Who can HOPE support?

- Young parents aged up to 24 who are pregnant or have a child under the age of 5
- Residing in the Sydney Region (Sydney Eastern Suburbs, Inner West, South West Sydney, Sutherland Shire, St George and Bayside)
- The program is for young families who are open to staying in touch regularly, meeting each week or fortnight, as they work towards their goals, for up to 14 months.

Program funding and supporters

The program is proudly funded through values-aligned partnerships, philanthropic contributions, and local community grants.



More Information

Make a referral to the program, give feedback or find out more by scanning the QR code:

Contact Us

HOPE Program
2C West Street, Lewisham NSW 2049

13 18 19
hopereferrals@catholiccare.org
catholiccare.org/hope

CatholicCare
SYDNEY

HOPE

Partnering with young families in Sydney to thrive



CatholicCare
SYDNEY

What is the HOPE Program?

HOPE partners with young families, supporting young mums, dads and their children to strengthen family relationships, foster community connections, develop life skills and access essential resources they need to grow, feel safe, and thrive together.

By working together, we can help create a future where:

- young families have strong social connections that provide support and a sense of belonging
- young people enjoy a better quality of life, with their rights respected and responsibilities supported
- young families have a stable foundation for their future, grounded in safety and opportunity
- young parents are attuned and supported in their parenting, enabling children to thrive in all areas of development.

How we support HOPE families:

Regular family check ins
(weekly or fortnightly for up to 14 months)

- Each family will have their own Family Worker who'll check in regularly at a pace that is right for them — to talk, make plans, and offer support with whatever the family needs.

Connecting with community

- All families need strong community supports to thrive. At HOPE, we help young parents discover what's out there (playgroups, parenting networks) and make it easier to take next steps.

Setting goals together

- Together with their Family Worker, young families can set goals and make plans based on their strengths, interests, and what matters most.

Skill building for life

- HOPE offers practical supports to build confidence and key life skills, like looking after personal wellbeing, planning for education and work, or navigating childcare requirements.

Support with everyday essentials

- From housing to family essentials, HOPE provides step-by-step help to find and access what the families need, when they need it. It's not about "doing it alone", it's about having a support system that works.

Preparing for baby and life after

- HOPE supports parents through pregnancy and beyond, helping them prepare for the arrival of their baby and transition to life as a young parent.

"I wouldn't be where I am now without the support of HOPE, things look very different to what they did 12 months ago. I feel I can advocate for what my family needs on my own."

- HOPE Mum, age 19

