



carer • KAFÉ training

Kinship and Foster Care Education

Announcing Carer KaFÉ's **NEW** range of **FREE** training sessions where Victorian (statutory) kinship carers and accredited foster carers can meet other carers, gain knowledge and share insights in a supportive environment.*



To find out more and to register visit Carer KaFÉ:

www.carerkafe.org.au

email: carerkafe@fcav.org.au

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follow us on facebook @carerkafe

*Please note that others, including family members, private kinship carers, permanent carers and agency staff may attend if there are available places.



Carer KaFÉ acknowledges Traditional Owners of Country throughout Victoria and recognises their continuing connection to lands, waters and communities. We pay our respect to Aboriginal and Torres Strait Islander cultures; and to Elders both past and present.



Stream 1: The kinship carer experience

Kinship Carers Learning Circles

Kinship Carers Victoria



Are you a kinship carer who is not linked to a kinship care support group or other local support? Come and find out about support you can access while meeting other kinship carers and professionals who are able to assist you. Enjoy a relaxed lunch and work through your copy of the kinship learning circles workbook.

The program consists of four sequential workshops (four hours each) in which you will be introduced to the changing responsibilities of kinship care.

Bringing up great kids in kinship

Australian Childhood Foundation

Join fellow kinship carers over six sessions to reflect, gain skills and feel more confident in your caring role. Get to know other carers in your area while discovering more about child development, parenting styles and how to deal with everyday behaviour. You will have a chance to explore your family story and take home ideas to practice between sessions.

Kinship carer camps

YMCA Victoria

Come along to a three-day residential camp designed for kinship carers and your children and young people. This popular camp is one of the few that involves the whole family. Over three days and nights, there is time to establish strong connections with other carers, attend relaxed training sessions and have fun! We'd love to see you there.

Stream 2: The foster carer experience (These sessions are also open to kinship carers)

Being heard: communication in the foster care system

Berry Street Childhood Institute

Children and young people in care need strong advocates. This training will help you to be an effective advocate for yourself and those in your care. You will learn how to navigate the complex out of home care system and turn your communication style into your most valuable tool.



Meeting the challenge of caring

Berry Street Childhood Institute

Part of being a carer is understanding the requirements for safe, high quality care and the processes which are in place if a concern about the quality of care is raised. This training will help you understand the safe caring approach and how to implement it without impacting on the family atmosphere you want to create. Safe caring is about being risk-sensible rather than risk-averse, as well as working with others to develop positive outcomes and plans.

Stream 3: Caring for Aboriginal children



Nikara's journey

Victorian Aboriginal Child Care Agency

Discover how to advocate for Aboriginal children in your care through this two-day training program for carers. This program will lead you through the story of Nikara and her foster parents as they learn to support Nikara, keep her safe, respect her identity and maintain her connection to culture, family and community.

Understanding and responding to Aboriginal children's trauma to build resilience

Victorian Aboriginal Child Care Agency

Trauma has a big impact on children and young people. This training for Aboriginal and non-Aboriginal carers will help you understand culturally appropriate strategies for recovery and healing in Aboriginal children and young people who have experienced trauma. Learn how to respond and promote resilience for better outcomes now and throughout their lives.

Safe for our kids

Secretariat of National Aboriginal and Islander Child Care (SNAICC)

Culturally-safe healing approaches for Aboriginal children and young people who have experienced family violence is key to recovery. Using trauma-informed strategies, this training will help you to promote healing and healthy attachments in the young people in your care.

Working and walking together

Secretariat of National Aboriginal and Islander Child Care (SNAICC)

Build skills and develop culturally safe and healing approaches to the Aboriginal children and young people in your care. This training will help you understand the cultural context of your caring role, as well as providing practical methods to engage with those you care for.

Stream 4: Parenting for kinship and foster carers

Parenting solutions for carers

Anglicare Victoria

Join these learning circles to help you undertake your caring role with confidence. Over five sessions you will learn about the physical, emotional and developmental milestones in children and young people, equipping you with knowledge and strategies to enhance your parenting skills. This series focuses on providing you with practical solutions and support to make everyday challenges easier.

Advanced carers, enhanced care

Australian Childhood Foundation

Are you looking to advance your skills as a carer? This series of three sessions, with short webinars in between to strengthen your learning, provides a great opportunity to explore key topics in depth. The training is tailored to the needs of those attending, so sign up for this unique opportunity to gain knowledge and connect with other carers.

I Care 2

Berry Street Childhood Institute



The role of the sons and daughters of carers is often overlooked. This interactive session invites the whole family along which allows these key members of the carer family to explore their questions and concerns, as well as connect with others in carer families. It will provide awareness, empowerment and leadership opportunities for these vital young people.

Why do they do that?

Lancaster Consulting Australia

Understanding and responding to challenging behaviour. Everyone does what they do for a reason. This program will give insight into how behaviour can be understood as a form of communication. Set over two half-day sessions, it teaches skilled and positive ways to respond to children and young people when their behaviour concerns or challenges you following the research-based Positive Behaviour Support approach.



Laying the foundations: understanding child development 0-8 years

Centre for Community Child Health

This interactive online course consists of five modules and will equip you with a clear overview of child development from 0-8 years. You will learn about health, learning, development and wellbeing, which will assist you to understand and better relate to the children in your care.

Richard Rose: therapeutic parenting with the challenging child

Berry Street Childhood Institute

Richard Rose is a leading expert from the UK who has worked for many years with 'hard to reach' children and young people and developed innovative and creative ways of working. Come along to this one-off session to learn how to help those in care achieve their full potential.

Thinking Mind, Reptilian Brain

Australian Childhood Trauma Group

This workshop explores the importance of carers staying present in their thinking minds when children they are caring for are struggling to do so. Practical interventions will be shared and demonstrated.



Training Streams explained...

General Streams 1-4: Recommended that new foster and kinship carers attend at least two sessions from these streams each year and that experienced carers undertake sessions to update and refresh their learning.

Specialist Stream 5: for all kinship and foster carers. Carers can choose sessions from the specialist stream at any time.

Stream 5: Specialist topics for any interested foster or kinship carer

Family violence: the real impact on children

Children's Protection Society

This half-day session focuses on the trauma experience of family violence and how it impacts children and young people's development and behaviour. As a foster or kinship carer, you will practice managing difficult conversations and responding to challenging behaviour which may be related to family violence. You will also take home practical information on services to support those who've experienced family violence.

Mental health

Australian Childhood Trauma Group

Mental illness will affect most of us at some point in our life, either directly or indirectly. This session will introduce the symptoms, causes and treatments of mental illnesses such as Attention Deficit Hyperactivity Disorder (ADHD), Autism Spectrum Disorder, Fetal Alcohol Spectrum Disorders, depression and anxiety.

Sexuality and gender - introduction for carers

Minus18 Foundation

This session will equip you with the tools needed to understand and practically support young people's relationships, sexuality and gender identity. The presenters will offer research-based information, personal narratives and take-away resources to support kinship and foster carers in the complex endeavour of understanding gender and sexuality in all people as well as learning about specific strategies to respect and support LGBTI youth.

Understanding and responding to adolescent drug or alcohol use

YSAS (Youth Support & Advocacy Service)

Presented by the Youth Support and Advocacy Service (YSAS) this session is for carers of young people who are using alcohol or other drugs. You will gain insight into the attraction, use and effect of drug and alcohol use in young people. You will also be equipped with ways to recognise when a young person may be using substances and practice ways to be open and continue conversations about it. This session will help you provide support to the young people in your care, reducing risks and harms associated with alcohol and drug use.

Raising Expectations

Centre for Excellence in Child and Family Welfare

This 4 hour workshop gives kinship and foster carers practical strategies to encourage positive engagement to support young people in their learning. It is designed to assist carers to better understand trauma, its effect on behaviour and impact on learning.

Cyber safety basics for carers

OzChild Foster Care

Modern technology is a part of everyday life, along with its opportunities and risks. For children and young people under court orders, the need for awareness and support as online users is critical. This session will equip you with practical strategies based on OzChild's Cyber Safety manual which is aimed directly at kinship and foster carers.

Young people and technology

South Eastern Centre Against Sexual Assault

A broad introduction to the issues surrounding young people's use of technology including the internet and social media and risks of sexual exploitation or assault. Learn what behaviours might be the result of technology use and learn practical steps you can take for the safety and guidance of young people's use of digital devices. Current government legislation on pornography, sexting, consent and grooming informs the content of this session.

Understanding children and young people with autism

Lancaster Consulting Australia

This highly interactive workshop provides insight into how people with an Autism Spectrum Disorder understand and interact with their world. The workshop will provide concrete tools for supporting the child or young person in your care. This is a series of three sessions set over an initial two days, with a third 3-4 weeks later once you've had the opportunity to apply skills at home.

Caring for kids who have been sexually abused or have sexual behaviour problems

Gatehouse Centre, Royal Children's Hospital

Join other carers at this half-day session focused on caring for children and young people who have been sexually abused or have sexual behaviour problems. Learn to understand the physical and behavioural indicators of sexual abuse and normal vs problematic sexual behaviour in children and young people. This session will also cover how to respond to disclosures of sexual abuse and to problematic sexual behaviour.



Inquire about attending free sessions in your region. For more information and to book in to a session, see the Carer KaFÉ website and other contacts:

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