



eChatterBox

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Messsage from the Director

This is the first Chatterbox for 2012!
 In fact it has been a few years since we had a Chatterbox because we just could not find anyone with the expertise and time to do it, so now – thanks to Elize – we have found a volunteer who does not really have the time but is very willing to get involved and help!! Thank you so very much and I hope this is the start of many more interesting editions!

I would like to take this opportunity to thank all of you who have given so much of yourselves during the past year, and some even longer than that, to help LifeLine do the



Colleen Rogers

work it is here to do. Without YOU we could not have helped as many people as we have and I hope you will be with us for a long time to come.

You are a wonderful team and

I feel really blessed to be part of it. Life here is not always easy and sometimes you get to feel the results of this but we are after all here to get the “job” done! To do this, we all need to pull our weight and to give what we can throughout the year.

It is the time of year when we all feel tired and worn out but it is also the time of year when more people will turn to us for help!

I would like to wish you and your families a very Blessed and prosperous new year. Keep up the good work!

Lotsa luv!
 Colleen

The theme for this

edition is **family**.

“The strength of a nation derives from the integrity of the home”.

Confucius (BC 551-BC 479) Chinese philosopher



Positive families create positive children

Families and more specifically parents have the most direct and lasting impact on children's learning and development and of their ability to be positive, contributing members of society. Parent involvement ensure children

that achieve more intellectually, socially and emotionally, exhibit more positive attitudes and behavior, and feel more comfortable with change. We need to raise our children to function independently and with moral values.

How do we ensure that we parent our children to be all that? We teach them to value themselves and have a strong sense of who they are.

Read on page 4 - **Tips to build a positive self concept in families.**



Yr 7
 Yr 8
 Yr 9
 Yr 10
 Yr 11
 Yr 12
 M

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3 Elsie Lynn	4 Sibongile	5	6	7
8	9	10	11 Sinah	12	13 Anmar	14 LifeLine Vaal Triangle
15 Sonia	16 Linda Ramakgopa	17	18	19	20	21
22 Helouise	23 Personal growth starts	24	25 Elize	26 Gaby	27	28 Batie
29	30 Personal growth	31 Refilwe				

			1	2 Connie	3	4
5	6 Personal growth	7	8 Agnes	9 Ntombizodwa	10	11
12	13 Personal growth	14	15 Sonia	16	17 Fatima	18
19	20 Personal growth Christa	21	22	23	24	25 Agnes
26	27 Personal growth	28 Theresia	29			

				1 George	2	3
4	5 Personal growth	6	7	8	9	10
11 Yoland Mavuma	12 Personal growth	13 Letia	14 Bongiwe	15	16	17
18	19 Personal growth Shirley	20	21	22	23	24
25	26 Personal growth	27	28	29	30	31

Service centers of LifeLine in the Vaal

Thuthuzela Care Centre is situated within the Kopanong Hospital grounds. It is a 24 hour “One-stop” Medico-legal centre for victims of rape and domestic violence for the Vaal Triangle. The counsellors assist the victims with containment, Pre and Post HIV test counselling and then do follow up sessions.

Duncanville
The Centre at Duncanville has been a hive of activity these last few months. Our duties include telephone counselling, Face 2 Face counselling, binding of manuals, packing of donated clothing, filing, mak-

ing tea for the staff!! Counseling continues at many schools on a weekly basis and we have a “Young Warriors” programme with 20 participating schools over a 2 yr period.

Sharpeville
Counsellors at Khensani have been doing Face 2 Face duties at their Centre and are assisting a neighbouring youth organization. Two counsellors are doing weekly duties at the House of Health – a one-stop centre in Sharpeville. Another volunteer has now taken up employment with Hands of Hope who do good work around HIV/AIDS. Another is

doing duties at the SAPS.

Sebokeng
Mamello, LifeLine’s Wellness Centre is located at Lesabasaba Primary School in Zone 13, a community centre in this highly populated area. Services include generic counselling, support, debriefing and referrals for all ages and genders and HCT services. Services are confidential and free of charge and in language of choice where possible.

Palm Springs
Tirisano has a drive underfoot with Thetha FM to advertise

and allow the community to call or sms their concerns/problems and the counsellors will be available there to assist. We hope this will become a regular activity as our Supervisors, Keke and Joyce, are doing regular bi-weekly talks on the radio.

Bella Maria
Bella Maria is a safe house for women and their children. We offer accommodation, counselling, interdicts, clinic visits, assist with SAPS issues as well as skills development. We also offer counselling to the spouses. A Social Worker & Social Auxiliary assist the residents in these activities. We have Martie Haarhoff who assists Lynn as Relief Housemother



Services - Training

LifeLine is a Non-Profit Organisation, which depends solely on donations, fundraising, funding applications granted and money earned from training. All our counselling is free of charge and all our counsellors are volunteers but we do need funds to run the Organisation. Any training can be claimed as we are registered as an 18A entity

- 24 hour counseling
- Face to face counseling
- Trauma debriefing
- Rape counseling
- Counseling at schools
- Patenting programmes
- HIV/Aids counseling
- Play counseling for children
- Bella Maria—Shelter for abused woman and children
- Tutuzela care centre for victims of domestic violence

- Personal growth
- Counselling skills
- Positive parenting
- Life skills training like: mental, emotional, spiritual, sexual, physical, vocational and relationship
- Workplace training like: teamwork, conflict and stress management
- Life skills for kids like: STI's, HIV/AIDS, teen pregnancy, drugs, sexuality, peer group pressures, relationships

Any Life skills course can be tailor-made to suit you

LifeLine gives a free service to all those in need. Should you wish to make a donation to LifeLine Vaal Triangle, our banking details are given below. Your donation will make a difference in someone’s life

Bankers: Nedbank
Vanderbijlpark, South Africa
Account no: 1748320750

Auditors: H Pochee
Kruger Ave, Vereeniging
Tel: +27 16 455 1436

Positive Parenting course

LifeLine is known for its school- dedicated counselling and for working with children in general. This work is now going to be expanded to have a family based focus. The problems our children faces are more often than not rooted in a dysfunctional family and in counselling only the

children, we are dealing with the symptoms and not the causes of the problem. With our newly developed Positive Parenting course we hope to give counselling to all the members of a family and thereby teaching the public about healthy relationships.

LifeLine awaits funding from the Department of Social Development and with the support from the Department of Education we hope to have a greater access to the parent body. Our first priority will be the parents of those children that we see at the schools we attend.

The Positive Parenting course will focus on:

- Child growth and development
- Effective parenting principles
- Competence guidelines for establishing:

- A Functional family unit
- Effective communication
- Working relationships
- Orderliness and discipline
- Conflict management
- Parents as role models
- Single parenting
- Crises management
- How to run a household

LifeLine: Vaal Triangle *Tips to build a positive self concept in families*

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Building Community Heart

Kids who feel good about themselves seem to have an easier time handling conflicts and resisting negative pressures. Here's how you can play important role in promoting healthy self-esteem in your child.

Watch what you say. Praise your child not only for a job well done, but also for effort. Reward effort and completion instead of outcome.

Be a positive role model. If you're harsh on yourself, pessimistic, or unrealistic about your abilities and limitations, your child may eventually mirror you. Nurture your own self-esteem, and your child will have a great role model.

Identify and redirect your child's inaccurate beliefs. Identify kids' irrational beliefs about themselves, whether they're about perfection, attractiveness, or abilities. Helping kids set more accurate standards and be more realistic in evaluating themselves will help them have a healthy self-concept.

Be spontaneous and affectionate. Your love will go a long way to boost your child's self-esteem. Give hugs and tell kids you're proud of them.

Give positive, accurate feedback. Comments like "Don't work yourself up into a frenzy!" will make kids feel like they have no control over their outbursts. Alternatively say, "You were really mad at your brother. But you didn't yell at him or hit him." This acknowledges a child's feelings, and encourages the child to make the right choice again next time.

Create a safe, loving home environment. Kids who don't feel safe or are abused at home will suffer immensely from low self-esteem. A child who is exposed to parents who fight and argue repeatedly may become depressed and withdrawn. Also watch for signs of abuse by others, problems in school and trouble with peers.

Help kids become involved in constructive experiences. Activities that encourage cooperation rather than competition are especially helpful in fostering self-esteem. For example, mentoring programs in which an older child helps a younger one learn to read can do wonders for both kids.

And always remember to respect your kids.



Elize Heuer

For any suggestions or feedback please email: elize@vut.ac.za

We would love to hear from you!

The views expressed in this publication are not necessarily those of LifeLine Vaal Triangle or its service centers.



Note from the Editor



J stumbled upon the Personal Development course about two years ago. It was so inspirational I continued with all the counseling courses. A year later I started counseling at LifeLine and discovered yet another family.

During this issue we focus on the role and importance of family. We are all born into one, but as we grow, we find ourselves searching for other people and places of belonging. Our need to belong is one

of the strongest human desires and lack of fulfillment leaves us disconnected and lonely. In that frame of mind we sometimes look at our primary family, colleagues and acquaintances for that special connection and place of belonging. And sometimes we find that they cannot give us what we so desperately need.

I believe the best place to start is with yourself. Be first of all your own best friend, your own support and strength. If

you know who you are and what you like to do and be, you will soon enough find a family of people with the same values and goals, and with that, a place of belonging.

LifeLine offers me the opportunity to do what I love; work and assist people. I now also have the opportunity to spread the love and wisdom to those who will read *Chatterbox*.

I am looking forward to help build and sustain this family!

