

COMMUNICATIONS UPDATE

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QUICK LINKS

Share & Connect
- 5/5/22

Click & Connect
- 4/5/22

Lets Connect
16/5/22



News - Lets Connect

Have you considered some of our many events we have available for you to attend? We are starting to offer face to face meetups again, starting on the 16th May in Ballarat and moving to other locations during the year. This is a chance to socialise with like minded parents and carers and also access clinical appointments (for those who have something in particular to debrief with a PCA Advisor). Refreshments provided too! See our events page [here](#) with more information about these "Lets Connect" events and others.

Events

[View calendar](#)

- | | | | |
|--|--|---|--|
| <p>Click & Connect</p> <p>Click & Connect - Say yes more - 4 May</p> <p>From: 04 May 2022 12:00
Until: 04 May 2022 13:00</p> <p>In this meeting we will review and discuss the Youtube Recording by Chrissie Davies on parenting children through coregulation, connection saying yes more! Chrissie shows us that when you truly focus on relationships.</p> | <p>Playgroups</p> <p>Allways Playgroup for Adoptive and Permanent Care Families</p> <p>From: 05 May 2022 10:00
Until: 05 May 2022 12:00</p> <p>Playgroup connecting families formed through Adoption and Permanent care.
Details...</p> | <p>Share & Connect</p> <p>Share & Connect - Peer Support - 5 May</p> <p>From: 05 May 2022 20:00
Until: 05 May 2022 21:30</p> <p>Join Gianna Mazzone, psychotherapist, counsellor and educator to discuss the challenging aspects of caregiving – a follow up session to the challenging aspects of caregiving. Details...</p> | <p>Events/Special Occasions</p> <p>Mothers Day</p> <p>From: 07 May 2022 12:00
Until: 07 May 2022 15:00</p> <p>Ladies lunch the day before mothers day to celebrate adoptive and permanent care mums and the journey to motherhood. Set menu \$35 per person. Details...</p> |
| <p>Lets Connect</p> <p>Lets Connect - 16 May - Ballarat</p> <p>From: 16 May 2022 10:00
Until: 16 May 2022 14:00</p> <p>Getting together to connect with others with lived experience is important, so we lets gather face to face and share tips and advice and/or seek out some specialist advice from one of our PCA Advisors. A PCA Advisor and a parent or carer with lived experience will attend these sessions and sessions will only be available to members. All PCA Families members are welcome by registering to attend at any location - come to one or all its</p> | <p>Click & Connect</p> <p>Click & Connect - Congruent Caregivers - 18 May</p> <p>From: 18 May 2022 12:00
Until: 18 May 2022 13:00</p> <p>In this meeting we will review and discuss the Youtube Recording by Helen Barrett on Congruent Caregivers. Helen explains how healing may come from correcting experiences and bringing the unconscious into the conscious, integrating new memories. Helen also explains the importance of being congruent as your child sees, feels and knows all! If they feel</p> | <p>Lets Connect</p> <p>Lets Connect - 23 May - Pakenham</p> <p>From: 23 May 2022 10:00
Until: 23 May 2022 14:00</p> <p>Getting together to connect with others with lived experience is important, so lets gather face to face and share tips and advice and/or seek out some specialist advice from one of our PCA Advisors. A PCA Advisor and a parent or carer with lived experience will attend these sessions and sessions will only be available to members. All PCA Families members are welcome by registering to attend at any location - come to one or all its</p> | <p>Click & Connect</p> <p>Click & Connect - Movement Therapy</p> <p>From: 01 June 2022 12:00
Until: 01 June 2022 13:00</p> <p>In this meeting we will review and discuss the Youtube Recording by Yvette Knights on Movement Therapy to assist trauma and developmental delays. Yvette explains how sometimes nothing seems to work to help our children because their brains haven't yet been primed for development. This may be because the brain is stuck in fight flight freeze or because milestones have been missed. Yvette offers neuro development</p> |

News - Indirect Covid Impacts

The indirect impacts of the Covid-19 pandemic are substantial, with the potential to widen disparities in health and wellbeing. Mental health, academic outcomes, physical health and more are impacted. See more information [here](#) from Murdoch Children's Institute and [here](#) for Covid-19 resources which might help with these impacts..



The Permanent Care and Adoptive Mothers Support Group are gathering for Mothers Day on 7th May at Fonda on Chapel St. Why not join them? \$35 per person. Book [here](#).

Child level factors:	family level factors that can impact children:	system level factors that can impact children:
Mental health <ul style="list-style-type: none"> ▶ Anxiety ▶ Depression ▶ Resilience Development <ul style="list-style-type: none"> ▶ Academic performance ▶ Physical health and development 	Wellbeing <ul style="list-style-type: none"> ▶ Parent mental health ▶ Parental resilience ▶ Household relationships Resources <ul style="list-style-type: none"> ▶ Income and job loss ▶ Parental support 	Education and Care <ul style="list-style-type: none"> ▶ School and Childcare closures ▶ Parental supervision Healthcare <ul style="list-style-type: none"> ▶ Reduced access to services
<p>Negative effects disproportionately impacting those already experiencing adversity</p>		

News - Permanent Care Allowance for 17yo+

If a young person in Permanent Care is 17 years or older, please make contact with us so we can ensure a referral has been made to Better Futures prior to their 18th birthday. This step is important so that the Home Stretch allowance can continue up until your young person turns 21 years.

Home Stretch is a component of Better Futures and provides support for young people to remain living with their carer until 21 years of age (supported by an allowance). Young people on permanent care orders are eligible for Home Stretch from 18 years of age. Homestretch forms must be submitted by the Better Futures provider 4 weeks prior to the young persons 18th birthday. If this does not occur, funding via the Care Allowance cannot be reinstated after the young person turns 18 years.

If contact is made after a young person's 18th birthday, young people will still be eligible for Home Stretch, however funding will be brokered by the Better Futures provider and negotiated as part of an individual plan.

We strongly recommend that you discuss the Better Futures program with your young person and contact us to commence the referral process as early as possible if the young person will remain in your care post 18. Young people on a PC Order aged 15 years and 9 months or older are eligible for Better Futures. Once the referral is made to Better Futures, the young person will be referred to a development coach. If you are concerned that you have not heard from the Better Futures provider please contact us. For more information contact us at betterfutures@pcafamilies.org.au or see [here](#).

"Improving the lived experience of young people"

News - Adoption Retreat



ADOPTION RETREAT: Retreat for adoptive parents to focus on self-care, shared learning and networking, while considering identity & belonging

DATE: Saturday 4 June 10am to Sunday 5 June 3pm

LOCATION: Hotel Bellinzona at Daylesford/Hepburn Springs

SPEAKERS: Guest speaker is Joel De Carteret, adult adoptee born in the Phillipines, wanders off and gets lost from his mother at 5yo, then spends the next 18 months in an orphanage before being adopted by an Australian family. Six months ago, 30 years after being lost, Joel looks for his birth mother in a Country of 100 million. What does he find?

REGISTER: Expression of Interest form to be emailed to deborah@pcafamilies.org.au.

Access the form on our events page [here](#).

Share & Connect (Peer Support)

TOPIC: THE CHALLENGING ASPECTS OF CAREGIVING

DATE: Thursday May 5 at 8.00pm

TOPIC: Gianna Mazzone, psychotherapist, counsellor and educator will be presenting a follow up session to the challenging aspects of caregiving.

REGISTER: [here](#) via zoom



Click & Connect (Peer Support)



TOPIC: SAY YES MORE: PARENTING WITH COREGULATION & CONNECTION

DATE: Wednesday 4 May at midday

TOPIC: In this meeting we will review and discuss the Chrissie Davies recording on parenting children through coregulation, connection and saying yes more!

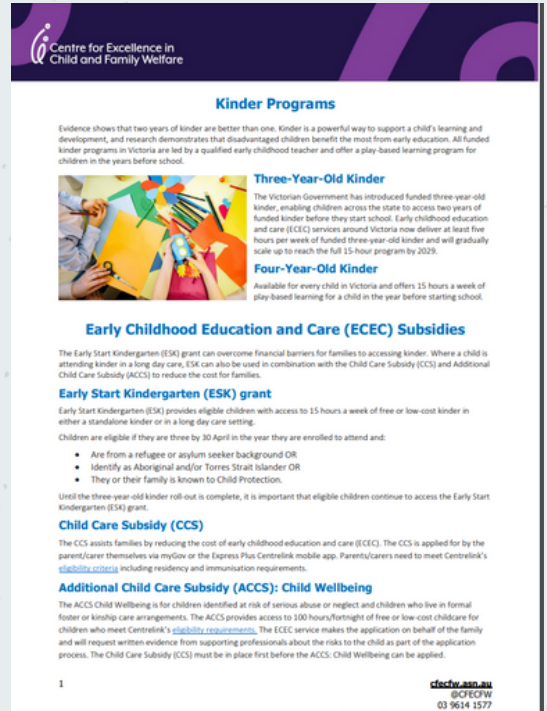
DETAILS: Chrissie shows us that when you truly focus on relationships, trust and connection, children will respond more positively, be more agreeable and this allows you to save your time and energy for the big things, like sleeping, eating or speaking kindly, or lifelong skill building that our children need. Maybe you have tried these ideas already. Lets share and learn from each other. 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 titled "Trauma children don't need control or punishment: coregulate, connect & own it! And say yes more!" Access the recordings and transcripts in our Youtube Channel [here](#).

REGISTER: [here](#) via Zoom

News - Access to Kinder

Funded 3yo kinder is now available for all Victorians for at least 5 hours per week. To overcome barriers to early childhood education, families who have had contact with DFFH Child Protection (ie PC Orders or receive the DFFH Care Allowance) can access the Early Start Kinder grant. More information [here](#). Learn more about the importance of kinder for children who have experienced trauma and vulnerability [here](#). For these children, relationships are crucial and the greatest asset we can offer them to improving outcomes is access to professionals who have a child focussed lens and who want to engage and support you.



News - 81% of Preschoolers Use the Internet

There are some ground rules for creating a safe and balanced online experience for preschool children. Things like using a timer, establishing clear rules and applying them consistently, being involved and supporting positively. Read about the other tips [here](#) from the ESafety Commissioner and see some ideas [here](#) about how a family online safety contract might help (from the Carly Ryan Foundation).

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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