



# COMMUNICATIONS UPDATE

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## QUICK LINKS

[Share & Connect -  
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## News - Social Skills

If your child would like some help in growing their social skills, here are a few options.

### For tweens:

**Amazing Skills** - social skills training over a 9 week term with a focus on recognising emotions in others, recognising emotions in themselves, expressing thoughts in appropriate ways and knowing strategies for handling anger or anxiety. This is all packaged up in a "Solving the Mystery" style encounter. Find out more [here](#). NDIS funding can apply (as a community participation activity or improved daily living experience).

**Edmund Rice Camps** - programs and services that build resilience, confidence, social skills, and hope through fostering authentic relationships with children and families that have experienced adversity. Find out more [here](#).

**Shine Academy** or **Longford and Fraser Academy** offer a 3 day holiday program or a weekly term based program with a focus on 21st century emotional resilience, from understanding others to allowing space to listen to and consider others, with hands on training with role plays, discussion, games, multi media and self assessment. Find out more [here](#)

### For parents and carers:

**Tuning into Kids** - Helping you to recognise, understand and manage your child's emotions. Find out more [here](#)

**Carer Kafe** - Recognise, understand and respond to emotions. Register your interest [here](#).

**123 Magic and Emotions Coaching** - Focus on teaching your children about flexibility when frustrated. Find out more [here](#).

**Calm Connected Kids** - Chrissie Davies offers this online course to help with understanding big emotions and remaining calm. Find out more [here](#).

## News - Koorie Kids Shine

Koorie Kids Shine was launched by the Victorian Government to help promote participation by Aboriginal and/or Torres Strait Islander children in kindergarten. Find out more [here](#)



## News - Covid-19 Update

Most Covid-19 pandemic restrictions have been removed now that 70% of Victorians have had their third dose of the vaccine. Find out more about the changes [here](#)

## News - Child Safe Standards

The New Victorian Child Safe Standards introduced in 2021 come into affect on 1 July 2022. Some of the main changes that impact parents and carers include:

- involving families and communities in keeping children safe
- managing risks in online environments
- children are empowered about their rights and participate in decisions affecting them
- equity and diversity are upheld and respected.

Find out more [here](#).

## News - Therapeutic Services

Berry Street have recently offered their first Youtube session in their Clinical Conversations on engaging children in out of home care in therapeutic services. Some great advice from specialists and a practical example of Leah a 12yo Aboriginal girl referred to Berry Street due to poor emotional regulation alongside ADHD.

Find out more [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



**"Improving the lived experience of young people"**

## 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](#)

## Adoption Retreat (Peer Support)

ADOPTIVE PARENTS FOCUS ON IDENTITY & BELONGING WHILE SHARING LEARNINGS & NETWORKING. SPECIAL GUEST JOEL DE CARTERET.

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

**REGISTER:** Expression of Interest form to be emailed to [deborah@pcafamilies.org.au](mailto:deborah@pcafamilies.org.au). Access the form on our events page [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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