



Family Resilience Building Program

There are multiple benefits to having a program tailor-made to meet your family's context and then run in the comfort of your own home. The program usually runs over **6 sessions**

The first step is to arrange for a **consultation**. You can do this by following the link on the website. Or by emailing a request for a consultation to admin@resilientkidssa.org.za with your name and a daytime contact number.

The cost of the consultation is **R500 plus travel costs at R3,00 per km**, and should be paid before the consultation takes place. Banking details are at the bottom of this page (and on the website)

The purpose of the consultation is to help us, together with you, to assess if an at home program is a good option for your family and what form it would take.

You would then sign up for the program and arrange dates and times for the sessions. The cost of the program is **R500 per session plus travel costs at R3,00 per km**. A **50% deposit** is usually required in advance.

Banking Details

Name	Resilient Kids SA
Bank	FNB
Branch	Tygervalley
Branch code	210655
Acc Num	62529746903
Reference	[your name]