

CARER TRAINING

FEB – JUN 2026



Carers for Kids NSW offers a range of training courses to help carers better support the children and young people who rely upon them. Our training program reflects feedback from carers and is designed to support learning through on-demand webinars and modules.

- All training is held online
- Each training topic will include multiple online sessions held on week days.

SESSION	DATE / TIME	DESCRIPTION
CALD Connections for Young People in OOHC Facilitated by Noor Pathways	Tues 10th Feb 10:30-12pm	Children and young people (CYP) from Culturally and Linguistically Diverse (CALD) backgrounds are overrepresented in the Out-of-Home Care (OOHC) system. Many experience identity loss, cultural isolation, and difficulties maintaining community connections, which can negatively impact self-esteem, mental health, and long-term outcomes. Carers play a critical role in preserving a child's cultural identity and sense of belonging, yet many report a lack of practical tools, confidence, and cultural understanding when caring for CALD children. This session will address the knowledge gap by providing specialised CALD cultural competence education for carers, focusing on affirming cultural identity, navigating system collaboration, and improving wellbeing outcomes for CALD children in care.
	Thurs 12th Feb 10:30-12pm ASHFIELD	
	Tues 17th Feb 10:30-12pm	
	Wed 18th Feb 6:30-8pm	
Attachment in care and supporting the end of placement Facilitated by Dr Trinh Ha	Tues 17th Mar 10 -12pm	Sometimes it's a hard thing to say goodbye to the kids that we have cared for. Whether you've had them in your care for just a short period of time or for longer – it's hard to know how to say goodbye in a healing way whilst respecting the attachment process to facilitate the end of a placement. This workshop will look at some of the ways we, as carers, can facilitate a positive transition and end of placement process for kids, ourselves and our families. We will pay particular attention to the different attachment styles and how this may impact the transition process.
	Thurs 19th Mar 7pm-9pm	
	Fri 20th Mar 10:30-12:30pm ASHFIELD	
	Tues 24th Mar 7-9 pm	
Restoring You: Resilience and Recovery for Compassionate Carers Facilitated by Gail McCabe Johnston	Tues 31st Mar 7-9 pm	Caring for children and young people who have experienced trauma can be deeply meaningful — and deeply demanding. The emotional labour of caring often asks us to give more of ourselves, sometimes leaving little space for rest, reflection, or renewal.
	Thurs 30th Apr 7-9 pm	
	Fri 1st May 10 -12pm	This two-hour workshop offers a space to pause and reconnect with your own wellbeing. Together we'll explore the impact of stress and trauma on our minds and bodies, how to activate recovery and resilience, and how to weave simple practices of self-care into everyday life.
	Thurs 7th May 10 -12pm	



ONLINE



IN-PERSON

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Understanding FASD: Strengthening Care, Connection and Confidence for Carers Facilitated by Centre of Excellence in Therapeutic Care	Tues 12th May 10:30-12:30pm	Caring for a child or young person with FASD brings both rewards and challenges. FASD affects brain development, influencing memory, attention, learning, emotional regulation, and social skills, often alongside experiences of trauma or loss.
	Wed 20th May 10:30-12:30pm	This webinar equips foster and kinship carers with practical, trauma-informed strategies to understand each child's needs, build on their strengths, and respond effectively to challenges. Through interactive activities and real-life scenarios, participants will gain the skills, knowledge, and confidence to provide compassionate, consistent care and help children with FASD thrive.
	Tues 26th May 10:30am-12:30pm	
Safety In Care: Understanding Reportable Conduct Facilitated by Continuum Consulting	Tues 2nd June 10 -12pm	
	Thurs 11th June 10 -12pm	This training session explores safety in care and reportable conduct investigations for carers of children in care. This can be a highly emotional and difficult time for carers. The webinar explores the process and supports available throughout the process of an investigation.
	Thurs 18th June 6:30-8:30pm	
Healing Family Connections: Navigating Relationships in Kinship Care Facilitated by Centre of Excellence in Therapeutic Care	Tues 9th June 10:30-12:30pm	
	Wed 17th June 10:30-12:30pm	Kinship care places children and young people within their family, community, and culture, an arrangement that carries both profound strengths and unique relational complexities. This webinar provides kinship carers with practical tools, scripts, and trauma-informed strategies to navigate family relationships, share the child's story appropriately, and hold difficult conversations with compassion and clarity.
	Tues 23rd June 10:30-12:30pm	



ONLINE



IN-PERSON

All training times are subject to change. Please register for a training session via the [Training Calendar](#). Carers can also access further pre-recorded training and webinars via the [Carer Portal](#). Please contact training@carersforkidsnsw.org.au or call **1300 782 975** for any enquiries.



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