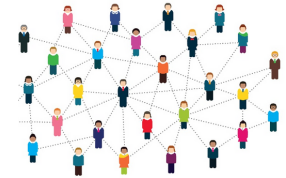


COMMUNICATIONS UPDATE

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Click and Connect - Social and Emotional Resilience



Topic: Social and Emotional Resilience

When: Wednesday 9 June midday

In times of increasing suicide, self harm and anxiety, where control over children's lives is increasingly challenging, and social contact is more limited, how do children build or remain resilient? What can you do to help build their social and emotional connections. How can you enhance their human magnetism?

The need to build resilience and effectively manage emotions is a critical life skill.

It's so very important in children's lives where there has been disruption or trauma, particularly where one of the first learning relationships (parent to child) has already been disregulated.

So what are the building blocks to enhance social and emotional resilience, and how do you do that in the real world?

Guess what, joining a parent group is one solution! So why not join us on Wednesday 9 June!

Register in advance via Zoom link: [**Registration to Click & Connect 9 June**](#)

At the meeting, please consider sharing a resilience story!

Click and Connect is run via Zoom every Wednesday fortnight 12.00-1.00pm during school term. PCA Advisor Liz Powell presents the topic very briefly and group discussion flows. The group will be a supportive space that allows natural conversations to flow and you will be honoured as experts of your families and lives.

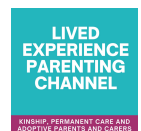
News - Home Stretch and Better Futures

As you would be aware, PCA Families was very pleased to learn of some excellent news from the Victorian State Budget, including funding to extend the Better Futures and Home Stretch programs for Permanent Carers. We are awaiting further details about how to access these programs and will make that information available to families as soon as we have it. We are about to begin discussions on process and access and will update you in our weekly Communications Update as soon as we have relevant information to share.



"Improving the lived experience of young people"

New Youtube Video - [Video Podcast 6](#)



How does baking help parents to parent therapeutically with safety, structure and nurture?



Linda Cooke, adoptive parent looking to parent with nurture and positivity, discusses how therapeutic parenting allows you to stay connected with your child, creating loving attachments and relational parenting that works.

There are some rules though!

Safety, nurture and structure must be present.

Therapeutic parenting is parenting that is loving and kind, where you are present with your child while they work through their emotions and challenges. Its parenting that builds the brain as you help your child understand what they are experiencing. It is healing and aids attachment so is perfect for parenting children from complex backgrounds (adoption, permanent care and kinship care). So tune in to learn more about therapeutic practices!

[Click here to access the Podcast](#)

News - Help for Teens

As the full affects of the pandemic are being felt, and reports of self-harm, eating disorders and suicidal thoughts are becoming more widely discussed in relation to teens, its ever so important to monitor any changes in your teens mood, and to continue to connect in with them and create a dialogue about the felt impacts of Covid-19.. There are services out there for young people at Lifeline and Beyond Blue if they need help. For parenting advice please also see Raising Children Network and NIMH.



News - Forget me Not

SBS on Demand has been screening an adoption story that is insightful and sure to bring a tear to your eyes! For those who are interested the documentary is about a Korean adoptee, raised in Denmark, and is a story of loss and intercountry adoption.

[Access Forget me Not on SBS on Demand here](#)

Journal Club - Next Meeting

Please save the date for our next Journal Club meeting, via Zoom on Thursday 1 July 8.00-9.30pm.

Register in advance via Zoom link:

[Registration to Journal Club July 1](#)



Journal Club is run via Zoom on the first Thursday of each month 8.00-9.30pm to provide support to parents and carers. Typically a brief article is circulated or a guest speaker introduces a topic in which they are an expert.

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 Special Needs 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](#)

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