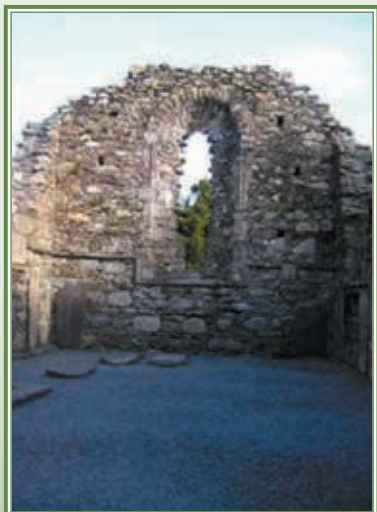


Guests have their own bedroom with shared bathroom facilities, as well as shared dining and lounge areas. Linen provided.

This service is not intended for long term accommodation, or for those who are homeless. Any extension beyond a week is by invitation.

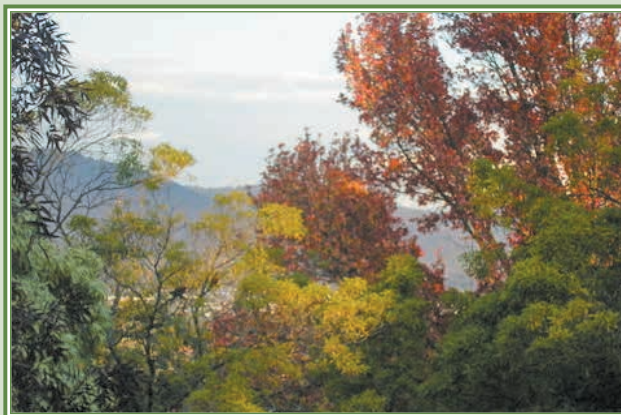


*Nothing is
predestined.
The obstacles of
your past
can become the
gateways
that lead to new
beginnings.*

Ralph Blum

At Kewn Kreestha

We help to nurture the spirit of each woman who comes into our care so that she can return home more confident and with plans to cope with the stresses of life and family.



View from Guests' Lounge



Address: 69 Alto Avenue
Croydon 3136

Enquiries: (9:00 am – 5:00 pm)
Monday – Friday

Phone: 9723 6797

E-mail: resthome.familycare@bigpond.com
Website: www.familycaresisters.com.au

Family Care Sisters

Wholistic Centre for Women.

'KEWN KREESTHA'

(Quiet of Christ)



*... Providing for the physical, emotional,
spiritual and social well-being of women.*

Enquiries: 9723 6797

"Kewn Kreestha"

The Quiet of Christ

Kewn Kreestha offers rest and care to women who are in need of a peaceful environment, for time out, or support and nurturing.

This service has been offered since 1940 with a special focus on mothers.

Mindful of the varying pressures on women in today's ever-changing society, the Family Care Sisters have extended their scope to include women who are not mothers.

"*Kewn Kreestha*" caters for **active** women under the age of 70 years who are seeking an opportunity to stop and reflect and take stock of their situation in a peaceful, caring and spiritual environment.

Occasionally, we will require potential guests to attend an interview to ascertain the appropriateness of our Centre to their needs.

Regretfully, women with serious social or psychiatric problems, those using non-prescribed drugs or abusing alcohol, cannot be accommodated.

What is offered at "Kewn Kreestha"

The Family Care Sisters seek to provide wholistic care for women in their spiritual, emotional and physical needs.

In addition to a supportive and caring environment, the staff provide a programme of personal development which emphasises the benefit of establishing a pattern of healthy self-care.

The Programme incorporates:

- Time for rest and relaxation
- Time for personal reflection
- The opportunity to socialise with other women
- Group sessions including:
 - Personal Growth Strategies
 - Goal setting
- Opportunities to address personal emotional issues arising from loss, grief, abuse, illness etc.

The Chapel in the house is available to guests, for personal quiet time or for sharing in the Sisters' community prayer.

Staff members are available outside group sessions for individual discussion.

A Typical Week at "Kewn Kreestha"

Mondays

Guests are admitted in the morning; group session in afternoon.

Tuesdays – Thursdays

Group Sessions interspersed with relaxation activities & free time.

Fridays

Home after lunch

The programmes offered are evaluated on a regular basis and new sessions offered to meet the current needs of women.



All meals are provided. However, Kewn Kreestha may not be able to cater for specialized dietary needs. Please ask on enquiry.

Kewn Kreestha