



## Message from Brenda

### Welcome to PCAF *Thrive* Winter edition

Dear members

Welcome to our Winter edition packed with information about up and coming events.

I would first like to introduce our new Helpline Team who will manage your flexible funding applications during business hours from Monday to Friday.

### Helpline and Flexible Funds Advocacy & Support Advisors

#### Team Leader- Pennelopy Tan -

Pennelopy has ten years' experience in family preservation, foster care, parenting programs, and working with indigenous communities. (Mon to Fri)

#### Alannah Andrews -

Alannah is a dually qualified social worker and mental health nurse with experience in family and community services, including working with indigenous communities. (Mon, Wed, Thur)

#### Liz Powell -

Liz is a dually qualified counsellor and nurse with experience in grief, loss, trauma, suicide prevention and attachment. (Tues, Wed, Fri)

#### Danielle Lucas -

Danielle is dually qualified in psychology and social work with experience in the child protection sector and early school leaver programs (Mon, Wed, Thurs)

#### Vicki Coverdale -

Vicki has multiple qualifications in secondary teaching, life coaching, and training. She has over ten years' experience working with Out of Home Care disengaged children, young people, their carers/parents, and schools (Tues, Wed, Fri)

Some of you will remember the legal forums we delivered over the last two years. In response to ongoing feedback from members, education is our focus this year and an exciting agenda has been planned. Please ensure you book in to our **Education Forum on July 28**, as numbers will be limited. Don't feel shy to contact us if you live in regional Victoria and need financial support to attend. We have a small amount of funds to assist with travel, childcare and accommodation.

Parents and Carers from **Morwell, Bendigo, Shepparton and surrounding areas**, don't delay to book your children into Acting 101 drama workshops with Ra Chapman. This one off program involves great fun, and the opportunity for your child to explore and express their inner actor over one weekend.

Kind Regards

*Brenda Carmen* - CEO

## What's inside this issue

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# Notice board

## Child sign language

Child sign language has three types of benefits:

**Practical:** less fussing and more fun

**Emotional:** creates a closer parental bond

**Cognitive:** boosts brain development.

Sign Language can be used for verbal and non verbal children and enables babies to communicate what they want. They can tell you if they want their teddy bear, when they are hungry, if it is too hot, or if their tummy hurts. Families that sign, report that both parents and child experience less frustration.

Sign language can be used to improve:

- vocabulary
- reading ability
- Increased interest in books and literacy skills
- spelling proficiency
- self-esteem & self-confidence
- Increased memory retention
- stimulate brain development

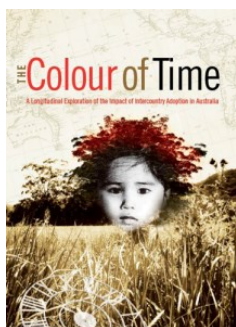
**PCA Families together with our amazing volunteer and mother, Kaisey, will present and teach parents about the benefits and ease of using sign language.**

**Date:** Friday July 14

**Time:** 10.30am – 12.00pm

**Address:** 208 Learmonth Street Buninyong

**RSVP:** Deborah Hunt, 03 9020 1833 or [Deborah@pcfamilies.org.au](mailto:Deborah@pcfamilies.org.au)



### Book Launch - The Colour of Time

A longitudinal exploration of the impact of Intercountry adoption is to be launched in Sydney on Friday 23<sup>rd</sup> June with a possible Melbourne launch to follow in July.

This book is the sequel to the 2001 book "The Colour of Difference: Journey in Transracial

Adoption" and follows the journey of some of the original contributors together with a new generation of younger adoptees.

# What's on

Tuesday June 6

8.00pm – 9.30pm

**Journal Club – Collingwood**

**TOPIC: 'Three ways to get your teen to listen'**

Thursday June 20

9.15am – 1.15pm

**Life Story Work for professionals – Melb CBD**

Friday June 23

10.30am – 12.00pm

**Peer support – Bendigo**

Friday June 30

10.30am – 12.00pm

**Peer support – Shepparton**

Tuesday July 4

8.00pm – 9.30pm

**Journal Club – Collingwood**

Friday July 14

9.30am – 10.30pm

**Peer support – Ballarat**

Friday July 14

10.30am – 12.00pm

**Child sign language – Ballarat**

Friday July 21

10.30am – 12.00pm

**Peer support – Morwell**

Friday July 28

9.30am – 2.30pm

**Raising Expectations - An Education Forum**

**The Queen Victoria Centre, The Victoria Room - 210 Lonsdale St, Melbourne**

Tuesday August 1

8.00pm – 9.30pm

**Journal Club – Collingwood**

September 16-17

See page 4 for details

**Drama workshop - Morwell**

September 23-24

See page 4 for details

**Drama workshop - Shepparton**

October 7-8

See page 4 for details

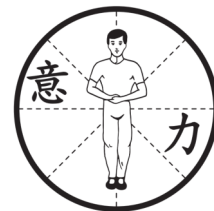
**Drama workshop - Bendigo**

# Youth Programs

## EXPRESSIONS OF INTEREST

**TERM 3, 2 groups**  
**ages 5-9 & 10-14**  
4.15—5.10pm 5.20—6.15pm

mindfulness  
in motion



The *Mindfulness in Motion Kids Program* is designed specifically to assist young peoples' personal growth. Classes blend skill development, personal observation and experiential learning in an environment that is fun, supportive and engaging for young people.

Classes focus on acquiring:

- Resilience
- Focus
- Teamwork
- Assertiveness
- Emotional regulation
- Self-reflection
- Body awareness

**We would like expressions of interest from children who have not previously attended 'mindfulness in motion'.**

The classes will run weekly during Term 3 on **Tuesday** evenings.

**Age limit and Time:** for 5 - 9 years olds 4.15 – 5.10pm  
for 10 - 14 years old 5.20 – 6.15pm

**Dates:** Tuesdays July 18, 25, August 1, 8, 15, 22, 29, September 5, 12, 19

**Address:** Mindfulness in Motion, 6 Oakover Road, Preston

**Cost:** Free

**To register:** Please call Deborah at PCA Families on 9020 1839 or email [Deborah@pcfamilies.org.au](mailto:Deborah@pcfamilies.org.au)

### Your Instructors:

Guy Rhynsburger is the senior instructor at Mindfulness in Motions, with over 20 year's martial arts experience. Guy has been working with young people from a variety of backgrounds teaching life skills for well over 15 years.

Alan James is a Kung Fu Black Belt and an experienced Youth Worker with more than 10 years' experience.



# Youth program cont...

Go on

***be dramatic!***

PCA Families together with Ra Chapman are excited to offer children and teens the opportunity to explore acting and drama.



The workshops create a safe space where students are encouraged to contribute and share in any way they feel comfortable, with the main objective for each participant to express themselves in their own unique way without judgement.

Ra is a Korean adoptee who has been working in the entertainment industry for 10 years. She has appeared in “Neighbours” and “Wentworth” and is currently filming ongoing roles on television shows. Ra received the Best Actress Award at the Newport Beach Film Festival in the U.S. as well as being nominated for an IF Australian best actress award for her work in the movie Face to Face.

The drama sessions will run over 2 days with the younger children gathering in the morning and the teenagers in the afternoon.

The **venues** are yet to be confirmed with the workshops being held in a convenient community auditorium to give the participants the best opportunity to experience life in the theatre.

**Morwell: Saturday September 16 and Sunday September 17**

Ages: 9, 10, 11, 12

Saturday 11.00—1.00pm *and*  
Sunday 9.30—11.30am

Ages: high school, 12—18yo

Saturday 2.00—5.00pm *and*  
Sunday 1.00—4.00pm

**Shepparton: Saturday September 23 and Sunday September 24**

Ages: 9, 10, 11, 12

Saturday 11.00—1.00pm *and*  
Sunday 9.30—11.30am

Ages: high school, 12—18yo

Saturday 2.00—5.00pm *and*  
Sunday 1.00—4.00pm

**Bendigo: Saturday October 7 and Sunday October 8**

Ages: 9, 10, 11, 12

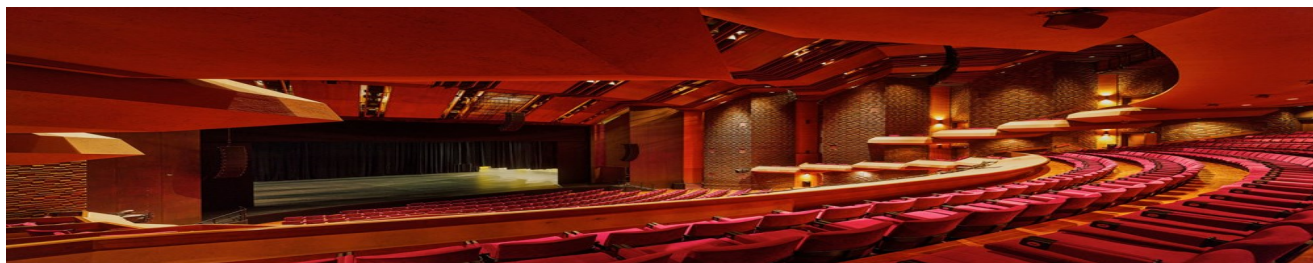
Saturday 11.00—1.00pm *and*  
Sunday 9.30—11.30am

Ages: high school, 12—18yo

Saturday 2.00—5.00pm *and*  
Sunday 1.00—4.00pm

**To register for this unique opportunity please**

**email: [deborah@pcfamilies.org.au](mailto:deborah@pcfamilies.org.au) or tel: Deborah on 9020 1839**





# Peer support



We have many forms of support groups and playgroups scattered around Melbourne and regional Victoria, including Collingwood, Northcote, Bendigo, Ballarat, Shepparton and Horsham. They gather for shared learning where participants listen and talk about some of the challenges of raising children and share insights into different ways of supporting our children as well as support and build friendships with other parents.

Our support groups are friendly and welcoming and are open to all adoptive parents and permanent carers with an opportunity to meet and share stories. PCA Families can also assist if you want to set up a support group in your own neighbourhood.



## Peer Support with Pennelopy Tan

Pennelopy Tan, will be meeting with you to discuss advocacy, flexi funding and referral to services, ie psychology, support etc. Parents, carers and preschoolers all welcome.

### Bendigo

**Date:** Friday June 23,  
**Time:** 10.30am – 12.00pm.  
**Venue:** Beechworth Bakery, 158 High St, Bendigo

### Ballarat

**Date:** Friday July 14  
**Time:** 9.30am – 10.30am.  
**Venue:** 208 Learmonth Street, Buninyong

### Shepparton

**Date:** Friday June 30  
**Time:** 10.30am – 12.00pm  
**Venue:** Baking Dough Bakery, 251—253 Maude St, Shepparton

### Morwell

**Date:** Friday July 21  
**Time:** 12.15pm – 1.15pm  
**Venue:** Rose garden room, 2-4 Maryvale Cres Morwell

## Journal Club – Collingwood

Journal Club is a monthly facilitated discussion and support group where participants discuss an article relevant to parenting in home-based care and adoption. It allows confidential conversations around the challenges of parenting and is facilitated by skilled volunteers with lived experience in raising children through home-based care and adoption.

**Date:** Tuesday June 6 from 8.00 – 9.30pm  
**Venue:** Collingwood Library, 11 Stanton Street, Abbotsford

**Topic:** **‘Three ways to get your teen to listen’**  
<https://www.empoweringparents.com/article/how-to-talk-to-teens-3-ways-to-get-your-teen-to-listen/>

**Further dates** Tuesday 4 July, 8.00pm  
Tuesday 1 August, 8.00pm

# Conference, forums & education

## Raising Expectations

### Education Forum for Carers

There is a lot happening in education, and this free event is aimed at all foster carers, kinship carers and permanent care and adoptive parents across Victoria.

The forum will inform all carers of new initiatives, programs and support, provide facilitated discussion on a range of education related topics as well as an opportunity for carers to share experiences, information and to network.

If you need **financial** support attending the forum, please contact Deborah on 9020 1833 or email [deborah@pcafamilies.org.au](mailto:deborah@pcafamilies.org.au). The **financial subsidies** are available for transport, child care and accommodation based on travelling distance from carers home to venue.

<b>Date</b>	Friday July 28, 2017
<b>Time</b>	9.30am doors open 10.00 am to 2.30pm
<b>Venue</b>	The Victoria Room Queen Victoria Women's Centre 210 Lonsdale Street, Melbourne CBD
<b>Cost</b>	\$FREE\$
<b>Telephone enquiries</b>	03 9020 1833 or email <a href="mailto:info@pcafamilies.org.au">info@pcafamilies.org.au</a>
<b>Register</b>	<a href="http://raising_expectations_an_education_forum.eventbrite.com.au">http://raising_expectations_an_education_forum.eventbrite.com.au</a>

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## FREE Webinar - kids and separation

Separation is a difficult and challenging time. Sometimes it's hard to step back and see the whole picture. This webinar is designed to provide you with essential information on how to raise resilient kids when your family is separated. This webinar will cover topics including:

- How to talk to your kids about your separation
- Protecting your kids from conflict
- Working out living arrangements

**Who should attend:** Parents who are separated or considering separation

### Webinar details

**DATE:** Tuesday 27 June 2017

**TIME:** 12.30pm - 1.30pm

**COST:** FREE

**TO REGISTER CLICK HERE:** <https://zoom.us/webinar/register/4f313c91fef198e466858a512be5123a>

### About the presenters

#### Cath Tregillis - Stream Manager Dispute Resolution Services

For over 20 years, Cath Tregillis has worked in a range of not-for-profit and government agencies to support couples, families, individuals and young people make positive life changes. Cath is accredited with the Attorney General's Department to provide family dispute resolution under the *Family Law Act 1975*. In addition, Cath has a Bachelor of Arts, a Graduate Diploma of Mediation (Family Law) and is qualified trainer and assessor.

#### Meike Zielinski - Family and Children's Counsellor

Meike is an occupational and arts therapist and children's counsellor. She works under the child inclusive practice parameters in Family Dispute Resolution and has extensive skills and experience in supporting families and children from separated families.

# Conference and forums cont..



15-16 September 2017  
Pullman Hotel, Melbourne



[The 2017 National Foster & Kinship Care Conference](#) promises to Shine a Light. We are ambitious in our mission to bring together foster and kinship carers, young people, sector colleagues and other experts such as researchers and childhood professionals from across Australian and the globe.

## Aim for the Conference

- To strengthen Home Based Care
- To celebration your contribution
- To support Carers by networking and shared learning

## Key Elements

Keynote presentations will give you greater knowledge and support around therapeutic care systems as well as Education and other elements. Question and Answer time built into every parallel session help delegates find answers to all their queries.

## Key note speakers

- Dr Angela Williams
- Richard Rose
- Tom Brunzell
- Paul Dillon
- Jules Allen

## Costs

### Full 2-Day Conference Registration (includes conference dinner)

Early Bird Fee     \$250 registered and paid for by June 30  
Full Fee             \$325 registrations made after June 30

### Day 1 Conference Registration Only (includes conference dinner)

Early Bird Fee     \$195 registered and paid by June 30  
Full Fee             \$225 registrations made after June 30

### Day 2 Conference

Early Bird Fee     \$170 registered and paid by June 30  
Full Fee             \$200 registrations made after June 30

To register <http://www.cvent.com/events/shine-a-light-conference/custom>

The full program can be found <http://www.cvent.com/events/shine-a-light-conference/>

For more information visit [The 2017 National Foster & Kinship Care Conference](#)

# Intercountry Adoption

**KAIAN**  
한국호주

Korean Adoptees in Australian Network (KAIAN) were contacted by 325Kamra, an organisation who are building a DNA database to reunite Korean adoptees around the world with biological family members in Korea. The DNA tests are processed through Family Tree DNA and also reveal information on ethnic ancestry.

For more information, visit <http://kaian.org.au/dna-testing> or 325Kamra <http://www.325kamra.org>

Hannah Crisp, President of KAIAN is stepping down to undertake Korean language studies in Seoul as a recipient of the Victorian government Hamer scholarship. For any future KAIAN enquiries, please contact the new President, Mr Tim Vanderburg, at [timothy.vanderburg@outlook.com](mailto:timothy.vanderburg@outlook.com) or [info@kaian.org.au](mailto:info@kaian.org.au)



## Intercountry Adoption Family Support Service

The Intercountry Adoption Family Support Service is a free, independent, nation-wide service, that provides post placement support to families formed by intercountry adoption, including expatriate adoptions, as well as support to couples and individuals engaged in the intercountry adoption process. Support is also provided to adult intercountry adoptees.

The service provides counselling support, education and information and support services to assist with a range of issues and challenges including:

- Support in planning for and meeting your adopted child
- Support in dealing with the impact of the process on you and your relationships
- Help with managing the transition from a couple to parents
- Support for you and your child in managing challenging behaviours (at any age)
- Assistance and guidance in navigating supports and services for you and your child
- Support and understanding for challenges during your child's teenage years
- The Intercountry Adoption Family Support Service is delivered by LifeWorks in partnership with International Social Service Australia.

The service is available for **free** to people who fall into any of the following categories. If you:

- have placed an application for adoption with their state department and are going through the assessment process
- have completed an intercountry adoption (post placement)
- have adopted a child while living overseas and have returned to live in Australia with the child
- have been adopted from overseas.

Call 1300 543 396 or email [icasupport@lifeworks.com.au](mailto:icasupport@lifeworks.com.au) to speak with the Intercountry Adoption Support Coordinator who will help identify what type of support you may want to access and refer you on to the appropriate Information and Support Worker. For more information, visit <http://www.lifeworks.com.au/icasupport.html>



## Kinship care

### Support for grandparents and non-parent carers of children

**Grandparent Advisers** provide support to grandparents and non-parent carers of children.

They can help you by:

- Providing tailored information about payments and support services based on your family circumstances
- Arranging appointments for grandparent carers and non-parent carers with specialist staff, including social workers
- Arranging referrals to federal, state and community service providers, and
- Helping with any other Medicare, Centrelink or Child Support enquiries.



### Next steps

To speak to a Grandparent Adviser, call Freecall 1800 245 965 or visit [humanservices.gov.au/nonparentcarers](https://humanservices.gov.au/nonparentcarers)

## Citizenship

Any Intercountry adoptees having issues accessing court documentation for citizenship proof can contact FIND (Family Information Networks and Discovery) who can assist in applying for documentation. Simply contact FIND on:

Tel: 1300 769 926 or Free call: 1800 130 225.

## Flexible funding

As of April 1, 2017, PCA Families will have a dedicated helpline to assist permanent care parents and carers with queries on resources and available funding. Parents can call the Helpline during business hours, Monday to Friday around a variety of issues including:

- ◆ medical
- ◆ education
- ◆ respite
- ◆ Therapies
- ◆ Transport and
- ◆ Cultural connection.

The funds may also be used to develop wrap around services to ensure full support is provided. We will endeavour to respond to your call within 24 hours.

**Hours** 9.00am—5.00pm Monday to Friday

**T:** 03 9020 1833

**E:** [info@pcfamilies.org.au](mailto:info@pcfamilies.org.au)

# Camps for children and families



## Applications now open for 2017 Winter Camps

Edmund Rice Camps are proud to share with you two Winter Camp for children, youth and families

8-11 year old girls and boys

Family Camp for children and their parents / guardians

**Date:** Tuesday 4th to Friday 7th July

**Date:** Monday 10th to Friday 14th July

**Cost:** \$220 per participant

**Cost:** \$220 base fee per family and \$60 per family member



**Winter Kids Camp** is a four day camp for 8 - 11 year old boys and girls, this camp will be based near Malmsbury

[Download the application form.](#)



**Winter Family Camp** is a five day camp for the whole family to attend. This camp is based in a peaceful location in Lower Plenty - just outside of Melbourne.

[Download the application form](#)

The closing date has passed but you can still express your interest by contacting PCA Families by COB 7 June.

Contact: Deborah on 9020 1839, [Deborah@pcfamilies.org.au](mailto:Deborah@pcfamilies.org.au) or  
Liz on 90201837, [liz@pcfamilies.org.au](mailto:liz@pcfamilies.org.au)

Places are limited; to avoid disappointment, please contact us immediately so we can register your child or family. All registrations must be submitted by an agency or PCA Families.

## Summer Camps 2018

In 2018, there are four Summer camps:

- Kids Camp (8-11yo) - 5-8 January
- Family Camp - 8-12 January
- Girls Camp (12-15yo) - 15-19 January
- Boys Camp (12-15yo) - 22-26 January

Applications for these camps will open in November, 2017.

*PCA Families is a child safe organisation with zero tolerance of child abuse*

