

Welcome to our October 2014 Newsletter



If any members would like to catch up with me for a cuppa, I shall be in Ballarat on Friday 17 October, Bendigo on Tuesday 21 October, and Warrnambool on Thursday 23 October. Give our office a ring to make a time on 9020 1833.

Welcome to this special edition of our newsletter. For those of you who may or may not know, legislative amendments have been made to promote planning, decision making and permanency for vulnerable children and young people.

The Bill is called **Children, Youth, and Families (Permanent Care and Other Matters)**. The Centre for Excellence in Child and Family Welfare have provided a Fact Sheet on the changes and given us permission to distribute to you. PCA Families will be providing further information in our next newsletter.

We have some exciting events happening in October, and I really hope you can come:

- ◆ **Morning Tea in Ballarat** on Friday 17 October at 10.00am for carers and parents sponsored by PCA Families and Children & Family Services (CAFS Ballarat)
- ◆ **Parenting Plus!** Will be running a six week course for the Peninsula area in Frankston, commences Monday October 20 at 6.30pm and finishes on November 24
- ◆ **A fun filled Family Day of "archery"** will be held on 26 October from 3.00—6.00pm. Come and be the next Robin Hood while enjoying a BBQ compliments of PCA Families.
- ◆ **The PCA Families AGM** will be held at 10.00am on 29 October at our centre, with our wonderful patron, Dorothy Scott as guest speaker. As members, you can consider this your AGM, so come along.

Brenda Carmen, General Manager

Support Groups in Bendigo and Ballarat

We are wishing to start up peer support groups in Bendigo and Ballarat. If you are interested in attending or being part of the organising, please call 03 9020 1833 or emailing Deborah@pcfamilies.org.au

Dates for Your Diary

Wednesday October 8
7.30-9.00

Parenting Plus! Support group—Thornbury

Friday October 17
10.00 – 11.30 am
Ballarat Morning Tea

Thursday October 23
7.30-9.00pm
**Parenting Plus! Support group—Yarraville
Community Centre, 59 Francis St (new venue)**

Friday October 24 (new group)
10.00 – 11.30 am
**Peer support gathering in East —
Ringwood**

Sunday October 26
3.00-6.00pm
**Family Fun Day—AIM Archery Club,
Cheltenham**

Monday October 27
10.00 – 11.30 am
Journal Club, Werribee

Wednesday October 29
10.00am-12.00pm
**PCA Families AGM, Level 5, 50 Market Street
Melbourne**

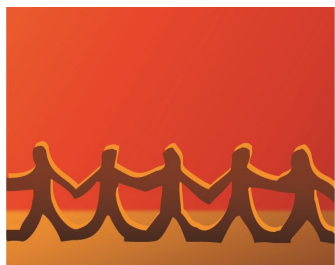
Thursday November 6
8.00 – 9.30 pm
Journal Club, Collingwood

Friday November 7
7.30—10.00pm
**aka Dan
Phoenix Youth Centre, Footscray**

Wednesday November 19
7.30-9.00
Parenting Plus! Support group—Thornbury

Thursday November 20 — (new group)
7.00 – 9.00 pm
Peer support gathering —Morrington

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



Morning Tea in Ballarat

PCA Families, along with Child & Family Services Ballarat (CAFS) are sponsoring a Morning Tea Event for permanent care and adoptive families, with children and young people under the age of 18, who live or work in the region. We invite you to come along and connect with other parents and carers, in your region, who are involved in permanent care and adoption. On the day you can find out more about our organisations and have your say on the possible development of a new peer support group in Ballarat!

Refreshments and a light morning tea will be provided

When: Friday 17th October at 10am

Where: building next to CAFS - 119 Lydiard St. Ballarat

RSVP: To CAFS on 5337 3333 or by email rachael.silverman@cafs.org.au ASAP



FAMILY FUN DAY—ARCHERY

Permanent Care and Adoptive Families are inviting members and their families to join us for a fun and exciting afternoon. This year's event will be held at AIM Archery Club in Cheltenham.

Archery is a non-contact sport and is one of the safest sports to participate in. AIM gives children from the age of 6 up to any age the best of fun over a period of approximately two hours in a friendly safe indoor environment while the highly trained staff at AIM will show the children how to shoot a bow and arrow safely and accurately.

Venue: AIM Archery Club

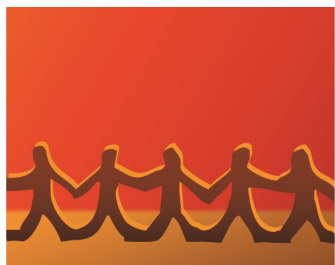
Where: 73 Grange Rd, Cheltenham (Opposite DFO)

When: 3-6pm Sunday, 26th October

Cost: FREE EVENT

Booking: <http://www.trybooking.com/FWSJ>





Permanent Care and Adoptive Families



Where: Level 5, 50 Market Street, Melbourne

Time: 10.00 am–12.00 pm;

Date: Wednesday, 29 October 2014

RSVP: by Friday Oct 24

Bookings: <http://www.trybooking.com/FWQS>

Further information: Please contact Permanent Care and Adoptive Families at
info@pcafamilies.org.au or call 03 9020 1833.

If you are interested in nominating to the Board please contact Brenda Carmen at
Brenda@pcafamilies.org.au

aka DAN

Come along and kick back with fellow intercountry adoptees.

Watch a documentary detailing aka DAN (alternative hip hop artist), as he visits his country of birth, attends an adoption conference and meets his biological family, including an identical twin brother he knew nothing about (who also raps).

Adult adoptees, Ra, Hana and Jai will be hanging out too. If you have time you can stay around for pizza!

Parents are welcome to drop their children off or stay at the venue (separate to young people) and share a cuppa and chat with others.

Invite to adoptees 15 years plus

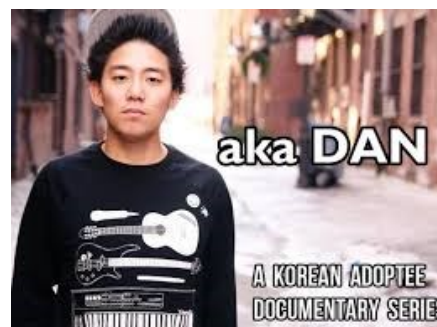
Date: Friday November 7

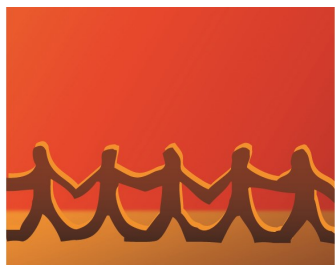
Time: 7-9.30pm

Venue: Phoenix Youth Centre
72 Buckley Street, Footscray [MAP](#)

Cost: FREE EVENT

Booking: <http://www.trybooking.com/FUEV>





Bayside Playgroup — End of year party

We wish to invite families that have children adopted from overseas, locally or through permanent care to our open day/end of year party.

When: Sunday 16th November 2014

Where: Myuna Farm-182 Kidds Rd, Doveton

Time: 11am onwards

Entry: \$7 per person or \$24 Family of 4 people

RSVP: Sandra 0412 550 858 or Jenny 0415 410 614



A sausage sizzle will be provided. Please BYO any other food and drinks that you require.

All families in waiting welcome

Parenting Plus! - Mornington Peninsula Area

Don't miss out on this strength's based course which is delivered across six 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

Date: Monday Evenings – 6:30pm to 9:30pm

Oct 20, Oct 27, Nov 3, Nov 10, Nov 17, Nov 24

Venue: Brotherhood of St. Laurence, 24–26 High Street, Frankston

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

Booking: <http://www.trybooking.com/GBHT>

Testimonials from parents

"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".



Parenting Teens Reflection

We had the great pleasure of listening to George Habib and Christine Miller from Early in Life Mental Health Service present on the topic of 'Parenting Teens in Permanent Care and Adoption' on August 20. Both George and Christine brought a wealth of knowledge to the evening; a deep understanding of teens, the practicalities of raising our young people, and assisted us in reflecting on how adoption and permanent care adds to their journey during their teen years.



Feedback from attendees was positive, with a common reflection of wanting more time! Reported key take home messages included:

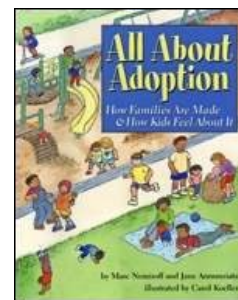
- Knowing about changes in the brain
- The role of connection
- Developing positive peer relationships
- Don't be afraid of conflict
- Normal risk taking acceptable
- 4 keys to strengthening parent-teen relationships

We are grateful to the Department for Human Services – Intercountry Adoption Services for financially supporting this evening.

All About Adoption: How Families Are Made and How Kids Feel About It

Marc Nemiroff and Jane Annunziata

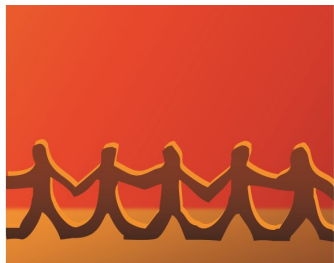
This book explores in child-friendly terms the journey that children take to join their adoptive families, and children's post-adoption feelings and experiences.



All About Adoption explores the issues and processes that relate to a child joining their adoptive family and is written to encompass local and inter-country adoption. It addresses the feelings experienced by children post-adoption and is written to encourage and enable parents and children to explore, discuss and share these questions and emotions whilst reading together. *All About Adoption* can be read and re-read by parents with their children, as a means of exploring particular feelings that may be impacting on their child at the current time.

The book includes a handy 'Notes to Parents' section at the back that go into more depth regarding the feelings and experiences referred to within the book, explaining them and putting them into context for parents. This is a recommended resource for parents to refer to before they read this book with their child.

If you would like to order this book please visit our bookstore <http://shop.pcafamilies.org.au>



Volunteer Positions Available with PCA Families

Have a few hours per fortnight available?

Interested in contributing to an organisation that makes a difference in the lives of families formed through permanent care and adoption?

Then consider becoming a PCA Families' volunteer. We have a range of volunteer positions available in these areas

- ♦ General Administration Support
- ♦ Publicity and Promotion
- ♦ Phone Peer Support
- ♦ Peer Support Groups
- ♦ Peer Mentoring –Training
- ♦ Special projects

PCA Families owes its existence to the work of volunteers who began the organisation in 2002, and still today, we value the role of volunteers as an integral part of the organisation. Although it may be hard to believe, PCA Families does not receive Government funding; so the work of volunteers has been significant in keeping us going. But more than this, we are a membership organisation that values the input of our members and aims to inform our practice based on the lived experience of families formed through permanent care and adoption.

Check out our website for more details on the Volunteer Program, www.pcafamilies.org.au and click on the Volunteer tab.

New Support Group in Eastern Suburbs

PCA Families holds a eastern suburbs peer support group on the **fourth Friday of every month from 10.00—11.30 in East Ringwood.**

We meet at the newly built Bendigo Bank, 62 Raliway Avenue, Ringwood East.

There is an option to buy a cappuccino from the café or make your own tea or coffee which is available in the room.

We provide biscuits and a welcome smile. We would love you to join us. If you have any queries, please contact Deb on 9020 1833 or info@pcafamilies.org.au

There is no need to RSVP; you can just arrive!

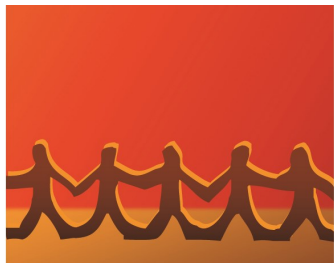
New Support Group on Peninsula

Join us on the third **Thursday of each month from 7.00—9.00pm** for our peer support group in **Mornington.**

The group is tailored to the participants needs and meet monthly to discuss the joys and challenges of raising children through adoption and permanent care

Where: Mornington Library; Vancouver Street, Mornington.

If you would like to be involved or attend, please contact Deborah on 9020 1833 or email info@pcafamilies.org.au



Important: Website update from ICAS

Updates to the Intercountry Adoption webpage are now live with information on intercountry adoption reforms, contact details for the state and territory central authorities and our privacy collection policy.

Please follow the links below to the relevant pages:

<http://www.ag.gov.au/FamiliesAndMarriage/IntercountryAdoption/Pages/reforms.aspx>

<http://www.ag.gov.au/FamiliesAndMarriage/IntercountryAdoption/Pages/Australianstateandterritorycentralauthorities.aspx>

<http://www.ag.gov.au/FamiliesAndMarriage/IntercountryAdoption/Pages/Privacy.aspx>



Honoring the Child : Embracing diverse identities

Friday 21 November - Saturday 22 November 2014, University of Melbourne, Australia

The conference is an annual international conference attended by academics, activists, professionals and policy makers. The 2013 conference attracted over 100 participants. Delegates to previous *Honouring the Child*, *Honouring Equity* conferences have come from Australia, Austria, New Zealand, Canada, Indonesia, Malaysia, Japan, Belgium, China, Norway, The Netherlands, Ireland, Thailand, Serbia, Sweden, Denmark, United Kingdom and USA. Some delegates return annually, some will be attending for the first time.

For further information:

http://web.education.unimelb.edu.au/ycr/honoring_child_equity_conference_2014/index.html



Peer Support Groups

If you have been thinking that it would be great to connect with other families formed through permanent care and adoption, please call Deborah Hunt on 03 9020 1833 if you would like to attend a support group, playgroup or coffee group near you.

<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>Northern suburbs "All Ways Playgroup", Permanent Care, Local and Intercountry Adoption Support Group</p> <p>Meets first Thursday of the month from 10.00am - 12.00pm (school term)</p> <p>Jika Jika Community Centre Oldis Gardens site, East Street, Northcote</p> <p>Contact: Rebekah Keenan Mount on Mob: 0404 957 808 or Email: rkeenanmount@gmail.com</p>
<p>All suburbs Adoption and Permanent Care Playgroup</p> <p>Meet every second Friday from 10.30am - 1.00pm (school term)</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>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 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 in either Yarraville or Thornbury who meet monthly/six weekly to discuss therapeutic parenting.</p> <p>For more information, please contact Lindy Bok on 9020 1837</p>
<p>Eastern Suburbs Permanent Care, Local and Intercountry Adoption Support Group</p> <p>Meets fourth Friday of the month from 10.00—11.30am (school term)</p> <p>Bendigo Bank, 62 Railway Avenue, Ringwood East</p> <p>Tea and coffee provided.</p> <p>Contact: Deborah Hunt 03 9020 1833 Email: deborah@pcafamilies.org.au</p>	<p>Peninsula Permanent Care, Local and Intercountry Adoption Support Group</p> <p>Meets the third Thursday evening of each month from 7.00—9.00pm</p> <p>Mornington Library, Vancouver Street, Mornington</p> <p>Supper provided.</p> <p>Contact: Deborah Hunt 03 9020 1833 Email: deborah@pcafamilies.org.au</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, 10.00 – 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>