

THE TUTELA TIMES

April — A month of reflection

Counselling and Health. A Vital Connection

April marked two important awareness campaigns: Counselling Awareness and Health Awareness. Though distinct, they highlighted the close connection between mental and physical health.

When one suffers, the other often follows. Counselling helps individuals navigate trauma, stress, and adversity, while mental wellness greatly supports physical health and overall quality of life.

This month served as a reminder that seeking help is a sign of strength. Whether facing emotional struggles or managing illness, **no one is alone.**



IN THIS EDITION

- Welcome to our new team member!
- Feel good story: Happy place
- Child protection workshop
- Want to make a difference
- Support a family in need



Sign-up for our workshop on '*Child Protection*' happening on **Saturday, 31 May 2025**. More info in this issue of Tutela Times.

Tutela
OMGEE BRING HOOP CARING BRINGS HOPE

Contact Information



072 589 2586



Cnr Dover & Vine Avenue
Ferndale, Randburg



You're Not Alone - We're Here to Help

At Tutela Community Care, we understand that life can be overwhelming - but you don't have to face it alone. We offer professional counselling services to support individuals and families through life's challenges, big or small.

Whether you're experiencing emotional distress, dealing with trauma, or simply need someone to talk to, our caring and qualified team is here for you.

If you or someone you know could benefit from support, please reach out to us - help is just a call away.

Call 072 589 2586 or **email** info@tutelalinden.org.za.

LET'S WALK THE JOURNEY TO WELLNESS TOGETHER.



Welcome to Our Team!

This April, Tutela Community Care is excited to welcome a 4th-year student social worker to our team, Ms Lesego Mokoloboto!

She joins us as part of her practical training and will gain hands-on experience across all three core methods of social work practice: case work, group work, and community work.



Her passion for social justice and dedication to serving vulnerable populations are already shining through. With a strong interest in child protection, she hopes to make a lasting impact in the lives of children and families when she qualifies as a social worker.

We're thrilled to support her journey and know our team and community will benefit from her fresh perspective and energy. Please join us in giving her a warm Tutela welcome!



**EQUIP YOUR TEAM MEMBERS WORKING
WITH YOUTH AND CHILDREN WITH KEY
KNOWLEDGE OF THE CHILDREN'S ACT
AND ESSENTIAL SKILLS TO KEEP
CHILDREN AND YOUTH SAFE!**

This event will equip ministry leaders with a clear understanding of the Children's Act and practical ways to create safe spaces for children and youth. Leaders will also learn about community mapping, a helpful tool to identify local resources, risks, and support networks. By building their knowledge and skills, we can ensure our ministries protect and support young people effectively.

EVENT DETAILS

Saturday, 31 May

09H00

Domus Dei Suid

Randburg



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Feel good story: Happy place

During a recent therapy session with a Grade 4 learner, different ways to cope when feeling anxious or overwhelmed was discussed. The learner was asked to think of her 'happy place' — somewhere she can go to in her mind when she needs a moment of peace.

With a gentle smile, she looked up and said, *"This room... with you."*

In that moment, the social worker knew that this learner saw the therapy space as more than just a room — it had become her safe haven. A space where she feels heard, valued, and safe.

These are the moments that remind us, as Social Workers, that even the smallest connections can bring hope. Hope that the children we support can find comfort, strength, and healing — one safe space at a time.



Make a difference with us

There's something truly powerful about being a community that takes care of its own.

If you're looking for a meaningful way to give back, why not volunteer your time with us? Whether it's lending a hand at events, assisting with programs, or supporting our day-to-day operations – your time and talents can make a real impact.

Not able to volunteer? Donations are always welcome and play a vital role in helping us continue to run the valuable programs that uplift and support individuals and families in our community.

Every act of kindness helps us go further, together.

Contact us today to find out how you can get involved.



Support a family in need

At Tutela Community Care, we believe that no one should go to bed hungry. As part of our ongoing outreach, we provide food parcels to families in need within our community.

We are urgently in need of maize meal, rice, sugar, tea bags, packet or tinned soup, and noodles to help keep our pantry stocked and continue supporting those in need.

Your assistance in donating any of these items – big or small – will make a meaningful difference in someone's life.

Please contact us if you would like to donate or find out more about how you can support a family in need.

TOGETHER, WE CAN BRING COMFORT, DIGNITY, AND HOPE TO OUR COMMUNITY – ONE PARCEL AT A TIME.



Follow, like and share
our Facebook page:
**Tutela Family
Care Linden**

 SnapScan



Snap here to pay

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 in the next issue!