

If you could describe Karinya's services in one sentence what would it be? (*in client's own words*)

Stephanie (40) "They look after the mental, physical and emotional welfare of mothers to be, labouring mothers, new mothers and their babies".

Robyne (40) "They provide support to women who are pregnant and don't have any other support around them".

Kate (22) "They give support and counseling and help with practical issues and advice".

Judy (28) "They give support both during and after pregnancy".

Cindy (36) "They support mothers and babies in times of need or crisis".

Theresa (14) "They help people with their pregnancy like young mum's".

Madelaine (31) "They changed my life for the better with their support".

Hazel (24) "Karinya House is good for people who need help while they are pregnant and homeless".

Leanne (29) "Karinya is very supportive and very understanding".

Kylie (21) "They are a wonderful group that support young pregnant mothers".

Marcelle (19) "It's a good thong they are doing to help pregnant mum's and babies".

Roselyn (20) "They help you care for the baby".

Tegan (17) "They are really good and helpful with what they do for mum's in general".

Sasha (?) "They are helpful and give you support when you need it".

Shantel (16) "They are very helpful and supportive people".

Cheri (18) "It was good to have their support".

Rachael (27) “Excellent service”.

Suzana (32) “They are great and it is good to know there is always someone to help”.

Rebecca (30) “ It has been so important to me”.

Eliza (16) “They give reassurance to people who are pregnant to do what is right for them”.

Jennifer (20) “They give help with accommodation and counseling”.

Josephine (25) “Much needed support during pregnancy and with newborns”.

Emma (25) “They provide practical support and information on everything”.

Anne (28) “Practical support for my pregnancy and help with my self esteem”.

If Karinya was not involved, how would your life be different? (*in client's own words*)

Stephanie (40) “I possibly would not have had this child and if I had would not have sorted out issues in my life. I would have felt isolated and depressed with no support”.

Robyne (40) “I would probably do OK, but they have given me more confidence to handle this pregnancy with their ongoing support”.

Kate (22) “I would be a lot more stressed and feel more overwhelmed”.

Judy (28) “I wouldn't have continued with my pregnancy”.

Cindy (36) “They have provided me with a home. I have had more access to Jayco because I am at Karinya”.

Theresa (14) “I wouldn't have any help for me or my child”.

Madelaine (31) “I don't think I would be alive. I was close to breaking down”.

Hazel (24) “Very different. I didn’t know anything about having a baby and they taught me all about pregnancy”.

Leanne (29) “Not really sure”.

Kylie (21) “I wouldn’t know what to do, probably be really depressed. I would have nothing for the baby”.

Marcelle (19) “They made my life a lot easier”.

Roselyn (20) “I would probably be really stuck. I would not have anywhere to live”.

Tegan (17) “It wouldn’t be too different”.

Sasha (?) “I would probably be living in the gutter”.

Shantel (16) “It would just be harder without the help”.

Cheri (18) “If I was unable to go to Karinya I have no idea what would have happened to me”.

Rachael (27) “It probably would have been harder without their help”.

Suzana (32) “I probably would have terminated my pregnancy without counseling”.

Rebecca (30) “As far as myself and my son goes we wouldn’t have the quality of life we have”.

Eliza (16) “I wouldn’t have as many clothes and toys for my child and I wouldn’t have such a big support network.”.

Jennifer (20) “I would have nowhere to live”.

Josephine (25) “I wouldn’t be as organized”.

Emma (25) “It would be very different. It wouldn’t be good”.

Anne (28) “Karinya House has been a big part of my life for the past eight months. I probably would feel more alone and isolated”.

What makes Karinya different to other services you have been to or contacted?

Stephanie (40) They have a more holistic approach. They were able to assist with a broad range of issues e.g. Practical information regarding pregnancy, preparation for the baby, legal and emotional support and baby goods. They were flexible in all aspects on dealing with me. They seemed to take a personal interest and even attended appointments outside Karinya House. They provide great ongoing support. Little touches such as a X-mas present for my unborn baby and myself was very uplifting.

Robyne (40) They are very supportive and understanding. It is great to know I will still get ongoing support after the baby is born.

Kate (22) They were the only service that was really lovely and caring. They are very genuine.

Judy (28) They gave me completely unbiased counseling. The support received was completely unexpected and has been incredible.

Cindy (36) They have given me ongoing support.

Theresa (14) Haven't had contact with any other services.

Madelaine (31) Karinya only caters to pregnant women in crisis. They are the only support group for pregnant women so they know how to deal with the issue's of pregnant women. The worker's are very helpful and approachable.

Hazel (24) They help only pregnant women so they are really good at that.

Leanne (29) They are more supportive and always available. Karinya is very strongwilled.

Kylie (21) They are able to provide clothing or food if needed. They have lots of different workers so if you don't like one, there is someone else you can talk to. They have midwives and are supportive with questions. They help with transport and I know I can ring anytime and get help.

Marcelle (19) They are very understanding when it comes to dealing with mothers and babies. Because they only look after mothers and babies they know how to help those people better.

Roselyn (20) I found it hard to live at Karinya compared to other refuges because it was noisy and the lounge room was the only place to sit. Sometimes there wasn't enough staff to provide support.

Tegan (17) They are specifically for mothers with babies not just all women.

Sasha (?) It is a service only for women.

Shantel (16) They are helpful and get things moving quicker e.g. Centerlink etc.

Cheri (18) You can take your baby with you and you can be any age.

Rachael (27) They are more helpful.

Suzana (32) They are involved with mothers and babies specifically.

Rebecca (30) They have a realistic perspective. They know the realities on our circumstances. They have a great balance of practical and emotional support. They understand the services that are out there to help.

Eliza (16) They deal specifically to mothers and babies so they knew exactly what I was going through and therefore gave specific, not general counseling and good practical advice.

Jennifer (20) They really listen to you. They are really helpful. Just great.

Josephine (25) Karinya keeps in touch with you.

Emma (25) Karinya is different because they have practical solutions. The support is very hands on. Karinya is very involved with clients and do a lot of one-on-one stuff. Up to date information is given. As they liaise with other organisations for the client it takes the stress away from the client.

Anne (28) They have a holistic approach. They cater to all aspects of your life, not just pregnancy support.