

We have a series of **INSIGHTS Parenting Ideas** by **Michael Grose—Australia's No. 1 Parenting Educator**. These can be downloaded from our website: <http://www3.stkennington.catholic.edu.au/>  
Downloads | INSIGHTS or hardcopies can be obtained from the office.



## Why call Parentline?

Parentline provides a statewide telephone counselling service to parents and carers of children aged from birth to eighteen years. The telephone counsellors give information and assistance on a wide range of parenting issues.

Parentline counsellors come from a variety of professional backgrounds including social work, psychology and counselling. These experienced counsellors have worked with families for many years. Calls range from parents wanting to discuss parenting ideas to those who are finding the day-to-day challenges of parenting a struggle.

Some examples:

- My 2 year old has lots of tantrums and I am struggling...
- My stepchildren ignore me...
- I feel like hitting my 4 year old. I don't want to, but I am at my wits end...
- I read my daughter's diary – she writes that she doesn't want to live anymore...
- My 12 year old daughter is on the internet a lot and I am not sure what she is doing...
- Child care had told me that my 2 year old is biting other children...
- My 8 and 10 year olds continuously fight...
- I'm worried that my child is bullied at school...
- My 3 year old is a fussy eater...

Parentline counsellors are available on **13 22 89** from **8am to midnight, 7 days a week.**

**Parentline**  
**13 22 89**

**Don't cope alone**

[www.parentline.vic.gov.au](http://www.parentline.vic.gov.au)  
Available 7 days a week

**CatholicCare Bendigo Office**  
65 Baxter Street, Bendigo 3550  
Phone: 03 5438 1300  
[www.centacare-sandhurst.org.au](http://www.centacare-sandhurst.org.au)



CatholicCare Sandhurst (formally CentaCare) is a not-for-profit organisation, providing counselling services and programs to individuals, couples, families and groups across the Victorian Loddon Mallee and Goulbourn Murray regions.



Kids Helpline is a free 24 hour counselling service for Australian kids and young people aged 5-25 years. You can get help over the [phone](#), [email](#) or [web](#).

Our counsellors talk with more than 6,000 kids each week, and help with all sorts of problems, big and small.

If you need to talk to someone now, call us on **1800 55 1800**, 24 hours a day, 7 days a week. Check out the kid friendly website there's even a section for grownups.  
<http://www.kidshelp.com.au/>

**NURSE-ON-CALL** puts you directly in touch with a registered nurse for caring, professional health advice around the clock. You may need us when:

- you or someone you're caring for is feeling unwell
- you are not sure if you should seek medical help
- you're away from home or situated a long way from medical help
- you simply want advice or information about health services in your area

**NURSE-ON-CALL**  
**1300 60 60 24**

MensLine Australia is a professional telephone and online support and information service for Australian men



**1300 78 99 78** 24/7

**National Domestic Violence Helpline:**

**1800 800 098**, 24 hours, 7 days a week

Telephone counselling for victims of domestic violence and their concerned friends. Also provides information about services for those affected by domestic violence or who are troubled by their own behaviour.