

About Us

At Carinya, people often say they feel part of a real community — one made up of over 100 participants and more than 100 dedicated staff who know each other by name, share moments, and build meaningful connections every day. Based in Coburg, Carinya belongs to the neighbourhood it serves, and everyone who joins us becomes part of that shared community.

Individuals with diverse abilities come to Carinya to feel supported, understood, and empowered to live with dignity, purpose, and independence. Whether someone is joining our day programs, getting involved in community activities, travelling with our transport team, or settling into supported accommodation, the experience is always personal and shaped around what matters most to them.

Carinya isn't just a service provider — it's a place where people feel welcomed, valued, and connected to a community that genuinely cares. It's a "place to be me".



NDIS Registered Provider

General Enquiries

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Client Enquiries

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PROGRAMS



Our Programs

At Carinya, our programs are as diverse and dynamic as the people who take part in them. Across each week, we offer 39 individual programs giving every participant the freedom to choose what inspires, motivates, and supports their personal journey.

Our program schedule evolves every six months, shaped by the voice, goals and interests of the people who attend. This rhythm of renewal keeps our offerings fresh, meaningful, and aligned with that matters most to our clients.

Every program is designed with clients at its core. Whether someone is building greater independence, skills, or simply enjoying activities that bring joy and connection, the experience is always personal - because at Carinya, programs aren't just sessions on a timetable. They're opportunities for people to grow, belong, and be themselves.



Chatty Cafe

A relaxed setting to enjoy coffee, conversation, and community connection. A way to build confidence, social ease, and communication skills while engaging with the community.



Bowling

Supported bowling offers a fun way to stay active, build motor skills, and connect with familiar faces. Whether beginner or experienced, participants enjoy movement, teamwork, and a strong sense of community.



Swimming

In small groups or with 1:1 support, this calming activity boosts both body and mind. Swimming encourages movement, improves fitness, builds social skills, and increases independence.

Mens Shed

A welcoming space to connect, share skills, and enjoy hands-on projects. Through activities like restoration, gardening, and community outings, participants stay active, engaged, and confident.



What Our Clients Say

"We like to see the football trainings and meet the players"

Jen & Sergio, *Sports Squad Program*

"I love getting make-up done, my hair curled and nails done with friends"

Alyssa, *Beauty Bar Program*

"I like the cooking program. I like the shopping, cutting food and washing hands"

John, *Flavour Fusion Program*

Photography

A creative group where participants explore new techniques, capture meaningful moments, and express themselves through their unique and personal lens.

