

What is CAFS?

The Community and Family Support (CAFS) Wellbeing and Safety Program provides targeted, flexible and intensive early support for young people and families who are experiencing challenges that may impact their safety, wellbeing or development.

We work in ways that are culturally safe, trauma-informed, family-centred and strengths-based, ensuring families feel respected, empowered and supported.



Free support for young people and families in need

How to make a referral?

Referrals can be made by individuals, schools, health services, community organisations, Department of Communities and Justice or other professionals.

Email below or scan the QR Code to make a referral.



Contact

Cessnock Office

📍 124 Vincent Street, Cessnock NSW 2325

Maitland Office

📍 3 Elgin Street, Maitland NSW 2320

✉ cafs@samaritans.org.au

🌐 www.samaritans.org.au/CAFS

📷 [@samaritansfoundation](https://www.instagram.com/samaritansfoundation)

Funded by:  NSW GOVERNMENT

Communities & Justice



Scan the QR code to find out more

Samaritans is an inclusive organisation



Samaritans

Community and Family Support (CAFS) Wellbeing and Safety Program



Support for young people and families experiencing challenges.



Who We Support

Community and Family Support (CAFS) Wellbeing and Safety Program supports:

- Young people aged 10–18 and their families
- Aboriginal families and communities
- Young parents or families experiencing hardship
- Families experiencing stress, conflict or family violence
- Young people facing school disengagement, isolation or mental health concerns

There is no eligibility criteria – support is based on need, not diagnosis.

How We Help

Families & Caregivers

- Parenting support, coaching and guidance
- Strengthening parent–child relationships
- Safety planning in family violence situations
- Support with routines, behaviour and emotional wellbeing
- Advocacy, information and referrals.

Young People

- Counselling and wellbeing support
- Building confidence, resilience and life skills
- Support to stay connected to school, family and community
- Mentoring and positive peer connection



Programs and services available

- **Education and Skills** – Empowering students to build confidence, independence, and personal safety and wellbeing.
- **Family Capacity Building** – case management, referrals, safety planning, practical support and advocacy.
- **Youth Individualised Support** – personalised support that helps young people build independence, wellbeing and future pathways.

How to Access the Program?

The program is free, voluntary and easy to access.

Referrals can be made by individuals, schools, health services, community organisations, Department of Communities and Justice or other professionals.

**Supporting the
Maitland, Cessnock
and Dungog LGA**