



# Family & Foster Carer Development Workshops

## 2025



### The year at a glance

Click on the 'ticks' or 'months' to view workshops

Face to Face Workshops		Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov
ADHD – Forum – Question and Answer										✓	
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		✓	✓	✓					✓	✓	✓
ADHD - 101			✓								
ADHD – Emotional Regulation & Sleep					✓						
ADHD - Medication							✓				
Foetal Alcohol Spectrum Disorder (FASD)			✓								
Moorditj Family Yarns								✓			✓
Product Safety for Children					✓						
Talking about Racism				✓							
Therapeutic Crisis Intervention - Refresher							✓				

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.

## 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 2025

Time: Self-paced

Location: Online (with support)

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 – 12<sup>th</sup> February 2025

Time: 9.30am to 2.00pm

Location: Keith Maine Centre

Presenter: Abigail Ware

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

Children who have experienced early life trauma can form a mistrust of the world and the people around them - this is described as the child developing Blocked Trust. For caregivers, it can be intensely painful and personally challenging to care for a child who rejects your attempts to care, love and connect with them. Over time, you may feel like a failure, feel scared of and/or angry with the child. This is a very real and normal response to a very stressful relational dynamic – and you may be experiencing Blocked Care.

PACE (Playfulness, Acceptance, Curiosity, Empathy) is an approach developed by Dr Daniel Hughes – which is a way in which adults think, feel, communicate and behave to help children feel safe within relationships.

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. Children can then begin to learn to relax and trust in their caregivers and other relationships.

Tuesday – 18<sup>th</sup> & 25<sup>th</sup> February 2025

Time: 9.30am to 1.00pm

Location: South (Armadale)

Presenter: Isabell Georgiou

### 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***

Thursday – 20<sup>th</sup> February 2025

Time: 10.00am to 1.00pm

Location: Northside Community Church (Joondalup)

Presenter: Isabell & Carolyn

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



# 2025 State Foster & Kinship Care Conference



## Bookings via FCAWA

The Foster Care Association of WA (FCAWA), in partnership with the Department of Communities, invites you to participate in the 2025 State Foster and Kinship Care Conference.

The conference will be held over two days in the stunning grounds of Optus Stadium on Tuesday 11th & Wednesday 12th March 2025.

Further details about the conference will be available from the Foster Care Association (WA) website, so check in regularly for updates and enrolments. [www.fcawa.com.au/events/](http://www.fcawa.com.au/events/)

### LOCATION:

Optus Stadium  
River View Room, Access via Gate D  
Victoria Park Drive

### TIME (WST):

Tuesday — 11th March—9.00am to 4.00pm  
Wednesday — 12th March—9.00am to 4.00pm



## March – Term 1

### 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 – 4<sup>th</sup> March 2025**

**Time: 9.30am to 1.30pm**

**Location: Mandurah**

**Presenter: Carolyn Aylmore**

### 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*

**Tuesday – 18<sup>th</sup> & 25<sup>th</sup> March, 1<sup>st</sup> & 8<sup>th</sup> April 2025**

**Time: 9.30am to 2.30pm**

**Location: Mandurah**

**Presenter: Steven Jones / 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

**Thursday – 20<sup>th</sup> March 2025**

**Time: 10.00 to 12.00pm**

**Location: Online (via external Zoom link)**

**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> March 2025**

**Time: 10.00am to 11.30am**

**Location: Online**

**Presenter: NOFASD**





## April – Term 1

### 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.

Wednesday – 2<sup>nd</sup> April 2025

Time: 10.00am to 11.30am

Location: Online

Presenter: Abigail Ware / Jane Ogilvie

## April – Term 2

### 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 – 29<sup>th</sup> April 2025

Time: 10.00 to 1.00pm

Location: Hillman Hall (Rockingham)

Presenter:  ROYAL LIFE SAVING  
WESTERN AUSTRALIA

 Government of Western Australia  
Department of Communities

# Fostering Connections

Fostering Connections is a new information service provided by the Department of Communities to ensure foster and family carers can access support when it's needed, and to provide feedback and suggestions for future improvements.

The service is available, free of charge, to all family and foster carers in Western Australia – you don't need to be a Department of Communities carer to access the service.

If you have questions or comments around payments, supports, special needs loading or how to interpret policies and procedures, the Fostering Connections team is ready to help.

For enquiries visit:



[communities.wa.gov.au/FosteringConnections](https://communities.wa.gov.au/FosteringConnections)  
or call us on 1800 182 178

 Services Australia

## Support for grandparents, foster carers, kinship carers and other non-parent carers of children



Grandparent, Foster and Kinship Carer Advisers provide extra support for formal and informal carers who provide ongoing care for children.

They can help you with all of the following:

- getting tailored information about payments and support services based on your family circumstances
- arranging appointments with specialist staff, including social workers
- getting referrals to federal, state and community service providers
- accessing Medicare, Child Support and Centrelink information and payments.

You may be eligible for other payments and services. Contact us to discuss your circumstances.

We have specialist staff available to provide additional support to your family, including:

- social workers
- Financial Information Service Officers
- Indigenous Service Officers
- Multicultural Service Officers
- Community Engagement Officers.

### Payments and services

If you're a non-parent carer of children and live in the same house as a parent, you may not be eligible for payments. If you're in this situation, you can contact us to discuss your circumstances.

If you're a grandparent, foster carer or kinship carer, you may be eligible for:

- Family Tax Benefit to help with the cost of raising children
- Child Care Subsidy and Additional Child Care Subsidy to help with the cost of child care
- Medicare payments to help with health care costs
- Double Orphan Pension to help with the costs of caring for children who are orphans or who can't be cared for by their parents in certain circumstances
- concession and health care cards, including Foster Child Health Care Card to help with accessing cheaper health care services and medicines, and
- Child support you may be able to receive child support from one or both parents.

### Next steps

For more information about assistance available for grandparent, foster and kinship carers, go to [servicesaustralia.gov.au/grandparentcarers](https://servicesaustralia.gov.au/grandparentcarers) or [servicesaustralia.gov.au/nonparentcarers](https://servicesaustralia.gov.au/nonparentcarers)

To speak to a Grandparent, Foster and Kinship Carer Adviser, call Freecall\* 1800 245 965.



### Product Safety for Children



The webinar will provide an overview on product safety issues for young children, focusing on topics such as the risks associated with toys, toppling furniture, button batteries and infant sleep products. This session will equip carers and other listeners with tips on checking your home for common safety hazards and keeping children safe.

Tuesday – 6<sup>th</sup> May 2025

Time: 10.00am to 11.30am

Location: Online

Presenter: Consumer Protection

### Circle of Security

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*

Friday – 9<sup>th</sup>, 16<sup>th</sup> & 23<sup>rd</sup> May 2025

Time: 9.30am to 2.30pm

Location: East (Midland)

Presenter: Jane Ogilvie

### 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 – 10<sup>th</sup> May 2025

Time: 10.30am to 2.00pm

Location: Elizabeth Quay / Boat

Presenter: Carer Learning Team



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## 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.

Wednesday – 14<sup>th</sup>, 21<sup>st</sup>, & 28<sup>th</sup> May 2025

Time: 9.30am to 2.30pm

Location: Northside Community Church (Joondalup)

Presenter: Jane Ogilvie / Abigail Ware

## 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.

Thursday – 22<sup>nd</sup> May 2025

Time: 10.00 to 12.00pm

Location: Online (via external Zoom link)

Presenter: ADHD-WA

## 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***

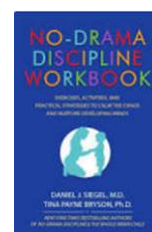
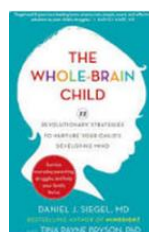
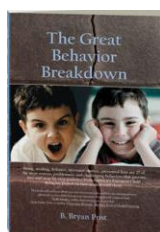
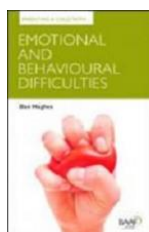
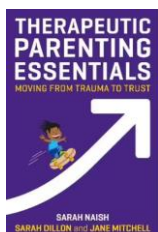
Tuesday – 27<sup>th</sup> May 2025

Time: 10.00am to 1.00pm

Location: Port Kennedy Community Centre

Presenter: Isabell & Carolyn

**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!!**



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## June – Term 2

### 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 – 4<sup>th</sup> June 2025

Time: 10.00 to 1.00pm

Location: East (Midland)

Presenter:  ROYAL LIFE SAVING  
WESTERN AUSTRALIA

### 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 – 5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup> & 26<sup>th</sup> June 2025

Time: 9.30am to 2.30pm

Location: Northside Community Church (Joondalup)

Presenter: Jane Ogilvie / Carolyn Aylmore

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**“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)

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## July – Term 2

### 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.

Tuesday – 1<sup>st</sup> July 2025

Time: 10.00am to 1.00pm

Location: Central

Presenter: WA Child Safety Services



### 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 – 3<sup>rd</sup> July 2025

Time: 10.00am to 1.00pm

Location: Central

Presenter: Neil Reynolds



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## July – Term 3

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

Children who have experienced early life trauma can form a mistrust of the world and the people around them - this is described as the child developing Blocked Trust. For caregivers, it can be intensely painful and personally challenging to care for a child who rejects your attempts to care, love and connect with them. Over time, you may feel like a failure, feel scared of and/or angry with the child. This is a very real and normal response to a very stressful relational dynamic – and you may be experiencing Blocked Care.

PACE (Playfulness, Acceptance, Curiosity, Empathy) is an approach developed by Dr Daniel Hughes – which is a way in which adults think, feel, communicate and behave to help children feel safe within relationships.

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. Children can then begin to learn to relax and trust in their caregivers and other relationships.

Wednesday – 23<sup>rd</sup> & 30<sup>th</sup> July 2025

Time: 9.30am to 1.00pm

Location: East (Midland)

Presenter: Isabell Georgiou

### Attention Deficit Hyperactivity Disorder (ADHD) Medication



This 1 hour presentation will explore the types of medication used in the treatment and management of ADHD, and provide relevant information for carers. There will be opportunities for questions.

Thursday – 24<sup>th</sup> July 2025

Time: 10.00 to 11.00pm

Location: Online (via External Zoom link)

Presenter: ADHD-WA (Psychiatrist)

### 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 – 29<sup>th</sup> July 2024

Time: 10.00am to 11.30pm

Location: Online

Presenter: Carolyn Aylmore

### 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***

Thursday – 31<sup>st</sup> July 2025

Time: 10.00am to 1.00pm

Location: Central

Presenter: Carolyn / Jane

## Are you interested in learning online?

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

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



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## August – Term 3

### 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 two sessions in this series.

- August 6<sup>th</sup> & November 12<sup>th</sup>

**Wednesday – 6<sup>th</sup> August 2025**

**Time: 10.00am to 11.30am**

**Location: Online**

**Presenter: Abigail Ware**

### 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 – 12<sup>th</sup>, 19<sup>th</sup> & 26<sup>th</sup> August 2025**

**Time: 9.30am to 2.00pm**

**Location: Central**

**Presenter: Isabell Georgiou / Carolyn Aylmore**

### Circle of Security

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
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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 – 14<sup>th</sup>, 21<sup>st</sup> & 28<sup>th</sup> August 2025**

**Time: 9.30am to 2.30pm**

**Location: South (Armadale)**

**Presenter: Jane Ogilvie**



## August – 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 – 27<sup>th</sup> August 2025

Time: 6.30pm to 9.30pm

Location: Central

Presenter: Abigail Ware

### 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 – 27<sup>th</sup> August 2025

Time: 6.30pm to 9.30pm

Location: Central

Presenter:  ROYAL LIFE SAVING  
WESTERN AUSTRALIA

### 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 – 29<sup>th</sup> August 2025

Time: 6.30pm to 9.30pm



Location: Central

Presenter: Carer Learning Team



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## 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 2025

Time: Self-paced

Location: Online (with support)

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*

Wednesday – 3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup> & 24<sup>th</sup> September 2025

Time: 9.30am to 2.30pm

Location: Central

Presenter: Jane Ogilvie / Zoie Caporn

### 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 – 16<sup>th</sup> September 2025

Time: 9.30am to 1.30pm

Location: Central

Presenter: Carolyn Aylmore



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### 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.

**Tuesday – 14<sup>th</sup> October 2025**

**Location: Mount Claremont**

**Time: 10.00 to 12.00pm**

**Presenter: ADHD-WA**

### Bringing up Great Kids – Aboriginal 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.

**Wednesday – 15<sup>th</sup>, 22<sup>nd</sup> & 29<sup>th</sup> October 2025**

**Location: South (Champion Lakes)**

**Time: 9.30am to 2.30pm**

**Presenter: Jane Ogilvie / Abigail Ware**

### 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.

**Tuesday – 21<sup>st</sup> October 2025**

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

**Time: 10.00am to 2.00pm**

**Presenter: Abigail Ware**

### 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 – 28<sup>th</sup> October 2025**

**Location: Northside Community Church (Joondalup)**

**Time: 10.00am to 1.00pm**

**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 – 4<sup>th</sup>, 11<sup>th</sup> & 18<sup>th</sup> November 2025

Time: 9.30am to 2.00pm

Location: East (Midland)

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 two sessions in this series.

- August 6<sup>th</sup> & November 12<sup>th</sup>

Wednesday – 12<sup>th</sup> November 2025

Time: 10.00am to 11.30am

Location: Online

Presenter: Abigail Ware



**“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)



## 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.

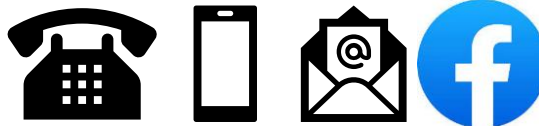
Here is a selection of what is available.

-  Caring for Aboriginal Children - Cultural Plans - 1hr 7mins
-  Family Time (Contact) - 1hr 35mins
-  Harmful Sexualised Behaviours - 1hr 20mins
-  Introduction to Brain Development - 1hr 32mins
-  Moorditj Family Yarns - Let's Just Yarn - 1hr 28mins
-  P.A.R.E.N.T.S - Therapeutic Parenting Model - 1hr 32mins
-  Protective Behaviours - Core Life Skills Concepts - 1hr 32mins
-  Protective Behaviours - Personal Safety - 1hr 33 mins
-  Protective Behaviours - Preventative Strategies - 1hr 34mins
-  The Adolescent Brain. Please explain! - 1hr 33mins
-  Therapeutic Crisis Intervention - Refresher - 1hr 37mins
-  Therapeutic Parenting - do's and don'ts - 1hr 32mins
-  Understanding Child Trauma - 1hr 34mins
-  Understanding the Window of Tolerance - 1hr 35mins

To access you need a 'Moodle' account, then search "Past Recordings" and self-enrol in the course to access over 40 recordings from 2020-2024.

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

