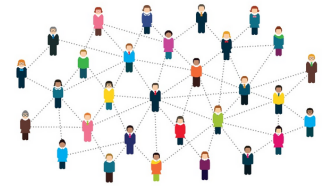


# COMMUNICATIONS UPDATE

[WWW.PCAFAMILIES.ORG.AU](http://WWW.PCAFAMILIES.ORG.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.

## News - Home Stretch and Better Futures

The expansion of the Better Futures and Home Stretch programs to young people on permanent care orders will commence with Home Stretch support being available from 1 July 2021 for those turning 18 years of age.

An interim process to connect young people and carers to their local Better Futures provider will be implemented while a long term approach is developed. Those turning 18 between July to September 2021 will be the first group progressed.

Below is a link to current information on the programs:

<https://providers.dffh.vic.gov.au/leaving-care>

At this stage we are asking people to wait for information to be made available before getting in touch with PCA Families, DFFH or Better Futures providers. Referrals to Home Stretch will be gradually progressed when we have the appropriate processes in place and information available. No eligible young people will miss out on support. We thank everyone for their patience.

## News - Retreats

Our weekend retreat for Adoptive parents is going ahead this weekend! We hope it is a fabulous start to the school holidays for our adoptive parents!!

Our permanent carers will soon enjoy their own retreat too on 24-25 July. Registrations are open until June 25 via

<https://www.trybooking.com/BSDIM>

## News - Get Active

The State Government is offering pensioners and health care card holders access to reimbursements for sport and recreation activities for 4 to 18 year olds. See Get Active Kids Program Information:

<https://www.getactive.vic.gov.au/wp-content/uploads/2021/02/Get-Active-Kids-Voucher-Program-Guidelines-February-2021.pdf>

How to apply: <https://www.getactive.vic.gov.au/vouchers/>



## 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 on include:

Edmund Rice

[www.ercvic.com](http://www.ercvic.com)

Wombat Corner Olympic camps

[www.wombatcorner.com.au](http://www.wombatcorner.com.au)

Green Supercamps

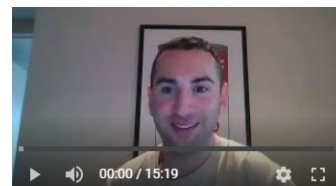
[www.greensupercamp.com.au](http://www.greensupercamp.com.au)

Enjoy the school holidays with your young people!

**"Improving the lived experience of young people"**

## New Youtube Video - [Video Podcast 8](#)

### Respite care via Carer Gateway is available for carers despite other carer payments or allowances



NDIS & Mental Health Engagement officer with Merri Health and Carer Gateway, Nicholas Colicchia, fills us in on what happens when carers seek respite care support from Merri Health; one of the seven Carer Gateway partners. Nic clarifies that support is available, regardless of other income entitlements like Centrelink or carer allowances. He tells us what to expect, how to get registered and how to work in with NDIS if they are also involved in your young persons life. Everything from support for household tasks like meals, laundry or cleaning, to recreational and capacity building programs or even holidays and cultural events are available. If you are a carer and are thinking about how to self care and make time for yourself, there has never been a better time! To find out more listen to the podcast.

[Click here to access the Podcast](#)

## Journal Club - Next Meeting

**Topic: Strictness and Freedom**

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](#)

Subscribe to Facebook or Youtube  
by clicking these links below



Permanent Care and Adoptive Families, PO BOX 201, FITZROY VIC 3065  
info@pcafamilies.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.