



2022 Training Calendar

Youth Care training facilitators are highly experienced, skilled and knowledgeable in delivering quality training to equip our carers with the knowledge and skills required to provide quality care for children.

You'll immediately begin learning and gaining ability and knowledge that assists you to meet the individual needs of the young person/s in your care.

Youth Care Facilitators will prepare you for your role as a Carer ensuring you have the skills and knowledge to assist you throughout the journey of caring for children.

You will benefit personally and professionally developing the skills to tackle challenging situations.

Our training sessions are scheduled to support your availability to attend.

*Carers are required to complete 2 x core Workshops bi-annually
Core Workshops – Therapeutic Crisis Intervention (TCI) and Response Ability Pathways (RAP)
Childcare First Aid Training must be completed every three years (CPR component annually)*

COVID-19 GOVERNMENT DIRECTIONS AND RESTRICTIONS WILL BE FOLLOWED IN LINE WITH THE MOST CURRENT NSW HEALTH ADVICE. CHANGES TO THE CALENDAR MAY BE MADE IN LINE WITH THESE UPDATES. WE WILL EMAIL TO ADVISE OF ANY CHANGES.

PARKING FACILITIES: The closest parking for over 2 hours is off Budgen Lane / Commercial Rd. PLEASE NOTE that the Federal Hotel and 80 Main St shops is private parking and should not be used while visiting Youth Care UPA.

MORNING TEA/LUNCH IS PROVIDED at most sessions. Please advise if you have any special dietary requirements.

Youth Care Services UPA - Training Sessions Timetable – 2022
Shop 9/75 Colonial Arcade, 75 Main Street, Alstonville NSW 2477

Online Training Available

<p>Online - ongoing Contact Louise Lama 02 6620 4400 for enrolment details</p>	<p>Shared Lives Foster Care Training My Forever Family</p>	<p>ZOOM Access</p>	<p>These training sessions are designed to provide information on becoming a foster carer, what is involved in taking on a foster child and preparing prospective carers for the role of fostering.</p>
<p>Online - ZOOM Access Required Facilitator: Megan Spencer Date: TBA</p>	<p>Successful Stress</p>	<p>9:30am – 12:30pm</p>	<p>“We can’t pour from an empty cup”. Prioritise your wellbeing and learn how to deal with stress in a healthy way. This relaxed information session will balance learning delivery with content and experiences.</p>
<p>Online recorded session Anytime</p>	<p>Autism Spectrum Disorder (ASD) This link contains extensive information around children/adolescents identified with ASD. There is also a video tab with a range of videos. https://raisingchildren.net.au/autism</p>	<p>Anytime</p>	<p>According to Autism Spectrum Australia (2018), the prevalence of Autism Spectrum Disorder (ASD) in Australia is 1 in 70 people. Individuals identified as having ASD have a distinctive and beautiful way of perceiving and interacting with the world. Given the right environment and skill building opportunities, children, and young people with ASD can capitalise on their unique attributes, to build mastery and independence. This training provides an overview of the key features of ASD and key support considerations.</p>
<p>April 2022</p>	<p>Training Session</p>	<p>Time</p>	<p>About this training</p>
<p>(Postponed) TBA Monday 4th April 2022 Facilitator: Megan Spencer</p>	<p>Circle of Courage and Dream Circle</p>	<p>9:00am – 3:30pm</p>	<p>The circle of courage integrates Native American philosophies of child-rearing, the heritage of early pioneers in education and youth work, and contemporary resilience research. The Circle of Courage is based on four universal growth needs of all children: belonging, mastery, independence, and generosity. They reflect universal truths about valuing people and are validated by an emerging science of positive development and brain research. It is a strength-based approach to support our youth. Our shared goal is to CONNECT-CLARIFY-RESTORE.</p> 
<p>Tuesday 26th April 2022 Facilitator: Craig Nolan</p>	<p>First Aid + CPR (Core Unit)</p>	<p>8:30am - 4:30pm</p>	<p>This training session enables participants to confidently manage emergency situations and provide a first aid response to a casualty and update CPR skills.</p>
<p>June 2022</p>	<p>Training Session</p>	<p>Time</p>	<p>About this training</p>
<p>Monday 6th June 2022 Facilitator: Megan Spencer</p>	<p>Components of Behaviour</p>	<p>9.30am - 1pm (3.5 hrs)</p>	<p>Components of behaviour – training in person</p>

<p>Wednesday 8th & Thursday 9th June 2022 (TBC) Facilitator: TBA</p>	<p>Response Ability Pathways (RAP) (Core Unit)</p>	<p>9:30am – 3:00pm</p>	 <p>The circle of courage integrates Native American philosophies of child-rearing, the heritage of early pioneers in education and youth work, and contemporary resilience research. The Circle of Courage is based on four universal growth needs of all children: belonging, mastery, independence, and generosity. They reflect universal truths about valuing people and are validated by an emerging science of positive development and brain research. It is a strength-based approach to support our youth. Our shared goal is to CONNECT-CLARIFY-RESTORE.</p>
<p>Tuesday 14th, Wednesday 15th & Thursday 16th June 2022 Facilitators: Cait Fletcher-Jones & Melina Purcell</p>	<p>Therapeutic Crisis Intervention (Core Unit)</p>	<p>9:00am – 3:30pm</p>	<p>Therapeutic Crisis Intervention acknowledges crisis as an opportunity to learn constructive ways to manage stressful situations. Through understanding of the Stress Model of Crisis and skills for building co-regulation crisis can be managed, de-escalated, or prevented</p>
<p>July 2022</p>	<p>Training Session</p>	<p>Time</p>	<p>About this training</p>
<p>Wednesday 6th & Thursday 7th July 2022 Facilitator: Trent Chapman, Prevent Consultants</p>	<p>Mental Health First Aid (MHFA)</p>	<p>9:00am – 4:00pm</p>	<p>This course teaches adults how to assist adolescents who are developing a mental health problem or are in a mental health crisis. Course participants learn about adolescent development, the signs, and symptoms of the common and disabling mental health problems in young people. Where and how to get help when a young person is developing a mental illness, what sort of help has been shown by research to be effective and how to provide first aid in a crisis.</p>
<p>September 2022</p>	<p>Training Session</p>	<p>Time</p>	<p>About this training</p>
<p>Monday 5th September 2022 Facilitator: Megan Spencer</p>	<p>Proactive Strategies (visuals) Workshop in Person</p>	<p>9.30am - 12:00pm</p>	<p>Proactive strategies (visuals)</p>
<p>Friday 9th September 2022 (TBC)</p>	<p>Annual Carers' Dinner</p>	<p>6:00pm – 10:00pm</p>	<p>A celebration held in honour and gratitude for our valued Foster Carers. Those who help them be all they can be. Childcare and activities are provided to ensure a relaxing and enjoyable evening for our carers.</p>
<p>October 2022</p>	<p>Training Session</p>	<p>Time</p>	<p>About this training</p>
<p>Tuesday 25th, Wednesday 26th & Thursday 27th October 2022 Facilitators: Tracey Anderssen, Melina Purcell & Cait Fletcher-Jones</p>	<p>Therapeutic Crisis Intervention (TCI) (Core Unit)</p>	<p>9:30am – 3:30pm</p>	<p>Therapeutic Crisis Intervention acknowledges crisis as an opportunity to learn constructive ways to manage stressful situations. Through understanding of the Stress Model of Crisis and skills for building co-regulation crisis can be managed, de-escalated, or prevented</p>

November 2022	Training Session	Time	About this training
<p>Wednesday 9th & Thursday 10th November 2022 (TBC) Facilitator: TBA</p>	<p>Response Ability Pathways (RAP) (Core Unit)</p>	<p>9:30am – 3:00pm</p>	<p>The circle of courage integrates Native American philosophies of child-rearing, the heritage of early pioneers in education and youth work, and contemporary resilience research. The Circle of Courage is based on four universal growth needs of all children: belonging, mastery, independence, and generosity. They reflect universal truths about valuing people and are validated by an emerging science of positive development and brain research. It is a strength-based approach to support our youth. Our shared goal is to CONNECT-CLARIFY-RESTORE.</p>  <p>The diagram is a circular graphic divided into four quadrants, each with a different color and text. The top-left quadrant is blue and labeled 'Belonging' with the text 'A sense of community, loving others, and being loved'. The top-right quadrant is red and labeled 'Mastery' with the text 'Competence in many areas, confidence, self-esteem, self-respect, self-worth, self-empowerment, push your own capacity'. The bottom-left quadrant is yellow and labeled 'Independence' with the text 'Making one's own decisions and being responsible for them or success, setting one's own goals, discipline, one's self'. The bottom-right quadrant is green and labeled 'Generosity' with the text 'Looking forward to being able to contribute to others, be able to give, shared things to others'.</p>
December 2022	Event	Time	About this event
<p>Sunday 4th December 2022 Macadamia Castle, Knockrow</p>	<p>Youth Care Services UPA Annual Christmas Party</p>	<p>11:00am – 2:00pm</p>	<p>Annual Christmas Party celebration for our Foster Care children and carers. A time to come together for the festive season and celebrate together.</p>
<p>External Training Available - Optional</p>			
<p>My Forever Family</p>	<p>My Forever Family have several free training sessions throughout the year. There are various subjects of interest for Carers. https://www.myforeverfamily.org.au/events</p>	<p>If you undertake one of these trainings, please forward your certificate / confirmation of attendance to youthcare@youthcareupa.org so we can add this to your training portfolio.</p>	