

EMR Family Reconciliation Peer Support Group
Thursday 13th November 2008
Venue: Harrison Community Services

Topic	Discussion
1. Introductions	Amy, FRMP - Melbourne Citymission; Caroline, Harrison Community Services (student); Eliza, Harrison Community Services; Ray, Harrison Community Services; Jen, Harrison Community Services; Bernie, Harrison Community Services; Michelle, Harrison Community Services; Frances, Anchor; Jane, Wesley; Carol, Harrison Community Services; Larisa, Anglicare
2. Apologies	Jemmah, FAN & Rhianna, WEAC
3. Previous Minutes	Previous minutes received and passed
5. Presentation	<p>Guest Speaker, Larisa - Anglicare Meridian Team - Family Violence: Breaking the Cycle</p> <ul style="list-style-type: none"> ▪ Larisa provided a handout of information about adolescent violence towards parents • Discussed “Breaking the Cycle” manual • Train the trainer training 27th and 28th Nov. Training currently filled and new courses may be run in new year • How to define violence • Mothers receive most of the abuse • Engage the parent who has guilt around how to deal with the violent young person. • The Young person has a choice about violence. Violence is not an emotion it is an action over which young person can learn to exercise control. • Parents become isolated by shame. They are unable to express their self blame or guilt to anybody. • Long term process to deal with adolescent violence. • Adolescents have not been taught to deal with anger in any other way. • Gender change over recent times, girls are becoming much more physical. • Young people are generally making more demands and threats. • Violence is not always intended but it is important to acknowledge its impact on the receiver. • How parents respond to the violence is a choice. • Parental relationship with adolescents is a key. It is a balancing act of <u>and & both</u> • There is no definitive answer to dealing with violence each family is going to have to trial their own management strategies. • Parents encouraged to “hold on to hopefulness”

	<ul style="list-style-type: none"> • Parents need to prioritise safety • Parents need to control their own behaviour • Self Care is fundamental to the “Breaking the Cycle” program. • Parents must follow through with consequences. • Counselling available through Anglicare for adolescents and family. • FIS, Monash, Booroondara, Whitehorse
6. Case Study	<ul style="list-style-type: none"> • Discussions were held in relation to current young people and families during the presentation
7. Resources, Training, Agency & Sector Updates	<p>Amy - FRMP</p> <ul style="list-style-type: none"> • Melbourne Professional Development Forum “Understanding and Supporting Young People who have Experienced Violence in their Families” on 9th December 2008 - RSVP to Amy on 8625 4477 • FRMP’s November newsletter has been released - can be accessed via website www.frmp.org.au <p>Frances - Anchor</p> <ul style="list-style-type: none"> ▪ Anchor is holding a Wellbeing Day on 20th November 2008
8. Next Meeting	<p>Suggestion made to invite ECASA to speak about working with young people and how to engage them with ECASA and the counselling process - Amy to follow up.</p> <p>10am - 11.30am Thursday 12th February 2009 Venue: TBC</p>