



COMMUNICATIONS UPDATE

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Permanent
Care and
Adoptive
Families



QUICK LINKS

Journal Club -
Topic 4/11/21

Click & Connect -
Grief & Loss
3/11/21



Share Your Story - Be Seen, Be Heard

Ever feel like you've got the answers but no one seems to listen? Feel like you're always being talked at rather than talked to about an issue that means something to you? Whether you've got new ideas or negative feedback, when it comes to building a healthier future, it's time to have your voice heard.

Vic Health is investing in Young People in Victoria to get future healthy, but they need to hear from young people to know how to do that. **Times of bushfires, pandemics and major social upheaval have brought about a once in a generation opportunity to do things better, fairer and regardless of how much money is in your bank account.** Who better to advise the Government than you and your children.

What would help you and your friends, or your children, be better connected, active, enjoy food that's good for you and the planet and feel great? Tell us your reality and your ideas and let's build a better future together. We want to hear from all corners of the community, no matter your postcode, bank balance, background or ability.

So if you are 18-25, or a parent or carer of a child, now's your chance.

Share your story [here](#) or have your say [here](#).

"Delivering trauma-informed services that empower"

News - Resilience and Connectedness

One of our Youtube contributors, Helen Barrett from the Play Therapy Hub, is offering PCA Families a reduced price five week pilot family therapy program which is aimed to teach caregivers a specialised set of therapeutic skills to support children's mental health and wellbeing, using play. See [here](#) for additional information and contact PCA Families if you want to explore financial support for this program. Medicare rebates available.



News - Hearing from Young People

The Murdoch Children's Hospital and the Centre for Excellence in Child and Family Welfare are interested in hearing about hardships for young people aged 15-19 years. Hardships include living in out of home care, among other matters and the information will help improve health care services. There is a \$100 gift card to randomly selected participants too. Go [here](#) or scan the QR code to participate (10-15 minutes).



AGM Reminder - AGM & Board Election

Notice of AGM

The Annual General Meeting of PCA Families will be held via webinar:

Date: Wednesday 27 October 2021

Time: 4.00-6:00pm

Register: [Here](#)

The meeting will feature guest speakers Liana Buchanan, Commissioner for Children and Young People, who will launch PCA Families' research report "Permanence and Stability – the missing ingredients for Victoria's most vulnerable children" as well as Tay who is a young person who grew up in out of home care.

For more information about the PCA Families Constitution see [here](#) and for more information on the AGM please visit [here](#).

"Improving the lived experience of young people"

Click and Connect - Grief and Loss and Culture in Care



Topic: Grief and Loss and Culture in Care

Please join us at midday on **Wednesday 3 November** by [registering here](#)

What is loss and how is it experienced? What are normal losses for children and what are the additional losses for children in out of home care? What is grief? How does culture contribute to identity, grief and loss? How do you manage and respond to grief, loss and unrecognised losses, which may include culture, identity or others? How do you manage significant events and anniversaries? What helps?

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: Gestalt and Psychotherapy with Gianna Mazzone



Please join us at 8pm on **Thursday November 4** by [registering here](#)

Gianna Mazzone is our special guest in November. Gianna is an experienced Psychotherapist, Counsellor, Educator with Gestalt Therapy (GANZ). Gestalt therapy is a form of psychotherapy which emphasizes personal responsibility and focuses on the individual's experience in the present moment.

Gianna has worked in the individual and family services industry and has extensive experience in Developmental Trauma and attachment, specialising in adoption-specific issues and the LGBTIQ community. She is skilled in Gestalt Psychotherapy, Parenting Coach, Crisis Intervention, Case Management, and Group Work. We hope you can join us.

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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