

# Family & Foster Carer Development Workshops

2024



## The year at a glance

Face to Face Workshops		Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov
ADHD - 101		✓			✓						
ADHD – Emotional Regulation and Sleep			✓			✓					
ADHD – Forum – Question and Answer							✓				
All the Colours of the Rainbow			✓						✓		
Attachment & Developmental Trauma				✓				✓			
Bringing Up Great Kids (Kinship Care)							✓				
Caring for Aboriginal Children - General			✓				✓				✓
Circle of Security					✓				✓		
Cultural Day for family carers										✓	
eSafety / Cybersafety						✓					
Foetal Alcohol Spectrum Disorder (FASD)						✓					
Heartbeat Club – First Aid Course		✓			✓			✓		✓	
Men Who Foster - Celebration								✓			
P.A.C.E – Dan Hughes		✓			✓			✓		✓	
Pamper Day for female carers					✓						
Protective Behaviours				✓					✓		
Therapeutic Crisis Intervention for Families		✓				✓				✓	
Therapeutic Crisis Intervention – Applying skills					✓				✓		

**“Education is the most powerful weapon which you can use to change the world.”**

Nelson Mandela

Webinars / Online Workshops		Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov
Attachment & Developmental Trauma		✓	✓	✓					✓	✓	✓
Trauma and Adolescent Development									✓		
Autism Spectrum Disorder (ASD) and Trauma			✓								
Education Panel - Planning and Support			✓								
Harmful Sexual Behaviours								✓			
Moorditj Family Yarns – Series				✓			✓				✓
NDIS – Navigating the System					✓						
Prenatal Substance Exposure – Stacey Blythe											
Special Guardianship Orders						✓					
Navigating the Holidays											✓
Talking About Racism								✓			
Therapeutic Crisis Intervention - Refresher							✓				
Why our children do the things they do		✓									

To access this calendar, and the online enrolment form, please click on the link below:

[Information for current foster and family carers \(www.wa.gov.au\)](http://www.wa.gov.au)



The Department of Communities acknowledges Traditional Custodians of Country throughout Western Australia and recognises their continuing connection to lands, waters and communities. We pay our respects to Aboriginal and Torres Strait Islander cultures, and to Elders both past and present.

## Pending Workshops – Subject to confirmation

### Impact of substance use on children

NEW

We are currently in negotiation with Dr Stacy Blythe to deliver a webinar series on this topic. Further details will be provided once dates are finalised. If you would like to 'enrol' you are welcome to do so now and we will keep you up to date. The webinars will aim to cover some of the following:

An overview of the context of substance use in Australia. Outlining the physiological impact using addictive substances on both the mother and developing foetus. Explore strategies to minimize harmful effects and assist infants to achieve typical developmental/neurological development are provided.

Outline the potential long-term consequences associated with pre-natal substance exposure. Discussion of the physiological and neurological alterations to the brain and subsequent behavioural symptoms and provide strategies to minimize and manage these.

**You are encouraged to register your interest in these webinars we will add you to a contact list.  
We will then advise further information as it is available.**

**DATES TO BE ADVISED**

**Time: 10.00am to 12.00pm**

**Location: Online**

**Presenter: Dr Stacy Blythe**



## On demand workshops – contact us if you'd like one of these!

### Introduction to Webinars

The aim of this webinar is to introduce you to the use of webinars for learning, give you the opportunity to explore how they work, and get familiar with how you can attend and participate. If you need to build up your confidence, then this is the place to do it!

**There are no set dates for this webinar, just contact us and we can arrange a time and date that is convenient for you, all we need is 30 minutes of your time!**

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**"One hour per day of study in your chosen field is all it takes. One hour per day of study will put you at the top of your field within three years. Within five years you'll be a national authority. In seven years, you can be one of the best people in the world at what you do." — Earl Nightingale**

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## February – Term 1

### Attachment Disruption & Developmental Trauma, the impact of ... (online learning package)

Disruptions to a child's attachment and experiences of trauma have detrimental and global effects on the developing child. It changes the way the child views themselves, adults and the world around them. This distance learning package will scaffold your learning and understanding of how disrupted attachment and trauma affects the child and their developing brain and their consequent challenges with behaviour and relationships. We will also explore strategies to support your child, including the development of a personalised plan to help you help your child.

1<sup>st</sup> February to 30<sup>th</sup> April 2024

Time: Self-paced

Location: Online (with support)

Presenter: Isabell Georgiou

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**“Carers are our most valuable asset.  
Without carers we do not have an Out of Home Care system”**

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### P.A.C.E – A Daniel Hughes Approach

PACE (**Playfulness, Acceptance, Curiosity, Empathy**) is a way of thinking, feeling, communicating and behaving that aims to make the child feel safe. It is based upon how parents connect with their very young infants. With a feeling of safety, the child can begin to explore.

For adults, using PACE can help reduce conflict, defensiveness and withdrawal that tends to be present in the lives of troubled children. Using PACE helps the adult to see the strengths and positive features that lie underneath more negative and challenging behaviour.

Wednesday – 7<sup>th</sup> & 14<sup>th</sup> February 2024

Time: 9.30am to 1.00pm

Location: Keith Maine Centre (Beechboro)

Presenter: Isabell Georgiou

### Therapeutic Crisis Intervention for Families (TCIF)

This four-day training program presents a crisis prevention and intervention model designed to teach carers how to help children learn constructive ways to handle crisis. This includes preventing, de-escalating and managing crises, learning how to handle stressful situations, and developing a learning circle.

*Must attend all four sessions to complete this course*

Thursday – 8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup> & 29<sup>th</sup> February 2024

Time: 9.30am to 2.30pm

Location: Tuart Hill

Presenter: Isabell Georgiou / Carolyn Aylmore

### Attention Deficit Hyperactivity Disorder (ADHD) - 101



Attention Deficit Hyperactivity Disorder (ADHD) 101 is a practical workshop designed to empower parents and caregivers in their understanding of ADHD.

This workshop will provide participants an overview of ADHD, including how it can present differently in boys and girls throughout their child and adolescence years. During this workshop participants will learn practical strategies that can be implemented at home to help young people with ADHD to thrive.

This ADHD 101 WORKSHOP is facilitated by ADHD Coaches who bring a wealth of knowledge, along with experience in various practical strategies and tips to support those with ADHD and their community

Wednesday – 21<sup>st</sup> February 2024

Time: 10.00 to 12.00pm

Location: Tuart Hill

Presenter: ADHD-WA

## Heartbeat Club – First Aid course

The aim of the HeartBeat Club is to develop the life-saving skill of resuscitation and first aid in our community. The training session covers first aid for common child injuries including burns and scalds, choking, drowning and provides information on how to perform child resuscitation or CPR.

**Tuesday – 27<sup>th</sup> February 2024**

**Time: 10.00 to 1.00pm**

**Location: Armadale (TBC)**

**Presenter:**  **ROYAL LIFE SAVING**  
WESTERN AUSTRALIA



## Why our children do the things they do!

### Understanding behaviours that challenge

**NEW**

Children and young people who have experienced developmental trauma and are in care often have complex needs. This complexity is often seen in behaviours that challenge – either themselves or the people and systems around them. This can include externalising behaviours, such as: threatening, violence, stealing, lying, non-compliance, rudeness and bullying. Internalising behaviours can include depression, anxiety, self-harming and social withdrawal.

These behaviours can be confusing, scary and unpredictable. It can prevent us and others from seeing the whole child, and often masks the vulnerable, scared and lonely child within. This webinar will:

- Explore common behaviours that challenge and their underlying factors
- Reflect on who the behaviour actually challenges
- Highlight foundational skills, strategies and tools that are trauma-informed to respond to behaviours that challenge

Once you have attended this webinar, you will have access to a series of presentations and resources on specific behaviours that challenge, addressing what the behaviour looks like, why it might be happening, preventative strategies and strategies to implement during and after the behaviour that challenges.

**Wednesday – 28<sup>th</sup> February 2024**

**Time: 10.00am to 11.30am**

**Location: Online**

**Presenter: Isabell Georgiou**



## March – Term 1

### Great Southern Carer Training - Albany

The team will be taking a road trip to Albany to run some local workshops for carers and staff. The program is currently being finalised so stay tuned for more details.

**Monday 11<sup>th</sup> March to Friday 15<sup>th</sup> March 2024**

**Time: To be confirmed**

**Location: Albany**

**Presenter: Isabell Georgiou / Carolyn Aylmore**



### Caring for Aboriginal Children

Come along and use this opportunity to build your confidence and knowledge when caring for Aboriginal children. Topics include – Aboriginal history, family systems, connection, parenting, communication, cultural planning, and cultural safety.

Fun, relaxed environment, great place to ask lots of questions!

**Wednesday – 13<sup>th</sup> March 2024**

**Time: 9.30am to 2.00pm**

**Location: Keith Maine Centre (Beechboro)**

**Presenter: Abigail Ware**





## All the Colours of the Rainbow

Come along and use this opportunity to build your confidence and knowledge in the LGBTIQ+ space. This workshop will cover the following content in an interactive and judgement free space!

- Explanation of what the acronym 'LGBTIQ+' and what each letter means.
- What are the differences between sex, gender and sexuality and why does it matter?
- What are pronouns, how to use them and how to ensure inclusive approaches.
- Intersectionality within the LGBTIQ+ community and why it matters.
- Gender neutral language examples, best practice and what to do if you make a mistake.
- Respectful approaches to ensure rapport is built.
- Tangible steps to be an active and/or passive ally of the LGBTIQ+ community.
- How to create an inclusive environment for carers, staff and volunteers.
- Questions and answers section (attendees get to ask their burning questions in a judgement-free space).



**Maximum of 25 people**

**Wednesday – 20<sup>th</sup> March 2024**

**Location: Perth**

**Time: 10.00am to 12.00pm**

**Presenter: Ashara Wills**

## Autism Spectrum Disorder (ASD) and Trauma in Children

**Does the child I care for have one or both?**

**NEW**

This webinar will help carers understand what Autism Spectrum Disorder (ASD) is, the symptoms that overlap with children who have experienced trauma and abuse and how to tease the two apart. It will tackle some of the myths of Autism Spectrum Disorder (ASD) in our society with evidence-based information

**Thursday – 21<sup>st</sup> March 2024**

**Location: Online**

**Time: 10.00am to 12.00pm**

**Presenter: Bria Hosking**

## Education Panel – Planning and Support

**NEW**

Children who come into care often have developmental delays and behavioural difficulties in the classroom or school yard that make learning and relationships with their teachers and peers a real challenge. This requires good planning and support, and also applies pressure on you as their carers.

This Education Panel will provide the opportunity to ask questions of the panellists, who come from diverse educational backgrounds and experience.

*Information on panel members will be available closer to the date.*

**Friday – 22<sup>nd</sup> March 2024**

**Location: Online**

**Time: 10.00am to 12.00pm**

**Presenter: Carolyn Aylmore & Panel**

## Attention Deficit Hyperactivity Disorder (ADHD)

**Emotional Regulation and Getting Better Sleep**



Join ADHD WA Clinicians as they unpack emotional regulation and sleep issues associated with ADHD.

Emotional Regulation - you will learn valuable tools and strategies on how to effectively manage emotions, enhance problem-solving skills, and improve communication, ultimately reducing distress and mitigating fallout from emotionally charged situations.

Sleep - Clinicians will share how ADHD can impact sleep and equip you with practical tools and solutions to help you and those in your care with ADHD to improve sleep hygiene and get better sleep.

**Wednesday – 27<sup>th</sup> March 2024**

**Location: Tuart Hill**

**Time: 10.00 to 12.00pm**

**Presenter: ADHD-WA**

## April – Term 2

### Attachment Disruption & Developmental Trauma, the impact of ...

Disruptions to a child's attachment and experiences of trauma have detrimental and global effects on the developing child. It changes the way the child views themselves, adults and the world around them. This series of workshops scaffolds your learning and understanding of how disrupted attachment and trauma affects the child and their developing brain and their consequent challenges with behaviour and relationships. We will also explore and practice strategies to support your child, including the development of a personalised plan to help you help your child.

*Must attend all sessions to complete this course*

*Recommended for carers who have a current child in their care that they can use as an example*

Tuesday – 16<sup>th</sup>, 23<sup>rd</sup> & 30<sup>th</sup> April 2024

Time: 9.30am to 2.00pm

Location: Perth

Presenter: Isabell Georgiou / Carolyn Aylmore

### Moorditj Family Yarns

Come and spend some time yarning with Abby about a range of topics that are important to Aboriginal and Torres Strait Islander children. These sessions will provide an overview of a topic, and then participants will be encouraged to share their thoughts, and experience, and ask questions, lots of questions.

*For the best experience, please link into these sessions with your camera and microphone on!*

**Sounds like fun!**

Enrol now and attend or view the three sessions in this series.

- April 17<sup>th</sup>, July 24<sup>th</sup> & November 20<sup>th</sup>

Wednesday – 17<sup>th</sup> April 2024

Time: 10.00am to 11.30am

Location: Online

Presenter: Abigail Ware

### Protective Behaviours, an introduction

Protective Behaviours Education is a proactive, holistic, whole of community approach to teaching life skills to children. It teaches children the language and principles of Protective Behaviours, that helps them to identify unsafe situations, and arms them with the tools to either seek appropriate assistance or to protect themselves. The Two Themes of Protective Behaviour's: *"We all have the right to feel safe all of the time."* *"We can talk with someone about anything."*

Thursday – 18<sup>th</sup> April 2024

Time: 9.30am to 1.30pm

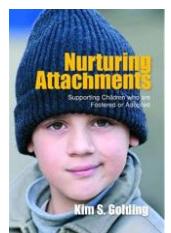
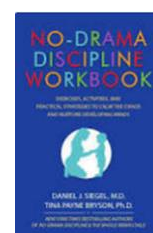
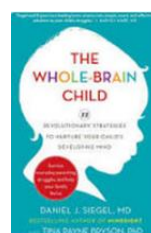
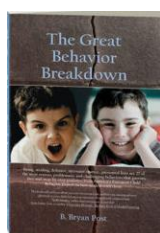
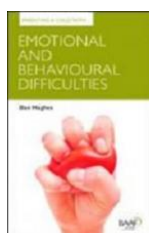
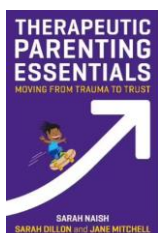
Location: Armadale (TBC)

Presenter: Carolyn Aylmore

*Chasing a good book to read?? Here are a few from our favourite authors.*

*Don't forget we have a library that carers and staff can access!!*

*Contact us at: [fosterworkshops@communities.wa.gov.au](mailto:fosterworkshops@communities.wa.gov.au)*



## May – Term 2

### Circle of Security

(No creche available)

The Circle of Security Parenting is an inspiring and practical course based on decades of research about how parent and kids thrive. This course has been adapted for the needs of foster and family carers and will help you maintain a positive connection with the kids you care for when connection seems almost impossible.

At the end of the course you will better:

- Understand your child's inner world by learning to read their emotional needs
- Support your child's ability to successfully manage big emotions
- Boost the development of your child's self esteem
- Honour your innate wisdom and desire for your child to be secure

Each week we invite you to share your 'Circle Stories' because once you see The Circle, you can't stop seeing it in daily life with the kids you care for!

The program is a three week course and is most suitable to those of you who care for children aged 6 months to 8 years.

*Must attend all sessions to complete this course*

*Carers only, who have a current child in their care that they can use as an example*

Thursday – 9<sup>th</sup>, 16<sup>th</sup> & 23<sup>rd</sup> May 2024

Time: 9.30am to 2.30pm

Location: Mary Davis Library (Baldivis)

Presenter: Jane Ogilvie

### P.A.C.E – A Daniel Hughes Approach

PACE (**Playfulness, Acceptance, Curiosity, Empathy**) is a way of thinking, feeling, communicating and behaving that aims to make the child feel safe. It is based upon how parents connect with their very young infants. With a feeling of safety the child can begin to explore.

For adults, using PACE can help reduce conflict, defensiveness and withdrawal that tends to be present in the lives of troubled children. Using PACE helps the adult to see the strengths and positive features that lie underneath more negative and challenging behaviour.

Friday – 10<sup>th</sup> & 17<sup>th</sup> May 2024

Time: 9.30am to 1.00pm

Location: Armadale (TBC)

Presenter: Isabell Georgiou

### Pamper Day for Female Carers

Enrol now, meet at Elizabeth Quay, followed by a cruise on the river, lunch and conversation with other carers! No crèche available. Come and connect, relax and recharge!

**\*\* Limited to 60 people \*\***

Saturday – 11<sup>th</sup> May 2024

Time: 10.30am to 2.00pm

Location: Elizabeth Quay / Boat

Presenter: Carer Learning Team





## Attention Deficit Hyperactivity Disorder (ADHD) - 101



Attention Deficit Hyperactivity Disorder (ADHD) 101 is a practical workshop designed to empower parents and caregivers in their understanding of ADHD.

This workshop will provide participants an overview of ADHD, including how it can present differently in boys and girls throughout their child and adolescence years. During this workshop participants will learn practical strategies that can be implemented at home to help young people with ADHD to thrive.

This ADHD 101 WORKSHOP is facilitated by ADHD Coaches who bring a wealth of knowledge, along with experience in various practical strategies and tips to support those with ADHD and their community

**Tuesday – 14<sup>th</sup> May 2024**

**Time: 10.00 to 12.00pm**

**Location: Hillman**

**Presenter: ADHD-WA**

## Heartbeat Club – First Aid Course

The aim of the HeartBeat Club is to develop the life-saving skill of resuscitation and first aid in our community. The training session covers first aid for common child injuries including burns and scalds, choking, drowning and provides information on how to perform child resuscitation or CPR.

**Thursday – 23<sup>rd</sup> May 2024**

**Time: 10.00 to 1.00pm**

**Location: Joondalup**

**Presenter:**  **ROYAL LIFE SAVING  
WESTERN AUSTRALIA**

**“Carers are the cornerstone of the Care Team, they are the main agents of change in a child’s life”**

(Care Team Approach Practice Framework)

## Therapeutic Crisis Intervention – Applying the skills



This half-day workshop will provide an opportunity for carers to discuss how they are implementing the TCI strategies, what successes and challenges they are having, and use the experience of the group to develop solutions. Key components of the course can be reviewed as needed.

***Must have completed a TCI / TCIF course prior to attending***

**Tuesday – 28<sup>th</sup> May 2024**

**Time: 10.00am to 1.00pm**

**Location: Perth**

**Presenter: Isabell & Carolyn**

## Navigating the NDIS (National Disability Insurance Scheme)



This webinar will explore the challenges and opportunities of accessing the NDIS. We will explore where you can go for help, the language of the NDIS and how you can use this to your advantage. You will have the opportunity to send questions in prior to the webinar so that this can be targeted to your needs.

**Wednesday – 29<sup>th</sup> May 2024**

**Time: 10.00am to 11.30am**

**Location: Online**

**Presenter: Jane Ogilvie**



## June – Term 2

### Therapeutic Crisis Intervention for Families (TCIF)

This four-day training program presents a crisis prevention and intervention model designed to teach carers how to help children learn constructive ways to handle crisis. This includes preventing, de-escalating and managing crises, learning how to handle stressful situations, and developing a learning circle.

*Must attend all four sessions to complete this course*

**Wednesday – 5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup> & 26<sup>th</sup> June 2024**

**Time: 9.30am to 2.30pm**

**Location: Meadow Springs, Mandurah**

**Presenter: Jane Ogilvie / Steven Jones**

### Webinar – Special Guardianship Orders

**NEW**

Do you have questions about SGO's for children in care? Do you want to know more about this process, understand the terminology, and timeframes? Do you want to know the role of carers in these processes and when Special Guardianship Orders may be appropriate?

This webinar will provide you with the latest information on Special Guardianship Orders available.

**Thursday – 6<sup>th</sup> June 2024**

**Time: 10.00am to 11.30am**

**Location: Online**

**Presenter: Jade Santa Maria**

### e-Safety / Cybersafety

The presentation will provide an overview of how young people use technology and the risks they may be exposed to. Parents, carers, educators and other participants will be given practical information to support conversations and safety measures for today's youth. Strategies for the safe use of the internet will be explained and useful links to resources provided.

**Thursday – 20<sup>th</sup> June 2024**

**Time: 10.00am to 1.00pm**

**Location: Tuart Hill**

**Presenter: WA Child Safety Services**



### Attention Deficit Hyperactivity Disorder (ADHD)

#### Emotional Regulation and Getting Better Sleep

Join ADHD WA Clinicians as they unpack emotional regulation and sleep issues associated with ADHD.

**Emotional Regulation** - you will learn valuable tools and strategies on how to effectively manage emotions, enhance problem-solving skills, and improve communication, ultimately reducing distress and mitigating fallout from emotionally charged situations.

**Sleep** - Clinicians will share how ADHD can impact sleep and equip you with practical tools and solutions to help you and those in your care with ADHD to improve sleep hygiene and get better sleep.

**Tuesday – 25<sup>th</sup> June 2024**

**Time: 10.00 to 12.00pm**

**Location: Hillman**

**Presenter: ADHD-WA**



### Foetal Alcohol Spectrum Disorder (FASD)

Foetal Alcohol Spectrum Disorder (FASD) is an umbrella term for the diagnosed conditions resulting from prenatal alcohol exposure eg: Foetal Alcohol Syndrome (FAS). Learn about FASD, the effects of alcohol on the fetus, behavioural challenges for children and families and prevention and intervention strategies for parents and carers.

**Thursday – 27<sup>th</sup> June 2024**

**Time: 10.00am to 1.00pm**

**Location: Central**

**Presenter: Neil Reynolds**

## July – Term 3

### Caring for Aboriginal Children

Come along and use this opportunity to build your confidence and knowledge when caring for Aboriginal children. Topics include – Aboriginal history, family systems, connection, parenting, communication, cultural planning, and cultural safety.

Fun, relaxed environment, great place to ask lots of questions!

**Wednesday – 17<sup>th</sup> July 2024**

**Time: 6.30pm to 9.30pm**

**Location: East Perth**

**Presenter: Abigail Ware**

### Bringing up Great Kids – Family Carers

This group is an opportunity for family carers to come together to explore their family story and what that might mean for the changed relationships within their families. There are six parts to the group sessions run over three weeks.

#### Week 1

- Your Family Story – some kids have a family tree and some have a family forest. Who is in your family forest?
- Your Story as a family carer- how has your family life changed?

#### Week 2

- Birth Parent's Story – looking at the birth parent's story from different perspectives.
- Child's Brain Story – parenting children who have experienced trauma requires a whole different approach

#### Week 3

- Child's Behaviour Story- children show how they feel and what they need from us, through their behaviour
- The Relationship Story – importance of relationships in the healing journey of children who have experienced trauma

We invite you to come along and meet other family carers like you to learn and share together in a relaxed environment.

**Thursday – 18<sup>th</sup> & 25<sup>th</sup> July & 1<sup>st</sup> August 2024**

**Time: 9.30am to 2.30pm**

**Location: Central**

**Presenter: Jane Ogilvie**



### Therapeutic Crisis Intervention – Refresher

This is a refresher workshop for people who have previously completed the TCI or TCIF course and would like to refresh their skills.

**Tuesday – 23<sup>rd</sup> July 2024**

**Time: 10.00am to 11.30pm**

**Location: Online**

**Presenter: Carolyn Aylmore**



## Moorditj Family Yarns

Come and spend some time yarnning with Abby about a range of topics that are important to Aboriginal and Torres Strait Islander children. These sessions will provide an overview of a topic, and then participants will be encouraged to share their thoughts, and experience, and ask questions, lots of questions.

*For the best experience, please link into these sessions with your camera and microphone on!*

**Sounds like fun!**

Enrol now and attend or view the three sessions in this series.

- April 17<sup>th</sup>, July 24<sup>th</sup> & November 20<sup>th</sup>

**Wednesday – 24<sup>th</sup> July 2024**

**Time: 10.00am to 11.30am**

**Location: Online**

**Presenter: Abigail Ware**

## Attention Deficit Hyperactivity Disorder (ADHD) Forum – Panel Discussion and general Q&A



Chance for participants to get together and ask your ADHD questions to a panel of ADHD experts. Panelists will be finalised closer to this event.

This will be held at ADHD-WA.

**INVITE ONLY – Participants in the ADHD-101 and ADHD-Emotional Regulation and Sleep workshops will be invited to attend this forum.**

**Tuesday – 30<sup>th</sup> July 2024**

**Time: 10.00 to 12.00pm**

**Location: Mount Claremont**

**Presenter: ADHD-WA**

## Are you interested in learning online?

Carers can access online learning courses and information as part of the services we provide.

Once you have an account you can log on and access our open online courses, and our webinars. Don't forget that you can also access online courses from other sources.

Contact the Family & Foster Care Learning team for further information, or to set up an account.

Email: [fosterworkshops@communities.wa.gov.au](mailto:fosterworkshops@communities.wa.gov.au) Phone: 6277-4600

The Moodle logo, which consists of a black graduation cap above the word 'moodle' in a large, orange, lowercase, sans-serif font.



## August – Term 3

### Heartbeat Club – First Aid Course

The aim of the HeartBeat Club is to develop the life-saving skill of resuscitation and first aid in our community. The training session covers first aid for common child injuries including burns and scalds, choking, drowning and provides information on how to perform child resuscitation or CPR.

Wednesday – 7<sup>th</sup> August 2024

Time: 6.30pm to 9.30pm

Location: East Perth

Presenter:  ROYAL LIFE SAVING  
WESTERN AUSTRALIA

### Attachment Disruption & Developmental Trauma, the impact of ...

Disruptions to a child's attachment and experiences of trauma have detrimental and global effects on the developing child. It changes the way the child views themselves, adults and the world around them. This series of workshops scaffolds your learning and understanding of how disrupted attachment and trauma affects the child and their developing brain and their consequent challenges with behaviour and relationships. We will also explore and practice strategies to support your child, including the development of a personalised plan to help you help your child.

*Must attend all sessions to complete this course*

*Recommended for carers who have a current child in their care that they can use as an example*

Tuesday – 13<sup>th</sup>, 20<sup>th</sup> & 27<sup>th</sup> August 2024

Time: 9.30am to 2.00pm

Location: South (Rockingham or Peel)

Presenter: Isabell Georgiou / Carolyn Aylmore

### P.A.C.E – A Daniel Hughes Approach

PACE (**Playfulness, Acceptance, Curiosity, Empathy**) is a way of thinking, feeling, communicating and behaving that aims to make the child feel safe. It is based upon how parents connect with their very young infants. With a feeling of safety the child can begin to explore.

For adults, using PACE can help reduce conflict, defensiveness and withdrawal that tends to be present in the lives of troubled children. Using PACE helps the adult to see the strengths and positive features that lie underneath more negative and challenging behaviour.

Thursday – 15<sup>th</sup> & 22<sup>nd</sup> August 2024

Time: 9.30am to 1.00pm

Location: Perth

Presenter: Isabell Georgiou

### Harmful Sexualised Behaviours

**NEW**

This workshop aims to equip carers and staff with knowledge and skills to respond to and manage harmful sexual behaviours in children and young people. The workshop covers prevention and safety issues, interventions that can be used to address harmful sexual behaviours and suggestions for ongoing learning and support.

Wednesday – 28<sup>th</sup> August 2024

Time: 10.00am to 11.30am

Location: Online

Presenter: Lauren MacKinnon



Join our FACEBOOK group.  
Keep up to date with courses and other learning opportunities.  
Click [HERE](#) to join the group – Family & Foster Care Learning



## Talking about Racism

NEW

Racism happens in lots of different ways, every day and it's never ok. Racial discrimination affects mental health and leads to inequalities in everyday life. Experiencing racism can be distressing and traumatic.

It's essential that we think about how we talk to young people about race, identity and racism, keeping in mind it's not a one-off conversation. It's essential that racism is acknowledged, and that there is a comfortable environment to talk about everything openly. What is the right thing to say? Will your foster child even understand what you're talking about? It's important that we get the message across in the right way.

This webinar will offer an opportunity to learn about addressing racism in a meaningful way, how to be an ally and face your own biases and stereotypes.

Thursday – 29<sup>th</sup> August 2024

Time: 10.00am to 11.30am

Location: Online

Presenter: Abigail Ware / Jane Ogilvie

## Men Who Foster - Celebration

A time to share experiences, learn from other men involved in fostering, and enjoy an awesome dinner.

\*\*\* Maximum 40 people \*\*\*

Friday – 30<sup>th</sup> August 2024

Time: 6.30pm to 9.30pm



Location: East Perth

Presenter: Carer Learning Team





## September – Term 3

### Attachment Disruption & Developmental Trauma, the impact of ... (online learning package)

Disruptions to a child's attachment and experiences of trauma have detrimental and global effects on the developing child. It changes the way the child views themselves, adults and the world around them. This distance learning package will scaffold your learning and understanding of how disrupted attachment and trauma affects the child and their developing brain and their consequent challenges with behaviour and relationships. We will also explore strategies to support your child, including the development of a personalised plan to help you help your child.

**1<sup>st</sup> September to 30<sup>th</sup> November 2024**

**Time: Self-paced**

**Location: Online (with support)**

**Presenter: Isabell Georgiou**

### Circle of Security (Family Carers only)

The Circle of Security Parenting is an inspiring and practical course based on decades of research about how parent and kids thrive. This course has been adapted for the needs of foster and family carers and will help you maintain a positive connection with the kids you care for when connection seems almost impossible.

At the end of the course you will better:

- Understand your child's inner world by learning to read their emotional needs
- Support your child's ability to successfully manage big emotions
- Boost the development of your child's self esteem
- Honour your innate wisdom and desire for your child to be secure

Each week we invite you to share your 'Circle Stories' because once you see The Circle, you can't stop seeing it in daily life with the kids you care for!

The program is a three week course and is most suitable to those of you who care for children aged 6 months to 8 years.

*Must attend all sessions to complete this course*

*Carers only, who have a current child in their care that they can use as an example*

**Wednesday – 4<sup>th</sup>, 11<sup>th</sup> & 18<sup>th</sup> September 2024**

**Time: 9.30am to 2.30pm**

**Location: Central**

**Presenter: Jane Ogilvie**

### All the Colours of the Rainbow

Come along and use this opportunity to build your confidence and knowledge in the LGBTIQ+ space. This workshop will cover the following content in an interactive and judgement free space!

- Explanation of what the acronym 'LGBTIQ+' and what each letter means.
- What are the differences between sex, gender and sexuality and why does it matter?
- What are pronouns, how to use them and how to ensure inclusive approaches.
- Intersectionality within the LGBTIQ+ community and why it matters.
- Gender neutral language examples, best practice and what to do if you make a mistake.
- Respectful approaches to ensure rapport is built.
- Tangible steps to be an active and/or passive ally of the LGBTIQ+ community.
- How to create an inclusive environment for cares, staff and volunteers.
- Questions and answers section (attendees get to ask their burning questions in a judgement-free space).



**Maximum of 25 people**

**Thursday – 5<sup>th</sup> September 2024**

**Time: 10.00am to 12.00pm**

**Location: South**

**Presenter: Ashara Wills**

## Protective Behaviours, an introduction

Protective Behaviours Education is a proactive, holistic, whole of community approach to teaching life skills to children. It teaches children the language and principles of Protective Behaviours, that helps them to identify unsafe situations, and arms them with the tools to either seek appropriate assistance or to protect themselves. The Two Themes of Protective Behaviour's: "We all have the right to feel safe all of the time." "We can talk with someone about anything."

Tuesday – 10<sup>th</sup> September 2024

Time: 9.30am to 1.30pm

Location: Central (Perth or Tuart Hill)

Presenter: Carolyn Aylmore

## Therapeutic Crisis Intervention – Applying the skills

NEW

This half-day workshop will provide an opportunity for carers to discuss how they are implementing the TCI strategies, what successes and challenges they are having, and use the experience of the group to develop solutions. Key components of the course can be reviewed as needed.

***Must have completed a TCI / TCIF course prior to attending***

Thursday – 12<sup>th</sup> September 2024

Time: 10.00am to 1.00pm

Location: South (Rockingham)

Presenter: Isabell & Carolyn

## Trauma and Adolescent Development

NEW

Adolescence is a period of significant change – physically, psychologically and socially. This can be both rewarding and challenging for the young person and the adults around them. It can also be a vulnerable stage of life, when they are more likely to act on impulse, try new adventurous activities, misinterpret social cues and emotions and engage in dangerous or risky behaviour.

Overlaying expected adolescent developmental milestones, trauma during childhood and adolescence can have a significant impact on adolescent development and may contribute to a lifetime of physical and mental health challenges. This webinar will:

- Briefly outline expected adolescent developmental milestones
- Share insights of the impact of childhood trauma on the developing brain
- Explore common reactions to trauma in adolescents
- Explore ways we can support adolescents' development and healing

Thursday – 19<sup>th</sup> September 2024

Time: 10.00am to 11.30am

Location: Online

Presenter: Isabell Georgiou



## October – Term 4

### Heartbeat Club – First Aid Course

The aim of the HeartBeat Club is to develop the life-saving skill of resuscitation and first aid in our community. The training session covers first aid for common child injuries including burns and scalds, choking, drowning and provides information on how to perform child resuscitation or CPR.

Tuesday – 8<sup>th</sup> October 2024

Time: 10.00am to 1.00pm

Location: East (Midland)

Presenter:  ROYAL LIFE SAVING  
WESTERN AUSTRALIA

### Therapeutic Crisis Intervention for Families (TCIF)

(No creche available)

This four-day training program presents a crisis prevention and intervention model designed to teach carers how to help children learn constructive ways to handle crisis. This includes preventing, de-escalating and managing crises, learning how to handle stressful situations, and developing a learning circle.

*Must attend all four sessions to complete this course*

Tuesday – 8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup> & 29<sup>th</sup> October 2024

Time: 9.30am to 2.30pm

Location: Joondalup

Presenter: Isabell Georgiou / Carolyn Aylmore

### P.A.C.E – A Daniel Hughes Approach

PACE (**Playfulness, Acceptance, Curiosity, Empathy**) is a way of thinking, feeling, communicating and behaving that aims to make the child feel safe. It is based upon how parents connect with their very young infants. With a feeling of safety the child can begin to explore.

For adults, using PACE can help reduce conflict, defensiveness and withdrawal that tends to be present in the lives of troubled children. Using PACE helps the adult to see the strengths and positive features that lie underneath more negative and challenging behaviour.

Wednesday – 23<sup>rd</sup> & 30<sup>th</sup> October 2024

Time: 9.30am to 1.00pm

Location: East (Midland)

Presenter: Isabell Georgiou

### Cultural Day for Family Carers

#### Carer Wellness Day

If you are a family carer, and have been caring on an ongoing basis, then we understand that sometimes you need a day where you are cared for, and can get a bit of a moment to yourself.

Family carers are invited to attend a free day of fun, yarning, relaxation and laughter in the beautiful surroundings of the Keith Maine Centre in Beechboro.

Wednesday – 30<sup>th</sup> October 2024

Time: 10.00am to 2.00pm

Location: Keith Maine Centre (Beechboro)

Presenter: Abigail Ware





## November – Term 4

### Navigating the Holidays

The summer holidays are fast approaching, and it is a time of year with many celebrations, like Christmas, Hanukah, Kwanzaa, New Year and Lunar New Year, to name a few. These special occasions can be both an exciting and relaxing time to spend with family, friends and community. However, for children in care, it can be a very overwhelming and emotionally challenging time.

Despite our desire to provide fun and memorable experiences for our children and young people, the reality is that often the excitement, lights, sounds and smells, and change in routine can tip our children over the edge – and drag you down with them.

This webinar will explore why our children struggle, especially at this time of year, and ways we can support them, and hopefully have a more successful and connected time together.

**Tuesday – 12<sup>th</sup> November 2024**

**Time: 10.00am to 11.30am**

**Location: Online**

**Presenter: Isabell Georgiou**

### Moorditj Family Yarns

Come and spend some time yarnning with Abby about a range of topics that are important to Aboriginal and Torres Strait Islander children. These sessions will provide an overview of a topic, and then participants will be encouraged to share their thoughts, and experience, and ask questions, lots of questions.

*For the best experience, please link into these sessions with your camera and microphone on!*

**Sounds like fun!**

Enrol now and attend or view the three sessions in this series.

- April 17<sup>th</sup>, July 24<sup>th</sup> & November 20<sup>th</sup>

**Wednesday – 20<sup>th</sup> November 2024**

**Time: 10.00am to 11.30am**

**Location: Online**

**Presenter: Abigail Ware**

### Caring for Aboriginal Children

Come along and use this opportunity to build your confidence and knowledge when caring for Aboriginal children. Topics include - Aboriginal history, family systems, connection, parenting, communication, cultural planning, and cultural safety.

Fun, relaxed environment, great place to ask lots of questions!

**Wednesday – 27<sup>th</sup> November 2024**

**Time: 9.30am to 2.00pm**

**Location: South (Rockingham)**

**Presenter: Abigail Ware**

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**“The Department of Communities has a responsibility to make sure carers feel valued and supported in their role ...”**

(Mike Rowe – Director General, Foster Care Refresh Paper)

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## External Learning Opportunities and Useful Websites

### Circle of Security Providers

Ngala – facilitates an eight-week program in partnership with Parenting Connection WA (see website below)

- Gascoyne, Midwest and North West Metro

South Coastal Health and Community Services

- Rockingham

Midvale Hub Parenting Service – free service for parents and families

- Mundaring, Swan, Bassendean and Bayswater council areas



### Useful Websites:

ADHD-WA - <https://www.adhdwa.org/> - peak body in WA

Australian Childhood Foundation – Professional Community Resources Page –  
<https://professionals.childhood.org.au/resources/>

Beacon House – Resources Page - <https://beaconhouse.org.uk/resources/>

Center for the Developing Adolescent – University of California (UCLA) -  
<https://developingadolescent.semel.ucla.edu/>

Center on the Developing Child – Harvard University – Resources Page -  
<https://developingchild.harvard.edu/resources/>

Centre for Excellence in Therapeutic Care - [CETC - Centre for Excellence in Therapeutic Care](https://www.cetcc.org.au/)

Child Trauma Academy (Bruce Perry and Associates) – Library Page - <https://www.childtrauma.org/cta-library>

Community Services ACT – Therapeutic resources section - <https://www.communityservices.act.gov.au/children-and-families/adoption-kinship-and-foster-care/therapeutic-resources>

CREATE Foundation – <https://create.org.au/>

Emerging Minds – Resources Page - <https://emergingminds.com.au/>

Foster Care Association (WA) – <https://www.fcawa.com.au/>

Meerilinga - <https://www.meerilinga.org.au/parenting-courses-services/> -

Office of the eSafety Commissioner - <https://www.esafety.gov.au/> - free information to parents, teens, kids – webinars – up to date info

Parenting Connection WA - <https://parentingconnectionwa.com.au/> - free parenting events across the state – includes Circle of Security, Bringing up Great Kids

The Healing Foundation - <https://healingfoundation.org.au/resources/>

Therapeutic Parenting (Naish) - <https://www.facebook.com/groups/therapeuticparents>

## Did you miss a webinar from last year? Would you like to access a recording of the webinar?

You're in luck, as these are recorded and stored on our Past Webinar Recordings page.

Here is a selection of what is available.

-  Breaking the Ice (Mental Health) - 1hr 05mins
-  Bruce Perry - Neuro Sequential Model of Therapeutics - 1hr 38mins
-  Bryan Post - Great Behaviour Breakdown - 1hr 39mins
-  Caring for Aboriginal Children (General) - 1hr 30mins
-  Concerning Sexualised Behaviours - 1hr 27mins
-  Daniel Hughes - 24 S's of Parenting - 1hr 35mins
-  Emotion Coaching Strategies (Mar) - 1hr 30mins
-  Emotion Coaching Strategies (Nov) - 1hr 35mins
-  Leaving Care Planning - 1hr 28mins
-  Legal Processes - Children in Care - 1hr 32mins
-  Legal Processes - Special Guardianship Orders (SGO's) - 1hr 42mins
-  Positive Parenting Strategies - 1hr 40mins

To access you need a 'Moodle' account, then search "Past Recordings" and self-enrol in the course to access over 35 recordings from 2020-2023.

Click [HERE](#) to access the page.

If you need any help, please contact us



Family & Foster Care Learning Team  
6<sup>th</sup> Floor, 8 Bennett St  
East Perth WA 6004

M: 0429 087 396

E: [fosterworkshops@communities.wa.gov.au](mailto:fosterworkshops@communities.wa.gov.au)

P: 08 6277-4600



**FAMILY & FOSTER CARE**

It's not just the child's life that changes