

Welcome to PPSS April Newsletter

Therapeutic Parenting is on its way

On 20 and 21 April, PPSS hosted Sandi Peterson from the Post Adoption Support Service in South Australia to run a train-the-trainer Therapeutic Parenting session for PPSS's Volunteer Peer Trainer recruits. 16 PPSS members participated, in addition to PPSS staff, preparing themselves to participate in PPSS's first delivery of the PASS Therapeutic Parenting program later this year in August and September.



Our sincere thanks to our newest volunteers. The knowledge and experience that was in the room even before the training began was awesome. We're very excited about this new initiative.

If you'd like to find out more about our delivery of the Therapeutic Parenting program, or express interest in registration, please contact Deborah Hunt on deborah@ppss.org.au or telephone 9020 1839.

Jennifer Duncan – *Chief Executive Officer*

Parenting With Mindfulness

Join PPSS on Sunday 23 June from 10.00am – 4.00pm to explore the value of parenting with mindfulness.

The day will include speakers and workshops covering:

- An introduction to mindfulness
- Integrating mindfulness into parenting approaches, particularly in the context of challenging behaviours
- The development of self-awareness
- Practical strategies for parents to engage in parenting in a positive and optimistic frame
- Mindfulness tools to use with children and young people.

It will be held at CERES in Brunswick. Register your interest by emailing rita@ppss.org.au or phone 9020 1832.

Save
the
date

Adult Adoptee Stories

Join us on the evening of 24 July for *Adult Adoptee Stories*. This event will comprise a facilitated discussion in which young adults raised in Australia through adoptive and permanent care families will share their stories. Questions for the evening are being collected in advance and can be submitted via <https://www.surveymonkey.com/s/NX5GN5X>

Please confirm your attendance via trybooking <http://www.trybooking.com/42675> For further information or assistance with registration, please contact the PPSS office on 9020 1833.

Dates for your Diary

Wednesday May 1

7.30 – 8.30 pm

**Consultation Forum:
Future Directions Permanent
Care and Adoption
Booked out!**

Thursday May 2

8.00 – 9.30 pm

**Journal Club
Topic: Is contact with birth
mothers always positive?**

Thursday May 16

7.00 – 10.00 pm

**Introducing siblings through
permanent care and
adoption: A professional and
parent perspective**

Wednesday May 22

10.00 – 11.30 am

**NEW Journal Club at
WERRIBEE** (see website and
next page)

Thursday June 6

8.00 – 9.30 pm

Journal Club

Saturday June 23

10.00 am – 4.00 pm

Parenting with Mindfulness

Wednesday July 24

7.00 – 8.30 pm

Adult Adoptee Stories

For information including venues and how to book your place, visit www.ppss.org.au/event-calendar-all

**Support Groups and
Playgroups**

Please visit our [website](http://www.ppss.org.au) for information on regular permanent care and adoption playgroups in all suburbs and regions

New Fact Sheets

PPSS has added another two fact sheets to our PPSS resources:

- **Creating a Safe Emotional Space for your Child**
- **Parent Help – Strengthening Self-Regulation**

We are always seeking member feedback regarding new topics for our fact sheets. If you have an idea for a fact sheet that relates to families formed through permanent care and adoption, please let us know at rita@ppss.org.au

For more fact sheets on informative topics, please visit <http://www.ppss.org.au/resources>

New Journal Club in Werribee

PPSS is proud to announce that a new Journal Club is being established in Werribee. In response to requests from many of our members, this Club will meet during the daytime, **from 10 am on the fourth Wednesday of every month**. Like the well-known and highly popular Collingwood Journal Club, this group will be led through the generous support of volunteers with their own lived experience of raising children through permanent care and adoption.

The first Werribee Journal Club will be held on **Wednesday, 22 May, in the Community Learning Room at the Plaza Library**. Further information on this new group will be sent to members soon.



We were delighted to welcome Professor Dorothy Scott to PPSS in April, as our very first patron.

Thank you to all of our members who have already been in touch with your congratulations. We always love to hear from you.



Movie Night somewhere between

On 18 April, PPSS and Families with Children from China (FCC) hosted a fundraising event for Amity Foundation at which the movie *Somewhere Between* was screened.

The cold wet evening didn't deter 30 people from attending this intimate event. We were easily moved by this honest narrative of four teenage girls adopted from China. Eyes welled and emotions soared as these girls opened their hearts and souls to the audience.

After the movie, participants had the opportunity to catch up and share some supper with other parents. A discussion and reflection of the movie followed, giving parents and families a chance to share their own experiences and ideas.

To see more photos from this event visit <http://www.ppss.org.au/events/recent-events/movie-night~-somewhere-between>



Tell us your thoughts!

PPSS is planning its training activities for 2014 and we want to hear from you. What are the big ticket items that you would like to see us cover in training and workshops for members?

To have your say, take two minutes to go online to: <https://www.surveymonkey.com/s/7NNZ9QT>
Survey extended to Monday, 13 May.

Teens and Older

Supporting our young people



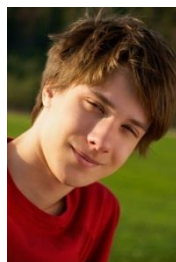
Are you a young person or parenting a teen?

We have created a new tab on the PPSS website.

Teens and Older (www.ppss.org.au/teens-and-older) contains a collection of quality articles and links that are relevant to both parents and young people.

Parents may find the article titled *Adoption and Adolescence*, listed under the **For Parents with Adopted Teens** section, particularly interesting (www.ppss.org.au/teens-and-older/resources-for-parents). The authors, Singer and Schoettle, explain that the two major tasks for personal growth for all young people are identity formation and separation. They go on to explore how additional layers of these elements need to be considered for young people who have come in to families via permanent care or adoption.

Young people will also enjoy our resources especially for them (www.ppss.org.au/teens-and-older/resources-for-teens). We would love to add any of your suggestions to these new resources pages. Contact deborah@ppss.org.au with any other links or information that might be of use to our families and young people.

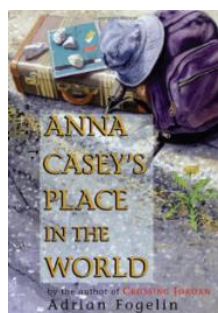


New titles arrive for young people!

Have a look at the new **Teens and Older** titles in our online bookstore, We are thrilled to have been able to add six new titles for young people in this section – we're sure many will also be enjoyed by parents.

If you would like to undertake a book review on any of the titles listed in this section please contact Rita at rita@ppss.org.au Happy browsing!

Book Review



Anna Casey's Place in the World

by Adrian Fogelin

This is a heart-warming story about a 12 year old girl, Anna, and a 10 year old boy, Eb, who have come from different family situations and are placed with the same foster parent.

Although set in Florida, any child who has experienced lots of different homes and the uncertainty of the foster care system could relate to Anna and Eb's hopes, disappointments and search for a permanent home. Anna and Eb have very different ways of dealing with their life situations; Anna collects rocks to remember the places she has called home, and is determined to find a new family. Eb has a real talent for drawing, likes junk food and wants to live with his mum again.

This book is aimed at young people aged 10 -13 years.



New peer program

PPSS is seeking to establish a peer-based program for young people in their early teens, who have entered their families via permanent care and adoption.

If you have an interest, either as a participant with some ideas for what such a group might do, or as a possible peer-mentor to support young people, please contact jennifer@ppss.org.au This initiative is at its early planning stage and we would love to hear from you.

Conference - Journey to Recovery: The International Conference of Attachment and Trauma Informed Practice

13 - 14 August 2013, Melbourne VIC

Journey to Recovery will showcase practice and research from diverse sectors into recovery-oriented approaches from an attachment and trauma informed perspective. [Call for abstracts is now open.](#)



Many Australians experience racism, prejudice and discrimination on a regular basis. Racism is often based on unconscious prejudice.

Racism includes jokes at the expense of difference, keeping people from accessing services or participating in jobs, education, sport and social activities.

Find out more about the [Racism. It stops with me](#) campaign.

The **NOFASARD** April 2013 Foetal Alcohol Spectrum Disorder newsletter is now available: <http://www.nofasard.org.au/content/newsletters/2013april.pdf>

PPSS is always looking for information on articles and other resources relevant to families formed through permanent care and adoption.

To send us your suggestions, email deborah@ppss.org.au

Thank you!

PPSS is funded by grants from The William Buckland Foundation, The Collie Foundation, The Felton Bequest Committee and The Truby & Florence Williams Charitable Trust, which are managed by ANZ Trustees.

Donations enable PPSS to continue to deliver high quality programs in support of families formed through permanent care and adoption. [Please give.](#) Donations over \$2.00 are tax-deductible.



VANISH has received funding to establish a new professional training program for qualified counsellors. The program will include online professional development resources for GPs and allied health practitioners and has been established as part of the Victorian Government's response to past forced adoption practices. For further information, visit www.vanish.org.au/?q=node/14

CREATE is heading to Bendigo and going roller skating! Snacks and lots of fun are planned for the day. Go dressed as your favourite superhero or villain, to win the best dressed prize!

When: Saturday 18th May
Where: The Zone, Bendigo
Time: 4.30PM—6:30PM



Make sure you register with CREATE for free entry
Call Rachel or Michelle on 9918 0002 or 1800 655 105.

New NDIS Forum for people from CALD backgrounds

With the launch of the National Disability Insurance Scheme (NDIS) only a few months away, people with a disability, their families and carers are invited to provide input into the final stage before the Scheme commences. 'Your Say' is a new online forum that has been opened to provide an opportunity for people with a disability from Culturally and Linguistically Diverse backgrounds, and their families, to comment on the NDIS.

For further information about the online forum, or the National Disability Insurance Scheme itself, go to:

yoursay.ndis.gov.au/ndis

