



**Kilmore Primary School**

**Principal: Mr Neil O'Sullivan**

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**NEWSLETTER**

**Friday, 27th May 2022**

# Dance Curriculum Incursion





### June

Friday 3rd

Conveyance Allowance Applications Due

Thursday 9th

School Tour (refer page 12 for details)

Monday 13th

Queen's Birthday Public Holiday

Friday 24th

CSEF Applications Due

Staff Professional Development Day and last day of Term 2 — **Pupil Free Day**

## HAPPY BIRTHDAY

Birthday wishes to the following students who are celebrating their birthdays over the coming week:

Bentley Armani, Genevieve Nicholas, Evie Novak, Zahli Mann, Rydah Bentley and Riley Streader



### Facebook



As Facebook is not always monitored by staff, please direct any questions/queries/concerns to the school directly via [kimore.ps@education.vic.gov.au](mailto:kimore.ps@education.vic.gov.au) or by calling the office on 03 5782 1268.



*Just a friendly reminder...*

**If any of your personal details change such as address, email, phone numbers, emergency contacts etc. it is important to contact the office as soon as possible to update our records.**



**THIS TERM**

## Second Hand Uniform Sale

Gold coin donation, with all proceeds to go to State School's Relief Fund.

Sale will take place after school at the picnic tables (weather permitting).

More details to follow with date to be confirmed soon.



We have 2 Disability reserved spaces at the front of the office on Sutherland Street and two reserved spaces on Lancefield Road.

If you do not hold a valid permit please **DO NOT PARK** in these spaces.

## SICK BAY LINEN ROSTER - HELP NEEDED

Each year we ask if parents are able to assist in the washing and changing of the linen in our sick bay. In most cases this means 2 or 3 times a year. If you are able to help out please email [kimore.ps@education.vic.gov.au](mailto:kimore.ps@education.vic.gov.au) or contact the office on 5782 1268.

A linen roster will be distributed shortly after and we will also have reminders in the newsletter.





#### **Thanks and Gratitude – School Council Barbecue**

Last Saturday, our School Council ran a fundraising BBQ outside the KPS polling station. Locally raised funds play a crucial role in the maintenance and upkeep of our facilities and programs and I would like to thank everyone who participated in this successful fundraiser. I would also like to thank our team of student helpers who put their maths skills into real world practice by assisting on the day with serving.

#### **National Simultaneous Storytime**

On Wednesday, KPS students participated in the National Simultaneous Story Time Day event. This event promotes a love of books and reading and aims to have one million children across Australia and New Zealand read the same book at the same time. As part of our promotion of books and reading, KPS will once again be participating in the Premiers' Reading Challenge and information on how to become involved in this major event can be found elsewhere in the newsletter. Many thanks to Emma White and Liz Simner for their organisation and promotion of these educational opportunities.

#### **Dance Curriculum**

Yesterday, all our students (and staff!) had the opportunity to learn hip-hop dance routines through the Dance Curriculum dance incursion. We received fabulous feedback from the instructor, Dean and he particularly complimented the focus and positive attitude of our students. There was a fabulous atmosphere in all the sessions and our students loved seeing their teachers and support staff have a go at the routines. Dance Curriculum will return to KPS during Term 4 to provide further sessions for our students.

#### **District Cross Country**

Our District Cross team represented our school with pride at last week's district level competition at the Broadford Motorcycle complex. Nine students from KPS have progressed on to the Division level competition and I would like to wish them the best of luck with their next challenge. Congratulations also to Amarni Bentley and Alby McGivney who won their respective age categories which is a fabulous effort and a credit to their effort and determination.

#### **Cold and Flu Season and Staff Shortages**

As predicted by the medical practitioners, 2022 is turning out to be a severe cold and flu season. As a result of the combined presence of COVID-19 and the flu, schools across our state are experiencing an extreme staffing shortage with some schools having to transition to short-term remote learning. In an indication of how extreme the staffing shortage is, all regional level education staff (including the Senior Education Improvement Leader for our network, Rhonda Cole) have been redeployed as casual replacement teachers for the remainder of Term 2. I would like to thank all our KPS staff for how well they have dealt with the additional workload that results from staff shortages and praise their commitment to supporting our students. As part of our shared commitment to our collective health and wellbeing, I would like to remind all parents of the importance of keeping their children at home if they have any cold and flu symptoms. It is crucial that we work together as a school community to promote the health and well-being of our students and staff.

All the best,

Neil O'Sullivan  
Principal

# Kilmore Primary School

Be **KIND** Be **PROUD** Be **SAFE**

## Student Awards

At Kilmore Primary School, we are always working on modelling our school values of Kind, Proud and Safe. As a whole school, we explicitly teach and then give our students opportunities to display these values within and beyond the classroom doors.

The students listed below will be recognised for showing our school values at assembly this Wednesday. We congratulate for this week:

Foundation E — Harper French	Grade 2H — Hunter Smith	Grade 5F — Ashleigh Davon
Foundation G — Sienna Bernardi	Grade 2M — Ameena Muhammad-Nagoggo	Grade 5M — Sienna Schembri
Foundation M — Kayleigh Fowler	Grade 2P — Poppy McCutcheon	Grade 5S — Liam Toussaint
Foundation S — Deni O'Brien	Grade 3D — Langdan Bergin	Grade 6B — Chelsea Dwyer
Grade 1H — Maddie Gray	Grade 3K — Tylah Atkinson	Grade 6E — Seth Curcio
Grade 1M — Indi Sannwald	Grade 3R — Hannah Rutledge	Grade 6J — Will Heppell
Grade 1N — Evie Lynn	Grade 4J — Tevita Fifita	<b>Specialist</b> F-2 — Aneira Morgan Eeles 3-6 — Alexandra Connolly
Grade 1T — Alexia Pettit-Evans	Grade 4S — Daelyn Crute	
Grade 2F — Ashlea Lang	Grade 4V — Jay Brown	



# In the Classroom—Grade 2 Inquiry

## The Concept of Change

For Inquiry, the Grade 2's topic is The Concept of Change. Lately, we have been learning about living and non living things, and the features of plants, which are roots, stem, leaves and flowers. Students got to closely look at and feel different vegetables that were a certain part of a plant.

We looked at broccoli, celery, spinach, carrot and pepita seeds, and had to identify which food was which part of a plant! We then got to eat our vegetables and seeds, showing that we can eat all the features of plants!



Bridie - I enjoyed touching the vegetables and we got to eat them!

Odin - I enjoyed putting the vegetables in the right places, and eating them!

Chanelle - I enjoyed eating them. I learned where the different foods go.

Monty - I enjoyed feeling the vegetables, and I learnt that carrots are roots.

Ash - I liked finding out that broccoli has flowers on them, and I liked feeling them, it was soft.

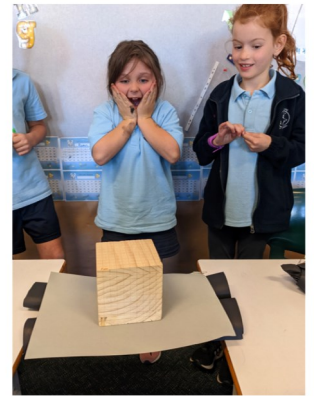




*This week in*

## STEM

Grade 3 and 4 students built the bridges they have been designing. The bridges had to hold 10 Unifix blocks as a minimum. For an extra challenge, some students tested the strength of their bridge with a thousands M.A.B cube.



Mrs Liz Magdato - STEM Teacher : [elizabeth.magdato@education.vic.gov.au](mailto:elizabeth.magdato@education.vic.gov.au)

## Classroom Helper Program.

The next Classroom Helper Program training will take place on Wednesday 8<sup>th</sup> June at 9.00am.

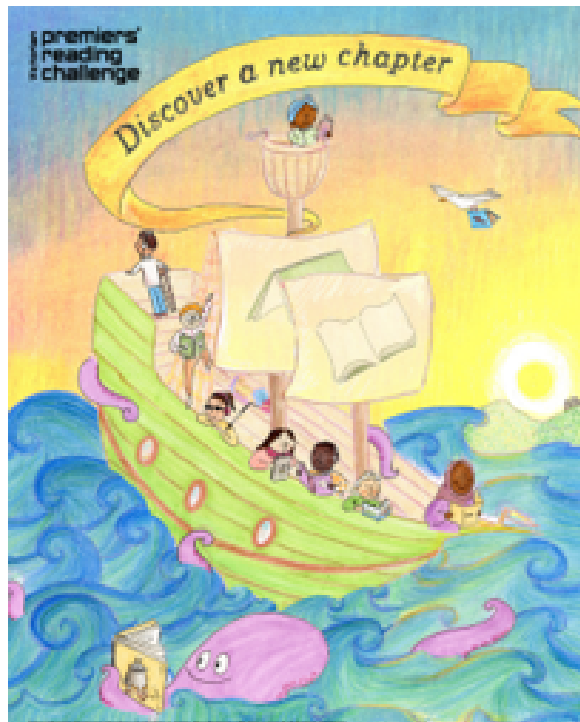
The session will run for approximately 40 minutes.

If you have been thinking about helping out in the classroom then please come along.

Kindly contact the office and register your interest by Monday 6<sup>th</sup> June.

More details will be provided to registered participants.





# victorian premiers' reading challenge

START  
READING  
NOW!



The Victorian Premiers' Reading Challenge is **NOW OPEN** and **KPS** is excited to be participating!

Thank you to those students who have already registered...we hope you are enjoying the Challenge! We would love to see the whole KPS student community participating and there is still plenty of time to start logging books. The Challenge is open to all Victorian children from birth to Year 10 in recognition of the importance of reading for literacy development. It is not a competition; but a personal challenge for children to read a set number of books by 2 September 2022.

The PRC has its own website where students can log the books that they read. It also offers a range of exciting features including:

- access to a library catalogue (including book images and blurbs)
- a modern user-friendly interface
- rewarding students with digital badges as challenge milestones are achieved
- the option for students to mark books as a favourite, give them a star rating or complete a book review

Also...all students who meet the Challenge will receive a certificate of achievement signed by the Victorian Premier and former Premiers!

If you child/ren would like to join in the fun, please email Liz:

[elizabeth.simner@education.vic.gov.au](mailto:elizabeth.simner@education.vic.gov.au) and I will send you a username and password, a link to the PRC login page and instruction to get you started!

Happy Reading! 😊

# SAT News

## Reminder of our upcoming SAT Bread Bag Recycling Program

This year the SAT will be collecting Bread Bags! We have registered for the Wonder Recycling Rewards Program. This program has great environmental and school benefits. We can help the environment by reducing waste and help our school by collecting points that can be used to purchase new sports equipment. We are also in the running to win some play ground equipment.

The program kicks off on the 30<sup>th</sup> of May but we can start collecting at home before then to boost our collections. All you need to do is keep any bread bags at home and bring them into school when our recycling boxes arrive in Term 2. Last year with your help we collected around 15kg of bread tags. Hopefully this year we can reach **25kg of bread bags!** Some key information is below and we will post more information when it is available. For further information ask your S.A.T representative or Mrs Rowe.



	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
REGISTRATION		14/3 -8/4							SCHOOL HOLIDAYS		
STARTER PACK DELIVERY				25/4 -27/5							
COLLECTIONS				30/5-9/9							
FINAL TALLY IS COUNTED			SCHOOL HOLIDAYS			SCHOOL HOLIDAYS			3/10 -7/10		
REDEEM SPORTS EQUIPMENT									10/10 -21/10		
SPORTS EQUIPMENT DELIVERED TO SCHOOLS										24/10-23/12	

## TWO RECYCLING REMINDERS

It's important that items being recycled are not contaminated with other products and are as clean as possible. Here's a quick checklist for you:

### What is a bread bag for recycling purposes?

The rule of thumb is that if it has contained bread of some sort and is a soft plastic, then it's a bread bag. If it hasn't contained bread, then it's not a bread bag.

### How clean do the bags have to be?

Bread bags should be free from crumbs to ensure no contamination during the recycling process but they do not need to be washed.



## Buzz from the Beehive !!!!



KPS' Beehive is buzzing with our Bee Ticket Bonanza fast approaching!

This special day will give our students a chance to "cash in" some of their hard-earned Bee Tickets. Stay tuned for more details over the coming weeks!





## Connecting With Kimberly



### eSafety's Guide to Parental Controls

The eSafety Commissioner is offering a free webinar for parents and carers on how to set up devices and apps to keep young people safe online.

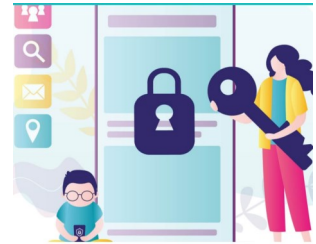
The one-hour event will be held on three occasions throughout the month of May. The webinar will cover: the benefits and limitations of parental controls, how to safely set up popular games, apps and devices and other parenting strategies to manage online risks.

Session dates and times are:

Tuesday 10<sup>th</sup> May, 7:30-8:30pm

Tuesday 19<sup>th</sup> May 12:20-1:30pm

Tuesday 31<sup>st</sup> May 12:30pm-1:30pm



Registration to the above sessions can occur by inserting the below link details into your browser:

<https://register.gotowebinar.com/rt/8442552073867182349>

### Random Act of Kindness

Our Random Act of Kindness and Kilmore Pantry Supplies initiative is an important part of our wellbeing approach at KPS. Thank you to the families who have continued to provide additional pantry supplies and nominated families to receive hampers. If you would like to nominate a family, please contact me on 5782 1268 or via email at [kimberly.batsas-hill@education.vic.gov.au](mailto:kimberly.batsas-hill@education.vic.gov.au)



The following services are available outside of school hours.

\*\*\*In the event of an emergency please call 000\*\*\*

#### Kids Helpline



Ph: 1800 551 800

[https://  
kidshelpline.com.au/](https://kidshelpline.com.au/)

#### Parentline



Ph: 13 22 89

[https://  
parentline.com.au/](https://parentline.com.au/)

#### Safe Steps



Sexual assault, domestic  
and family violence

Ph: 1800 015 188

[https://  
www.safesteps.org.au/](https://www.safesteps.org.au/)

#### Lifeline



Ph: 13 11 14

[https://  
www.lifeline.org.au/](https://www.lifeline.org.au/)

I can be contacted via email:

[Kimberly.batsas-hill@education.vic.gov.au](mailto:Kimberly.batsas-hill@education.vic.gov.au) or  
5782 1268 for any student and family wellbeing  
needs at any time.

Best,

Kimberly Batsas-Hill

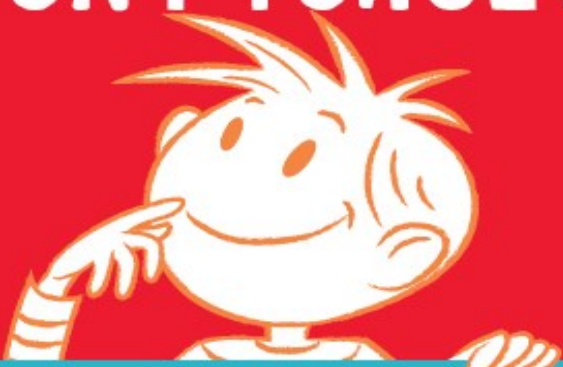
Social Worker -Primary Welfare Officer



# LEGO CLUB



**DON'T FORGET!**































**SCHOLASTIC**  
**Book Club**

orders are due:

**9th June 2022**



# Kilmore Primary School Activities Term 2

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast Club</b> 8:15-8:40am	<b>Where:</b> Stadium Foyer			<b>Where:</b> Stadium Foyer	<b>Where:</b> Stadium Foyer
<b>RECESS</b>					
<b>PLAY</b>	<b>Where: Oval</b> <b>PLAY</b>		<b>Where: Oval</b> <b>PLAY</b>		<b>Where: Oval</b> <b>PLAY</b>
<b>Lego Masters</b>	<b>Where:</b> Wellbeing Room 	<b>Where:</b> Wellbeing Room 	<b>Where:</b> Wellbeing Room 	<b>Where:</b> Wellbeing Room 	<b>Where:</b> Wellbeing Room 
<b>Connect (Eating Area)</b>	<b>Where: Eating Area</b> 	<b>Where: Eating Area</b> 	<b>Where: Eating Area</b> 	<b>Where: Eating Area</b> 	<b>Where: Eating Area</b> 
<b>LUNCH TIME</b>					
<b>Friendship Stop (1<sup>st</sup> Half Lunch)</b>	<b>Where: Library</b> 	<b>Where: Library</b> 	<b>Where: Library</b> 	<b>Where: Library</b> 	<b>Where: Library</b> 
<b>Minecraft Club (1<sup>st</sup> Half Lunch)</b>	<b>Where: ICT</b> 		<b>Where: ICT</b> 		<b>Where: ICT</b> 
<b>Coding Club (1<sup>st</sup> Half Lunch)</b>		<b>Where: ICT</b> 		<b>Where: ICT</b> 	
<b>Art</b>		<b>Where: Art room</b> 		<b>Where: Art room</b> 	
<b>PLAY Lunch</b>	<b>Where: Oval</b> <b>PLAY</b>		<b>Where: Oval</b> <b>PLAY</b>		<b>Where: Oval</b> <b>PLAY</b>
<b>Song and Dance</b>				<b>Where:</b> Performing Arts Room 	
<b>Pokemon Club (2<sup>nd</sup> Half)</b>	<b>Where:</b> Spare classroom 				<b>Where:</b> Spare classroom 
<b>Stadium Sports</b>  <b>1<sup>st</sup> Half Lunch</b>			<b>Where: Stadium</b> Grade: 4 	<b>Where: Stadium</b> Grade: 5 	<b>Where: Stadium</b> Grade: 6 

# School Tours

## Term 2, 2022

Tuesday 10th May 9:30am  
Wednesday 25th May 9:30am  
Thursday 9th June 9:30am



Please scan the QR code above to select your preferred date



### Kilmore Primary School

35 Lancefield Road, Kilmore (office entry is via Sutherland Street)

Ph 03 5782 1268

Email [Kilmore.ps@education.vic.gov.au](mailto:Kilmore.ps@education.vic.gov.au)



## COLLECTING YOUR CHILD FROM SCHOOL EARLY

We would like to make families aware of our pick up procedures for collecting students early.

Staff can only arrange for children to come to the office once a parent/guardian arrives at the office.

Children cannot be waiting for parent/guardians in the office prior to your arrival.

Please allow an extra 5 to 10 minutes prior to needing to depart the school.

Please also be mindful that it is difficult for children to hear announcements whilst out in the playground enjoying themselves, should you need to collect them during break times it may take us quite a bit longer.

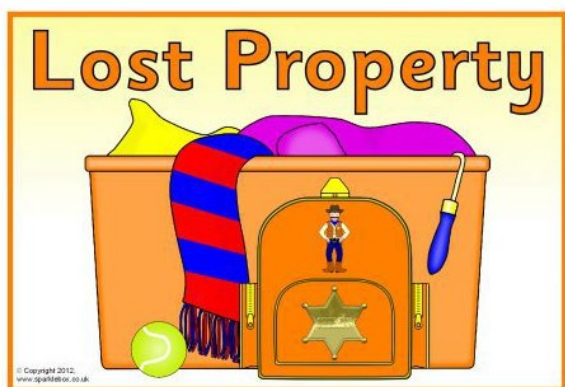
### Bus Zone

Please leave the bus parking zone on Lancefield Road clear at all times for buses to park. We have at least two buses daily that use the Lancefield Road bus zone. There is no car parking from the school crossing through until the disabled parking bays.



### School Crossings

For the safety of all students, parents and our lovely Crossing Supervisors, we ask all drivers to please stop at the school crossings when you see the Crossing Supervisor with their sign pointing out towards the road and remain stationary until the Crossing Supervisor is back on the footpath.



**We have had some precious lost property items handed into the office. These items include such things as a watch, wallet and purse etc..**

**If your child has lost any of these items please see the office about getting them returned.**

### Canteen

The online ordering system for the canteen is still being finalised.

To place an order for recess or lunch, write on an envelope your child's name and class, recess or lunch and what they wish to order, enclose money and children place their order in their classroom lunch order tub. Orders are delivered to classrooms for recess snack and lunch eating times.

Students are also able to purchase some items over the counter at recess and lunchtime such as icy-poles etc



## 2022 Prep CSEF Uniform Package



Applications for the 2022 Prep CSEF Uniform Package are **now open** and can be placed via our [online application portal](#).

Information sheets for schools & families, plus the order form - can be found on our [website](#) and downloaded as required.

Please note the following;

- Vouchers issued will have an expiry and must be redeemed before the expiration date
- Once vouchers have been issued, we are unable to exchange items for "change of mind"
- Applications for this package will **close at the end of Term 3, 2022**

In order for a student to be eligible to receive the 2022 Prep Uniform Package the student must be a Camps, Sports and Excursion Fund (CSEF) recipient.

To find out more, visit the [Department of Education & Training website](#).

**If you could kindly forward this communication to all relevant staff within your school, it would be appreciated.**

Should you have any questions about this package, please contact our Applications Support team on 8769 8400 between the hours of 8.30am - 4.30pm, Monday to Friday or email us at :

[contact@ssr.net.au](mailto:contact@ssr.net.au)

## Mobile Phones

It is a Department of Education requirement that students hand their mobile phones in to the office each morning and collect at the end of each day.

The office has a locked mobile phone cabinet for this purpose (pictured).





## FINANCIAL ASSISTANCE

### INFORMATION FOR PARENTS

Every Victorian child should have access to the world of learning opportunities that exist beyond the classroom. The Camps, Sports and Excursions Fund helps ensure that no student will miss out on the opportunity to join their classmates for important, educational and fun activities. It is part of making Victoria the Education State and the Government's commitment to breaking the link between a student's background and their outcomes.

#### CAMPS, SPORTS & EXCURSIONS

##### FUND (CSEF)

School camps provide children with inspiring experiences in the great outdoors. Excursions encourage a deeper understanding of how the world works while sports teach teamwork, discipline and leadership. All are a part of a healthy curriculum.

CSEF is provided by the Victorian Government to assist eligible families to cover the costs of school trips, camps and sporting activities.

If you hold a valid means-tested concession card or are a temporary foster parent, you may be eligible for CSEF. A special consideration category also exists for asylum seeker and refugee families. The allowance is paid to the school to use towards expenses relating to camps, excursions or sporting activities for the benefit of your child.

The annual CSEF amount per student is:

\$125 for primary school students

\$225 for secondary school students

#### MORE INFORMATION

For more information about CSEF visit:

<https://www.education.vic.gov.au/about/programs/Pages/csef.aspx>

#### HOW TO APPLY

New applicants should contact the school office to obtain a CSEF application form or download from the website below.

If you applied for CSEF at your child's school last year, you do not need to complete an application form this year unless there has been a change in your family circumstances.

You only need to complete an application form if any of the following changes have occurred:

- **new student enrolments;** your child has started or changed schools this year.
- **Changed family circumstances;** such as a change of custody, change of name, concession card number, or new siblings commencing this year.

Check with the school office if you are unsure.





## Food Relief

Food relief helps our community members who need some support to access food. Below is a list of organisations to contact if you are needing food relief. Please contact your local provider to find out what types of food are available and if delivery is an option.

For community members who would like to support these organisations, they can do this by donating extra food.

## Mitchell Shire

Food Relief Organisation	Facebook or Website	Contact Details
Broadford Living and Learning Centre	<a href="#">Broadford Living and Learning Centre Facebook</a>	156-158 High St, Broadford Ph: 5784 4006
Freedom Care	<a href="#">Freedom Care Website</a>	127C Northern Hwy, Kilmore Ph: 0422 599 735
Love in Action Broadford and Wallan	<a href="#">Love in Action Broadford Facebook</a>  <a href="#">Love in Action Wallan Facebook</a>	0473 845 808 - Broadford 0436 457 154 - Wallan
Rotary Seymour	<a href="#">Rotary Seymour Facebook</a>	44 Emily St, Seymour
Salvocare / The Salvation Army Corporation Seymour	<a href="#">Salvocare Website</a>	8-10 Victoria St, Seymour
St Vincent De Paul Conference Kilmore and Seymour		0428 546 328 - Kilmore 5792 4167 - Seymour
Wallan Gateway	<a href="#">Wallan Gateway Website</a>	7 Commercial Drive, Wallan Ph: 5783 2777 - Gateway Ph: 0491 075 404 - Foodbank



# Managing Your Mental Health Online

## Digital Mental Health Gateway

### Head to Health

#### Head to Health

A website that links Australians to free or low-cost online and phone mental health services.  
[headtohealth.gov.au](http://headtohealth.gov.au)

## Phone and Online Counselling



#### Lifeline 13 11 14

24/7 phone counselling, and online crisis support chat available each evening.



#### Suicide Call Back Service 1300 659 467

National 24/7 professional telephone & online counselling for anyone affected by suicide.



#### Beyond Blue Support Service 1300 22 4636

Telephone (24/7), online and email counselling, and moderated forums.



#### 1800RESPECT 1800 737 732

24/7 phone & online counselling for people seeking help for domestic violence situations.



#### MensLine Australia 1300 78 99 78

Advice, therapy and support for men with families and relationship concerns.



#### QLife 1800 184 527

Online chat or phone counselling for lesbian, gay, bisexual, transgender and intersex (LGBTI) people.



#### Butterfly Foundation 1800 33 4673

Telephone, online counselling, referral and online support groups for eating disorders.



#### Open Arms 1800 011 046

Phone and online counselling for veterans and their families.



#### SANE Australia 1800 18 7263

Phone counselling and moderated forums providing peer-to-peer support.



#### FriendLine 1800 424 287

A national support line "ready for a cuppa and a conversation" with trained volunteers.

## Young People



#### Kids Helpline 1800 55 1800

24/7 phone and online counselling for youth (5-25yrs).



#### Niggle

A free app for youth designed as a self-help toolkit for all things related to mental, social and emotional wellbeing.



#### eheadspace

Internet chat, email or phone support for young people (12-25yrs) with a range of issues.



#### ReachOut

Practical tools, support and moderated forums to help youth get through everything from everyday issues to tough times.



#### The BRAVE Program

Prevention, intervention, and treatment of anxiety in young people.



#### BITE BACK

Free online activities, psychoeducation and positive psychology aiming to promote wellbeing and resilience in young people.

## Programs



#### MindSpot

Free clinician supported online programs for stress, worry, anxiety and depression in adults aged 18+.



#### THIS WAY UP

A range of self-paced online CBT courses for stress, insomnia, anxiety and depression. Courses can be done as self-help or guided by your own clinician. Courses are either free or low cost.



#### Mental Health Online

Free online programs for a range of issues, with self-guided or therapist support options.



#### MyCompass

A free, online interactive self-help CBT service for people with mild to moderate depression, anxiety and stress. It's also appropriate for people who simply want to build good mental health.



#### MoodGYM

A free, interactive program based on Cognitive-Behavioural Therapy (CBT) and Interpersonal Therapy (IPT) to help prevent and manage symptoms of depression and anxiety.



#### e-Couch

A free, self-help program with modules for depression, generalised anxiety & worry, social anxiety, relationship breakdown, and loss & grief.



#### Healthy Mind

An Easy Read program to help people with intellectual disability to recognise and regulate thoughts and feelings.



#### ParentWorks

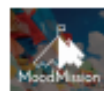
Online program for parents and caregivers providing evidence-based parenting strategies.



#### Centre for Clinical Interventions

Free downloadable self-help workbooks and modules for a range of mental health and wellbeing issues.

## Apps



#### MoodMission

A free app designed to help individuals overcome low moods and anxiety by discovering new coping strategies.



#### Daybreak

A website and app which supports individuals to cut back or take a break from using alcohol.



#### Smiling Mind

A free website and app teaching mindfulness meditation to young people and adults.



#### BeyondNow

A free app and online tool that helps users create a safety plan for when experiencing suicidal thoughts.

## Aboriginal and Torres Strait Islanders



#### WellMob

Social, emotional and cultural wellbeing online resources for Aboriginal and Torres Strait Islanders.



#### iBobbly

A social and emotional wellbeing self-help app for young Aboriginal and Torres Strait Islander Australians aged 15 years and older.





**A FREE seven session program for fathers of  
2 -12 year old children**

Dads Tuning in to Kids teaches you how to help your child understand and manage feelings ('emotional intelligence')

Children with good emotional intelligence:

- have better concentration at school
- have greater success with making and keeping friends
- are more able to manage conflict with peers
- are more able to calm down when upset or angry

**Tuesdays 6pm - 8pm  
starting 3 May - 14 June 2022  
Online**

Call FamilyCare's Central Intake 1800 161 306 to register your place or [register online here](#)



**This workshop is for parents and/or carers in the Goulburn Region  
(Greater Shepparton, Moira, Strathbogie, Mitchell and Murrindindi)**