



# Newsletter

Friday 8th August 2025

## Principal's Report

A highlight of my last two weeks was definitely attending our annual Federation School's Snow Camp, with Derinya Primary School, Overport Primary, Frankston Heights Primary and Frankston High.

The last few weeks at Mt Buller has been freezing! With the wind-chill factor seeing nights as low as -12 degrees! However, the weather over our three days was brilliant sunshine with blue skies, no wind and good snow on our beginner and intermediate slopes, resulting in good skiing and amazing opportunities for our students to experience the best that Mt Buller can offer!

Our students were incredible! They displayed determination, perseverance, positive mind set and resilience in tackling the challenges that the snow camp and skiing offers.

It has again been an absolute delight in sharing this camp experience with all of our students.



## Parent and Carer Opinion Survey

**WE WANT OUR PARENTS & CAREGIVERS TO TELL US WHAT YOU THINK!**

Our school is conducting the annual Parent & Carer Opinion Survey offered by the Department of Education and is seeking your feedback.

The survey is designed to assist schools in gaining an understanding of families' perceptions of school climate, student behavior, and student engagement.

The survey is optional, but we encourage and appreciate your participation.

Our school will use the survey results to assist in identifying areas for improvement and professional development needs in the school, to target school planning and improvement strategies.

The Parent & Carer Opinion Survey will be open online to Monday 18th August 2025 to Friday 19th September 2025, with our school inviting all families to participate in the survey.

The survey will be conducted online, only takes approx 20 minutes to complete, and can be accessed at any convenient time on desktop computers, laptops, tablets or smartphones.

The online survey is available in English and 10 other languages including Arabic, Greek, Hakha Chin, Hindi, Japanese, Punjabi, Simplified Chinese, Somali, Turkish, and Vietnamese.

The survey link will be placed on Class Dojo once our school receives the link information.

Please speak to our office should you require further information.

Thank you very much in advance for taking the time to fill this in!



# Principal's Report

## No Tolerance to Racism

It saddens me greatly when I hear from students or parents that they have heard or experienced racism - this is simply not OK to be occurring anywhere in society, including within our school.

Framework factor / Question	Frankston Primary School Results											
	Overall % Yes (n=90)	Total (n=23)	Year 4 - % Yes Female (n=12)	Male (n=11)	Year 5 - % Yes Total (n=30)	Female (n=15)	Male (n=15)	Year 6 - % Yes Total (n=37)	Female (n=18)	Male (n=18)	Female % Yes (n=45)	Male % Yes (n=44)
Experience of racism												
have experienced racism at this school this term	17%	4%	0%	9%	17%	13%	20%	25%	18%	33%	11%	23%
have experienced racism at this school in the past 12 months	22%	9%	0%	18%	23%	13%	33%	30%	22%	39%	13%	32%
know what to do or who to tell if I experience racism at this school	86%	83%	83%	82%	87%	87%	87%	86%	78%	94%	82%	89%

The image above is a snip from our recently received 2025 Preliminary Student Opinion Survey - showing feedback from our Year 4 - 6 students on their thoughts about their experience of racism at school.

These results have declined from last year, which are reflective against the whole state. Showing that these negative and devastating behaviours and the way some people treat others is a problem right across communities.

At Frankston Primary School we value the diversity of culture, ethnicity, and faith of all our students. We are proud of our diversity, and everyone is welcome at our school.

Racist behaviours that we can see at our school include students using racist language and slurs.

This behaviour is unacceptable and will not be tolerated at our school. Celebrating the diversity of our community makes us stronger and kinder and we are committed to ensuring that students from all backgrounds feel accepted and supported and are empowered to learn and grow in our school.

At Frankston Primary School we focus on anti-racism learning through our Respectful Relationships education program and focus our work on everyone feeling welcome, respected and supported.

You can read about the school's effort to prevent and respond to racism on our [school website](#).

For our school to achieve our values and aims, every parent and carer plays an important role, in the

language and conversations used at home, monitoring your child's access to inappropriate social media forums and movies.

We are writing to ask for your support that you:

- understand that we celebrate diversity and multicultural inclusion
- understand the importance of everyone at school being treated with respect
- understand that Frankston PS takes racism very seriously
- understand that the school will support students if they experience or see their classmates experience this racism.

*Please discuss with your children the impact of using racist slurs and the harm it causes other students, and the importance of using respectful language at school and in the broader community.*

Your partnership in reinforcing these values at home will significantly help create a more respectful and inclusive environment at school.

When you or your child/ren experience racism at school or within our community - please feel safe and confident in contacting myself or a member of our leadership team.

The Department of Education also has a Racism Hotline: via email

[report.racism@education.vic.gov.au](mailto:report.racism@education.vic.gov.au) or phone 1800 722 476 (Monday to Friday, 9am to 5pm).



## 2025 FEDERATION SNOW CAMP





## 2025 FEDERATION SNOW CAMP

Wednesday 30th July, at 3.30am a bus full of sleepy but *super excited* students set off on a three-day snow-filled adventure with four other local schools - Frankston Federation Schools. We caught our first magical glimpse of snow on the way up to Mount Buller, and the excitement only grew from there!

Over the next three 'blue-bird days', students threw themselves into learning to ski, taking lessons from incredible ski instructors from all over the globe. Including *Gonzo*, with his big personality and unforgettable accent, the kids knew they were in for something special! Every instructor brought their own flair, language, and unique way of teaching – it felt like a world tour on skis!

We stayed right on mountain at Ajax Lodge, giving us a real taste of ski life – '3 course meals for dinner and hash browns for breakfast - doesn't get much better than this and the fabulous food gave us lots of energy to fuel the day's adventures!

More than just a ski trip, Snow Camp was a chance to make new friends, build confidence, and connect with students from other local schools. We came back tired, proud, and full of unforgettable memories!

A huge thank you to our amazing FPS kids for giving it their all, and to our parents and carers for supporting their children's Snow Camp journey. And of course, thank you to Mrs Kennedy, Mrs Doyle, and the incredible staff from the other schools who guided and supported our kids every step of the way!

2025 Snow Camp

What an adventure!



# DIVISIONAL NETBALL

On Tuesday 29th July, our 5/6 mixed netball team gave it their all, playing their hardest in a tough divisional round. We are incredibly proud of their determination and effort, even though they didn't come away with the win.

A big thank you to our parents and carers who came along to support our students, and to our coach, Mrs Rudolph, for her dedication and guidance.





## 100 DAYS OF PREP 2025

What a special milestone our Prep students reached last week—100 days of school!

Our Prep students had lots of celebrations in the classroom throughout the day, filled with big smiles, fun activities and some incredible costumes!

It has been such a joy to watch them grow, learn and shine over the past 100 days - and this is only the beginning to their primary school journey!





## NATIONAL TREE PLANTING DAY

Our School was generously donated a selection of grasses, shrubs and trees for National Tree Planting Day.

On Tuesday 5th August, some of our keen gardening students and sustainability captains were invited to assist Mrs Thurgood in planting these in the lower garden beds outside our EnviroScience STEM room.

We cannot wait to watch them flourish in our garden beds!





# Prep Enrolments

## Prep Enrolments for 2026—Due Now!

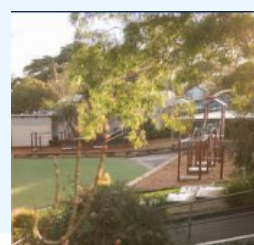
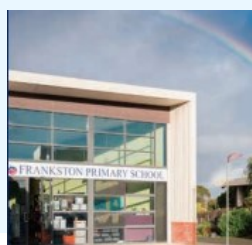
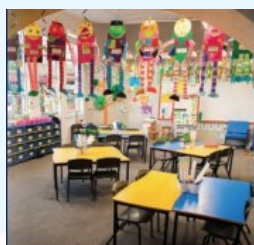
A friendly reminder that Prep enrolments are now due.

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 clear communication between school and home ensuring 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](http://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](http://www.frankstonps.vic.edu.au)  
E: [frankston.ps@education.vic.gov.au](mailto:frankston.ps@education.vic.gov.au)



### **Pizza Muffins -**

#### **Ham or Vegetarian**

Recess

Tuesday 12th August

**\$3.50**



### **Banana Bubbles**

**NEW**

Banana dipped in  
yoghurt and coted in  
rice bubbles!

Recess

Wednesday 13th August

**\$3.50**

### **Tzatziki Dip with** **Carrots & Corn Chips**

Recess

Tuesday 19th August

**\$3.00**



### **Raisin Toast**

Recess

Wednesday 20th August

**\$1.50 Per slice**



**Your  
OSHC.**

Tailored before and after school  
experiences that children love.

Newsletter

# Pupil Free Day



Date: 13-Aug-2025



Time: 06:45 to 18:30



Fees: \$70.16 (\$8.02 after max. CCS\*)



Location: The Before and After School Care Room at Frankston Primary School



## Register for Your OSHC

Once registered, you'll be able to easily make and manage your bookings online via our Parent Portal.

Register now

## Child Care Subsidy (CCS)

The Child Care Subsidy can provide up to 90% off your fees. Your eligibility is based on your income, care type, and activity level. Call Centrelink on 13 61 50 to find out more.

Register free and book now at [www.campaaustralia.com.au](http://www.campaaustralia.com.au)

by  Camp  
Australia





# FPS Calendar Term 3

## WHAT'S ON

Monday 21st July	First day of Term 3
Tuesday 12th August	Parenting Workshop—Helping Kids make Friends— Registration compulsory
<b>Wednesday 13th August</b>	<b>Curriculum day— No Students</b>
Friday 15th August	Parent & Carers Association Meeting 9am
Sunday 17th August	Aerobics Nationals Competition
Monday 18th August	Fathering Project Morning 7.40am
Thursday 21st August	Book Week Dress—up Parade 9.15—10am Parents & Carers welcome
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"> <li>Fathers Day Morning Activities</li> <li>Fathers Day Stall</li> </ul>
Thursday 11th September	R U OK Day— More information to come
Friday 12th September	Parents & Carers Association Meeting
Friday 19th September	<ul style="list-style-type: none"> <li>Footy Parade 9.15am –10am</li> <li>Last Day of Term 3— 2.30 Dismissal</li> <li>Stay &amp; Play @ Beauty Park 2.30pm</li> </ul>



## 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**

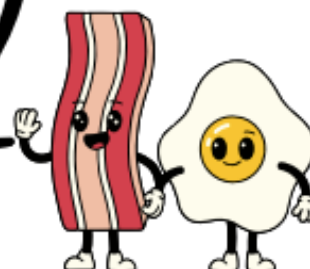
**Hey Dads, Father-  
figures, Carers**

**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**







# Community News



**CELEBRATE**  
WITH THE DEES IN  
**ROUND 22**  
AT THE MCG

Get your **FREE** tickets to Melbourne v Western Bulldogs  
in Round 22 **AND** access to a complimentary AFLW Membership  
(max of 4 per transaction)

Scan the QR code to redeem!



ROUND 22  
**SUNDAY 10 AUGUST**  
**3.15PM | MCG**  
WURUNDJERI



# 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](mailto: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](http://www.guitarvillage.com.au)**



Friends Learning Together

# Community News



## WIN A BIKE PACKAGE!

Calling all women over 18 in Frankston City and the Mornington Peninsula region.

We'd love to hear about your experiences of bike riding in your local community. Take 2 minutes to complete our quick survey.

You'll go in the draw to win a bike package (bike, helmet and bike lock) - just for sharing your thoughts!



For more information  
scan the QR code





# Community News



**BONBEACH ST CHADS BASEBALL CLUB**  
THAMES PROMENADE, CHELSER HEIGHTS 3196

## **JUNIORS COME AND TRY DAY**

**FREE COME AND TRY DAY FOR GIRLS AND BOYS, ALL  
ABILITIES AND ALL AGE GROUPS.**

**EQUIPMENT IS PROVIDED,  
BRING YOUR FRIENDS AND HAVE SOME FUN!**

**SEPT 4TH, 7TH, 11TH & 14TH**

**TUESDAY 4TH & 11TH @ 4.30**

**SUNDAY 7TH & 14TH @ 10.00**

**[bonbeachstchads@gmail.com](mailto:bonbeachstchads@gmail.com)**





Friends Learning Together

# Community News

## HOOK in 2 HOCKEY! FRANKSTON HOCKEY CLUB

FIRST SESSION IS FREE!  
ALL EQUIPMENT PROVIDED!



14 Aug 2025 – 18 Sept 2025, 1700-1800



Peninsula Hockey Centre, 1-3 Bloom  
St, Frankston, VIC 3977



[juniorsrep@frankstonhockeyclub.com](mailto:juniorsrep@frankstonhockeyclub.com)

SCAN ME



Community Aspire Optimism Respect Resilience Empathy Inclusion

Frankston Primary School: Term 3, Week 3 2025





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**



# 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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](http://go.cardinia.vic.gov.au/cardiniadads)

#### Cardinia Shire Council

P: 1300 787 624

E: [MaternalChildHealth@cardinia.vic.gov.au](mailto:MaternalChildHealth@cardinia.vic.gov.au).

### Dads in Distress

Supports dads experiencing trauma through family breakdown and separation.

Website: [parentsbeyondbreakup.com/dids](http://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](http://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](mailto: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](http://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](http://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](http://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](mailto:info@dsav.asn.au)

**Website:** [www.downsyndromevictoria.org.au](http://www.downsyndromevictoria.org.au)

### Epilepsy Action Australia

Provider of epilepsy support and information nationwide.

**Website:** [www.epilepsy.org.au](http://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](http://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](http://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](http://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](http://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](http://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](mailto: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](http://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](http://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](http://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](mailto:caseycc@casey.vic.gov.au)

Website: [Casey City Council](http://Casey City Council)

#### Greater Dandenong City Council

Ph: (03) 8571 1000

Email: [council@cgd.vic.gov.au](mailto:council@cgd.vic.gov.au)

Website: [Greater Dandenong City Council](http://Greater Dandenong City Council)

#### Frankston City Council

Ph: 1300 322 322

Email: [info@frankston.vic.gov.au](mailto:info@frankston.vic.gov.au)

Website: [Frankston City Council](http://Frankston City Council)

#### Cardinia Shire Council

Ph: 1300 787 624

Email: [mail@cardinia.vic.gov.au](mailto:mail@cardinia.vic.gov.au)

Website: [Cardinia Shire Council](http://Cardinia Shire Council)

#### Bayside City Council

Ph: (03) 9599 4444

Email: [enquiries@bayside.vic.gov.au](mailto:enquiries@bayside.vic.gov.au)

Website: [Bayside City Council](http://Bayside City Council)

#### Mornington Peninsula Shire Council

Email: [customerservice@mornpen.vic.gov.au](mailto:customerservice@mornpen.vic.gov.au)

Website: [Mornington Peninsula Shire Council](http://Mornington Peninsula Shire Council)

#### City Of Kingston

Ph: 1300 653 356

Email: [info@kingston.vic.gov.au](mailto:info@kingston.vic.gov.au)

Website: [Kingston City Council](http://Kingston City Council)

#### City of Stonnington

Ph: (03) 8290 1333

Email: [council@stonnington.vic.gov.au](mailto:council@stonnington.vic.gov.au)

Website: [Stonnington City Council](http://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