

Today's changes in society involve families and create new needs which must be effectively satisfied by counselling centres. If one of the family members is having problems, the entire family is at risk.

It is therefore necessary to work on the development of family empowerment, improve interactions between family members and influence of the extended family. Individually the next step is developing and safeguarding the family. Families need to take care of the network of relationships which supports a person's process of growth, and enhances the life quality in a community (63rd International Commission on Couples and Family Relations).

Part of this change we are working with single parenting and disputes in ended relationships. The threat of high violence is often suggested. Breakdown in communications disputes the family unit, changes then structure and leads to disintegration of the entire household.

The definition of couple has expanded and we see an increase in mixed-races, mixed religion, multi-cultural households, that leads to new challenges. The point is to look at the family not only through the description of its difficulties, but also and mostly through its resources and potential.

The goal of counselling is to encourage the family to identify how specific behaviour affects others and learn or decide new ways of relating to each other. Counselling help cope with stressors that is different from making them go away. In doing so, we can promote in the family a sense of self-determination and the rejection of passive and dependent attitudes.

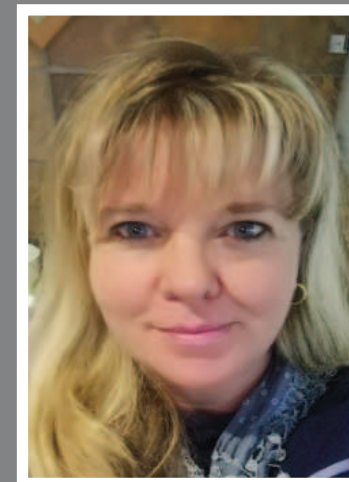
This year we had changes in our personnel: Lizl Roodt was the Director from 1 April 2018 – June 2018. Dr. Karen van der Berg was appointed as the new Director since 1 July 2018. Katlego Ratshidi resigned from July 2018. Valeska Constance was appointed as new social worker at Promosa Office and Tanita Steynberg as the new Senior Social Worker.

There are always several challenges in any work environment, and the FAMSA office is no different. Therefore a special word of appreciation and thanks to each personnel member. We are a Dream-Team. Alone we can do so little but together we can do much, as seen through reports. Shoot for the moon - even if you miss, you'll land among the stars.

To the members of the Board of Management, your sacrifice to attend the BOM meetings and help govern this NGO is always highly appreciated.

Dr. Karen van der Berg

Director's Report



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