

Over the past 21 Years **Karinya House** has supported over 2,300 women and their families who are experiencing a life crisis. Karinya House supports around 200 women each year.

Karinya House receives approximately 50% of its annual operating income from our community through donations, community and corporate partnerships, and fundraising. The ACT Government provides the remaining 50% through recurrent funding.

Not **every** woman who is pregnant or has a small baby has a **home**, stability, support or resource. Some women and their children may be at risk of violence, experiencing homelessness or be completely **isolated without family or support**.

Karinya House supports women during their pregnancy and immediately after birth, **providing supported accommodation, transitional housing and outreach services**.

Karinya House operates on a **24 hour, 7 days a week basis** and is located in the ACT. Karinya House supports women from **Canberra and surrounding regional areas**. It is the only facility of its kind in Canberra.



Postal Address

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Contact Us

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karinyahouse.asn.au    



Karinya House supports women impacted by past or present trauma or structural inequities, who are pregnant or early parenting.



Donations to Karinya House are tax deductible

karinyahouse.asn.au/
donate-online/



Services we provide

Karinya House provides around the clock supported accommodation, transitional housing, outreach services and support groups to women who are pregnant or early parenting.

Karinya's Caseworkers develop an individual casework support plan with every woman who we walk alongside, according to their expressed and specific needs and circumstances. The Karinya Practice Framework is founded within the principles of trauma-informed care and practice. Karinya House's support is life changing. The flow on effects of this support are seen throughout the lives of the women we walk with, as they establish themselves in their own homes, connect with their communities and develop their own journey of life-long learning.

Casework Support

- Casework management and counselling.
- Birth preparation and labour support and transport.
- Prenatal education, support and referral.
- General health care support and advocacy including transport to appointments.
- Budgeting advice.
- Advocacy and assistance with public housing applications, including transfers and sustaining tenancies.
- Group program (weekly), including educational, social and recreational activities.

- Assistance in obtaining appropriate and safe crisis accommodation.
- Support for women living in violent situations.
- Assistance in developing and improving parenting and life skills.
- Support accessing appropriate education, training and/or employment.
- Assistance in reducing social exclusion by linking women with other community groups and support networks.
- Referral to and liaison with external medical, housing and welfare agencies and organisations.
- Practical assistance with household goods, baby goods, clothing and maternity requirements.
- Practical assistance with food parcels, nutritious meals, support and practical assistance at special times such as Mother's Day, Easter, Christmas and at the birth of a baby.



Find out more karinyahouse.asn.au

Karinya House supports women living in the ACT and surrounding regions.

Who we help

Women referred to Karinya House who are pregnant, or have a baby under 3 months of age, at the time of referral.

Karinya House has no age restriction for the women who we support.

How to refer

Referrals can be made to Karinya House by phoning **(02) 6259 8998**.

Women are welcome to phone Karinya House directly. Referrals are also accepted from other agencies.

All calls and referrals to Karinya House are treated confidentially.

Karinyahouse
for mothers & babies