

**2023**


# Learning & Development Training Calendar

## January - March

JANUARY		FEBRUARY		MARCH	
<b>16</b> Mount Martha	<b>FCAV</b> Carer Cultural Day 10.30am - 2.30pm	<b>2</b> Online	<b>SBCT</b> Strengthening Child Placement 10am - 12pm	<b>2</b> Online	<b>FCAV</b> Q&A S1 - CIMS 10.30am - 12pm
<b>19</b> Caroline Springs	<b>FCAV</b> Hold My Hand 10.30am - 3pm	<b>7 &amp; 15</b> Online	<b>FCAV</b> Induction for Foster Carers 7.30pm - 9.30pm	<b>2</b> Online	<b>EVOLVE EDUCATION</b> Online Digital Safety & Wellbeing 7pm - 9pm
		<b>8</b> Online	<b>EVOLVE EDUCATION</b> Online Digital Safety & Wellbeing 10am - 12pm	<b>4 &amp; 5</b> Ballarat	<b>CARER KAFE</b> Carer Retreat
		<b>10</b> Online	<b>PROFESSOR DAMIEN RIGGS</b> Caring for LGBTQ Young People 10.30am - 12pm	<b>7</b> Online	<b>FCAV</b> Q&A S2 - Your Care Team 7.30pm - 9pm
		<b>11 &amp; 12</b> Online	<b>VACCA</b> Nikara's Journey 9.30am - 3.30pm	<b>8</b> Online	<b>PROFESSOR DAMIEN RIGGS</b> Caring for LGBTQ Young People 10.30am - 12pm
		<b>15</b> Online	<b>SBCT</b> Strengthening Child Placement 7pm - 9pm	<b>9</b> Online	<b>FCAV</b> Q&A S2 - Your Care Team 10.30am - 12pm
		<b>18</b> Metro West	<b>FCAV</b> Carer Cultural Day 10.30am - 2.30pm	<b>14</b> Online	<b>FCAV</b> Q&A S3 - NDIS/Disability 7.30pm - 9pm
		<b>21 &amp; 22</b> Wangaratta	<b>VACCA</b> Nikara's Journey 9.30am - 3.30pm	<b>16</b> Online	<b>FCAV</b> Q&A S3 - NDIS/Disability 10.30am - 12pm
		<b>27</b> Online	<b>KAREN YOUNG</b> Big Feeling, Big Behaviour 7.30pm - 9pm	<b>16 &amp; 17</b> Traralgon	<b>VACCA</b> Nikara's Journey 9.30am - 3.30pm
		<b>28</b> Online	<b>FCAV</b> Q&A S1 - CIMS 7.30pm - 9pm	<b>21</b> Online	<b>FCAV</b> Q&A S4 - Managing Access 7.30pm - 9pm
				<b>23</b> Online	<b>FCAV</b> Q&A S4 - Managing Access 10.30am - 12pm
				<b>23 &amp; 24</b> Online	<b>VACCA</b> Nikara's Journey 9.30am - 3.30pm

\*The sessions on this calendar are subject to change

**Register for FREE training sessions online: [www.carerkafe.org.au/training](http://www.carerkafe.org.au/training)**

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### Big Feeling, Big Behaviour

**Karen Young of Hey Sigmund**

*Big behaviour can be exhausting and maddening for even the calmest of parents...*

Big feelings can drive big behaviour. Understanding how to respond when our young people are overwhelmed can drive calm and connection over conflict. Ultimately, our responses have enormous potential to build important neural pathways that will strengthen them for life. As part of this workshop we will explore:

- Where big feelings and behaviours come from and why they are a normal part of development
- How to respond in the moment to make way for calm and connection
- Practical strategies to deal with big feelings and challenging behaviour
- Connection after conflict - how to repair after an emotional or relational 'collision' with our children,
- How to establish meaningful boundaries with love and leadership, and how to respond when those boundaries are challenged
- How our own emotional temperature will affect theirs and how to gently collect ourselves in challenging, stressful times
- Practical ways to help children understand big feelings
- Building their emotional toolbox - the strategies that will build their capacity to tolerate big feelings and respond effectively.

### Caring for LGBTQ Young People

**Professor Damien W. Riggs**

Awareness of the needs of LGBTQ young people in care is essential to providing inclusive and affirming care. This session will address the topic of LGBTQ young people in care through three key areas:

- An overview of key terminology and concepts.
- An overview of what the research tells us about supporting LGBTQ young people in care.
- Outline key tools and strategies for supporting LGBTQ young people in care.

The session will include ample time for questions from the audience.

### Travelling the Road - Induction for New Foster Carers

**Foster Carer Association of Vicotria**

This 2 part series will cover issues relating to:

- Navigating the system: case plans & care teams
- Compassion fatigue & looking after yourself
- Connecting to external supports
- Engaging with biological families
- How to create a safe environment
- Working with your agency
- Benefits of respite
- Supporting your biological children
- Saying goodbye
- Connecting to culture

Carers will come away with more confidence and a better understanding of the system and what they can incorporate into their daily care of foster children.

### Carer Cultural Day

**Foster Carer Association of Vicotria**

Join other carers and their children for this wonderful cultural learning experience...

The day will include:

- Welcome to Country
- Connecting to Country: cultural learning session for carers & children/ young people
- Lunch provided
- Cultural craft activities for carers & children/ young people

Please note this is a weekend event and carers are welcome and encouraged to bring their children to this session!

### Hold My Hand

**Foster Care Association of Vicotria**

Hold My Hand is a training program that supports the biological children of carers and aims to help their parents who care for other children to understand the challenges these children and young people face.

Sons and daughters of carers often need to grow up and be mature beyond their years, but when they receive adequate support, recognition and resources, they are more likely to have a much more positive fostering experience and support the placement.

Hold My Hand brings together both the parents who care for other children and their own biological or permanent care children for a fun interactive learning experiences, in a safe space in which to explore their caring experience, with an overall aim to empower them.

PLEASE NOTE: This event is for carers and their biological children to attend (8-18 years).

### Online Digital Safety & Wellbeing

**EVOLVE EDUCATION**

*Children and young people in out-of-home care face unique challenges and an increased likelihood of encountering online harms.*

During the webinars attendees will learn to:

- Identify roadblocks preventing children from 'speaking up' when things go wrong online
- Create a safe, non-judgmental environment to promote help-seeking and positive conversations around online safety
- Equip carers with practical tools to respond effectively to online challenges and minimise exposure to online harms throughout their online journey.

### Strengthening Child Placements

**Specialist Behaviour Consultancy & Training**

*Need help understanding the complex nature of behaviour and how to support those who engage in it?*

This workshop focuses on common behaviours of concern that children in foster, kinship, and permanent care placements commonly exhibit.

Many children in placements have experienced disrupted attachments and as a result they may exhibit behaviours that can include tantrums, refusal, destruction of items or property, verbal aggression, self-injury, and physical aggression. This workshop delivers education on how trauma and disrupted attachment can lead to these behaviours and provides practical strategies to connect, respond, and manage challenging behaviour.

### Q&A S1 - CIMS

**Foster Care Association of Victoria**

*What would you do if there is an allegation raised over the care you provided for a child or young person?*

Carers often feel blindsided when the quality of the care they provided is questioned by an authority and bewildered about the investigative process involved. In Victoria the Department of Families, Fairness & Housing (DFFH) introduced in 2018 the Client Incident Management System (CIMS) for responding to allegations.

Join Tessa & Deb from the Carer information & Support Service (CISS) and learn:

- common themes of allegations and strategies for avoiding them
- overall understanding of the CIMS
- what support is available should the CIMS process be activated

### Q&A S2 - Working collaboratively with your care team

**Foster Care Association of Victoria**

*It is often quoted "it takes a village to raise a child" however, for children & young people in care that village can seem complex and difficult for their carers to navigate.*

This session provides a guide to understanding and accessing supports and services for children in care and creating collaborative partnerships with your foster child's care team. Many carers have reported that they are often excluded from meetings and feel disrespected. Learn about how FCAV are developing a Statement of Commitment which focuses on respect as a key ingredient in working with agency and DFFH staff to work collaboratively and ensure the child in your care is well supported as are you, the carer.

### Q&A S3 - NDIS/Disability

**Foster Care Association of Vicotria**

Children in care as part of their court order have access or contact conditions stipulated depending on whether it is a short-term order or long term with their birth family. This can at times can be challenging for carers to manage as the child often forgoes a routine, may be retraumatising at times, parents may feel threatened by the carer taking over the parental role to name but a few. We will explore how carers can manage these challenges and ensure they are there to support the child in their care.

### Q&A S4 - Managing Access

**Foster Care Association of Vicotria**

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