

## Education Services

Karitane Education Department provides education, clinical placements and consultancy services in the field of Child & Family Health. Seminars and workshops are designed and delivered for health professionals and community service providers across NSW. Industry recognised post graduate speciality training is delivered in partnership with universities, colleges, and community organisations.

Parent education is a high priority for Karitane with a variety of topics being delivered. A range of evidence based information brochures and resources are developed and distributed to support parents and are available on the Karitane website.

## Conference & Function Centre

The Karitane Conference and Function Centre offers a choice of meeting rooms and conference facilities. We cater for small training groups to conferences and seminars of up to 150 participants. The centre is fully equipped with state of the art audio visual equipment. Information packages available on request from the Karitane Education Centre 9794 2348.



**Connecting Carers NSW**

Funded by the Department of Community Services, this service provides foster and kinship carers across NSW with access to ongoing training, education and peer support. Foster carers are given up to date advice and information to support them in caring for children and young people in Out of Home Care. Foster Carers can also access 24 hour support through the CCNSW Support Line - 1300 794 653.

**Contact Karitane on:**  
**T: (02) 9794 2300 F: (02) 9794 2323**  
**www.karitane.com.au**

### Head Office

**126 The Horsley Drive, Carramar NSW 2163**  
All Correspondence to PO Box 241, Villawood NSW 2163

### Carramar Site

**Residential Unit, Education & Research Centre,  
Jade House and Toddler Clinic**  
**Corner of The Horsley Drive & Mitchell Street**  
T: (02) 9794 2300 F: (02) 9794 2323  
F: (02) 9794 2327 (Jade House)

### Connecting Carers NSW

Administration T: (02) 9794 2352  
CCNSW 24hr Support Line - 1300 794 653

### Karitane Liverpool

10 Murphy Avenue, Liverpool NSW 2170  
T: (02) 9821 4555 F: (02) 9821 4559

### Linking Families / Parent Support Programs (KVP)

130 Nelson Street, Fairfield Heights NSW 2165  
T: (02) 9754 2655 F: (02) 9754 2644

### Karitane Randwick

146 Avoca Street, Randwick NSW 2031  
T: (02) 9399 6999 F: (02) 9399 8510

### Karitane Careline

7-day Telephone Counselling Service  
T: 1300 CARING (1300 227 464)  
Email: karitane.online@sswaha.nsw.gov.au



T: (02) 9399 7147 M: 0433 777 491

Correspondence regarding the service can be directed to the  
Chief Executive Officer c/o Karitane Head Office

ABN 25 000 018 842

Revised April 2009

**Karitane**  
leaders in parenting services since 1923



**SERVICE  
INFORMATION  
BROCHURE**

**Caring for Families with Children**

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## History of Karitane

Karitane's philosophy is to empower and support families and professionals caring for young children by enhancing knowledge, skills and parenting confidence.

1923 The **Australian Mothercraft Society** was founded in May and the first Baby Clinic opened at 283 Elizabeth St, Sydney.

1924 The first **Australian Mothercraft Society** Home was established at 72 Howard St, Coogee.

1927 As the Society grew, a larger hospital was purchased at 23 Nelson St, Woollahra, with additional mobile clinics supporting families in the outer areas of Sydney.

1952 The Headquarters of the Society was transferred from 283 Elizabeth St to the Karitane Hospital at Woollahra.

1970 The **Australian Mothercraft Society** changed its name to the **Karitane Mothercraft Society**.

1974 The Residential Hospital moved from Woollahra to Randwick

1993 The Liverpool Family Care Centre opened.

1994 The Residential Hospital moved from Randwick to Carramar.

1996 The **Karitane Mothercraft Society** changed its name to **Karitane**.

1996 Jade House Day Unit for mothers experiencing perinatal mood disorders opened at Fairfield Heights

2000 The Karitane Volunteer Home Visiting Program was established -funded by NSW Department of Community Services (DoCS).

2008 The Karitane Carramar site was redeveloped and includes a new Conference Centre. Jade House relocated to the purpose built facility at Carramar and the Volunteer Program moved to Fairfield Heights.



2008 Connecting Carers NSW commenced state-wide peer support and training to Foster Carers – funded by DoCS.

## Residential Family Care Unit

The Residential Family Care Unit is a tertiary level public hospital available for families living in NSW with children from 0-4years who are experiencing parenting difficulties. Education, support and guidance are provided by a multi-disciplinary team on an inpatient basis. Karitane promotes a self-care model which is flexible and responsive to the families' individual needs. Referrals are by Health Care Professionals.

## Karitane Toddler Clinic

The Karitane Toddler Clinic, is an outpatient service that provides interventions for families with children aged 15 months to 4 years. This evidence based program facilitates positive changes in toddler behaviours by enhancing the parent-child relationship. Referrals are by Health Care Professionals.



## Jade House (Perinatal Mood Disorder Clinic)

A specialised day unit for pregnant women or those with a baby up to 12 months of age with a diagnosis of or at risk of developing a mood or anxiety disorder including pre & post-natal depression. A multidisciplinary team provides assessment, counselling and therapeutic groups, parentcraft day stay and various other treatments and therapies. This service is provided to parents living in the Sydney South West Area Health Service catchment area. Referrals are by Health Care Professionals who have seen the client. No crisis referrals are accepted.

## Family Care Centres Randwick & Liverpool

Family Care Centres provide a secondary level service for parents living in the Liverpool & Randwick areas. Education, support and guidance are provided by a multidisciplinary team. The service offers one on one consultation, education groups, therapeutic groups or outreach according to client needs. Referrals are by Health Care Professionals with the exception of the parenting groups and breastfeeding clinics, to which clients can self refer.

## Linking Families / Parent Support Programs (previously known as Karitane Volunteer Programs - KVP)

The Volunteer Program offers practical and social support to families with children 0-3 years living in the Liverpool, Bankstown and Fairfield Local Government Areas. Specially trained volunteers support families through home visits, telephone contact, visiting hospital maternity units, transporting families to appointments and groups.

Supported Playgroups and Parent Groups are facilitated by Health Professionals and offer support and parenting information to families with children 0-5 years

The Professional Home Visiting Program provides parenting support through sustained home visiting to young parents under 24 years of age with children 0-2 years. Families receive regular visits antenatally until around 2 years of age.

Referrals are by Health Care, Community Agency Professionals, or by self referral.

## Karitane Careline

Karitane provides a 7 day telephone parenting information service. Child & Family Health Nurses consult on issues relating to pregnancy and parenting children up to 5 years. T: 1300 CARING (1300 227 464)  
E: (non-urgent) - karitane.online@sswahs.nsw.gov.au



Karitane@Home is a private home based parentcraft service that provides home visits to families by a qualified Child & Family Health/Parentcraft nurse. Visits are for 2.5 hours and 3 hours for multiple births and occur as soon as possible, with a telephone follow up within one week. Fee rebates apply with participating health funds. Gift vouchers are available. Call (02) 9399 7147 or M: 0433 777 491 to arrange a visit.

