

P I F A



**Autumn Newsletter
2010**

The 2010 'Bling it on again Ball'

PIFA is following the success of last year's successful Bling Ball with a 'Bling it again Ball on the 21st August 2010 at the Four Seasons Hotel; 7.00pm for 7.30pm

BOOK NOW

10% Early Bird Discount if you book & pay before 1st July 2010

Name: _____

Address: _____

P'code: _____

Phone: Mobile: _____

Book me _____ tickets for the Bling it Again Ball @ \$150 per person *

■ Please seat me with _____

Book table of 10 for the Bling it Again Ball @ \$1,500

Table Name _____

Please accept my donation of \$ _____

Please **charge my credit card** \$ _____

Amex Visa Mastercard No: _____

Expiry ____/____

Card Holder Name: _____ Signature: _____

I enclose my cheque for \$ _____, payable to PIFA

Mail booking form and cheque to: 194/137 Norton Street, Leichhardt 2040.

Therapeutic Parenting Group for Aboriginal Mothers

In late 2009 PIFA trialled a therapeutic parenting group for Aboriginal mothers in partnership with Aboriginal Catholic Social Services at Penrith. The group is for women who are pregnant or have a child under three and who want to take time to think about their parenting because they are worried that they may have a child removed or because they are working toward restoration of their child/children after removal by Docs. The trial was successful and the group will continue during 2010.

The group is an ongoing one where women can feel safe to talk about whatever is worrying them in their parenting role Aim:

The aim of the group is to help women manage the impact of their own experiences that are impacting on their relationship with their children. The group aims to:

- Assist parents to increase their sensitivity and emotional responsiveness to their child
- Support parents to overcome negative patterns of child rearing and replace them with parenting strategies that are both rewarding for parents and beneficial to their child's development

Group strategies

This is not a group to instruct mothers in techniques and strategies for parenting but one which will offer:

- help to think about how their cultural and individual experiences might impact on their ability to care for their child
- support to come to terms with past traumas and manage the effects of them, so that they are less likely to effect their relationship with their children

Performance Indicators

Women in the group will:

- keep their families together at an improved rate compared to other Aboriginal clients of DoCs
 - report increased confidence in parenting
 - report increased confidence in accessing appropriate community services
-

PIFA's Mother Child Prison Group

All parents, including women in gaol, experience the birth of a child as a time of new beginnings, of hope for the future and connection to a bigger picture. For this reason, pregnancy and early parenting can be seen as a window of opportunity for parents to begin to recover from past traumas and make positive changes in their lives.

PIFA's Gaol groups facilitate women's emotional adjustments during early parenting and help them gain confidence and experience satis

faction in their parenting role.

Project Description

PIFA consultants conduct a weekly therapeutic parenting group for mothers at Emu Plains Prison's Jacaranda House. The aim of these groups is to help women manage the issues which arise during motherhood and to alleviate, as much as possible, the impact of these anxieties on the parent-infant relationship.

The group provides a safe place for the women to:

- think about how their individual histories and experiences might impact on their ability to develop a good relationship with their child, and
- come to terms with past traumas and manage the effects of them, so that they are less likely to be re-enacted in their relationship with their

A brief Report from Prison Groupworkers

One of the challenges has been to get the mothers more involved with the children's art and not just engrossed in their own. Another challenge has been maintaining a non directive approach which is quite different to the prison culture. At times we feel as if the prison atmosphere disappears in our sessions and at other times it crashes in on us, like when

allocation of stores and 'head counts' intrudes on our group time.

The mothers are much more engaged with the group this year and seem to have really appreciated that we returned. They often acknowledge the usefulness of the group, often through jokes about how one or another of them was really look forward to us coming.

Anticipated Outcomes for women in the prison group are:

- **Greater confidence to deal with their child**
- **Decrease in parental anxiety, depression and stress**

What Participants say

"I have been helped to think about how to get my daughter to do what I want without having to yell at her"

"I love being able to take what I make back to make my environment better for me and my child"

"I enjoy being able to do craft with my son in between group times"

Parent Infant Family Australia

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PIFA is a not for profit agency, funded exclusively by donation and fee for service work.

It was established in 1998 by a number of highly skilled and experienced parent / child therapists who were in private practice but who wanted to also bring their expertise to those who wouldn't normally be able to access it.

