

COMMUNICATIONS UPDATE

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New Youtube Video - Video Podcast 7



How Maggie, an African refugee, navigates the system of out of home care and comes out shining!

Maggie came to Australia as a refugee from Africa in 2005 at 8 years of age, and found herself in long term care as a teenager from 10 to 16 years of age (excluding her 11th year where she spent a year in residential care so that she could live with her two siblings).

At 16 she struggles with understanding why she is in this situation and her emotions and anger are hard to manage.

She ends up in residential care again and later joins Lighthouse Foundation where she lives until she rejoins her biological family.

All these moves, changes and experiences, not to mention cultural differences to manage, are just layers of trauma, yet Maggie manages to rise above it all, maintaining connections at school, with family, with her foster family, maintaining her studies and is now completing further study so that she will have a nursing career.

Listen to what advice she has to offer about being in care. If you are a young person in care, her advice about communicating and trusting those around you are important. If you are a carer, whether foster care, permanent care, kinship care or adoption, Maggie offers insights about how it feels and how you might help the young people in your life.

[Click here to access the Podcast](#)

News - Home Stretch and Better Futures

As you would be aware, PCA Families is very pleased to be working with the Department of Families, Fairness and Housing on the excellent news from the Victorian State Budget, including funding to extend the Better Futures and Home Stretch programs for Permanent Carers. (essentially financial and other leaving home and education supports).

We are continuing to discuss these programs and we will make information about these programs available to families as soon as we have it.

We expect to be able to report additional details next week.

News - Permanent Care Retreat

We are holding a weekend retreat for Permanent Carers on 24-25 July and registrations are open until June 25 via <https://www.trybooking.com/BSDIM> With 50 places available, we will run a random ballot to select the attendees. We look forward to welcoming face to face discussions with relevant content and will be in contact to confirm places (with a standby list also in case of cancellations).

News - Book Review

Dan Siegel, The Whole Brain Child

PCA Adviser Merle Shap has recently reviewed Dan Siegel's "The Whole Brain Child". For those who may be interested in reading the book, the highlights for Merle were:

- an explanation of the way a traumatised brain works
- what is needed to help traumatised children integrate
- how the brain does not only have to be integrated top to bottom (limbic to frontal) but also left to right (rational to irrational).
- how to help kids that are fixated on one negative aspect to get more perspective..

There were many more things that Merle liked....these are just a few!



News - Survey to Mobiles

This week you may receive a short two question survey on your mobile phone.

We are measuring our service and how we might improve!

We hope that you will respond with any relevant information you may be able to offer!

News - Holiday Camps

For families looking for relevant holiday camps for the mid year school holidays, some of the camps we have had good reports from have included:

Edmund Rice

<https://www.ercvic.com/>

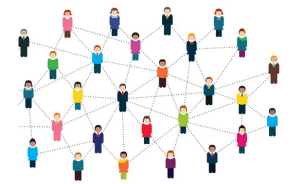
Wombat corner Olympic camps

www.wombatcorner.com.au

Green supercamps

<https://www.greensupercamp.com.au/>

Click and Connect - Fears and Triggers



Fears and triggers are often complex where children have had a traumatic event. Trauma reminders and intense responses can arise as the World is not always perceived as a safe space.

What are common fears and how can they be resolved?

What are extreme fears and triggers and how can you help your child move on from these?

What are some of the strategies you have used that have worked?

Lets get together and learn from each other for the benefit of all of our children.

To register for our Zoom meeting on Wednesday 23 June at midday please click here

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.

"Improving the lived experience of young people"

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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