



## Quick Links

This month's newsletter celebrates care for ourselves and others. Let empathy kindle change.



### [Indigenous Literacy Day](#)

The Indigenous Literacy Foundation is hosting a free virtual celebration for all Australians going live from 9am Wednesday 6 September.

[Register here](#)

### [RUOK Day](#)

Thursday 14 September A conversation can change a life

[Click to learn more](#)

### [Your Choice, Your Future](#)

The NSW government is offering additional financial leaving care support for young people.

[Click here](#) for information on the changes, eligibility criteria, and application process.

Share these [resources](#) with young people and their carers to support understanding of the program.



Learn from researchers in the NSW Child Development study and Australian Child Maltreatment study about the latest findings on child maltreatment, self-harm and suicide.

Get practice guidelines on how to respond to children and young people in care and the availability of culturally safe crises and referral services.

**Tuesday 26 September 2023, 12:00pm-1:00pm AEST**, via Ms Teams.

[Register here](#)

Contact: [ResearchPartnerships@facs.nsw.gov.au](mailto:ResearchPartnerships@facs.nsw.gov.au)

## Training News

### Interactive webinars



#### [Understanding PSP: Legislation, Standards and Guiding Principles](#)

- 7 September 2023 (1:30pm - 3:30pm)
- 28 September 2023 (9:30pm - 11:30pm)

#### [Understanding and Supporting Child Development](#)

- 5 October 2023 (1:00pm - 3:00pm)

#### [Guardianship Process for new casework staff](#)

- 11 October 2023 (10:00am - 12:00pm)

### Face-to-Face and online



#### [Affidavit Writing in PSP](#)

- 21 September 2023 (9:00am - 4:30pm) Online

#### [Making Family Time Meaningful](#)

- 3 October 2023 (9:30am - 12:30pm) Wollongong

## Resource News

Our resource selection celebrates the art of self-care and care for others. Small efforts create vast positive ripples.

**Start conversations that matter.**

### Factsheets



#### Self-Care

- [Caring for Yourself](#)
- [Understanding Resistance in Practice](#)
- [Working with a Team of Professionals](#)

#### Mental Health

- [Mental Health – Parents](#)
- [Talking With Parents Experiencing Mental Health Issues](#)
- [Talking With Children and Young People About Mental Health](#)
- [Mental Health and Culture](#)
- [Mental Health – Working with Children and Young People in PSP](#)
- [Mental Health and Pregnancy](#)

### Podcasts



- [Connecting Through Stories of Aboriginal Women with Lifelong Impacts and reflection questions](#)

### Additional Resources



#### Videos

- [The journey of health and wellbeing](#)
- [Tips for: Addressing stigma, stereotypes and low expectations](#)

#### Resources

- [Mental health resources for professionals](#)
- [The social and emotional wellbeing of LGBTIQ+ young people](#)
- [NSW Multicultural Health Communication Service Community Profiles](#)

#### Research

Working at the intersections of domestic and family violence, parental substance misuse and/or mental health issues:

- [Final Report](#)
- [Practice Guide](#)
- [Summary Practice Guide](#)



**1300 PSP HUB (1300 777 482)**

PSP Learning Hub  
2/210 Shellharbour Road,  
Warrawong, NSW 2502

P: 1300 PSP Hub (1300 777 482)  
E: [psplearninghub@curijo.com.au](mailto:psplearninghub@curijo.com.au)

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