

Welcome to our April 2014 Newsletter



It has been an exciting couple of months with submissions being made to the government on inter-country adoption, and more recently the inquiry into grandparents who care for their grandchildren. To view these submissions [click here](#) to view the papers on our website.

Our forum “Legal Answers for Permanent Care Parents” is coming up on 30 April and due to popular demand has been ‘sold out’. If you would like to be placed on a waiting list for our next legal forum, please contact Deborah@pcafamilies.org.au or telephone 9020 1833. Our bookstore will also be available to browse and we are offering a 10% discount to those who place orders on the day.

People are raving about our Parenting Plus! training program. Our most recent course was completed last week with 18 parents in attendance. The next course will be run over 4 weeks commencing on May 15 at Northcote Library on two Thursday evenings and two Sundays during the day. Read more about this on page 2 of this newsletter. It is highly recommended for those who would like to gain a greater understanding and practical skills in therapeutic parenting.

Brenda Carmen- *General Manager*

New Support Groups being set up in Eastern suburbs and Peninsula region

PCA Families are in the process of setting up a support group in the eastern suburbs. If you would like to be involved or would like to attend, please contact Deborah Hunt on 9020 1833 or email Deborah@pcafamilies.org.au

We have also had a lot of interest in the Peninsula area so let me know if you would like to attend or assist in the set up.

These groups can include children or be parent only sessions. They can be held during the day, weekend or evening. They are tailored to the groups needs.

We would love to hear from you!

Dates for Your Diary

Monday April 28
7.00 – 10.00 pm
Life Story Work for parents

Monday April 28
(note new day and venue)
10.00 – 11.30 am
Journal Club, Werribee

Wednesday April 30
10.00 – 1.00 pm
Legal Forum—CBD

Thursday May 1
8.00 – 9.30 pm
Journal Club, Collingwood

Thursday May 15
7.00—10.00pm
**Parenting Plus (week 1 of 4)
Northcote**

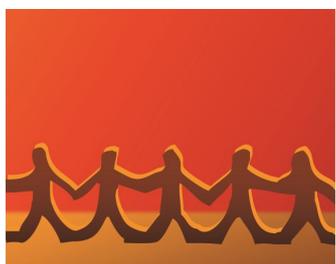
Thursday May 22
7.00—10.00pm
**Parenting Plus (week 2 of 4)
Northcote**

Monday May 26
(note new day and venue)
10.00 – 11.30 am
Journal Club, Werribee

Sunday June 1
9.00—3.30pm
**Parenting Plus (week 3 of 4)
Northcote**

Sunday June 15
9.00—3.30pm
**Parenting Plus (week 4 of 4)
Northcote**

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



Life Story Work for Parents

Join us on Monday 28 April evening for an Informative and fun session on Life Story Work for Parents.

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 Monday April 28 from 7pm till 10pm at our office in the CBD 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	Monday April 28
Time	7.00—10.00pm
Venue	PCA Families, Level 5, 50 Market Street, Melbourne
Booking	http://www.trybooking.com/EBOM
Parking	Surrounding streets or secure city car parks. Visit our website for more information www.pcafamilies.org.au
Cost	PCAF members \$40.00, concession \$20.00

"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)

Parenting Plus!

Don't miss out on this strength's based course which is delivered across four separate modules built around the core challenges of parenting children with early experiences of disrupted attachment and trauma. The sessions explore:

- Impact of early experiences
- Understanding the impact of early experiences
- Models of Therapeutic Parenting
- Tools and strategies
- Triggers for parents and children

4 week course

Date **Thursday** May 15 and May 22 from
7.00—10.00pm *and*

Sunday June 1 and June 15 from
9.00am—3.30pm (no session on June 8)

Venue Northcote Library,
32 Separation St, Northcote

Parking Across the road at Northcote Plaza

Public Transport very accessible, tram, train, bus

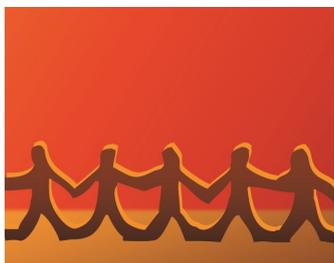
RSVP Online at <http://www.trybooking.com/ESAT>

Cost PCA Families members \$240,
Concession Card Holders \$150

Testimonials from parents who previously attended the course...

"It is affirming, challenging and ultimately left me feeling empowered, optimistic and energised about parenting".

"Don't wait a minute longer before signing up for this course. It has been the most effective, practical course I have ever experienced. It has changed my life and our families for the better"



Legal answers for Permanent Care Families

Permanent Care and Adoptive Families together with Peninsula Community Legal Centre and Victorian Law Foundation are pleased to invite you to a forum for Permanent Care Parents. At the forum we will be launching six fact sheets with “legal answers” to many common questions. The forum will also provide an opportunity to ask questions.

There are a number of topics covered like:

- Contact visits
- Applying for a passport
- Rights of the child
- Legal Assistance
- Court appearances
- Varying a PC order

We have guest speakers

- Dan Barron, Permanent Carer and Board Member, Permanent Care & Adoptive Families
- Beth Allen, Assistant Director, Child Protection, Department of Human Services
- Robyn Hamilton, Children’s Law Specialist, Victoria Legal Aid and
- His Honour, Magistrate Francis Zemljak, Children’s Court of Victoria

Russell Kennedy Lawyers have kindly agreed to host the forum at their office in La Trobe St, and will provide morning tea.

Date Wednesday April 30

Time 10.00—1.00pm

Venue Russell Kennedy Lawyers, Level 12, 469 Latrobe Street, Melbourne (CBD)

Booking <http://www.trybooking.com/ELKC>
(bookings essential as there is limited space)

Transport public transport or secure city car parks

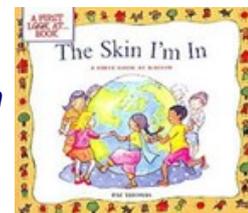
Waitlist If you would like to be included on a waiting list for our next legal forum, please contact Deborah@pcafamilies.org.au or tel: 9020 1839

Photo exhibition of adoptees in Thailand

Samantha Everton; an adoptive mother of a son from Thailand and a daughter from China is having a photo exhibition from 12 April until 10 May at Helen Gory Gallery, 108-110 Gertrude St, Fitzroy. The Gallery hours are Tues—Fri 10am-5.00pm and Sat 12—5.00pm

These photos are of Thai adoptee children, captured in a way to highlight their individuality and diversity, rather than only seeing them in the one dimensional frame of an adoptee.

The Skin I’m In A First Look at Racism by Pat Thomas



The Skin I’m In explores ideas of race, religion and culture in a neutral and easy-to-follow way. There is a focus on skin colour and other visible indicators of ethnicity. *The Skin I’m In* successfully straddles the line between being simple to understand, whilst still explaining complex ideas and terms to children. There is a useful section in the back of the book, designed especially for the parents, that includes a glossary of terms and a “How to Use This Book” page.

The attractive watercolour illustrations are used advantageously to demonstrate scenarios and ideas, and the language remains simple even when exploring complicated ideas and concepts.

This book would be suited to younger children that are starting to question why they look different compared to people in their family or other individuals in the wider community. It would also be a useful teaching tool for all children to explain the concepts of diversity and difference.





Peer support Groups

Permanent Care and Adoptive Families is offering [Sponsorship](#) to new, developing or existing support groups for families formed through permanent care and adoption.

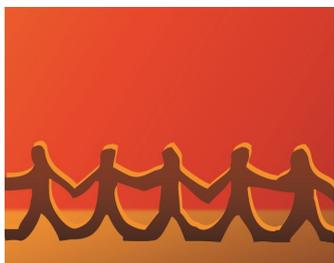
If you have been thinking that it would be great to connect with other families formed through permanent care and adoption or are considering starting up a play group so that your children can mix with others from similarly-formed families... PCA Families can help!

We recognise that families formed through permanent care and adoption have unique needs; and are keen to assist you in your joint efforts with other families in establishing support groups which meet the needs of your families. We are offering sponsorship specifically for eligible groups run by and for permanent care and adoptive families. This sponsorship entitles groups to financial and other in-kind assistance which could be used for a variety of purposes such as running a family day to attract new members; hire of a community venue to run your group; or purchasing materials for activities.

To find out more visit our Fact Sheet on [Setting up a Playgroup?](#)

Contact Deborah Hunt on 03 9020 1833 if you want to discuss setting up a playgroup, finding the right support group for you or would like to be placed in contact with others in your local community.

<p>Bayside Suburbs Permanent Care, Local and Intercountry Adoption Support Group</p> <p>Meets every Tuesday from 10.00am - 12.30pm (school term)</p> <p>Winter: Silly Seahorse Playcentre, 2/213 Wells Rd, Chelsea Heights</p> <p>Summer: Bicentennial Park, Scotch Parade, Chelsea</p> <p>Contact: Sandra 0412 550 858 or Jenny 0415 410 614</p>	<p>All suburbs Adoption and Permanent Care Playgroup</p> <p>Meet every second Friday of the school term from 10.30 am— (approx) 1.00pm</p> <p>Meet at various venues; Melbourne Zoo, Collingwood Children's Farm, CERES, Scienceworks, etc</p> <p>Contact: Frank Quosdorf on Mob: 0429 918 319 or Email: frank@quosdorf.com</p>
<p>Northern suburbs "All Ways Playgroup", Permanent Care, Local and Intercountry Adoption Support Group</p> <p>Jika Jika Community Centre Oldis Gardens site, East Street, Northcote</p> <p>Meets first Thursday of the month (school term) from 10.00am - 12.00noon</p> <p>Contact: Rebekah Keenan Mount on Mob: 0404 957 808 or Email: rkeenanmount@gmail.com</p>	<p>Regional - Greater Western</p> <p>Little Owls Playgroup for Grandparents and Carers Darley Baptist Church, Holts Lane, Bacchus Marsh</p> <p>Every Monday (during school term) 10.00am - 12.00pm</p> <p>Contact: Jade Moerenhout on 03 5366 7100 or Email: JMoerenhout@moorabool.vic.gov.au</p>
<p>Western Suburbs Permanent Care/Local and Intercountry Adoption Support Group</p> <p>Meets every second week at various places</p> <p>Contact: Linda Mob: 0401 716 496</p> <p>Email schapendonk@iprimus.com.au</p>	<p>Parenting Plus! Support group</p> <p>If you have attended the Parenting Plus! Course (formerly Parenting Children through Permanent Care and Adoption) you are invited to attend an ongoing support group who meet monthly to discuss therapeutic parenting... For more information, please contact Lindy Bok on 9020 1837</p>
<p>Journal Club Werribee offers members an opportunity to share with other parents and carers the unique experiences of parenting children through home-based care and adoption. It allows confidential conversations around the challenges of parenting and is facilitated by skilled volunteers.</p> <p>Meets fourth Monday of every month (except school holidays)</p> <p>13 Dongala Drive, Werribee 10am – 11:30am</p>	<p>Journal Club Collingwood offers members an opportunity to share with other parents and carers the unique experiences of parenting children through home-based care and adoption. It allows confidential conversations around the challenges of parenting and is facilitated by skilled volunteers.</p> <p>Meets first Thursday of each month (except January)</p> <p>Collingwood Library, 11 Stanton Street, Abbotsford, 8.00 – 9.30pm</p>



Information Session for parents and carers at Austin Health CAMHS

These sessions are held with the aim of providing and opportunity to learn and discuss:

- The child and Adolescent Mental Health System
- How Austin CAMHS works
- What to expect from CAMHS
- What CAMHS expects from families
- Getting the most out of your time at CAMHS and ways of participating in the process.
- Ways you can participate in serve development
- Other support services available to families

Time: 9.30—11.00am

Where: Terrace Room, Edward Wilson Building, Austin CAMHS

Dates: Friday April 18 Friday June 20
Friday August 15 Friday October 17

RSVP to Austin Health Reception on 9496 5108

For further information, telephone Lynne Ruggiero on 9496 6315

Parenting Again

If you are a grandparent, relative or friend bringing up a child who is not your own—you are invited to attend our kinship carer parenting program presented by **Anglicare** and **Anchor**.

The eight week program will cover

- Responding to challenging Behaviour
- Understanding today's teenagers
- How to work with schools to support your child's education
- Understanding grief and loss
- Connecting with others in the same situation

Time: 10am—12pm Thursdays

Where: May 1, 8, 15, 22, 29 and June 5, 19 and 26

Dates: Anchor, Ozone Complex, Knox City Shopping Centre

More

Info: Prianka at Anglicare on 9896 6322

Update for Intercountry Adoption

Updates have been made to the [Intercountry Adoption homepage](#)

The Australian Central Authority has been advised of the number of files that can be submitted to South Korea and Thailand in 2014.

For more information please visit the [South Korea](#) and [Thailand](#) country pages.



Australian Government
Attorney-General's Department

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 depend 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.](#)