

Welcome to our October 2013 Newsletter



We have a busy period ahead with a great deal happening at Permanent Care and Adoptive Families.

Please join us for our AGM, 6 November at 7.00pm in the beautiful Fitzroy Reading Room, with special guest Julian Burnside AO QC, an insightful and delightful speaker. We are also celebrating ten years of success which is a tremendous milestone. Please RSVP via <http://www.trybooking.com/DPAJ> Members attending the 2013 AGM will be required to vote by Special Resolution on the proposed new Rules.

We have changed our trading name to Permanent Care and Adoptive Families but it is business as usual. We anticipate the name will project to the wider community exactly who we are and what we do; though our focus remains unchanged, namely, providing education and support services to ensure better outcomes for children and families in permanent care and adoption (whether formed through foster care, kinship care or other pathways). You will notice our email and web address have changed to reflect this.

A reminder that board member Emily Cheesman is fundraising by running a marathon this Sunday 13 October. Emily is grateful for any contribution large or small to keep Permanent Care and Adoptive Families future buoyant. Her goal is \$1700, so let's get behind her and donate to this worthy organisation <http://www.gofundraise.com.au/page/EMC> You can read more about Emily on page 5.

Our annual Family Day is planned for Saturday 23 November, so be sure to place this date in your diary. We are holding this year's event at Como Gardens in The Basin. There are miniature train rides and a vintage car museum in a beautiful garden setting. This event is free to all members of Permanent Care and Adoptive Families. Come along and connect with other families just like yours!

Up coming sessions, Let's Talk About School: Permanent Care and Adoptive Families is scheduled for October 30 in the CBD and Understanding Lying and Stealing Behaviour in Children on Monday 11 November in Box Hill.

On Tuesday 26 November we are partnering with Families with Children from China (FCC) for another film night (title to be announced) and on Wednesday 27 November we are conducting the much anticipated Life Story Work for Parents.

Please visit our website at <http://www.pcafamilies.org.au> to register or for further information. Or call us on 9020 1833 if you have any queries.

Chris

Chris Lockwood, President

Dates for Your Diary

Wednesday October 23
10.00 – 11.30 am

NEW Journal Club, Werribee

Wednesday October 30
7.30 – 9.30 pm

Let's Talk About School: Adoption and Permanent Care

Wednesday November 6
7.00 – 10.00 pm

**6th Annual General Meeting (AGM)
Permanent Care and Adoptive Families**

Thursday November 7
8.00 – 9.30 pm

Journal Club, Collingwood

Monday November 11
7.00 – 9.00 pm

**Understanding and Coping with Lying
and Stealing Behaviour**

Saturday November 23
2.00 – 5.00 pm

Family Day at Como Park, The Basin

Tuesday November 26
7.00 – 10.00pm

Film night in partnership with FCC

Wednesday November 27
10.00 – 11.30 am

NEW Journal Club, Werribee

Wednesday November 27
7.00 – 10.00 pm

Life Story Work for Parents

Thursday December 5
8.00 – 9.30 pm

Journal Club, Collingwood

Information including venues and how to RSVP, visit www.pcafamilies.org.au/event-calendar-all



Life Story Work for Parents

Yes it is really going to happen! The date is set for Wednesday 27 November, AND it is to be held in the evening.

So what is Life Story Work?

Life Story Work, as we will be presenting it, is a therapeutic parenting tool to use with your children.

Children of families created through permanent care and adoption often require additional guidance from the adults in their lives to ensure they have opportunities to record their history. They may also need help reflecting upon the impact of this narrative on their life. Life Story Work is a researched and highly regarded mechanism for providing structure and purpose to children and families engaged in this activity. It includes communication and documentation tools to encourage identity and self-esteem development such as life books, journal writing, life maps, life narratives, therapeutic play, and family trees.

So join us on Wednesday 27 November from 7pm till 10pm at Hawthorn Community House for Life Story Work and learn about:

- ◆ Current research and thinking on Life Story Work and the role it can take in family life
- ◆ A 'toolbox' of suggested strategies and activities
- ◆ The opportunity to explore, in a practical way, how to create and use life stories

Date: Wednesday 27 November

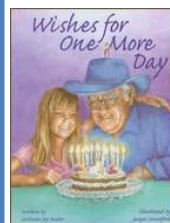
Time: 7.00—10.00pm

Venue: Hawthorn Community House, 32 Henry Street, Hawthorn

Booking: <http://www.trybooking.com.au/DNQW>

Cost: PPSS members \$40.00
PPSS members \$20.00 (concession)

Book Review



Wishes for One More Day

By Melanie Joy Pastor and Jacqui Grantford (Flashlight press Brooklyn, NY)

Ideal age group: Ages 5-10

Wishes for One More Day is a heart-warming story that is recommended for both adults and children.

This beautifully illustrated book deals with one of life's certainties, death. Death is hard for both adults and children to cope with, but out this tragedy *Wishes for One More Day* provides a heart-warming story for both adults and children.

After hearing the news that Poppy (grandpa) has passed away, both Anna and Joey quickly spring into action and begin to write down wishes for what they would do with Poppy, if they could have one more day with him. These wishes suddenly turn to memories as they soon realise that these wishes have come true. Both Anna and Joey record their memories of Poppy which soon becomes as big as a book.

With excitement Anna and Joey run downstairs to show mum the pile of papers. After showing mum these papers, Anna comes to the conclusion, that what mum calls memories, she calls wishes. She feels closer to Poppy if she calls memories wishes. These wishes now provide Anna and Joey a positive outlet for their feelings and help them to realise that Poppy will always live in their memories. This is an important lesson for both adults and children, our loved ones still live in our hearts and minds even if they are no longer on this earth.

<http://shop.pcafamilies.org.au/prod368.htm>

Book review by Daniel Hunt

"In essence, life story therapy is not just about the who, what, where, when, why and how of events – it is also about the consequences of those events, and how they drive the child." (Rose, 2012)



*A review of our
NEW program*

Parenting Children in Permanent Care and Adoption NOW RENAMED - Parenting Plus!



Parents raising children through permanent care, local and international adoption recently completed our 6 week course and are looking forward to our monthly support group meetings. Our special thanks to the peer mentors who gave their time to support attendees.

This was our first delivery of the program, developed by PASS in South Australia, and we have been thrilled by the outcomes and feedback. It has been a privilege to facilitate this training program and I hope many of you will be able to attend the soon to be announced sessions in 2014. Whilst it involves a substantial time commitment, the changes for parents and family life are profound. Below is some feedback from parents who attended the program.

"Inspiring 6 weeks"

"My whole paradigm of parenting has shifted."

"I found my learning to be profound and have come away with such a sense of gratitude for my family."

"The course was excellent and very useful for our parenting practice."

"I'm reflecting a lot more on what needs my child is communicating through her behaviour and how I can address these."

One participant's testimony

As an adoptive parent, it was with immense relief and gratitude that I was able to participate in the six sessions of 'Parenting Children in Permanent Care and Adoption'. The series itself (presented for the first time) was polished, informative, accessible, and delivered in an honest and sensitive way by the presenter Lindy Bok. In addition, the support provided by the group of peer parents was invaluable.

Although I had undertaken reading in the area of child trauma, it hasn't always been easy to find such clarity as I did during this course. I was able to gain a more clear understanding of the issues that my child is facing in his everyday life, and the challenges parents face when raising a child adopted from another country. The ability to be able to sit within such a warm and sensitive reflective space was of immense benefit. Although this was not the first workshop I had undertaken, it was by far the most important to date. I could at last reflect on my anxiety for my son's future, and how it impacted on my parenting. I needed reminding that it is the quality of the time I spend with him now, that is providing the basis of his future – one that is hopefully built on security and contentment.

I think the effectiveness of this workshop could be measured by a question from a work colleague, toward completion of the series, asking if I had been on holiday recently as I looked well. There had been no such holiday – indeed, if anything, I felt more time pressured than usual. I could only interpret this to mean that I was carrying myself with some lightness, and the usual preoccupied self that I (and I am sure others like me) must present to the world (and my child!) every day, had to some extent disappeared.

*I would highly recommend the therapeutic parenting course to parents raising other people's children.
Well Done!*



Training and Information Sessions

Let's Talk About School: Adoption and Permanent Care



Discussions will centre around:

- Talking to your child's teacher/carer about adoption and permanent care
- Preparing your child for school—including ideas to skill them in answering adoption or permanent care related questions
- Suggested books to share with your child and/or use to educate others about adoption and permanent care.

Date Wednesday 30 October 2013

Time 7.30—9.30pm

Venue Centre for Excellence in Child and Family Welfare
Level 5, 50 Market St, Melbourne (CBD)

Parking in surrounding streets or secure car parks

Cost Members — \$40.00 with LET'S TALK publication
Members — \$25.00 without LET'S TALK publication
Concession \$20.00 with LET'S TALK publication
Couples \$60.00 per couple with one LET'S TALK publication

RSVP Online <http://www.trybooking.com/DOXA>

Contact Deborah on 9020 1833

Attendees can choose to receive the Permanent Care and Adoptive Families publication **Let's Talk: Helping Educators Understand the Implications of Adoption and Permanent Care** in the cost of registration. Contact Permanent Care and Adoptive Families for further information on 03 9020 1833.

Understanding and Coping with Lying and Stealing Behaviour in Children

Join us for a presentation by Catherine McQueen, who will provide practical and supportive information for parents whose children have problems with lying and stealing. Catherine will explore the meaning behind this challenging behaviour and ways parents can provide therapeutic care and respond to children's underlying needs.



Catherine McQueen is a Senior Clinician within the Berry Street Take Two Program with a social work background in family service delivery and a particular professional focus on children at risk and on therapeutic program delivery.

Catherine's work has involved assisting children and young people to recover from the trauma of abuse, neglect and family violence. Catherine is a mother of three with a particular interest in infancy and childhood.

Permanent Care and Adoptive Families are proud partners with Anglicare Victoria to provide this friendly session. There will be ample opportunity to ask questions and talk with other parents.

Date Monday November 11, 2013

Time 7.00—9.00pm

Venue Anglicare, 7-11 Shipley Street, Box Hill

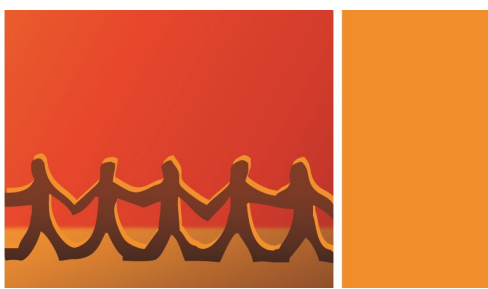
Park On local streets

Cost Members — \$25.00

RSVP online at <http://www.trybooking.com/CZBF>

Concession card holders — \$10.00

Contact Deborah on 9020 1833



Let's get behind Emily and support Permanent Care and Adoptive Families

Hello, as many of you know, my partner Alex and I are running the 21KM as part of the Melbourne Marathon Festival 2013 this Sunday, 13 October and have chosen to fund-raise to support Permanent Care and Adoptive Families, a cause that is close to my heart.

We've been busy training and last month potted through a 20km obstacle race on Phillip Island as a trial trot for the 21km this Sunday. A little bit muddy, cold and wet (but otherwise still smiling), we're hoping the costumes will withstand another run this Sunday.

Alex and I initially set a goal of \$700, then \$1400 and with many thanks to the generous support, we are proud to say we have met these two goals – THANK YOU! We have now set a third goal to raise \$1700 and we need your help.

A huge THANK YOU to the members and supporters of Permanent Care and Adoptive Families who have generously donated to support our efforts - many thanks to Michele, Chris, Mum & Dad, Mike, Ana, Tom & Patrick, Ged, Megan, Lisa, Maddy, Sue, Amanda, Dan, Cas, Debbie, Nick, Luella, Lily, Catriona, Meribah, David, Eleanor, Charlie, Mary, Judy + anonymous!

For those still to show your support, please consider making a donation to allow us to make an even bigger impact on the day.

Simply click the link below to view my fundraising page and make a donation:

<http://www.gofundraise.com.au/page/EMC>

You will receive a tax deductible receipt immediately and you can even leave a personal message on my page - please be nice! :)



Permanent Care and Adoptive Families Family Day—Sat 23 November



Once again we are inviting our families to join us for a relaxing afternoon. This year's event will be held at the Como Gardens located in The Basin on Saturday 23 November 2013 from 2.00 – 5.00pm.

Como Gardens offers the excitement of miniature trains, which run through the beautifully landscaped gardens, over three creek

trestle bridges and under an extended laburnum arch...the kids will love it and let's face it, you are never too old to enjoy a train ride!

Also on the grounds is a vintage car museum housing 18 vintage models, penny farthing bicycles, old signs, and motoring memorabilia.

All this in the surrounds of the historic gardens which hold two collections of plants, Magnolia and Prunus, which are registered with the Garden Plant Conservation Association of Australia.

This is a free event offered to members only.

Permanent Care and Adoptive Families will provide light refreshments, but parents and carers will need to bring snacks for an afternoon break.

Please RSVP at www.trybooking.com/DSYV or by calling the Permanent Care and Adoptive Families office on 03 9020 1833.

Save the Date



Permanent Care and Adoptive Families together with FCC will screen another movie (title to be announced). More details will follow but pencil **Tuesday 26 November at 7.00pm** in your diary.



australian
childhood
trauma
group

Permanent Care and Adoptive Families

Partner Event –

ACT Group Training

Free Ticket offers



Dangerous Liaisons

Speaker: Gregory Nicolau

Date: November 11, 2013, 10.00am—4.00pm

*1 FREE ticket is available to this event. Claim the ticket via emailing the title of the seminar in the header and in the body of the email, include your name, address and contact phone numbers to: info@pcafamilies.org.au

Commemorate the Victorian State Apology for Former Forced Adoption Policies and Practices and

Celebrate the launch of our State wide Workforce Capacity Development Project



VANISH is pleased to host this event and to reflect on the Apology with the following speakers:

- Professor Nahum Mushin, Chair Forced Adoptions Implementation Working Group
- Leigh Hubbard, Chairperson, VANISH Inc
- Coleen Clare, Manager, VANISH Inc

When: Friday, 25 October 2013

Time: 4.00pm to 6.00pm

Where: *Maison Ama Lurra*, 123 - 125 Howard Street, North Melbourne (Opposite VANISH)

RSVP: Please register your attendance at diane@vanish.org.au or tel: 03 9328 8611

Anglicare and Caring Connections is a 5 week Information and Support program for Kinship Carers and will cover the following topics:

1. Understanding and Responding to Children's Behaviour & Development: the impact of trauma and disruption [2 sessions]
2. The Nature of Grief and Loss; Building Resilience and Identity
3. Managing Challenging behaviours and building positive relationships that support children to heal from past hurts
4. Well-being and Self-Care: managing stress and caring for yourself as a carer

As well as gaining new information and insights to support carers in their commitment to the child/ran in their lives, the program will run on a group support model allowing plenty of opportunity for discussion, reflection and sharing of experiences by participants.

Kinship Carers can attend any session of interest to them but are encouraged to commit to the 5 week program. Where possible, guest speakers will be included who have expertise in particular areas [for example - childhood trauma professional, financial counsellor, legal advisor].

It will be run within school hours [usually 10.00am - 2.00pm] to allow travel time and includes lunch and morning tea. There is no cost to attend and those attending 3 or more sessions will receive grocery vouchers in recognition of their commitment.

For enquiries or kith and kin carers wishing to register: email kinship.program@anglicarevic.org.au or freecall 1800 809 722.

Update from Attorney General's Department

Latest updates from Attorney Generals Department for intercountry adoption includes:

www.ag.gov.au/intercountryadoption

Outcomes of AG departments delegation visits to the Philippines, South Korea, Taiwan and Hong Kong, and information on the Ethiopia adoption files previously held by the Australian Representatives.

Thank you!

Post Placement Support Service (VIC) Inc trading as Permanent Care and Adoptive Families thanks its supporters: **The William Buckland Foundation, The Collie Foundation, The Felton Bequest Committee** and **The Truby & Florence Williams Charitable Trust**, which are managed by **ANZ Trustees**; and **The Jack Brockhoff Foundation**. We depends on your support; donations enable Permanent Care and Adoptive Families 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.