

“ By coming to Saranna for recovery, women can not only achieve freedom from the grip of alcohol and drugs, but discover who they really are... ”

### How to access the service

- If you are a mother with children and you are experiencing difficulties with your use of alcohol and other drugs, we can help.
- Please contact us on (08) 9328 9200.

“ I am forever grateful for the Saranna Women and Children's Program. This place has saved my life. I am stronger than I ever have been and its all thanks to this amazing place. I am a Mum again, a daughter, sister and a friend again, and know how to love again. The staff have been awesome and my community too. ”

## Our Services

### Cyrenian Central

318 Fitzgerald Street, Perth, 6000

P: (08) 9328 9200 E: enquiry@cyrenianhouse.com

B: Bus Routes 19 or 960

### Rick Hammersley Centre Therapeutic Community Gnangara Program & Saranna Women & Children's Program

Contact us through Cyrenian Central

### Munda Mia Therapeutic Community

Contact us through Cyrenian Central

### Serenity Lodge Therapeutic Community

Contact us through Cyrenian Central

### Serenity Withdrawal Unit

P: (08) 9527 9335 E: enquiry@cyrenianhouse.com

### Nannup Therapeutic Community

Contact us through Cyrenian Central

### Nannup Withdrawal Unit

P: (08) 9756 0100 E: nannup@cyrenianhouse.com

### Midland Withdrawal & Intervention Centre

P: (08) 6155 2668 E: receptionmwic@cyrenianhouse.com

### Cyrenian House Milliya Rumurra Outreach Service

Pembroke Road, Broome, 6725

P: (08) 9192 6400 E: CHMRreception@cyrenianhouse.com

### Wandoo Rehabilitation Prison Therapeutic Community

Murdoch Drive & Bramanti Road, Murdoch 6150

P: (08) 9218 7926

### North Metro Community Alcohol & Drug Service

#### Joondalup

10 Clarke Crescent, Joondalup, 6027

P: (08) 9301 3200

T: Joondalup Train Station

#### Innaloo

21 Wotan Street, Innaloo, 6018

P: (08) 9246 6767

T: Stirling Train Station

### Saranna Early Childhood Education & Care Centre

920 Gnangara Road, Cullacabardee, 6067

P: (08) 9302 6444 E: SECECCadmin@cyrenianhouse.com

cyrenianhouse.com



## Saranna Women and Children's Program



Healthy,  
inclusive  
and harm-free  
communities

## Cyrenian House

Cyrenian House is a not-for-profit non-government organisation that has been operating within the alcohol and other drug (AOD) treatment sector since 1981. Cyrenian House has demonstrated an enduring capacity to deliver a professional and effective treatment service and is one of the leading AOD treatment services in Western Australia.

Cyrenian House supports and upholds a robust standard of cultural competence by recognising cultural needs and reviewing programs to ensure they meet the needs of Aboriginal, Torres Strait Islander, CaLD and LGBTQI+ communities.



Cyrenian House acknowledges the past and present Traditional Custodians of this land and recognise our services are situated on Whadjuk Nyoongar Country, Bibbulmun Country and Yawuru Country.

*Cyrenian House is certified against the Alcohol and Other Drug and Human Services Standard and the Standard for Therapeutic Communities & Residential Rehabilitation Services.*

## About the Program

The Saranna Women's and Children's Program is a residential alcohol and other drug (AOD) treatment program where women (over 18 years) live with their children (up to 12 years) whilst engaging in AOD treatment. Families are accommodated in their own individual houses on the property. To enable mothers to fully participate in the treatment program children attend a local primary school, or our purpose built childcare centre located on the grounds of the property.

The program is located within the Rick Hammersley Centre Therapeutic Community.

Treatment consists of a four-stage program where residents are supported to meet their identified needs and goals. In the TC, we use active participation in group living and activities to drive individual change and the attainment of therapeutic goals. The program encourages self-responsibility and guides the individual towards optimal health and wellbeing.

The program includes support and education for family and domestic violence (FDV), housing, parenting skills and co-occurring mental health conditions.

The Saranna Women's and Children's Program is a smoke and vape free environment. Support and assistance with remaining smoke and vape free is included in the treatment program.

“ We learn how to survive feelings and challenges and grow to thrive for ourselves and our children... ”

## Program elements include:

- Structured residential treatment program using the Therapeutic Community Model
- Treatment plans based on individual needs and goals
- Therapeutic and educational groups
- Counselling
- Case management and welfare support
- Life skills and work therapy
- Recreation and fitness programs
- Art and other creative activities
- Participation in community-based self-help groups
- Access to medical services
- Exit planning and referral to aftercare supports
- Family and domestic violence (FDV) education and support
- Parenting skills development and support
- Access to an onsite childcare service

