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Website www.karitane.com.au

Karitane - Carramar

Head Office, Residential Unit, Jade House, Toddler Clinic, Education & Research Centre, Venue Hire
 126-150 The Horsley Drive, Carramar NSW 2163
 (Entrance via Mitchell Street)
 Phone 02 9794 2300 Fax 02 9794 2323

Karitane Camden

Residential, Perinatal Mental Health, Parenting Centre, Toddler Clinic
 Camden Hospital, Menangle Road, Camden NSW 2560
 Phone 02 4654 6125 Fax 02 4654 6213

Randwick Parenting Centre

146 Avoca Street, Randwick NSW 2031
 Phone 02 9399 6999 Fax 02 9399 8510

Liverpool Parenting Centre

10 Murphy Avenue, Liverpool NSW 2170
 Phone 02 9821 4555 Fax 02 9821 4559

Karitane Linking Families

130 Nelson Street, Fairfield Heights NSW 2165
 Phone 02 9754 2655 Fax 02 9754 2644
 Karitane Referrals and Intake
 Phone 02 9794 2300 | Fax 02 9794 2323

Connecting Carers & Talking Realities

124 The Horsley Drive, Carramar NSW 2163
 Phone 02 9794 2352 Fax 02 9794 2381
 www.connectingcarersnsw.com.au

Karitane Referrals and Intake

Phone 02 9794 2300 Fax 02 9794 2323
 Email karitane.referrals@sswahs.nsw.gov.au

Careline & Parenting Website

Phone 1300 CARING (1300 227 464)
 Email karitane.online@sswahs.nsw.gov.au
 Website www.karitane.com.au/mybabyandme

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Education Services

Provides professional education, consultation and clinical experience for professionals working with families including Child and Family Health Nurses, GPs, Psychologists, Social Workers, Paediatricians, Psychiatrists, Perinatal Mental Health professionals Childcare workers and Nannies.

Programs and training are specifically for parents, carers and staff. Organisations can also request tailored Karitane training programs to be delivered to their staff and/or clients.

www.karitane.com.au/events

Conference and Function Centre

Caters from 10 to 120 persons. The facilities include a choice of three conference rooms – all ideal for meetings, training, seminars and events.

www.karitane.com.au/venuehire

Donate today and help thousands of families

Your donation can assist families to access vital services. All donations over \$2 are tax deductible and we will provide a receipt with our thanks.

Make a secure donation online or call us on **02 9794 2300**

www.karitane.com.au/donate

Fundraise for Karitane

If you would like to organise a fundraising activity to raise funds for Karitane, we would love to hear from you and help you with your fundraising with special fundraising website pages, information and give you a letter of authority to fundraise on our behalf. Please call the Fundraising team on **02 9794 2323**.

SERVICE INFORMATION



Providing families and carers with the best parenting guidance, support and education through the early years.

Our vision is for children to be safe, healthy and nurtured by confident families and communities.



Karitane provides help and advice to mothers and families during the early years of parenting. Karitane offers a wide range of services to support families with parenting issues including; sleep and settling, toddler behaviour, establishing routines, feeding and nutrition and perinatal mood disorders.

Our healthcare professionals guide, support and educate families to ensure a safe and nurturing environment for their children.

Referrals

Referrals to Karitane services must be made by a health and/or community professional working with the family through our Central Intake team. Professionals can access our online Referrals through the Professionals sections on our website, selecting the Referrals tab.

For more information email: karitane.referrals@sswhs.nsw.gov.au

Careline & Parenting Website

For support and advice on parenting matters call our Careline on 1300 CARING (1300 227 464) or visit our parenting website www.karitane.com.au/mybabyandme

Residential Services

Our overnight residential stays provide an intensive program that guides parents through difficult parenting issues with the support from our healthcare team.

Location	Carramar and Camden
Child age	Carramar birth up to 4 years Camden birth up to 2.5 years
Length of stay	Carramar 5 days (4 nights) Camden 4 days (3 nights)

Day Services

Parenting Centres

Parents and carers with young children can be referred to one of our Parenting Centres for support on parenting issues. Services available may include targeted group activities and centre-based visits with our multi-disciplinary team members.

Location	Liverpool, Randwick and Camden
Child age	Liverpool/Randwick - Birth up to 5 years Camden - up to 1 year
Areas	Families living in Liverpool, Randwick and Camden areas.

Perinatal Mental Health Services

Jade House provides a multi-disciplinary team that supports parents who may be diagnosed with or are at risk of developing a mood disorder or anxiety associated with pregnancy or birth of their child.

Location	Carramar and Camden, NSW
Child age	Antenatal period - up to 1 year
Areas	Families Living in Fairfield, Liverpool, Bankstown, Macarthur & Wingecarribee areas

Toddler Clinics

Parents and carers who need help with managing their toddlers' behaviour can be referred to the Toddler Clinic for support.

Location	Carramar and Camden, NSW
Child age	15 months - 4 years
Areas	Available to families living in NSW



Outreach Services

Linking Families

Provides community based professional and volunteer support to families. Services may include home visiting, supported play groups and short term early intervention programs.

Location	Liverpool, Fairfield and Bankstown
Child age	Antenatal - up to 8 years
Areas	Families living in Liverpool, Fairfield and Bankstown

Connecting Carers NSW

Provides foster, kinship and relative carers across NSW with access to ongoing training, education and peer support.

www.connectingcarersnsw.com.au

Talking Realities - Young Parents Program

Provides information to teenagers in secondary schools about the realities of parenting and provides a pathway for young parents to further their education.

www.talkingrealities.karitane.com.au