

AREA COVERED	SERVICES INCLUDED	GROUP OR ORGANIZATION	WEB ADDRESS / EMAIL ADDRESS
<b>SOUTH AFRICA</b>			
<b>Alberton</b>	<p><b>Support Line 011-869-5856</b>                      Amcare's Hanna House is a victim empowerment centre which can accommodate 10 to 12 women and their children who have been subjected to domestic violence. Offering legal advice, general support, assistance with find employment, assistance with schooling for children.</p>	<p>Hanna House - Amcare                      15 Heidelberg Road                      Newmarket Park                      Alberton                      011-869-5856 Office / Support</p>	<p><a href="http://www.amcare.org.za">www.amcare.org.za</a>  <a href="mailto:amcare@amcare.org.za">amcare@amcare.org.za</a></p>
<b>Alexandra Township</b>	<p><b>Counselling 011-440-4047</b>                      Based in Alexandra Township our organization is particularly concerned with women that are affected by domestic abuse and violence in the home. Adapt Services include: Crisis counselling for survivors and perpetrators of gender based violence. Individual and group support to survivors of Physical, Sexual and Psychological abuse.</p>	<p>ADAPT                      The Brown House                      Alexandra Community Health Ctr                      No 33 Arkwright Avenue                      Wynberg 2019                      011-786-6608 Office</p>	<p><a href="http://www.adapt.org.za/">www.adapt.org.za/</a>  <a href="mailto:adapt@worldonline.co.za">adapt@worldonline.co.za</a></p>
<b>Alexandra</b>	<p><b>Crisis Line 011-443-3555</b>                      Lifeline provides counselling and connects with people, giving them the tools they need to better handle stress. Our Victim Empowerment programme is based in Soweto and the Johannesburg inner city. We manage 17 centres all attached to police stations. We support victims of rape and domestic violence and recognize child abuse and trafficking intervening and recommending the appropriate services to best serve the child. Covering the whole of <b>Soweto, Meadowlands, Diepkloof, Kliptown, Orlando, Dobsonville, Protea, Naledi, Jabulani &amp; Moroka.</b> The whole of <b>Lenasia, Jeppe, Hillbrow, Yeoville, Brixton and the suburbs of Norwood and Fairlands.</b></p>	<p>LIFELINE                      St Michael's Church                      8th Avenue                      Alexandra 2014                      011-443-3555 Office / Helpline                      Contact email address  <a href="mailto:isabella@lifelinejhb.org.za">isabella@lifelinejhb.org.za</a></p>	<p><a href="http://www.lifelinejhb.org.za">www.lifelinejhb.org.za</a>  <a href="mailto:lifeline@lifelinejhb.org.za">lifeline@lifelinejhb.org.za</a></p>
<b>Assagay West Durban</b>	<p><b>Helpline 031-765-1587 24 Hours</b>                      The CareLine Trauma team attend round the clock calls from police and members of the public regarding various trauma situations including rape and domestic violence providing vital support and</p>	<p>CARELINE Crisis Centre                      36 Assagay Road                      Assagay 3610                      West Durban                      031-765-1587 Office / Helpline</p>	<p><a href="http://www.carelinecrisis.org">www.carelinecrisis.org</a>  <a href="mailto:business@carelinecrisis.org">business@carelinecrisis.org</a></p>

guidance.

<b>Athlone</b>	<b>Counselling 021-633-9229</b> Our mission is to act as a bridge between rape survivors and the system so that more survivors report rape and experience reduced secondary trauma within the system. Our counselling is designed to make you feel safe, supported and respected. All our counselling is FREE of charge. We also offer a range of support in the courts.	Rape Crisis Cape Town Trust Athlone 021-684-1180 Office	<a href="http://www.rapecrisis.org.za">www.rapecrisis.org.za</a> <a href="mailto:info@rapecrisis.org.za">info@rapecrisis.org.za</a>
<b>Austerville</b> Durban	<b>Helpline 031-468-6829</b> Out patient services and counselling for those in acute mental situations including support to victims of assault and abuse.	Wings Of Love Safe Care Centre PO Box 14201 Austerville Durban 4005 031-468-6829 Office / Helpline	
<b>Benoni</b>	<b>Helpline 0861-467-348</b> The I Themba Rape and Trauma Support Centre supplies counselling and support to rape survivors FREE of charge. Play therapy is available to traumatised children. We also offer support through the court and legal process.	I Themba Rape and Trauma Support Centre Crn: Woburn & Kimbolton Ave Benoni Central Benoni Gauteng 011-421-2301 Office	<a href="http://www.traumasupport.org.za">www.traumasupport.org.za</a> <a href="mailto:hope4u@traumasupport.org.za">hope4u@traumasupport.org.za</a>
<b>Bloemfontein</b>	FAMSA is a marriage, relationship and couples counselling service. Offering individual counselling for children, youth and adults.	FAMSA 10 Strauss Street Bloemfontein 9301 05-525-2395 Office	<a href="mailto:famsabfn@xpd.co.za">famsabfn@xpd.co.za</a> <a href="http://www.famsa.org.za/">www.famsa.org.za/</a>
<b>Border</b> <b>(East London)</b>	FAMSA is a marriage, relationship and couples counselling service. Offering individual counselling for children, youth and adults.	FAMSA PO Box 11035 Southern Wood 5213 043-743-8277 Office	
<b>Braamfontein</b>	<b>Helpline 011-403-5120 8.30-5pm</b> The Trauma Clinic helps people to deal with traumatic experiences. We offer short term counselling and long term trauma therapy. Both individual and group counselling is available.	CSVA - Trauma & Transition 4th Floor Braamfontein Centre 22 Jorrisen Street Braamfontein	<a href="http://www.csvr.org.za">www.csvr.org.za</a> <a href="mailto:info@csvr.org.za">info@csvr.org.za</a>
<b>Braamfontein</b>	<b>Helpline 011-242-3000</b> We are a one stop centre for victims of domestic violence and sexual assaults.	Ikhaya Lethemba 176 Smit Street Braamfontein 011-242-3000 Office / Helpline	
<b>Brakpan</b>	Helpline 011-740-5500 We provide counselling and support after rape as well as assistance through the police and court room procedures.	Brakpan Rape Crisis Centre Voorkrekker & Wanderers Streets Brakpan 011-740-5500 Office / Helpline	
<b>Cape Town</b>	FAMSA is a marriage, relationship and couples counselling service.	Famsa 9 Bowden Road	<a href="mailto:famsa@famsawc.org.za">famsa@famsawc.org.za</a> <a href="http://www.famsa.org.za/">www.famsa.org.za/</a>

	Offering individual counselling for children, youth and adults.	Observatory 7925 021-447-7951 Office	
<b>Cape Town</b>	An International Movement for incest and child sexual abuse recovery. To Join the email this chapter and begin your recovery please email Margie Mckinnon at the address on the right of this page.	The Lamplighter Movement Johannesburg South Africa	<a href="http://www.thelamplighters.org">www.thelamplighters.org</a> <a href="mailto:margie@thelamplighters.org">margie@thelamplighters.org</a>
<b>Cape Town</b>	<b>Helpline 021-461-1111</b> Life line respects your right to privacy and NO information that you give us will be divulged without your permission. Our counselling is empathetic, non judgemental and highly professional. We will not tell you what to do, but aim to empower you so you can find lasting solutions to the crisis or issues that you are facing in your life. All our services are FREE of charge.	LifeLine Cape Town 021-461-1111 Office / Helpline	
<b>Cape Town</b>	<b>Contact Number 083-484-9409</b> We are a spiritual, self help group of women survivors 18 years and over, who are guided by a set of 12 suggested steps and 12 Traditions as borrowed from AA. We use SIA slogans and our own serenity prayer. The only requirement for membership is that you are a victim of child abuse and that you want to recover. SIA is not a replacement for therapy but everything that is said in the group must be held in strict confidence. Women Survivors only Meets every Monday & Tuesday From 7pm to 9.30pm. For location and further details please contact Reinette on 083-484-9409 or email her at the address on the right of this page.	SIA Helderberg Somerset West Cape Town South Africa Contact Reinette 083-484-9409	<a href="http://www.siawso.org">www.siawso.org</a> <a href="http://www.crisiscentre.org.za">www.crisiscentre.org.za</a> <a href="mailto:help@crisiscentre.org.za">help@crisiscentre.org.za</a>
<b>Dullstroom</b>	FAMSA is a marriage, relationship and couples counselling service. Offering individual counselling for children, youth and adults.	FAMSA 384 Amajuba Street Dullstroom 1110 013-254-0343 Office	<a href="mailto:famsa@dullstroom.net">famsa@dullstroom.net</a> <a href="http://www.famsa.org.za/">www.famsa.org.za/</a>
<b>Durban</b>	<b>Helpline 031-262-5231</b> We are the oldest Non Government Organisation in South Africa to deal with the problems of domestic violence. Since our inception in 1986 we have provided crisis intervention for 400,000 cases of domestic violence. Support groups are available, please call for more details.	Advice Desk for the Abused Room 120, Block K Westville Campus University of KwaZulu-Natal Post code 3610 031-262-5231 Office / Helpline	<a href="http://www.showme.co.za/durban/">www.showme.co.za/durban/</a>

<b>Durban</b>	FAMSA is a marriage, relationship and couples counselling service. Offering individual counselling for children, youth and adults.	FAMSA 30 Bulwer Road Glenwood Durban 4001 031-202-8987 Office	<a href="mailto:durban@famsa.org.za">durban@famsa.org.za</a> <a href="http://www.famsa.org.za/">www.famsa.org.za/</a>
<b>Durban</b>	<b>Helpline 031-312-2323</b> LifeLine Durban aims to reduce personal stress and emotional pain through readily available counselling and growth programs. 24 Hour counselling service Face to face counselling Rape crisis support Support groups are available.	LIFELINE 38 Adrain Road Stamford Hill Durban 4001 031-303-1344 Office	<a href="http://www.lifelinedurban.org.za">www.lifelinedurban.org.za</a> <a href="mailto:director@lifelinedurban.org.za">director@lifelinedurban.org.za</a>
<b>East Rand</b>	FAMSA is a marriage, relationship and couples counselling service. Offering individual counselling for children, youth and adults.	FAMSA 1st Floor, Old Town Hall Building Boksburg 1460 011-892-4272 Office	<a href="mailto:famsaeast@mweb.co.za">famsaeast@mweb.co.za</a> <a href="http://www.famsa.org.za/">www.famsa.org.za/</a>
<b>East Rand</b>	<b>Helpline 011-967-1011</b> Open Mon to Fri, 7.30 - 4.30 Emergency temporary shelter for women and their children who are fleeing domestic violence. Please call our emergency number for more details	The Mission Shelter East Rand 011-967-1011 Office / Helpline	
<b>Eldorado Park</b>	<b>Helpline 011-945-6433</b> <a href="mailto:help@epwf.org.za">help@epwf.org.za</a> Opposing women and child abuse has been the mainstay of our activities here at Eldorado Park Women's Forum. Under the Healing Heart project we also run 2 victim empowerment centres. Please see our website for full details of our services.	Eldorado Park Women's Forum No 7 Komsberg Avenue Extension 4 Eldorado Park 1813 011-945-6433 Office / helpline	<a href="http://www.epwf.org.za">www.epwf.org.za</a> <a href="mailto:info@epwf.org.za">info@epwf.org.za</a>
<b>Elsie River</b>	<b>Helpline 021-931-3725</b> Domestic violence, substance abuse and gangsterism permeate the social fabric of this community. If you are experiencing domestic violence and need support, our Domestic Violence Project staff can help.	Catholic Welfare & Development Domestic Violence Project Elsie River Western Cape 021-931-3725 Office / Helpline	<a href="http://www.cwd.org.za">www.cwd.org.za</a> <a href="mailto:info@cwd.org.za">info@cwd.org.za</a>
<b>Evaton</b>	<b>Helpline 011-642-4345/6</b> <b>Counselling <a href="mailto:tiny@powa.co.za">tiny@powa.co.za</a></b> <b>Legal advice - <a href="mailto:legal@powa.co.za">legal@powa.co.za</a></b> As an organization we provide individual face to face counselling, group counselling and telephone counselling to women who have experienced violence. In addition we	People Opposing Women Abuse Evaton 081-383-7698 office	<a href="http://www.powa.co.za">www.powa.co.za</a> <a href="mailto:info@powa.co.za">info@powa.co.za</a>

provide child play therapy for children who reside in our shelters with their mothers. Women can access our counselling through our branch offices at Johannesburg, Evaton, Hani Hospital Soweto, Katlehong & Vosloorus.

**Galeshewe**

**Support & Help 053-830-8900**

Thuthuzela Care Centres are one stop facilities that have been introduced as a critical part of South Africa's anti rape strategy aiming to reduce secondary trauma for the victim. Our centres operate in public hospitals in communities where incidence of rape is particularly high. Services included: Welcome and comfort from the site coordinator or nurse. An explanation of the medical exam and how it will be conducted always with a nurse present. A social worker or nurse will offer counselling. Information will be given about sexually transmitted infections. A referral will be made for long term counselling. Transport home may be offered. Explanation of court procedures and court preparation will be made by a victim assistant officer. See website for further details.

Thuthuzela Care Centres  
Kimberly Northern Cape Hospital  
Galeshewe  
053-830-8900 Office / Support  
Mr Linda Le Roux

[www.npa.gov.za](http://www.npa.gov.za)

**Gauteng Area**

**Emergency Line 016-428-1640**

Emergency temporary shelter for women and their children who are fleeing domestic violence. Please call our emergency number for more details

Bella Maria Shelter  
Gauteng  
016-428-1640 Office / Crisis

**Gauteng Area**

**Emergency Line 012-327-3005**

Emergency temporary shelter for women and their children who are fleeing domestic violence. Please call our emergency number for more details

Beth Shan Shelter  
Gauteng  
012-327-3005 Office / Crisis

**Gauteng Area**

**Emergency Line 083-595-1046**

Emergency temporary shelter for women and their children who are fleeing domestic violence. Please call our emergency number for more details

Bombani Shelter  
Gauteng  
083-596-1046 Office / Crisis

**Gauteng Area**

**Emergency Line 083-625-9291**

Emergency temporary shelter for women and their children who are fleeing domestic violence. Please call our emergency number for more details

Botshabelo Shelter  
Gauteng  
083-625-9291 Office / Crisis

<b>Gauteng Area</b>	<b>Emergency Line 011-817-2666</b> Emergency temporary shelter for women and their children who are fleeing domestic violence. Please call our emergency number for more details	Mother's Nest Shelter Gauteng 011-817-2666 Office / Crisis	
<b>Gauteng Area</b>	<b>Emergency Line 011-231-5050</b> Emergency temporary shelter for women and their children who are fleeing domestic violence. Please call our emergency number for more details	NISAA Institute Shelter Gauteng 011-231-5050 Office / Crisis	
<b>George</b>	FAMSA is a marriage, relationship and couples counselling service. Offering individual counselling for children, youth and adults.	FAMSA 68 Meade Street George 6529 044-874-5811 Office	<a href="mailto:george@famsa.org.za">george@famsa.org.za</a> <a href="http://www.famsa.org.za/">www.famsa.org.za/</a>
<b>Grahamstown</b>	FAMSA is a marriage, relationship and couples counselling service. Offering individual counselling for children, youth and adults.	FAMSA 63A High Street Grahamstown 046-622-2580 Office	<a href="mailto:famsa@imagnet.co.za">famsa@imagnet.co.za</a> <a href="http://www.famsa.org.za/">www.famsa.org.za/</a>
<b>Hammarisdale</b>	<b>Helpline 031-709-2679</b> We are a well established advisory, training and counselling centre. We aim to combat the effects of rape, sexual abuse and domestic violence. Operating from a 30 room house in Pinetown we have a HIV / AIDS clinic on site, a play and therapy room for traumatised children and ten counselling rooms.. We also run an emergency shelter for women and children needing to escape from an abusive relationship. With our main office in <b>Pinetown</b> we have 2 further offices in <b>Hammasdale</b> and in <b>Mariannridge</b> . Please call our helpline for further details of the numerous support groups we run.	The Open Door Crisis Care Ctr Lot 1 of 13 Sterkspruit Hammarisdale 3700 031-709-2679 Office / Helpline	<a href="http://www.opendoor.org.za">www.opendoor.org.za</a> Contact form on website
<b>Johannesburg</b>	<b>Support 011-314-5098</b> ATU was formed to break the cycle of violence and to offer healing and hope to all victims of violence. Psychological support and therapy for adults and children. Support groups available.	Acting Through Ukubuyiselwa The Memorial Institute for Child Health and Development 13 Jobert Street Parktown Johannesburg 011-314-5098 Office / Support <a href="http://www.facebook.com/ChildrensMemorialInstitute">www.facebook.com/ChildrensMemorialInstitute</a>	<a href="mailto:vivyan.alers@gmail.com">vivyan.alers@gmail.com</a>
<b>Johannesburg</b>	<b>Helpline 011-614-3245 24 Hours</b> Emergency temporary shelter for women and their children who are fleeing domestic violence. Please call our emergency number for more details	Bethany Shelter Johannesburg 011-614-3245 Office / Helpline	

<b>Johannesburg</b>	<b>Helpline 011-648-6005 24 Hours</b> Emergency temporary shelter for women and their children who are fleeing domestic violence. Please call our emergency number for more details	Frieda Harley Shelter Johannesburg 011-648-6005 Office / Helpline	
<b>Johannesburg</b>	An International Movement for incest and child sexual abuse recovery. To Join the email this chapter and begin your recovery please email Margie Mckinnon at the address on the right of this page.	The Lamplighter Movement Johannesburg South Africa	<a href="http://www.thelamplighters.org">www.thelamplighters.org</a> <a href="mailto:margie@thelamplighters.org">margie@thelamplighters.org</a>
<b>Johannesburg</b>	<b>Crisis Line 011-728-1343</b> Lifeline provides counselling and connects with people, giving them the tools they need to better handle stress. Our Victim Empowerment programme is based in Soweto and the Johannesburg inner city. We manage 17 centres all attached to police stations. We support victims of rape and domestic violence and recognize child abuse and trafficking intervening and recommending the appropriate services to best serve the child. Covering the whole of <b>Soweto, Meadowlands, Diepkloof, Kliptown, Orlando, Dobsonville, Protea, Naledi, Jabulani &amp; Moroka.</b> The whole of <b>Lenasia, Jeppe, Hillbrow, Yeoville, Brixton and the suburbs of Norwood and Fairlands.</b>	LIFELINE 2 The Avenue Crn: Hentietta Street Norwood Johannesburg 011-728-1331 Office <a href="mailto:isabella@lifelinejhb.org.za">isabella@lifelinejhb.org.za</a>	<a href="http://www.lifelinejhb.org.za">www.lifelinejhb.org.za</a> <a href="mailto:lifeline@lifelinejhb.org.za">lifeline@lifelinejhb.org.za</a>
<b>Johannesburg</b>	<b>Helpline 011-642-4345/6</b> <b>Counselling <a href="mailto:tiny@powa.co.za">tiny@powa.co.za</a></b> <b>Legal advice - <a href="mailto:legal@powa.co.za">legal@powa.co.za</a></b> As an organization we provide individual face to face counselling, group counselling and telephone counselling to women who have experienced violence. In addition we provide child play therapy for children who reside in our shelters with their mothers. Women can access our counselling through our branch offices at Johannesburg, Evaton, Hani Hospital Soweto, Katlehong & Vosloorus.	People Opposing Women Abuse PO Box 93416 Yeoville 2143 Johannesburg 011-642-4345 Office.	<a href="http://www.powa.co.za">www.powa.co.za</a> <a href="mailto:info@powa.co.za">info@powa.co.za</a>
<b>Johannesburg</b>	South African Male Survivors of Sexual Abuse is a non profit in the central business district of Johannesburg. The new acronym SAMSOSA will serve as a resource and referral centre, providing information, support and training for victims, affected individuals and organizations in a safe, non	SAMSOSA PO Box 15554 Doornfontein Johannesburg 27 (0) 71-280-9918 Office 27 (0) 86-587-5381 Fax	<a href="http://www.samsosa.org/wp/rees@samsosa.org">www.samsosa.org/wp/rees@samsosa.org</a> Twitter @Samalesurvivors



judgemental structure. In addition we will act as an advocacy group for non offending male rape and abuse survivors to create awareness and understanding that will change social attitudes and structures.

<b>Katlehong</b>	<b>Helpline 011-642-4345/6</b> <b>Counselling <a href="mailto:tiny@powa.co.za">tiny@powa.co.za</a></b> <b>Legal advice - <a href="mailto:legal@powa.co.za">legal@powa.co.za</a></b> As an organization we provide individual face to face counselling, group counselling and telephone counselling to women who have experienced violence. In addition we provide child play therapy for children who reside in our shelters with their mothers. Women can access our counselling through our branch offices at Johannesburg, Evaton, Hani Hospital Soweto, Katlehong & Vosloorus.	People Opposing Women Abuse 677 Monise Section Katlehong 1431 011-860-2858 Office	<a href="http://www.powa.co.za">www.powa.co.za</a> <a href="mailto:info@powa.co.za">info@powa.co.za</a>
<b>Kempton Park</b>	FAMSA is a marriage, relationship and couples counselling service. Offering individual counselling for children, youth and adults.	FAMSA PO Box 2800 Kempton Park 1620 011-975-7106 Office	<a href="mailto:national@famsa.org.za">national@famsa.org.za</a> <a href="http://www.famsa.org.za/">www.famsa.org.za/</a>
<b>Khayelitsha</b>	An International Movement for incest and child sexual abuse recovery. To Join the email this chapter and begin your recovery please email Margie Mckinnon at the address on the right of this page.	The Lamplighter Movement Khayelitsha South Africa	<a href="http://www.thelamplighters.org">www.thelamplighters.org</a> <a href="mailto:margie@thelamplighters.org">margie@thelamplighters.org</a>
<b>Khayelitsha</b>	<b>Counselling 021-361-9085</b> Our mission is to act as a bridge between rape survivors and the system so that more survivors report rape and experience reduced secondary trauma within the system. Our counselling is designed to make you feel safe, supported and respected. All our counselling is FREE of charge. We also offer a range of support in the courts.	Rape Crisis Cape Town Trust Khayelitsha 021-361-9228 Office	<a href="http://www.rapecrisis.org.za">www.rapecrisis.org.za</a> <a href="mailto:info@rapecrisis.org.za">info@rapecrisis.org.za</a>
<b>Kimberley</b>	FAMSA is a marriage, relationship and couples counselling service. Offering individual counselling for children, youth and adults.	FAMSA 776 crn Letsholo & Matanzima Mankurwane 8345 053-872-2644 Office	<a href="mailto:zolekabula@yahoo.com">zolekabula@yahoo.com</a> <a href="http://www.famsa.org.za/">www.famsa.org.za/</a>
<b>Knysna</b>	FAMSA is a marriage, relationship and couples counselling service. Offering individual counselling for children, youth and adults.	FAMSA Court Square 21 Spring Street Knysna 6571 044-382-5129 Office	<a href="mailto:knysna@famsa.org.za">knysna@famsa.org.za</a> <a href="http://www.famsa.org.za/">www.famsa.org.za/</a>
<b>Kwalugedlane</b>	<b>Hotline 013-780-3078</b> We work to prevent violence and	Masisukumeni Women's Crisis Centre	



discrimination against women and children by working to ensure that laws are properly implemented. Counselling survivors is the foundation of our services, supporting those affected by rape, sexual abuse and domestic violence. Two trained para legal officers are employed full time to assist survivors.  
[www.inspire-transformation.org/masisukumeni-womens-crisis-centre](http://www.inspire-transformation.org/masisukumeni-womens-crisis-centre)

Stand 2  
 Tonga  
 Kwalugedlane  
 013-780-378 Office / Hotline

**Libode**

**Support & Help 047-568-6274**  
 Thuthuzela Care Centres are one stop facilities that have been introduced as a critical part of South Africa's anti rape strategy aiming to reduce secondary trauma for the victim. Our centres operate in public hospitals in communities where incidence of rape is particularly high. Services included: Welcome and comfort from the site coordinator or nurse. An explanation of the medical exam and how it will be conducted always with a nurse present. A social worker or nurse will offer counselling. Information will be given about sexually transmitted infections. A referral will be made for long term counselling. Transport home may be offered. Explanation of court procedures and court preparation will be made by a victim assistant officer. See website for further details.

Thuthuzela Care Centres  
 St Barnabas Hospital  
 Libode  
 Utata  
 047-568-6247 Office / Support  
 Contact Ms Themba Msuthu

[www.npa.gov.za](http://www.npa.gov.za)

**Mafikeng**

FAMSA is a marriage, relationship and couples counselling service. Offering individual counselling for children, youth and adults.

FAMSA  
 42 Proctor Avenue,  
 Golf View  
 Mafikeng 2745  
 018-381-6303 Office

[www.famsa.org.za/](http://www.famsa.org.za/)

**Mafikeng**

**Support & Help 018-383-7000**  
 Thuthuzela Care Centres are one stop facilities that have been introduced as a critical part of South Africa's anti rape strategy aiming to reduce secondary trauma for the victim. Our centres operate in public hospitals in communities where incidence of rape is particularly high. Services included: Welcome and comfort from the site coordinator or nurse. An explanation of the medical exam and how it will be conducted always with a nurse present. A social worker or nurse will offer counselling. Information will be given about sexually transmitted infections. A referral will be made for

Thuthuzela Care Centres  
 Mafikeng Hospital  
 Mafikeng  
 018-383-7000 Office / Support  
 Contact Ms Takalani Makhado

[www.npa.gov.za](http://www.npa.gov.za)

long term counselling. Transport home may be offered. Explanation of court procedures and court preparation will be made by a victim assistant officer. See website for further details.

**Malelane**  
Mpumalanga

**Helpline 013-781-0660**

Founded in 1994 as a para legal entity to facilitate access to justice to the marginalized communities of **Schoemansdal** and the surrounding areas. We can now offer FREE para legal services for those affected by child abuse and rape.

Nkomazi Community Advice Ctr  
PO Box 1057  
Shongwe Mission  
Malelane 1331  
Mpumalanga  
013-781-0660 Office / Helpline

[iren.green@yahoo.com](mailto:iren.green@yahoo.com)

**Mamelodi**

**Support & Help 012-801-2717**

Thuthuzela Care Centres are one stop facilities that have been introduced as a critical part of South Africa's anti rape strategy aiming to reduce secondary trauma for the victim. Our centres operate in public hospitals in communities where incidence of rape is particularly high. Services included: Welcome and comfort from the site coordinator or nurse. An explanation of the medical exam and how it will be conducted always with a nurse present. A social worker or nurse will offer counselling. Information will be given about sexually transmitted infections. A referral will be made for long term counselling. Transport home may be offered. Explanation of court procedures and court preparation will be made by a victim assistant officer. See website for further details.

Thuthuzela Care Centres  
Mamelodi Hospital  
Mamelodi  
012-801-2717 Office  
Contact Ms Refiloe Bahula

[www.npa.gov.za](http://www.npa.gov.za)

**Manenberg**

**Helpline 021-633-5287**

The Saartjie Baartman Centre for women and children was opened in 1999 as the first multi disciplinary service for abused women and children in the country. Services include: 24 hour crisis response, a residential shelter and transitional housing for abused women and their children, legal assistance and job skills training. Other services are provided by organisations working in partnership at the centre and include: An after hours crisis response for children, specialised counselling in rape, sexual assault, trauma and domestic violence. The centre is situated in Manenberg but the centre provides

Saartjie Baartman Women's Ctr  
Manenberg  
Western Cape  
021-633-5287 Office / Helpline  
[www.saartjiebaartmancentre.org.za](http://www.saartjiebaartmancentre.org.za)

Contact form on website

services to the farming communities  
**Phillippi, Constantia & Stellenbosh**

**Manenberg**

**Support & Help 021-691-6194**  
Thuthuzela Care Centres are one stop facilities that have been introduced as a critical part of South Africa's anti rape strategy aiming to reduce secondary trauma for the victim. Our centres operate in public hospitals in communities where incidence of rape is particularly high. Services included: Welcome and comfort from the site coordinator or nurse. An explanation of the medical exam and how it will be conducted always with a nurse present. A social worker or nurse will offer counselling. Information will be given about sexually transmitted infections. A referral will be made for long term counselling. Transport home may be offered. Explanation of court procedures and court preparation will be made by a victim assistant officer. See website for further details.

Thuthuzela Care Centres  
GF Jooste Hospital  
Manenberg  
012-691-6194 Office  
Ms Mandisa Nongonongo

[www.npa.gov.za](http://www.npa.gov.za)

**Mariannridge**

**Helpline 031-709-2679**  
We are a well established advisory, training and counselling centre. We aim to combat the effects of rape, sexual abuse and domestic violence. Operating from a 30 room house in Pinetown we have a HIV / AIDS clinic on site, a play and therapy room for traumatised children and ten counselling rooms.. We also run an emergency shelter for women and children needing to escape from an abusive relationship. With our main office in **Pinetown** we have 2 further offices in **Hammasdale** and in **Mariannridge**. Please call our helpline for further details of the numerous support groups we run.

The Open Door Crisis Care Ctr  
1 Mercury Cresecent  
Mariannridge  
031-703-1490 Office

[www.opendoor.org.za](http://www.opendoor.org.za)  
Contact form on website

**Mdantsane**

**Support & Help 043-761-2023**  
Thuthuzela Care Centres are one stop facilities that have been introduced as a critical part of South Africa's anti rape strategy aiming to reduce secondary trauma for the victim. Our centres operate in public hospitals in communities where incidence of rape is particularly high. Services included: Welcome and comfort from the site coordinator or nurse. An explanation of the medical exam and how it will be conducted

Thuthuzela Care Centres  
Cecilia Makwane Hospital  
Mdantsane  
East London  
043-761-2023 Office / Support  
Contact Ms Nosisi Nangu

[www.npa.gov.za](http://www.npa.gov.za)

always with a nurse present.  
A social worker or nurse will offer counselling. Information will be given about sexually transmitted infections. A referral will be made for long term counselling. Transport home may be offered. Explanation of court procedures and court preparation will be made by a victim assistant officer. See website for further details.

**Midrand**

Midrand Crisis Control Centre are a local business offering psychologists and psychotherapy at their Crisis and Trauma centre.

Midrand Crisis Control Centre  
Midrand 1683  
Randjesfontein Gauteng  
011-375-6042 Office

**Mitchell's Plain**

**Helpline 021-392-2000**  
Crisis helpline for women and their children who are experiencing any form of sexual or physical abuse.

Mitchell's Plain Crisis Line  
Mitchell's Plain  
Western Cape  
021-392-2000 Office / Hotline

**Natalspruit**

**Support & Help 011-909-1002**  
Thuthuzela Care Centres are one stop facilities that have been introduced as a critical part of South Africa's anti rape strategy aiming to reduce secondary trauma for the victim. Our centres operate in public hospitals in communities where incidence of rape is particularly high. Services included: Welcome and comfort from the site coordinator or nurse. An explanation of the medical exam and how it will be conducted always with a nurse present. A social worker or nurse will offer counselling. Information will be given about sexually transmitted infections. A referral will be made for long term counselling. Transport home may be offered. Explanation of court procedures and court preparation will be made by a victim assistant officer. See website for further details.

Thuthuzela Care Centres  
Natalspruit Hospital  
Natalspruit  
011-909-1002 Office  
Contact Mr Jerry Ramashaba

[www.npa.gov.za](http://www.npa.gov.za)

**Nelspruit**

**Helpline 013-752-4404**  
Our mission is to support and counselling to all survivors of rape sexual assault and domestic abuse and violence using the most humanitarian means possible. for more details of our services and projects please see our website or call our helpline.

Greater Nelspruit Rape  
Intervention Project (GRIP)  
17 Ehmke Street  
PO Box 26122  
Nelspruit 1200  
013-752-5993 Office

[info@grip.org.za](mailto:info@grip.org.za)

**Nelspruit**

**Helpline 013-755-3606**  
We are a non government org that

LIFE LINE Nelspruit  
8A Hope Street

[counselling01@telkomsa.net](mailto:counselling01@telkomsa.net)

offers a FREE and confidential counselling service to all members of the Greater Nelspruit community who are in need or in crisis.  
Face to face counselling  
Telephone counselling  
Trauma debriefing / counselling.

Nelspruit 1200  
Mpumalanga  
013-755-3606 Office / Helpline

#### **Observatory**

**Counselling 021-447-9762**  
Our mission is to act as a bridge between rape survivors and the system so that more survivors report rape and experience reduced secondary trauma within the system. Our counselling is designed to make you feel safe, supported and respected. All our counselling is FREE of charge. We also offer a range of support in the courts.

Rape Crisis Cape Town Trust  
PO Box 46  
Observatory 7936  
021-447-1467 Office

[www.rapecrisis.org.za](http://www.rapecrisis.org.za)  
[info@rapecrisis.org.za](mailto:info@rapecrisis.org.za)

#### **Oudtshoorn**

FAMSA is a marriage, relationship and couples counselling service. Offering individual counselling for children, youth and adults.

FAMSA  
57 Church Street  
Oudtshoorn 6625  
044-272-7020 Office

[www.famsa.org.za/](http://www.famsa.org.za/)

#### **Paarl**

FAMSA is a marriage, relationship and couples counselling service. Offering individual counselling for children, youth and adults.

FAMSA  
86 Mill Street  
Paarl 7646  
021-872-2700 Office

[paarl@famsa.org.za](mailto:paarl@famsa.org.za)  
[www.famsa.org.za/](http://www.famsa.org.za/)

#### **Phoenix**

**Support & Help 031-502-2338**  
Thuthuzela Care Centres are one stop facilities that have been introduced as a critical part of South Africa's anti rape strategy aiming to reduce secondary trauma for the victim. Our centres operate in public hospitals in communities where incidence of rape is particularly high. Services included: Welcome and comfort from the site coordinator or nurse. An explanation of the medical exam and how it will be conducted always with a nurse present. A social worker or nurse will offer counselling. Information will be given about sexually transmitted infections. A referral will be made for long term counselling. Transport home may be offered. Explanation of court procedures and court preparation will be made by a victim assistant officer. See website for further details.

Thuthuzela Care Centres  
Mahatma Gandhi Hospital  
Phoenix  
031-502-2338  
Contact Ms Thenjiwe Mhembu

[www.npa.gov.za](http://www.npa.gov.za)

#### **Pietermaritzburg**

FAMSA is a marriage, relationship and couples counselling service. Offering individual counselling for children, youth and adults.

FAMSA  
2nd Floor Gallwey House  
Gallwey Lane  
Pietermaritzburg 3201  
033-342-4945 Office

[famsapmb@sai.co.za](mailto:famsapmb@sai.co.za)  
[www.famsa.org.za/](http://www.famsa.org.za/)

<b>Pinetown KwaZulu-Natal</b>	<p><b>Helpline 031-709-2679</b></p> <p>We are a well established advisory, training and counselling centre. We aim to combat the effects of rape, sexual abuse and domestic violence. Operating from a 30 room house in Pinetown we have a HIV / AIDS clinic on site, a play and therapy room for traumatised children and ten counselling rooms.. We also run an emergency shelter for women and children needing to escape from an abusive relationship. With our main office in <b>Pinetown</b> we have 2 further offices in <b>Hammasdale</b> and in <b>Mariannridge</b>. Please call our helpline for further details of the numerous support groups we run.</p>	<p>The Open Door Crisis Care Ctr 7 Windsor Lane Pinetown 3610 KwaZulu- Natal 031-709-2679 Office / Helpline</p>	<p><a href="http://www.opendoor.org.za">www.opendoor.org.za</a> Contact form on website</p>
<b>Port Elizabeth</b>	<p>FAMSA is a marriage, relationship and couples counselling service. Offering individual counselling for children, youth and adults.</p>	<p>FAMSA PO Box 12417 Port Elizabeth 6001 041-585-9393 Office</p>	<p><a href="mailto:pe@famsa.org.za">pe@famsa.org.za</a> <a href="http://www.famsa.org.za/">www.famsa.org.za/</a></p>
<b>Port Elizabeth</b>	<p><b>Helpline 041-487-1384</b></p> <p>The Rape Crisis Centre Motherwell provides rape victims with help and counselling, para legal help, medical help and advice and counselling around HIV testing. Support groups are available.</p>	<p>Rape Crisis Centre (Motherwell) 16 Nyulutsi Street NU4B Motherwell Port Elizabeth 04-487-1384 Office / Helpline</p>	
<b>Port Elizabeth</b>	<p><b>Helpline 041-406-4112</b></p> <p>The Rape Crisis Centre at the Dora Nginza Hospital provides rape victims with Psychological help and counselling, para legal help, medical help and advice and counselling around HIV testing. Support groups are available.</p>	<p>Rape Crisis Centre at the Dora Nginza Hospital Spondo Road Ibhayi Zuide Port Elizabeth 041-406-4112 Office / Helpline</p>	
<b>Potchefstroom</b>	<p>FAMSA is a marriage, relationship and couples counselling service. Offering individual counselling for children, youth and adults.</p>	<p>FAMSA 3 Singer Road Potchefstroom 2531 018-293-2272 Office</p>	<p><a href="mailto:potch@famsa.org.za">potch@famsa.org.za</a> <a href="http://www.famsa.org.za/">www.famsa.org.za/</a></p>
<b>Pretoria</b>	<p><b>Helpline 012-327-3005</b></p> <p>Emergency temporary shelter for women and their children who are fleeing domestic violence. Please call our emergency number for more details</p>	<p>Beth Shan Pretoria 012-327-3005 Office / Helpline</p>	
<b>Pretoria</b>	<p><b>Helpline 012-735-8845 24 Hours</b></p> <p>Emergency temporary shelter for women and their children who are fleeing domestic violence. Please call our emergency number for more details</p>	<p>Leamogetswe Safety Home Pretoria 012-375-8845 Office / Helpline</p>	

<b>Pretoria</b>	<b>Helpline 012-805-7416 24 Hours</b> Emergency temporary shelter for women and their children who are fleeing domestic violence. Please call our emergency number for more details	People Against Human Abuse Pretoria 012-805-7416 Office / Helpline	
<b>Pretoria</b>	<b>Helpline 012-325-3920 24 Hours</b> Line open Mon to Fri, 8.00 - 4.30 Emergency temporary shelter for women and their children who are fleeing domestic violence. Please call our emergency number for more details	Suid Afrikaanse Vroue Federasie Pretoria 012-325-3920 Office / Helpline	
<b>Pretoria</b>	<b>Helpline 012-320-2123 24 Hours</b> Emergency temporary shelter for women and their children who are fleeing domestic violence. Please call our emergency number for more details	The Potters House Pretoria 012-320-2123 Office / Helpline	
<b>Randburg</b>	An International Movement for incest and child sexual abuse recovery. To Join the email this chapter and begin your recovery please email Margie Mckinnon at the address on the right of this page.	The Lamplighter Movement Randburg South Africa	<a href="http://www.thelamplighters.org">www.thelamplighters.org</a> <a href="mailto:margie@thelamplighters.org">margie@thelamplighters.org</a>
<b>Reiger Park</b>	<b>Helpline 011-910-3166</b> We are a crisis centre for abused women and children. Offering counselling for rape, trauma, mental and physical abuses.	Reiger Park Crisis Centre Reiger Park 011-910-3166 Office / Helpline	
<b>Reservoir Hills</b> KwaZulu-Natal	<b>Helpline 031-262-0157</b> Out patient services and counselling for those in acute mental situations including support to victims of assault and abuse.	Reservoir Hills Crisis Centre PO Box 65321 Reservoir Hills 4090 KwaZulu-Natal 031-262-0157 Office / helpline	
<b>Rustenburg</b>	FAMSA is a marriage, relationship and couples counselling service. Offering individual counselling for children, youth and adults.	FAMSA Crn, Piet Grobler & Brink Streets Rustenburg 014-592-9747 Office	<a href="mailto:helene@famsarustenburg.co.za">helene@famsarustenburg.co.za</a> <a href="http://www.famsa.org.za/">www.famsa.org.za/</a>
<b>Secunda</b>	FAMSA is a marriage, relationship and couples counselling service. Offering individual counselling for children, youth and adults.	FAMSA PO Box 5560 Secunda 2302 017-631-1593 Office	<a href="mailto:famsa@secunda.co.za">famsa@secunda.co.za</a> <a href="http://www.famsa.org.za/">www.famsa.org.za/</a>
<b>Soweto</b>	<b>Crisis Line 011-988-0155</b> Lifeline provides counselling and connects with people, giving them the tools they need to better handle stress. Our Victim Empowerment programme is based in Soweto and the Johannesburg inner city. We manage 17 centres all attached to	LIFELINE C/O Clinix Soweto Hospital Dobsonville Soweto 011-988-0155 Office / Crisis Contact Isabella <a href="mailto:isabella@lifelinejhb.org.za">isabella@lifelinejhb.org.za</a>	<a href="http://www.lifelinejhb.org.za">www.lifelinejhb.org.za</a> <a href="mailto:lifeline@lifelinejhb.org.za">lifeline@lifelinejhb.org.za</a>



police stations. We support victims of rape and domestic violence and recognize child abuse and trafficking intervening and recommending the appropriate services to best serve the child. Covering the whole of **Soweto, Meadowlands, Diepkloof, Kliptown, Orlando, Dobsonville, Protea, Naledi, Jabulani & Moroka.** The whole of **Lenasia, Jeppe, Hillbrow, Yeoville, Brixton and the suburbs of Norwood and Fairlands.**

**Soweto**

**Helpline 011-642-4345/6**  
**Counselling [tiny@powa.co.za](mailto:tiny@powa.co.za)**  
**Legal advice - [legal@powa.co.za](mailto:legal@powa.co.za)**  
As an organization we provide individual face to face counselling, group counselling and telephone counselling to women who have experienced violence. In addition we provide child play therapy for children who reside in our shelters with their mothers. Women can access our counselling through our branch offices at Johannesburg, Evaton, Hani Hospital Soweto, Katlehong & Vosloorus.

People Opposing Women Abuse [www.powa.co.za](http://www.powa.co.za)  
Room 10 Nthabiseng Centre [info@powa.co.za](mailto:info@powa.co.za)  
Chris Hani Hospital  
011-933-2333 Office

**Soweto**

**Support & Help 011-933-1229**  
Thuthuzela Care Centres are one stop facilities that have been introduced as a critical part of South Africa's anti rape strategy aiming to reduce secondary trauma for the victim. Our centres operate in public hospitals in communities where incidence of rape is particularly high. Services included: Welcome and comfort from the site coordinator or nurse. An explanation of the medical exam and how it will be conducted always with a nurse present. A social worker or nurse will offer counselling. Information will be given about sexually transmitted infections. A referral will be made for long term counselling. Transport home may be offered. Explanation of court procedures and court preparation will be made by a victim assistant officer. See website for further details.

Thuthuzela Care Centres [www.npa.gov.za](http://www.npa.gov.za)  
Chris Hani Baragwanath Hospt  
Soweto  
011-933-1229 Office / support  
Contact Ms Julia Rachitanga

**Stellenbosch**

**Helpline 083-244-4887**  
Our services include: Helping to prepare the rape survivor for a medical exam and support at the police station. Emotional support and practical information. Referral to

Rape Crisis - Stellenbosch [dannik@mweb.co.za](mailto:dannik@mweb.co.za)  
Stellenbosch  
Western Cape  
082-903-8261 Office

appropriate sexual abuse and rape survivors aftercare services.

<b>Strand</b>	<b>Helpline 021-854-8759</b> SAFE is a pro women foundation that seeks to empower women in their families and communities. Apartheid shattered many people's dreams and their ability to believe in themselves. Today intense poverty fosters high levels of crime such as rape and domestic violence.	SAFE - South Africa Female Empowerment Strand Western Cape 021-845-8759 Office / Helpline	
<b>Stutterheim</b>	FAMSA is a marriage, relationship and couples counselling service. Offering individual counselling for children, youth and adults.	FAMSA PO Box 828 Stutterheim 4930 043-683-1418 Office	<a href="mailto:famsastutt@mwebbiz.co.za">famsastutt@mwebbiz.co.za</a> <a href="http://www.famsa.org.za/">www.famsa.org.za/</a>
<b>Table View</b>	Trauma can have an enormous impact on the psychological and emotional health of a child, affecting them in many ways and for many years. We provide specialist therapeutic services to children, adolescents and their families. The centre is staffed by highly experienced specialised and compassionate therapists.	Child Trauma Centre Unit 1 253 Blaauwberg Road Table View 021-556-9556 Office.	<a href="http://www.childtraumacentre.co.za">www.childtraumacentre.co.za</a> <a href="mailto:childtrauma@telkomsa.net">childtrauma@telkomsa.net</a>
<b>Tygerbear</b>	<b>Emergency Line 082-994-4301</b> The Tygerbear foundation has developed a unique model for the psych-social treatment, training, support and prevention of trauma suffered by all members of the community. These traumas can include survivors of neglect, physical emotional and sexual abuse. We offer play therapy, family therapy and group therapy. Court and hospital preparation. 24 Hour counselling / call out service. Telephone advice line for professionals. Registration of abused children to detect and prevent repeated abuse.	Tygerbear Foundation PO Box 19028 Tygerbear 7505 021-931-6702 Office	<a href="http://www.tygerbear.org.za">www.tygerbear.org.za</a> <a href="mailto:info@tygerbear.org.za">info@tygerbear.org.za</a>
<b>Tzaneen</b>	FAMSA is a marriage, relationship and couples counselling service. Offering individual counselling for children, youth and adults.	FAMSA No 8 Second Avenue Medipark Tzaneen 0850 015-307-4833 Office	<a href="http://www.famsa.org.za/">www.famsa.org.za/</a>
<b>Umlazi</b>	<b>Support &amp; Help 031-907-8496</b> Thuthuzela Care Centres are one stop facilities that have been introduced as a critical part of South Africa's anti rape strategy aiming to reduce secondary trauma for the victim. Our centres operate in public hospitals in communities where	Thuthuzela Care Centres Prince Mshiyeni Hospital Umlazi 031-907-8496 Office / Support Contact Ms Lusanda Khumalo	<a href="http://www.npa.gov.za">www.npa.gov.za</a>

incidence of rape is particularly high. Services included: Welcome and comfort from the site coordinator or nurse. An explanation of the medical exam and how it will be conducted always with a nurse present. A social worker or nurse will offer counselling. Information will be given about sexually transmitted infections. A referral will be made for long term counselling. Transport home may be offered. Explanation of court procedures and court preparation will be made by a victim assistant officer. See website for further details.

<b>Upington</b>	FAMSA is a marriage, relationship and couples counselling service. Offering individual counselling for children, youth and adults.	Famsa 2A Schroder Street Upington 8800 054-332-3955 Office	<a href="mailto:pa.famsaupt@mweb.co.za">pa.famsaupt@mweb.co.za</a> <a href="http://www.famsa.org.za/">www.famsa.org.za/</a>
<b>Vaal Triangle</b>	<b>Helpline 016-428-1740 24 Hours</b> Emergency temporary shelter for women and their children who are fleeing domestic violence. Please call our emergency number for more details	Life Line Vaal Triangle Vaal Triangle 016-428-1740 Office / Helpline	
<b>Vereeniging</b>	<b>Helpline 016-428-3357</b> We have been set up to aid and help abused women, children and rape victims, educate youth on abuse and life skills, support rape victims and offer pregnancy crisis counselling.	Alpha Trauma Centre Crn: Joubert & Senator Marks St Vereeniging 1930 016-428-3357 Office / Helpline <a href="https://www.facebook.com/Alpha-Trauma-Centre-309955053176/">www.facebook.com/Alpha-Trauma-Centre-309955053176/</a>	
<b>Vhembe</b>	FAMSA is a marriage, relationship and couples counselling service. Offering individual counselling for children, youth and adults.	FAMSA Mutingingati Centre Caltex Thohoyandou 015-962-3728 Office	<a href="mailto:famsavhembe2@gmail.com">famsavhembe2@gmail.com</a> <a href="http://www.famsa.org.za/">www.famsa.org.za/</a>
<b>Vosloorus</b>	<b>Helpline 011-642-4345/6</b> <b>Counselling <a href="mailto:tiny@powa.co.za">tiny@powa.co.za</a></b> <b>Legal advice - <a href="mailto:legal@powa.co.za">legal@powa.co.za</a></b> As an organization we provide individual face to face counselling, group counselling and telephone counselling to women who have experienced violence. In addition we provide child play therapy for children who reside in our shelters with their mothers. Women can access our counselling through our branch offices at Johannesburg, Evaton, Hani Hospital Soweto, Katlehong & Vosloorus.	People Opposing Women Abuse 1620 Ditshego Street Vosloorus Rehabilitation Centre Vosloorus 011-906-4259 Office 011-906-1792 Alt Office	<a href="http://www.powa.co.za">www.powa.co.za</a> <a href="mailto:info@powa.co.za">info@powa.co.za</a>
<b>Welkom</b>	FAMSA is a marriage, relationship	FAMSA	<a href="mailto:fam.wel@absamail.co.za">fam.wel@absamail.co.za</a>

and couples counselling service.  
Offering individual counselling for  
children, youth and adults.

204 Building  
Koppie Alleen Road  
Welkom  
057-352-5191 Office

[www.famsa.org.za/](http://www.famsa.org.za/)

**Woodstock**

**Emergency Line 082-444-4191**

The Trauma Centre for Survivors of  
Violence and Torture is committed  
to addressing trauma through  
inclusive healing processes to  
build a non violent societ with  
respect for human rights.

Trauma support, containment and  
counselling to people traumatised  
by violent crimes. Individual, group  
and family counselling in a safe  
and secure environment.

Trauma Centre for Survivors of  
Violence.  
126 Chapel Street  
WoodStock 7925  
Cape Town  
021-465-7373 Office

[www.trauma.org.za](http://www.trauma.org.za)  
[info@trauma.org.za](mailto:info@trauma.org.za)

Website off line Oct 2018

**Worcester**

FAMSA is a marriage, relationship  
and couples counselling service.  
Offering individual counselling for  
children, youth and adults.

FAMSA  
83 Tulbach Street  
Worcester 6850  
023-347-5231 Office

[famsaworc@telkomsa.net](mailto:famsaworc@telkomsa.net)  
[www.famsa.org.za/](http://www.famsa.org.za/)

**Wynberg**

**Support 011-885-3332**

Counselling to support victims and  
the perpetrators of domestic violence  
Presentations to the community  
Awareness programs  
Training for professionals.

Agisang Domestic Abuse  
Prevention and Training ADAPT  
128 2nd Street  
Oliver Tambo Centre  
Wynberg  
011-885-3332 Office / Support

[www.adapt.org.za/](http://www.adapt.org.za/)