

# COMMUNICATIONS UPDATE

Permanent  
Care and  
Adoptive  
Families



## EVENTS

Click & Connect  
Wed 26/4/23

Share & Connect  
Thurs 4/5/23

WWW.PCAFAMILIES.ORG.AU

**Flexi-Funding**

ADDITIONAL COSTS OF CARE

**Better Futures**

INDEPENDENCE, EDUCATION, EMPLOYMENT

**Helpine**

REFERRALS, ADVOCACY

**CAP**

CARER ASSISTANCE



## News - Pricing Review

The NDIS pricing review is to be finalised in October 2023 and is expected to include a review of the design, operations and sustainability of the NDIS, including matters related to pricing. Public consultations have begun and submissions are sought from everyone, with final pricing recommendations made in June 2023. Submissions must be lodged by 13 April. Find out more [here](#).



## News - Low Sensory Morning

Melbourne Aquarium is hosting a sensory friendly experience on Saturdays 8.30am-9.30am (17 June, 9 September and 2 December). Reduced sound and light levels, quiet spaces, reduced numbers and specially trained staff. Find out more [here](#).



## News - Adoptive Parents Workshop

Tailored for intercountry and transracial adoptive parents, this 3 part workshop on Sundays in July and August covers race and racism, critical thinking around systemic racism and injustice, white dominant culture and attitudes, skills for challenging racism and supporting adoptive children through their experiences. Brought to you by ICAV (Intercountry Adoptee Voices). Find out more [here](#).

## Events - Share & Connect (JC)

**TOPIC:** DR VICKI RUSSELL - FASD ADVOCATE

**DATE:** Thursday 4 May at 8.00pm

**LOCATION:** Zoom online

**TOPIC:** Dr Vicki Russell PhD is a Churchill Fellow (2001). Vicki worked for 30 years in non-government sector management in the delivery of trauma counselling; alcohol and other drug prevention; and neurodevelopmental disability (Fetal Alcohol Spectrum Disorder). She trained in narrative practice and has a Certificate of Mastery in the Fetal Alcohol-Neurobehavioural approach (USA).

Vicki has developed and delivered education and training programs on trauma and FASD to professional and non-professional groups across all levels of prevention. Vicki is currently in private practice as a consultant and is a current Board member and volunteer with RFFADA (Russell Family Fetal Alcohol Disorders Association).

Vicki will introduce Fetal Alcohol Spectrum Disorder and explore the diagnosis and the outcomes for the individual across the lifespan, including strategies for management.

Vicki will also look at and open up for discussion the impact for those who care for individuals living with FASD.

**REGISTER:** [here](#)



## Closed for the Easter Holidays

**PCA Families will be closed on Friday 7 April to Monday 10 April, reopening on Tuesday 11 April after the Easter Holiday break.**

Help is available at Lifeline on 13 11 14 if you need crisis support over the break, or you can access other crisis support as listed on our website [here](#).



## Events - Click & Connect

**TOPIC:** SOCIAL SKILLS FOR YOUR CHILD

**DATE:** Wednesday 26 April 12.00 to 1.00pm with hosts Liz and Sonia

**TOPIC:** We all know that sharing, patience, empathy and respecting boundaries are important social skills. But which ones are the most important and how do you help your child to learn them? Is there a way to reflect and reinforce the skills that are important to you. Is there a way to teach these skills? This can be even more challenging for children who may have a trauma experience or who are neuro diverse. So how do we start and what experience can we share that might help others?

If you like to read, please consider this article from Raising Teens Today on the 10 Important Social Skills [here](#).

**REGISTER:** [here](#) via Zoom Link



# News - Body Image and Eating Disorders

Despite best parenting efforts, body image issues and eating disorders do develop. Knowing where to go to find resources and others with lived experience is crucial to knowing how to navigate the healing journey. So where do you start?

- The Butterfly Foundation offer support, including referrals and counselling, and a variety of resources, including their "Body Image Tips for Parents" that identify the warning signs to look for: things like self scrutiny, withdrawal from social events, irritability or anxiousness at meal time, or refusal to eat certain foods all together. Find out more from The Butterfly Foundation [here](#).
- Eating Disorders Victoria (EDV) offer a free confidential service providing information and peer support. Offering trained volunteers and a safe place to seek information, discuss your experience or ask any questions you may have. Find out more [here](#).
- Centre of Excellence in Eating Disorders (CEED) offer an interactive tool "Feed Your Instinct" that allows you to generate a report based on behaviours and thinking patterns observed. Find out more [here](#).
- The NEDC (National Eating Disorders Collaboration) offer online materials, tools, and programs, as well as services that provide telephone, online, and/or face-to-face support. Tools like the Eating Disorders Carers Help Kit and Shared Table Meal Support Training. Find out more [here](#).
- Eating Disorders Families Australia (EDFA) offer lived-experience support, information, validation, education, peer support and advocacy to empower families and carers in their journeys with their loved ones. Find out more [here](#).



## Carer Assistance Program - Therapeutic Support

Self referral available [here](#).

## Helpline - Information, support and referrals

Further information available [here](#).

## DFFH Flexible Funding - Funding Additional Needs

Further information available [here](#).

## Better Futures and Home Stretch - Support to 21

Find out more [here](#).

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