

## Welcome to PPSS June Newsletter



Welcome to our latest newsletter. We are proud to continue to bring you news of our upcoming training, events and groups and other programs for families formed through permanent care and adoption.

Read about our innovative *Parenting with Mindfulness* workshop on 23 June, developed specifically for permanent care and adoptive parents, where you can find out how to remain calm and centred within the whirlwind that can be parenting! Find out more about our forthcoming *Life Story Work* training, which we will be launching for the first time in July.

Have you ever thought about setting up a support group for permanent care and adoptive families or parents in your area? Read our article on sponsorship for play and other support groups and how we can help. And of course, don't miss the article on the first Journal Club hosted in Werribee.

You'll also find information on our recent consultation with the Department of Human Services around its *Future Directions in Permanent Care and Adoption* project, and our next consultation around *Stability Planning and Permanent Care*. And much, much more.

We hope to see you at one of our many upcoming events, very soon!

Jennifer Duncan – *Chief Executive Officer*

## PPSS – New Training, Life Story Work, July 23

Life story work means different things to different families. Have you created a book for your child that helps explain their story of how your family was formed? Would you like to learn how to use this as a therapeutic tool?



Meaningful life story work offers your child or young person the chance to “learn about themselves, their families and their past and dealing with emotions”. (Willis and Holland, 2009)

With an emphasis on life story work as a journey to understanding the past, the present and providing the resources to move on to the future, this four hour session offers participants:

- Current research and thinking on life story work and the role it takes in family life
- Shared learning, reflection and problem-solving
- A 'toolbox' of suggested strategies and activities
- The opportunity to explore, in a practical way, how to create and use life stories.

## Dates for your Diary

Thursday June 6  
8.00 – 9.30 pm  
**Journal Club, Collingwood**

Sunday June 23  
10.00 am – 4.00 pm  
**Parenting with Mindfulness**

Wednesday June 26  
10.00 – 11.30 am  
**NEW Journal Club, Werribee**

Thursday June 27  
7.30 – 9.30 pm  
**Let's Talk About School:  
Permanent Care and Adoption**

Thursday July 4  
8.00 – 9.30 pm  
**Journal Club, Collingwood**

Thursday July 18  
10.30am – 12.00pm  
**Consultation Forum; Your Say  
about Stability and Permanent  
Care**

Tuesday July 23  
6.30 – 10.30pm  
**Life Story Work**

Wednesday July 24  
10.00 – 11.30 am  
**NEW Journal Club, Werribee**

Wednesday July 24  
7.00 – 8.30 pm  
**Adult Adoptee Stories**

For information including venues and how to book your place, visit [www.ppss.org.au/event-calendar-all](http://www.ppss.org.au/event-calendar-all)

**Support Groups and Playgroups**  
Please visit our [website](http://www.ppss.org.au) for information on regular permanent care and adoption playgroups in all suburbs and regions

## Let's Talk About School, Permanent Care and Adoption

Thursday 27 June 7.30 - 9.30pm

Discussions centre around talking to your child's teacher/carer about permanent care and adoption and preparing your child for school, including ideas to skill them in answering adoption or permanent care related questions.

**Venue:** Anglicare, 41 Sommerville Rd, Yarraville

**Cost:** \$40.00 per adult, \$20.00 concession, \$60.00 for couples

All tickets incur 30cents trybooking fee

**RSVP:** <http://www.trybooking.com/CWGA>

Contact Lindy on 9020 1837 or [lindy@ppss.org.au](mailto:lindy@ppss.org.au) for further information.

All participants will receive the PPSS publication *Let's Talk: Helping Educators Understand the Implications of Adoption and Permanent Care* in the cost of registration.

## Sponsorship of Playgroups

*PPSS is offering sponsorship to new, developing or existing support groups for families formed through permanent care and adoption.*



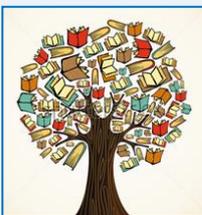
Have you been thinking that it would be great to have the opportunity to connect with other families formed through permanent care and adoption? Or perhaps you have been considering starting up a play group so that your children can mix with others from similarly-formed families?

PPSS can help. We recognise that families formed through permanent care and adoption have unique needs; and are keen to assist you in your efforts to establish or strengthen your support group. PPSS is offering sponsorship specifically for eligible groups run by and for permanent care and adoptive families. This sponsorship entitles groups to financial and other in-kind assistance which could be used for a variety of purposes such as running a family day to attract new members; hire of a community venue to run your group; or purchasing materials for activities. Being more connected to PPSS can mean that your group has better access to information, support, training and resources.

Find out more about the benefits of taking up this sponsorship opportunity by contacting Rita on 9020 1832 or email [rita@ppss.org.au](mailto:rita@ppss.org.au)

Also, check out our new information sheet, [Thinking of Setting up a Support Group?](#) for more tips on how to go about it.

## Our first Journal Club in Werribee



The inaugural meeting of the Werribee Journal Club gathered on Wednesday 22 May with 6 people in attendance.

Informal but in-depth discussions took place on the topic of contact

with birth parents. Regardless of whether participants had read the article or not, all felt comfortable to share their own experiences and to learn from each other. It was skilfully facilitated by volunteers with their own lived experience of raising children through permanent care and adoption.

The Werribee Library provided a very comfortable venue with a private room, kitchen facilities, and very easy parking. All welcome to attend the next meeting to be held on Wednesday 26 June at 10:00am.

## Adult Adoptee Stories

Join us in a relaxed and informal setting for the sharing of *Adult Adoptee Stories*. This evening gives participants the opportunity to hear young adults raised in Australia through adoption share their stories.

PPSS feels privileged that the speakers are willing to share aspects of their personal story in order to address participants' questions. In the spirit of mutual respect and engagement we request that questions be submitted by 5 July via <https://www.surveymonkey.com/s/NX5GN5X>

**Date/Time:** Wednesday July 24 at 7.00pm

**Location:** Flemington Community Centre, 25 Mt Alexander Rd, Flemington

**RSVP:** by July 19 <http://www.trybooking.com/42675>

**Cost:** Gold coin donation

## ***Future Directions in Permanent Care and Adoption***

On the evening of 1 May, the Post Placement Support Service, FCAV and the Centre for Excellence in Child and Family Welfare jointly hosted a consultation forum for parents and carers. With presentation from the Department of Human Services, the forum discussed DHS's 'Future Directions in Permanent Care and Adoption' project, which will propose reforms to the permanent care and adoption systems to ensure better integration across application and assessment processes and deliver more timely outcomes for children through permanent placement.

The event was booked out, with over 30 parents and carers in attendance. Discussion was lively and engaged, with parents and carers reflecting on how their experience of the system demonstrated opportunities for its improvement. Originally scheduled to run for an hour, formal discussions went on for 90 minutes with many more people still deep in conversation by the time we closed up the venue at the end of two hours. Key themes that emerged on the night were: the disjointed application and assessment processes across adoption and permanent care; the time delays between application and placement; and, post-placement support and the maintenance of services for children with specific needs.

Our thanks to everyone who attended. The DHS project is due to report in the second half of the year and we will keep you posted on its outcomes.

## **Parent and Carer Consultation - Stability Planning and Permanent Care**

PPSS is again partnering with the Department of Human Services, FCAV and the Centre for Excellence in Child and Family Welfare to host a consultation forum with parents and carers. This consultation, being held at 10.30 am on 18 July, will focus on the DHS Stability Planning and Permanent Care Project.

The Victorian government has committed \$3m over two years to undertake the Stability Planning and Permanent Care Project, which will identify barriers to permanent care and make recommendations that will improve the quality and timeliness of stability planning and permanency resolution for children. Permanent care parents, foster carers and kinship carers with experience of the permanent care system are invited to this forum to hear from DHS about the Project and discuss their own experiences of achieving timely, permanent care arrangements for the child(ren) in their care.

This is an important opportunity for parents and carers to provide DHS with advice and input regarding their experience of the system and shouldn't be missed.

**Time:** 10.30 am – noon (one and a half hours)  
**Date:** Thursday, 18 July  
**Location:** the Centre for Excellence in Child and Family Welfare, Level 5, 50 Market Street, Melbourne  
**RSVP:** close on 12 July and can be made at <http://www.trybooking.com/CVWM>

For further information or to RSVP by phone, please contact 9020 1833.



## **We need your feedback; Survey on PPSS Newsletter & Website**

Post Placement Support Service aims to offer services and activities that meet its members' needs and interests.

The PPSS external evaluation team is conducting a survey which focuses on the PPSS newsletter and website; they want to know what you value in these services and any suggestions you have which will make communication more interesting, engaging and informative.

Please login before 03 July 2013 to provide your feedback <https://www.surveymonkey.com/s/3D8FYG2>

## Mindful Parenting

### Parenting with Mindfulness

PPSS is very excited about our full day program exploring Parenting with Mindfulness.

Come along and join with other permanent care and adoptive parents for a day of learning, sharing and reflecting. Listen to guest speakers and panel members who utilise mindfulness when parenting.

Take the time to reflect on how mindfulness can fit with you and your family whilst enjoying the company of other parents.

**Date:** Sunday 23 June

**Time:** 10am – 4pm

**Venue:** CERES Van Raay Centre, East Brunswick

**Cost:** \$80.00 per person, \$45.00 concession  
Including morning tea, lunch and refreshments

**RSVP:** by June 14 <http://www.trybooking.com/CXNX>

**Further Details:** visit our [website](#)

*We hope you will join us for a day of fun and leave with a feeling of invigoration.*

### Our Program includes:

#### Introduction to Mindfulness – Liana Taylor

“Be Passionate, Be Present, Be Wise.”

What is mindfulness? How can it make a difference to your life and your relationships with others?

#### Parenting with Mindfulness – Lyn Benson

What does mindful parenting look like? What are the positives for parents and children? Practical information and tools.

#### Delicious Lunch at *The Merri Table*

#### Just For Dads – Timothy O’Leary

Explore how mindfulness can be a helpful tool for fathers. Look at how mindfulness has been adapted from traditional Eastern philosophies and incorporated into Western approaches to wellbeing and health.

- Concurrent -

**Parent Panel** - Listen to a panel of parents who practice mindfulness in their everyday lives. In small facilitated groups explore the benefits, challenges and practical strategies when using the state of mindfulness.

**Smiling Minds Presentation** Learn more about this unique free web and app-based program designed to bring balance to young people’s lives, helping them find a sense of clarity, calm and contentment.

### About our Speakers

**Liana Taylor** - Founder of the Mindfulness Centre in South Australia. Liana’s many roles include: Director, meditation teacher, MBCT teacher trainer, mentor and inspiring keynote speaker. *“I love the heart, depth and beauty that mindfulness-based programs can bring to life. I am passionate about cultivating wisdom and happiness, for all people.”* [www.mindfulnesscentre.com](http://www.mindfulnesscentre.com)

**Lyn Benson** - Counselling Psychologist and Family Therapist, Lyn has worked in her Melbourne private practice for 18 years. Lyn’s workshops “The Joy of Mindful Parenting” aims to help parents:

- Understand how to “be” in the present moment with themselves and their child
- Identify, understand and modify reactions to children’s behaviour
- Appreciate the art of peaceful parenting

[www.groupsforparents.com.au](http://www.groupsforparents.com.au)

**Timothy O’Leary** - a therapist and educator who incorporates a mindfulness approach in his work. He has trained in a variety of approaches that use mindfulness as a strategy to decrease stress levels and increase a sense of presence to the current moment, and to find peace in a busy world. Tim is a Social Worker, with a Masters degree in couples counselling and a Graduate diploma in infant mental health. [www.timothyoleary.com.au](http://www.timothyoleary.com.au)

**Smiling Minds** - is modern meditation for young people. The unique free web and App-based program is designed to help bring balance to young lives; creating happier, healthier and more compassionate young people. <http://smilingmind.com.au/>

## Public invited to join Past Forced Adoptions working group

The Minister for Community Services, Julie Collins, has called for expressions of interest from people who want to be part of a working group to help support those who have been affected by past forced adoption practices.

“We want to deliver the best possible support for those impacted by these practices, and by inviting members of the public to get involved and contribute their ideas and viewpoints, we know we can deliver better, more informed support,” Ms Collins said.

Initiatives include:

- improved access to specialist support services, peer and professional counselling and support records tracing for those affected by forced adoptions,
- development of guidelines and training materials to increase awareness of the issues relating to past forced adoptions among health professionals,
- development of a website and exhibition by the National Archives of Australia to record the experiences of those affected by forced adoption and increase awareness and understanding of these experiences in the community.

The invitation to submit an Expression of Interest for membership of the Past Forced Adoptions Implementation Working Group is available at [www.fahcsia.gov.au](http://www.fahcsia.gov.au).

Submissions close at 5pm on 10 June 2013. For more information, email [forcedadoptions@fahcsia.gov.au](mailto:forcedadoptions@fahcsia.gov.au)

## Recent Intercountry Adoption News

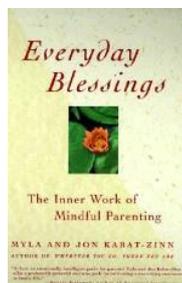
The Intercountry Adoption Service, Victoria, is excited to announce that they have received permission to join the Attorney General's Department on their upcoming delegation to Thailand, India and China. Fiona Fyffee from ICAS will accompany Peter Arnaduo from the Attorney General's Department on the delegation.

## Thank you!

PPSS is funded by grants from The William Buckland Foundation, The Collie Foundation, The Felton Bequest Committee and The Truby & Florence Williams Charitable Trust, which are managed by ANZ Trustees.

Donations enable PPSS to continue to deliver high quality programs in support of families formed through permanent care and adoption. [Please give](#). Donations over \$2.00 are tax-deductible.

## Book Review



### **Everyday Blessings: the inner work of mindful parenting** By Myla and Jon Kabat-Zinn

A very different kind of parenting book! *Everyday Blessings* is a powerful way of looking at and facing the challenges of parenting. Drawing upon the practice of mindfulness, it offers parents a series of meditations on various aspects of parenting; a guide to the inner work of mindfulness helping parents develop their own capacity to be more present; and to maintain balance and clarity of mind in the face of challenges.

In the words of the author, Myla, “Parenting mindfully helps me to see myself as well, and gives me a way to work with the difficult moments and the automatic reactions that arise so easily in me at such times, reactions that are often limiting, harsh, or destructive to my children’s well-being.”

This book gives us the unusual opportunity to share in the personal world of this family through both mother’s and father’s experience of practicing mindful parenting. To purchase this book visit <http://shop.ppss.org.au/prod848.htm>

## PPSS Partner Event – ACT Group Training

Go into the draw for **one free ticket** for an ACT Group Training event. PPSS are pleased to offer this ongoing opportunity on behalf of ACT group. Please click on each link below for individual training information.

[28/6 - What's so hard about going to sleep?](#)

[17/7 - Punishment vs Discipline - The Consequence of Consequences](#)

[26/7 - An Introduction to mental health](#)

To put your name in the draw to win the free place, phone **9020 1838** by 20<sup>th</sup> June 5pm. You will need to leave your name, contact number and preferred session.