FAMSA Notice Board

20 SEPT 2018: 16H00 - 19H00
FAMSA BLOEMFONTEIN AGM

24 SEPT 2018: 08H00 - 14H00
FAMSA BLOEMFONTEIN FAMILY FUN DAY
Entrance fee is R20 pp and children under 13 gets in for free!

06 OCT 2018: 09H00 - 15H00
VOLKSBLAND FOOD & ART MARKET
Saturday morning, once a month, at the Botanical Gardens. FAMSA has a stall - COME SAY HI!

08 OCT 2018: 10H30 - 13H00
NEXT CO-PARENTING GROUP STARTS
(See page 2 for details. BOOK IN ADVANCE!)

CPD WORKSHOPS - OCT 2018
(See page 4 for details. BOOK IN ADVANCE!)
EVERY TUESDAY & FRIDAY

MAD BOUTIQUE - CHARITY SHOP
(open from 08h00-15h00)

"To us, intimacy means "INTO ME YOU SEE". We all have a desire to know and be known by someone, a desire to be cherished by someone who seeks to meet your inner needs, a desire to give yourself freely to someone without fear. Marriage and close family is such a place.

COUNSELLING SERVICES
10 STRAUSS STREET, UNIVERSITAS, BFN
MON - THU 08H00 - 16H30, FRI 08H00 - 15H00
051- 5252395
INFO@FAMSABFN.CO.ZA

FREE SERVICE POINTS:
TUESDAYS (SAPS):
MANGAUNG • KAGISANONG • BLOEMSPRUIT

NPO - 002 - 660

FAMSA Value of the month

INTIMACY

- the value and quote identified by our FACE of FAMSA Ambassadors, Sept 2018.
SA MARRIAGE WEEK - 1-7 SEPTEMBER

SA Marriage Week (SAMW) campaign forms part of International Marriage Week, which is celebrated globally, and invites all married couples across the country to stand up and support marriages in South Africa.

SAMW’s vision is to inspire and motivate couples to focus on the well-being of their marriages, an effort which spills over to contributing to the well-being of their families and as a result, helps establish healthy communities.

FAMSA BLOEMFONTEIN collaborated with various stakeholders (DSD, Radio Rosestad, Pearson Institute of higher Education) during SAMW 2018, and delivered inspirational and educational talks in support of the theme and healthy relationships.

This year’s theme for SAMW is: “Invest in your marriage.” South African couples are encouraged to invest in the emotional, spiritual, physical, financial and mental spheres of their marriages.

FAMSA Programmes

CO-PARENTING WITH AN EX?
Are you stressed out?
Need practical tips?
Then this programme is for you!

Constant conflict, especially between parents, is very damaging to children. These types of relationships can easily develop into a parental alienation relationship, that is extremely destructive towards both parties’ relationships with the child.

Interested? REGISTRATION COMPELARY
To register, please send an email to info@famsabfn.co.za

COST: R 300
*per person for full programme/ R50 pp, per session

DURATION: 6 SESSIONS + ORIENTATION
* Mondays, 11h00 -13h00, Next group starts October
The focus of our Men and Boys programme is the empowerment of men and boys through awareness campaigns, educational talks, community dialogues, group work, and adventure based therapy. The objective is information sharing, skills building in terms of positive role models in order to improve relationships.

Great news!! With the financial support of WITHEROW TRUST, we have been enabled to invest more resources for this programme. We have upscaled our groups for children – Communication, Aggression and control, Hypersexuality, Acting tough....

Watch this space, this is only the beginning of COUNT-TO-TEN Men!

Social worker Nombulelo Nokoane delivered a speech about parenting issues and family life – the core of what FAMSA stands for - at the MEC for Health, Hon. Montseng Tsiu, 100 Days in Office Women’s Day Celebration.

She also collaborated with stakeholders at the Bloemspruit Women’s Month Celebration to raise awareness on women abuse, promote close working relations with other departments and inform the community on professional services available.
FAMSA Trainings OCT 2018

18 OCTOBER 2018
2 CPD POINTS
EVERYTHING YOU NEED TO KNOW ABOUT CPD

Every Social Worker and Social Auxiliary Worker needs to accumulate CPD points and regularly update their POE.

- Is your POE updated with all your CPD activities?
- Do you know how to complete the forms?

Your facilitator, Hendrien, will help you understand everything you need to know about CPD and help you to complete your own POE as part of the training.

24-25 OCT 2018
7 CPD POINTS
SFBT WITH COUPLES, INDIVIDUALS AND FAMILIES

Solution Focused Brief Therapy (SFBT) redirects client thinking from problem-focused to solution-focused and provides counsellors with a framework for exploring and utilising existing resources, strengths, and support networks.

Your facilitator, Ingrid, will guide you on:
- the use of SFBT,
- basic assumptions, techniques, questions,
- client types and goals
- session structure for the 1st session and beyond.
- 101 SFBT questions to use

10-11 OCT 2018
7 CPD POINTS
DIVORCE COUNSELLING

Understand the psychology of divorce, the structure and principles of Divorce counselling and with practical intervention skills based on the guidelines of a structured Divorce Counseling process

Your facilitator, Irene, will guide you on:
- the effects of divorce,
- the structure and content of pre- and post divorce counseling,
- 7 Stages of Divorce Counselling,
- assessing clients’ needs
- practical counseling skills and techniques.

* all training workshops include lunch and refreshments

051 5252 395
info@famsabfn.co.za

R 550
R 850
R 850
FAMILIES SOUTH AFRICA NATIONAL AGM
12 SEPTEMBER 2018

Family matters, and so does ours! FAMILIES SOUTH AFRICA National recently held their 57th Annual General Meeting.

A joyous event indeed, celebrated with a poem by Sphiwe Bengu, live entertainment by NYANA_Legacy, and inspired words by guest speaker Pastor Xolani Hlitana on the topic: Leading to Inspire... at work and at home.

Congratulations to our National Director and team. Your expertise adds guidance, depth and value to the FAMSA Movement. We are also very proud of FAMSA Free State Provincial Representative, Ms Lydia Wesi, who delivered the word of thanks.

FAMSA Flashback
TO A BUSY AUGUST

“Girls Night Out” presented by Derma-Puur for the benefit of FAMSA.

Volksblad and Afriforum’s “Dink of Sink” debate final round at Oranje Girls school, with judges Jacobus Silver, Carien Bloem (Afriforum) and Ingrid Bell (Director FAMSA Bloemfontein). A great platform for children to enhance reasoning skills.

Representing FAMSA Bloemfontein in support of Grey College Musical Festival. Thank you Grey College for sponsoring the tickets.
FAMSA Fundraising

RECYCLE WITH US

SUPPORT OUR QUALITY CPD TRAINING WORKSHOPS

SUPPORT OUR MARKET

AND THAT'S A WRAP....UNTIL NEXT TIME!! REGARDS, FAMSA BLOEMFONTEIN