

.....

**Karinya House** opened on 29 September 1997 and has since supported over 5,500 pregnant and parenting women in crisis.

Karinya House receives approximately 50% of its overall income in the form of recurrent Government funding, with the remainder provided through donations and fundraising.

.....



Donations to Karinya House are tax deductible

[karinyahouse.asn.au/support/friends-of-karinya/](http://karinyahouse.asn.au/support/friends-of-karinya/)

**Karinya House** is a community based organisation **providing supported accommodation, transitional housing and outreach services** to pregnant and parenting women and their families who are in crisis.

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 residential and outreach service **specifically for pregnant and parenting women** in the region.



**Postal Address**

.....

PO Box 7239 Kaleen ACT 2617

**Contact Us**

.....

P (02) 6259 8998 F (02) 6258 0337

E [info@karinyahouse.asn.au](mailto:info@karinyahouse.asn.au)

[karinyahouse.asn.au](http://karinyahouse.asn.au)    



#mumsmatter

*Karinya House is a dynamic, compassionate organisation providing support to pregnant and parenting women.*



## Services we provide

Karinya House provides supported accommodation, transitional housing, outreach services and support groups to pregnant and parenting women who are in crisis, on a twenty-four hour, seven days a week basis.

Karinya's Staff develop an individual support plan for every woman receiving support according to their specific needs and circumstances. The casework plan provides professional and practical support and encourages women to access a range of life skills and opportunities.

### Casework Support

- Casework management and counselling
- Birth preparation support services
- Prenatal education, counselling and support
- General health care advice and advocacy (including transport to medical appointments)
- Labour support and transport
- Budgeting advice
- Advocacy and assistance with public housing applications (including transfers and sustaining tenancies)
- 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 clients with other community groups and support networks
- Referral to and liaison with external medical, legal, housing and welfare agencies and organisations
- Practical assistance with household goods, baby goods, clothing and maternity requirements
- Practical assistance with food parcels, nutritious meals and support and practical assistance at special times such as Mother's Day, Easter, Christmas and at the birth of a baby



*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 Clients.**

### 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.*

Find out more [karinyahouse.asn.au](http://karinyahouse.asn.au)

**Karinyahouse**  
for mothers & babies