

CENTRAL COAST



FAMILY SUPPORT SERVICES

Young Parent Program

Becoming a parent at a young age is no easy task. Our Young Parent programs are designed to help you become a more capable and confident parent.



Central Coast Family Support Services is a community based not-for-profit service supporting families on the Central Coast of NSW. **This is a FREE service.**

Caseworkers meet with families to discuss your needs and help you to address your most important goals.

www.ccfss.org.au
(02) 4340 1585

How do we support families?

- ✓ Support is provided and designed to help young parents build their skills and confidence to be self-sufficient and manage family issues as they arise.
- ✓ Services provided are mobile and flexible, and caseworkers can meet with families at a location that is convenient for you, whether it be at your home, at our office or somewhere in the community.
- ✓ We also provide structured parenting courses which focus specifically on supporting young parents to further develop their parenting knowledge and understanding of caring for a newborn and managing children's behaviour.
- ✓ Our aim is to equip young parents with the skills they need to confidently transition through pregnancy and parenthood.



Referral

A family can refer themselves directly by contacting us. A referring agency can phone and discuss a referral with our intake worker, or make a referral via our website.

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