



# COMMUNICATIONS UPDATE

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## QUICK LINKS

[Share & Connect -  
5/5/22](#)

[Click & Connect -  
4/5/22](#)

[Lets Connect  
16/5/22](#)



## 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" session from 2021. We will explore further the impact of contact visits on children's behaviour in the days leading up to and after contact and by using the experience and wisdom already in the room, we'll workshop ways of preparing our children (and ourselves) for this contact.

REGISTER: [here](#) via zoom

HOMEWORK: Read [this](#) article on the impact of biological parent contact.



## Click & Connect (Peer Support)

TOPIC: SAY YES MORE: PARENTING WITH COREGULATION & CONNECTION

DATE: Wednesday 4 May at midday

TOPIC: Review and discuss the Chrissie Davies recording on parenting children through coregulation, connection and saying yes more! When you truly focus on relationships, trust and connection, children should respond more positively. Lets discuss suggestions while we share and learn from each other as we honour you as the expert on your child.

REGISTER: [here](#) via Zoom

HOMEWORK: Listen to the Youtube recording or read the transcript 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](#).





**FLOURISHING FAMILIES**  
BUILDING RESILIENCE & CONNECTEDNESS

A THERAPEUTIC PLAY  
COURSE FOR PARENTS OF  
CHILDREN AGED 2-12 YEARS

8 ONLINE SESSIONS  
Wednesdays 8pm-10pm  
May 4 - June 22

Individual | \$800  
Couple | \$1400

**BUILD YOUR THERAPEUTIC SKILLS TO HELP YOUR CHILD:**

- ✓ Feel more seen, heard and accepted
- ✓ Recognise, explore and express their feelings and perceptions safely
- ✓ Build capacities in self-control and regulation
- ✓ Increase their confidence and self-esteem
- ✓ Develop their decision making, problem solving and coping skills
- ✓ Build their resilience and promote strong emotional wellbeing

For more information, visit our website  
[www.playtherapyhub.com](http://www.playtherapyhub.com)



## News - Play Therapy

Play Therapy Hub are offering a therapeutic play program for children who may be struggling emotionally. Help process troubled feelings and develop emotional intelligence for a more connected, cohesive family. Starts May 4. Find out more [here](#).

## News - Covid-19 Boosters for Seniors

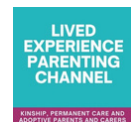
Are you interested in whether Covid-19 boosters are necessary for seniors? If so, register for this Zoom or attend one of the many live sessions at local libraries. Find out more [here](#).

## Youtube Recording - Adoptees as Parents

Dr Jenny Conrick is a Social Worker and Doctor of Philosophy, Melbourne University associate and educator, with a background in government and health sectors, adoption, out of home care and trauma. Dr Conrick has been exploring the lifelong impacts of adoption on adult adoptees. In particular, adoptees as parents, and the impacts of trauma, post natal depression, attachment and life transitions.

She has uncovered some important areas that matter to adoptees, such as preserving the family they create and avoiding any secrecy. Similarly she has uncovered some important needs to support in adoption support services, from providing an opportunity for adoptees to speak about their adoption to validating and unravelling their experience and having specialised antenatal support. And if you are a grandparent to your adoptees children, her research highlights the importance of stepping up and being interested and attuned. It matters more than you may think so get involved and show your interest!

See the youtube video [here](#).



## "Improving the lived experience of young people"

## News - Culturally Informed Care



The 2021 PCA Families Research Paper recognises the need to support heritage and culture and to sustain support for children and families (more information [here](#)), Awareness of culturally sensitive trauma informed care can help with this aim. This involves providing trauma informed care that acknowledges cultural values, beliefs and practices. The key components are:

- Recognising cultural variations in the subjective perception of trauma
- Understanding the role of beliefs in the interpretation of trauma and the recovery process
- Helping to restore a sense of safety for the child and family through trust-building
- Attending to the distress of the child or family, in the way that they define it
- Working within and through the family structure to promote emotional and social support, and utilisation of coping resources.

Find out more [here](#) in this wonderful summary - also a great tool to use with specialists that may be involved with your child to explain trauma informed care.

## 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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