



Foster Carer Development Workshops

2017

PLACE YOUR SELECTED WORKSHOP DATES
IN YOUR DIARY




Enrolment is required

*** Please enrol by either: ***

- Online: Complete the enrolment form online at www.dcp.wa.gov.au
- Posting: The completed enrolment form in the enclosed envelope
- Emailing: foster.workshops@cpfs.wa.gov.au
- Phoning: Foster Carer Learning on 9218-5500




You will receive a confirmation letter 2 weeks prior to the workshop.









This symbol means the workshop will be video conferenced – you may be able to attend at your CPFS district office.

Contact your local support worker and let them know you would like to attend so they can book the conferencing equipment and room






FEBRUARY



Tuesday 3 sessions	7 February 14 February 28 February	9.30a to 2.00p	Attachment & Impact of Trauma	Isabell Georgiou	Beechboro
<p>Session 1: Disruptions to a child's attachment and experiences of trauma changes a child's way of seeing themselves, adults and the world around them. The session provides an overview of the global impact of developmental trauma, particularly focusing on the challenges this brings for the child in their everyday life and in their relationships with others.</p> <p>Session 2: This session will focus on increasing your understanding of children's challenging behaviours and how best to respond and support your child. Various strategies will be explored to manage challenging behaviours while maintaining a positive relationship with the child. We will also work together to develop a personalised plan to help you help your child.</p> <p>Session 3: Let's look at how your plan is coming along. In this session we explore the benefits and challenges of implementing the plan developed in session 2. We will discuss alternatives and provide support to fine tune the plan</p>					
Thursday	16 February	10.00a to 1.00p	Heartbeat Club	Royal Lifesaving Society	Perth
<p>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.</p>					

Thursday	23 February	10.00a to 1.00p	Concerning Sexualised Behaviours	Lauren McKinnon	Midland
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	28 February	10.00a to 12.00p	 Caring for High Needs Infants 	Women & Newborn Drug & Alcohol Service	Armadale
This will be an interactive session for foster carers on caring for newborns that have experienced drug and alcohol in the womb. The session will explore withdrawal, managing high needs infants inclusive of a discussion around breast milk, KEMH support and community connection. (WANDAS is a specialist anti natal clinic at King Edward Memorial Hospital)					
MARCH					
Thursday 3 sessions	2 March 9 March 16 March	9.30a to 2.30p	Therapeutic Crisis Intervention System (TCI)	Steven Jones	Port Kennedy
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 "TCI actually works! Within two weeks it has helped me. My daughter actually asked this morning – are you going to learn some more good stuff for us?" S Brown – Foster Carer					
Wednesday	8 March	10.00a to 1.00p	 Signs of Safety (Introduction)	Jade Santa Maria	Midland
Overview of the Signs of Safety assessment framework and its' tools. Participants will be introduced to the range of tools used in this process, and how carers are able to participate in these processes.					
Tuesday	14 March	6.30p to 9.30p	 Protective Behaviours	Carolyn Aylmore	East Perth
How do you teach children to be wary of potential harm, without teaching them to fear, wrap them in cotton wool, or give them so much information that their innocence and wonder is in jeopardy? 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.					
Wednesday	15 March	10.00a to 1.00p	You are amazing! How do you let them go? (Grief & Loss)	Angela Hislop	Perth
Do people ask you how you cope when a foster child leaves your care? Come and join this interactive workshop and learn how to take care of yourself, your foster child and all other family members/friends when a child leaves your care. Understand more about the grief process and strategies to prepare for this. Whilst this is not specifically a therapeutic group, some self-reflection and expression may be shared and services to access will be provided					
Wednesday	22 March	10.00a To 1.00p	Heartbeat Club	Royal Lifesaving Society	Westminster
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 runs for three hours and covers first aid for common child injuries including burns and scolds, choking, drowning and provides information on how to perform child resuscitation or CPR. *** Maximum of 20 people for this venue ***					
Thursday	23 March	9.30a to 2.30p	 Play Therapy 	Donna Berry Play Therapy Australia	Fremantle
**** SPECIAL HANDS ON EVENT **** Don't miss this opportunity to learn how to use PLAY THERAPY at home for the benefit of your children, and family. This workshop will cover the basics of play therapy and prepare you to be able to use these techniques in your own home. **** LIMITED TO 20 PEOPLE ****					
Thursday	30 March	10.00a to 1.00p	 Legal Processes Children in Care  (What carers need to know)	CPFS Legal Team	Midland
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 come along to this workshop hosted by the CPFS legal team.					

APRIL

Tuesday	4 April	10.00a to 1.00p	 Masterclass Series Developmental Trauma 	Carolyn Aylmore	Midland
Continuing with our Masterclass series from 2016, this workshop will explore Developmental Trauma theory in more depth and its relevance to children in your care. We will discuss assessment, being trauma informed, and share creative strategies you can use at home to assist children to regulate.					
Wednesday	5 April	10.00a to 1.00p	Working with children from a Culturally & Linguistically Diverse (CaLD) background 	Radha de Mel	Armadale
It is important for us to understand the cultural factors that influence relationships and practices, so that we can deliver culturally appropriate, child-centred care. This workshop will discuss some basic principles of working effectively with children and families from CaLD backgrounds. It will help us to understand our own world view with regard to cultural diversity, and provide some strategies to meet the different needs of CaLD children in care, including strategies to deal with misunderstandings and conflict.					
Thursday	27 April	10.00a to 1.00p	Caring for Aboriginal Children A look at Noongar culture	Tracey Ninnette	Armadale
A look at the rich history of the South-West and the Aboriginal people from this area. In this session we will explore local custom, child-rearing practices, places of significance and stories of the people.					

MAY


Tuesday 3 sessions	2 May 9 May 16 May	9.30a to 2.00p	Bringing Up Great Kids ACF Parenting Programme	Carolyn Aylmore / Isabell Georgiou	Beechboro
The "Bringing Up Great Kids" parenting programme was developed for a wide range of parents including those who might be considered vulnerable or 'at risk'. The programme aims to support parents (carers) to review and enhance communication, promote respectful relationships, and encourage the development of children's positive self-identity.					
Saturday	6 May	10.00a to 3.00p	Pamper Day (Female Carers)	Various	Central Location
Looking after yourself is very important for carers. Come and be pampered! No crèche available The day includes lunch, relaxation, and other pampering options - limited to 20 people.					
Monday 3 sessions	22 May 29 May 12 June	9.30a to 2.00p	 Attachment & Impact of Trauma	Isabell Georgiou	Video Conference only
Session 1: Disruptions to a child's attachment and experiences of trauma changes a child's way of seeing themselves, adults and the world around them. The session provides an overview of the global impact of developmental trauma, particularly focusing on the challenges this brings for the child in their everyday life and in their relationships with others. Session 2: This session will focus on increasing your understanding of children's challenging behaviours and how best to respond and support your child. Various strategies will be explored to manage challenging behaviours while maintaining a positive relationship with the child. We will also work together to develop a personalised plan to help you help your child. Session 3: Let's look at how your plan is coming along. In this session we explore the benefits and challenges of implementing the plan developed in session 2. We will discuss alternatives and provide support to fine tune the plan					
Tuesday	23 May	10.00a to 1.00p	Heartbeat Club	Royal Lifesaving Society	Cannington
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.					
Wednesday	31 May	10.00a to 1.00p	eSafety Workshop 	Office of Children's eSafety Commissioner	Perth
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					

JUNE


Tuesday 3 sessions	6 June 13 June 20 June	9.30a to 2.30p	Therapeutic Crisis Intervention System (TCI)	Carolyn Aylmore	Joondalup
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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**


"TCI actually works! Within two weeks it has helped me. My daughter actually asked this morning – are you going to learn some more good stuff for us?" S Brown – Foster Carer

Thursday	8 June	10.00a to 1.00p	 Concerning Sexualised Behaviours	Lauren McKinnon	Video Conference only
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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.



Thursday	22 June	10.00a to 1.00p	Making Sense of Children's Behaviours 	Claire Orange (BEST)	Cannington
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As children grow and develop, their internal and external environments have a significant and lasting effect. As parents and carers we see the tip of the iceberg – the child's behaviour. But what comes before that? What leads to those behaviours and what can we do to help little and big children to develop their social, emotional and learning resilience and well-being? Let's explore the impact of trauma on the developing brain and the practical, every day strategies that help children to develop better and more functional ways to think, feel and behave.


Thursday	29 June	10.00a to 1.00p	SENSE-ational Mealtimes  (Making sense of fussy/picky eating, feeding issues & mealtime difficulties)	Gillian Griffiths	North Perth
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When children are reluctant or fussy eaters, mealtimes can be challenging, stressful and fraught with negative experiences. This session will help create mealtime harmony as you DISCOVER how to use useful information about a child's sensory experiences and feelings, and how to improve what your child enjoys eating. Join us and FIND OUT how smells, sights, sounds, types of touch, temperatures, textures, tastes and movements can affect how we feel and behave before, during and after mealtimes.

JULY

Tuesday	18 July	10.00a to 1.00p	 Masterclass Series The work of Dan Hughes & Jon Baylin 	Isabell Georgiou	Armadale
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Continuing with our Masterclass series from 2016, this workshop will explore the work of Dan Hughes & Jon Baylin, following their Australian tour. This workshop will focus on brain based, attachment focussed ways of working with traumatised children, and help you to develop strategies for you to use at home.

Thursday	20 July	10.00a to 1.00p	 Foetal Alcohol Spectrum Disorder	Telethon Institute	Central
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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 foetus, behavioural challenges for children and families and prevention and intervention strategies for parents and carers.

Tuesday	25 July	10.00a to 2.00p	Refresher – TCI System	Carolyn Aylmore / Isabell Georgiou	Central
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A refresher workshop for people who have previously completed the 3 day TCI course and would like to refresh their skills

Wednesday	26 July	10.00a to 1.00p	 You are amazing! How do you let them go? (Grief & Loss)	Angela Hislop	Video Conference only
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Do people ask you how you cope when a foster child leaves your care? Come and join this interactive workshop and learn how to take care of yourself, your foster child and all other family members/friends when a child leaves your care. Understand more about the grief process and strategies to prepare for this. Whilst this is not specifically a therapeutic group, some self-reflection and expression may be shared and services to access will be provided.

AUGUST

Tuesday 3 sessions	1 August 8 August 15 August	9.30a to 2.00p	Attachment & Impact of Trauma	Isabell Georgiou	Rockingham
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Session 1: Disruptions to a child's attachment and experiences of trauma changes a child's way of seeing themselves, adults and the world around them. The session provides an overview of the global impact of developmental trauma, particularly focusing on the challenges this brings for the child in their everyday life and in their relationships with others.

Session 2: This session will focus on increasing your understanding of children's challenging behaviours and how best to respond and support your child. Various strategies will be explored to manage challenging behaviours while maintaining a positive relationship with the child. We will also work together to develop a personalised plan to help you help your child.



Session 3: Let's look at how your plan is coming along. In this session we explore the benefits and challenges of implementing the plan developed in session 2. We will discuss alternatives and provide support to fine tune the plan

Wednesday 2 sessions	2 August 23 August	10.00a to 1.00p	 Signs of Safety (Using the Tools to help children) NEW	Jade Santa Maria	Midland
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This workshop will explore some of the tools of the Signs of Safety framework, and how carers are able to use these to help the children in their care. This is a 2 day workshop that will allow time in between to try some strategies at home.

Saturday 3 sessions	5 August 19 August 2 September	9.30a to 2.30p	Therapeutic Crisis Intervention System (TCI)	Carolyn Aylmore / Isabell Georgiou	East Perth
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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**

Wednesday	16 August	10.00a to 1.00p	 Safer Caring NEW	 Wanslea <small>with families for children since 1943</small>	Perth
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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. Presented by Wanslea Family Services www.wanslea.asn.au www.fosternow.com.au

Thursday	24 August	10.00a to 1.00p	 SENSE-ational Mealtimes (Making sense of fussy/picky eating, feeding issues & mealtime difficulties) NEW	Gillian Griffiths	Video Conference only
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When children are reluctant or fussy eaters, mealtimes can be challenging, stressful and fraught with negative experiences. This session will help create mealtime harmony as you DISCOVER how to use useful information about a child's sensory experiences and feelings, and how to improve what your child enjoys eating. Join us and FIND OUT how smells, sights, sounds, types of touch, temperatures, textures, tastes and movements can affect how we feel and behave before, during and after mealtimes.

Tuesday	29 August	10.00a to 1.00p	 Is it sensory? Is it behaviour, or both? Occupational Therapy's role! NEW	Dr Alma Dender	Perth
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Being able to tell the difference between sensory processing issues and behavioural issues and how the two inter-relate is not an easy prospect. If we make the mistake of only addressing one issue, or if we see the behaviours *only* as sensorial produced, or *only* a learned behaviour we may be using the wrong strategies to make life better for the child, care-giver and parent. There are a lot of factors to consider, and the frustration caregivers and parents experience is often a reflection of the inner chaos the child experiences. The role of the OT is to assist in the process of analysing the behaviour and responses of the child in collaboration with the caregiver.

SEPTEMBER

Friday	1 September	6.30p to 9.30p	Celebration – Men who Foster	Steven Jones	East Perth
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A time to share experiences, learn from other men involved in fostering, and enjoy an awesome dinner – **limited to 20 people**

Tuesday 3 sessions	5 September 12 September 19 September	9.30a to 2.00p	Building Children's Emotional Intelligence	Carolyn Aylmore / Isabell Georgiou	Cannington
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Human emotions are central for communication and connection. This course will use the resources from "Tuning in to Kids" parenting program to support carers to help teach their children how to understand & regulate their emotions, & develop emotional competence.

Wednesday	6 September	6.30p to 9.30p	Heartbeat Club	Royal Lifesaving Society	East Perth
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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.

Wednesday	13 September	10.00a to 1.00p	 Working with children from a Culturally & Linguistically Diverse (CaLD) background NEW	Radha de Mel	Midland
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It is important for us to understand the cultural factors that influence relationships and practices, so that we can deliver culturally appropriate, child-centred care. This workshop will discuss some basic principles of working effectively with children and families from CaLD backgrounds. It will help us to understand our own world view with regard to cultural diversity, and provide some strategies to meet the different needs of CaLD children in care, including strategies to deal with misunderstandings and conflict.

Thursday	14 September	6.30p to 9.30p	 Caring for Aboriginal Children	Katie Raftery	Joondalup
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Building confidence and knowledge of looking after Aboriginal children. Topics include: history, family systems, parenting, communication, cultural difference and education.

OCTOBER

Tuesday 3 sessions	10 October 17 October 24 October	9.30a to 2.00p	 Attachment & Impact of Trauma	Isabell Georgiou	Video Conference only
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Session 1: Disruptions to a child's attachment and experiences of trauma changes a child's way of seeing themselves, adults and the world around them. The session provides an overview of the global impact of developmental trauma, particularly focusing on the challenges this brings for the child in their everyday life and in their relationships with others.

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Session 3: Let's look at how your plan is coming along. In this session we explore the benefits and challenges of implementing the plan developed in session 2. We will discuss alternatives and provide support to fine tune the plan

Thursday	12 October	6.30p to 9.30p	Concerning Sexualised Behaviours	Lauren McKinnon	Armadale
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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	18 October	10.00a to 1.00p	 Supporting Home Grown Children		Midland
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Home grown children are an essential piece of the foster family puzzle, and support (or not) provided can make or break a placement. This workshop will explore the impact of fostering on home grown children, and look at how they can be supported for positive outcomes. Presented and hosted by Wanslea Family Services www.wanslea.asn.au

Thursday	26 October	10.00a to 1.00p	 Protective Behaviours	Holly-Ann Martin	Central
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How do you teach children to be wary of potential harm, without teaching them to fear, wrap them in cotton wool, or give them so much information that their innocence and wonder is in jeopardy? 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 PB's: "We all have the right to feel safe all of the time." "We can talk with someone about anything."

Tuesday	31 October	10.00a to 1.00p	 Masterclass Series The work of Bryan Post 	Isabell Georgiou	Midland
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Continuing with our Masterclass series from 2016, this workshop will explore the work of Bryan Post, and discuss the relevance of his work for foster cares, and children in care. This is an opportunity to look at this in more depth, and see how it can be used in your home.

NOVEMBER

Thursday	2 November	10.00a to 1.00p	You are amazing! How do you let them go? (Grief & Loss)	Angela Hislop	Rockingham
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Do people ask you how you cope when a foster child leaves your care? Come and join this interactive workshop and learn how to take care of yourself, your foster child and all others family members/friends when a child leaves your care.

Understand more about the grief process and strategies to prepare for this. Whilst this is not specifically a therapeutic group, some self-reflection and expression may be shared and services to access will be provided

Tuesday 3 sessions	7 November 14 November 21 November	9.30a to 2.30p	Therapeutic Crisis Intervention System (TCI)	Isabell Georgiou / Carolyn Aylmore	Beechboro
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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**