



Newsletter

Friday 25th July 2025

Principal's Report



Welcome to Term Three everyone!

Winter is certainly here, and it has been chilly with the mountains seeing lots of snow to date. We are in store for a cracker of a Snow Camp next week with snow predicted to fall in the lead up to camp as well as over the three days we are there!

Cannot wait!

Parent Teacher Interviews

A reminder that Parent Teacher Interviews are next week.

- Specialist Teachers & TLI Team - Monday 28th July 3.40 - 5pm
- P - 2 - Tuesday 29th July 2.30 - 7.30pm
- 3 - 6 - Wednesday 30th July 2.30 - 7.30pm

Booking link: <https://www.schoolinterviews.com.au/code/zrpnk>

Student Support Group Meetings (SSG Meetings)

A reminder to those parents and carers who meet for a termly Student Support Group Meeting with our Disability & Inclusion Learning Specialist, Michelle Polley.

Term Three SSG meetings are scheduled for Weeks 4 - 6 as per your Class Dojo information.

Booking link: <https://www.schoolinterviews.com.au/code/qkbc5>

Curriculum Day

Reminder that our final curriculum day for the year is scheduled for:

- Wednesday 13th August.

Students - School Attendance Matters

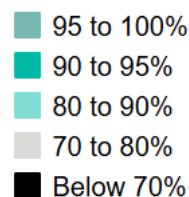
Daily school attendance for all students matters!

Daily school attendance means that every student should attend school every day!

Daily school attendance has numerous positive impacts on students, impacting positively on their academic achievement, social-emotional well-being and positive pathways moving forward into secondary school and beyond. It fosters a sense of belonging, develops essential life skills, and improves overall academic performance.

Conversely, limited school participation is associated with a greater chance of negative behaviours in school and negative future prospects.

What Does Daily School Attendance Look Like?



- 95 - 100% attendance allows for a small number of days away that may be required

- 90 - 95% attendance - is on the lower side of positive attendance. However, a

longer-term illness may impact a child's attendance.

- 80 - 90% attendance - this level of attendance is considered a concern and can lead to gaps in student learning and social difficulties.
- 70 - 80% attendance - this level of attendance is a high concern and results in learning, social and emotional challenges in students.
- Below 70% attendance - students are considered at risk and most likely incur a high degree of negative impact on their schooling.

Thank you for ensuring your child has a high daily school attendance - remembering that 'on-time' also matters!

'Every day, on-time matters!'

Happy weekend all!

Renée Kennedy.

NAIDOC WEEK

In the Grade 3/4 classrooms, students have explored the significance of NAIDOC Week, the meaning behind the Acknowledgement of Country, and have worked thoughtfully to begin creating their own personal acknowledgements.

We have also explored Aboriginal art and symbolism, learning what different symbols represent and how they can be used to tell a story. Using this knowledge, students designed their own story on a boomerang using traditional symbols—an activity they absolutely loved! The level of engagement and curiosity from students has been fantastic.

We are incredibly proud of the way our students have embraced this learning and look forward to continuing these important conversations throughout the year.



NAIDOC Week



To celebrate NAIDOC Week, our Grade 1/2 students explored Dreamtime stories and meaningful cultural activities. They read Tiddalick the Frog and created a craft to match the story. After reading Walk With Us, they traced their footprints and wrote "I walk with..." to show who or what is important to them. They decorated their footprints with Aboriginal symbols, showing creativity and respect as they learned about connection to Country and community.



Prep Enrolments

Prep Enrolments for 2026—Due Now!

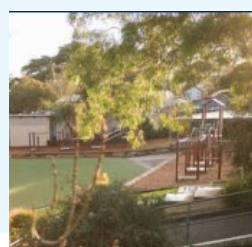
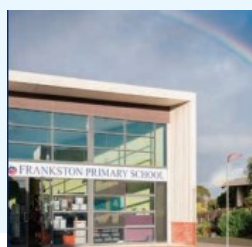
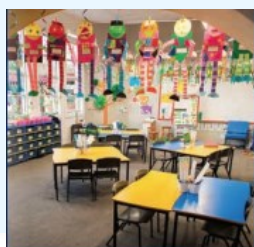
A friendly reminder that Prep enrolments are now due back.

If you have a child starting Prep next year, or know someone who does, please return enrolment forms asap.

Submitting on time helps us with planning and supports a smooth start to school for your child.

For more information or to collect an enrolment pack, please contact the school office.

PREP 2026
ENROLMENT
FORMS ARE
NOW DUE!



FOUNDATION 2026 Transition Program Schedule

Meet our Prep Teachers Video Conference

15 minutes for children along with their Prep parents to meet our 2026 Prep classroom teachers.

Download WebEx - www.webex.com

Use ID Code: 576 761 907

Session 1:	Week 2	Tuesday 14th October	4pm
Session 2:	Week 3	Tuesday 21st October	4pm
Session 3:	Week 4	Tuesday 28th October	4pm

2026 Prep Parent Information Night

Week 5: Wednesday 6th November

If your child is unable to attend a Transition or Orientation session, please let our school know by contacting the office on 9786 3769.

Parent – Teacher Pre-Prep Interview

15 minute parent-teacher phone interview

Week 6: Thursday 13th & Friday 14th November

9am – 4.30pm

Bookings will be made through our on-line parent booking platform.

Prep Transition Sessions 9.30am – 10.45am

Week 7: Thurs 20th November

Week 8: Thurs 27th November

Week 9: Thurs 4th December

Please note – there is a parent information session on each of these days on student wellbeing and school readiness.

Prep Orientation Session 9.30am – 12.30pm

Week 10: Thurs 11th December – Prep 2026

FPS Virtual School Tour

Connect to our school website for a virtual tour which you and your child can go back to continuously to assist them in knowing their primary school environment.

Friends Learning Together



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

Warm Milo & Biscuit

Recess

Tuesday 29th July

\$3.00



Cheese Toastie

Recess

Wednesday 30th July

\$3.50



Mexican Corn Cob

Recess

Tuesday 5th August

\$3.00



Dim Sims

Recess

Wednesday 6th August

2 for \$2.50





Extra Curricular Activities



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!**





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



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**

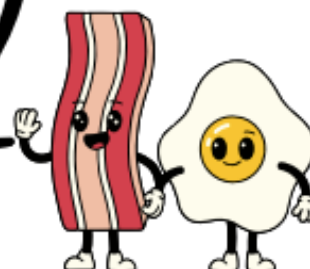
**Hey Dads, Father-
figures, Carers**

**Join Our
Portal!**



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/lxjje5YcM>





Community News



New, Used, Vintage and Rare.

**Cash Paid For Guitars and
instruments.**

**Instrument repairs
Music lessons**

03 9781 3160

**12-13 Park Lane, Frankston
www.guitarvillage.com.au**



Friends Learning Together

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**

Community Aspire Optimism Respect Resilience Empathy Inclusion



Friends Learning Together

Community News



nab AFL Auskick

GOOD CLEAN FUN

PLAY.AFL/AUSKICK

**FRANKSTON & SURROUNDS ALL GIRLS
AUSKICK CENTRE**

Thursdays, 4:30pm - 5:30pm
Bruce Park, Frankston

REGISTER HERE



AFL PLAY



Friends Learning Together

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 Aspire Optimism Respect Resilience Empathy Inclusion

Frankston Primary School: Term 3, Week 1 2025



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