FAMSA Value of the month

WHAT IS HOPE?

"Hope is the thing with feathers - that perches in the soul - And sings the tune without the words - And never stops - at all..." Emily Dickinson quoted by our lovely FACE of FAMSA family ambassadors, this April 2018.

A great relationship doesn’t happen because of the love you had in the beginning, but how well you continue building love until the end. May this month bring you hope for you and your relationships!

Remember FAMSA’s stall at the market. Lots of wonderful gifts and handmade products!

FAMSA Notice Board

11 APRIL 2018
EXECUTIVE COMMITTEE MEETING

18-19 APRIL 2018
DOMESTIC VIOLENCE & TRAUMA BONDS WORKSHOP

26 APRIL 2018
VOLKSBLAAD EVENING MARKET
FAMSA Services

WHAT WE’VE BEEN DOING
Sometimes it’s hard to realise that counselling is needed. No one enjoys knowing that their problems can’t be solved by themselves.

However, thumbs up to these clients who didn’t see counselling as a threat, but as an opportunity to learn and grow as a person, a couple or a family!

FAMSA BLOEMFONTEIN offers a variety of Social Work Services. Here is statistics of some of our services the past year. 344 People received counselling services the past 6 months.

Help a couple close to you, in time, by making them aware of the need for counselling.

CONTACT US AT 051 5252395

FAMSA Relationships

The determining factor in whether couples feel satisfied with the sex, romance, and passion in their marriage is, by 70%:

The quality of their FRIENDSHIP with each other

HAPPY COUPLES DO

Happy Couples Talk More
People in the most successful marriages spend 5 more hours a week being together and talking.

Cultivate Positive Interactions Every Day

Hey gorgeous
Aww...

Give a compliment

Show your appreciation for something big (or small)

Relive a fun memory

Do something nice for them
FAMSA Projects

SISONKE
Sisonke (meaning all of us) refers to a group of 9 unemployed people plus one instructor, on the farm ‘Voorspoed’ Bloemfontein district.
The group meets from Monday to Friday from 8h00-16h00, with the following primary aims:

PROMOTION OF HEALTHY FAMILY LIFE
Monthly sessions to affirm the importance of the family and encourage responsible parenting.

FAMILY STRENGTHENING
Training in a variety of skills to increase family income and to improve economic capacity of families through skills development programs.

CONTACT HENDRIEN AT 051 5252395 IF YOU WOULD LIKE TO CONTRIBUTE

HAND MADE ITEMS FOR SALE

CUSHIONS:
R70

SHOES: R250 - R320

FAMSA Training

ROLE OF FATHERS

“ROLE OF FATHERS IN THE FAMILY” was presented by Mmatshepo Madiga of FAMILIES SOUTH AFRICA - FAMSA, our National Office on the 15th of March.

THANK YOU to our National office for the investment in our community, the arrangements and your efforts!

10 STRAUSS STREET, UNIVERSITAS BLOEMFONTEIN | TEL 051 5252395 | INFO@FAMSABFN.CO.ZA
We hereby sincerely wish to invite you to support FAMSA Bloemfontein. We are hosting a Golf day on Friday 18 May 2018, at Tempe Golf Club. The purpose of the Golf day is mainly fundraising but also to raise awareness of our services.

**HOW CAN YOU GET INVOLVED?**

1. Get 4 people (team) to play in the BETTER BALL SCRAMBLE DRIVE - R 1000
2. Sponsor a hole, R1000 and help Families. 18A certificates can be issued. Display all your marketing material.

**FAMSA Mad about MAD**

MAD Boutique is now open on Tuesdays from 8h00-16.30 and Fridays from 8.00-15.00

Yes our charity shop “Make-A-Difference Boutique” is really making a difference! Currently we have 3 volunteers assisting with sales, marking and organizing the goodies.

**DONATIONS ARE WELCOME**
FAMSA Word of Staff

SOCIAL WORK DAY 2018

WE LOVED EVERYTHING!

What a wonderful WORLD SOCIAL WORK DAY celebration at FAMSA. Thank you to all the participants, facilitators, and organizers for your support.

A SPECIAL WORD OF THANKS TO
JACO SPIES OF DRUMABILITY
AND LIFE & LEADERSHIP
COACH, ANEL
VAN ZYL.
DREAM BIG!

Blessings,
Ingrid Bell
Director FAMSA BFN

FAMSA Focus

SELF CARE FOR THE COUNSELLOR

Survival as a counsellor, a social worker or anti-violence worker depends on the individual embracing a commitment to one’s self with the same energy and passion that is dedicated to the work.

However, real effort is in beginning and maintaining effective self-care practices and staying with it.

HERE is list of some personal solutions that might just help you:

- Control the number of clients per day
- Rotate through different counselling/ therapy styles (group, individual)
- Take real breaks during a work day
- Develop problem-solving techniques that determine if a situation is a crisis, problem or situation
- Designate administrative days
- Remain motivated to learn, change and accept healthy challenges
- Actively seek and attend training (workshops, courses, forums)
- Set realistic goals when working with women, children and men
- Develop realistic personal safety plans
- Develop a personal debriefing plan
- Actively use body therapies
- Make a commitment to yourself
- Renew spiritual beliefs
- When it is time for a change, take a risk, exit gracefully

do something today that your future self will thank you for.
FAMSA Opportunities

HAVE YOU BEEN ENJOYING OUR NEWSLETTER?
ANY SECTION THAT GRABS YOUR ATTENTION?
ANY ARTICLE THAT HAS MADE AN IMPACT?
YOUR FEEDBACK COULD
WIN YOU A MUG!

Send a short mail with your feedback to info@famsabfn.co.za or follow the link below. Who knows, you might just be the lucky winner!

FAMSA Leadership

THE “PROBLEM” OF OUR INACCURATE PERCEPTION

In session 2, Lou Tice introduces us to the concept of “Scotomas (blindspots) – a sensory blocking out of something that is actually there, a filtering of information. Scotomas can be good, because if you didn’t have scotomas, you couldn’t concentrate.

“You always think you’re seeing the truth. The way you talk to yourself in your own mind builds scotomas. How we perceive the world around us determines what we believe to be the truth – about ourselves, about the people around us and about our circumstances. These “truths” influence how we run our lives because we behave and act in accordance with the “truth” as we perceive it to be and not necessarily the real truth. Our response to this ‘problem’ needs to be one of humility and of valuing how others’ difference can help us to see options”

“Start with the premise that the answer exists. We must learn to work in collaboration with one another, because you might be able to see something when I cannot. So, when you are stuck, seek the support and help from a variety of people around you. Uniqueness’s are good. In teamwork, all kinds of differences are good. Interdependence is a great asset”.

CHANGE THE WAY YOU THINK

“Human beings behave not in accordance with the real truth, but with the truth as they perceive it to be”

(excerpt of Lou Tice, The Pacific Institute, Investment in Excellence)