



Message from Acting CEO, Kris Peach



Welcome PCA Families members to this Autumn edition of Thrive.

As our CEO, Lisa Milani, flagged in our last newsletter, she is now on parental leave. We hope she enjoys her time away and look forward to having her back in March next year. In the interim, until we have a replacement for her leave period, I am helping out as Acting CEO. It's been a wonderful experience to work so closely with our dedicated staff. I also have a much greater appreciation of the issues you are experiencing when calling our helpline and requesting flexi-funds, which will enrich my contributions as a board member. We hope to announce our Interim CEO shortly. To save you having to worry about who is in the role, we have set up a ceo@pcafamilies.org.au email. I encourage you to reach out if you have any feedback.

It has been a time of change for PCA Families, so I gratefully acknowledge the contributions of Danielle Lucas, Siobhan Meechan and Ann Rowley to PCA Families and wish them well in their future endeavours. We welcome two new advisors, Andrea Campbell and Merle Shap, two new Client Service Officers, Eden Lee and Sonalee Weerasinghe and our new Covid-19 project officer, Sonia Wagner. I am particularly grateful to Liz Powell, who is Acting Team Lead, Vicki Coverdale, Deborah Hunt and Zahra Shire, who have been doing a fabulous job in sharing their wealth of knowledge and experience with our new recruits.

Some good news for those eligible for Flexifunding. As Lisa mentioned in our last newsletter, the Victorian Government has committed to an ongoing Flexifund budget for distribution to families of \$2.56 million per annum, which is a tremendous outcome.

[I strongly encourage you to apply for Flexifunding. In lockdown many services were not available, so now is the time to apply for the things that might make life easier for your family. Remember, you are still eligible even if you have previously received Flexifunds.](#) To see examples of what you might apply for, please see page 4.

I would also like to thank our Fundraising and Membership Engagement (FAME) Committee for all **the** great work they have done on our new website, which is much more user friendly. If you haven't already, please check it out at <https://www.pcafamilies.org.au>. Our fact sheets and resources, located at <https://www.pcafamilies.org.au/information-for-families/fact-sheets-and-resources> are a great start for any questions you might have.

I hope you are also enjoying the great work Lisa and FAME did for our brand refresh. The new colour and logo are intended to visually reflect that our purpose is to help your families thrive.

I hope you all have the chance to enjoy some travel or other fun activities over the school [holidays](#). Stay safe and well.

K. E. Peach

Kris Peach

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Message from Chair, Meredith Carter



It's been a really busy time over the last little while at PCA Families. I would especially like to thank Kris Peach. We are so grateful that Kris was not only available but agreed to step in at short notice as Acting CEO when Lisa needed to

commence her parental leave earlier than expected. Kris has long experience as a CEO as well as on Boards which means we are in very safe hands. Meanwhile we have been actively recruiting for an Interim CEO and hope to be able to make an announcement about that very soon. I'd also like to thank Michele Chiko and the Department of Families, Fairness and Housing for offering her participation in the recruitment panel.

New Constitution and Board

I would like to thank all of you who attended our AGM in February and also those of you who couldn't come along but provided your proxies. It was a particularly challenging time with Covid concerns, so it is with some relief that I can report that we now have a new Constitution which clearly permits us to have a virtual or hybrid AGM in the future. We also updated some of the language in the constitution which is why my report to you is now as Chair, not President!

We also heard some commentary that the timing of the AGM, on a Wednesday evening, needs to be revisited, so we will be conducting a survey to see if there is another more preferred time. I can also report that we now have a new legal name that reflects the name we have been trading under, Permanent Care and Adoptive Families. These changes have now been approved by Consumer Affairs Victoria.

It was pleasing to see the level of interest in being a Board member, so thank you to all those who nominated.

Our Board for the remainder of 2021 is:

Chair:	Meredith Carter
Deputy-Chair:	Naomi Colville
Treasurer:	Roslyn Rule
Secretary:	Chris Lockwood
Ordinary members:	Leslie Annear, Dan Barron, Judy Gouldbourn, Kris Peach, Sarah Witty.

It is important that we have a pipeline of potential board members for succession planning purposes, and being a member of our Board sub-committees is a great way of being involved and demonstrating the necessary corporate governance skills. Judy and Leslie were involved in the Finance, Audit and Risk Committee (FAR) and FAME respectively, before becoming board members. If you are interested please contact chair@pcfamilies.org.au.

Advocacy

Finally we've been updating our strategic plan and the Board has agreed on some key areas of advocacy for the next year, so watch this space. I know there are many issues we could highlight. Some that we particularly want to see action on are:

- Support based on the needs of the child, not the type of care
- Dedicated trauma informed services (building on the findings of the Victorian Royal Commission into Mental Health)
- Homestretch payments to age 21 for permanent carers
- Participation in court processes for permanent carers, with appropriate legal advice.

Please let us know what you think about these issues and any other matters you would like to see some systemic action on. Meantime I also trust you manage to get a bit of 'me' time during the coming holiday period.

Meredith Carter

A Message from Sandy Pitcher, Secretary of the DFFH



Dear Permanent Care and Adoptive Families members,

For those of you who don't know me, my name is Sandy and I am honoured to serve the Victorian community in the role of Secretary of the Department of Families, Fairness and Housing.

On 1 February 2021, the Department of Health and Human Services (DHHS) was separated into two new departments - the Department of Health (DH) and the Department of Families, Fairness and Housing (DFFH).

At DFFH, our focus is on those experiencing vulnerability or disadvantage, those who may be marginalised from the mainstream and those Victorians who most need the support of their community.

The new department brings together many policy and programs of importance to the permanent care and adoption communities. They include Child Protection, Prevention of Family Violence, Housing, Disability, Ageing and Carers, Multicultural Affairs, LGBTIQ+ communities, Equality, Veterans, Offices for Women and Youth. DFFH also supports Family Safety Victoria, Homes Victoria, and Respect Victoria.

We know there are communities that face huge challenges—now more than ever. Our vision is a more equal and inclusive Victoria, where everyone matters. And we can't achieve this vision without you.

Thank you for the wonderful work that you do every day to create safe and nurturing environments for children and young people. As permanent carers and adoptive parents, you deserve our support in your vital roles creating permanent, stable families for some of our community's most vulnerable children and young people.

In October 2019, we released the *Strong carers, stronger children* carer strategy, developed with PCAF Families and other key carer groups. *Strong carers, stronger children* sets out Victoria's strategy to better support kinship, foster and permanent carers to drive improved outcomes for children and young people in care, to be delivered through a series of action plans.

Like many critical pieces of work, implementation of the *2020-21 Carer Strategy Action Plan* was largely deferred in 2020 as we focussed our efforts on the response to the coronavirus (COVID-19) pandemic. During this time, the Victorian Government prioritised additional supports for

home-based carers to help care for children through the challenging period. This included:

- committing to ongoing Flexible Funding of \$3.2 million per annum from 1 July 2020, of which \$2,560,000 is distributed directly to eligible permanent care and adoptive families
- \$300,000 additional COVID-19 specific flexible funding to 30 June 2020
- \$785,000 additional COVID-19 specific flexible funding to 30 June 2021.

It is now time to refocus on those long-term reforms that are vital for improving outcomes for children, young people and carers. The Carer Strategy Working Group, which includes PCA Families, is currently reviewing the 2020-21 action plan, taking stock of where we are and progressing the next stage of work.

As we work together on the next stage of reform, the impact of the coronavirus pandemic on vulnerable families and home-based carers will be front of mind. We need to make sure people get the wellbeing supports they need and that no one in our community is left behind in the recovery.

We are committed to improving the processes of obtaining birth certificates, Medicare cards and passports for your children and have been working with Births, Deaths and Marriages to improve processes to streamline applications for birth registrations and certificates and identifying how the department's processes can be improved to support better access to essential documents. We are advocating to the Commonwealth Government to improve information sharing to carers about their entitlements including access to childcare subsidies and carer allowances.

I also look forward to working with PCA Families to understand how the Royal Commission into Victoria's Mental Health System Recommendations 23 and 24 regarding trauma informed services might be of benefit to your children.

I know the reform journey is a long one - and that can be frustrating. But rest assured, we are committed to working with you to support you in your vital caring roles and to improve outcomes for children and young people in care.

Thank you for the contribution you make to our community and the lives of so many children and young people.

Sandy

Secretary
Department of Families, Fairness and Housing

Flexible Funding support

If you have a Victorian Permanent Care Order, Adoption Order or Parenting Order via the Family Law Court, receive the DFFH care allowance and are more than 12 months post the Order, please apply for the Flexible Funds we have available post lockdown.

Keep an eye on our website and social media, as we will be highlighting different types of eligible expenditure; however, if any of the following are applicable to you, please apply now:

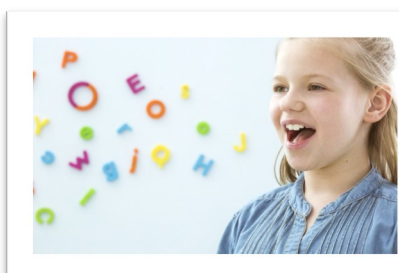
- Catch up tutoring to compensate for lockdown schooling issues (see page 7)
- School related costs—educational resources, uniforms, holiday programs (see page 6)
- Catch up sporting and social activities
- Home infrastructure changes to address child’s physical or emotional needs etc.
- Cognitive assessments, specialist appointments & related therapies
- Costs associated with birth family contact, return to country
- Assistance animals
- Transportation issues
- Additional or catch up counselling/therapeutic treatments
- Health related costs
- Therapy (counselling, psychology, art play, equine etc.)
- **If your child is 17, think about applying for prepayment of TAFE or other educational fees, driving lessons etc, to help your family’s financial transition at age 18 .**



[Download an application form](#)

Complete the form and send it to flexifunding@pcafamilies.org.au or alternatively, contact our helpline on 03 9020 1833 Monday - Friday, 9am-5pm to find out more.

Would your child benefit from speech therapy?



Speech therapists don’t only help with the formation of sounds and words they can also help with literacy and comprehension.

Some children, particularly those who have had an experience of early childhood trauma, may have missed the foundation skills and stages needed to build comprehension like:

- summarising
- sequencing
- comparing and contrasting
- drawing conclusions.

Speech comprehension is the ability to hear sounds or read the written word and transform them to the brain for decoding.

1. Have you found your child is falling behind at school?
2. Can they read the words but have limited understanding of the narrative?
3. Do they struggle with understanding instructions?
4. Do they have trouble putting thoughts down on paper or expressing their thoughts?

If any of these sound like your child they may benefit from a speech therapy assessment. Please call our hotline on 9020 1833 if you would like to discuss this further or need advice.

Q & A with Zahra; Client Services Officer



Tell us about your family?

Our family is quite small, it consists of my son, Ilyas (3 years) and myself. My younger sister Maryanne, 26 also lives with us.

Most enjoyed family activity during COVID-19?

My son enjoys playing with puzzles, so we ordered heaps of easy to complex puzzles and worked our way through them during the lockdown.

What have you enjoyed since lockdown was eased?

Being able to travel past my 5km radius, visiting family & friends and discovering new cafes.



What's your favourite travel destination and why?

London – lots of my immediate family members live there and I love the cold weather.

What's your favourite food?

My mother's lasagne, homemade lasagne on cold days has me smiling from ear to ear.

What is your guilty pleasure

Binge watching tv shows especially reality television shows.



What do you enjoy most about working with PCA Families?

The satisfaction of being able to provide financial relief for families and making a difference in their lives.

Journal Club

TOPIC:
Disrespectful Child Behavior?
Don't Take It Personally!

DATE: Thursday April 1

TIME: 8.00—9.30pm

Register in advance for this meeting:

https://us02web.zoom.us/join/register/tZ0qd-ivrTMqEtdN_-vgc0oRQdSWgGnD-QH

After registering, you will receive a confirmation email containing information about joining the meeting.

Parenting has always been a balance between thinking and feeling. Both are very important. But don't let your feelings drive your actions. Please click on the [link](#) to read the article by Carole Banks.

“Personalizing inappropriate behavior often leads to fighting with your children, with nothing to be gained. Remember, we want to avoid power struggles and fights whenever we can.” James Lehman.

The challenge is to remain focused on the lesson to be learned, not on the emotion of the moment.

But sometimes you will get angry. There is no such thing as a perfect parent—and you don't have to be perfect to be a good parent.

We hope you can join in.



Flexible Funding for school holiday programs



Are you considering accessing flexi-funding for school holidays programs?

School holidays are a great opportunity to build children's skills by engaging in activities that they enjoy with like-minded children.

Programs are wide ranging and flexi funds can be accessed to assist with skills development.

The opportunities are endless, but here are a few that you might consider:

Emotional and Social Intelligence – Shine Academy and Longford and Fraser Academy offer weekly (during term), small group weekend (4 classes) or school holiday intensive (3 days) programs to help build children's resilience, leadership, ethical decision making, self-confidence and assertiveness. With fun role plays, scenarios, competitions, games and more, it's a great way to learn and practice the tools that we rely on every day!

<https://shineacademy.com.au/>

<https://longfordandfraser.com.au/school-holiday-program-8-12-years/>

Coding – Code Camp offer children from 5-13 coding, filmmaking, music and animation classes, everything from DJ camp to You Tube Creators camp. Do you have an aspiring blogger or gamer in your life? It's a great feeling to create your own content, while learning a programming language. Why not put your child in the drivers seat and get them to create their own code where technology and creativity meet with your child's interests. [https://](https://www.codecamp.com.au/)

www.codecamp.com.au/



Lego Bricks – Bricks4Kidz offer specially designed models with Lego We Do Software to make the bricks come to life. Imaginative, multi sensory play in the world of engineering and architecture. From basic to challenging Lego building. <https://www.bricks4kidz.com.au/melbourne-nthcasey/>

Dance, Drama and Musical Theatre – Have fun, make friends and build confidence and public speaking skills through training in the performing arts. Creative play helps foster confidence, creative and social and personal development, so why not let them develop their skills with something they enjoy! https://stageschool.com.au/wp-content/uploads/2020/12/SSA_Prospectus_2021.pdf



Acting – Acting Antics offer small scale production opportunities for the aspiring actors in your life. This 4 day holiday program offers real life training in theatre: costumes, auditions (a role for everyone) and a performance on the last day! A great way to develop presentation skills and confidence, while using language and social skills, working towards a shared goal through the medium of live theatre. <https://www.actingantics.com/>



Have you considered a holiday or after school program for your child?

Call us if we can help with funding and finding the right program for your child.

Thinking about tutoring?

Can't believe we are nearly at the end of Term 1 - hopefully most of your children and young people have settled back into the school routine....but.....you may also be seeing the impact COVID-19 may have had on their learning and confidence. Remote learning was challenging for everyone but if you or your child/young person has expressed any concerns, it could be a good time to float the idea of whether engaging with a tutor would be helpful.

Most young people want to run for the hills when you raise it – that's why it's important to take the time to listen to their feelings and thoughts on the idea, particularly the older children. Everyone is different and everyone has a learning style/preference. For some, **centre-based** &/or group sessions work, others **1:1 at home** is best and for many (now used to online platforms) **online tutoring sessions** might be their preference.

One of the most challenging things is to link in with a suitable tutor/service. Depending on the child's learning needs, here are a few things to consider first:

- Does the child/young person identify their struggle areas and if so, what ideas or solutions do they have? If they're reluctant; would they agree to X number of sessions to give it a go?
- Be clear on the difference between homework support *OR* engaging with a tutor who is experienced in identifying a child/young person's learning gaps and can work to build their capacity and confidence as a learner.
- Ask other parents/students who have done/are using a tutor of their experiences for possible recommendations.
- Speak with the school/teachers – what have they observed? What learning areas do they think would be the most helpful to prioritise? They may even know of a suitable person or service to link with for support.
- Where/When – Online; face to face at home or centre based. What's realistic for the family to manage? You don't want to schedule it when they're exhausted or on a day that won't work.....eg; Friday's may not be the best for some. If at home – is there a quiet but visible space for the sessions to happen?
- Frequency of sessions – once a week may be enough, or for others twice a week for a set number of weeks might better reinforce the learning.
- Lastly – consider if tutoring is the best intervention or would linking with an allied or mental health professional be what's needed – eg; a speech or occupational therapist. If the primary concerns are their social/emotional wellbeing undermining their capacity to learn and manage school, a psychologist or creative therapist (art or equine therapy) may be the place to start.

Remember even if your child has tried tutoring in the past with mixed results - it may still be worth giving it another go.

Choosing a tutor:

- Involve the child/young person in the selection process; get their (age appropriate) input.
- Select the right person - a positive relationship with the tutor is paramount to a successful start. *"Kids don't learn off people they don't like"* is an old but kind of accurate adage. If a rapport isn't established after a few sessions or a term, maybe someone else might be worth a try.
- Check you're comfortable with the tutor too - good communication, a plan/goals and a good feedback loop helps you support the process for your child.
- Skills of the tutor – these can range from a uni student who's good in a particular subject through to qualified teachers and specialist tutors for children with specific learning disabilities or difficulties. See who best matches the learning needs of your child.
- Check tutors are members of the ATA (Australian Tutor Association) or any other reputable association and have a current Working with Children's Check/card.
- Cost – varies depending on the nature of the sessions and qualifications of the tutor. **Eligible carers can submit a Flexible Funding application for tutoring support** once a suitable provider is found.

Here are some websites to help you get started in your searchthey are by no means the only ones.

<https://www.mumsthewordaus.com.au/lp/find-tutoring>

<https://www.kipmcgrath.com.au/>

<https://cluelearning.com.au/>

<https://www.speldvic.org.au/advisory-advocacy-services/>

<https://ata.edu.au/parent-info/choosing-a-tutor/>

<https://www.tutorfinder.com.au/regions/melbourne/special-needs/>

<https://www.speldvic.org.au/advisory-advocacy-services/>

<https://organisingstudents.com.au/>

Free program for carers

CARER WELLBEING AND CONNECTION

InTouch Initiative



A FREE online four week program for carers by Carers Victoria

Carers Victoria, supported by North Western Melbourne Primary Health Network, has developed a four-week online program called Carer Wellbeing and Connection. This program has been co-designed with carers, to help them build confidence and strength to address some challenges.

The four consecutive weeks will consist of approximately 90-minute online therapeutic group sessions to promote a deeper understanding of connectedness and personal wellbeing. The sessions will be facilitated by an experienced mental health professional and group numbers will be kept small to maintain a safe and supportive environment.

To be eligible you must:

- Be a carer
- Have a willingness to attend all four sessions; as groups are small
- Have the ability to attend online (i.e., have a computer with audio/camera and internet connection). Programs are delivered via Zoom
- Be proficient in English.

Carers Victoria are offering 5 different sessions in April to choose from. There will be more sessions in June and July, so if this month does not suit you can register for later sessions. Please register [here](#)

Group One

Beginning 20 April 2021
Four Tuesday morning sessions

10.30am – 12.00pm
Free online four-week program via Zoom

Group Two

Beginning 20 April 2021
Four Tuesday afternoon sessions

2.00pm – 3.30pm
Free online four-week program via Zoom

Group Three

Beginning 21 April 2021
Four Wednesday morning sessions

10.30am – 12.00pm
Free online four-week program via Zoom

Group Four

Beginning 21 April 2021
Four Wednesday evening sessions

6.30pm - 8.00pm
Free online four-week program via Zoom

Group Five

Beginning 22 April 2021
Four Thursday morning sessions

10:30am – 12.00pm
Free online four-week program via Zoom

APRIL GROUPS FILLING FAST!

Register your details now to secure final spaces and to be notified of groups being held in June and July 2021.

[Carer Wellbeing and Connection Online Program Form | Carers Victoria](#)

Book review



The Connected Parent is a fabulous read for anyone put off by thick volumes of small print. This easy-to-read book is all about giving you practical strategies to nurture, and build trust and attachment – using what the authors call Trust-Based Relational Intervention.

Written by child-development expert Dr Karyn Purvis (author of The Connected Child), and Lisa Qualls, mum to twelve children by birth and adoption, The Connected Parent switches between theory and real-life examples of the strategies in use. I especially liked the “Key Takeaways” and “Try It today” sections at the end of each chapter.

For me, this book did a few things really well. It reminded me of all the things I’m doing which *are* making a positive difference in our son’s life each and every day. It gave me some great tools to use when things aren’t going to plan, such as different ways to make eye contact and genuinely connect. And it showed great examples of scripts I can repeatedly use day in, day out... and which, dare I say it, are starting to give some great results.

This is definitely a book packed with tools to add to your toolbox. The Connected Parent is available in hardcopy, as an audio book, or like me, consider borrowing a copy through your local library.

Review by Kristi



Get Active Kids Voucher Program

The Victorian government is providing eligible children with up to \$200 each to spend on the cost of organised sport and recreation activities by reimbursing the cost of membership and registration fees, uniforms and equipment. The costs covered and eligible sport and recreation activities are set out at <https://www.getactive.vic.gov.au/vouchers/how-to-apply/>

If you are a permanent care or adoptive family in receipt of a Department of Fairness, Families and Housing (DFFH) Care allowance please follow the procedure below to obtain your vouchers:

- Email getactivekids@sport.vic.gov.au advising that you are a permanent care or adoptive family in receipt of the DFFH care allowance and for each eligible child under 18, their name and Permanent Care Order, Adoption Order or Parenting Order Number
- Once they have confirmed your eligibility with DFFH you will then receive an application form to complete.

If you have any difficulties please let us know at ceo@pcafamilies.org.au

For our other members, if your child is named as a dependant on a valid Australian Government Health Care Card or Pensioner Security Card they will be eligible. Please apply at <https://www.getactive.vic.gov.au/vouchers/how-to-apply/>.

Please note there are eligible dates for claiming as set out below. You can apply for up to 2 vouchers per child from 1 March 2021 to 17 April 2022, however only 1 voucher per claim period.

Expenditure incurred	Claim period
1 January 2021 – 11 April 2021	1 March 2021 – 11 April 2021
11 April – 11 July 2021	31 May – 11 July 2021
11 July 2021 – 14 November 2021	4 October 2021 – 14 November 2021
14 November 2021 – 17 April 2022	7 March 2022 - 17 April 2022



Click n' Connect

Click and Connect Social Group – Wednesday Fortnightly – 12.00-1.00PM

Every second Wednesday a group of parents/carers meet in a social space online, to discuss topics of interests to them and their families.

Parents/carers are honoured as experts of their families/lives and natural conversations are allowed to flow as a consequence.

Liz and Sonia host these meetings, starting off with a brief presentation on a topic – the latest research or thinking – then opening up to real life discussions.

Upcoming dates for your calendar for those who like to be super organised are below.

Please register by clicking on the attached Zoom links. Once you have registered to the session, you will receive a link to join the session.

Dates	Topic	Zoom Registration Link
28 April	Bullying: Why it occurs, the impacts and the strategies to support your child.	https://us02web.zoom.us/meeting/register/tZcrfuyopzkiGNfDj6FEjf0VA0CQr8bY3dL9
12 May	Self-Regulation: Why self-regulation can be challenging and how to identify and support it.	https://us02web.zoom.us/meeting/register/tZ0sdO2vrTkiHNNK6um-hQzaq_fglzlm3FksW
26 May	Risky Behaviours: Alcohol, drugs, graffiti and other risky behaviours. How to support your child.	https://us02web.zoom.us/meeting/register/tZUzd-GgpjguGNyD-CAXd9OVuhKU6pihMxki
9 June	Social and Emotional Intelligence: How to help your child become socially and emotionally competent?	https://us02web.zoom.us/meeting/register/tZws-ceCpqzkqHd01zW4DgbyzDB6f8QJJztbA
23 June	Fears: Triggers, how to respond and manage.	https://us02web.zoom.us/meeting/register/tZApdO2uqD0rHdzD287UgKwjSqApU-VELlgaS

All Ways Playgroup - relocated

"All Ways Playgroup" for Permanent Care, Local and Intercountry Adoption Support Group has relocated to:

Living and learning @ Ajani, 2/284 Thompsons Rd, Lower Templestowe
First Thursday of each month from 10.00am—12.00pm

Please contact Shae on E: shae.e.baxter@gmail.com or T: [0430 085 455](tel:0430085455) for more details.



Are you caring for an Aboriginal child who is on a Permanent Care Order?



Flexible Funding is available to assist with some of the needs of the child and family.

This funding is designed to support Aboriginal children and young people under Permanent Care Orders in many ways including:

- Cultural Identity and Family Connections
- Family and Community gatherings
- Return to Country
- Graduation Costs
- Sporting Carnivals and Participation
- Attending NAIDOC, Survival Day, Dreamtime at the G
- Sorry Business
- Household Items – (not covered by DHHS carer payment)

For further information or support please call us for a yarn to see if we can help.

Please contact Permanent Care and Adoptive Families

Ph: 03 9020 1833

Email: flexifunding@pcafamilies.org.au

Web: <http://www.pcafamilies.org.au/>

PCA Families has zero tolerance of child abuse and we are committed to establishing and maintaining child safe environments.

