

# OurSPACE WA

## Foster and Family Care Support Service

### What is OurSPACE WA?

OurSPACE WA is a free state-wide counselling, therapeutic consultation and support service for Department of Communities foster and family carers who are feeling under stress or requiring some extra support. The program provides culturally responsive, trauma-informed support to empower you to understand and meet the needs of the children in your care. OurSPACE WA also provides confidential counselling to carers around their own personal issues and stress.

We know that children and young people living in foster and family care have often experienced significant trauma in their young lives. As a result, they can sometimes behave in ways that are challenging or difficult to understand and this can be stressful for you, as their carer.

These behaviours can often feel overwhelming for both you and your children. It is not easy for children to change these behaviours. We can offer specialist support to help you understand how trauma has affected your children's thinking, feelings and behaviour and provide you with strategies that will help. We can also provide you with reassurance and support to know you're on the right track. Difficulties dealing with other people involved in your child's life can add extra stress. OurSPACE WA can help you and your children by communicating with others involved in their lives, to support a shared understanding and consistency across services and settings.

COVID-19 has added a range of worries, uncertainty and pressures to our lives. We understand that this may be causing additional stress and challenges for your family.

This is where OurSPACE WA can help.



### How do we help?

OurSPACE WA can provide you with telephone or videocall counselling and support. This easy to access support can help you to understand more about your children's needs as well as receive specific strategies that may help strengthen the relationship between you and your children over time.

OurSPACE WA staff can attend case meetings as well as meetings with other professionals who are involved in supporting you and your child.

OurSPACE WA also provides counselling for personal issues which can help you to process experiences of loss or change, reduce stress, gain confidence, and improve your quality of life and sense of wellbeing. This service is completely confidential.

# OurSPACE WA



The program has a Senior Aboriginal Counsellor who can provide culturally safe and responsive support for Aboriginal children and families.



**Our counsellors can provide one off or up to 8 sessions over the phone or by videocall with you. Some face to face sessions can be negotiated in the Perth metropolitan area, depending on your needs and the capacity of the service.**



Our**SPACE** WA seeks to support carers to provide **S**afe, **P**redictable, **A**daptive, **C**onected and **E**mpowered placements.

## How can you get in touch?

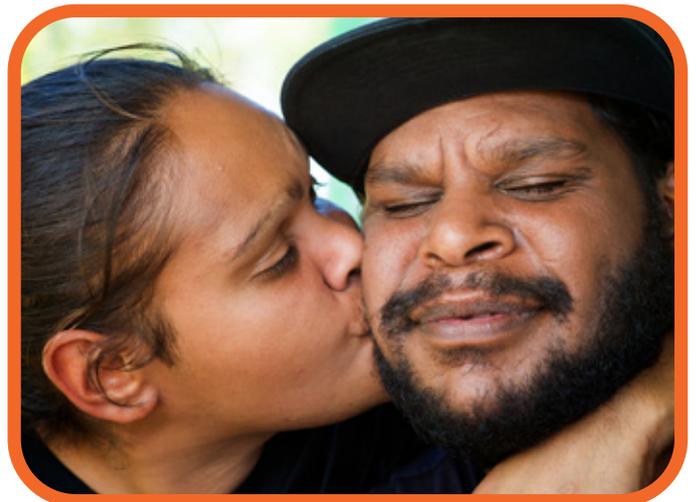
You can phone OurSPACE WA Monday to Friday between 9am – 5pm (excluding public holidays).



**Please call us on 1300 381 581**



**Or email us at [ourspacewa@childhood.org.au](mailto:ourspacewa@childhood.org.au)**



## Who is the Australian Childhood Foundation?

The Australian Childhood Foundation is a not for profit organisation that has been providing trauma responsive counselling services for children, young people, their carers and families for over 30 years.

OurSPACE WA is a pilot program that has been made possible through the support of the Department of Communities and will run until November 2021.



**Australian Childhood Foundation**