

Thrive Services Community and Family Support (CAFS) Program



Family Case Management

We work alongside families to identify family-led goals and support them to achieve these goals over time. Support is tailored to each family and may focus on strengthening relationships, building confidence, and supporting positive parenting. Our approach ensures families feel heard, supported, and empowered to build healthy connections within their family and community.

- Parenting education, strategies and upskilling support
- Support to strengthen the relationship and attachment between parent/carer and child
- Assistance building and maintaining routines in the home
- Support to develop community connections, build social networks or links to other services

Parenting Programs & Workshops

Free parenting programs & workshops are available to parents and carers living in the Blue Mountains and Lithgow communities, including:

- Black Box Parenting Program
- Bringing Up Great Kids
- Anxiety Coach

Our programs and workshops support parents and carers to build confidence, strengthen relationships, and develop practical tools to navigate the challenges of raising children in today's world.

We believe these supports play an important role in strengthening families and creating positive outcomes for children and their caregivers.

Registrations are essential for our parenting programs and workshops

Children's Activities & Community Events

Thrive runs fun, creative, engaging children's activities and community events that support social connection, emotional wellbeing, and positive experiences for children. Our activities provide opportunities for children to build confidence, friendships, develop emotional regulation skills, and feel safe, included, and supported within their community.

Information, Advice & Referral

Thrive provides information, advice, and referrals to help families access the right supports, including guidance around parenting, wellbeing, and local services. We work from a no wrong door approach and will support families to connect with the services they need. Enquiries can be made via our website, email, or phone.

Visit our website or Facebook page for more information on upcoming events, programs and registration.

Who We Are

Thrive Services provides free, voluntary family support for families with children under 18 living in the Upper Blue Mountains (Linden–Mount Victoria) and Lithgow LGA. We support parents and carers to build healthy relationships and strong connections with their children. Our approach is person-led, strengths-based and goal-focused, offering early intervention and prevention support to strengthen families and improve life opportunities for children and families.

Who can access our service?

Thrive's supports are available to all families in our service areas — regardless of income, employment, or circumstances. Families can seek support if they are feeling overwhelmed with parenting, experiencing challenges, or wanting to strengthen family wellbeing.

How to refer

Family case management requires a referral form, which can be self-referred or completed with a support service. Request a referral form by emailing referrals@thriveservices.org.au. For all children/group activities or parenting programs, information & registration forms are on our website. Alternatively, you can email parentingprograms@thriveservices.org.au.

THRIVE SERVICES

(Blue Mountains Family Support Services)



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