



COMMUNICATIONS UPDATE

WWW.PCAFAMILIES.ORG.AU

QUICK LINKS

[Click & Connect -
20/7/22](#)

[Share & Connect
4/8/22](#)

[Lets Connect
8/8/22](#)



Events - Share & Connect



TOPIC: WHAT'S IT LIKE TO MEET YOUR FAMILY LATER IN LIFE? WHAT'S THE IMPACT ?

DATE: Thursday 4 August (Zoom online at 8pm)

TOPIC: Batman, Harry Potter and Spiderman are all adoption stories.

However, there are many emotions and stages of grief in the adoption journey that may not be appropriately portrayed in Batman, Harry Potter or Spiderman.

One of those stages may involve an adoption reunification with birth family members.

So let's discuss adoption reunifications:

- What experience do you have with this?
- How do you prepare for an adoption meeting or what comes afterwards?
- What happens if the adoption reunion doesn't meet expectations?
- How can it help with identity?
- What are the stages of grief or emotions that may be experienced?

REGISTER: [here](#) via Zoom Link

HOMEWORK: Consider watching or reading:

PCA Families Youtube: Anna Kopeikin Adoptee & Parental Loss, inter country adoption [here](#)

SBS: Episode 16 Season 22 Meeting Family Later in Life [here](#)

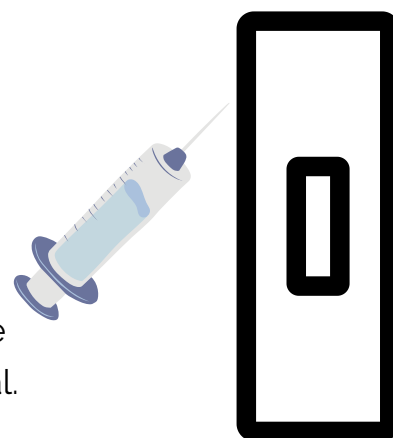
Tips for successful adoption reunions: are adoption reunions successful? [here](#)

"Delivering trauma informed services that empower"

News - RAT Kits Supply

The Victorian Government is providing Rapid Antigen Tests to the early childhood sector throughout 2022. These RATs are available to staff, students and families (including carers) when requested. In addition, PCA Families has RATs available to distribute so please contact us should you need some.

The Victorian Government is also recommending face masks be worn in early childhood settings and in indoor settings in general. Find out more about early childhood education and care [here](#).



News - COVID-19 Winter Dose

The winter dose, fourth COVID-19 vaccine, is now available to additional people and the time between doses has reduced for these groups. It is recommended for those 50 years + while its also available to those aged 30 to 49 years. ATAGI has also recommended an interval of 3 months or more between vaccine doses or prior infection (whichever comes later). Find out more [here](#).



News - Compassion for Behaviour Challenges

Eileen Devine writes about parental despair and how to address it in the role of parenting a child with significant behavioural challenges. We know this is the situation for our parents and carers and Eileen offers advice from a neurobiological perspective.

Eileen reflects that if we deny our emotions, they can own us and define us, rather than going away. That can become an all consuming dark hole that impacts our other relationships too. Those feelings are not good or bad, but rather a normal reaction to a stream of challenging experiences occurring on a daily basis and you may need a safe way to share and overcome them. Sometimes you may have shared those feelings too but others have missed your point or left you feeling exposed.

Our PCA Advisors are here to help as are our many parents and carers who attend our peer support events. Self compassion, recognising your emotions and finding a group of people with your lived experience are all ways that can help you. And centering yourself in a neurobehavioural, brain based mindset to be curious about your child's challenging behaviours, to understand what is truly behind it, can help you and your child.

Please reach out if we can help. Find out more in Eileens article [here](#).

"Improving the lived experience of young people"

Events - Let's Connect



EVENT: BENDIGO LET'S CONNECT (location TBA)

DATE: Monday 8 August 10am - 2pm with hosts Trish & Liz

TOPIC: At our Let's Connect events its all about getting together to connect with others with lived experience face to face to share tips and advice and/or seek out some specialist advice from one of our PCA Advisors and the group. A PCA Advisor will be available for members to meet with individually and will run the group session. We will be open and flexible to discuss whatever you wish on the day or you can contact us ahead of time to let us know what you would like to know more about. If you would like help with our website registration or flexible funding applications please bring your laptop or other device. Refreshments and snacks will also be provided. All PCA Families members are welcome by registering to attend at any location - come to one or all its up to you. More locations and dates are available on our Events page on our website. COVID-19 meeting requirements will be advised closer to the event but will include minimum vaccination requirements other than where an exception applies. Find out more [here](#).

Events - Click & Connect



TOPIC: EMDR, REPROCESSING AND MODELLING WITH MARIA MARSHALL

DATE: Wednesday 20 July at midday with hosts Liz & Sonia

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. Let's 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](#).

DFFH Flexible Funding

If your child or young person is on a Permanent Care Order or you receive the DFFH Care Allowance and they have a Family Court Order or Adoption Order, they are entitled to DFFH Flexible Funding to meet the costs of goods and services they need not covered by the care allowance, or another funding source (eg Medicare, NDIS). Flexible funds can be used for therapeutic, educational or medical services, build skills interest or attachments, support birth family contact and cultural identity, respite, medication, vehicle modifications. For more details on what the funds can be used for see here. Claims should be more than \$100 per invoice and generally paid by PCA Families directly to the supplier. To ensure funds are distributed fairly and equitably and are appropriate and safe for your child, we ask for supporting documentation that services are trauma informed and that both goods and services are recommended by a professional who knows your child or young person. Apply early as the need for supporting documentation can mean it takes 21 days to finalise your application.

**Subscribe to Facebook, LinkedIn or
Youtube by clicking these links**



PCA Families, Level 4, 247-251 Flinders Lane, Melbourne 3000
info@pcfamilies.org.au www.pcafamilies.org.au 03 9020 1833

**Want to change how you receive these emails?
You can update your preferences or unsubscribe from this list.**