



# COMMUNICATIONS UPDATE

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## EVENTS

Click & Connect  
Wed 7/6/23

Share & Connect  
Thurs 3/8/23

**Flexi-Funding**

ADDITIONAL COSTS OF CARE

**Better Futures**

INDEPENDENCE, EDUCATION, EMPLOYMENT

**Helpine**

REFERRALS, ADVOCACY

**CAP**

CARER ASSISTANCE



## News - Kinship & Permanent Carers Act Now!

There is an opportunity for 30 carers to attend the newly announced Carer KaFE National Foster & Kinship Care Conference in Tasmania 20-24 September 2023, with travel and accommodation fully funded by Carer KaFE. Gathering passionate carers to share knowledge and exchange ideas while learning from experts, the opportunity to learn and grow is here! Get in quick and register your interest [here](#). The offer is open to kinship, permanent carers and foster carers.

## REGISTER

## NOW



## News - Victorian Budget

The Victorian Acting Deputy Secretary for Children and Families, Annette Lancy, has shared an update on the key investments for child protection and family services from the 2023/24 Victorian Budget. The budget provides \$895.3 million over four years, with significant investment in reform, residential care, Aboriginal Family preservation and building parenting capacity. Find out more [here](#).



**"Delivering trauma informed services that empower"**

## News - Secrets from the Stage

How to build children's self esteem with secrets from the musical stage is offered in this TED talk from Blomqvist Olsberg. Consider some of her key messages (for under 3yo children):

- Children listen to your emotions, not your words, they listen and feel the tone of your voice, they watch your face, your thoughts your feelings and how you sound and react to things.
- Children love repetition. The same line again and again or to have someone turn up for them again and again. They become safe when they recognise the pattern.



Find out more [here](#).

## News - Intergenerational Trauma Report

The Australian Institute of Health and Welfare (AIHW) have released a report on defining the link between intergenerational trauma and Aboriginal and Torres Strait Islander peoples' mental health. The aim? Identify current best-practice policies and programs to address this issue. The review highlights:

- a framework to address the interaction with intergenerational trauma and social and emotional wellbeing
- trauma-informed and healing-aware approaches are essential to program success
- there should be a focus on funding locally developed and Indigenous-led programs that promote community governance and self-determination.

Find out more [here](#).

## News - Victorian Parents Council

The Victorian Parents Council is a registered charity that provides parents and carers with knowledge and resources that aim to enhance ones confidence in taking an active role in children's schooling. VPC offers a variety of resources from events, blogs and podcasts. More information [here](#).



## News - Carers Losing Self

Around 1 in 10 Australians are informal carers, mostly unpaid.

Research on a small group (36 persons) of informal primary personal carers highlighted carers lack of necessary support for their own wellbeing. For most, in this study, the care they offer is out of necessity, not choice, and is time consuming, demanding and exhausting. Carers shared feeling abandoned by institutions, health professionals, and often family and friends, with little support for themselves as individuals separate from their role.

Support pillars, such as carer inclusive activities, could be a good place to start! More information [here](#).



## Events - Click & Connect Peer Support

TOPIC: SELECTIVE MUTISM

DATE: Wednesday 7 June 12.00 to 1.00pm

TOPIC: What is selective mutism and when do you need to seek help? How does it differ to pervasive developmental disorders like Autism? What communication or other strategies might help? Is getting the child to speak the aim, or something else?

Click and Connect provides a supportive social space that allows natural conversations to flow to ensure you are honoured as experts of your families and lives, while having the expertise of a PCA Families Adviser on hand for additional professional support.

REGISTER: [here](#) via Zoom Link



## Carer Assistance Program - Therapeutic Support

Self referral available [here](#).

## DFFH Flexible Funding - Funding Additional Needs

Further information available [here](#).

## Helpline - Information, support and referrals

Further information available [here](#).

## Better Futures and Home Stretch - Support to 21

Find out more [here](#).

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