

COMMUNICATIONS UPDATE

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LIVED
EXPERIENCE
PARENTING
CHANNEL

KINSHIP, PERMANENT CARE AND
ADOPTIVE FAMILIES AND CAREGIVERS

QUICK LINKS

**Journal Club -
Topic TBA 2/9/21**

**Click & Connect -
Therapists - who
and when 25/8/21**



Youtube Videos - Covid-19 Pandemic Stress, Distress and Trauma Series by Dr Bruce Perry



The 14 videos in this Covid-19 Pandemic series with Dr. Bruce Perry are provided to view and share. Dr Bruce Perry offers us content based on neurosequential learning based on how our brains develop and respond to stress and trauma. He offers some great mini insights (15-20 minutes per video) that are relevant to trauma backgrounds, including:

- our capacity to manage with resilience
- how stress and distress change the way we think, feel and behave
- the power of calm and regulated leadership
- sequential processing in the brain
- understanding regulation and disassociation in this environment and the importance or repetitive somatosensory activity (the ability to interpret body sensations) and sports
- self care and decision fatigue relevant to high stress settings (all of us!)
- managing transitions and uncertain times
- the pandemic toolkit parents need.

Even Oprah joined Dr Bruce Perry for a chat! Enjoy the videos [here](#).

"Improving the lived experience of young people"

News - Board Nomination



PCA Families will be seeking Board nominations for its next Annual General Meeting on Wednesday 27 October 2021 (location and time to be determined). Nominations for directors can be made via the nomination form on our website. See [here](#) to access the nomination form and requirements for the nomination.

News - Survey for Young People

CREATE Foundation, the peak body representing young people in out of home care, has vacancies for 14-21 year olds to join the Ministerial Youth Advisory Group or for 18-25 year olds to join the Transitions from Care Youth Expert Advisory Group. Participants are reimbursed for their time and supported with leadership training and opportunities.

Join the information session on Wednesday 25 August 5.00-6.15pm. Email patrick.weiniger@create.org.au to attend. To access additional information see [here](#).



create FOUNDATION

VICTORIA State Government

HAVE YOUR SAY!

INFO SESSION - YOUTH ADVISORY GROUPS FOR GOVERNMENT

We want to hear from you...

Are you passionate about improving the lives of young people?

- Have you lived in out of home care?
- Do you want to give ongoing advice to the Victorian government about what's important to young people in care and transitioning from care?

CREATE invites you to this info session to learn more about two groups now taking applications

If you're **14-21 years old** you can apply to join the **Ministerial Youth Advisory Group (MYAG)**

If you're **18-25 years old** you can apply to join the **Transitions from Care Youth Expert Advisory Group (YEAG)**

So... YEAG? MYAG? What's it all about?

MYAG members meet with the Child Protection Minister, Luke Donellan, every 2 months to advise him on reforming the out of home care system. There is also a pre-meeting the week before for young people to plan for the meeting with the Minister.

YEAG members meet with DHHS Transitions from Care Policy staff every 2 months to talk about the Home Stretch extending care program and the Better Futures transitions from care support program. They also help to train and advise with staff in the Better Futures program that support young people post-care.

If you think you could be interested in being a part of one of these groups, then please register for this info session. You will hear from young people currently involved in both groups, as well as CREATE staff members, and have all your questions answered.

WHEN: Wednesday Aug 25
5pm-6:15pm

WHERE: Online via Zoom (link sent to those who register)

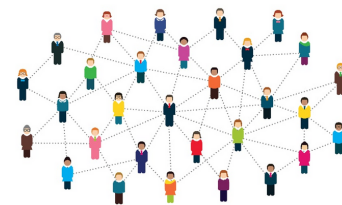
Register by emailing patrick.weiniger@create.org.au or calling 0482 043 205



News - Carers Employment Grants

The Victorian Government's Carers Employment Support grants are funding over \$2 million to focus on supporting carers who wish to build their skills and pursue their employment goals while maintaining their care role. Funded organisations will assist carers to build their confidence and skills to pursue employment or training in flexible ways by delivering a range of tailored supports from work-readiness mentoring through to system navigation, practical assistance and post-employment support. Collaborative approaches are encouraged. If you have an idea to share related to these grants please contact info@pcafamilies.org.au before September 5. More information is available [here](#)

Click and Connect - Therapists - who and when?



Topic: Therapists - who and when

Please join us at midday on Wednesday 25 August by registering [here](#)

See our website for future topics and links [here](#).

There are hundreds of thousands of options for therapy, so how do you work out which professional best suits your families needs? What trauma informed therapy is available? Which one is best for my child? Shared learnings and knowledge to share with each other.

Each Wednesday fortnight various parents and carers come together on Zoom to learn from each other and share their challenges and lived experience in our Click and Connect meetings. We share the joys and the struggles and find new ways to tackle situations by sharing together. We welcome any new parents or carers that would like to join us for one or more meetings.

Journal Club

Topic: To be Determined

Please join us at 8pm on Thursday September 2 by registering [here](#)

Further details will follow once the topic of discussion is finalised.



Flexi-Funds

A reminder that PCA Families has Flexible Funding available to meet the extraordinary needs of children and young people subject to a Permanent Care Order, or where you are receiving DFFH care allowance and have a Family Court Order or Special Needs Adoption Order.

Flexi funds can be used for therapeutic, educational and medical services, to build skills, interests or attachment, to elevate family contact and cultural identity, to offer respite, home medication or other services like whitegoods, one off clothing, estate planning or vehicle needs eg car seats.

[For details about what the funds can be used for - see here](#)

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