

CARER TRAINING

September 2024–June 2025



My Forever Family NSW offers a range of training courses to help carers better support the children and young people who rely upon them. We have designed the training program using feedback from carers, adding more weekend and after-hours training in addition to our on-demand webinars and modules.

- All training is held online
- Each training topic will include multiple online sessions, held on weekdays and weekends

SESSION	DATE/TIME	DESCRIPTION
2024		
Loss and Grief for Children and Young People in Out-of-Home Care Facilitated By Fostering Growth	Tue 3 Sep 10am–11:30am	This training session will look at how children in care experience loss and grief and what we as carers can do to support them through it.
	Tue 10 Sep 6pm–7:30pm	
	Sat 14 Sep 10am–11:30am	
Advocacy Skills for Carers Facilitated By Fostering Growth	Wed 16 Oct 10am–12pm	This training session will discuss what advocacy is, ways to advocate, barriers to advocate, barriers, skills and resources needed for advocacy, support available for carers, navigating the OCC and legal requirements when advocating for children in care.
	Sat 19 Oct 10am–12pm	
	Wed 23 Oct 7:30pm–9:30pm	
2025		
It's Time We Talked Facilitated By Maree Crabbe	Sat 1 Feb 10am–11:30am	This session will discuss how sex is conveyed in mainstream pornography. It will also help carers to promote understandings to the young people in their care of gender and sex that are based on concepts such as mutual respect, equality, communication and consent.
	Tue 11 Feb 7:30pm–9pm	
	Thu 13 Feb 10:30am–12pm	
Connecting with Teens Hurt by Relational Trauma Facilitated By Gail McCabe Johnston	Tue 11 Mar 10am–12:30pm	This workshop will explore an understanding of the biological, social and emotional drivers of adolescence that can help us navigate this journey with them and find a way to empathise and connect. It will look at emotional coaching and trauma informed parenting tools and principles to support our relationships with them.
	Tue 11 Mar 6:30pm–9pm	
	Sat 15 Mar 10am–12:30pm	
Recognising Burnout and Compassion Fatigue Facilitated By Trinh Ha	Sat 5 Apr 10:30am – 12:00pm	This session will discuss burnout and how we can recognise it. It will explore compassion fatigue, strategies to relieve burnout and why we care for children with trauma.
	Tue 8 Apr 7:00pm–8:30pm	
	Thu 10 Apr 10:00am–11:30am	
The Impact of Trauma on Child Development Facilitated By Continuum Consulting	Tue 3 Jun 10am–11am	This training event explores the significant effects of trauma on the developmental processes and outcomes in children.
	Wed 4 Jun 7pm–8pm	
	Sat 14 Jun 10am–11am	

All training times are subject to change. Please register for a training session via the [Training Calendar](#).

Carers can also access further pre-recorded training and webinars via the [Carer Portal](#).

Please contact training@myforeverfamily.org.au or call 1300 782 975 for any enquiries.



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