

## What can you do?

### Become an Ambassador

Follow us on Social Media and share our posts.

Arrange a workshop or experiential learning event at work or with friends and family.

### Volunteer with us

Join our playmakers in Fisantekraal - at the primary school during school time or after school. Or supervise play with the pre-schoolers who visit the hub most mornings.

Help build resilience skills and emotional agility through gardening by volunteering at the kids garden groups.

Work alongside Nolosindiso as she supports teen moms.

### Partner with us financially

Donate towards projects.

We are looking for committed partners to provide stable, monthly financial support for salaries & stipends for our Fisantekraal Team Leaders and Playmakers.

### Banking Details

Resilient Kids SA

First National Bank

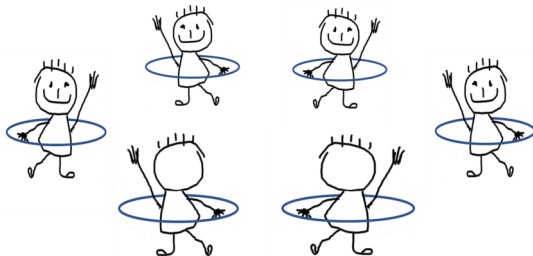
Business Cheque Account

625297746903

Willowbridge

210655

Section 18A tax receipts available on request.



Imagine a world where there is no trauma, no violence. A world where there is no abuse, no orphans, no abandoned children. A world where children are safe and well cared for by emotionally healthy, thriving adults. A world where all adults protect all children.

We have to imagine such a world because it is not the world we live in. In our real world children and adults are vulnerable. A world where violence and trauma are all around.

But change is possible. Emotional regulation can be learned, and we can all become more emotionally agile.

### We offer trauma informed..

Experiential Learning Events

Training & Workshops

Consulting & Advocacy

Playmakers & Support

Family Interventions

### For...

Community Based Organisations

Churches

Families

Schools

Corporates

### Connect with us



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



Resilient-Kids-SA

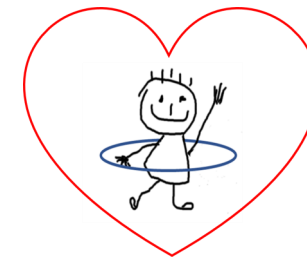


@resilientkidssa

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Emotional Regulation  
&  
Resilience Skills  
for  
Less Violence  
More Hope  
More Peace  
Healthier Relationships



We provide training and support which enables adults, youth, and children to self-regulate, develop emotional regulation, and healthy relationship skills.

## Training

All of our courses and workshops are facilitated using trauma informed, experiential learning activities, group discussions and individual reflections. Because **bad stuff happens to everybody** we focus on emotional regulation, emotional agility, and boundaries as tools to navigate difficult life experiences. Bad stuff being abuse, grief, trauma, poverty etc.

Training is adapted to meet the needs of the context.. We train you where you are.

We train participants to use play to help children address psychosocial skills and emotional agility. This looks like trauma informed play clubs and classrooms where children are guided to grow in autonomy and esteem, connected to support.

We have a growing partnership with the Occupational Therapy Department at UWC where we help to give students a safe, but very real learning experience for their community development theory and practice. In turn with each group of students our community projects and initiatives grow, and we learn something new way that adds to our own toolbox.



## Family Strengthening and intervention

Many families are impacted by trauma, neuro-diversity, addictions, and mental health challenges. Our team is trained to help families develop a tool box of skills to enhance family bonding and healing. The approach is based on playing to heal, playing to grow, and seeks to empower parents with psychosocial support skills they need in their context.

## Playmakers

We have a growing team of **Playmakers** - adults and youth who foster resilience, emotional regulation, and emotional agility through play. In small and large groups, formally in schools, at kids clubs, after-school activities, garden clubs, or during informal play at our facility or in the street - wherever children are playing –**Playmakers** play in ways that strengthen the child.



## Advocacy, Networking and Consulting

With years of experience in NGO and Church spaces, our team consults to help develop and implement trauma informed, contextualised strategies for family and child care. We also assist corporates with best practice and processes for workers and CSI projects.

As part of the **Connect Network** we are collaborating in teams, think-tanks, and training events that assist organisations and churches address issues facing them - such as GBV, promoting stronger family care and support, and creating safe spaces where children can grow in all areas.

This includes the importance of trauma informed practice and processes, child protection, and child participation in every space where people work with families.

