

Family Program

If you're a parent and want to have your children with you while going through our program, or you want to work towards having your children returned to your custody we can help.

- Children up to the age of 12 can stay with you in our Family Program, at the Karralika Therapeutic Community
- Our Program supports you with your recovery but also works together with you as a family
- We offer family counselling, parenting support and advice
- Children attend childcare or school during the day so you can focus on your recovery, but there is plenty of family time together to build important relationships
- Play time is also important and we have lots of activities you can do as a family



Nexus Mens Program

Nexus is our program just for men with drug and/or alcohol problems who live in group houses and go through a treatment and recovery program.

- A Case Manager will support you to identify and reach your goals and the way to get there.
- Your recovery plan will be important and your housemates will help to support you too.
- Nexus is less structured than the Therapeutic Community program, but the purpose is the same: to provide a supportive environment during your recovery.



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www.karralika.org.au

Karralika Programs Inc.



Helping adults and families
with alcohol and drug issues
through residential
programs

Karralika Programs acknowledges that we are on the lands of the traditional custodians and we pay respect to Elders and leaders past, present and emerging. We are committed to improving the health and well-being of all Aboriginal and Torres Strait Islander people and we strive to make sure all people from all diverse backgrounds feel welcome and supported in our programs.



About Us

Karralika Programs is a not-for-profit specialist alcohol and drug organisation that provides programs for people in the Canberra and the surrounding areas.

We support adults, young people and families to address and recover from alcohol and drug problems through a range of residential and community programs.

Our Approach

Our approach is to support our clients to learn about themselves and develop positive ways of living. We see the potential in every individual and actively support them to develop hope, a meaningful and healthy purpose for life, a strong sense of community and belonging as well as positive self identity and pride.

Case Managers help to understand why you have used drugs or alcohol in the past, and work together on how to prevent relapsing. Your peers will provide you with important feedback and actively support your recovery - you will do the same for them.

Karralika Therapeutic Community

Our Therapeutic Community is a residential alcohol and drug treatment program where people live and work together to achieve the same goal. The model works because it provides a safe and supportive environment for treatment as well as the benefit of positive community living.

The program involves skills development, education, individual and therapeutic group work as part of your treatment. Together we look at social behaviours, relationships, parenting, communication, education and work training skills. We also provide primary health care and counselling.

Over coming addiction doesn't happen quickly. It takes time to change how you think, how you respond to situations and make the changes you want to see in your life. We are with you all the way.



Karuna Short Stay Program

Karuna is an 8 week live in program where you will begin your recovery journey.

- You will live in the Karralika Therapeutic Community
- You will be supported by your own case manager, other staff and peers within the community
- Everyone has daily tasks to perform, it helps to keep the community functioning
- You can choose to leave at the end at the end of the 8 weeks and you will have access to support from our Outreach Worker when you return to the community
- Karuna can also be the first stage in a longer program to help you continue your recovery journey.

12 month Program

- After completing Karuna you may move in the next phase which is usually around 6 to 9 months.
- Here we support you to look more closely at the reasons for your dependence and give you skills and strategies to achieve you goals while in program and continue them afterwards.
- We support you through the transition back in the wider community.