

## Child and Family Therapeutic Services (CAFTS)

For families affected by child sexual abuse

# Supporting your family to heal.

The experience of child sexual abuse is traumatic. It often leaves children feeling confused, frightened and alone. And for families, it can lead to worry, shame and disconnection from each other.

The Uniting CAFTS team supports children and young people who have been involved in concerning, problematic or harmful sexual behaviours – and their families – with a trauma-informed approach that's based on a child's individual circumstances, as well as their developmental level and family needs.

## How we support you

CAFTS provides tailored support that includes individual and group counselling, as well as parent support groups and education.

Trauma-informed counselling aims to reduce the harmful effects of sexual abuse by supporting:

- Children to find safety in the relationships that matter most to them
- Everyone in the family to make sense of their experiences
- Families to create a safe and protective environment for their children
- Children and families to re-connect and establish trust after the abuse has stopped.

Call us on  
**1300 663 298**

Or email  
**cafts@  
unitingwa.org.au**



## Support for the whole family

All family members have an important role to play in making sense of and healing from their experiences. But every family is different, and what works for one family might not work for another. That's why we'll take the time to get to know you and your family, and tailor the support we provide to your needs.

Support from the CAFTS team aims to help young people and their families:

- Understand and address the origins of concerning behaviour
- Feel equipped to develop and maintain respectful relationships with other people
- Develop a more positive sense of who they are.

## How we treat confidential information

Our focus is on the safety and wellbeing of children and we're committed to working collaboratively with children, families and other agencies that families are involved with.

And while all information provided will be treated with respect, there are limitations of confidentiality about the disclosure of harm – or the potential for harm – to children or other people.

## Who's eligible for support

CAFTS works with children under the age of 18 who have experienced sexual abuse, and their families. We also support children and young people who have engaged in – or are at risk of engaging in – concerning, problematic or sexually abusive behaviours, as well as their families.

Parents and family members are also supported to address the impact of sexual abuse on themselves, so that they can provide a safe and protective environment for the children in their family.

You can refer yourself or speak to us about referring someone you know. We also accept referrals from the Department for Child Protection and Family Support (DCPFS) and other agencies.

## Contact us

1300 663 298

cafts@unitingwa.org.au

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Perth WA 6838

[unitingwa.org.au](http://unitingwa.org.au)

Uniting WA is a community services organisation of the Uniting Church Western Australia. We're committed to providing a nurturing environment where children feel safe, valued and heard. We support people experiencing complex challenges throughout the Perth metro area and in the Great Southern.

If you need this information in a different format, please get in touch.

Children's Services — CAFTS — October 2020

