

GROWSTRONGER! FOR WOMEN

GrowStronger! is a psycho-social programme aimed at helping women grow in maturity, self-care and self-respect. South African women, especially those who live in the under-resourced and crowded communities near to our large cities experience higher levels of violence and abuse than the norm. As we taught health education to the many women who attend our workshops, we became aware of our women clients' needs and so we developed *GrowStronger!*

GrowStronger! helps participants to understand and value themselves better, as well as helping them to develop skills and motivation to protect themselves and their families better. In these workshops we encourage them to think of themselves as unique and valuable; how to deal with emotions; how to care for themselves in terms of their health; how to make the most of their appearance; healthy ways of dealing with stress; skills for protecting themselves and their families from abuse; parenting skills etc.

Sessions are fun and interactive and all include group work, role playing and practise activities. We give small gifts in each session, some of which are made by the participants. When all 10 sessions are complete, participants are given a celebratory meal and a certificate. We piloted this programme in 2017, and participants often express their thanks for what they learn in the programme and also often comment on how they are managing their lives better, have better self-respect etc.



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