



COMMUNICATIONS UPDATE

WWW.PCAFAMILIES.ORG.AU

QUICK LINKS

**Journal Club -
3/3/22**

**Click & Connect -
9/2/22**



Video - Equine & Animal Therapy



Animal therapy offers a calmness to therapy: stroking and being with an animal reduces stress and the heart rate. Combine that with being in nature and magic! Learn more about it from Leanne Winter, a clinical psychologist who specialises in animal and equine therapy and working with childhood behavioural, sensory and other issues, Autism Spectrum Disorder and Disability. After 14 years in room based clinics Leanne ventured into animal and equine therapy in her paddock! While many come to Leanne to work with the horses in equine therapy, often the other 20 different types of animals become the children's favourites, from the miniature donkey to the baby goats or tree frogs. While its not as simple as just walking around a paddock, often that is how it starts and something comes up in the conversation. Perhaps the children see one pony being bossy and they say that's just like this guy at school. Or perhaps its just the experience of doing things they may not do elsewhere, like jumping in puddles. Attachment and regulation are aided simply by seeing how relationships are formed with animals. By watching how attached and consistent Leanne and her team are with the animals, children learn about safe, healthy, secure attachment and that is how trust is built between them. Coregulation is aided by the fact that animals won't hang around disregulated children, and the feedback is immediate - children quickly realise the animal will move away. By teaching self awareness of ones actions, children learn regulation in a meaningful way. To view the recording see [here](#).

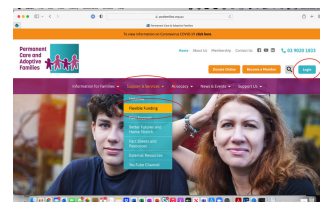
"Improving the lived experience of young people"

News - New Flexible Youtube Recording

If you are wondering how to get started with the new section of the PCA Families website (the "Portal"), see our Youtube recording [here](#) where Zahra illustrates the steps involved. If you want to update your details or complete a flexi funding application the video has lots of tips (like remembering to upload your most recent DFFH remittance).

Once you have completed a flexi funding application, don't forget to complete the flexi funding feedback as this is our prime source of statistical information about the importance of the program. DFFH needs to understand the impact of the program to keep funding it, so your voice is critical.

If you need further assistance using the portal, please contact us on 03 9020 1833 (option 1) or at info@pcafamilies.org.au



News - Family Support



There are a vast array of supports available to families, in addition to what PCA Families can offer. For more information about everything from early parenting services (such as group based programs or residential centre based parenting programs) to Child First programs (such as programs for isolated or unsupported families or families experiencing serious family conflict or breakdown), see the DFFH website [here](#).

News - Suicide Workshop

Banyule & Nillumbik Youth Services are offering a free online workshop to assist caregivers in recognising and responding to signs of suicidal thoughts in young people. Consider learning more about this to be a support for your community. Tuesday 15 February at 8.00pm. Registration and additional details are [here](#).

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

News - Better Futures

Better futures is available to children that are 15 years 9 months or older who are or have been on a permanent care order. If your child is eligible for Better Futures (coaching, advice and other support) and you haven't yet been contacted by us, please contact us at PCA Families. Further information [here](#) or contact us at betterfutures@pcafamilies.org.au or on 03 9020 1833 (option 3).

Click and Connect - Kinder and School



Please join us at midday on **Wednesday 9 February** to discuss **Kinder and School transitions** by registering [here](#).

We will review advice we have received in our podcasts from various caregivers with lived experience and from professionals, as well as other external resources that help best support your child in returning to school and enjoying their day at school.

Click and Connect will have a focus on advantaged thinking in 2022. While we will continue to have a trauma informed lens, we want to think about the advantages each child has, in addition to considering the trauma lens and how to best support your child. 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.

Journal Club - Thursday March 3



Journal Club Thursday March 3 – topic to be decided

At present Journal Club is continuing on line with the anticipation that we will arrange for face to face sessions as soon as we are able to. We are always looking for guest speakers and topics that you would like to hear and learn about so please forward any ideas or queries you may have to Deborah@pcafamilies.org.au

Thank you to those who attended our February session with Helen Barrett who discussed Play Therapy.

To register for March Journal Club click [here](#). After registering, you will receive a confirmation email containing information about joining the meeting.

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 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.

Subscribe to Facebook, LinkedIn or Youtube by clicking these links



Permanent Care and Adoptive Families, PO BOX 201, FITZROY VIC 3065
info@pcafamilies.org.au www.pcafamilies.org.au 03 9020 1833

Want to change how you receive these emails?
You can update your preferences or unsubscribe from this list.