

Contact us

Karralika Programs Inc. Alcohol & Other Drug Counselling



KARRALIKA

programs to help you choose a better life



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www.karralika.org.au



Helping Adults, Youth and
Families with alcohol and
other drug issues through
community 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.

The Justice Services Counselling program is made possible though funding provided by the Capital Health Network (the ACT Primary Health Network)

Karralika Programs also acknowledges funding provided by the ACT Government (ACT Health)



About Us

Karralika Programs is a not-for-profit specialist Alcohol and Other Drug (AOD) organisation that provides programs for people in the Canberra and the surrounding NSW areas.

Our team of qualified and caring clinicians support adults, young people and families to address and recover from alcohol and drug problems through a range of residential and community based programs.

Karralika Programs is a strengths-based organisation which sees the capability in every individual, actively empowering people to realise their fullest potential.

About the Services

Karralika Counselling Services focus on assisting clients toward developing strategies to address alcohol and other drug issues by;

- Supporting positive behavioural change through providing evidenced based therapeutic interventions.
- Providing sensitive, trauma informed care so as to support a clients sense of personal safety in their life and relationships by affirming strengths and resources.
- When appropriate, providing advocacy or assistance in accessing other services.

Counselling Services

Community Counselling

The Community Counselling Program is committed to delivering a high quality, client centered practice to people including families seeking counselling for alcohol and other drug issues and/or co-occurring disorders.

Clients can access AOD counselling which can include crisis support, brief intervention, preparations for entering a residential treatment program, and family relationships including parenting support.

Clients exiting a residential treatment program will have access to counselling that focuses on relapse prevention and community reintegration.

Referrals for Community based counselling can be made ;

- Internally via our residential treatment programs or
- Externally by contacting our community team on 6185 1300 or 1800 152 772

Justice Services Counselling

The program adopts a collaborative approach that acknowledges and supports a person's competence towards finding solutions from their own resources.

The program is committed to increasing access to AOD services people exiting custody, to support those at the risk of recidivism or AOD relapse following release and integration back into the community

Clients eligible for the program will have connections to Justice Services in the ACT (i.e. Community Corrections, Alexander Maconochie Centre).

Clients can create/ fine tune relapse prevention plans, with a focus on thoughts and triggers, high risk situations, self-check, goal setting, holistic support structures and assertive behaviours.

As well as focusing on AOD issues, the service can assist clients in addressing anger, anxiety, depression, social isolation, crisis intervention and other issues the client identifies as requiring support with.