Who can access SPARK?

SPARK provides early intervention support for children who are experiencing emerging or mild to moderate mental health and wellbeing challenges and would benefit from coordinated support.

The program is available to children who:

- Are typically aged 5–11 years.
- Live or attend school in the Canterbury SA3 area.
- Have mild to moderate emotional, behavioural, mental health or psychosocial support needs.
- Would benefit from early, coordinated support.

SPARK welcomes and supports children and families of all faiths, cultures, backgrounds, and beliefs, ensuring everyone feels safe, respected, and has access to support.

How to access support?

Parents, carers and professionals can contact SPARK to discuss a child's needs and explore whether the program is suitable.

1. Contact the SPARK team or submit a referral.
2. Our team will explore your child's needs and determine whether SPARK is the right fit.
3. We'll work with your family to identify goals and develop a personalised support plan.
4. Your child and family receive support tailored to your needs, with connections to other services where helpful.

This service is funded by

phn CENTRAL AND EASTERN SYDNEY

An Australian Government Initiative

SPARK is delivered by CatholicCare Sydney and is supported by funding from Central and Eastern Sydney Primary Health Network (CESPHN) through the Australian Government's PHN Program.

Whether you're a parent, carer, teacher or health professional, we're here to help children and families access the support they need.

Get in touch to learn more about SPARK or make a referral.

Phone: 13 18 19

Email: connect@catholiccare.org

Website: sparkkids.org.au

View our service area map online

CatholicCare SYDNEY

SPA001

SPARK

Supporting children's wellbeing and mental health





SPARK is an early intervention program supporting children aged 5–11 who live or attend school in the Canterbury (SA3) region and are experiencing emerging emotional, behavioural, developmental or mental health challenges.

We know that every child and family is different, through personalised, child-led and family-centred support, we work alongside children and their families to build on their strengths, develop practical skills and support their wellbeing. Our goal is to help children feel more confident, connected and supported at home, at school and in everyday life.

When can SPARK help?

Every child experiences challenges differently. Sometimes children need a little extra support to understand their feelings, manage everyday situations or feel more connected to the people around them.

Your child might be experiencing:

Big feelings and worries
Anxiety, emotional distress or difficulty understanding and managing emotions.

Behavioural challenges
Difficulty managing behaviour or responding to everyday situations.

Friendship and connection
Challenges building relationships, connecting with others or participating at school.

Family challenges and change
Stressful experiences, family difficulties or changes affecting their sense of safety and wellbeing.

Children don't need a formal diagnosis to access support.

How does SPARK work?

Every child and family is unique. Our multidisciplinary team takes the time to understand your child's strengths, needs and experiences, working together to develop a plan that feels right for your family.

Depending on your child's needs, support may include:

- Individual and group therapeutic and wellbeing support.
- Behavioural assessment and practical strategies.
- Parent and carer coaching and guidance.
- Family-centred care planning and coordination.
- Collaboration with schools, GPs and other services.
- Help navigating and connecting with additional supports.

SPARK offers flexible support through CatholicCare Sydney service hubs, as well as schools, community settings, family homes and telehealth, where appropriate.

We work alongside children, families and the people who support them to build confidence, strengthen relationships and make everyday life a little easier.