

Find peace and quiet

Kewn Kreestha is your sanctuary
away from a busy world



A quiet place for all women to experience physical,
emotional and spiritual rest and rejuvenation.

About Kewn Kreestha

Situated high in the picturesque hills of the Yarra Valley, Kewn Kreestha offers a safe and supportive environment where women can rest and restore their physical, emotional and spiritual resilience. It is a residential program for women who have may have devoted their time and energy to caring for others and now wish to rediscover some peace for themselves.

We focus on holistic care, coaching and mentoring women in self-care and opportunities to nurture and be nurtured by others. This is particularly important for women who are shouldering the responsibility of caring for children or loved ones, or who have experienced personal grief, trauma or hurt. Women may be referred by an external service or refer themselves.



Our services

We offer a five-day residential program at our beautiful and welcoming Kewn Kreestha centre in Croydon. We welcome active women aged under 70, irrespective of religion, faiths, beliefs or background.

Our program typically includes:

-  mentoring
-  holistic care
-  time for rest and relaxation
-  time for personal reflection
-  opportunities to socialise with other women
-  group sessions addressing personal growth strategies and goal-setting.

Please note:

We are not a crisis centre and cannot support women with serious social or psychiatric problems, or women using non-prescribed drugs or abusing alcohol. If you are unsure whether Kewn Kreestha is right for you, please feel welcome to contact us for a confidential discussion.

Women are welcome to use our chapel for quiet time or to join our Sisters in prayer. Other activities might include walking or relaxing in our beautiful gardens, reading a book or playing cards, or recharging during a session with our volunteer massage therapist.

Guests have their own bedroom with shared bathroom facilities. All meals are provided. Please check with our staff if you have dietary requirements.

Family Care Sisters

The Family Care Sisters, also known as the 'Grey Sisters', were founded in 1930 by pioneering feminist Maude O'Connell. Maude sought social and industrial reform to improve conditions for working women as well as mothers at home.

About Kewn Kreestha

Kewn Kreestha, meaning 'Quiet of Christ' in Gaelic, has been supporting women since 1940. The service has evolved from supporting mothers, particularly those managing the stresses of raising a large family, to supporting all women through life challenges.





Family Care Sisters



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