group is a 7-week program which aims to support first time parents in their new role. Adapted to suit the needs of families, discussion may include transition to parenthood, sleep and settling, diet and active play, parenting resources and forming playgroups.

All first-time parents are invited to attend this program soon after the birth of their baby.

For children 6 weeks - 12 weeks by invitation to first time parents



Sleep and Settling

Bookings are essential

An information program, for children up to 2 years of age, which provides age-appropriate information and support, in a group setting.

The aim of this program is to help parents better understand their child's sleep and settling needs.

Sessions are run in/for the following age groups: Newborn sessions 0-6 months, Baby sessions 6-12 months, Toddlers 1-2 years of age.



Big Group Hug

Big Group Hug is a children's charity in Thomastown and provides critical material aid for children, from newborns to 16 years of age, who are experiencing the effects of poverty and disadvantage, alleviating financial burden for families and freeing limited funds for their food, bills and safe housing.

Our assistance comes in the form of age-appropriate Hug Packs, inclusive of new and pre-loved clothing, books and toys, toiletry packages, and cleaned and safety checked equipment for newborns such as car seats, cots, highchairs and prams, as well as formula, nappies and baby wipes.

In FY23, BGH supported over 6000 Melbourne children (+41% versus FY22), delivering 120,000+ material aid items, while diverting 103 tons of usable textiles and children's items from landfill.

We assist families in a variety of situations including those on low incomes, seeking asylum or refuge, family conflict, high-needs children, foster children, kinship care and homelessness.


Over nine years, our service has grown to become a significant and vital part of the community response to these social issues and is heavily relied upon by 1,200 caseworkers across 142 agencies large and small, including charities such as Anglicare, Berry Street, Metropolitan Melbourne hospitals, women shelters and Maternal and Child Health Networks. The service is completely free of charge.

To donate items or request assistance please see www.biggrouphug.org



Kids First Promoting First Relationships

Kids First Infant and Family Team

 9450 0900

 intake@kidsfirstaustralia.org.au

Promoting First Relationships is a 10-week attachment-based program that supports strong connections between parents/caregivers and their young children 0-7years.

By participating in the 10-week program you will:

- Build a positive attachment relationship with your child
- Understand your child's behaviour in the context of their social and emotional needs
- Discuss strategies for coping with difficult times as a parent
- Understand the ways you can help your child through emotionally difficult experiences.

This program is designed to record you and your child together to provide insight into real-life situations.




Yarra Plenty Regional Library, City of Whittlesea Branches

The library offers Baby, Toddler, Bedtime, Preschool, Bilingual, Relaxed and Weekend Storytimes.


Lalor library

2a May Road, Lalor

 **9465 2353**


Mernda library

180 Riverdale Boulevard,
Mernda

 **9117 6116**

Mill Park library

394 Plenty Road, Mill Park

 **9437 8189**


Thomastown library

52 Main Street, Thomastown

 **9464 1864**

Whittlesea library

57-61 Laurel Street,
Whittlesea

 **9716 3028**

Galada

Click and collect hub

10A Forum Way, Epping


 **9464 1864**

Mobile library

Various locations

www.yprl.vic.gov.au/locations/mobile-library

for details

 **0419 883 159**



Programs are subject to change. For current dates and times visit www.yprl.vic.gov.au or contact your local branch.



Kinder Application Help Sessions

Would you like some help with your kinder application?

Come along to one of our pop up kinder application help sessions with the City of Whittlesea's Children and Families department for support in completing your application, understanding immunisation requirements and Early Start Kinder information and much more.

City of Whittlesea's CALD Outreach team will be available on the day to support families from culturally and linguistically diverse backgrounds.

Bookings encouraged but not essential

Facilitated by City of Whittlesea Children and Families Department

Wednesday 7 February, 9:30am – 1pm

Westfield Plenty Valley, Kids Zone,
415 McDonalds Road, Mill Park

www.trybooking.com/CNIMK



Tuesday 13 February, 9:30am – 1pm

Galada Community Centre,
10A Forum Way, Epping

www.trybooking.com/CNJBS



Friday 23 February, 9:30am – 1pm

Thomastown Library,
52 Main Street, Thomastown

www.trybooking.com/CNIMC



For Parents/Carers
of children or
young people

 All
ages

 Birth -
Preschool

 Early
Primary

 Twins

 Teens

Please visit whittlesea.vic.gov.au/familytraining for all information on training events.
Enquires, call 9217 2170 or email familytraining@whittlesea.vic.gov.au
All events are free to attend. Booking is required, unless otherwise stated.



CALD outreach pop up



Wednesday 7 February, 9:30am – 1pm

Westfield Plenty Valley, Kids Zone,
415 McDonalds Road, Mill Park

www.trybooking.com/CNJBF

Enjoy a morning of child-based play activities with your little ones, while gathering support and information from our local early years support services and programs.

Children are encouraged to participate in a range of activities such as playdough, art and crafts, story time, games and more, while parents and carers have an opportunity to meet a range of local early years professionals and other family members in the 'Village'.

Bookings encouraged but not essential

*Facilitated by City of Whittlesea
Children and Families Department*



Parents building solutions teens



Tuesday 13 February – 19 March,
(6 weeks), 6:30pm – 8pm

Innovation Youth Centre,
1/20 Graduate Road, Bundoora



8641 8900



parentzone.northern@anglicarevic.org.au

This program will provide you with strategies to develop and strengthen your parenting skills, understand why teens behave the way they do, help you connect with your teen and create positive change in your family.

Facilitated by Parentzone and Innovation Youth Centre



Managing children who worry



Wednesday 14 February, 6:30pm – 8pm

Morang South Primary School,
77 Gorge Road, South Morang

www.trybooking.com/CMLBW

This program is for parents and carers of young people who are a little bit too concerned about everyday life. Offering information and strategies to help kids worry less, alongside how to develop an action plan for helping them move from feeling anxious to feeling more empowered and able to act when they are uncomfortable.

Facilitated by Drummond Street Services



Tuning in to kids



Thursday 15 February – 21 March,
(6 weeks), 6pm – 8pm

Online



8641 8900



parentzone.northern@anglicarevic.org.au

This program provides a number of skills and strategies to help with everyday parenting challenges, based on emotionally tuned parenting.

Would you like to learn how to:

- Be aware and manage your emotions?
- Understand your child's emotions?
- Build attachment and teaching through emotional experiences?
- Help your child understand and manage their emotions?
- Develop skills to assist your child in problem solving?

Facilitated by ParentZone and Kids First



Toilet training



Tuesday 20 February, 10am – 11:30am

Jindi Family and Community Centre,
48 Breadalbane Avenue, Mernda

www.trybooking.com/CMAQM

This informal session will support parents and carers to understand signs of readiness for transitioning out of nappies, normal toileting behaviours and where to seek help if more support is needed.

Morning tea will be provided and children welcome. Delivered in partnership with Jindi Playgroup.

*Facilitated by City of Whittlesea
Maternal and Child Health Team*




YOUTH DEVELOPMENT AND headspace PLENTY VALLEY PARENT AND CARER TALKS

Is this teenage angst or a bigger problem?



Tuesday 20 February, 7pm – 8pm

Galada Community Centre,
10A Forum Way, Epping

 **9217 2170** (ask for Youth Development)

 **Baseline@whittlesea.vic.gov.au**

www.trybooking.com/1146472

Bookings open Monday 29 January

A practical and engaging session on:

- Adolescent emotional and cognitive development and how this influences teen behaviour
- Supporting positive emotional development in teens
- Early signs of mental health problems, when and how to get support.

*Facilitated by the Youth Development
Team and headspace Greensborough/
Plenty Valley*



Read, play and connect



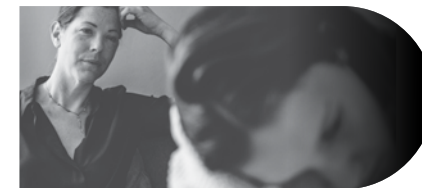
Friday 23 February, 10:30am – 12pm

Whittlesea Library,
57-61 Laurel Street, Whittlesea

www.trybooking.com/CMAQV

This session brings together our community at the local library for story time, games and activities with your children. Families can connect at your local community hub with the City of Whittlesea Children and Families team to be informed on services, programs and events happening in your Neighbourhood.

*Facilitated by City of Whittlesea
Children and Families and Yarra Plenty
Regional Library*



My child doesn't want to go to school – What do I do?



Tuesday 27 February, 7pm – 8:30pm

Online

www.trybooking.com/CMKBK

An ever-increasing issue for families:

- Dealing with social anxiety
- Dealing with safety and anxiety
- Building resilience and self-esteem
- Dealing with feelings
- Parents dealing with their own anxiety about child school refusal
- Parenting from love and compassion vs from fear and worry.

Facilitated by ParentZone





Raising resilient teens



Thursday 29 February, 6pm – 7:30pm

Epping Hub,
713 High Street, Epping

www.trybooking.com/CMKCU

This program will provide information on how to understand common teen fears and worries, recognise physical and behavioural signs of anxiety, empathise with teen current fears, worries and anxiety and develop strategies for responding in a helpful way.

Facilitated by Drummond Street Services



Student support group meetings



Association for Children with a Disability (ACD)'s 90-minute online workshop

Do you have a school-aged child with developmental delay or disability? Then register in February for ACD's free online workshop about Student Support Group Meetings.

You will get practical information about Student Support Group meetings: what they are, how you can prepare for them and how to make the most of them to support your child at school.

ACD's professional workshop facilitators are all parents of children with disability. They have practical experience of Student Support Group Meetings and they have a range of practical tips and information to help you support your child on their school journey.

As well as Student Support Group Meetings, we will also cover:

- Children's rights in education
- Advocating for your child at school
- Reasonable adjustments – what they are and what you can ask for.

Workshop covers:

- Student Support Group Meetings
- Children's rights in education
- Advocating for your child at school
- Reasonable adjustments – what they are and what you can ask for.

To keep up-to-date with workshops and current information, register for ACD's month Noticeboard

www.acd.org.au/#subscribe-newsletter



Parental self care



Tuesday 5 March, 10am – 11:30am

Jindi Family and Community Centre,
48 Breadalbane Avenue, Mernda

www.trybooking.com/CNKBT

This informal seminar focuses on building parents' understanding on the importance of self-care and how to reposition their life to prioritise self-care. Research suggests that stress contributes to chronic illness and now more than ever self-care is important for parents to incorporate within their daily lives to prevent some chronic illnesses associated with stress. Drummond Street will be providing tips, tools and strategies for all parents on self-care.

Morning tea will be provided and children welcome. Delivered in partnership with Jindi Playgroup.

Facilitated by Drummond Street Services



The Youth Development Team Community Youth Services Expo



Tuesday 5 March, 2pm – 6pm
EDGE Youth Facility, Westfield Plenty Valley
(between The Pancake Parlour and Hearing Australia)

📞 **9217 2170** (ask for Youth Development)

✉ **Baseline@whittlesea.vic.gov.au**

Meet the Youth Development Team in a fun Community Expo full of activities and opportunities to learn about how the City of Whittlesea Youth Service supports local young people.

Young people

Try out our DJ decks and learn about how you can get involved in our FReeZA youth music and creative arts program. Hear from Youth Council representatives about how young people can get involved in having an active role in Council programs and decisions.

Families, Carers and Services

Connect with Youth Development staff, learn about our work to provide services and activities for local young people.

Bookings not required

Facilitated by the Youth Development Team



Pop up playgroup



Wednesday 6 March, 10am – 12pm

Westfield Plenty Valley, Kids Zone,
415 McDonalds Road, Mill Park

www.trybooking.com/CNJGB

The City of Whittlesea invites you to come along and join our fully facilitated pop up playgroup and information sharing event. Parents and carers will have the opportunity to hear about local playgroups (supported and community) and Councils Children and Families services and programs. Find out how to start a playgroup or volunteering your time.

Participate in a free playgroup session where your child can join in with a range of fun children's activities.

Bookings encouraged but not essential

Facilitated by City of Whittlesea Children and Families Department





Dealing with preschool behaviours



Thursday 7 March, 10am – 12pm

Online

www.trybooking.com/CMKEW

Parents will be supported to understand the reasons behind their children's behaviours and develop new strategies to manage these behaviours.

Facilitated by ParentZone



Early literacy – getting ready to read



Friday 15 March, 10am – 11:30am

Mill Park Library,
394 Plenty Road, Mill Park

www.trybooking.com/CMLZA

This program will provide information regarding Yarra Plenty Regional Libraries, collections, information and events. Early Literacy and Intergenerational Literacy tips and how being a member of your local library can inform, educate and empower. Reading tips and demonstration on how and why reading is important to all community members.

Facilitated by Yarra Plenty Regional Libraries



Communication development for children 0-3 years of age



Tuesday 19 March, 10am – 11:30am

Jindi Family and Community Centre,
48 Breadalbane Avenue, Mernda

www.trybooking.com/CMKGT

This informal session will explore typical communication development in children 0-3 years of age. It will include when to seek help and strategies to help with communication development.

Morning tea will be provided and children welcome. Delivered in partnership with Jindi Playgroup.

Facilitated by DPV Health



Raising resilient kids



Wednesday 20 March, 6pm – 7:30pm

Morang South Primary School,
77 Gorge Road, South Morang

www.trybooking.com/CMKHI

This program will provide information on how to understand common young peoples' fears and worries, recognise physical and behavioural signs of anxiety, empathise with teen current fears, worries and anxiety and develop strategies for responding in a helpful way.

Facilitated by Drummond Street Services





CALD outreach pop up



Wednesday 10 April, 10am – 12pm

Westfield Plenty Valley, Kids Zone,
415 McDonalds Road, Mill Park

www.trybooking.com/CNJCS

Enjoy a morning of child-based play activities with your little ones, while gathering support and information from our local early years support services and programs.

Children are encouraged to participate in a range of activities such as playdough, art and crafts, story time, games and more, while parents and carers have an opportunity to meet a range of local early years professionals and other family members in the 'Village'.

Bookings encouraged but not essential

Facilitated by City of Whittlesea Children and Families Department



Workshop covers:

- Respite: why it's important, different types and how to get it in your NDIS plan
- Financial supports: what's available and what you can ask for
- Self-care and staying connected
- Supporting siblings.

To keep up-to-date with workshops and current information, register for ACD's month Noticeboard

www.acd.org.au/#subscribe-newsletter



First steps to support and connection



Association for Children with a Disability's (ACD) 90-minute online workshop.

Do you have a young child with developmental delay or disability?
Are you trying to navigate the huge amount of information out there and find out what supports are available?

First Steps to Support and Connection will give you practical information to help you decide where to start and find what you need to support your child and your family.

ACD's professional workshop facilitators are all parents of children with disability, who understand how overwhelming the early years can be. They will give you practical information to help you prioritise your family's needs and how to support yourself, your child and their siblings.



Social media and the online space



Tuesday 26 March, 7pm – 8:30pm

Innovation Youth Centre,
1/20 Graduate Road, Bundoora

www.trybooking.com/CMTQY

Social media and the online space keep teens connected with their friends and the world.

This interactive session will provide parents with tools to support their teens to foster healthy online habits in today's social media age.

Facilitated by ParentZone and Innovation Youth Centre





Pop up bush playgroup



Wednesday 17 April, 10am – 12pm

Venue will be released closer to the date

www.trybooking.com/CNMQA

The pop-up bush playgroup takes the experience of playgroup outside into nature. Children will have the opportunity to explore, create, image and discover nature and take part in a number of activities. Parents/carers need to be with their children at all times.

Facilitated by City of Whittlesea Children and Families, Sustainable Organisation and Community



Read, play and connect



Thursday 18 April, 10am – 11:30am

Mill Park Library,
394 Plenty Road, Mill Park

www.trybooking.com/CMKKT

This session brings together our community at the local library for story time, games and activities with your children. Families can connect at your local community hub with the City of Whittlesea Children and Families team to be informed on services, programs and events happening in your Neighbourhood.

Facilitated by City of Whittlesea Children and Families Department and Yarra Plenty Regional Library



Dealing with preschool behaviours



Thursday 18 April, 10am – 11:30am

Jindi Family and Community Centre,
48 Breadalbane Avenue, Mernda

www.trybooking.com/CMKKZ

During this informal session parents will be supported to understand the reasons behind their children's behaviours and develop new strategies to manage these behaviours.

Morning tea will be provided and children welcome. Delivered in partnership with Jindi Playgroup.

Facilitated by ParentZone



Circle of security parenting™



Tuesday 23 April – 11 June, (8 Weeks),
10am – 12pm

Maternal and Child Health Centre,
Boori Childrens Services, Butterfly Room,
21 Winchester Avenue, Epping

8401 6205

Enhanced Maternal and Child Health

This program is designed to help parents with children aged 0-5 to understand their child's behaviour and to build and strengthen a secure relationship with their child.

Facilitated by City of Whittlesea Children and Families Department, Enhanced MCH team





Circle of security parenting™ - Dads



Wednesday 24 April – 12 June, (8 weeks),
6pm – 8pm

Online
Donna El-Cheikh (Family Services)

 **0409 006 126**

 **delcheikh@
kidsfirstaustralia.org.au**

This program is designed to help fathers to understand their child's behaviour and to build and strengthen a secure relationship with their child. Decades of university-based research have confirmed that secure children exhibit increased empathy, greater self-esteem, better relationships with parents and peers, enhanced school readiness and an increased capacity to handle emotions more effectively when compared with children who are not secure.

Facilitated by Kids First and ParentZone



Nature discovery walk



Sunday 28 April 2024, 10am – 12pm

Venue will be released closer to the date

www.trybooking.com/CNMQE

Family fun walk amongst nature partaking in activities along the way. Finish off the walk back at the registration area where Animals of Oz will be there with some of our local wildlife on show and enjoy the Scouts BBQ.

Facilitated by City of Whittlesea Children and Families, Sustainable Organisation and Community




Bringing up great kids



Tuesday 30 April – 4 June, (6 weeks),
10am – 12pm

Janefield Community Centre,
2 Manchester Crescent, Bundoora

 **8641 8900**

 **parentzone.northern@
anglicarevic.org.au**

This parenting program is a mindful parenting program which gives parents the skills to slow down and respond to children in a calm and relaxed manner, leading to less stress in their lives and positive changes in their children's behaviour. The BUGK program supports parents as they explore what influences their parenting practices and the messages they are passing onto their children.

Facilitated by ParentZone and Kids First



Advocating at school



Association for Children with a Disability's (ACD) two-hour online workshop

Do you want more support for your child at school, but feel unsure how to start the conversation or what you can reasonably ask for?

Advocating at School will give you practical information and build your skills and confidence to advocate for your child and build a positive relationship with the school.

ACD's professional workshop facilitators are all parents of children with disability. They understand the challenges you may be facing and have insight and knowledge to support you.

Workshop covers:

- Understanding school processes
- What are reasonable adjustments
- Looking at student support plans
- Children's rights in education
- How to advocate for your child.

To keep up-to-date with workshops and current information register for ACD's monthly NoticeBoard newsletter
www.acd.org.au/#subscribe-newsletter





Tuning in to teens



Thursday 2 May – 6 June (6 weeks),
6pm – 8pm

Online
Donna El-Cheikh (Family Services)

 **0409 006 126**

 **delcheikh@
kidsfirstaustralia.org.au**

Would you like to learn how to:

- Understand your teen's emotions?
- Be aware and manage your emotions?
- Build attachment and teaching through emotional experiences?
- Help your teen understand and manage their emotions?
- Develop skills to assist your teen in problem solving?

This program provides a number of skills and strategies to help with everyday parenting challenges, based on emotionally tuned parenting.

Facilitated by Drummond Street Services and Kids First


YOUTH DEVELOPMENT AND headspace PLENTY VALLEY PARENT AND CARER TALKS

Big kids, big problems; supporting the mental health and emotional wellbeing of young adults



Tuesday 7 May, 7pm – 8:30pm

Janefield Community Centre,
2 Manchester Crescent, Bundoora

 **9217 2170** (ask for Youth Development)

 **Baseline@whittlesea.vic.gov.au**

www.trybooking.com/1146508

Bookings open Tuesday 2 April

Moving into young adulthood is a time of change, for both young people and parents. During this period parents can have questions about how to readjust their parenting role and support their child as they move into adulthood.

This session will look at:

- How to support young adults in their adulting journey and the impact of life transitions on emotional wellbeing
- Supporting young adults through issues such as relationship issues and alcohol and other drug use.

Facilitated by the Youth Development Team and headspace Greensborough/Plenty Valley



Bringing Up Kids Expo



Wednesday 8 May,
10am – 1pm
Westfield Plenty Valley,
415 McDonalds Road, Mill Park
www.trybooking.com/CMKMF

The Bringing Up Kids Expo event will bring together family support agencies to provide information on services, programs and events offered in the City of Whittlesea for your family and children. Activities for children will be provided on the day!

For general information email
 **familytraining@
whittlesea.vic.gov.au**

Bookings encouraged but not essential

Facilitated by City of Whittlesea Children and Families Department and service providers





Fuelling up like a superhero: The power of nutritious meals for kids!



Thursday 9 May, 10am – 11:30am

Mercy Health, Whittlesea Early Parenting
Centre, 34 Anchorage Drive, South Morang

www.trybooking.com/CNFIS

Hear from an Accredited Practising
Dietitian on how to support children to
have colourful, nutritious meals to support
their growth and wellbeing.

Practical, nutritious tips provided in this
interactive presentation.

Facilitated by DPV Dietitian



Managing screen time



Thursday 16 May, 6:30pm – 8pm

Online

www.trybooking.com/CMLCY

This session will assist parents with
children in determining the best fit for
screen and device usage in your home.
This session will include content to
expand parents' knowledge on current
trends in device usage, summaries
of recommended time usage, tips to
determine healthy screen usage in your
home and resources for how to set
healthy boundaries with device usage.

Facilitated by Drummond Street Services



Teens and beyond



Association for Children with a Disability's
(ACD) online workshop in three-parts.
Each session is two and half hours,
including time for questions.

Your child's teenage years include the
adventures of secondary school, puberty
and growing independence. As a parent,
you play an important part in helping
your teen identify their strengths and
aspirations, as well as supporting them
to make decisions.

This three-part workshop will provide
you with information to build your
understanding and skills to navigate these
years with confidence.

All workshops are led by ACD's professional
facilitators who are parents of young
people with disability and who have
personal experience in navigating the
teenage years.

Workshop covers:

- Getting the right NDIS support
for your teen
- School and post-school options
- Planning for the future.

To keep up-to-date with workshops
and current information register for
ACD's monthly NoticeBoard newsletter
www.acd.org.au/#subscribe-newsletter



Kinder application help sessions

Would you like some help with your kinder application?

Come along to one of our pop up kinder application help sessions with the City of Whittlesea's Children and Families department for support in completing your application, understanding immunisation requirements and Early Start Kinder information and much more.

City of Whittlesea's CALD Outreach team will be available on the day to support families from culturally and linguistically diverse backgrounds.

Bookings encouraged but not essential

Facilitated by City of Whittlesea Children and Families Department

Wednesday 5 June, 9:30am – 1pm
Kirrip Community Centre,
135 De Rossi Blvd, Wollert, Kirrip Foyer

www.trybooking.com/CNJDU



Friday 14 June, 9:30am – 1pm
Thomastown Library,
52 Main Street, Thomastown

www.trybooking.com/CNJEF



Wednesday 19 June, 9:30am – 1pm
Pacific Epping,
571 – 583 High Street, Epping

www.trybooking.com/CNJEM



Wednesday 26 June, 9:30am – 1pm
Mernda Village Community Activity Centre,
Foyer, 17 Grafton Street, Mernda

www.trybooking.com/CNJES



Nourishing little people and oral health care

Tuesday 18 June, 10am – 11:30am

Jindi Family and Community Centre,
48 Breadalbane Avenue, Mernda

www.trybooking.com/CNJGR

During this informal session hear from an Accredited Practising Dietitian on how to support children to have colourful, nutritious meals to support their growth and wellbeing. Plus learn about oral care for keeping children's teeth healthy and strong.

Practical, nutritious tips provided in this interactive presentation.

Morning tea will be provided and children welcome. This session will run in partnership with Jindi Playgroup.

Facilitated by DPV Health Dietitians and Oral Health Team



Read, play and connect

Wednesday 19 June, 10am – 11:30am

Lalor Library,
2A May Road, Lalor

www.trybooking.com/CMKTF

This session brings together our community at the local library for story time, games and activities with your children. Families can connect at your local community hub with the City of Whittlesea Children and Families team to be informed on services, programs and events happening in their Neighbourhood.

Facilitated by City of Whittlesea Children and Families and Yarra Plenty Regional Library





Early literacy – getting ready to read



Thursday 20 June, 10am – 11:30am

Westfield Plenty Valley, Kids Zone,
415 McDonalds Road, Mill Park

www.trybooking.com/CMLYJ

This program will provide information regarding Yarra Plenty Regional Libraries, collections, information and events. Early Literacy and Intergenerational Literacy tips and how being a member of your local library can inform, educate and empower. Reading tips and demonstration on how and why reading is important to all community members.

Facilitated by Yarra Plenty Regional Libraries



Raising resilient kids



Wednesday 26 June, 7pm – 8:30pm

Online

www.trybooking.com/CMKTM

In this workshop topics will include:

- What is resilience?
- How can we build the resilience of our child and how to connect with and understand your children?

Parents will also be introduced to an evidence-based strategy to help build resilience.

Facilitated by ParentZone



Successful secondary years



Association for Children with a Disability's (ACD) 90-minute online session

Students do best when families and schools work together. This online session aims to support families with children with disability in Year 7 and above. Learn to navigate secondary school with confidence and to help your child get the support they need at school.

Workshop covers:

- Reasonable adjustments at secondary school
- Communication with school
- Supporting your child to self-advocate
- Social connections and wellbeing.

To keep up-to-date with workshops and current information register for ACD's monthly NoticeBoard newsletter
www.acd.org.au/#subscribe-newsletter




Circle of security parenting™




Tuesday 23 July – 10 September,
(8 weeks), 10am – 12pm

Wollert Community Centre,
525 Epping Road, Wollert

Donna El-Cheikh

 **0409 006 126**

 **delcheikh@kidsfirstaustralia.org.au**

This program is designed to help parents with children aged 0-5 to understand their child's behaviour and to build and strengthen a secure relationship with their child.

Facilitated by Kids First and City of Whittlesea Children and Families Department



Parenting in Australia



Wednesday 24 July – 28 August,
(6 weeks), 10am – 12pm

Epping Community Centre,
378 Findon Road, Epping



8641 8900



**parentzone.northern@
anglicare.vic.org.au**

Parenting is the most important and challenging job in today's rapidly changing world – but children and young people don't come with a handbook.

City of Whittlesea are proud to be partnering with Anglicare ParentZone in the delivery of Parents Building Solutions parenting program. This 6-week program will provide practical strategies for parenting in a new culture, to improve your child's confidence and self-esteem, understand why children behave the way they do and explore how to manage your feelings.

Facilitated by ParentZone



Childhood development



Thursday 25 July, 10am – 12pm

Mercy Health, Whittlesea Early Parenting
Centre, 34 Anchorage Drive, South Morang

www.trybooking.com/CNJEZ

During this session parents will explore what the development stages are in the first five years, how the environment, genes and parenting style can impact on this development and what parents can do to actively support child development.

*Facilitated by ParentZone and
Maternal and Child Health*



Living with autism



Thursday 1 August – 5 September
(6 weeks), 10am – 12pm

Whittlesea Community Centre,
61 Laurel Street, Whittlesea



8641 8900



**parentzone.northern@
anglicarevic.org.au**

Are you the parent or carer of a child who has a diagnosis of autism?

This program is an opportunity to ask questions about the autism spectrum and will assist you to consider different approaches/strategies to help with parenting.

*Facilitated by ParentZone and City
of Whittlesea Children and Families
Department*



Managing teens who worry



Tuesday 6 August, 6:30pm – 8pm

Online

www.trybooking.com/CMLEM

This program will provide parents and carers of young people who are a little bit too concerned about everyday life. Offering information and strategies to help them worry less alongside how to develop an action plan for helping them move from feeling anxious to feeling more empowered and able to act when they are uncomfortable.

Facilitated by Drummond Street Services



National Aboriginal and Torres Strait Islander Children's Day



Sunday 4 August, 10am – 1pm
Mill Park Library, 394 Plenty Road, Mill Park

www.trybooking.com/CMLDT

National Aboriginal and Torres Strait Islander Children's Day is celebrated each year on 4 August and is a time for Aboriginal and Torres Strait Islander communities to celebrate their children and for all people to learn about Aboriginal and Torres Strait Islander culture.

The day will be filled with activities including traditional games, music, face painting, arts and crafts.

Bookings encouraged but not essential

Facilitated by City of Whittlesea Children and Families Department and service providers



For Parents/Carers
of children or
young people

All
ages

Birth -
Preschool

Early
Primary

Tweens

Teens



Please visit whittlesea.vic.gov.au/familytraining for all information on training events.
Enquires, call 9217 2170 or email familytraining@whittlesea.vic.gov.au
All events are free to attend. Booking is required, unless otherwise stated.



CALD outreach pop up



Wednesday 7 August, 10am – 12pm

Westfield Plenty Valley, Kids Zone,
415 McDonalds Road, Mill Park

www.trybooking.com/CNJFH

Enjoy a morning of child-based play activities with your little ones, while gathering support and information from our local early years support services and programs.

Children are encouraged to participate in a range of activities such as playdough, art and crafts, story time, games and more, while parents and carers have an opportunity to meet a range of local early years professionals and other family members in the 'Village'.

Bookings encouraged but not essential

*Facilitated by City of Whittlesea
Children and Families Department*



Parenting toddlers' information session



Tuesday 13 August, 10am – 11:30am

Jindi Family and Community Centre,
48 Breadalbane Avenue, Mernda

www.trybooking.com/CNKAS

This informal session aims to assist parents/carers to better understand their toddlers behaviour. Parents/carers will be provided with information on toddler development and useful information and strategies to manage challenging but normal toddler behaviours.

Morning tea will be provided and children welcome. Delivered in partnership with Jindi Playgroup.

*Facilitated by ParentZone and City
of Whittlesea Maternal and Child Health*



Read, play and connect



Friday 16 August, 10am – 11:30am

Thomastown Library,
52 Main Street, Thomastown

www.trybooking.com/CMKUC

This session brings together our community at the local library for story time, games and activities with your children. Families can connect at your local community hub with the City of Whittlesea Children and Families team to be informed on services, programs and events happening in your Neighbourhood.

*Facilitated by City of Whittlesea Children
and Families Department and Yarra Plenty
Regional Library*



Supporting children to be preschool ready



Tuesday 20 August, 10am – 12pm

Kirrip Community Centre,
135 De Rossi Boulevard, Wollert

www.trybooking.com/CMKVC

This session will provide practical tips for parents regarding how to help their child prepare for 3 and 4 year old preschool.

Facilitated by ParentZone



The Youth Development Team Community Youth Services Expo



Tuesday 20 August, 2pm – 6pm

EDGE Youth Facility,
Westfield Plenty Valley

(between the Pancake Parlour and Hearing Australia)



9217 2170 (ask for Youth Development)



Baseline@whittlesea.vic.gov.au

Meet the Youth Development Team in a fun Community Expo full of activities and opportunities to learn about how the City of Whittlesea Youth Service supports local young people.

Young people

Try out our DJ decks and learn about how you can get involved in our FReeZA youth music and creative arts program. Hear from Youth Council representatives about how young people can get involved in having an active role in Council programs and decisions.

Families, Carers and Services

Connect with Youth Development staff, learn about our work to provide services and activities for local young people.

No bookings required

Facilitated by the Youth Development Team



Food adventures for sensory superheros



Wednesday 21 August, 10am – 11:30am

Kirrip Community Centre,
135 De Rossi Boulevard, Wollert

www.trybooking.com/CNKAV

Hear from an Accredited Practising Dietitian on how to support children to have fun with food while supporting their growth and wellbeing.

Practical, nutritious tips provided in this interactive presentation.

Facilitated by DPV Dietitians



Toilet training



Thursday 22 August, 10am – 12pm

Mercy Health, Whittlesea Early Parenting
Centre, 34 Anchorage Drive, South Morang

www.trybooking.com/CMLEZ

This session will support parents and carers to understand signs of readiness for transitioning out of nappies, normal toileting behaviours and where to seek help if more support is needed.

*Facilitated by City of Whittlesea
Maternal and Child Health Team*





Supporting your child's development and referral pathways

Tuesday 3 September, 10am – 11:30am

Jindi Family and Community Centre,
48 Breadalbane Avenue, Mernda

www.trybooking.com/CMKVX

This informal session will explore typical development in children 0-5 years of age. Expect an informal meeting with a DPV expert to have the opportunity to hear about developmental milestones and what to do if you feel your child is not reaching the milestones.

Morning tea will be provided and children welcome. Delivered in partnership with Jindi Playgroup.

Facilitated by DPV Health



YOUTH DEVELOPMENT AND headspace PLENTY VALLEY PARENT AND CARER TALKS

Promoting positive relationships and sexual health

Tuesday 3 September, 7pm – 8:30pm

Riverside Community Centre,
8 Doreen Rogen Way, South Morang

9217 2170 (ask for Youth Development)

Baseline@whittlesea.vic.gov.au

www.trybooking.com/1149557

Bookings open Monday 29 July

This practical session for parents who have questions on how to navigate tricky conversations with their young people about sex, health and relationships.

Hear from the Youth Development Team about their work to promote positive peer and intimate relationships for young people. headspace Greensborough/Plenty Valley's practice nurse will discuss how they support young people's sexual health and relationships.

Facilitated by the Youth Development Team and headspace Greensborough/Plenty Valley



Sleep and settling

Tuesday 10 September, 10am – 11:30am

Jindi Family and Community Centre,
48 Breadalbane Avenue, Mernda

www.trybooking.com/CNJFK

The City of Whittlesea Maternal and Child Health Sleep Team is presenting a toddler group information session around your child's sleep, including:

- Tips and strategies to promote positive sleep patterns
- Discuss how sleep associations can influence your toddler's sleep
- The changing toddler world and how this impacts sleep
- Where to sleep your toddler safely
- Looking after yourself.

Morning tea will be provided and children welcome. Delivered in partnership with Jindi Playgroup.

Facilitated by ParentZone and City of Whittlesea Maternal and Child Health



Bringing Up Kids Expo

Thursday 12 September,
10am – 1pm
Thomastown Library,
52 Main Street, Thomastown
www.trybooking.com/CMLFN

The Bringing Up Kids Expo will bring together family support agencies to provide information on services, programs and events offered in the City of Whittlesea for your family. Activities for children will be provided including Face Painting and more!

Bookings encouraged but not essential

Facilitated by City of Whittlesea Children and Families Department and service providers





Read, play and connect



Tuesday 8 October, 10am – 11:30am

Whittlesea Library,
57-61 Laurel Street, Whittlesea

www.trybooking.com/CMLFS

This program brings together our community at the local library for story time, games and activities with your children. Families can connect at your local community hub with the City of Whittlesea Children and Families team to be informed on services, programs and events happening in your Neighbourhood.

*Facilitated by City of Whittlesea
Children and Families Department
and Yarra Plenty Regional Library*



Managing screen time



Wednesday 9 October, 7pm – 8:30pm

Online

www.trybooking.com/CMLFY

This session will assist parents with children in determining the best fit for screen and device usage in your home. This session will include content to expand parents' knowledge on current trends in device usage, summaries of recommended time usage, tips to determine healthy screen usage in your home, and resources for how to set healthy boundaries with device usage.

Facilitated by ParentZone



Helping our children transition from kinder to primary school - Arabic speaking



Tuesday 15 October, 10am – 12pm

Galada Community Centre,
10A Forum Way, Epping

www.trybooking.com/CMLIC

This two-hour session in Arabic will provide important information to help parents prepare their children to transition from kindergarten to primary school, including:

- Helping our children transition from kinder to school
- Supporting my child over the summer holidays and getting ready for school
- Preparing for the first day of school
- Being partners with your school
- Resources to help you.

Facilitated by Foundation House



مساعدة أطفالنا للانتقال من مرحلة الروضة إلى المدرسة الابتدائية - للناطقين باللغة العربية



الثلاثاء 15 أكتوبر/تشرين الأول، من 10 صباحاً إلى 12 ظهراً

المكان، Galada Community Centre،
10A Forum Way، Epping

www.trybooking.com/CMLIC

تستمر هذه الجلسة باللغة العربية لمدة ساعتين ويتم فيها تقديم معلومات مهمة لمساعدة الآباء والأمهات على تجهيز أطفالهم للانتقال من مرحلة الروضة إلى المدرسة الابتدائية، بما في ذلك:

- مساعدة أطفالنا للانتقال من مرحلة الروضة إلى المدرسة
- دعم الطفل خلال العطلة الصيفية والاستعداد للمدرسة
- التحضير لليوم الأول من المدرسة
- الشراكة مع المدرسة
- موارد لمساعدتك

تقدمها منظمة Foundation House






Tuning in to teens



Tuesday 15 October – 26 November
(6 weeks but extra week due to
Public Holiday on 5 November),
10am – 12pm

Online

 **8641 8900**

 **parentzone.northern@
anglicarevic.org.au**

Would you like to learn how to:

- Understand your teen's emotions?
- Be aware and manage your emotions?
- Build attachment and teaching through emotional experiences?
- Help your teen understand and manage their emotions?
- Develop skills to assist your teen in problem solving?

This session provides a number of skills and strategies to help with everyday parenting challenges, based on emotionally tuned parenting.

Facilitated by ParentZone




Circle of security parenting™



Tuesday 15 October – 10 December,
(8 weeks), 10am – 12pm

Maternal and Child Health Centre,
Boori Childrens Services, Butterfly Room,
21A Winchester Avenue, Epping

 **8401 6205**

 **emchs@whittlesea.vic.gov.au**

This parenting program is designed to help parents with children aged 0-5 to understand their child's behaviour and to build and strengthen a secure relationship with their child.

Facilitated by City of Whittlesea Children and Families Department, Enhanced MCH team and Anglicare Victoria



Nourishing little people and oral health care



Thursday 24 October, 10am – 11:30am

Jindi Family and Community Centre,
48 Breadalbane Avenue, Mernda

www.trybooking.com/CNJFS

During this informal session hear from an Accredited Practising Dietitian on how to support children to have colourful, nutritious meals to support their growth and wellbeing. Plus learn about oral care for keeping children's teeth healthy and strong.

Practical, nutritious tips provided in this interactive presentation.

Morning tea will be provided and children welcome. Delivered in partnership with Jindi Playgroup.

Facilitated by DPV Health Dietitians and Oral Health Team



Supporting the transition to secondary school



Thursday 31 October, 6:30pm – 8pm

Online

www.trybooking.com/CMLGE

This session will help families plan and prepare for their young person's transition to secondary school. In this session we will explore the role of parents and carers in promoting their young person's social and emotional wellbeing and building their resilience to support and navigate this significant change.

Facilitated by Drummond Street Services



YOUTH DEVELOPMENT AND headspace PLENTY VALLEY PARENT AND CARER TALKS

Setting the foundations for a healthy headspace



Tuesday 12 November, 7pm – 8:30pm

Whittlesea Community Activity Centre,
57-61 Laurel Street Whittlesea

9217 2170 (ask for Youth Development)

Baseline@whittlesea.vic.gov.au

www.trybooking.com/1149574

Bookings open Monday 30 September

Discuss how to set up the best possible routines to support emotional wellbeing.

This session will be particularly helpful for parents of teenagers who are transitioning into secondary school or for parents of teens entering VCE.

Facilitated by the Youth Development Team and headspace Greensborough/Plenty Valley



Supporting the transition to primary school



Wednesday 13 November, 7pm – 8:30pm

Janefield Community Centre,
2 Manchester Crescent, Bundoora

www.trybooking.com/CMLGL

This interactive session will provide parents with tools to support their children as they transition to primary school. Topics such as communication, responding to children's feelings and resilience will all be explored. This session will provide the opportunity for parents and carers to share ideas and strategies that work for them.

Facilitated by ParentZone



Managing children who worry



Thursday 21 November, 6:30pm – 8pm

Online

www.trybooking.com/CMLPX

This program will provide parents and carers of young people who are a little bit too concerned about everyday life. Offering information and strategies to help them worry less, alongside how to develop an action plan for helping them move from feeling anxious to feeling more empowered and able to act when they are uncomfortable.

Facilitated by Drummond Street Services



Read, play and connect



Wednesday 4th December, 10am – 11:30am

Mill Park Library,
394 Plenty Road, Mill Park

www.trybooking.com/CMLHL

This session brings together our community at the local library for story time, games and activities with your children. Families can connect at your local community hub with the City of Whittlesea Children and Families department to be informed on services, programs and events happening in your Neighbourhood.

Facilitated by City of Whittlesea Children and Families Department and Yarra Plenty Regional Library



Notes

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

With thanks to



Children and Families

25 Ferres Boulevard
South Morang

For more information visit the individual
trybooking link for the program, email
familytraining@whittlesea.vic.gov.au
or call us on **9217 2170**.

All events are FREE

Booking is required unless
otherwise stated.

For all programs please visit...



 **CityOfWhittlesea**

 **citywhittlesea**



Free telephone
interpreter service

131 450



**City of
Whittlesea**

www.whittlesea.vic.gov.au