

# Foster & Family Carer Development Workshops



# The year at a glance

Face to Face Workshops		Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov
Attachment & Developmental Trauma					✓						✓
Bringing Up Great Kids – Adolescents	NEW		✓							✓	
<b>Caring for Aboriginal Children - General</b>		✓		✓						✓	
Circle of Security						✓			✓		
Concerning Sexualised Behaviours										✓	
eSafety / Cybersafety						✓					
Foetal Alcohol Spectrum Disorder						✓					
Heartbeat Club – First Aid			✓			✓		1		✓	
Men Who Foster - Celebration									✓		
No Drama Discipline, a closer look		✓			✓				✓		
P.A.C.E – Dan Hughes	NEW	✓			√		$\checkmark$		√		
Pamper Day for female carers					√						
Protective Behaviours				✓						✓	
Safer Caring						✓				✓	
Self-Regulation & Building Resilience					√			1			
Sensory Based Regulation					✓						
Therapeutic Crisis Intervention for Families	NEW		√			✓		√			✓
Trauma & the Developing Brain			1					√			
What makes a good foster carer?			✓					✓			

Webinars / Online Workshops		Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov
Attachment & Developmental Trauma		✓	✓						✓	✓	
Caring for Aboriginal Children –Communication	NEW		√								
<b>Caring for Aboriginal Children – Connection</b>	NEW					✓					
Caring for Aboriginal Children – Cultural Plans	NEW			✓							
Caring for Aboriginal Children – Kinship	NEW							✓			
Caring for Aboriginal Children – Parenting	NEW										✓
Concerning Sexualised Behaviours							✓				
Introduction to Webinars		✓	√		1		✓				
No Drama Discipline, an intro	NEW				√						
OurSPACE WA	NEW	✓									
P.A.C.E – Dan Hughes	NEW				√				✓		
Protective Behaviours – Personal Safety	NEW				✓						
Protective Behaviours – Early Warning Signs	NEW					✓					
Protective Behaviours – Networks and Safety	NEW										✓
Stability and Connection Planning	NEW		✓								
Therapeutic Crisis Intervention - Refresher							✓				

### To access this calendar, and the online enrolment form, please click on the link below: <u>Information for current foster and family carers (www.wa.gov.au)</u>



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.

#### 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 – 3 <sup>rd</sup> , 10 <sup>th</sup> & 24 <sup>th</sup> May	Location: Keith Maine Centre (Beechboro)
Time: 9.30am to 2.00pm	Presenter: Isabell Georgiou
Friday – 4 <sup>th</sup> , 11 <sup>th</sup> & 18 <sup>th</sup> November	Location: Armadale
Time: 9.30am to 2.00pm	Presenter: Isabell Georgiou

#### **Bringing Up Great Kids – Parenting Adolescents**

The Bringing Up Great Kids (BUGK) Program is an integrated suite of activities and tools that are unique and offer all parents and carers a fresh way to understand and enact relationships with their children. It has been evaluated and found to be an effective program in supporting the development of mindful and positive relationships between parents/carers and children. It focuses on building positive and nurturing relationships between parents and their children. The program aims to support parents to review and enhance their patterns of communication with their children, to promote more respectful interactions and encourage the development of children's positive self-identity.

Thursday – 3<sup>rd</sup>, 10<sup>th</sup> & 17<sup>th</sup> March Time: 9.30am to 2.30pm Location: Keith Maine Centre (Beechboro) Presenter: Isabell Georgiou / Carolyn Aylmore

NEW

Tuesday – 11<sup>th</sup>, 18<sup>th</sup> & 25<sup>th</sup> October Time: 9.30am to 2.30pm

Location: Armadale Presenter: Isabell Georgiou / Carolyn Aylmore

#### **Caring for Aboriginal Children**

Building confidence and knowledge of looking after Aboriginal children. Topics include: history, family systems, parenting, communication, cultural difference and education.

Wednesday – 16 <sup>th</sup> February	Location: Keith Maine Centre (Beechboro)
Time: 10.00am to 1.00pm	Presenter: Abigail Ware
Wednesday – 27 <sup>th</sup> April	Location: Port Kennedy
Time: 10.00am to 1.00pm	Presenter: Abigail Ware
Wednesday – 12 <sup>th</sup> October	Location: East Perth
Time: 6.30pm to 9.30pm	Presenter: Abigail Ware

### **Circle of Security**

The Circle of Security Parenting is an early intervention program for parents and children, developed by Kent Hoffman, Glen Cooper and Bert Powell. The Circle of Security<sup>®</sup> Parenting<sup>™</sup> program is based on decades of research about how secure parent-child relationships can be supported and strengthened. It is an early intervention program for parents and children. At the end of the workshop, participants will be able to:

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

#### 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 – 10th, 17th & 24th JuneLocation: Keith Maine Centre (Beechboro)Time: 9.30am to 2.30pmPresenter: Zoie CapornWednesday – 7th, 14th, 21st SeptemberLocation: Port KennedyTime: 9.30am to 2.30pmPresenter: Zoie Caporn

#### **Concerning Sexualised Behaviours**

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

Friday – 14<sup>th</sup> October Time: 10.00am to 1.00pm

Location: Peel Presenter: Lynette Myles

### 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.

Wednesday – 8<sup>th</sup> June Time: 10.00am to 1.00pm Location: Tuart Hill 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 – 30<sup>th</sup> June Time: 10.00am to 1.00pm Location: Tuart Hill Presenter: Telethon Institute

#### **Heartbeat Club**

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 scolds, choking, drowning and provides information on how to perform child resuscitation or CPR.

Tuesday – 15 <sup>th</sup> March	Location: Midland
Time: 10.00 to 1.00pm	Presenter: Royal Life Saving Society WA
Tuesday – 14 <sup>th</sup> June	Location: Armadale
Time: 10.00 to 1.00pm	Presenter: Royal Life Saving Society WA
Wednesday – 31 <sup>st</sup> August	Location: East Perth
Time: 6.30pm to 9.30pm	Presenter: Royal Life Saving Society WA
Thursday – 20 <sup>th</sup> October	Location: Joondalup
Time: 10.00 to 1.00pm	Presenter: Royal Life Saving Society WA

### **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 - 2<sup>nd</sup> September Time: 6.30pm to 9.30pm



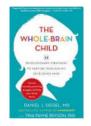
Location: East Perth Presenter: Foster Carer Learning Team

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

THE KONDS OF ATTACHMENT And A CHARENT AND AN











#### No Drama Discipline, a closer look ...

This workshop will explore in detail all 12 parenting and discipline strategies developed by Dr Daniel Siegel and Dr Tina Payne Bryson from their books '*The Whole Brain Child*' and '*No Drama Discipline*'. This will be a hands-on and experiential workshop, giving you time to practice the skills to help calm the chaos and nurture your child's developing mind.

Thursday – 24 <sup>th</sup> February	Location: Tuart Hill
Time: 9.30am to 1.00pm	Presenter: Isabell Georgiou
Wednesday – 25 <sup>th</sup> May	Location: Port Kennedy
Time: 9.30am to 1.00pm	Presenter: Isabell Georgiou
Monday – 5 <sup>th</sup> September	Location: Midland
Time: 9.30am to 1.00pm	Presenter: Isabell Georgiou

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

PACE 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. As with young toddlers, with safety the child can begin to explore. For adults, using PACE most of the time, they can reduce the level of conflict, defensiveness and withdrawal that tends to be ever present in the lives of troubled children. Using PACE enables the adult to see the strengths and positive features that lie underneath more negative and challenging behaviour.

Tuesday – 15 <sup>th</sup> February	Location: Joondalup
Time: 10.00am to 1.00pm	Presenter: Zoie Caporn
Tuesday – 17 <sup>th</sup> May	Location: Midland
Time: 10.00am to 1.00pm	Presenter: Zoie Caporn
Tuesday – 26 <sup>th</sup> July	Location: Central
Time: 10.00am to 1.00pm	Presenter: Zoie Caporn
Tuesday – 20 <sup>th</sup> September	Location: Armadale
Time: 10.00am to 1.00pm	Presenter: Zoie Caporn

#### 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 7<sup>th</sup> May Time: 10.00am to 2.00pm Location: Elizabeth Quay / Boat Presenter: Foster Carer Learning Team



NEW

#### **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 – 7<sup>th</sup> April Time: 9.30am to 1.30pm

Location: Tuart Hill Presenter: Carolyn Aylmore

Thursday – 27<sup>th</sup> October Time: 9.30am to 1.30pm

Location: Armadale Presenter: Carolyn Aylmore

#### **Safer Caring**

A big concern for many carers is allegations of abuse which children placed in foster care may make against their family. Helping children to feel safer in care is crucial thinking for a foster family and will help to reduce allegations against carers and their families. This workshop will explore the concept of Safer Caring and provide practical strategies for foster families to use in their homes.

Wednesday – 22<sup>nd</sup> June Time: 9.30am to 2.00pm Location: Tuart Hill Presenter: Wendy Prete

Wanslea

Monday – 24<sup>th</sup> October Time: 9.30am to 2.00pm

Location: Midland Presenter: Wendy Prete

### **Self-Regulation and Building Resilience**

Self- regulation and resilience involve the capacity to manage one's self during times of stress and distress and be able to bounce back from life's challenges and thrive. These skills are something children need lots of practice in and need your support and guidance to learn these essential life skills. This workshop will look at underlying factors of poor self-regulation and how they may affect your child, including the impact on their development of resilience. In addition, we will explore and practice strategies and skills to help regulate your children and improve their resilience and overall social, emotional and mental wellbeing.

Friday – 27<sup>th</sup> May Time: 9.30am to 2.00pm Location: Keith Maine Centre (Beechboro) Presenter: Isabell Georgiou

Wednesday – 31<sup>st</sup> August Time: 9.30am to 2.00pm Location: Port Kennedy Presenter: Isabell Georgiou



#### Sensory Based Regulation – It's impact on concentration & keeping calm

Stress and adversity reduces a child's tolerance of the world around them, making them more sensitive to sensation and increasing flight/fight responses. Understanding a child's sensory preferences can assist in understanding children's behaviour including big reactions to noise, activity or touch as well as lots of fidgeting, moving around or hiding. This session aims to provide carers with an understanding of their child's unique sensory processing patterns, as well as an awareness of sensory strategies that will support their child's self-regulation. We will explore how sensory processing impacts upon emotional regulation, availability for learning and activity level.

Friday – 20<sup>th</sup> May Time: 10.00am to 1.00pm

#### Location: Tuart Hill Presenter: Jessica Green (CAHDS)

NEW

### **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 three sessions to complete this course* 

Wednesday – 2 <sup>nd</sup> , 9 <sup>th</sup> , 16 <sup>th</sup> & 23 <sup>rd</sup> March	Location: Port Kennedy
Time: 9.30am to 2.30pm	Presenter: Steven Jones / Zoie Caporn
Thursday – 2 <sup>nd</sup> , 9 <sup>th</sup> , 16 <sup>th</sup> & 23 <sup>rd</sup> June	Location: Central
Time: 9.30am to 2.30pm	Presenter: Isabell Georgiou / Carolyn Aylmore
Wednesday – 3 <sup>rd</sup> , 10 <sup>th</sup> , 17 <sup>th</sup> & 24 <sup>th</sup> August	Location: Midland
Time: 9.30am to 2.30pm	Presenter: Isabell Georgiou / Steven Jones
Tuesday – 1 <sup>st</sup> , 8 <sup>th</sup> , 15 <sup>th</sup> , & 22 <sup>nd</sup> November	Location: Keith Maine Centre (Beechboro)

Tuesday – 1<sup>st</sup>, 8<sup>th</sup>, 15<sup>th</sup>, & 22<sup>nd</sup> November Time: 9.30am to 2.30pm Location: Keith Maine Centre (Beechboro) Presenter: Zoie Caporn / Carolyn Aylmore



#### **Trauma & the Developing Brain**

Early childhood experiences have a powerful role on early brain development. In this workshop, we will share how neglect, childhood trauma and adversity impact on brain development, and what we can do to promote healthy change and growth. This will be a hands-on and experiential workshop. To help with this learning, we will be playing the *Brain Architecture Game*, developed by the partnership of the National Scientific Council on the Developing Child (U.S.) and the Centre of the Developing Child – Harvard University.

Monday – 28 <sup>th</sup> March	Location: Armadale
Time: 9.30am to 1.00pm	Presenter: Isabell Georgiou
Monday – 15 <sup>th</sup> August Time: 9.30am to 1.00pm	Location: Keith Maine Centre (Beechboro) Presenter: Isabell Georgiou

#### What Makes a Good Foster Carer? (Tips from young people who have been in care)

Do you have questions you wish you could ask the young people you care for but aren't sure how to? Do you want some tips for building stronger relationships? Or maybe you want to be able to support young people better around contact with family? If you answered yes to any of these, then this session is for you! This workshop will be run by the CREATE Foundation and is a fantastic opportunity to hear from young people who have been in care about their experiences and thoughts on what makes a successful carer.

Tuesday – 29<sup>th</sup> March Time: 10.00am to 1.00pm Location: Tuart Hill Presenter: CREATE Foundation



Tuesday – 2<sup>nd</sup> August Time: 10.00am to 1.00pm Location: Armadale Presenter: CREATE Foundation

#### 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 Foster Carer Learning team for further information, or to set up an account.

Email: <u>fosterworkshops@communities.wa.gov.au</u> Phone: 6277-4600







### WEBINARS / ONLINE

#### 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 31<sup>st</sup> March Time: Self-paced

Location: Online (with support) Presenter: Isabell Georgiou

1<sup>st</sup> September to 31<sup>st</sup> October Time: Self-paced Location: Online (with support) Presenter: Isabell Georgiou

#### **Caring for Aboriginal Children – Communication**

When caring for Aboriginal children we all need to understand the importance of communication. In the webinar we will aim to provide effective cross-cultural communication when communicating with Aboriginal people and caring for Aboriginal children.

Tuesday – 22<sup>nd</sup> March Time: 10.00am to 11.30am

Location: Online Presenter: Abigail Ware

#### **Caring for Aboriginal Children – Connection**

During this webinar we will explore holistic ways of working when caring for an Aboriginal and/or Torres Strait Islander children, to keep kids connected. The webinar will provide an overview of how to connect with Aboriginal and or Torres Strait Islander children with strategies to support foster carers.

Wednesday – 1<sup>st</sup> June Time: 10.00am to 11.30am Location: Online Presenter: Abigail Ware

#### **Caring for Aboriginal Children – Developing Cultural Plans**

What skills, knowledge and abilities do you need to care for Aboriginal children? This workshop will explore the why and how of developing cultural plans and the carers role in this process.

Tuesday – 5<sup>th</sup> April Time: 10.00am to 11.30am

Location: Online Presenter: Renee Ronan

#### **Caring for Aboriginal Children – Kinship**



Kinship is at the core of Aboriginal society. This webinar will provide an overview of Aboriginal Kinship. Its aim will be to provide an understanding of the interconnections of the kinship system and outline the importance of the roles and responsibilities kinship provides for Aboriginal children

Thursday – 11<sup>th</sup> August Time: 10.00am to 11.30am

Location: Online Presenter: Abigail Ware



NEW

NEW

### WEBINARS / ONLINE

#### **Caring for Aboriginal Children – Parenting & Relationships**

Come and join the webinar on parenting and relationships. The parenting and relationships webinar will support you in your foster care learning journey.

Thursday – 10<sup>th</sup> November Time: 10.00am to 11.30am Location: Online Presenter: Abigail Ware



#### **Concerning Sexualised Behaviours**

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

Tuesday – 19<sup>th</sup> July Time: 10.00am to 11.30am Location: Online Presenter: Lauren MacKinnon

#### **Introduction to Webinars**

The aim of this webinar is to introduce you to the use of webinars for training, 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!

Tuesday – 1<sup>st</sup> February Time: 10.00am to 11.00am

Tuesday – 1<sup>st</sup> March Time: 10.00am to 11.00am

Friday – 6<sup>th</sup> May Time: 10.00am to 11.00am

Thursday – 28<sup>th</sup> July Time: 10.00am to 11.00am Presenter: Steven Jones

**Location: Online** 

Location: Online Presenter: Steven Jones

Location: Online Presenter: Steven Jones

Location: Online Presenter: Steven Jones



#### No Drama Discipline, an intro to ...

This workshop will introduce you to the 12 parenting and discipline strategies developed by Dr Daniel Siegel and Dr Tina Payne Bryson from their books '*The Whole Brain Child*' and '*No Drama Discipline*'.

Wednesday – 11<sup>th</sup> May Time: 10.00am to 11.30am Location: Online Presenter: Isabell Georgiou



#### **OurSPACE WA**



This webinar will describe the OurSPACE WA service and provide an opportunity for discussion and questions. OurSPACE WA is a free state-wide counselling, therapeutic consultation and support service for Department of Communities foster and family carers.

Tuesday – 8<sup>th</sup> February Time: 10.00am to 11.00am

Location: Online Presenter: Colin Hayes



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

PACE 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. As with young toddlers, with safety the child can begin to explore. For adults, using PACE most of the time, they can reduce the level of conflict, defensiveness and withdrawal that tends to be ever present in the lives of troubled children. Using PACE enables the adult to see the strengths and positive features that lie underneath more negative and challenging behaviour.

Wednesday – 4<sup>th</sup> May Time: 10.00am to 11.30am

Tuesday – 13<sup>th</sup> September Time: 10.00am to 11.30am Location: Online Presenter: Zoie Caporn

Location: Online Presenter: Zoie Caporn

### WEBINARS / ONLINE

#### **Protective Behaviours – Webinar series**

In addition to the *Introduction to Protective Behaviours Workshop* this year we are offering a series of webinars that breakdown the Protective Behaviours themes, core concepts and strategies. A pre-requisite is a foundation understanding of the Protective Behaviours Program or completion of the *Introduction to Protective Behaviours Workshop*.

Participating in all three webinars is highly recommended, however understanding some Protective Behaviour's is better than none, so we welcome your enrolment.

Thursday – 12<sup>th</sup> May - Personal Safety Time: 10.00am to 11.30am

Tuesday – 28<sup>th</sup> June - Early Warning Signs Time: 10.00am to 11.30am

Thursday – 17<sup>th</sup> November - Networks & Safety Time: 10.00am to 11.30am Location: Online Presenter: Carolyn Aylmore

Presenter: Carolyn Aylmore

**Presenter: Carolyn Aylmore** 

**Location: Online** 

Location: Online

#### **Stability & Connection Planning**

Stability and connection planning is the case management practice used to provide children in care with safe, continuous and stable living arrangements, lifetime relationships and a sense of belonging. This workshop will explore the planning process and provide an opportunity to explore how this relates to your child.

Monday – 21<sup>st</sup> March Time: 10.00am to 11.30am Location: Online Presenter: Specialist Child Protection Unit

#### **Therapeutic Crisis Intervention - Refresher**

This is a refresher workshop for people who have previously completed the three-day TCI course and would like to refresh their skills. This refresher will also provide an update to the Therapeutic Crisis Intervention for Families (TCIF) package, so will include some new information.

Monday – 25<sup>th</sup> July Time: 10.00am to 11.30pm

Location: Online Presenter: Carolyn Aylmore

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

M: 0429 087 396 E: fosterworkshops@communities.wa.gov.au P: 08 9218-5500







