

Education Services

Karitane Education Department provides education, clinical placements and consultancy services in the field of Child & Family Health and perinatal mental health. Seminars and workshops are designed and delivered for health professionals and community service providers nationally and internationally. 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 to support parents 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 enquirieskfcfc@sswahs.nsw.gov.au or contact us 02 9794 2300



Contact Karitane on:

T: 02 9794 2300 F: 02 9794 2323
www.karitane.com.au

Head Office

126 The Horsely 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 Horsely Drive & Mitchell Street
T: 02 9794 2300 F: 02 9794 2323
F: 02 9794 2327 (Jade House)



Camden Hospital, Menangle Road, Camden NSW 2560
T: 02 4654 6125 F: 02 4654 6213

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

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

Karitane Randwick

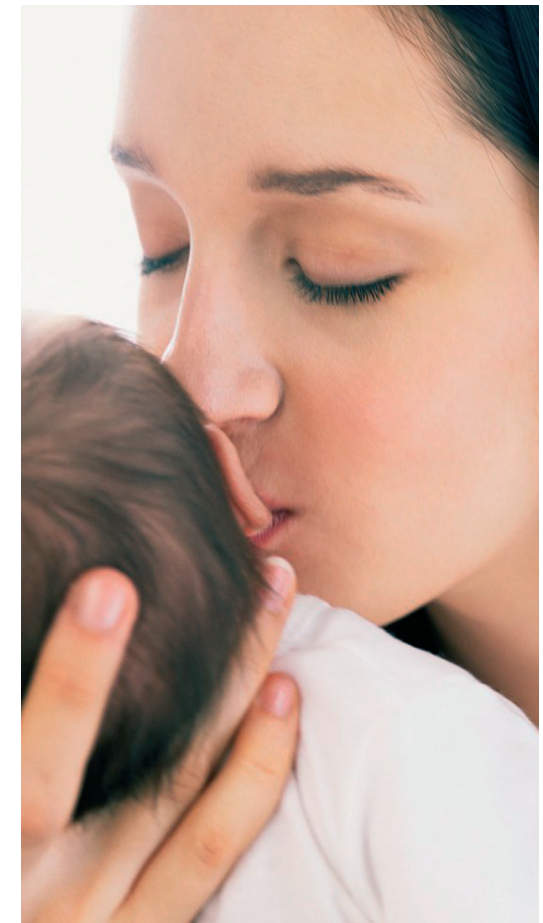
146 Avoca Street, Randwick NSW 2031
T: 02 9399 6999 F: 02 9399 8510

Karitane Careline

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



Service Information Brochure



Caring for Families with Children

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

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 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.
- 2009 The Karitane Head Office was moved off the Carramar site to newly built premises at 126 The Horsley Drive, Carramar.
- 2010 The CCNSW New Head Office building was opened at 124 The Horsley Drive, Carramar.
- 2011 Official opening of Karitane@Camden Residential Unit at Camden Hospital and Round House Cafe at the Carramar site.

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, parent education groups, therapeutic groups or outreach home visiting according to client needs. Referrals are by health care professionals.

Residential Family Care Units

Carramar (Children 0-4 years) & Camden (Children 0-18 months)

The Residential Family Care Units are tertiary level public hospitals available for families with children who are experiencing persistent parenting difficulties and live in NSW. Assessment and management planning, education, support and guidance are provided by a multidisciplinary team on an inpatient basis. Karitane promotes a model which is flexible and responsive to the families' individual needs. Referrals are by professionals working in health and community sectors.

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. This includes pre & postnatal depression; anxiety or distress; adjusting to parenthood; and problems relating to or communicating with their baby. 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 South Western Sydney Local Health District. Referrals are by health care professionals who have seen the client. No crisis referrals are accepted.

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.



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

Linking Families / Parent Support Programs

Karitane Linking Families offers practical support and social networking programs for a range of families with diverse needs living in the Fairfield, Liverpool and Bankstown Local Government Areas. This includes support for young parents under 25 years through home visits before and after the baby arrives, advice, referral to other services and group programs. Supported Playgroups and Parenting Education groups are facilitated by our highly experienced staff providing social networking and parenting support/information for families with children 0-8 years. Advice and referral is offered to clients in post natal wards of local hospitals to assist families to obtain help with issues related to parenting young children. Volunteer Home Visiting is also provided through Linking Families for families requiring additional support. Referrals are accepted from health care professionals, community agency professionals or by self referral.



Connecting Carers NSW
supporting foster, kinship & relative carers

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