

Program	Contact / Phone	Venue	Dates / Times
<b>Relationships Australia</b>	<a href="http://www.relationships.org.au/">www.relationships.org.au/</a> 1300 364 277	46 Princess Street Kew	
<b>Parenting Research Centre</b>	8660 3500 <a href="http://www.parentingrc.org.au">www.parentingrc.org.au</a>	Level 5, 232 Victoria Parade	Online Programs Available
<b>Lifeworks</b>	8650 6200 <a href="http://www.lifeworks.com.au">www.lifeworks.com.au</a>	Level 4, 255 Bourke Street Melbourne	
<b>Tweddle Child and Family Health Service</b> a not for profit early intervention and prevention health service with focus on families in Victoria's north and west. Offers a range of programs and information for parents.	9689 1577 Email: <a href="mailto:tweddle@tweddle.org.au">tweddle@tweddle.org.au</a> Website: <a href="http://www.tweddle.org.au">www.tweddle.org.au</a>	53 Adelaide Street, Footscray	Tip sheets available on line. <a href="http://www.tweddle.org.au">www.tweddle.org.au</a>
<b>Drummond Street Services</b> – counselling services family therapy; youth services; community education, seminars and support groups; education and training services for other professionals.	Drummond Street Services on <a href="http://www.ds.org.au">www.ds.org.au</a>		

<b>Kids Matter</b> KidsMatter is an Australian mental health and wellbeing initiative set in primary schools and early childhood education and care services.	A range of tip sheets online <a href="http://www.kidsmatter.edu.au/families">http://www.kidsmatter.edu.au/families</a>		
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## For Dads

As more men seek information around parenting from the internet here are some good sites to start. There is no substitute for talking to another human being. We will always recommend talking to someone. Dads should feel free to give Parentzone Northern a call on **8470 9999**.

For urgent matters when men need urgent, confidential and anonymous advice around fathering, separation and stress phone **Mensline on 1300 78 99 78**

Program	Contact / Phone	Venue	Dates / Times
<b>Dads in Distress (Aus)</b> Dads in Distress is a dedicated support group of men (in Australia) whose immediate concern is to stem the present trend of male suicide due to the trauma of divorce or separation.	Phone: 1300 853 437 <a href="http://www.dadsindistress.asn.au">www.dadsindistress.asn.au</a>		

## All Northern Region Council Areas

Program	Contact / Phone	Venue	Dates / Times
<b>Tuning in to Kids.</b> A 6 week program designed to help parents to coach their children in understanding and managing their emotions.	Anglicare Victoria Parentzone Duty Worker 9465 0322	Watsonia Library	Phone for further bookings

<p><b>How to Talk so Kids will Listen and Listen so Kids will Talk</b> A six week program for parents and carers of children aged 2 – 12</p>	<p>Phone 9663 6733 or email <a href="mailto:enquiries@ds.org.au">enquiries@ds.org.au</a></p>	<p>drummond street services, 100 Drummond Street, Carlton</p>	<p>Tuesday 14th Oct – 25<sup>th</sup> Nov 6.30 – 8.30pm. Bookings essential.</p>
<p><b>Parenting Children who Worry Too Much</b> A two week course Find out more about anxiety and strategies to help your child to worry less.</p>	<p>Phone 9663 6733 or email <a href="mailto:enquiries@ds.org.au">enquiries@ds.org.au</a></p>	<p>drummond street services, 100 Drummond Street, Carlton</p>	<p>Thursday 27 Nov – 4 Dec 6.30pm – 8.30pm Bookings Essential.</p>

City of Banyule/ Shire of Nillumbuk

Program	Contact / Phone	Venue	Dates / Times
<p><b>Parenting with less stress!</b> For parents of children under 12. Would you like to enjoy parenting more? Help your child be better behaved? Use positive parenting strategies to manage misbehaviour?</p>	<p>Joan 9430 9100 <a href="http://www.nillumibikhealth.org.au">www.nillumibikhealth.org.au</a></p>	<p>Diamond Creek MCHC Community Centre Main Rd Diamond Creek</p>	<p>Phone for further information. Bookings are essential</p>
<p><b>Tuning in to Kids</b> A six week program for parents and carers of children aged 2 – 12</p>	<p>Phone 0404 042 789 / 0412 822 858</p>	<p>Greenhills Neighbourhood Ctr Laurimar Community Activity Ctr</p>	<p>Thur 16 Oct – 20 Nov 7:30 – 9:30pm Fri 24 Oct – 28 Nov 9:30 – 11:30am</p>

## City of Whittlesea

<b>Program</b>	<b>Contact / Phone</b>	<b>Venue</b>	<b>Dates / Times</b>
<b>Young Parents' Support Group</b>	9404 8800	Boori Children's Services Centre 21 Winchester Ave, Epping	Please phone for further details.
<b>Positive Parenting</b>	9404 4565 or check the City of Whittlesea calendar	Mill Park Community House 68 Mill Park Dve Mill Park	Phone for 2014 opportunities.