



What parents say

"I've become more confident and see myself as a better person and mum. I'm now a stronger, happier mum for my two kids, who also love the programs we attend."

Kaitlin – Southwest Sydney

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Community Programs



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Our Community Programs

We offer free groups and services to support you and your young child, from pregnancy through to school age. Our programs help you build strong connections with your child and support their learning and social skills. We welcome families from all backgrounds.



FOR YOUNG PARENTS

Village Connect

This hub offers free child and family health parent education, group programs, playgroups, and support for parents aged 25 and under who are pregnant or have a child in Southwest Sydney. You can access the service in-person or virtually.

Locations: Southwest Sydney

Young Parents Program

Join other young parents while working toward a free Certificate III in Community Services with TAFE NSW, free childcare provided. Karitane also offers parent coaching and career guidance. This service is for parents aged 24 years and under based in Campbelltown.

Locations: Southwest Sydney



FAMILY SUPPORT

Linking Families

We offer support and information at home or in community with topics like child development, behaviour, and family wellbeing. Available in Assyrian, Arabic, English, Korean and Vietnamese.

Join one of our playgroups for you and your child to play, learn, and connect with others. We offer seven groups, including ones for multicultural communities, Aboriginal, and Vietnamese families.

Locations: Bankstown, Camden, Fairfield, Liverpool

Volunteer Family Connect

Our trained volunteers visit you at home or in the community to offer practical support. They help parents adjust to life with a new baby, manage multiple children, and support you to feel more confident and connect with others.

Locations: Shellharbour, Southwest Sydney, Taree

Family Coaching

Individual sessions with a child and family health professional to help you build a strong bond with your child and feel confident in your parenting. This includes: child development, nutrition, sleep and settling, and behaviour. This service is available for families living in the 2168 (Miller) postcode with children aged 18 months to 7 years.

Locations: Miller

Empowering Parents Empowering Communities

Parents in the program gain confidence, learn about children's emotions, and build social connections. We also train parents in the group to lead the Being a Parent program in pairs. Parent facilitators are paid, supported, and supervised as they guide others.

Locations: Forster, Taree



COMMUNITY CONNECTIONS

First Steps Count Navigator

Karitane provides the first point of contact for families accessing the new First Steps Count Community Centre. The navigator will support children and families to access the services they need through the local service system.

Locations: Mid Coast, Taree

Community School Hubs

Karitane works with Community Hubs Australia to support nine hubs in primary schools. They are welcoming spaces for parents with preschool children, to meet, share, and learn. Our hubs offer: playgroups and early childhood activities, community connection programs, English classes, and pathways to jobs or volunteering.

Locations: Bankstown, Fairfield