



KARITANE.COM.AU









My Community Pharmacy Shortland

KARITANE® **100**
YEARS
Parenting through generations

Karitane at My Community Pharmacy Shortland

Karitane provides support and education on navigating parenting to mums, dads and carers with children from birth to five years of age.

Our services are evidence-based and delivered by health professionals around the topics of:

-  Sleep and Settling
-  Establishing Routines
-  Feeding and Nutrition
-  Toddler Behaviour
-  Adjusting To Parenthood
-  Breastfeeding Support

No referral
drop-in clinics
are available from
September -
Thursdays
9am-11am

SERVICE

Our skilled and caring Child and Family Health Nurse works in partnership with your family to assist you in identifying and achieving your goals.

This service includes individual consultations of up to 2 hours.

REFERRALS

To begin your journey, please scan the QR code with your phone camera, or visit www.karitane.com.au/referral



COST

Kariatne Shortland is a **FREE** health service to the community.

CONTACT DETAILS

310 Sangate Road, Shortland NSW 2307
(02) 49 55 8180

CARELINE: 1300 CARING (1300 227 464)

For regular updates and parenting tips, visit

www.karitane.com.au

