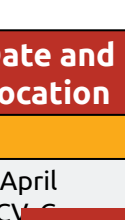


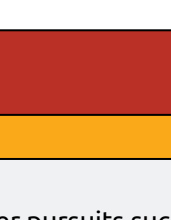
Key to event types



Podcast



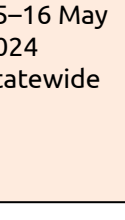
Face-to-face seminar/workshop



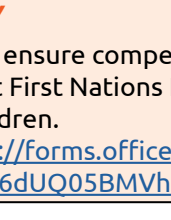
Online event

Date and Location	Event Type	Training/Education/Information	Registration Organisation
APRIL			
1. 1 April KCV, Carer KaFE websites	COMPLETED	KCV PODCAST #22 - THE BENEFITS OF HOBBIES & OTHER PURSUITS The benefits of engaging in hobbies such as gardening, knitting, painting, plus other pursuits such as learning a language and more. The reasons hobbies are so effective will be explored and suggestions will be made as to what hobbies work for carers.	Kinship Carers Victoria 0499 969 234
2. 28 April KCV, Carer KaFE websites	COMPLETED	KCV PODCAST #23 - THE IMPORTANCE OF QUALITY SLEEP This podcast builds further on previous podcasts focused on how sleep affects a person's wellbeing and presents more techniques and strategies on how carers can improve their sleeping habits and those of the young people in their care.	Kinship Carers Victoria 0499 969 234
MAY			
3. 2- 20 May Frankston	COMPLETED	TUNING INTO KIDS SESSION Eight sequential seminar programs for kinship carers on the subject of parenting, based on the Tuning into Kids program and the Triple J Program. This activity will empower participants to: <ul style="list-style-type: none"> • be better at talking with the children in their care • be better understand the children in their care • help the children in their care learn to manage their emotions • help prevent behaviour problems in children in their care • teach children in their care to deal with conflict. 	Oz Child Sue Gale 03 9695 2200
4. 16 May Reservoir	COMPLETED	FIRST AID FOR KINSHIP CARERS Each participant will be trained in providing first aid and CPR, and will receive a certificate to acknowledge this training. This activity will be conducted in one session with instruction from Victorian First Aid instructors. The activity will be conducted at the Vic First Aid training rooms in Epping.	Kildonan Uniting Care 03 8401 0100
JUNE			
5. 6 June Online	COMPLETED	INCLUSIVE EDUCATION STAR Victoria provides place-based, face-to-face and online workshops for parents and carers of children with additional learning needs. Participants learn about the supports available for children to experience an inclusive education and the benefits for the child and the community. These workshops respond to a community need for information for parents and carers who are unsure about the benefits of inclusive education and the supports available in classrooms to ensure children with additional needs are supported. Workshops can last up to two hours with time for small group dialogue and discussion as well as a plenary.	STAR Victoria Denise Boyd 03 9650 2730
6. 14 June Ballarat	COMPLETED	THE IMPORTANCE OF CARER WELLBEING This is a single day activity with two guest speakers and activities. These activities will enhance participants capacity to plan for their own wellbeing and to give it a priority amongst the competing pressures in their life. The participants will understand the importance of small practical measures they can take themselves.	CAFS 1800 692 237
7. 16 June Echuca	COMPLETED	FASD INFORMATION & SELF-REGULATION STRATEGIES WORKSHOP This training is designed to provide knowledge and strategies to enable carers to increase their knowledge of FASD (Foetal Alcohol Spectrum Disorder). The face-to-face training will help carers better understand the complexity and apply strategies to help care in different ways with children, adolescents, and adults. Register here: https://carerkafe.org.au/index.php?option=com_content&view=article&id=127	Njernda Aboriginal Corporation – Echuca Sharyn Kelly 0419 613 972
JULY			
8. 3 July Gippsland	COMPLETED	ALL ABOUT ME Through this program it is expected that carers will come to: <ul style="list-style-type: none"> • learn more about the origins of their own parenting style and how this knowledge is transferred and adapted to the kinship foster care arrangements • identify the important messages they want to convey to the children in their care, and how to achieve this • understand how the messages that children communicate to their carers • discover how to overcome some of the obstacles that are getting in the way of them being the kind of parent they would like to be • discover ways for carers to take care of themselves and to find support when needed • develop strategies to manage their parenting approach despite the mounting pressures on their time and role. 	Berry Street Gippsland Anita Webber 03 5134 5971
9. 3 July	COMPLETED	HOLD MY HAND A seminar for foster carers and their own biological children. The goals of the learning activity are: <ul style="list-style-type: none"> • for carers and their biological/permanent care children to identify their place in the family as a fostering family • for carers to understand what support and consideration need to be provided to their own children as they care for additional children in the system • understand communication strategies and emotion regulation • understand some of the challenges associated with fostering and provide tips and strategies for common issues; i.e. making special time for each child/sharing rules! • acknowledge the role the children of foster carers play in the fostering experience • understand more about 'yourself' as children of foster carers • address the practicalities associated with foster caring • create a safe space for all to be able to talk about the challenges of fostering. Register here: https://www.eventbrite.com/e/hold-my-hand-tickets-680671876907?aff=oddtcreator	Foster Care Assoc. of Vic. Deb Collard 0451 039 124
10. 11 July Gippsland	COMPLETED	ALL ABOUT ME Carers at this seminar will come to: <ul style="list-style-type: none"> • learn more about the origins of their own parenting style and how this knowledge is transferred and adapted to the kinship foster care arrangements • identify the important messages they want to convey to the children in their care, and how to achieve this • understand the messages that children communicate to their carers • discover how to overcome some of the obstacles that are getting in the way of them being the kind of parent they would like to be • discover ways for carers to take care of themselves and to find support when needed • develop strategies to manage their parenting approach despite the mounting pressures on their time and role. 	Anita Webber Berry Street Gippsland 03 5134 5971
11. 14 July	COMPLETED	CARING THRU ART This seminar will provide carers with an opportunity to learn about art therapy and gain additional tools to help them understand and provide ways of avoiding burnout or compassion fatigue. Two art therapy activities will be provided: <ul style="list-style-type: none"> • making your own worry beads and • creating a safe happy place with clay. 	Deb Collard / Tessa Hughes 0451 039 124
12. 18 July Shepparton	COMPLETED	FIRST AID FOR KINSHIP CARERS A single four-hour course about basic first aid, including CPR (cardio-pulmonary resuscitation) training.	Berry Street Hume Amy Mancini 03 5822 8100
13. 20 July KCV, Carer KaFE websites	COMPLETED	KCV PODCAST #24 – CARER LEARNING & DEVELOPMENT The importance of learning and development for carers	Kinship Carers Victoria 0499 969 234
14. 26 July Geelong	COMPLETED	WELLBEING FOR CARERS This is a single-day seminar with a keynote speaker/question period, followed by workshops. The seminar features clinical psychologist Dr Damon Ashworth who works with adults and adolescents with a wide variety of health concerns, including depression, anxiety, stress, fatigue, grief, substance abuse, adjustment relationship difficulties, communication difficulties, and sleep problems. The seminars will address the need for carers to take responsibility for their own wellbeing and show carers how to draft a personal wellbeing plan. The program will also focus on: <ul style="list-style-type: none"> • the secrets to building and maintaining resilience over time • the importance of approaching each day and week in a sustainable way • avoiding burnout as a carer. Register here: https://carerkafe.org.au/index.php?option=com_content&view=article&id=113	Carer KaFE 03 9614 1577
15. 26-27 July Statewide	COMPLETED	NIKARA'S JOURNEY Nikara's Journey will ensure competency with our carers on a cultural level so they have a greater understanding about First Nations Peoples and are better equipped to care for Aboriginal and Torres Strait Islander children.	VACCA 03 9287 8800
AUGUST			
16. 8 August Sunshine area	COMPLETED	NIKARA'S JOURNEY Nikara's Journey will ensure competency with our carers on a cultural level so they have a greater understanding about First Nations Peoples and are better equipped to care for Aboriginal and Torres Strait Islander children. Register here: https://carerkafe.org.au/index.php?option=com_content&view=article&id=110	Baptcare Jacqui Bance 0409 591 895
17. 14 August Statewide	COMPLETED	EARLY TRAUMA – THE INFANT'S EXPERIENCE An infant's experience of trauma is complex and relational where there are multiple incidents of grossly inadequate care and/or harm, and where this occurs in the context of the infant's early dependency relationships. Register here: https://carerkafe.org.au/index.php?option=com_content&view=article&id=122	Carer KaFE 03 9614 1577
18. 17, 18 & 24 August Statewide	COMPLETED	NOFASD Three-part webinar series for carers. This webinar will assist parents and carers to understand the challenges that children with FASD face in their journey. The webinar will: <ul style="list-style-type: none"> • outline what FASD is • help the participants respond to a child with FASD • provide strategies to support an individual with FASD • advise the participants where to go for more assistance and information 	Carer KaFE 03 9614 1577
19. 21 August Dandenong	COMPLETED	EDUCATION WORKSHOP The goal of the learning activity is to prepare carers to be more confident in dealing with schools and to have a better understanding of the purposes of schooling so that a strong carers/school partnership that is centred on the needs of the child can be forged. The seminars will address recurring issues arising through KCV and LOOKOUT networks and recently affirmed in discussions between KCV and the LOOKOUT Centres, namely: <ul style="list-style-type: none"> • How carers can negotiate the system from schools and beyond • How to raise concerns with the local school to get positive outcomes • Understanding the aspirations of the school system and matching them to the child's needs • The role of the LOOKOUT Centres • Where to go for additional education-related advocacy or support Register here: https://carerkafe.org.au/index.php?option=com_content&view=article&id=115	Carer KaFE 03 9614 1577
20. 23 August Ballarat	COMPLETED	WELLBEING FOR CARERS This is a single-day seminar with a keynote speaker/question period, followed by workshops. The seminar features clinical psychologist Dr Damon Ashworth who works with adults and adolescents with a wide variety of health concerns, including depression, anxiety, stress, fatigue, grief, substance abuse, adjustment relationship difficulties, communication difficulties, and sleep problems. The seminars will address the need for carers to take responsibility for their own wellbeing and show carers how to draft a personal wellbeing plan. The program will also focus on: <ul style="list-style-type: none"> • the secrets to building and maintaining resilience over time • the importance of approaching each day and week in a sustainable way • avoiding burnout as a carer. Register here: https://carerkafe.org.au/index.php?option=com_content&view=article&id=113	Carer KaFE 03 9614 1577
21. 23-24 August Statewide	COMPLETED	NIKARA'S JOURNEY Nikara's Journey will ensure competency with our carers on a cultural level so they have a greater understanding about First Nations Peoples and are better equipped to care for Aboriginal and Torres Strait Islander children.	VACCA 03 9287 8800
22. 28 August Statewide	COMPLETED	ADOLESCENT TRAUMA - What do children in care need to recover from relational trauma? Register here: https://carerkafe.org.au/index.php?option=com_content&view=article&id=126	Carer KaFE 03 9614 1577
23. 30 August KCV, Carer KaFE websites	COMPLETED	KCV PODCAST #25 – NUTRITION	Kinship Carers Victoria 0499 969 234
24. 31 August Geelong	COMPLETED	EDUCATION WORKSHOP The goal of the learning activity is to prepare carers to be more confident in dealing with schools and to have a better understanding of the purposes of schooling so that a strong carers/school partnership that is centred on the needs of the child can be forged. The seminars will address recurring issues arising through KCV and LOOKOUT networks and recently affirmed in discussions between KCV and the LOOKOUT Centres, namely: <ul style="list-style-type: none"> • How carers can negotiate the system from schools and beyond • How to raise concerns with the local school to get positive outcomes • Understanding the aspirations of the school system and matching them to the child's needs • The role of the LOOKOUT Centres • Where to go for additional education-related advocacy or support Register here: https://carerkafe.org.au/index.php?option=com_content&view=article&id=115	Carer KaFE 03 9614 1577
SEPTEMBER			
25. 6 September Shepparton	COMPLETED	WELLBEING FOR CARERS This is a single-day seminar with a keynote speaker/question period, followed by workshops. The seminar features clinical psychologist Dr Damon Ashworth who works with adults and adolescents with a wide variety of health concerns, including depression, anxiety, stress, fatigue, grief, substance abuse, adjustment relationship difficulties, communication difficulties, and sleep problems. The seminars will address the need for carers to take responsibility for their own wellbeing and show carers how to draft a personal wellbeing plan. The program will also focus on: <ul style="list-style-type: none"> • the secrets to building and maintaining resilience over time • the importance of approaching each day and week in a sustainable way • avoiding burnout as a carer. Register here: https://carerkafe.org.au/index.php?option=com_content&view=article&id=113	Carer KaFE 03 9614 1577
26. 13-14 September Dandenong	COMPLETED	NIKARA'S JOURNEY Nikara's Journey will ensure competency with our carers on a cultural level so they have a greater understanding about First Nations Peoples and are better equipped to care for Aboriginal and Torres Strait Islander children. Register here: https://carerkafe.org.au/index.php?option=com_content&view=article&id=110	OzChild Glenda Quinn 03 9212 5600
27. 14 September Ballarat	COMPLETED	EDUCATION WORKSHOP The goal of the learning activity is to prepare carers to be more confident in dealing with schools and to have a better understanding of the purposes of schooling so that a strong carers/school partnership that is centred on the needs of the child can be forged. The seminars will address recurring issues arising through KCV and LOOKOUT networks and recently affirmed in discussions between KCV and the LOOKOUT Centres, namely: <ul style="list-style-type: none"> • How carers can negotiate the system from schools and beyond • How to raise concerns with the local school to get positive outcomes • Understanding the aspirations of the school system and matching them to the child's needs • The role of the LOOKOUT Centres • Where to go for additional education-related advocacy or support Register here: https://carerkafe.org.au/index.php?option=com_content&view=article&id=115	Carer KaFE 03 9614 1577
28. 20 September Statewide	COMPLETED	CARER LONELINESS & ISOLATION - GRIEFLINE TWO SESSIONS ADDRESSING LONELINESS <ul style="list-style-type: none"> • Understanding loneliness and isolation – definitions and classifications • The experience of loneliness • Understanding the situational, psychological and cultural risk factors for loneliness • The connection between grief, loss and loneliness • De-stigmatising loneliness • Evidence-based approaches, tools and techniques that can be used to reduce loneliness Register here: https://carerkafe.org.au/index.php?option=com_content&view=article&id=130	Carer KaFE 03 9614 1577
OCTOBER			
29. 4 October Bendigo	COMPLETED	WELLBEING FOR CARERS This is a single-day seminar with a keynote speaker/question period, followed by workshops. The seminar features clinical psychologist Dr Damon Ashworth who works with adults and adolescents with a wide variety of health concerns, including depression, anxiety, stress, fatigue, grief, substance abuse, adjustment relationship difficulties, communication difficulties, and sleep problems. The seminars will address the need for carers to take responsibility for their own wellbeing and show carers how to draft a personal wellbeing plan. The program will also focus on: <ul style="list-style-type: none"> • the secrets to building and maintaining resilience over time • the importance of approaching each day and week in a sustainable way • avoiding burnout as a carer. Register here: https://carerkafe.org.au/index.php?option=com_content&view=article&id=113	Carer KaFE 03 9614 1577
30. 6 October KCV, Carer KaFE websites	COMPLETED	KCV PODCAST #28 - THE BENEFITS OF PLAY	Kinship Carers Victoria 0499 969 234
31. 17 October Geelong	COMPLETED	DIET AND NUTRITION This is a single-day seminar with a keynote speaker/question period, followed by workshops. The seminar features clinical nutritionist Nikki Valentini, who uses a holistic medicine approach to nutrition plus rigorous evidence-based research. The seminars will address such topics as: <ul style="list-style-type: none"> • the importance of diet & nutrition in overall wellbeing • nutrition and mood/behaviour • the role diet and nutrition play in relation to issues such as ADHD and autism • how our diet should change as we get older ... and more Register here: https://carerkafe.org.au/index.php?option=com_content&view=article&id=135	Carer KaFE 03 9614 1577
32. 20-21 October Statewide	COMPLETED	NIKARA'S JOURNEY Nikara's Journey will ensure competency with our carers on a cultural level so they have a greater understanding about First Nations Peoples and are better equipped to care for Aboriginal and Torres Strait Islander children. Register here: https://forms.office.com/Pages/ResponsePage.aspx?id=OxCqslKdyk-vptqNpyEMGTbUz3ERBHDJm5QloAf8D6dUQ05BMVhXOFZPOFRYUzRXWEVaUkxBOZHQSOLOQCN0PWcu	VACCA 03 9287 8800
NOVEMBER			
33. 3 November KCV, Carer KaFE websites	COMPLETED	KCV PODCAST #29 - CONTACT VISITS: PREPARING CHILDREN FOR THEM AND DEBRIEFING AFTERWARDS	Kinship Carers Victoria 0499 969 234
34. 17-18 November Statewide	COMPLETED	NIKARA'S JOURNEY Nikara's Journey will ensure competency with our carers on a cultural level so they have a greater understanding about First Nations Peoples and are better equipped to care for Aboriginal and Torres Strait Islander children. Register here: https://forms.office.com/Pages/ResponsePage.aspx?id=OxCqslKdyk-vptqNpyEMGTbUz3ERBHDJm5QloAf8D6dUQ05BMVhXOFZPOFRYUzRXWEVaUkxBOZHQSOLOQCN0PWcu	VACCA 03 9287 8800
35. 21 November Dandenong	COMPLETED	DIET AND NUTRITION This is a single-day seminar with a keynote speaker/question period, followed by workshops. The seminar features clinical nutritionist Nikki Valentini, who uses a holistic medicine approach to nutrition plus rigorous evidence-based research. The seminars will address such topics as: <ul style="list-style-type: none"> • the importance of diet & nutrition in overall wellbeing • nutrition and mood/behaviour • the role diet and nutrition play in relation to issues such as ADHD and autism • how our diet should change as we get older ... and more Register here: https://carerkafe.org.au/index.php?option=com_content&view=article&id=136	Carer KaFE 03 9614 1577
2024			
36. 13-14 March 2024 Statewide	COMPLETED	NIKARA'S JOURNEY Nikara's Journey will ensure competency with our carers on a cultural level so they have a greater understanding about First Nations Peoples and are better equipped to care for Aboriginal and Torres Strait Islander children. Register here: https://forms.office.com/Pages/ResponsePage.aspx?id=OxCqslKdyk-vptqNpyEMGTbUz3ERBHDJm5QloAf8D6dUQ05BMVhXOFZPOFRYUzRXWEVaUkxBOZHQSOLOQCN0PWcu	VACCA 03 9287 8800
37. 15-16 May 2024 Statewide	COMPLETED	NIKARA'S JOURNEY Nikara's Journey will ensure competency with our carers on a cultural level so they have a greater understanding about First Nations Peoples and are better equipped to care for Aboriginal and Torres Strait Islander children. Register here: https://forms.office.com/Pages/ResponsePage.aspx?id=OxCqslKdyk-vptqNpyEMGTbUz3ERBHDJm5QloAf8D6dUQ05BMVhXOFZPOFRYUzRXWEVaUkxBOZHQSOLOQCN0PWcu	VACCA 03 9287 8800

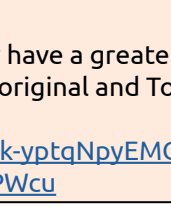
Key to event types



Podcast



Face-to-face seminar/workshop



Online event