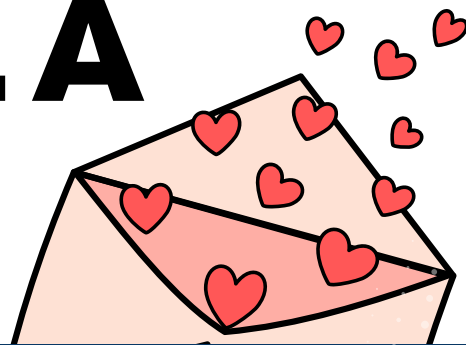


THE TUTELA TIMES



Love, Kindness, and Marriage

THE HEART OF EVERY CONNECTION

Love is the foundation of every meaningful relationship, and kindness is the thread that holds it together.

Marriage is where these two intertwine, creating a journey of devotion, patience, and shared moments.

In this edition, we celebrate the small acts that strengthen love, the wisdom that sustains marriage, and the power of kindness in deepening connections.



IN THIS EDITION

- Divorce Care Group Work with the Learners at Laerskool Unika
- Protective Behaviour Programmes (Facilitated with educators and learners from Laerskool Unika)
- Randburg Community Mapping Session
- A Session on Marriage Counselling by Ps Gerard de Jager



Sign-up for our workshop on *'Choices, A creative approach to Discipline'* happening on **08 March 2025**.



Tutela
OMGEE BRING HOOP CARING BRINGS HOPE

Contact Information



072 589 2586



Cnr Dover & Vine Avenue
Ferndale, Randburg

The Divorce Care Group: Support and guidance for Laerskool Unika learners

Divorce can be a stressful and emotional experience for children, often bringing feelings of sadness, anger, confusion, and fear. They may struggle to understand the changes in their family and how to cope with them.

This is why emotional support and guidance are essential. By providing a safe space for children to express their feelings, we can help them navigate this challenging transition with resilience and understanding.

Recently, Tutela Community Care Early Intervention Program (EIP) social worker facilitated a support group for the learners of Laerskool Unika. The program focused on helping children cope with the emotional challenges of having parents who are going through—or have already gone through—a divorce.

Protective Behaviour Program: Laerskool Unika educators and learners

The Protective Behaviours Program was introduced at Laerskool Unika in response to the school's request for support in empowering both educators and learners with essential knowledge to protect themselves. Tutela Community Care facilitated this important program, which equips learners with the necessary tools to ensure their safety and well-being.

Over three sessions, educators and learners explored various protective strategies and safety measures. The sessions focused on helping learners understand their rights, set boundaries, and recognize situations where they may need to seek help.

The program has yielded highly positive outcomes, with both learners and educators expressing greater confidence in handling situations that may compromise their safety.

It has also provided a valuable platform for raising awareness and fostering a safer school environment for all.



Community Mapping: Understanding and strengthening our communities

Community mapping is a vital tool for gathering crucial information about a community and its available resources. It helps identify service gaps, strengthens connections within the community, and encourages active participation from everyone involved.

We were privileged to have Rev. Schalk van Heerden facilitate an enlightening session on the various phases of community mapping. Thank you, Rev. Schalk, for sharing your expertise and guiding us through this important process.

At Tutela, we are excited to begin our own community mapping journey to better serve and support our community. A special thank you to the representatives from the University of Johannesburg (UJ) who joined us to share their insights and experiences with the mapping process.

We look forward to collaborating and learning from you as we work together to create a positive and lasting impact!

We will also be hosting the next Randburg Community Outreach Forum on **04 April 2025**.

In this upcoming 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



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



Marriage Counselling by Pastor Gerard de Jager

Supporting our community with impactful resources



At Tutela Community Care, we are privileged to work alongside individuals who make a meaningful impact in their communities.

At this time, we're excited to highlight one of our valuable resources – Pastor Gerard de Jager, who offers pre-marriage and marriage counselling services.

Pastor Gerard is based at Northcliff Union Church, and his expertise in relationship counselling could be just what you need to strengthen and navigate your journey together.

CONNECT

Relationships are so important. For couples getting married I offer a six week pre-marriage course. I also offer counselling for: marriages, infertility, crisis pregnancy, bereavement, terminal illnesses and retrenchment.

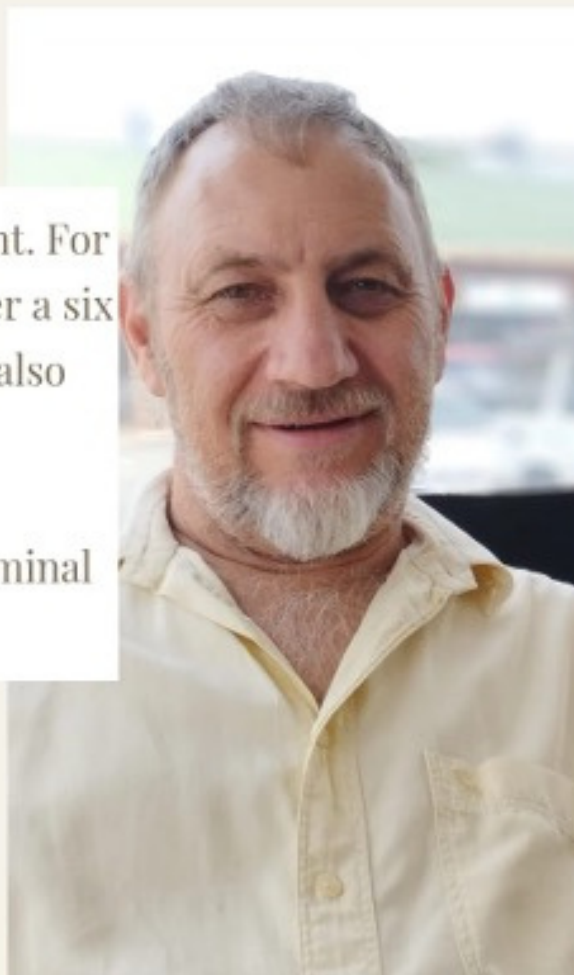
If you or someone you know could benefit from his support, don't hesitate to reach out. **We're here to help connect you with the resources you need.**

Gerhard de Jager
Former Care Pastor
Bachelor of Theology Degree

076 618 2643

ghdejager@gmail.com

Rooms at Northcliff Union Church



Workshop on Choices

A creative approach to discipline

Tutela is thrilled to announce a new partnership with Mrs Plaui Richards, an experienced social worker in private practice, who will be presenting a workshop on 'Choices: A Creative Approach to Discipline.'

Parenting can be tough, and discipline is an area many parents find challenging. If you're looking for extra support or fresh strategies to guide your child, this workshop is for YOU.

Mrs Richards will walk us through creative and effective ways to approach discipline that help nurture and support your child's growth. It's a fantastic opportunity to sharpen your parenting skills and leave with practical tools you can use right away.

Workshop Details

Date: 08 March 2025

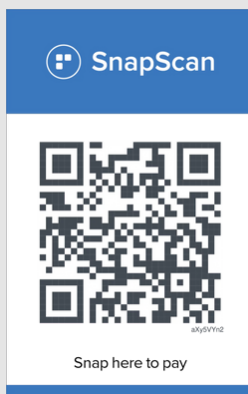
Time: 09:00 – 13:00

Location: Domus Dei Gemeente (NG Kerk),
30 Jean Road Blairgowrie, Randburg

Spaces are limited – please RSVP by
03 March 2025 to secure your spot!

Email: info@tutelalinden.org.za

Phone: 072 589 2586



You have an incredible opportunity to show your love for your community by donating towards our programs and interventions.

We are deeply grateful for your partnership.

Tutela Family Care / Gesinsorg Linden
ABSA 730 230 044
Branch Code 632005

See you on the next issue!

