

# Foster & Family Carer Development Workshops

2021



## Enrolment is required please:

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

Phone: Foster Carer Learning - 08 9218-5500



Keep an eye out for this symbol, it means that the workshop is available via webinar. This means that you can link into this workshop from your own home.



## The year at a glance

Topic		Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov
Attachment & Developmental Trauma			✓		✓			✓	✓		✓
Bryan Post – Great Behaviour Breakdown	NEW					✓					
Breaking the Ice (Mental Health)	NEW							✓			
Bruce Perry – Neuro-Sequential Model	NEW								✓		
Caring for Aboriginal Children							✓			✓	
Caring for Aboriginal Children – Cultural Plans				✓							
Circle of Security (3 days)					✓					✓	
Concerning Sexualised Behaviours			✓			✓				✓	
Dan Hughes – 24 S's of Parenting	NEW					✓					
Education Panel	NEW		✓								
Emotion Coaching Strategies	NEW		✓								✓
eSafety					✓						
Foetal Alcohol Spectrum Disorder						✓					
Heartbeat Club – First Aid		✓	✓		✓		✓	✓	✓		
Introduction to Webinars	NEW	✓	✓	✓	✓	✓					
Leaving Care Planning	NEW					✓					
Legal Process for children in care			✓								
Legal Processes – Special Guardianship Orders	NEW					✓					
Men Who Foster									✓		
Managing Ourselves in times of crisis	NEW		✓								✓
No Drama Discipline, a closer look		✓					✓				
Pamper Day (female carers)					✓						
Positive Parenting Strategies	NEW		✓								
Protective Behaviours				✓						✓	
Safer Caring			✓						✓		
Self-regulation and Building Resilience	NEW			✓			✓			✓	
Sensory Based Regulation			✓					✓			
Stability and Connection Planning	NEW					✓					
Therapeutic Crisis Intervention - Refresher						✓					
Therapeutic Crisis Intervention (3 days)		✓		✓				✓			✓
Trauma & the developing brain		✓							✓		
What makes a good foster carer?					✓				✓		



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.

Bunuru  
February – March  
Hot easterly winds

School Holidays  
1<sup>st</sup> Jan to 31<sup>st</sup> Jan



## Term 1 – FEBRUARY

Friday – 5<sup>th</sup>, 12<sup>th</sup> & 19<sup>th</sup> February

Time: 9.30am to 2.30pm

Location: Port Kennedy

Presenter: Steven Jones / Zoie Caporn

*Must attend all three sessions to complete this course*

### Therapeutic Crisis Intervention System (TCI)

This three-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.

Tuesday – 9<sup>th</sup> February

Time: 4.30pm to 6.00pm

Location: **Webinar**

Presenter: Steven Jones



### 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 – 16<sup>th</sup> February

Time: 9.30am to 1.00pm

Location: Perth

Presenter: Isabell Georgiou

### 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 – 22<sup>nd</sup> February

Time: 9.30am to 2.30pm

Location: Keith Maine

Presenter: Isabell Georgiou



### A Closer Look at No Drama Discipline

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 – 25<sup>th</sup> February

Time: 10.00am to 1.00pm

Location: Mandurah

Presenter: Royal Lifesaving Society

### Heartbeat Club

The aim of the Heart Beat 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.

## Term 1 – MARCH

March / April

Location: **Webinars / Self-paced**

Webinars: 2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup> & 23<sup>rd</sup> Mar

Presenter: Isabell Georgiou

### The Impact of Attachment Disruption & Developmental Trauma

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.

## Term 1 – MARCH

Thursday – 4<sup>th</sup> March

Time: 9.30am to 1.00pm

Location: Armadale

Presenter: Wendy Prete - Wanslea



### 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.

Tuesday – 9<sup>th</sup> March

Time: 9.30am to 1.00pm

Location: Perth

Presenter: Carolyn Aylmore / Panel



### Education Panel

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 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.*

Thursday – 11<sup>th</sup> March

Time: 10.00am to 11.30am

Location: **Webinar**

Presenter: Isabell Georgiou



### Emotion Coaching Strategies

Emotional Intelligence is a key executive function that develops over time. Our children often struggle with understanding their feelings and how to express them appropriately and find it difficult to interpret and respond to the feelings of others. This webinar will cover the key concepts of emotional intelligence and provide you with a series of emotion coaching tools and strategies to help your child to develop their emotional competence in everyday life.

Tuesday – 16<sup>th</sup> March

Time: 10.00am to 1.00pm

Location: Keith Maine

Presenter: Toni Musiello

### 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.

Wednesday – 17<sup>th</sup> March

Time: 9.30am to 1.00pm

Location: Keith Maine

Presenter: Isabell Georgiou



### Managing ourselves in a time of crisis (carer regulation skills)

Caring for our children can sometimes be challenging, particularly when we find that our buttons get pushed and we feel like we are losing control and our minds! This workshop will give you the tools to help you better manage yourself in a time of crisis and help calm the chaos for you and your family.

Thursday – 18<sup>th</sup> March

Time: 10.00am to 11.30am

Location: **Webinar**

Presenter: Steven Jones



### 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 – 23<sup>rd</sup> March

Time: 10.00am to 1.00pm

Location: Joondalup

Presenter: Royal Lifesaving Society

### Heartbeat Club

The aim of the Heart Beat 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.

## Term 1 – MARCH

Thursday – 25<sup>th</sup> March

Time: 10.00am to 11.30am

Location: **Webinar**

Presenter: Isabell Georgiou



### Positive Parenting Strategies

Abuse, neglect, and trauma can lead to a variety of emotional and behavioural issues for children living in foster care. As carer's you need to consider the type of parenting experiences and discipline you provide. Children in care need positive parenting and discipline strategies that help them to learn to feel safe, connected and trust in their relationship with you. In this webinar, we will look at a whole range of positive parenting and discipline strategies that you can use in your day-to-day caring of your child, helping you to feel more confident in your parenting and further enhance the relationship between you and your child.

Tuesday – 30<sup>th</sup> March

Time: 10.00am to 1.00pm

Location: Perth

Presenter: Jessica Green (CAHDS)

### 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.

Wednesday – 31<sup>st</sup> March

Time: 10.00am to 11.30am

Location: **Webinar**

Presenter: Legal Services



### Legal Processes – Children in Care

Do you have questions about the legal process for children in care? Do you want to know more about this process, understand what orders are available, understand the terminology, and timeframes? Do you want to know the role of carers in these processes including when Special Guardianship Orders may be appropriate? Then you need to attend this workshop hosted by the CPFS legal team.

## 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: [fosterworkshops@communities.wa.gov.au](mailto:fosterworkshops@communities.wa.gov.au) Phone: 9218-5500





**Term 2 – APRIL**

**Monday – 19<sup>th</sup> April**  
**Time: 4.30pm to 6.00pm**  
**Location: Webinar**  
**Presenter: Steven Jones**



**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 – 20<sup>th</sup> April**  
**Time: 9:30am to 2:30pm**  
**Location: Armadale**  
**Presenter: Isabell Georgiou**



**Self-Regulation & 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.

**Tuesday – 20<sup>th</sup> April**  
**Time: 6.30pm to 9.30pm**  
**Location: East Perth**  
**Presenter: Carolyn Aylmore**

**Protective Behaviours**

Do you want to learn more about the Protective Behaviours Program and how to teach *Personal Safety* to children? We will explain why the program is important and introduce you to the *10 Protective Behaviours Strategies* and how you can help your child recognise when they are feeling unsafe and what they can do about it.

**Tuesday – 27<sup>th</sup> Apr, 4<sup>th</sup> & 11<sup>th</sup> May**  
**Time: 9.30am to 2.30pm**  
**Location: Keith Maine**  
**Presenter: Isabell Georgiou / Carolyn Aylmore**  
*Must attend all three sessions to complete this course*

**Therapeutic Crisis Intervention System (TCI)**

This three-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.

**Thursday – 29<sup>th</sup> April**  
**Time: 10.00am to 1.00pm**  
**Location: Armadale**  
**Presenter: Renee Ronan**



**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.

**Term 2 – MAY**

**Wednesday – 5<sup>th</sup> May**  
**Time: 10.00am to 1.00pm**  
**Location: Perth**  
**Presenter: CREATE Foundation**

**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.

## Term 2 – MAY

Thursday – 6<sup>th</sup>, 13<sup>th</sup> & 27<sup>th</sup> May

Time: 9.30am to 2.00pm

Location: Keith Maine

Presenter: Isabell Georgiou

*Must attend all three sessions to complete this course*

### Circle of Security **Limited to 12 attendees**

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® Parenting™ 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

Saturday – 8<sup>th</sup> & 22<sup>nd</sup> May

Time: 9.30am to 4.00pm

Location: East Perth

Presenter: Isabell Georgiou

*Must attend both sessions to complete this course*

### The Impact of Attachment Disruption & Developmental Trauma

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.

Saturday – 15<sup>th</sup> May

Time: 10.00am to 2.00pm

Location: Elizabeth Quay

Presenter: Various

### 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 40 people \*\***

Thursday – 20<sup>th</sup> May

Time: 10.00am to 1.00pm

Location: Perth

Presenter: Royal Lifesaving Society

### Heartbeat Club

The aim of the Heart Beat 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 – 25<sup>th</sup> May

Time: 10.00am to 11.30am

Location: **Webinar**

Presenter: Steven Jones



### 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!

Wednesday – 26<sup>th</sup> May

Time: 10.00am to 1.00pm

Location: Central

Presenter: To be confirmed

### 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 the Office's eSafety resources provided.

**Requires a minimum of 15 attendees**

## Term 2 - JUNE

Wednesday – 2<sup>nd</sup> June

Time: 10.00am to 11.30am

Location: **Webinar**

Presenter: Legal Services / FCA WA



### Legal Processes – Special Guardianship Orders

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? Then you need to attend this workshop hosted by the CPFS legal team, and the Foster Care Association.

Tuesday – 8<sup>th</sup> June

Time: 10.00am to 11.30am

Location: **Webinar**

Presenter: Isabell Georgiou



### Dan Hughes – 24 S's of Parenting

Attachment and trauma therapist, Dr Daniel Hughes, offers a guide to caregivers in how best to respond and care for children who have experienced neglect, abuse and multiple losses. Come join us as we explore the 24 S's of parenting, and how they can be incorporated into your 'parenting toolkit'.

Thursday – 10<sup>th</sup> June

Time: 10.00am to 1.00pm

Location: Central

Presenter: Specialist Child Protection



### 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.

Tuesday – 15<sup>th</sup> June

Time: 10.00am to 11.30am

Location: **Webinar**

Presenter: Toni Musiello



### 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 – 22<sup>nd</sup> June

Time: 10.00am to 1.00pm

Location: Central

Presenter: Specialist Child Protection



### Leaving Care Planning

Leaving the formal care system is a significant step for children in care, and often fraught with danger. This workshop will explore the process for leaving care, and some of the resources available to young people.

Thursday – 24<sup>th</sup> June

Time: 10.00am to 11.30am

Location: **Webinar**

Presenter: Carolyn Aylmore



### Therapeutic Crisis Intervention - Refresher

A refresher workshop for people who have previously completed the three-day TCI course and would like to refresh their skills.

Friday – 25<sup>th</sup> June

Time: 10.00am to 11.30am

Location: **Webinar**

Presenter: Isabell Georgiou



### Bryan Post – Great Behaviour Breakdown

Come join us as we explore what Bryan Post describes as the root cause of our children's problematic behaviours. In this webinar, we will share the effective tools and techniques he has developed to help you deal with some of the most challenging behaviours our children present with, such as lying, stealing, aggression, defiance and issues with transitions and daily life skills.

Monday – 28<sup>th</sup> June

Time: 4.30pm to 6.00pm

Location: **Webinar**

Presenter: Steven Jones



### Introduction to Webinars

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## Term 2 – JUNE

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

### Foetal Alcohol Spectrum Disorder

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.

## Term 2 - JULY

**Thursday – 1<sup>st</sup> July**  
**Time: 10.00am to 11.30am**  
**Location: Webinar**  
**Presenter: To be confirmed**



### Caring for Aboriginal Children

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

**Djilba**  
**August / September**  
Cold and rain decreasing

**School Holidays**  
**3<sup>rd</sup> July – 18<sup>th</sup> July**



## Term 3 - JULY

**Tuesday – 20<sup>th</sup> July**  
**Time: 10.00am to 1.00pm**  
**Location: Rockingham**  
**Presenter: Royal Lifesaving Society**

### Heartbeat Club

The aim of the Heart Beat 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.

**Thursday – 22<sup>nd</sup> & 29<sup>th</sup> July**  
**Time: 10.00am to 11.30am**  
**Location: Webinar**  
**Presenter: Isabell Georgiou**



### Self-Regulation & Building Resilience (2-part webinar)

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 some practical strategies and skills to help regulate your children and improve their resilience and overall social, emotional and mental wellbeing.



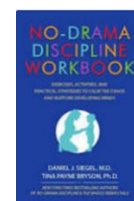
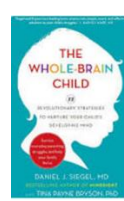
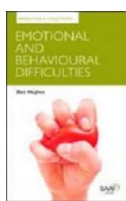
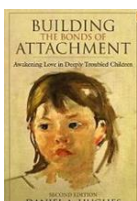
*Must attend both sessions to complete this course*

**Wednesday – 28<sup>th</sup> July**  
**Time: 9.30am to 2.30pm**  
**Location: Armadale**  
**Presenter: Isabell Georgiou**

### A Closer Look at No Drama Discipline

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.

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





## Term 3 - AUGUST

August / September

Location: **Webinars / Self-paced**

Webinars: 6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup> & 27<sup>th</sup> Aug

Presenter: Isabell Georgiou

### **The Impact of Attachment Disruption & Developmental Trauma**

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.

Thursday – 5<sup>th</sup> August

Time: 10.00am to 1.00pm

Location: Cannington

Presenter: Royal Lifesaving Society

### **Heartbeat Club**

The aim of the Heart Beat 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.

Monday – 9<sup>th</sup> August

Time: 10.00am to 1.00pm

Location: Mandurah

Presenter: Jessica Green (CAHDS)

### **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.

Saturday – 14<sup>th</sup> & 28<sup>nd</sup> Aug & 11<sup>th</sup> Sept

Time: 9.30am to 2.30pm

Location: East Perth

Presenter: Radha De Mel / Carolyn Aylmore

### **Therapeutic Crisis Intervention System (TCI)**

This three-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*

Tuesday – 17<sup>th</sup> August

Time: 10.00am to 1.00pm

Location: Midland

Presenter: Youth Focus



### **Breaking the Ice – Having a Conversation About Mental Health**

Youth Focus has been providing education programs for community, schools and workplaces to help foster awareness about the importance of good mental health and suicide prevention for the past 8 years. The *Breaking the Ice* workshop provides participants with an

- awareness of when things are starting to go wrong, and the confidence to do something about it; and
- awareness of, and the confidence to have a conversation with people who may be experiencing mental health challenges.

## Term 3 - SEPTEMBER

Thursday – 2<sup>nd</sup> September

Time: 10.00am to 11.30am

Location: **Webinar**

Presenter: Isabell Georgiou



### Bruce Perry – Neuro-Sequential Model of Therapeutics

Bruce Perry is a psychiatrist and neuroscientist, specialising in treating traumatised children. He and his team have developed the Neuro-Sequential Model of Therapeutics, which we will look at in this session and consider how it might help you understand and better meet the developmental needs of your child. Within the context of this model, we will explore Perry's *Regulate-Relate-Reason* approach and offer you suggestions of specific developmental and healing strategies.

Friday – 3<sup>rd</sup> September

Time: 6.30pm to 9.30pm

Location: East Perth

Presenter: Steven Jones

### Men Who Foster - Celebration

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

**\*\*\* Maximum 30 people \*\*\***

Thursday – 9<sup>th</sup> & 16<sup>th</sup> September

Time: 10.00am to 11.30am

Location: **Webinar**

Presenter: Wendy Prete



### Safer Caring (2-part webinar)

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.

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

Time: 9.30am to 2.30pm

Location: Keith Maine

Presenter: Isabell Georgiou

*Must attend all three sessions to complete this course*

### The Impact of Attachment Disruption & Developmental Trauma

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.

Tuesday – 14<sup>th</sup> September

Time: 9.30am to 1.00pm

Location: Armadale

Presenter: Isabell Georgiou

### 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.

Tuesday – 21<sup>st</sup> September

Time: 10.00am to 11.30am

Location: **Webinar**

Presenter: CREATE Foundation



### 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.

## Term 3 – SEPTEMBER

Wednesday – 22<sup>nd</sup> September

Time: 6.30pm to 9.30pm

Location: East Perth

Presenter: Royal Lifesaving Society

### Heartbeat Club

The aim of the Heart Beat 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.



**School Holidays**  
25<sup>th</sup> September – 10<sup>th</sup> October

**Kambarang**  
October – November  
Becoming warmer

## Term 4 - OCTOBER

Wednesday – 13<sup>th</sup>, 20<sup>th</sup> & 27<sup>th</sup> October

Time: 9.30am to 2.30pm

Location: Armadale

Presenter: Isabell Georgiou

*Must attend all three sessions to complete this course*

**\*\* Maximum 12 people \*\***

### 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® Parenting™ 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

Friday – 15<sup>th</sup> October

Time: 10.00am to 1.00pm

Location: Mandurah

Presenter: Lynette Myles

### 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.

Monday – 18<sup>th</sup> October

Time: 9.30am to 2.30pm

Location: Keith Maine

Presenter: Isabell Georgiou



### Self-Regulation & 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.

Thursday – 21<sup>st</sup> October

Time: 10.00am to 1.00pm

Location: Midland

Presenter: To be confirmed

### Protective Behaviours

Protective Behaviours Education is a proactive, holistic, whole community approach to teaching life skills to children. It teaches the children themselves language and principles of Protective Behaviour, which helps them identify unsafe situations, and arms them with the tools to either seek appropriate assistance or to protect themselves.

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.”

## Term 4 – OCTOBER

Monday – 25<sup>th</sup> October  
Time: 6.30pm to 9.30pm  
Location: East Perth  
Presenter: To be confirmed

### Caring for Aboriginal Children

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

## Term 4 - NOVEMBER

November / December  
Location: **Webinars / Self-paced**  
Webinars: 3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup>, & 24<sup>th</sup> Nov  
Presenter: Isabell Georgiou

### The Impact of Attachment Disruption & Developmental Trauma

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.

Monday – 1<sup>st</sup> November  
Time: 12.30pm to 2.00pm  
Location: **Webinar**  
Presenter: Isabell Georgiou



### Emotion Coaching Strategies

Emotional Intelligence is a key executive function that develops over time. Our children often struggle with understanding their feelings and how to express them appropriately and find it difficult to interpret and respond to the feelings of others. This webinar will cover the key concepts of emotional intelligence and provide you with a series of emotion coaching tools and strategies to help your child to develop their emotional competence in everyday life.

Friday – 5<sup>th</sup> November  
Time: 9.30am to 1.00pm  
Location: Rockingham  
Presenter: Isabell Georgiou



### Managing Ourselves in a Time of Crisis (Carer Regulation Skills)

Caring for our children can sometimes be challenging, particularly when we find that our buttons get pushed and we feel like we are losing control and our minds! This workshop will give you the tools to help you better manage yourself in a time of crisis and help calm the chaos for you and your family.

Friday – 12<sup>th</sup>, 19<sup>th</sup> & 26<sup>th</sup> November  
Time: 9.30am to 2.30pm  
Location: Keith Maine  
Presenter: Isabell Georgiou / Carolyn Aylmore

### Therapeutic Crisis Intervention System (TCI)

This three-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*

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**FOSTER CARE**

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

