EMOTIONAL SUPPORT GROUP

A safe space to be heard.

A confidential group for women to share their experiences with others facing similar challenges. Through listening and learning from one another, members build coping skills, strengthen resilience, and move towards healing and empowerment.

What to expect

- A welcoming, private space facilitated by our team
- Sharing at your own pace. You are never pressed to speak
- Practical tools for coping with difficult emotions
- Support and encouragement from women who understand
- Interpretation support if language is a barrier



ABOUT SCALABRINI

The Scalabrini Centre's mission is to welcome, to protect, to promote and to integrate people on the move into local communities.

47 Commercial Street, Cape Town 8001

+27 (0)21 465 6433

info@scalabrini.org.za

www.scalabrini.org.za

@Scalabrini Centre of Cape Town

@ScalabriniCT



WELLBEING & DEVELOPMENT

Welfare | MHPSS Services| Developmental Programmes

061 649 6552

wdinfo@scalabrini.org.za

Wellbeing & Development aims to strengthen the mental health and psychosocial wellbeing, resilience, and self-reliance of people on the move through accessible group-based development programmes and individual support services.



Scalabrini
Centre of Cape Town

WELFARE & MHPSS SERVICES

INITIAL INTAKE

When you come to us, a social worker will speak with you privately to understand your situation, your safety, and the support you already have. Together we will agree on a plan, which may include referrals to medical care, schooling, shelter and other partner services. Where you qualify and funding is available, we may also assist with rent, school fees, funeral costs, or medical bills.

COUNSELLING AND MENTAL HEALTH & PSYCHOSOCIAL SUPPORT SERVICES

If you are struggling with trauma, stress, anxiety, sadness, or other worries, we offer a safe and private space to talk to a Social Worker. Support includes individual counselling and our Emotional Support Group. Where you need specialist help, we will refer you to trusted partner organisations.

OPENING HOURS

The desk consults with clients from Monday to Thursday in the morning 8:30-12:00, and in the afternoon by appointment.

You must demonstrate willingness to work alongside the W&D team by supporting change in your own life circumstances.

DEVELOPMENTAL PROGRAMMES

Our developmental programmes help you build knowledge, skills, and confidence, at your own pace and alongside others.

Ask our team about our services, upcoming workshops or training.

WhatsApp
061 649 6552

STEP 1: OPEN WORKSHOPS



Free workshops on topics relating to:
- Human rights
- Health
- Professionalism
- Gender-Based Violence

→ Learn about your rights, your health, and workplace professionalism, and understand how to recognise and respond to gender-based violence. Open to all.

STEP 2: PERSONAL DEVELOPMENT
Separate courses for Men and Women



Sessions on emotion, trauma and anxiety regulation, self-care, communication skills, identifying your values and skills, and more.

→ Understand your emotions and find healthy ways to cope with stress, trauma, and anxiety. Strengthen how you communicate and handle conflict, establish your values and strengths, and leave with a goal and an action plan to move forward.

STEP 3: SECTOR SKILLS TRAINING



Register for one of our Skills Trainings:
- Baking, Nails, Woodworking

→ Gain practical, hands-on skills in baking, nails, or woodworking that you can use to earn an income and become more self-sufficient. Available when training cycles open and if funding is available.

STEP 4: LEADERSHIP



We empower community leaders through training in leadership, negotiation, public speaking, community outreach, and advocacy.

→ Build the confidence and skills to lead your community, including how to negotiate, speak in public, reach out to others, and advocate for change.