



COMMUNICATIONS UPDATE

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QUICK LINKS

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20/7/22**

**Share & Connect
4/8/22**

**Lets Connect
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News - Importance of Grief

Have you ever thought about the importance of learning how to grieve?

How do you know how to move on from a trauma or a loss?

Learning how to grieve is more than just talking about ones emotions.

Often if a child has experienced trauma, that is the last thing they want to do anyway - talk about it. So how can you help?

There are many ways to help with teaching such an important life skill:

1. Model it for them: whether its an anniversary date of a loved ones death or the first day of school where you are left feeling alone, acknowledge your own pain and narrate your experience for your child. "You can probably see that I am sad as I am remembering my brother who died 3 years ago today. It hurts still that he isnt here with us. One thing we used to do together was make lemonade. Do you think we can do that together later today? That would help me in remembering him and creating new memories too".

2. Help them find ways to express their emotions: drawing, sand play, telling stories, water play

3. Ask them questions to help them reflect and move through their own grief. Sometimes children just need permission to be angry, cry or express emotions. Follow their lead when they do.

Find more tips [here](#)



"Delivering trauma informed services that empower"

News - RAT Kits Supply

Concession card holders presently benefit from continued access to free RATs through local (participating) community pharmacies. Access to these free RATs will cease at the end of July. PCA Families still has RATs available to distribute so please contact us should you need some.



Events - Share & Connect (Journal Club) Note: Guest speaker and topic change due to availability of speakers



TOPIC: LIFE STORY WORK WITH LINDA COOKE FROM A THERAPEUTIC LENS

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

TOPIC: Based on the Model, developed by Professor Richard Rose, Life Story Work with a therapeutic parenting lens involves gathering information about your own child's life story by being curious and supporting them to gain a better understanding of their own experiences, to make sense of their past and to build a stronger self-worth as they grow into adulthood. Linda Cooke is our guest speaker and is an intercountry adoptive parent, teacher and educator and accredited Therapeutic Life Story Worker (Rose Model). Do you have a life story for your child narrated by the Department or no history at all? Is there information that might blame them for the things that happened to them? What can you do to help your child to make meaning of that story? How do you bring your child into that process of wondering and making sense of their memories, thought and feelings? How do you do that with safety, trust, and nurturing parenting? How do you celebrate the here and now to build solid foundations for the future?

REGISTER: [here](#) via Zoom Link

"Improving the lived experience of young people"

Events - Let's Connect - Change of Date



EVENT: BENDIGO LET'S CONNECT (location TBA)

DATE: Now Monday 5 September 10am - 2pm with hosts Trish & Liz (was Monday 8 August)

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.

Due to the latest COVID-10 developments, PCA Families has decided to defer theses face to face meetings until September for the safety of all participants,

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..

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.

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