



COMMUNICATIONS UPDATE

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QUICK LINKS

**Click & Connect -
End of Year
15/12/21**



Youtube Recording - Culture and Shame

Zahra is PCA Families Client Services officer and is passionate about outcomes for culturally and linguistically diverse communities. Zahra is also Australian born with African heritage (her Somali, parents migrated to Australia in the 90's) and will finish her studies this year as a cross-cultural counsellor, so we can benefit from her knowledge!

Children separated from birth families can struggle with their identity and can resist cultural connections. They can also face prejudice within more than one cultural group. Zahra shares with us some of the norms, traditions or ideas that are part of the African culture, that may be relevant to consider in cross-cultural families. These include:

- Men and women have set roles: protector and protected
- Fathers firstly, and religious leaders secondly, decide who can marry
- Pain is hidden, vulnerability is not shared, whether trauma and PTSD or PND, and sometimes substance abuse resulting in death is the result
- Menstruation, pregnancy and pre-marital sex are not discussed
- Animals, particularly dogs, are to be feared as they carry disease and may bite
- If a child leaves, they are exiled: no one looks at why the child left
- Hair and how it is cared for and presented is at the core of ones identity
- Skin colour can be a target for shame and bullying.

Zahra wants you to build your children's self esteem and join in with African communities to normalise colour. If you get the chance, share some food, attend a festival and join in.

Access the youtube recording [here](#).



News - New Premises for PCA Families

From February 2020 PCA Families will have a new home and address in Melbourne. Please continue to use the current address until the end of January 2022 (PO BOX 201, Fitzroy VIC 3065).



News - Stay Connected

As we get closer and closer to the holiday period it's time to remind ourselves of the importance of staying connected, particularly with teens who may become a little more experimental in the holiday period.

Supportive secure relationships help teens to become independent.

It helps them to try new things and to bounce back from things when they go wrong, when they make mistakes.

ReachOut have some good advice here on the importance of love, support and trust, which can go such a long way to keeping your child safe. Read the article [here](#)

Raising children also offer great advice which includes continuing to tell them that you love them and truly listening to them. See their suggestions [here](#).



"Improving the lived experience of young people"



Click and Connect - End of Year

Please join us at midday on **Wednesday 15 December by registering [here](#)**

Its time to decide on new topics for next year and to look at how we go forward with our Click and Connect groups. We will also have some fun games and activities. BYO drink and snack!

WHERE: Please register in advance via Zoom link above

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. All welcome!

Journal Club - 2022 Dates



Journal Club has finished for 2021 and we now have dates for your diary for 2022: February 3, March 3, April 7, May 5, June 2, July 7, August 4, September 1, October 6, November 3 and December 1.

We are also looking for suggestions for guest speakers or topics for 2022. Please email Deb at info@pcafamilies.org.au with any thoughts, ideas or suggestions!

We have invited Gianna Mazzone to conduct a follow up session regarding contact with birth families on 3 February 2022, so stay tuned for more information.

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](#)

PCA Families cannot guarantee we are able to fund every application and request received.

PCA Families access to COVID-19 funding support will cease at the end of 2021.

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