

Training Courses



Our training and workshops are designed to help individuals, groups and communities to improve communication, competencies, knowledge and skills. Our facilitators are experienced practitioners in their field.

Khuluma offers courses in:

- Marriage Preparation
- Grief Share
- Divorce Care
- Parenting for Life
- Carers Conversations
- Pre-employment Core Skills for young adults
- Personal Development
- Basic Business Skills

Khuluma Family Counselling is a place to transform your tomorrow today, a beacon of hope and a place to speak out. We believe that emotional and social health is every person's right – even though we cannot always see the physical scars of emotional damage. We offer a broad spectrum of professional psycho-social support services to people from all walks of life and we serve a large area within the greater Tshwane. We champion our clients' emotional well-being and strive toward their optimal social functioning and healing.

Over the years we have touched the lives of more than 10 000 people in our community – be it in individual counselling, victim empowerment, therapeutic groups, workshops or community work. We are passionate about people and care deeply for those who experience emotional hurt and pain. We remain convinced that with commitment to your own healing, a journey with us will always ensure infinite possibilities.

“Believing in your tomorrow”

NPO Registration no: 191-116

www.khulumafamily.org.za

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your tomorrow.

Counselling

Khuluma is a welfare organisation that specialises in bringing hope to families and victims of gender based violence.

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Family Counselling



Khuluma offers counselling in a confidential and dependable environment where the person can freely talk about their problems and feelings. Counselling normally deals with emotional crisis, trauma, abuse, violence, relationships, youth related issues, financial issues, loneliness, illness and feelings of hurt, anger, frustration, rejection, disappointment, intentions of suicide and everyday stresses.

Khuluma's professional counsellors facilitate the expansion of people's view on their life, enlarges the coping resources and skills as well enabling the person to make choices for change in themselves, the situation and their environment. The counsellee learns to manage his or her situation effectively.

Individual, group and family counselling is available in a safe, secure environment to facilitate full recovery.

Therapy



Most children cannot express their problems into words as they only use 8% of verbal communication.

Khuluma Family Counselling offers support to children (from age 6) who have emotional, behavioural or mental health problems through the intervention of therapeutic play. A safe, confidential and caring environment is created which allows the child to play with as few limits as possible but enough to ensure their safety.

Play and creativity are initiated on an unconscious level that allows for natural healing from within.

More fun, more health, more life!

Empowerment



Helping the victim (individual) and their family to deal with the emotional stress, harm and/or trauma of what has happened through violence, crime and socio-economic conditions; be able to cope with life and start living again; create awareness and be more knowledgeable.

The programme runs in partnership with the Department of Community and Safety, the South African Police Services, the National Prosecution Authority and the Department of Health.

This programme has six (6) focus areas:

- **Victim Empowerment Centres**
- **Champion Families (Imindeni iqhawe)**
- **Thuthuzela Care Centre**
- **Champion Learners (Iqhawe abafundi)**
- **Men's and Boy's programme**
- **Material Assistance (clothes & food)**