

# COMMUNICATIONS UPDATE

WWW.PCAFAMILIES.ORG.AU

LIVED  
EXPERIENCE  
PARENTING  
CHANNEL

KINSHIP, PERMANENT CARE AND  
ADOPTIVE PARENTS AND CARERS

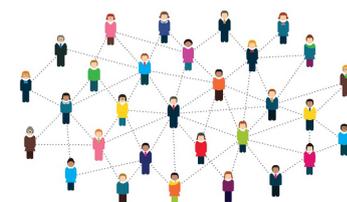
## QUICK LINKS

**Journal Club -  
Topic TBA 2/9/21**

**Click & Connect -  
Sharing Your  
Childs Story with  
Others 11/8/21**



## Click and Connect - Sharing Your Childs Life Story



**Topic: Sharing the Childs Story with Others**

**Please join us at midday on Wednesday 11 August by registering [here](#)**

See our website for future topics and links [here](#).

Often other people can come with misconceptions and questions about your child's history and in particular their birth family history. So how do you and your child share information with others in the best way for the benefit of your child? What do you share with teachers or other children's parents? How do you field pesky questions, challenge myths and get others to embrace what your child needs from a trauma informed lens?

Shared learnings and knowledge to share with each other for the benefit of all!

Each Wednesday fortnight various parents and carers come together on Zoom to learn from each other and share their challenges and lived experience in our Click and Connect meetings. We share the joys and the struggles and find new ways to tackle situations by sharing together.

We welcome any new parents or carers that would like to join us for one or more meetings.

## News - Online Safety Workshop

Kinship carers are currently sought for help on a project to learn about your experiences and knowledge of online safety. The Centre for Excellence in Child and Family Welfare can develop resources for carers and young people about online safety and need your input. **You will be paid \$75 to join their workshop, which will run on Thursday 12 August 10.00am-11.00am via Zoom. Register for the Zoom workshop by clicking [here](#).**

## News - Career Stories

The Victorian Local Learning and Employment Networks have recently shared career stories in recordings online. There are 7 different stories with more each week, covering everything from being a diesel mechanic to arboriculture or horticulture. An insiders perspective on the day in the life of! See [here](#).



## "Improving the lived experience of young people"

### News - Trauma Informed Care at TAFE and Uni

The Centre for Excellence in Child and Family Welfare and Raising Expectations have produced a video on the principles of trauma informed care with an emphasis on explaining how that can be applied in a school setting. Valuable content for sharing with schools! To view the video click [here](#). For those that only have 10 minutes, start at the 33 minute mark.

### News - Covid-19 Pandemic Research

Over 300 Victorian children and young people surveyed in June 2021 reflected on mental health and wellbeing, education, safety and security at home. The key themes included:

- they struggle with mental health, feeling isolated and disconnected
- getting help is too expensive or wait times too long
- some are feeling the impacts on parents, from lost work and increasing tension
- many feel worried about their future job prospects
- many urged for in person learning to continue for social connection and wellbeing
- more than half are not feeling good
- they are more likely to report not feeling good if aged 10 to 12 years old and over 17 years old
- optimism about the future is challenging.

It is important that we listen to our young people and support their views.

Further information is [here](#).

### News - Helping Your Child Find Optimism

Keeping in mind that children learn about the world around them from key people in their lives, it is always valuable time spent when reflecting on your relationship with your young ones. A way to make them feel special. The Australian Childhood Foundation has a reflective practice perfectly suited to enjoying time with your young one and building their optimism. To access the activity click [here](#).

## News - Pathways for Carers

Have you heard about the Pathways for Carers project which offers carers of people with a disability or mental illness an opportunity to attend walking events in Victoria together? Its an opportunity to learn more about news, services, and supports available to carers, and to connect and enjoy a walk or two in nature. Learning and self-care! To find out more click [here](#).

**"Peer support and trauma informed services for strong, stable and permanent families"**

## News - Birth Registrations

The Department of Families, Fairness and Housing has greater powers to register the birth of all children in care regardless of any court orders and to apply for the birth certificate. The changes recognise that access to identity documents such as a birth certificate are essential for children and their carers, so that the children might go on to register for medicare, a passport, a drivers licence or even a tax file number. Fairly important!

## Journal Club

**Topic: To be Determined**

**Please join us at 8pm on Thursday September 2 by registering [here](#)**

Further details will follow once the topic of discussion is finalised.



## 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](mailto:info@pcafamilies.org.au) [www.pcafamilies.org.au](http://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.**