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Karralika Programs Newsletter

May 2023 edition

Karralika celebrates 4 and half decades of helping people choose a better life!

Yes! For 45 years [Karralika Programs Inc.](#) has been supporting those in the ACT and surrounding communities to make changes in their lives around their dependence on alcohol and other drugs.

We love what we do and we will continue to walk alongside adults, families and young people who want to create positive and lasting changes in their lives in a holistic and caring way.

As you can imagine, there have been a lot of changes and growth in our organisation and the programs we offer over this time, but our focus has always been to provide quality services for clients and to create a safe, inclusive, and welcoming place for clients and staff across our many locations. Karralika sees potential in every individual, we live our values, and we feel privileged to have been of service in support of healing and recovery.

We are grateful for the opportunity to reflect on this milestone in our journey as an organisation – but we recognise that it is the journey of recovery and healing for the many people we have worked alongside over the years. We want to acknowledge and celebrate the partnerships and support from our [funders](#), volunteers, [Consumer Advisory Body](#), dedicated staff, Board and donors and use this milestone to share stories of courage, tenacity, impact and growth.

To celebrate our 45th birthday, we are planning events and ways that those with a connection to Karralika Programs, past and present, can contribute and take part. No

matter what your association, be it a past or present employee, board member, client or loved one of a client for example, we'd love to hear from you!

Keep an eye out in [HerCanberra](#) later in May as one of our former clients tells of their story and experience with Karralika Programs.

You can get in touch with us initially by email at events@karralika.org.au and share your journey, key memorable events or anecdotes, or a quiet yet impactful moment.

Throughout the year, our hope is that people will connect or reconnect with others, and through your stories help to raise awareness and address the ever-present stigma and discrimination that many still experience in the community. Will you join us?

We look forward to celebrating with you, so keep a look out for information coming soon. Please share this newsletter with anyone you know who may like to take part or they can subscribe via our website www.karralika.org.au

Sharon

Chief Executive Officer



As part of our historical reflections, we have revisited a book of writings from our Therapeutic Community participants called ***Seeing Through Colour***, published in 1996.

The writings within reflect on client's feelings, emotions and experiences, written in treatment writing groups, by choosing a colour that represents them at that moment in time, from black through to rainbow.

Clients were happy to share their contributions in the book and we thank them again

for their willingness to share 'a most sacred part of themselves'.
Here are a couple of excerpts from the book:

Son

Deep swirling blue pools
Your beautiful eyes
Full of magical powers
The future, surprise
With all of its mysteries
Its fear and its fun
The journey of life
For you has begun
Happy 1st birthday
My beautiful son.

Black

Black, black
the sky is black
no stars
I stand alone
alone
thinking of you
then it came
down
rain, rain
then I know
you were here

Yellow

mellow
here comes the sun
look everyone
kissed by her rays
naked bodies glisten
bathed in warmth
rejuvenate
calm
positive
laughter
yellow, yellow, yellow

Give me something to think about
And I'm grateful for today.

Up over there, cold
my heart opens up over there
and colour comes slowly

Inner Child

I see a beautiful innocent child
who is emotionally starved and
not recognized as a living being
who feels and needs to be recognised
and lives in darkness without
the nurturing to grow –
she is not aware that she has the
right to life and growth, she is
shut off from the world
she goes unnoticed, no outer sparks
to encourage her.

Spring Breaks

Icy morns give way
bare white legs and blooms burst forth
to bask in blue warmth

By first doing I proved it could be done,
the second followed with ease
the third slipped by unnoticed
I had a habit of living.

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