



carer • KAFÉ

Kinship and Foster Care Education



RESTORING FAMILIES  
THERAPEUTIC CARE CONSULTANCY

## RESTORING THE BALANCE OF CARE ADOLESCENCE 12-18 YEARS

This program provides trauma informed support and intervention for carers of children & young people, with a strong focus on carer wellbeing. This program is delivered over three sessions. Each session is being held ONLINE via Zoom.

Presented by Kathryn Eberly and Lainie Terbogt who are Therapeutic Consultants with specialised qualifications & experience in Therapeutic Care, Developmental Trauma and Family Therapy.

Online Session 1:

**Tuesday 12th July  
6pm to 8pm**

### **Developmental Trauma: Putting the Pieces Together**

Putting together the impacts of trauma on children's thoughts, feelings and behaviours. You will be provided with a helpful framework for identifying and responding to the needs of children in your care.

Online Session 2:

**Tuesday 19th July  
6pm to 8pm**

### **Ages and Stages of Therapeutic Parenting**

Takes a closer look at key stages of development & important concepts of Therapeutic Parenting. You will be provided with a model for intervention and practical ideas that can be applied directly to the children in your care.

Online Session 3:

**Tuesday 26th July  
6pm to 8pm**

### **Restoring Caring**

Explores the joys and challenges you may face, providing tools to identify the signs of blocked care and vicarious trauma. This session will focus on both prevention and recovery from these experiences, providing strategies for self-care.

This is a three part program, it is encouraged that you attend all three sessions but it is not required that you attend all three. You will receive a certificate for the individual sessions you do attend.

**Please note that Carer KaFÉ can cover the cost of babysitting while you attend a Carer KaFÉ training session. You need to organise for an approved babysitter via your agency. This needs to be organised and approved by Carer KaFÉ at least one week prior to the training session.**

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

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 @carerkafe

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We acknowledge the Traditional Custodians of the land on which we work and live, and recognise their continuing connection to the land, water and community. We pay respect to Elders past, present and emerging.

