



COMMUNICATIONS UPDATE

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News - New Prescription for Mental Health?

What if doctors didn't just prescribe drugs or therapy for mental illness which affects almost half of the population? Space 22 follows a revolutionary study using art to offer a more hopeful future for mental 'wealth'. Space 22 follows 7 strangers, each with their own lived experience of mental ill health, as they take part in an experiment to test if participating in art can help heal invisible wounds.

Art therapy can be a great mechanism for trauma and PTSD, but often its hard to open oneself up to - it can often be viewed as a bit wacky! That's what 66 year old retired engineer Ray tells us. But his transition from depressed, angry child abuse survivor to enlightened, happy and joyful new self is inspiring. Read more about his journey [here](#).

The study screens on iview from 8pm Tuesday 17 May.

Find out more information about the study and Space 22 [here](#).



News - Fact Sheets and External Resources

Have you found yourself wondering about certain things from time to time? Things like, now I have a PCO, do I need to go back to court? Or what are the rights of my child now? Or other legal matters? We offer help with fact sheets on our website that cover these types of questions. Find them [here](#). We also have resources from external groups that might answer some of these questions. For example, two of our resources, that are in video format are on understanding court orders and the child's rights. Find them [here](#).



News - Flexi-Funding Budget

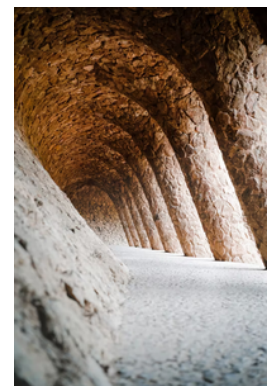
As at 30 April 2022 we have made more payments than our 30 April budget, so please prioritise any applications for the remainder of this financial year to those that are essential (to 30 June 2022). Flexible Funding is ongoing, so approved applications that may not be paid from the 2021/22 budget, will be deferred to be paid in the 2022/23 year. Don't despair if you have a few things coming up! The increase in demand for funding reflects many of the services that were not available during lockdown now becoming more accessible, so please make applications as early as you can to ensure we can process them before they are due for payment.

FF Tips!

When uploading a flexi-funding attachment, save after each one is uploaded and check they are uploaded. Save regularly!!

News - Lockdown Emotions

The Covid-19 pandemic may have come to an end but the affect on mental health is just beginning. Lingering stress levels can play out in exhaustion, misfired outbursts, less capacity to regulate and manage emotions like anger, fear and frustration. Listen to your emotions and utilise self care basics like sleep, healthy food and exercise to start to heal the nervous systems. Learn more [here](#).



News - Wake up earlier?

There are 13 things you can do to optimise your health, including:

- wake up 1 hour earlier
- after you sleep for 7 hours
- brush your teeth for 4 minutes
- meditate for 13 minutes
- stand up for 5 minutes
- climb stairs for 20 seconds
- stretch for 7 minutes
- get outside for 20 minutes
- raise your heart rate for 20 minutes
- record what you eat for 14 minutes
- chew sugar free gum after a meal
- walk after dinner for 10 minutes
- write a to do list before bed.

Click & Connect (Peer Support)



TOPIC: CONGRUENT CAREGIVERS

DATE: Wednesday 18 May at midday

TOPIC: In this meeting we will review and discuss the Youtube Recording by Helen Barrett on Congruent Caregivers. Discussions around where healing comes from, bringing the unconscious into the conscious, integrating new memories and the importance of being congruent to avoid more of a threat or exacerbating bigger emotions.

REGISTER: [here](#) via Zoom Link

HOMEWORK: Listen to the Youtube recording by Helen Barrett titled "The conscious, congruent caregiver & the coregulating, correcting play therapist. A perfect match!" Available [here](#).

"Improving the lived experience of young people"

Lets Connect (Peer Support)



TOPIC: Belonging & Identity with Joel De Carteret - adoptee, filmmaker & more!

DATE: Monday June 6 at 7.00pm

TOPIC: Joel is an adult adoptee born in the Philippines whose remarkable journey proves the power of love can overcome impossible odds. There's an extraordinary ending to this story, but it begins with heartbreak. As a five year old Joel got hopelessly lost from his mother when he wandered away from the family home and into a bustling city market in the Philippines. He searched and searched but couldn't find her, and eventually was taken to an orphanage. Imagine his despair as for the next 18 months this little boy contemplated a future with little hope. But Joel is plucky and also lucky. He's adopted by a caring and loving Australian family. He goes on to lead a happy and successful life here, except something is always missing. Six months ago, 30 years after getting lost, Joel de Carteret couldn't ignore the pain any longer. He had to find his birth mother. But in a country of one hundred million, where would he even start to look.

DETAILS: Connect with other parents and carers in a safe space and share the unique and common experiences of parenting children through permanent care, kinship care and adoption. Facilitated by skilled volunteers with lived experience in raising children through permanent care, kinship care and adoption.

REGISTER: [here](#) via trybooking

Flexi-Funds

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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