

BIO-CHILD TRAINING & EDUCATION

Managing Expectations of Fostering



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Often people get a picture in their heads of what they expect something to be. However, most times the reality is quite different to what they would have imagined. This may cause young people to experience a range of emotions that they may not understand or know how to work through.

This course aims to help young people explore how their experiences differ to their expectations, what emotions they are feeling and different ways they can express and work through those emotions. Participants will also learn tools and strategies to help them cope and ask for assistance in a positive way.

This course will be loosely structured to ensure all participants are able to bring up any issues they are experiencing.

This course is suitable for those who have recently been joined by a foster sibling.

This course will provide participants with opportunities to:

- Share their stories;
- Participate in discussions on how situations can be handled;
- Learn skills and techniques to help manage emotions;
- Learn how to communicate feelings for positive results; and
- Discuss and develop strategies for a positive fostering experience.

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

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