

THE TUTELA TIMES

Celebrating Social Workers Month & Human Rights Month

March was a month of impactful initiatives as we celebrated Social Workers Month and Human Rights Month. Our focus was on empowering individuals, supporting families, and fostering a sense of community through various projects.



IN THIS EDITION

- Tutela Social Worker Day Celebration
- Divorce Care Group Work at Laerskool Unika
- Choices: A Creative Approach to Discipline Workshop
- Community Work & Outreach



Look out for our
Upcoming Events



Tutela
OMGEE BRING HOOP CARING BRINGS HOPE

Contact Information



072 589 2586



Cnr Dover & Vine Avenue
Ferndale, Randburg

Tutela Social Worker Day Celebration

Tutela Head Office invited all their social workers to a special Social Workers Day celebration at the Pretoria National Botanical Garden. This event honoured the dedication and hard work of social workers, providing a well-deserved opportunity to connect, reflect, and celebrate their invaluable contributions.

Divorce Care Group Work at Laerskool Unika

This month, we successfully concluded our Divorce Care Group Work with the senior and junior learners at Laerskool Unika. This program provided emotional support, coping strategies, and a safe space for children navigating family transitions.

Choices: A Creative Approach to Discipline

We hosted an engaging workshop on discipline, offering parents and caregivers innovative methods to foster positive behaviour in children. The session was well-received, with participants gaining practical strategies to implement in their daily lives.



Community Work and Outreach

Supporting families in Need

Laerskool Unika's Head Prefects extended a generous hand by donating essential goods to support Tutela's clients in need. We are grateful for their kindness and commitment to community welfare.



Community Work Session with Windsor Seniors

Tutela had the privilege of hosting a Community Work Session with the senior group from Windsor. Our focus was on memory, and what better way to celebrate it than with a Memory Jar activity.

The elderly participants filled their jars with precious memories, from their younger days to the present. It was heartwarming to see how much they enjoyed reminiscing and sharing their stories—whether joyful or bittersweet. Each jar became a treasure trove of life experiences, wisdom, and reflection.

We also had the privilege of welcoming two third-year Social Work students from UJ, who are currently doing their practical's at Tshepo CDI - Homeless Service Centre of U-turn. Their participation brought fresh energy to the group, and we appreciate their eagerness to learn from and engage with our seniors.

A heartfelt thank you to Tshepo for allowing us to join hands in this meaningful initiative.

Moments like these remind us of the power of connection and storytelling across generations.



Want to make a difference?

If you would like to volunteer your time at Tutela, please contact us! Donations are always welcome to help us continue running these valuable programs in our community.

Feel-good Story

Divorce Care: A Journey of Healing and Understanding

During Term 1, we had the privilege of supporting a group of learners whose parents are separated or divorced. Our groupwork theme, "My gesin is besig om te verander", focused on helping children express their feelings, build understanding, and develop coping skills.

Through our six-week program, we provided them with tools to navigate their 'new family life' with confidence and resilience. The feedback was truly heartwarming

A learner bravely shared with her classmates that while her parents are divorced, she is okay with it because she knows that she is loved by both her parents and understands that it's not her fault.

A second learner expressed that even though he does not fully understand why his parents separated, he finds comfort in knowing that he is loved by both of his parents.

Stories like these remind us of the power of support, encouragement, and a safe space for children to process their emotions. It's about helping them feel lighter, stronger, and reassured that they are never alone.



Looking Ahead: Upcoming Events

We will also be hosting the next **Randburg Community Outreach Forum on 4 April 2025**. In this meeting, we'll be diving deep into the fascinating topic of Community Mapping.

Time: 8:30 – 10:30

Location: Fontainebleau Gemeenskapskerk (FGK)

Cnr Rabie and Fourth Street North, Fontainebleau, Randburg

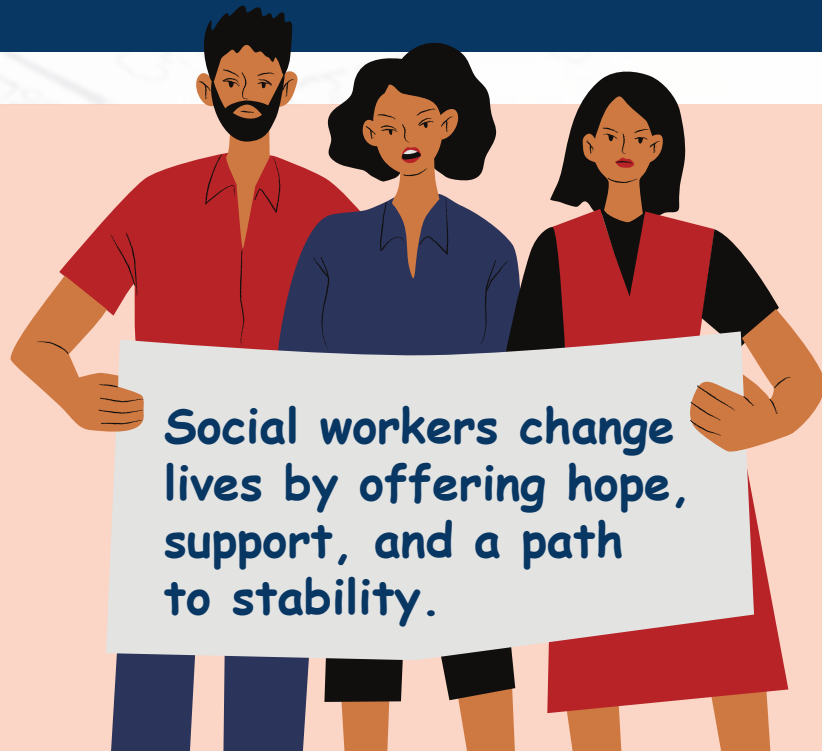
For more information contact info@tutelalinden.org.za or 072 589 2586.



We invite everyone to join us as we explore how community mapping can play a crucial role in building stronger, more connected neighbourhoods.

Children's Act & Protective Behaviour Workshop — 31 May 2025

We will host a workshop for individuals working with children. This session will cover *the Children's Act* on how to report children in need of care and protection and protective behaviour strategies to ensure the well-being of children under our care.



Social workers change lives by offering hope, support, and a path to stability.



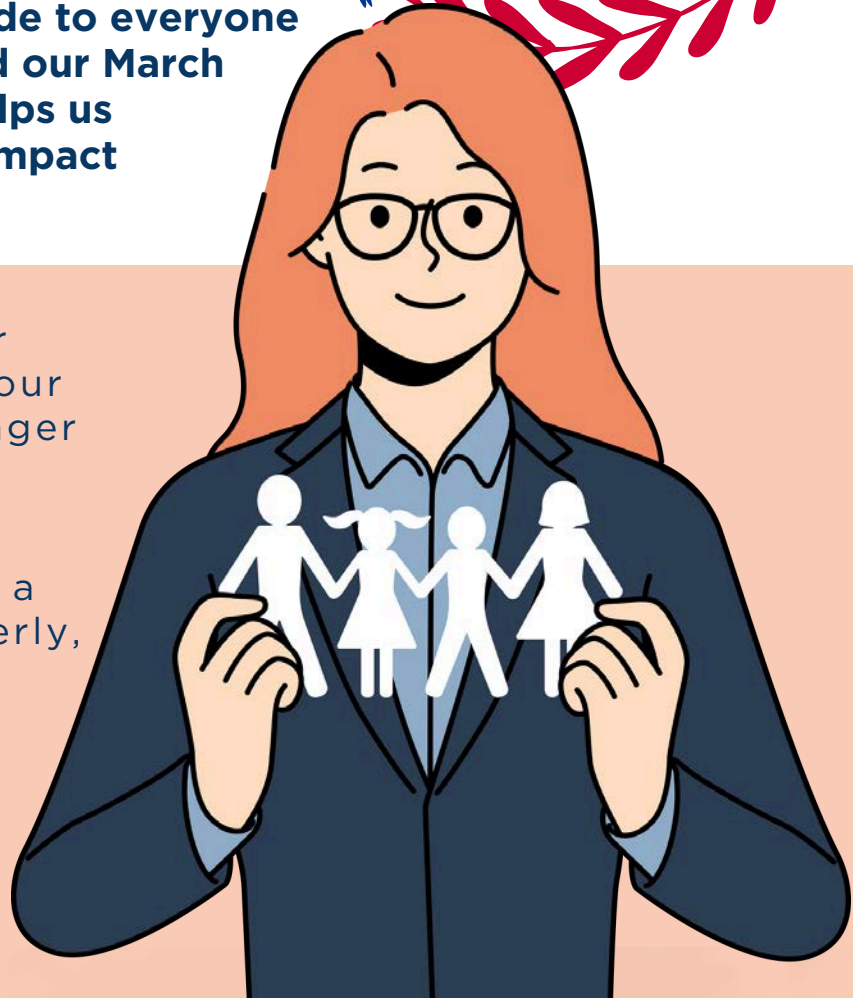
Thank you!

We extend our heartfelt gratitude to everyone who participated and supported our March initiatives. Your involvement helps us continue making a meaningful impact in our community.

You make a difference in your community by volunteering your time. Contact our office manager on **072 589 2586**.

Your donation assists to fund a program for children, the elderly, and those in need of food.

Your generosity helps us continue making a difference in the lives of those who need it most.



Follow us on Facebook:

Tutela Family Care Linden.

Please like and share our page!



See you in the next issue!