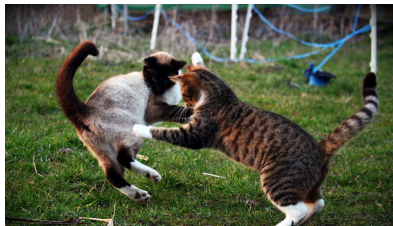


COMMUNICATIONS UPDATE

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NEW YOU TUBE VIDEO Video Podcast 3

Blow ups and how to avoid and move on from them.

One of the challenges of gaining cooperation from young people in permanent or kinship care can be due to them operating in a more stressed state. However, the reaction we see is not necessarily the real driver of the reaction. For young people from a traumatic life experience, the idea of not being in control is incredibly triggering and their reactions can reflect those triggers. Sitting down to learn in a home-schooling environment, for example, with good intentions, can quickly escalate due to two peoples anxiety around this. The carer: feelings of I'm not the teacher and being intense in the one to one teacher student situation. The child: feeling so ashamed and anxious about showing how much they don't know. This can result in increased tension, verbal abuse, tossing of books, leaving the space or house altogether. This type of explosive situation leaves both with negative feelings. So how do you move on from negative feelings? One way is to use reframing. Have a curious mind and find out what is getting in their way and how you can help. Reframing can move young people on from feelings of frustration, guilt and shame to feeling supported and strengthened in the relationship. This is as important at home as it is in the classroom. Young people need relateable families and teachers to help them get there.

[Click here to access the Podcast](#)



"Improving the lived experience of young people"

News - Children's Programs Resume



Mindfulness in Motion resumes Tuesdays starting 25 May, 5.15-6.20pm.

The program is designed to assist young children, between 5 and 14 years of age, with personal growth. With classes including personal observation, skill practice, skill development and experiential learning. Help build skills in resilience, focus, teamwork, emotional regulation, assertiveness, body awareness and self reflection.

Guy Rhynsburger has over 20 years martial arts experience and has been teaching life skills for over 15 years. All instructors have a valid WWCC and Police Check.

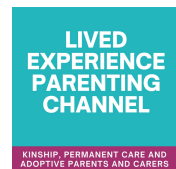
Flexi-funding can support permanent carers with program costs.

Dates include 25/5, 1/6, 8/6, 15/6 and 22/6 in Preston.

Register by emailing Deborah@pcafamilies.org.au or call 03 9020 1833

News - How to Subscribe to Youtube Lived Experience Parenting Channel

Please share with other carers or parents and let us know if you have an idea for a topic.

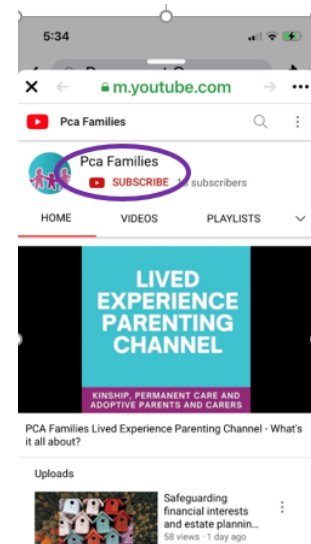
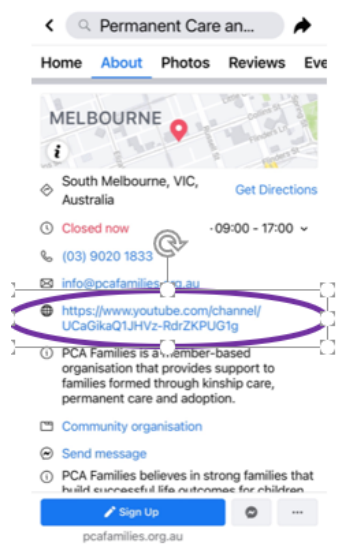


For those of you wanting to subscribe to our Youtube channel, here are some instructions on how to do so. Copy this address into your internet browser (Google, Safari or Otherwise)

<https://www.youtube.com/channel/UCaGikaQ1JHVz-RdrZKPUG1g>



You will see a red subscribe button that looks like this. Click on the subscribe button in Youtube to subscribe. If you havent logged into youtube before, you will need to setup your account after you select subscribe. If you are already watching this weeks video, below the video is a subscribe button you can click on. If you are a Facebook member, you can also access Youtube directly by searching for Permanent Care and Adoptive Families and selecting the About Page, World Symbol, Subscribe. See images below.



"Improving the lived experience of young people"

Journal Club



Please save the date for our next Journal Club meeting, via Zoom on Thursday 3 June 8.00-9.30pm

Topic: To be determined

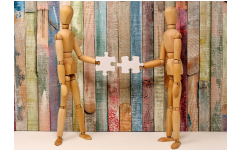
Register in advance via Zoom link:

[Registration to Journal Club June 3](#)

Do you have ideas for a topic?
If so, please let us know!

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.

Click and Connect



Please join our next Click and Connect peer group meeting via Zoom on Wednesday 26 May 12.00-1.00pm.

Topic: Risky Behaviours: Alcohol, drugs, graffiti and more.

Register in advance via Zoom link:

[Registration to Click & Connect 26 May](#)

To Do: At the meeting, please consider sharing an example of your own or a family members risky behaviours. Can be past tense!

Click and Connect is run via Zoom every Wednesday fortnight 12.00-1.00pm during school term. 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.

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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