

WHAT'S ON IN JULY...

Winter is wellbeing time for carers... Carer KaFÉ are excited to launch a new Therapeutic Group that bring carers together to explore grief & loss and self-care & wellbeing.

Where did you go? Are you ok? (Online viz Zoom)

- Tuesday 19th July
- Tuesday 26th July
- Tuesday 2nd August
- Tuesday 9th August

These sessions are being held
ONLINE from 10am to 12pm

Join **FCAV** for this Therapeutic Group exploring grief & loss and carer self-care & wellbeing.

Each weekly session will explore a theme and provide an opportunity for discussion around grief and loss within the safety of a group environment. Connect with carers with shared lived experiences and also explore carer self-care and wellbeing.

It is encouraged that you attend all four sessions.

'How to Thrive' Round 2 starts in July....

Carer KaFÉ recently launched the 'How to Thrive' program dedicated to supporting the health and wellbeing of carers. We launched Round 1 in April are now in their final week of the program. We've been blow away by the difference in the carers who have been involved.

Their testimonials say it all as does this quote from one participant:

"We all crawled in here and now we're walking"
Statutory Kinship Carer

You can see testimonials and read more about their experience [HERE](#).

Round 2 starts in July. For more information and to register please click [HERE](#).

To help you get a better understanding of what the 'How to Thrive' program, we are hosting a VIRTUAL Screening of the 'How to Thrive' Film...

Thursday 14th July

12pm to 2.30pm

12pm – Introduction

12.15pm - Film Screening

1.45pm - Q&A session with carers from Round 1

2.30pm – Finish

Watch the film trailer [HERE](#).

Click [HERE](#) to register for the VIRTUAL screening of the 'How to Thrive' Film.



Our “Super Sunday” event will be held in Sunshine...

Sunday 24th July

10am – 3pm

Sunshine Motor Inn

608 Ballarat Road, Ardeer

Morning tea & lunch provided!

We will be running two learning & development sessions:

- * Navigating Support - NDIS, Medicare & Support Services
- * Restoring the Balance of Care



JOIN US FOR ONE OR BOTH SESSIONS. Bookings are essential so register [HERE](#).

Travel & babysitting support is available. This needs to be organised and approved by Carer KaFÉ at least one week prior to the event.

Hold My Hand – session for carers & their biological children (Dandenong)

Sunday 30th July

10.30am – 3pm

Artura Hotel Dandenong

5-17 Doverton Avenue, Eumemmerring

Hold My Hand supports the caring households with biological / permanent care children enhancing understanding and building resilience for a more harmonious home environment.

Hold My Hand brings both the parents who care for other children and their own biological or permanent care children together to explore the household challenges of caring & provide tips and strategies to help to overcome these as well as grow relationship and communication skills.

Strengthening Child Placements (Online via Zoom)

Day & Evening session available:

- **Thursday 25th July 10am - 12pm**
- **Tuesday 18th Aug 7pm - 9pm**

This workshop focuses on common behaviours of concern children in foster, kinship, & permanent care placements commonly exhibit. Learn how trauma & disrupted attachment can lead to these behaviours & hear practical strategies to connect, respond & manage challenging behaviour.

Carer KaFÉ has 30 ‘One Day’ delegate tickets to the ACF International Childhood Trauma Conference (31st July – 5th August)



FOURTH BIENNIAL
**International
Childhood Trauma
Conference**

31 July – 5 August 2022
Melbourne Convention & Exhibition Centre

For more information and to preview the conference program and speakers please click [HERE](#).

To register your interest to go into the ballot for a ticket please click [HERE](#)

Registrations close on Wednesday 6th July 2022.

REGISTER [HERE](#) FOR THESE UPCOMING SESSIONS!

For more information email: info@carerkafe.org.au Call 9416 4292 or text 0419 190 868