

# COMMUNICATIONS UPDATE

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## QUICK LINKS

Journal Club - 7/4/22

Click & Connect - 6/4/22



## Share & Connect - (Peer Support for parents & carers, previously Journal Club)



DFFH INSIGHTS INTO THE BETTER FUTURES & HOME STRETCH PROGRAM

DATE: Thursday April 7 at 8.00pm

TOPIC: Better Futures & Home Stretch presented by

- Vanessa Rendina, Principal Practice Leader Better Futures & Home Stretch, Department of Families, Fairness and Housing (DFFH)
- Better futures provider Maureen Page
- A young person who has benefitted from the program.



Hear from those who have experience with what the program is all about! Debunk misconceptions and find out how the program can support your child.

**DETAILS:** Better Futures and Home Stretch supports young people financially to make the transition from care to adulthood until they reach the age of 21.

The program enables young people to have a voice and provides support across a range of areas including housing, health & wellbeing, education, employment and community & cultural connections. Please join us.



**REGISTER:** [here](#) via Zoom

TOPIC: THE CHALLENGING ASPECTS OF CAREGIVING WITH GIANNA MAZZONE

DATE: Thursday May 5 at 8.00pm

TOPIC: Next month's topic is with Gianna Mazzone, psychotherapist, counsellor and educator – a follow up session to the challenging aspects of caregiving.

**REGISTER:** [here](#) via zoom

## News - Mental Health Support

In response to the Royal Commission into Victoria's mental health system, Victorian schools will have access to a full suite of mental health tools, including a menu with three tiers of intervention (positive health, early intervention and specific initiatives/targeted support). This is in addition to \$200 million in funding for resources and initiatives to support mental health. There will also be a new network of Health and Wellbeing hubs with specialist and allied health services under one roof, making it easier to seek mental health support for children (0-11yo) with behavioural and emotional challenges, and will include assessments (paediatrics, psychologists, parenting support and speech pathologists). Find out more about the hubs [here](#), about mental health supports [here](#) and see the new menu [here](#).



## News - Safety and Relationships

The pandemic, war and climate change. The big problems are here. They fill up our news feed and spill over to our children that are watching. We are all trying to make sense of these difficult issues, Dr Joe Tucci, the CEO of the Australian Childhood Foundation (ACF) shared [this](#) piece in Kids News that offers tips to children on what they can do in light of stressing news and change. The ACF also offer [this](#) resource to parents to help with engaging with your child at this time.



## News - Playgroups

Barnados, a charity founded to care for vulnerable children, reminds us that playgroups are a wonderful way to connect with community and raise healthy children and families. Many of us in the PCA Families community feel a greater sense of expectation when it comes to raising our children, because we have worked so hard to be in a position to receive a child into our lives. Barnados remind us that its important to connect with others that experience that same pressuret and to surround ourselves with like minded people. Just being around others with similar concerns or mindset can of itself be healing. See the Barnados video [here](#). If you are interested in joining us at a Playgroup, why not consider joining our Always Playgroup on a Thursday. More information [here](#). Alternatively the private Facebook group "Victorian Adoption & Permanent Care Parents Support Group" offers various opportunities to connect too. Find them on Facebook.

## News - Federal Budget

The Federal Budget includes a number of measures for children and families. The Centre for Excellence in Child and Family Welfare offers us their insights in an overview [here](#).

Some highlights include:

- Trauma informed national counselling services, including a focus on children impacted by family and domestic violence
- Early intervention programs and a pilot trauma informed service for mothers and children aged 6-12 years
- Improved supports for those providing care to children from violence/abuse/neglect
- Funding to trial specialised and trauma informed legal service to Family Domestic and Sexual Violence (FDSV) survivors
- Expansion of Headspace Practitioners and Early Childhood Education to rural and remote regions
- School education support to support disruptive behaviour and improve engagement
- Paid parental leave within 2 years of birth or adoption (we will continue to advocate for expansion of paid parental leave to those on permanent care orders).

## News - PCA Families is Recruiting

PCA Families is recruiting and looking for a can do administration superstar to support operational programs. If you know someone who may be suitable, please ask them to apply. Find out more [here](#).

## Click & Connect (Peer Support)



**TOPIC:** EMOTIONAL LITERACY WITH PARALLEL LEARNING & SENSORY PLAY

**DATE:** Wednesday 6 April at midday

**TOPIC:** In this meeting we will review and discuss the Youtube Recording by Chrissie Davies titled "Emotional literacy requires conscious parenting without rewards and punishment and uncomfortableness".

**DETAILS:** How do you name emotions and undertake parallel learning with conscious parenting and avoid rewards and punishments? Chrissie Davies has some ideas that we may learn from or have tried. You are the expert on your child and we will honour that while reviewing suggestions we have received in our Youtube recordings.

**HOMEWORK:** Please consider listening to or reading the transcript from the Youtube Recording by Chrissie Davies on Emotional Literacy. If you have time, please also consider the Youtube recording by Kaisey Hayes on Sensory Play. Access the recordings and transcripts in our Youtube Channel [here](#).

**REGISTER:** [here](#) via Zoom

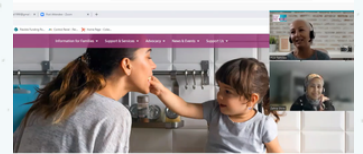
## News - Self Identity

CREATE are offering a workshop on personal identity for young people with care experience (14-25yo). Attendees receive a \$50 voucher for attending, so that's a win win. Work on identity which helps with confidence and strength of character to move towards achieving life goals, and get paid to do so!  
To register or find out more see here



## News - PCA Families Portal

Do you need help with creating or resetting a password to access flexible funding or become a member on our portal? Zahra Shire shares some additional tips [here](#).



## 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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