

# FAMILY & WELLBEING SUPPORT

## PARENTING

### GEELONG REGIONAL PARENTING SERVICE

In-person and online parenting groups. Calendar released each term  
<https://www.geelongaustralia.com.au/parenting/article/item/8cbd447435d979a.aspx>

### TRIPLE-P PARENTING PROGRAMS (online)

<https://triplep-parenting.net.au>

Online, self-paced, free parenting programs including specific programs for general parenting skills, parenting children with anxiety, and parenting children with additional needs

## COMMUNITY SUPPORTS

### MELI DROP-IN SERVICE TORQUAY (KMCC centre)

Free support with no appointment or referral required. This support is for families who:

- would like to build their skills as parents
  - may be experiencing family challenges and need support
  - would like information about (or referrals to) other services available for families
- For more information, contact Meli on 5226 8900 or email [groups@meli.org.au](mailto:groups@meli.org.au)

### ORANGE DOOR

Parenting support, family violence support, referral or connection to other services

<https://www.orangedoor.vic.gov.au/how-we-can-help>

### LOCAL SERVICES AND HELPLINES

Surfcoast Shire's list of local support services (including financial support, food assistance, mental health and family violence):

<https://www.surfcoast.vic.gov.au/Community/Get-Help>

## MENTAL HEALTH RESOURCES

### CRISIS SUPPORT/ADVICE

Barwon Health 24/7 Mental Health Triage line 1300 094 187

### PSYCHOLOGICAL SUPPORT

GP can refer to a Psychologist on a Mental Health Care Plan for Medicare rebated sessions

### RAISING CHILDREN NETWORK

Raising Healthy Minds app for advice on supporting your child's social and emotional wellbeing, as well as website of comprehensive parenting advice for all aspects of childhood development

<https://raisingchildren.net.au/>

### SMILING MIND APP FOR FAMILIES

Content created by psychologists, and designed for kids and parents to build foundational mental fitness skills through activities about emotions, relationships and self-worth

<https://www.smilingmind.com.au/smiling-mind-app-for-families>

### EMERGING MINDS

Free resources that support families to nurture and protect children's mental health as they navigate the ups and downs of daily life

<https://emergingminds.com.au/families/>

## SCHOOL / HOME PARTNERSHIP

### HAPPY FAMILIES SCHOOL MEMBERSHIP

Run by Dr Justin Coulson this membership offers a wealth of parenting education and resources. Parents can access weekly Insight Articles and Live Webinars each term, which will be announced via school newsletter and/or Compass, where we will also distribute the weekly Insight articles.

### URSTRONG SCHOOL/PARENT MEMBERSHIP

Bellbrae Primary School now uses the URSTRONG Friendology curriculum to teach students valuable skills for healthy friendships and resolving conflict. Families can take advantage of a FREE Parent Membership to access hundreds of resources. This will allow you to learn the same language & strategies being taught in the classroom through the Friendology 101 curriculum.

<https://urstrong.com/parents/>