

CARE KIT



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The Care Kit is a list of professionals, services, and hotlines to call if needed. This list has been put together to make it easy for you to choose the ideal, local professional, service or hotline to help you with whatever your need or interest is.

CONTENTS

CARE KIT 1

Organisations and services..... 2

Beyond the Violence 2

Cardinia Communities SAFE-T-NET Website 2

Cardinia Shire Council – Child Friendly City 2

Children, Young People & Families Team – SECASA 3

Living & Learning Pakenham..... 3

Office of the E-Safety Commissioner 3

ParentZone 4

The Hub – Koo Wee Rup Regional Health Services 4

USEFUL CONTACTS 4

EMERGENCY CONTACTS..... 4

FAMILY SUPPORT 5

YOUTH SUPPORT 6

FINANCIAL & LEGAL SUPPORT 7

ACCOMMODATION & HOUSING..... 8

FOOD RELIEF & MATERIAL AID 9



CARE KIT

ORGANISATIONS AND SERVICES

BEYOND THE VIOLENCE

Beyond The Violence helps families establish safety, rebuild relationships and move forward with their lives after violence. This 8-week program is for non-offending parents and their children who have experienced family violence. Run in Dandenong, Frankston, Mornington Peninsular.

P: (03) 9781 6700

E: erin.surrey@anglicarevic.org.au

W: www.anglicarevic.org.au/our-services/family-violence/beyond-the-violence/

CARDINIA COMMUNITITES SAFE-T-NET WEBSITE

Cardinia Communities Safe-T-Net Website is an online media forum which is aimed at 5–12-year-olds, explaining what feeling unsafe feels like in a child friendly language and imagery. Designed for children and very user friendly, it discusses who children can talk to if they feel unsafe and what professionals they can seek help from if they feel unsafe.

W: <https://www.cardiniasafetnet.com.au/>

CARDINIA SHIRE COUNCIL – CHILD FRIENDLY CITY

Cardinia Shire Council are recognised by UNICEF as a Child friendly City. They are committed to supporting children and providing them with opportunities to be their best. The website provides information including Child, Youth and Family Strategy, services for children and youth, Child Friendly Cities information and charter.

P: 1300 787 624

E: mail@cardinia.vic.gov.au

W: www.cardinia.vic.gov.au



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CHILDREN, YOUNG PEOPLE & FAMILIES TEAM – SECASA

SECASA is the largest family violence and sexual assault service provider across the south-east metropolitan Melbourne. They have specialist therapeutic interventions for children and young people up to 18 years of age. Their team provide trauma informed, strength and evidenced based, responsive counselling for children and young people. In-school workshops also available.

P: (03) 9594 2289

E: secasa@monashhealth.org

W: www.secasa.org.au/programs-and-services/children-young-people-families-team/

LIVING & LEARNING PAKENHAM

Living & Learning provides information referral, support, advocacy and negotiation for members of the Cardinia Shire community in relation to a wide range of issues i.e. Centrelink, utility bills, housing difficulties. All client information is treated as strictly confidential. Living & Learning is a member of Community Information Victoria.

P: (03) 5941 2389

E: admin@livinglearning.org.au

W: livinglearning.org.au/community-services

OFFICE OF THE E-SAFETY COMMISSIONER

Online site with a direct service to report online harm. The Office of the safety Commissioner website has numerous materials for parents, educators, and children about online safety. Topics include cyber bullying, online sexual abuse, distressing content, who to talk to and what to do about it. Includes true stories and legal information.

W: www.esafety.gov.au



CARE KIT

PARENTZONE

ParentZone offers all carers and parents a chance to develop and strengthen their parenting skills and create positive change in their family. Through Anglicare Victoria, these free parenting groups, workshops, resources, and training sessions are run by skilled and experienced facilitators.

W: <https://www.anglicarevic.org.au/our-services/family-and-parenting-support/parentzone/>

THE HUB – KOO WEE RUP REGIONAL HEALTH SERVICES

The Hub is a free and confidential service available to all young people between the ages of 10-25 years old, in a relaxed and friendly environment. No doctor's referrals are required, no appointment is required. Open Wednesdays 12:00 – 4:30pm

P: (03) 5997 9687

W: <https://kooweeruphospital.net.au/community-services/children-youth-and-families/the-hub/>

USEFUL CONTACTS

EMERGENCY CONTACTS

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| Police, Ambulance and Fire - 24/7 | 000 |
| Kids Help Line - 24/7 | 1800 551 800 |
| Safe Steps – Family Violence Response Centre - 24/7 | 1800 015 188 |
| 1800 RESPECT – Family Violence Counselling - 24/7 | 1800 737 732 |
| Sexual Assault Crisis Line - 24/7 | 1800 806 292 |
| Child Protection - South Division | 1300 555 526 |
| Child Protection - After Hours | 13 12 78 |
| Parentline Victoria | 13 22 89 |



FAMILY SUPPORT

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| Berwick Family Relationships Centre Helps Families build better relationships. | (03) 8768 4111 |
| Commonwealth Psychosocial Support Complex mental illness support that is not funded by NDIS. | 1800 862 363 |
| Dandenong and District Aboriginal Co-Operative Specialised services and programs for our Aboriginal community. | (03) 8902 9700 |
| Family Relationships Centre Family dispute resolution, mediation and relationship building. | 1800 050 321 |
| Heavy M.E.T.A.L Group Men’s Education Towards Anger and Life – Men’s Behaviour program. | 0401 766 877 |
| InTouch - Multicultural Centre Against Family Violence Free and confidential support for migrant and refugee women. | 1800 755 988 |
| Koo Wee Rup Regional Health Service Support for issues relating to family. | (03) 5997 9679 |
| Maternal & Child Health Centres Support for parents with children 0 – school age. | (03) 5943 4250 |
| Mensline Support and information for Men. | 1300 789 978 |
| Relationships Australia Victoria Counselling and family dispute resolution. | (03) 8768 4111 |
| SECASA Counselling for victims of sexual assault and family violence. | (03) 9594 2289 |



CARE KIT

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| SECADA Drug and alcohol support service for youth and adults. | 1800 142 536 |
| The Orange Door – Southern Melbourne Free family violence referral service. | 1800 271 170 |
| Uniting Pakenham Support services for families and their children under the age of 18. | (03) 5945 3900 |
| Windermere Family support and counselling. | 1300 946 337 |
| WIRE Free support services for any woman, any issue. | 1300 134 130 |

YOUTH SUPPORT

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| Cardinia Youth Services Youth support and programs for young people. | 1800 496 884 |
| CMY – Centre for Multicultural Youth Supports young people from migrant and refugee backgrounds. | 9340 3700 |
| Echo Youth & Family Services Provides support to youth and family through a range of programs. | (03) 5968 4460 |
| My Place – Cardinia Shire Council Information and advice for young people aged 12- 25. | 1800 496 884 |



FINANCIAL & LEGAL SUPPORT

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| Anglicare Victoria - Energy Team Support for the Energy Assistance Program and Power Saving Bonus. | 1800 531 741 |
| Beaconsfield Neighbourhood Centre Free Tax Help Information. | (03) 8768 4400 |
| Casey Cardinia Community Legal Service Legal advice and support in areas of family violence and safety. | (03) 9793 1993 |
| Casey North Community Information & Support Services Financial Counselling for skills and tools to manage finances. | (03) 9705 6699 |
| Centrelink Financial Information Service Officer. | 132 300 |
| Concessions and Benefits Concessions are available for Car Registration and council rates. | 1800 658 521 |
| Court Network Volunteers who can provide support before, during and after court. | 1800 571 239 |
| Financial Independence Hub Financial services for victims of Financial and Family Abuse. | 1300 050 150 |
| Fines Victoria Work off fines with 'Work & Development Permit' (WDP) Scheme. | 1300 323 483 |
| Living Learning Pakenham Economic support for residents of Cardinia Shire. | (03) 5941 2389 |



CARE KIT

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| Money Help Financial information for those experiencing financial difficulties. | 1800 007 007 |
| Peninsula Community Legal Centre Free legal services for the Southern Melbourne Region. | (03) 9770 5200 |
| Saver Plus Save money and receive up to \$500 to spend on educational costs. | 1300 610 355 |
| South East NIL's - No Interest Loans Loans with no interest for essential items. | 0427 895 596 |
| St Vincent De Paul In-home appointments for assistance with financial hardship. | 1300 794 054 |

ACCOMMODATION & HOUSING

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| DHS, Office of Housing Public housing applications, information and bond loans. | 1300 650 172 |
| Launch Housing Providers of housing and homelessness support services. | 1800 825 955 |
| Tenants Union of Victoria Tenancy advice for renters. | (03) 9416 2577 |
| WAYSS Pakenham Crisis and transitional accommodation. | (03) 9703 0044 |
| Windermere Pakenham Crisis accommodation for people living in Cardinia Shire. | 1300 946 337 |



CARE KIT

FOOD RELIEF & MATERIAL AID

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| <p>Dig In Cafe Emerald – Monthly Community Dinner 356 Belgrave Gembrook Road, Emerald. Last Friday of every month.</p> | (03) 5968 3881 |
| <p>Food Pantry – Berwick Church of Christ A service that provides food to people in need. Open on Tuesdays between 10.30 – 2pm.</p> | (03) 9702 1011 |
| <p>Salvation Army - Pakenham Emergency relief for food, advice, or support. Can assist with furniture and provide reading glasses.</p> | (03) 5941 4906 |
| <p>St Vincent De Paul Material Aid and Food Bank.</p> | 1800 305 330 |

