



COMMUNICATIONS UPDATE

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QUICK LINKS

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Wed 16/11/22

Share & Connect
Thu 1/12/22



Board - Welcome Kellie

At the PCA Families Annual General Meeting new board member Kellie Burns was elected and we wanted to share some information about Kellie. Kellie is a Registered Nurse, Midwife and Maternal and Child Health Nurse with 20 years' experience across a variety of health care settings (burns trauma, disability sport and recreation, parent infant mental health, therapeutic support for new parents), Kellie is the 5th generation of her family to live and work on the family farming property in the Yarra Valley. Kellie is a mother of 2 daughters, who joined her family via local infant adoption and feels proud and privileged to be part of the Adoption and Permanent Care community. Find out more about Kellie and our other Board members [here](#).



Kellie Burns

News - COVID-19 Pandemic

You may have heard that COVID-19 is entering another wave, with Queensland reintroducing mask wearing on public transport and indoors in some situations.

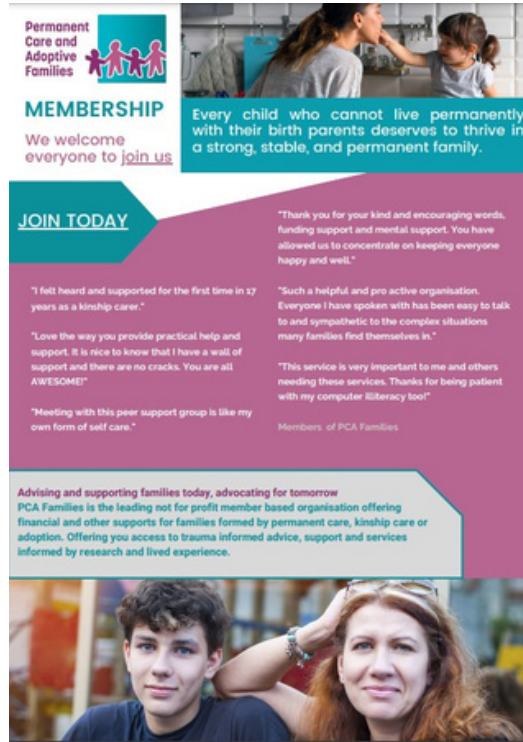
While evidence is still emerging, the experience to date with Omicron variant XBB and Omicron BQ.1, suggests that these subvariants may become dominant in Victoria. As a result, precautions are urged such as wearing masks, staying home if unwell and getting a third or fourth COVID-19 vaccine dose where necessary. Find out more [here](#).

News - CAPS

The Child Abuse Prevention Service offer community education programs and training so that every child is safe, supported and loved. Dedicated to preventing all forms of child abuse, they offer an array of resources that you may find helpful on topics like emotional regulation or supporting teens. Find out more [here](#).

News - Welcome Flyer

PCA Families is pleased to share with you our new Welcome/ Membership flyer: a succinct summary of all that PCA Families offers parents and carers and an important tool to share with other families or anyone wanting to know about what we do. Access the flyer [here](#).



Permanent Care and Adoptive Families

MEMBERSHIP
We welcome everyone to [join us](#).

Every child who cannot live permanently with their birth parents deserves to thrive in a strong, stable, and permanent family.

JOIN TODAY

"I felt heard and supported for the first time in 17 years as a kinship carer."

"Love the way you provide practical help and support. It is nice to know that I have a wealth of support and there are no cracks. You are all AWESOME!"

"Meeting with this peer support group is like my own form of self care."

"Thank you for your kind and encouraging words, funding support and mental support. You have allowed us to concentrate on keeping everyone happy and well."

"Such a helpful and pro active organisation. Everyone I have spoken with has been easy to talk to and sympathetic to the complex situations many families find themselves in."

"This service is very important to me and others needing these services. Thanks for being patient with my computer illiteracy tool!"

Members of PCA Families

Advising and supporting families today, advocating for tomorrow
PCA Families is the leading not for profit member based organisation offering financial and other supports for families formed by permanent care, kinship care or adoption. Offering you access to trauma informed advice, support and services informed by research and lived experience.



Join PCA Families now to access:

Expert Advice and Support

- Parenting children who have traumatic early life experiences and disrupted attachment can bring its own challenges and can often require a parenting response that is not always obvious.
- Access to trauma informed and lived experience is invaluable in guiding you on your parenting journey.
- We offer access to professional staff Monday to Friday 9am to 5pm on our helpline, offering information, advice and support.
- Many of our staff also have lived experience.

Flexible Funding

- Flexible funding is available to support ongoing care and respite needs of eligible families where other sources of funding have been exhausted or don't exist. Offering a source of funding for therapeutic, educational, medical and other needs that support children to thrive in strong, stable families.

Advocacy and Representation

- Be part of our collective voice to influence decision makers awareness and understanding of the issues and solutions for our families, and to drive reform of public policy and services, including social investment initiatives.

Communication and Education

- Find out about training and development programs, grants and other resources, key policy and regulatory matters, our Youtube recordings and more in our Communication Updates.

Better Futures and Home Stretch Funding and Support

- Better Futures support programs for young people on a permanent care order who are 15 years and 9 months to get the support to enter university, get employment or otherwise assist them as they get older with information, advice and funding.
- Home Stretch allowance is available to support young people between 18 and 21 years of age to remain living with you or to move to other housing like private rental.

Peer Support

- Peer support offers members an opportunity to share with other parents and carers the unique experiences of parenting children where families are formed by adoption, permanent or kinship care.

JOIN PCA FAMILIES NOW >>>

Stability is key for children to recover from trauma and disruption. Stability has the potential to minimise negative life outcomes (poor mental health, underperformance at school, difficulty in building meaningful relationships, and time spent in the youth justice system). The earlier children find themselves in a permanent arrangement, the more likely they are to effectively heal and start the recovery journey.

Events - Share & Connect (JC)

TOPIC: LYING AND THE IMPORTANCE OF CURIOSITY: AN EVENING

WITH GREGORY NICOLAU, FOUNDER OF ACT GROUP & CONSULTANT PSYCHOLOGIST

DATE: Thursday 1 December at 7.30pm

LOCATION: Fitzroy Victoria Bowling & Sports Club, Seminar Room, 578 Brunswick St, Fitzroy

TOPIC: Gregory Nicolau will join us for this evenings discussion with a focus on the topic of lying. Gregory is the founder of Australian Childhood Trauma Group, consultant psychologist and former CEO with a strong history of working within the trauma space. Find out more about Gregory [here](#)

Lying: In seeking the truth from a child who is lying we tend to get more lies! Children who have adverse childhood experiences, where the adults around them did not keep them safe, don't trust the world in general to meet their needs. On the sometimes frequent occasions that they get caught with their 'hand in the cookie jar' doing something we adults frown upon, we have a tendency to be reactive rather than curious. The more we seek the truth, the more lies come back at us. Learn to be curious about lying behaviour and save on years of 'grey hairs'!

Learn from Gregory and share with peers how to approach lying behaviour in order to get to the truth of the child's experience

BACKGROUND: See what Gregory Nicolau shares in this skill bite [here](#) from ACT Group on how to think differently when a child lies.

If you are after additional resources, you may also consider listening to Robbyn Gobbel's podcast on lying as a trauma driven behaviour [here](#)

REGISTER: [here](#) via Trybooking



News - Focus Groups

Thank you to the 50 members who have registered to participate in the Strategic Planning focus groups. We will be in touch this week to confirm session times for participants.

We have engaged Consultant Heather Lawson to facilitate the session with our CEO Wendy Mason. Four Focus Group sessions will be conducted:

- 2 permanent care sessions - 1 adoptive parent session - 1 kinship care session.

The outcome of these sessions will assist us in our strategic planning and help shape our service delivery. We will be happy to share the feedback with all our members once the process is complete.

Thank you once again.

Wendy, CEO

Events - Click & Connect



TOPIC: ONLINE TECHNOLOGY: A FORMAL PRESENTATION!

DATE: Wednesday 16 November 12:00 midday until 1:00pm with host Virginia & Sonia

TOPIC: Modern technology is a part of everyday life, along with its opportunities and risks. For children and young people, the need for awareness and support as online users is critical. Whether that is regulating boundaries to avoid conflict for young people and their technology use or gaining an understanding of cyber safety and the extra vulnerabilities specifically relating to children from kinship, adoption or permanent care. What are the techniques that might work best for trauma impacted or neuro diverse children? When do you start or allow gaming - early or late?

REGISTER: [here](#) via Zoom Link

DFFH Flexible Funding

If your child or young person is on a Permanent Care Order or you receive the DFFH Care Allowance and they have a Family Court Order or Adoption Order, they are entitled to DFFH Flexible Funding to meet the costs of goods and services they need not covered by the care allowance, or another funding source (eg Medicare, NDIS). Flexible funds can be used for therapeutic, educational or medical services, build skills interest or attachments, support birth family contact and cultural identity, respite, medication, vehicle modifications. For more details on what the funds can be used for see [here](#). Claims should be more than \$100 per invoice and generally paid by PCA Families directly to the supplier. To ensure funds are distributed fairly and equitably and are appropriate and safe for your child, we ask for supporting documentation that services are trauma informed and that both goods and services are recommended by a professional who knows your child or young person.

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