

## Who We Are

FAMSA Western Cape is a non-profit organisation (NPO) specialising in relationship counselling. We offer a confidential, non-judgemental counselling service in a safe and relaxed environment to individuals, couples and families.

## What is Counselling?

“An effort to help the client engage in those types of behaviour which will lead to a resolution of the client’s problems.” (Krumboitz, 1965)

## Who Renders The Services?

- Social Workers
- Psychologists
- Relationship Counsellors
- Registered Counsellors
- Community Lay Counsellors
- HIV and AIDS Community Lay Counsellors

## Priority Areas

- Family, Community and Relationship Breakdown
- Family and Intimate Partner Violence
- HIV/AIDS
- Community Violence and Trauma

## Aim

Building Functional and Resilient Families: From the earliest years through schooling, adolescence, adult life until death.

## How We Work

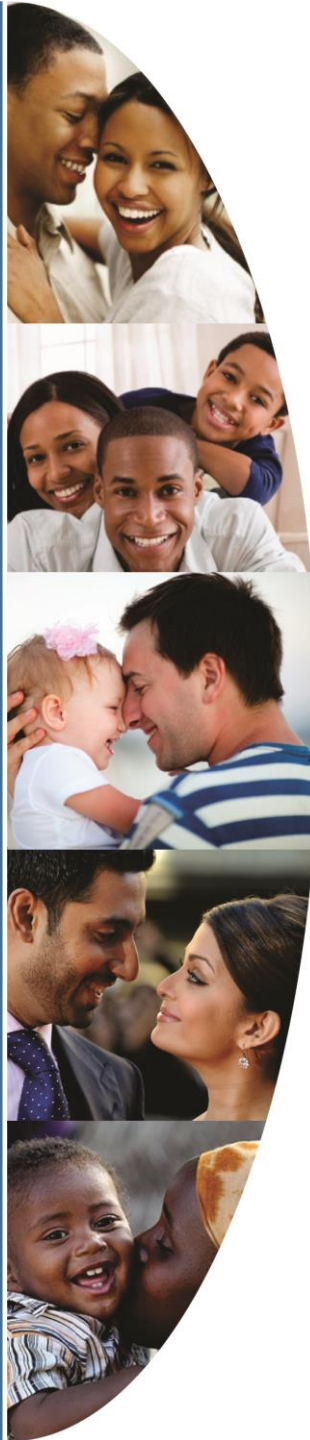
- Call and make an appointment 021 447 0170
- Fees are charged according to a sliding scale.

## Where to find FAMSA

Observatory Khayelitsha  
Tel: 021 447 7951 Tel: 021 361 9098

Mitchell’s Plain Dunoon /  
Tel: 021 391 6015 Jo Slovo Park  
Cell: 073 0564 789 Tel: 0610798707

Elsies River Facreton  
Tel: 021 9330192 Tel: 021 593 8074



# Do You Need A Positive Change?

Nobody can change the past, but FAMSA can help you to change, adjust, repair and strengthen family relationships at any significant life stage.

As relationship specialists we empower people with skills to improve and enhance emotional wellbeing and wellness - ONE PERSON / COUPLE / FAMILY at a time.

FAMSA WC works with couples and family systems of all shapes and sizes and does not discriminate against anyone seeking help based on their race, religion or sexual lifestyle.

## We are there to help you prepare for:

- significant relationships
- marriage
- welcoming your first child
- creating a safe space for adolescents to explore and mature
- rekindling couple intimacy as you adapt to the “empty nest”

## We are there to help you weather the storms of:

- the in-laws
- domestic violence
- affairs
- divorce
- death
- blended families

### *We believe that:*

*“healthy families create healthy communities”.  
Secure families provide a favourable environment where family members can develop to their full potential, develop positive identities and form a set of values that serves frame of reference for life.*

# The Relationship People

## Counselling Services

- Relationship Counselling
- Marriage Preparation and Enrichment
- Domestic Violence Counselling
- FAMSA Men Stopping Violence Group
- Divorce Counselling / Mediation
- Parenting Plan
- Bereavement Counselling
- Community Lay Counselling Programme
- Trauma Debriefing & Support
- Employee Wellness Programme (EWP)

## Individuals Couples Families Corporates

## Community Based Services

- Community Lay Counselling Programme
- Marriage/Relationship Enrichment Workshops
- Marriage Preparation Workshops
- Parenting Skills – (Teenage parents, parent to be, fatherhood)
- FAMSA Male/Female Identity Workshop
- Life skills groups
- HIV & AIDS / TB Counselling Project
- Talks

## Previously Disadvantaged Communities

## FAMtrac Training CPD Accredited

## Professional or Lay Groups

- Basic Counselling Skills 1
- Basic Counselling Skills 2 (Intermediate)
- Basic Counselling Skills 3 (from individual to couple)
- Bringing About Healing in a Traumatized Society
- HIV/AIDS Training
- McMaster’s Family Counselling
- Prepare/Enrich Training - new Customized Version
- Sexual Counselling in Couple Relationships
- Stress Management Skills
- Supervision Skills
- Trauma Debriefing Skills
- **Workshops:** (Half & One Day) Affairs / Infidelity, Bereavement, Blended Families and Divorce Counselling Skills, Starting and Running your Private Practice and Ethics.
- **In-Service Training:** McMaster’s Supervision Group Supervisors’ Forum