

# BIO-CHILD TRAINING & EDUCATION

## Coping With The Challenges of Fostering



### Coping With The Challenges of Fostering

This course aims to help children and young people cope with the challenges faced after becoming a Foster family. Fostering can be challenging for all members of the family and issues may arise that may not have been expected.

Children and Young people often struggle with issues such as a loss of privacy, less time with their parents or having to sacrifice favourite activities.

Participants will learn tools and strategies to help them cope and manage their emotions.

This program will be loosely structured to ensure all participants are able to bring up any issues they are experiencing. Story sharing is encouraged to help reduce feelings of isolation.

**This course is suitable for those 6 to 9 months in to their fostering journey.**

The course will provide participants with opportunities to:

- Share their stories;
- Participate in discussions on how situations can be handled;
- Learn skills to identify emotions such as anger and resentment and tools and strategies on how to manage them;
- Learn effective communication skills; and
- Learn basic mental health and wellness strategies.

#### FURTHER INFORMATION

##### **Location:**

Courses can be delivered across various locations within New South Wales.

##### **Time and Dates:**

Refer to training calendar

##### **Cost:**

\$225 pp (inc Refreshments & Lunch)

##### **Bookings:**

Call 02 9899 6006 or 0452 117 660

or email: [wendy@fostercareangels.org.au](mailto:wendy@fostercareangels.org.au)

Separate courses are run for children aged 7 to 11 years and those aged 12 and over. This is to ensure appropriate content and strategies are provided to participants.



# Foster Care Angels