



COMMUNICATIONS UPDATE

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Permanent
Care and
Adoptive
Families



QUICK LINKS

Share & Connect
7/7/22

Click & Connect -
20/7/22

Lets Connect
8/8/22



News - Adoption Retreat Reflection

What a terrific evening we had with Joel de Carteret and his mum Julie discussing growing up adopted in Australia. Joel's story is remarkable and a miracle that he was able to find his birth mother in a city of 20 million after being lost at a Filipino market at the age of six; but with the help of the Filipino authorities and a lot of media attention, he was able to track her down. He also managed to find his birth father who lives in America. Joel's shared some harsh realities of feelings he has as an adoptee and didn't gloss over feelings of rejection, loss, loneliness, shame, not knowing where you fit in, identity; being born to one country but growing up in another surrounded by predominantly white Australians. He emphasized that healing is a life long process and belonging to a community and being of service to others is a segway to healing. Finding people who you trust and immersing yourself in mother nature as well as finding therapies that work for you, whether it be talking therapies, art, sound healing or spirituality is a stepping stone forward. Find out more about Joel's story [here](#).

If you have a story to share, please contact us at PCA Families. We are keen to share and learn from others!

"Delivering trauma informed services that empower"



"My son could look at Joel and see himself in him. Joel's generous sharing of his experience resonated and was highly relatable to my son and was so valuable for we as adoptive parents to hear".

Adoptive parent



"Very good because I knew it would be exactly something a little bit like my story but different".

Adoptee

News - New Booking Feature



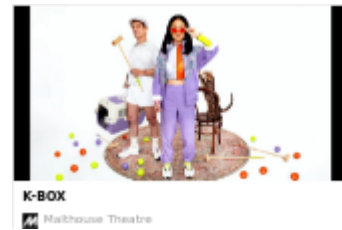
Did you know that you or your young person (15 years and 9 months or older) can now book a consultation with a Better Futures Advisor online. Its just like booking into a doctors appointment - super easy! Book online to find out more about the Better Futures program or to signup, Access the booking service [here](#).

The Better Futures program helps young people transition to independence with coaching, information and advice and/or financial support in the form of an allowance until 21 years of age.

News - Intercountry Adoption Comedy

The playwright and intercountry adoptee Ra Chapman has been affiliated with PCA Families for many years. Ra recently shared her latest project with us - the play K-BOX - an offbeat comedy that brings hard laughs and truths to the family dinner table.

K-BOX is a wild ride that combines adoption and Korean pop music (K-Pop). It's a brilliant combination and an outstanding new play (it won Sydney Theatre Company's Patrick White Playwrights Award last year). To find out more or purchase tickets see [here](#).



News - PRAC Advisory

Did you know that PRAC Advisory is a free forms and advocacy assist service where La Trobe University students assist with filling out forms. Everything from Centrelink to identity documents or flexible funding forms. Operates Thursdays in Reservoir or you can call or email the service. Find out more [here](#).

Click & Connect (Peer Support)



TOPIC: EMDR, REPROCESSING AND MODELLING WITH MARIA MARSHALL

DATE: Wednesday 20 July at midday

TOPIC: In this meeting we will review and discuss the Youtube Recording by Maria Marshall on Eye Movement and Desensitisation Therapy, reprocessing and modelling. Normalising experiences, connection before redirection and role modelling, are practices that Maria proposes can help children who have experienced early childhood trauma, in addition to CBT and EMDR. Lets discuss which of these you may have tried or what you think might help.

REGISTER: [here](#) via Zoom Link

HOMEWORK: Listen to the Youtube recording by Maria Marshall titled "Why its important to play pie face, snap and ask when are the times I don't love you? How EMDR helps" Available [here](#).

News - Kinder Will Be Free

No doubt you have heard the news - a \$9 billion overhaul of Victoria's early learning system including free kinder for all three and four year olds in 2023. Families are spending up to 20% of their income to fund increasing child care costs. This initiative should help. In particular, this initiative may also lift women's workforce participation in addition to boosting educational outcomes for children. Find out more [here](#).



News - Flexi-Funding Budget

We have limited flexible funds available until 1 July, so please prioritise any applications to 30 June 2022 to those that are essential (eg. counselling, therapies, tutoring and urgent medical).

Flexible Funding is ongoing, so approved applications that may not be paid from the 2021/22 budget, will be deferred for payment to 2022/23.



"Improving the lived experience of young people"

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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