



Peer Connection

PCAF members have access to professional guidance and support services designed to help your family thrive.

We at PCAF, understand the unique joys and challenges faced by families formed through permanent care, kinship care, and adoption. Our comprehensive support services are designed to foster connections, offer therapeutic counselling, and provide a platform for sharing experiences. [As a member, you have access to the following support Services:](#)

Counselling and Support:

- **CAP (Carer Assistance Program):** Members receive up to three personalised counselling sessions with Jake, our experienced counsellor specialising in mental health and wellbeing, tackling issues from grief to anxiety. Access this bespoke support through a straightforward self-referral process.

Peer Support:

- **Share & Connect:** Every other Thursday evening, join other parents and carers to share your journey in a safe and supportive space. Sessions are online or in-person. Sign up on our events page.
- **Click & Connect:** Monthly Wednesday sessions from 12 pm to 1 pm, offering a chance to discuss topics relevant to your family's journey, facilitated by a PCA Adviser. Online and easy to join through pre-registration.
- **Let's Connect:** Casual meet-ups for sharing and support, guided by an advisor and a peer with lived experience. Check our events page for upcoming dates and details.

Shape your community:

Your voice matters in our community. If you're inspired to lead a new support group, we're here to back you with all the resources you need. Your suggestions for peer support topics are also welcomed; they help us tailor our services to better meet your needs. Reach out at info@pcafamilies.org.au with your ideas.

Visit our [website here](#) for more on how to become a member and benefit from these programs.