



Newsletter

Friday 4th July 2025

Principal's Report

Well the end of Term Two is here! A long term, but one that has certainly gone very quickly indeed! And hopefully we continue to have quite a few more cold - spells to bring on more snow!

Thank you to everyone for a fantastic term and for all of your community support throughout this time - wishing everyone a safe and happy school holiday period!

Remember - Term Three resumes Mon 21st July. Term Three is a shorter term this year - 9 weeks!

NAIDOC Week



This week at school we took the opportunity to shine the light on our First Nations cultures and histories and participate in learning activities focused on the oldest, continuous living cultures on earth.

At Frankston PS we like to recognise National NAIDOC Week in our last week of Term 2, as this week of celebrations occurs during our school holidays.

This link goes straight to the [National NAIDOC website](#) if families are interested in looking at further activities and events.

A few weeks ago during Reconciliation Week, some of our students enjoyed a bush tucker workshop presented in our school, which we thoroughly enjoyed! It was great to hear that our presenters also enjoyed this session too - with their feedback saying:

'We enjoyed developing some recipes for reconciliation week and tweaking some old recipes to

add in a better nutritional profile.

Our favourite reconciliation week gig was not the corporate sessions we did, but the winning session took place at Frankston Primary School with Year 1-Year 6 kids. We had a very young child do an Acknowledgement of Country, if an 8 year old can do it so meaningfully our future is bright.

Highlight for my sister Kursty & I was watching all of these kids heartily tuck into a Bushfoods banquet and repeat learnings back to us'.

We are lucky to have these lovely bush tucker recipes shared with us - I will post them on Class Dojo as well for families to have access to.

Staffing Updates

We are wishing Mrs Sarah Penaluna (Numeracy Support) farewell as she takes on a new full time teaching position at a private school close to the city.

Mrs Jackie Aitken (Youth Worker & Education Support) as she takes on a local government position in the Kingston network area.

Mr Ciaran O'Connor (5/6C) who is returning to his homeland, Ireland.

We are extremely lucky to have had such wonderful and talented staff work within our Frankston PS Team and we wish all of them lots of luck moving forward. They will all be sadly missed!

We are also thrilled to be welcoming Miss Caity Visser to the teaching role of 5/6C - Caity is a much loved teacher of FPS and we are so excited that Caity is taking on this role!

Until next term, wishing everyone a very safe and relaxing holiday!

Happy holidays!

Prep - Year 2 Moonlit Sanctuary Excursion



On Thursday 26th June our prep to year 2 students visited Moonlit Sanctuary in Pearcedale. Our students thoroughly enjoyed exploring the sanctuary and learning facts about the animals and their habitats.

Moonlit sanctuary is home to over 70 captivating Australian species, including some that are endangered. Students had the opportunity to get up close and personal with kangaroos and wallabies and observe a variety of colourful birds, reptiles, wombats— and even dingoes!

We were fortunate that that the weather held off for most of the day, with even a little sunshine making an appearance.

A big thank you to all of our parents, carers and grandparents who braved the weather to join us as helpers - your support was greatly appreciated!



Big Greens Schools Conference

Last Thursday, seven of student leaders attended the Big Green Schools Conference at Carrum Primary School. This event was hosted by Year Five and Six students who led us through a series of hands-on workshops with a focus on sustainable school-based projects, including composting and worm farms, terracotta watering solutions, keeping chickens and goats, as well as a tour of the school's natural wetlands.

After lunch, we learned about the 'Golden Chook Award' for the best environmental project and our students participated in 'Project Brainstorm' to discuss possible ideas that would improve our local environment. Our Frankston Primary School leaders focused on managing rubbish within the school, aiming to reduce landfill by improving recycling. Each school then presented their project idea to the other attendees at the conference. It was heart-warming to see how organised and supportive our students were when deciding who would speak and which part of our project they would talk about.

The second day of the conference is scheduled for October, where we will have the opportunity to visit Patterson Lakes Primary School and share our progress - I'm looking forward to spending another session learning and working alongside our amazing student leaders!

Rebecca Thurgood

Environmental Science & STEM Teacher



Our Year 3/4 students have been learning about poetry over the past three weeks.

Aubrey was asked to write a two-stanza poem about her favourite animal, and what she created was truly impressive.

Mrs Kennedy was so amazed by Aubrey's work that she asked Aubrey if we could publish it in the newsletter for everyone to enjoy.

Well done, Aubrey - this is an amazing piece of writing, you should be very proud!



The Wolf

He runs through the forest, panting quite loud.
Must be there on time, for he made a vow.
A vow to the moon, a vow to howl.

Blood thirsty eyes of a carnivore,
No animal escapes out of his nasty claw.
He reaches the peak and howls,
His most well known flaw.



Prepare your child for the future in an ever-evolving world driven by technology! Our exciting 8-week coding course introduces kids to the basics of coding through Scratch MIT, a fun and easy-to-use platform where they can create their own games, animations, and more. With hands-on learning through their own scratch projects, students will explore the building blocks of coding. All the while developing problem-solving skills and creativity. Guided by our experienced coaches, your child will gain confidence, and a head start in the tech world of tomorrow!



WEDNESDAYS, 3:30-4:30 PM

STARTS ON 30 JULY

\$220 FOR 8 SESSIONS

FOR YEARS 2-6

ROOM: LIBRARY

DEVICE: WE SUPPLY

**TRIALS
AVAILABLE!**

PLEASE CALL OR EMAIL
TO BOOK ONE IN

**ENROL
ONLINE
NOW!**

**1300 424 377
INFO@KIDSUNLIMITED.COM.AU**

**Scan or click
the QR code
to enrol
online!**



Extra Curricular Activities



THE MUSIC BUS

LEARN ON THE MUSIC BUS IN TERM 3 2025!

PROGRAM FEATURES:

- ✓ Skilled teachers
- ✓ Fun Curriculum
- ✓ Supportive Environment

SIGN UP NOW!

📞 1300 168 742 🌐 themusicbus.com.au

Stay & Play



The Parents and Carers Association would like to thank all families who attended our Term 1 Stay and Play event at Beauty Park. It was great to see new faces and so many happy kids, from all year levels, playing together. There were lots of ball games - luckily, not too many balls ended up in the lake! The Easter Egg hunt was also a great success. We hope to see you all again at the end of Term 2!



save the
date

The Term 2 Stay & Play event will be held on **Friday 4th July** (last day of Term 2) from 2:30-4pm @ Beauty Park. There will be a Sausage Sizzle - Gold Coin donation to support the Parent and Carers Association.





Friends Learning Together

FPS Calendar Term 3

WHAT'S ON

<u>Monday 21st July</u>	<u>First day of Term 3</u>
Monday 28th July	Specialist Teacher & TLI Parent Teacher Interviews
Tuesday 29th July	Prep - 2 Parent Teacher Interviews
Wednesday 30th	Years 3 - 6 Parent Teacher Interviews
Wednesday 30th July — Friday 1st August	Snow Camp - selected students
Friday 1st August	1/2 Inform and Empower Cyber Safety
Tuesday 12th August	Parenting Workshop—Helping Kids make Friends— Registration compulsory
<u>Wednesday 13th August</u>	<u>Curriculum day— No Students</u>
Friday 15th August	Parent & Carers Association
Saturday 17th August	Aerobics Nationals Competition
Monday 18th August	Fathering Project Morning
Friday 29th August	Prep—2 House Sports 9.15am—11am
Tuesday 2nd September	Anglicare Parent Workshop— Managing Anger
Thursday 4th September	<ul style="list-style-type: none"> Fathers Day Morning Activities Fathers Day Stall
Friday 12th September	Parents & Carers Association Meeting
Friday 19th September	<ul style="list-style-type: none"> Footy Parade 9.15am –10am Last Day of Term 3— 2.30 Dismissal Stay & Play @ Beauty Park 2.30pm

Community Aspire Optimism Respect Resilience Empathy Inclusion

Frankston Primary School: Term 2, Week 11 2025



DADS/ CARERS & FATHER FIGURES BREAKY CLUB

SAVE THE DATE

TERM 2

19

MAY

MONDAY

TERM 3

18

AUG

MONDAY

TERM 4

27

OCT

MONDAY

BEFORE SCHOOL

7:50AM-
8:50AM

IN THE FRANKSTON
PRIMARY SCHOOL
HALL

FOR
DADS + & KIDS

HOT BREAKY
SERVED

REGISTER
NOW

CONNECT
AND HANGOUT

Hey Dads, Father-
figures, Carers

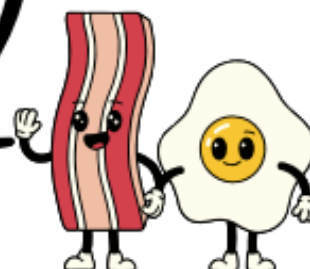
Join Our
Portal!



the
fathering
project

Use the link below to join online and
access all you need to know about
being a great Dad, and to hear
about our upcoming activities.

SCAN ME



Prep 2026 School Tours



Frankston Primary School

Friends Learning Together



COMMUNITY • ASPIRE • OPTIMISM • RESPECT • RESILIENCE • EMPATHY • INCLUSION

ENROL NOW FOR 2026

PREP 2026 OPEN MORNINGS AND AFTERNOONS *We look forward to meeting you!*

TERM 1:

Thurs 20 Feb 9.30 – 10.30am

Tues 25 Feb 9.30 – 10.30am

Tues 4 March 9.30 – 10.30am

Thurs 6 March 9.30 – 10.30am

Tues 18 March 9.30 – 10.30am & 4 – 5pm

Thurs 20 March 9.30 – 10.30am & 4 – 5pm

Tues 1 April 9.30 – 10.30am

TERM 2:

Tues 29 April 9.30 – 10.30am & 4 – 5pm

Tues 13 May 9.30 – 10.30am

Thurs 15 May 4 – 5pm

Tues 20 May 9.30 – 10.30am

Thurs 29 May 4 – 5pm

Tues 10 June 9.30 – 10.30am & 4 – 5pm

Tues 24 June 9.30 – 10.30am

Prep Parent Information Session

Thurs 1st May 6.30 – 7.30pm

Thurs 5 June 6.30 – 7.30pm

TERM 3:

Tues 22nd July 9.30 – 10.30am

Thurs 24 July 4 – 5pm

Tues 29 July 9.30 – 10.30am

OR CALL US AND BOOK YOUR PERSONAL TOUR

Davey Street, Frankston, 3199 T: (03) **9783 3769** E: frankston.ps@education.vic.gov.au
www.frankstonps.vic.edu.au

Community News

ONE STEP AT A TIME PROGRAM: PARENT SUPPORT FOR CHILDHOOD ANXIETY

Swinburne Psychology Clinic

Parents / guardians:

Do you have a primary school-aged child experiencing symptoms of anxiety?

Clinicians at Swinburne University have developed a program to help parents manage childhood anxiety in children aged 6-11 years.

Does your child experience any of the following?

- Difficulties sleeping at night due to worries
- Fears and phobias
- Difficulty separating from you or worrying about parental safety
- Trouble sleeping alone in their bed
- Fear of the dark
- Scared of lifts, trains, and people
- Fear of dogs and other animals
- Excessive worry and constant reassurance seeking
- Fear of germs and other health problems

The One Step at a Time Program involves:

- Comprehensive psychological assessment of your child's anxiety
- Seven sessions of online counselling through video conferencing
- Parent-focused cognitive behavioral therapy (CBT) skills to help you manage and support your child's anxiety
- Two combined parent-child sessions
- Reflective parenting strategies
- Access to a website with self-help materials to supplement therapy.

Cost

\$20 per session/assessment.
Treatment consists of seven therapy sessions plus one assessment session.

Contact us

Referrals and enquiries can be made by contacting the Swinburne Psychology Clinic at:

Telephone: 03 9214 8653

Email: psychprojects@swin.edu.au

OR, by accessing the online registration form by using the QR Code or the link below:

<https://forms.office.com/r/lxjjie5YcM>





Friends Learning Together

Community News

Frankston City Libraries

Story Lab

at Frankston Library

Story tools is suitable for 8-14 year old. Story Tools by Storybox is a fun writing activity program with inspirational guidance (videos) from Australian children's authors, illustrators and storytellers. Each session includes games and activities to foster children's love for reading and support their literacy development.

Every Wednesday
30 April | 7 May | 14 May | 21 May | 28 May
4 June | 11 June | 18 June | 25 June

4.15pm - 5.15pm
Cost: Free

BOOK NOW



Community News

MOONLIT SANCTUARY WINTER HOLIDAY CLUBS

JNR KEEPER CLUB

Ages: 7-14

10:00am-3:00pm

Registration Fee

\$104

Become a Junior Keeper for a Day and experience life behind the scenes at Moonlit Sanctuary.

- Meet and feed our amazing Australian animals
- Help with real-life wildlife care
- Learn about conservation and animal behaviour
- Get hands-on with enrichment activities, animal diets and more

Unplug the devices and send your junior explorer off for an unforgettable day with real keepers, real animals, and real adventures.



**Moonlit
Sanctuary**

the best way to see Aussie animals

Learn more: moonlitsanctuary.com.au

Info : (03)5978 7935





Friends Learning Together

Community News



Who can attend:
Boys & Girls aged 5-10 years old.

General Information:
We believe in giving children opportunities to do the things they love and enjoy in a supportive and encouraging environment. Our friendly staff are passionate about working with children. They are provided with training on behaviour management techniques, first aid and activity planning/delivery.

What do you need to bring: Appropriate clothing, jacket or sweatshirt, hat, drink bottle and food for morning tea, lunch and afternoon tea.

Food:
Please bring plenty of packed food and drink for morning tea/lunch/afternoon tea. Lunch will be from approximately 12.30pm to 1.30pm each day.

Programme activities:
Programme activities are adapted to suit children of all ages and children may be grouped by age depending on numbers. Programme activities may vary without notice dependent on weather conditions and programme numbers.

Payment details:
Payment is required up-front within 2 hours of your booking. A receipt will be issued when a completed booking is received. All details will be included on the receipt.

Please note:
Every care will be taken to ensure the safety of your child/ren and their property. However, organisers of Kelly Sports accept no liability for any injury sustained to your child/ren or any loss or damage to his/her property whilst on the programme.

Website: www.kellysports.com.au
Contact: Greg Hoskin
Email: greg@kellysports.com.au
Phone: 0411 306 676
Facebook: Kelly Sports
Address: 14 Jayne St, Frankston

WINTER 2025 HOLIDAY PROGRAM @ ST JOHN'S PRIMARY SCHOOL, FRANKSTON

	MONDAY 7 July	TUESDAY 8 July	WEDNESDAY 9 July	THURSDAY 10 July	FRIDAY 11 July
WEEK 1	 DAY 1 FUN! DODGEBALL FOOTY BASKETBALL	 TRY IT TUESDAY DANCE OR CRICKET SOCCER HOCKEY	 WICKED WEDNESDAY SOCCER TENNIS DODGEBALL	 THRILLING THURSDAY KIDS OLYMPICS LOLLY SCAVENGER HUNT BASKETBALL	 FANTASTIC FRIDAY FOOTY DODGEBALL NERF WARS
	MONDAY 14 July	TUESDAY 15 July	WEDNESDAY 16 Jul	THURSDAY 17 July	FRIDAY 18 July
WEEK 2	 NERF WARS MONSTER MONDAY FOOTY DODGEBALL NERF WARS	 TERRIFIC TUESDAY TENNIS SOCCER BASKETBALL	 WINNING WEDNESDAY FOOTY DODGEBALL OR DANCE NETBALL	 THURSDAY THROWDOWN CRICKET SOCCER BADMINTON	 FINAL DAY FUN HOCKEY BASKETBALL LOLLY SCAVENGER HUNT

HALF DAY \$40

FULL DAY: \$65

FULL WEEK: \$275

Drop off from 8am | Latest pickup 5pm



SCAN TO BOOK!



Get 40% off selected New Balance products, just for booking with Kelly Sports.



KELLYSPORTS.COM.AU

BOOK ONLINE NOW AT



The SEM Magic Basketball Club is proud to deliver Aussie Hoops — Basketball Australia's official beginner program designed especially for kids aged 5-10! It's the perfect fun and active introduction to basketball, right here in your local community

TERM 3 PROGRAM

- Wednesday 4:00-5:00pm
- Age Guide: 5-8 years (Mixed)
- Venue: Jubilee Park Stadium
- Address: 83R-85R Hillcrest Rd, Frankston 3199
- Commences Wednesday 23 July
- Registration Fee: \$79.00



REGISTRATION & ENQUIRIES

- www.semmagic.club
- admin@semmagic.club
- 9783 0642



Community Aspire Optimism Respect Resilience Empathy Inclusion

Frankston Primary School: Term 2, Week 11 2025



Community News

FRANKSTON SOUTH



SAINTS



**SAINTS ARE LOOKING
FOR NETTA PLAYERS**

**LIKE TEAM SPORTS?
BORN IN 2017 OR 2018?
WANT TO HAVE FUN WITH FRIENDS?**

**WE WOULD LOVE TO HAVE YOU JOIN
OUR SAINTS NETBALL COMMUNITY**



**CONTACT US VIA
FACEBOOK**



Friends Learning Together

Community News



nab AFL Auskick

GOOD CLEAN FUN

PLAY.AFL/AUSKICK

FRANKSTON & SURROUNDS AUSKICK CENTRE

Thursday: 24th July - 21st August
4:30pm - 5:30pm
Bruce Park Reserve



Community Aspire Optimism Respect Resilience Empathy Inclusion

Frankston Primary School: Term 2, Week 11 2025



Community News



Free workshop

1 Day Autism Workshop for Parents and Carers

Frankston, VIC



Scan the QR code or [click here](#) to register



This workshop is for parents, full time carers and grandparents.



Wednesday
30 July, 2025
9:15am to 3:00pm



Frankston Arts Centre
27-37 Davey Street
FRANKSTON VIC 3199

Morning tea and a light lunch will be provided



Interpreters available upon request

During the workshop you will learn about:

- The diversity of autism
- Sensory processing
- Working together with your child's school.

Learn more about autism and ways to strengthen the partnership between home and school.

For more information or to register visit:

www.positivepartnerships.com.au/PC

jfeary@positivepartnerships.com.au



0477 574 746

Positive Partnerships is funded by the Australian Government Department of Education. The views expressed within this program do not necessarily represent the views of the Australian Government or the Australian Government Department of Education.



Community News



Dad Chat with Tony Vallance - Dad, Teacher and Counsellor

Communities For Children Frankston Community Workshop Series is designed for local parents/carers, volunteers and staff working or living with children, who are seeking information and practical strategies.

Facilitated by Tony Vallance from Building Better Brains

This practical presentation is all about Dad stuff! It's suitable for Dads, Stepdads, Carers, Grandads or those working with or wanting to support Dads.

Uncover fun and engaging ways to communicate, play and connect with your children.

The free, online workshop will cover:

- Various parenting styles and supporting you to find out what works best for you
- Ways to feel more confident in your Dad decisions
- How to respond to the needs of your children with presence and patience.

DATE: Thursday 7th August 2025

TIME: 7.00pm - 8.30pm

WHERE: Online event via Zoom webinar

SCAN TO REGISTER:



For questions contact Sally McIntyre at cfc_southern@anglicarevic.org.au



CFC is funded by the Australian Government, Department of Social Services. See www.dss.gov.au for more information.

anglicarevic.org.au

**BETTER
TOMORROWS**



Community News

Beyond the Violence



Rosebud - July

Day: Thursday evenings
Dates: 24 July - 12 September 2025
Time: 4:00 - 6:30 pm
Venue: Details at time of booking
Light supper provided

Iris Guasch

P: 0436 007 492

E: iris.guasch@anglicarevic.org.au



[See flyer here](#)

Dandenong - July

Day: Wednesday evenings
Dates: 30 July - 17 September 2025
Time: 4:15 - 6:30 pm
Venue: Details at time of booking
Light supper provided

Youyou Li

P: 0499 080 468

E: youyou.li@anglicarevic.org.au



[See flyer here](#)

Beyond the Violence

Beyond the Violence is for women and children who have been impacted by family violence.

It offers an opportunity to connect with other women who have survived violence, for children to explore prosocial behaviours and make friends, and for families to reconnect with each another as a unit.

Suitable for families no longer in crisis nor living with the person using violence,



\$ FREE **⌚ 8-SESSIONS**

PARENTZONE



Community News

Parents Building Solutions SIX SESSION PROGRAMS



Dads do Matter

Online (six sessions)

Day: Monday evenings
Dates: 21 July - 25 August 2025
Time: 6:00 - 8:00 pm
Venue: Online

Open to all Dads, Step-Dads, Single Dads and Grand-Dads, come along to share experiences, learn new strategies & solutions.

- Safe space to voice your frustrations and feelings without judgment.
- Connecting with other Dads.
- Improving your confidence and your communication skills as a Dad.
- Coping with stress and anger.
- Handling conflicts with respect.
- Parenting beyond separation.

Jasbir Singh Suropada
P: 0438 004 285
E: Jasbir.suopada@anglicarevic.org.au

 [See flyer here](#)

Living with Autism /ADHD

Online (six sessions)

Day: Thursday afternoons
Dates: 31 July - 4 September 2025
Time: 12:30 - 2:00 pm
Venue: Online

An interactive program for parents and carers living with children diagnosed with Autism Spectrum Disorder (ASD) and/or Attention Deficit Hyperactivity Disorder (ADHD). Topics may include:

- Developing their social skills
- Knowing their strengths
- Managing changes and transitions
- Responding to meltdowns
- Helping your child to regulate their emotions

Michelle Brown
E: Michelle.brown@anglicarevic.org.au

 [See flyer here](#)

PARENTZONE



Community News

Parents Building Solutions SIX SESSION PROGRAMS



Big Emotions, Calm Responses

Narre Warren South
(six sessions)

Day: Thursday mornings
Dates: 7 August - 11 September 2025
Time: 9:00 - 10:30 am (after drop off)
Venue: Hillsmeade Primary School

Setting boundaries and managing both our own and our children's emotions positively and calmly is difficult. If you are finding emotional regulation a challenge - you are not alone!

- Understand what fears, worries and behaviours are "normal" for your child's age and stage of development.
- Learn how issues such as trauma or neurodiversity impact on them.
- Explore strategies to respond to your child's big feelings like anger, anxiety, fear etc.
- Establish clear boundaries that support your child's emotional regulation.

Carey Cole
P: 0437 428 281
E: Carey.cole@anglicarevic.org.au

 [See flyer here](#)



Parenting after Family Violence

Online
(six sessions)

Day: Thursday afternoons
Dates: 7 August - 11 September 2025
Time: 12:30 - 2:30 pm
Venue: Online

Parents who have experienced family violence, explore strategies that respond to challenging behaviours in a trauma-informed way.

- Re-establish trust in your family.
- Improve your relationship with your children.
- Improve communication in your family.
- Explore responses to big feelings.
- Help your children understand rules and establish boundaries.

Carey Cole
P: 0437 428 281
E: Carey.cole@anglicarevic.org.au

 [See flyer here](#)

PARENTZONE



Community News

Tuning in to Kids



Tuning in to Kids

Cranbourne (six sessions)

Day: Wednesday mornings
Dates: 30 July - 3 September 2025
Time: 10:00 - 12:00 pm
Venue: Cranbourne West Community Hub

Setting boundaries and managing both our own and our children's emotions positively and calmly is difficult. If you are finding emotional regulation a challenge at times, please join us for this parenting program - you are not alone!

Iris Guasch
P: 0436 007 492
E: iris.guasch@anglicarevic.org.au



 [See flyer here](#)

Tuning into Kids

Parenting is one of the toughest jobs you will ever do. Tuning in to Kids shows you how to help your child develop emotional intelligence.

Children with emotional intelligence show improved concentration at school and have greater success with making and keeping friends.



 **FREE**  **6-SESSIONS**

PARENTZONE



Community News

Tuning into Teens



Tuning in to Teens

Clyde North (six sessions)

Day: Thursday evenings
Dates: 7 August - 11 September 2025
Time: 5:00 - 7:00 pm
Venue: Balla Balla Community Centre

For parents of teens aged 10-18 years in the Cranbourne, Clyde North and Botanic Ridge area. Would you like to learn how to:

- Improve talking with your teen and understand them better?
- Help your teen manage their emotions?
- Help to prevent challenging behaviour problems in your teen?
- Teach your teen to deal with conflict?

Youyou Li
P: 0499 080 468
E: youyou.li@anglicarevic.org.au



[See flyer here](#)

Tuning into Teens

Parenting is one of the toughest jobs you will ever do. Tuning in to Teens shows you how to help your child develop emotional intelligence.

Children with emotional intelligence show improved concentration at school and have greater success with making and keeping friends.



💰 **FREE** ⌚ **6-SESSIONS**

PARENTZONE



Community News

Parenting Support and Programs DADS



Dad's Matter Programs

These are for dads, stepdads, grandfathers and other men who play an important role in a child's life. Programs include:

- **Cook it with Dad:** for dads and kids to cook and eat healthy meals together
- **Dad's Little Builders:** for dads and kids to connect through creating and building
- **Baby Play Time:** for dads and babies (0 - 18 months) to have fun and meet other dads.
- **Dig it with Dad:** get dirty with your kids and grow fruit and vegetables in our private garden plot.

City of Casey

E: dadsmatter@casey.vic.gov.au

Men's Behaviour Change Program

This 20-week program offers group-based support to help you make long term, positive changes to your behaviour. You will have the opportunity to talk with other men in similar situations about their behaviour change journey so far, and learn how to be a better father, partner and role model.

Family Life - Frankston

P: 03 9770 0341

Relationships Australia - Cranbourne North

P: (03) 5911 5400

E: cranbournenorth@rav.org.au

Cardinia Dads

A FREE program for dads living in Cardinia Shire with a child aged between 0-6 to meet, connect and share parenting experiences in an informal and supportive setting.

- meet other local dads and share your parenting experience.
- discover ways to connect with your child.
- learn more about your child's development and local parenting support services.

Register: go.cardinia.vic.gov.au/cardiniadads

Cardinia Shire Council

P: 1300 787 624

E: MaternalChildHealth@cardinia.vic.gov.au.

Dads in Distress

Supports dads experiencing trauma through family breakdown and separation.

Website: parentsbeyondbreakup.com/dids

Phone: [1300 853 437](tel:1300853437)

Dads Online

We provide relevant information and ideas that tap directly into the heart of topics that are most important to Dads.

Website: www.dadsonline.com.au

PARENTZONE



Community News

Parenting Support and Programs Disability

ACD - Advocating for Children with Disability

Support Line Monday to Friday 9:00 am-5:00 pm

Email: acdsupport@acd.org.au with your preferred day and time for a callback, or

Text: 0475 577 997 with your preferred day and time for a callback

Phone: 03 9880 7000 or 1800 654 013 (regional)

AMAZE

Builds autism understanding in the community, influences policy change for autistic people and their families/supporters, and provides independent, credible information and resources.

Phone: (03) 9657 1600

Website: www.amaze.org.au

Cerebral Palsy Support Network

A community that advocates for inclusion and self-determination of individuals with Cerebral Palsy

Website: www.cpsn.org.au

Deaf Victoria

Advocates to increase access to services and to educate the wider community on how to work, play, and study with deaf and hard of hearing people.

Phone: 0431 476 721

Website: www.deafvictoria.org.au

Down Syndrome Victoria

Provides families and people with Down syndrome with support, encouragement, information and resources.

Phone 1300 658 873

Email info@dsav.asn.au

Website: www.downsyndromevictoria.org.au

Epilepsy Action Australia

Provider of epilepsy support and information nationwide.

Website: www.epilepsy.org.au

Scope Australia

Support for people with physical, intellectual disabilities, and developmental delays to achieve their goals.

Phone: 1300 472 673

VALID

Equipping and empowering people with a disability and their families using training tools, information, and resources. 130 Cremorne street, Richmond Vic 3132

Phone: (03) 9416 4003

Yooralla

Provides quality services for people with disability across Victoria

Phone: (03) 9666 4500

Website: www.yooralla.com.au

PARENTZONE



Community News

Parenting Support and Programs Aboriginal and Torres Strait Islander

Nairn Marr Djambana,

In Frankston, this is a welcoming safe place for Aboriginal cultural, recreation and social activities. It is a meeting place to provide opportunities to further advance and improve the health of Aboriginal people of all genders and ages.

Website: www.djambana.org.au

Phone: (03) 9783 1521

Djirra

Where culture is shared and celebrated. Practical support is offered to Aboriginal women and particularly to Aboriginal people who are currently experiencing family violence or have in the past.

Website: djirra.org.au

Phone: (03) 9244 3333

Dardi Munwurro

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

Website: dardimunwurro.com.au

Phone: 1800 435 799

Aboriginal Housing Vic

Aboriginal Housing Victoria (AHV) is an Aboriginal community organisation responsible for managing over 1,500 rental properties for Aboriginal and /or Torres Strait Islander people living in Victoria.

Website: housing.vic.gov.au

Casey Aboriginal Gathering Place

In Doveton, this is a dedicated space where community members can drop in, participate in programs, activities, and access Indigenous services and support. See more on their Facebook page.

Email: AboriginalGatheringPl@casey.vic.gov.au

Phone: (03) 9792 7378

Victorian Aboriginal Child Care Agency (VACCA)

A state-wide Aboriginal Community Controlled Organisation servicing children, young people, families, and community members. The largest of its kind in Australia.

Website: vacca.org

Phone: (03) 8727 8800

Willum Warrain

Willum Warrain in Mornington Peninsula provides information, support and referral services, health and wellbeing programs, art and culture programs and links between the Aboriginal community and the broader local community.

Website: willumwarrain.org.au

Phone: 0403 528 034

Yarnsafe

Yarnsafe at Headspace is your space to yarn safe. Headspace can help you or a friend with any problems you have; physical health, mental health and wellbeing, drugs and alcohol, work, school and study. Aimed at youth (12-25) years.

Website: headspace.org.au/yarn-safe



PARENTZONE



Community News

Crisis Lines and Links

Beyond Blue 13200 22 4636 (24hrs)

Provides information and support to help everyone in Australia achieve their best possible mental health, whatever their age and wherever they live. Anxiety, depression and suicide prevention.

Parents/ Friends can ring for help.

If you need help - phone/use webchat- everything is confidential.

HEADSPACE Call 1800 650 890

Mental health and wellbeing support, information and services to young people aged 12 to 25 years and their families.

LIFELINE Call 13 11 14 (24 Hrs)

LifeLine is a national charity providing all Australians experiencing emotional distress with access to 24-hour crisis support and suicide prevention services.

SUICIDE CALL BACK SERVICE Call 1300 659 467 (24 Hrs)

If you have lost someone to suicide. suicide call back service is nationwide service providing 24/7 telephone and online counselling to

people affected by suicide. You can chat or look at the vast range of resources available.

Uniting Program -who have a parent with a mental health issue?

MIND AUSTRALIA 1300 286 463

Mind offers a range of specialised psychosocial support services and therapies to help you gain better mental health and improve the quality of your life, including:

- information and advice
- support coordination
- specialised assessments, counselling, coaching and learning
- in home and community support
- a variety of housing and support services
- recovery retreats
- sub-acute recovery care
- family and carer support

Site also has resources

AMAZE (National Autism HELPLINE - 1300 308 699)

Autism information you can trust. Free, confidential and independent.

Autism Connect is open 8am to 7pm, Monday to Friday.

Translating Services Available

Fill in the form below or [email](#) to contact an autism advisor.

[RESOURCES](#)

PARENTZONE



Community News

Useful Contacts for Families

Help Lines

- Police (24-hour stations) 000
- Lifeline Crisis Support. Suicide Prevention 13 11 14
- Parentline Victoria Counselling Service 13 22 89
- Family Violence Help: 1800 015 188
- Kids Help Line Phone Counselling Service: 1800 551 800
- Homeless Crisis Line 1800 825 955
- Drug and Alcohol Services 1800 888 236
- Mensline Counselling Service 1300 78 99 78
- Q Line Counselling & Referral for LGBTI people 1800 184 527
- 1800 Respect: 1800 737 732

City of Casey Council

Ph: (03) 9705 5200

Email: caseycc@casey.vic.gov.au

Website: Casey City Council

Greater Dandenong City Council

Ph: (03) 8571 1000

Email: council@cgd.vic.gov.au

Website: Greater Dandenong City Council

Frankston City Council

Ph: 1300 322 322

Email: info@frankston.vic.gov.au

Website: Frankston City Council

Cardinia Shire Council

Ph: 1300 787 624

Email: mail@cardinia.vic.gov.au

Website: Cardinia Shire Council

Bayside City Council

Ph: (03) 9599 4444

Email: enquiries@bayside.vic.gov.au

Website: Bayside City Council

Mornington Peninsula Shire Council

Email: customerservice@mornpen.vic.gov.au

Website: Mornington Peninsula Shire Council

City Of Kingston

Ph: 1300 653 356

Email: info@kingston.vic.gov.au

Website: Kingston City Council

City of Stonnington

Ph: (03) 8290 1333

Email: council@stonnington.vic.gov.au

Website: Stonnington City Council

Centrelink

- Carers 132 717
- Families 136 150
- Financial Information Service (FIS)
136 357 (FIS seminar booking)
- Help in an Emergency 132 850
- Indigenous Australians Call Centre
1800 136 388
- Languages (Multilingual) 131 202
- Low Income Healthcare Card 132 490
- Online Support Hotline 132 307
- myGov Help Desk 132 307
- People With a Disability 132 717

Medicare

- General enquiries 132 011
- Aboriginal and Torres Strait Islander
Line 1800 556 955
- Australian Immunisation Register
Enquiries 1800 653 809
- Compensation Recovery Medicare
132 127
- Disaster Health Care Assistance 1800
660 026
- Pharmaceutical Benefits Scheme 132
290
- Telephone claims 1300 360 460
- Translating and Interpreting Service
(TIS National) 131 450

PARENTZONE



Community News



SCHOOL HOLIDAY 
Program

Ready For Adventure These School Holidays?

Looking for a school holiday program that gets kids off screens and into action? The Scouts Victoria Holiday Program offers four jam-packed days of climbing, crafting, launching, and learning. All led by experienced Scout Leaders who know how to mix fun with real-life skills. Each day is a new adventure, blending teamwork, creativity, STEM, and outdoor challenges designed to build confidence, spark curiosity, and keep kids active.

Activities Include

- Rock Climbing
- Hatchet Throwing
- Bottle Rockets
- Tie-Dye
- Campfire Cooking

Where | 1st Ballam Park Scout Hall
When | July 7 - 10
For dates and bookings | www.trybooking.com/DBWFE



Register Today