



COMMUNICATIONS UPDATE

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QUICK LINKS

**Journal Club -
7/4/22**

**Click & Connect -
9/3/22**



News - How to Thrive Program

Carer KaFE is offering their How to Thrive program starting April 2022, with face to face and online workshops. Psychologists and evidence based practical support come together in this program to support the wellbeing of parents and carers so that you might thrive for the benefit of the children in your life. Register [here](#) with Carer KaFE (available to all PCA Families members).



News - Changing Lives

The Centre for Excellence in Child and Family Welfare and the Alannah & Madeline Foundation present a free webinar: 'Early childhood education: Changing the lives of children affected by trauma'. Learn more about how creating healthy attuned relationships helps children who have experienced trauma, and the strategies that help vulnerable children. Rachael Silverman and Kathy Warwick from the Trauma Consultancy Program (Alannah and Madeline) will be presenting this webinar on Thursday 31 March at 10.30am. Register [here](#).

"Improving the lived experience of young people"

News - Member Input & Feedback

We really need your input and feedback as PCA Families members to help us understand what to support:

- **advocate** more effectively on your behalf eg what should our top 3 priorities be? Obtain Lookout educational support access? Extend Better Futures to all children? Improve the care allowance review process? Something else?
- **improve our peer support** services by having carers/parents facilitate sessions where you can share your experiences?
- provide us with your stories at different points in your parent/carer journey so we can **share stories** with other carers?
- obtain **data** to understand what supports work and what needs to be improved?

Feedback Form

We have created a simple member input/feedback form [here](#) that you can use to let us know the topics you are willing to be contacted about and the best way for you to provide your input (login as a member after accessing the link). Each time we seek your feedback you will be able to advise whether your contributions should be acknowledged or anonymous.



You can update your preferences at any time by using the update preferences/ unsubscribe options on emails asking for your input, or by completing the form/selecting your preferences again. (Your responses are stored in our email distribution lists, but are not visible to you). Your responses here do not impact you receiving our other regular communications, such as our weekly Communications Update.



If you are not currently a member but want to have your say, you can join [here](#).

If you are a member, but have not yet updated your details on the website, please do so now, as we need to better understand the profile of our membership to best advocate for needed change.

News - Better Futures

Does your young person want to continue living with you after they turn 18? If so, Better Futures may provide a care allowance until they are 21, along with a development coach, advice and other financial support with employment, education, university or TAFE, driving lessons or other new skills. Better Futures purpose is to help young people transition to independence, and the support provided will look different for each person.

See the link to our website [here](#).

Please note, Better Futures is currently only available to young people who are on a permanent care order.

PCA Families will be advocating to extend this program to other children.



Click & Connect (Peer Support) - Intrinsic Value & Self Esteem - Learnings from Layne Beachley



Please join us at midday on **Wednesday 9 March** by [registering here](#).

TOPIC: How to find ones intrinsic value and build self esteem

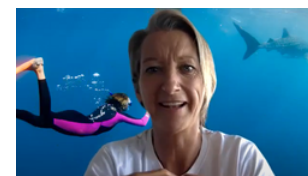
Layne Beachley is one of the most successful surfers, male or female, with 7 world titles and 29 tour victories. Layne achieved all this despite an experience of a traumatic childhood in losing her mother at 6 and finding out she was adopted at 8.

We will review insights from Layne into how to build one's intrinsic value and self esteem. Sometimes that involves sitting in discomfort and stepping back from others' judgements, At other times its simply allowing the opportunity to fail and make mistakes.

Does speaking with love rather than judgement allow relationships to thrive? Does that free you up to discuss feelings, the whys and hows and how to build the childs skillset?

HOMEWORK: Please listen to the Youtube Recording by Adoptee Layne Beachley [here](#).

PURPOSE: Each Wednesday fortnight parents and carers come together on Zoom to learn from each other and share challenges and lived experience in our Click & Connect meetings. We share the joys and the struggles and find new ways to tackle situations.



"Delivering trauma-informed services that empower"

Journal Club (Peer Support) - Topic TBD



Journal Club - Peer Support for Parents & Carers

DATE: Thursday April 7 at 8.00pm

TOPIC: To Be Decided

REGISTER: [here via zoom](#)



Name Change for Journal Club

We are looking for suggestions for a name change from "Journal Club" to something more representative. Please let us know whether you think "**Share & Connect - Peer support for parents and carers**" would be an apt name to attract you to the group to share (trauma informed/advantaged thinking) tips, advice and other gems of information with other parents and carers.

Please forward any ideas or queries to deborah@pcafamilies.org.au

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.

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