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<th>AREA COVERED</th>
<th>SERVICES INCLUDED</th>
<th>GROUP OR ORGANIZATION</th>
<th>WEB ADDRESS / EMAIL ADDRESS</th>
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| | 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. | 15 Heidelberg Road 
Newmarket Park 
Alberton 
011-869-5856 Office / Support 
www.facebook.com/AmcareAlberton/ | amcare@amcare.org.za |
| | Counselling 27-11-440-4047 | ADAPT | adapt@worldonline.co.za |
| | 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. | The Brown House 
Alexandra Community Health Ctr 
No 33 Arkwright Avenue 
Wynberg 2019 
27-11-440-4047 Office / Advice | |
| | Crisis Line 011-443-3555 | LIFELINE | lifeline@lifelinejhb.org.za |
| | 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 
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. | St Michael's Church 
Alexandra 2014 
011-443-3555 Office / Helpline 
Contact email address | |
| | Helpline 082-787-6452 24 Hours | CARELINE Crisis Centre | www.carelinecrisis.org |
| | 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 
guidance. | 36 Assagay Road 
Assagay 3610 
West Durban 
031-765-1587 Office / Helpline | care@carelinecrisis.org |
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<tr>
<th>Location</th>
<th>Service Information</th>
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<tr>
<td><strong>Athlone</strong></td>
<td><strong>Counselling 021-633-9229</strong>&lt;br&gt;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.</td>
</tr>
<tr>
<td><strong>Austerville</strong></td>
<td><strong>Helpline 031-468-6829</strong>&lt;br&gt;Out patient services and counselling for those in acute mental situations including support to victims of assault and abuse.</td>
</tr>
<tr>
<td><strong>Benoni</strong></td>
<td><strong>Helpline 0861-467-348</strong>&lt;br&gt;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.</td>
</tr>
<tr>
<td><strong>Bloomfontein</strong></td>
<td><strong>FAMSA</strong>&lt;br&gt;FAMSA is a marriage, relationship and couples counselling service. Offering individual counselling for children, youth and adults.</td>
</tr>
<tr>
<td><strong>Border (East London)</strong></td>
<td><strong>FAMSA</strong>&lt;br&gt;FAMSA is a marriage, relationship and couples counselling service. Offering individual counselling for children, youth and adults.</td>
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<tr>
<td><strong>Braamfontein</strong></td>
<td><strong>Helpline 011-403-5650 8.30-5pm</strong>&lt;br&gt;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.</td>
</tr>
<tr>
<td><strong>Braamfontein</strong></td>
<td><strong>Helpline 011-242-3000</strong>&lt;br&gt;We are a one stop centre for victims of domestic violence and sexual assaults.</td>
</tr>
<tr>
<td><strong>Brakpan</strong></td>
<td><strong>Helpline 011-740-5500</strong>&lt;br&gt;We provide counselling and support after rape as well as assistance through the police and court room procedures.</td>
</tr>
<tr>
<td><strong>Cape Town</strong></td>
<td><strong>FAMSA</strong>&lt;br&gt;FAMSA is a marriage, relationship and couples counselling service. Offering individual counselling for children, youth and adults.</td>
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</table>
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.

Cape Town

**Helpline 021-461-1111**
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.

Cape Town

**Contact Number 083-484-9409**
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.

Dullstroom

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

Durban

**Helpline 031-262-5231**
Advice Desk for the Abused
Room 120, Block K
Westville Campus
University of KwaZulu-Natal
Post code 3610
031-262-5231 Office / Helpline

Durban

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

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.

East Rand

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

East Rand

Helpline 011-967-1011
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

Eldorado Park

Helpline 011-945-6433
help@epwf.org.za
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 emowerment centres. Please see our website for full details of our services.

Elsie River

Helpline 021-931-3725
Domestic violence, substance abuse and gangsterism pemeate the social fabric of this community. If you are experiencing domestic violence and need support, our Domestic Violence Project staff can help.

Evaton

Helpline 011-642-4345/6
Counselling tiny@powa.co.za
Legal advice - 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.

Support & Help 053-830-8900
Thuthuzela Care Centres

Galeshewe

Helpline 031-312-2323
LIFELINE
38 Adrain Road
Stamford Hill
Durban 4001
031-303-1344 Office

FAMSA
famsaeast@mweb.co.za

The Mission Shelter
East Rand
011-967-1011 Office / Helpline

Eldorado Park Women's Forum
No 7 Komsberg Avenue
Extention 4
Eldorado Park 1813
011-945-6433 Office / helpline

Eldorado Park Women's Forum
www.epwf.org.za
info@epwf.org.za

Elsie River
Catholic Welfare & Development
info@cwd.org.za

Evaton
People Opposing Women Abuse
www.powa.co.za
info@powa.co.za

Website Maintenance June 23

Galeshewe Support & Help 053-830-8900
Thuthuzela Care Centres
www.gov.za/TCC
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.

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
Bella Maria
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
Beth Shan
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
Bombani
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
Botshabelo
083-625-9291 Office / Crisis

Gauteng Area

Emergency Line 011-817-2666
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
Mother's Nest
011-817-2666 Office / Crisis

Gauteng Area

Emergency Line 011-231-5050
Emergency temporary shelter for women and their children who are

NISAA Insitute Shelter
NISAA Insitute
011-231-5050 Office / Crisis
fleeing domestic violence. Please call our emergency number for more details

George
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

gleorge@famsa.org.za

Grahamstown
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

famsa@imaginet.co.za

Hammarsdale
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 Hammarsdale and in Mariannridge. 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
Hammarsdale 3700
031-709-2679 Office / Helpline

www.opendoor.org.za
info@opendoor.org.za

Johannesburg
Support 011-484-8888
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
011-484-8888 Office / Support

www.facebook.com/ChildrensMemorialInstitute

Johannesburg
Helpline 011-614-3245  24 Hours
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

Johannesburg
Helpline 011-648-6005  24 Hours
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

Johannesburg
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

www.thelamplighters.org
margie@thelamplighters.org
<table>
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<tr>
<th>Location</th>
<th>Phone Number</th>
<th>Organization</th>
<th>Address</th>
<th>Website</th>
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<tr>
<td>Johannesburg</td>
<td>011-728-1347</td>
<td>LIFELINE</td>
<td>2 The Avenue</td>
<td><a href="http://www.lifelinejhb.org.za">www.lifelinejhb.org.za</a></td>
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<td>Cnr: Hentietta Street</td>
<td><a href="mailto:lifeline@lifelinejhb.org.za">lifeline@lifelinejhb.org.za</a></td>
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<tr>
<td>Johannesburg</td>
<td>076-694-5911</td>
<td>People Opposing Women Abuse</td>
<td>PO Box 93416</td>
<td><a href="http://www.powa.co.za">www.powa.co.za</a></td>
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<td></td>
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<td>Yeoville 2143</td>
<td><a href="mailto:info@powa.co.za">info@powa.co.za</a></td>
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<td>As an organization we provide</td>
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<td>076-694-5911</td>
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<td>27 (0) 71-280-9918 Office</td>
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<td>27 (0) 86-587-5381 Fax</td>
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<td>South African Male Survivors of</td>
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<td>SAMSOSA will serve as a resource</td>
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<td>Katlehong</td>
<td>076-694-5911</td>
<td>People Opposing Women Abuse</td>
<td>677 Monise Section</td>
<td><a href="http://www.powa.co.za">www.powa.co.za</a></td>
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<td></td>
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<td>Katlehong 1431</td>
<td><a href="mailto:info@powa.co.za">info@powa.co.za</a></td>
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<tr>
<td>Kempton Park</td>
<td>FAMSA is a marriage, relationship and couples counselling service. Offering individual counselling for children, youth and adults.</td>
<td>FAMSA PO Box 2800 Kempton Park 1620 011-975-7106 Office</td>
</tr>
<tr>
<td>Khayelitsha</td>
<td>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.</td>
<td>The Lamplighter Movement Khayelitsha South Africa</td>
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<tr>
<td>Khayelitsha</td>
<td>24 hr Helpline 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.</td>
<td>Rape Crisis Cape Town Trust Khayelitsha 021-361-9228 Office</td>
</tr>
<tr>
<td>Kimberley</td>
<td>FAMSA is a marriage, relationship and couples counselling service. Offering individual counselling for children, youth and adults.</td>
<td>FAMSA 776 crn Letsholo &amp; Matanzima Mankurwane 8345 053-872-2644 Office <a href="mailto:zolekabula@yahoo.com">zolekabula@yahoo.com</a></td>
</tr>
<tr>
<td>Knysna</td>
<td>FAMSA is a marriage, relationship and couples counselling service. Offering individual counselling for children, youth and adults.</td>
<td>FAMSA Court Square 21 Spring Street Knysna 6571 044-382-5129 Office <a href="mailto:knysna@famsa.org.za">knysna@famsa.org.za</a></td>
</tr>
<tr>
<td>Kwalugedlane</td>
<td>Hotline 013-780-3078 We work to prevent violence and 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.</td>
<td>Masisukumeni Women's Crisis Centre Stand 2 Tonga Kwalugedlane 013-780-378 Office / Hotline <a href="mailto:getbehindit@gmail.com">getbehindit@gmail.com</a></td>
</tr>
<tr>
<td>Libode</td>
<td>Support &amp; 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</td>
<td>Thuthuzela Care Centres St Barnabas Hospital Libode Utata 047-568-6247 Office / Support Contact Ms Themba Msuthu <a href="http://www.gov.za/TCC">www.gov.za/TCC</a></td>
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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.

**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
087-353-4434

info@famsamihikeng.co.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 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
Mafikeng Hospital
Mafikeng
018-383-7000 Office / Support
Contact Ms Takalani Makhado

www.gov.za/TCC

**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

**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

www.gov.za/TCC
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.

**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 services to the farming communities of Phillippi, Constantia & Stellenbosch.

**Thuthuzela Care Centres**

Manenberg 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

**Saartjie Baartman Women’s Ctr**

021-633-5287 Office / Helpline

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

**Thuthuzela Care Centres**

GF Jooste Hospital

021-699-0474 Office


**Contact form on website**

Contact Ms Refiloe Bahula

Contact Ms Mandisa Nongonongo
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 Hammarsdale and in Mariannridge. Please call our helpline for further details of the numerous support groups we run.

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 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.

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

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.
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Nelspruit
Helpline 013-752-4407
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)
info@grip.org.za
17 Ehmeke Street
PO Box 26122
Nelspruit 1200
013-752-5993 Office

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

LIFE LINE Nelspruit
safetalking@lifeline.org.za
8A Hope Street
Nelspruit 1200
013-755-3606 Office / Helpline

Observatory
24 hr Helpline 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
www.rapecrisis.org.za
info@rapecrisis.org.za
PO Box 46
Observatory 7936
021-447-1467 Office
communications@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
044-873-4858 George Office

Paarl
FAMSA is a marriage, relationship and couples counselling service.

FAMSA
86 Mill Street
paarl@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 Ghandi Hospital
- Phoenix 031-502-2338
- Contact Ms Thenjiwe Mlhembu

**www.gov.za/TCC**

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### 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**

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### Pinetown
**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 Ctr**
- 7 Windsor Lane
- Pinetown 3610
- KwaZulu- Natal 031-709-2679 Office / Helpline

**www.opendoor.org.za**

**info@opendoor.org.za**

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### Port Elizabeth
**FAMSA** is a marriage, relationship and couples counselling service.

Offering individual counselling for children, youth and adults.

**FAMSA**
- PO Box 12417
- Port Elizabeth 6001
- 041-585-9393 Office

**pe@famsa.org.za**

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### Port Elizabeth
**Helpline 041-487-1384**

The Rape Crisis Centre Motherwell provides rape victims with help and counselling, para legal help, medical

**Rape Crisis Centre (Motherwell)**
- 16 Nyulutsi Street
- NU4B Motherwell
help and advice and counselling around HIV testing. Support groups are available.

Port Elizabeth  Helpline 041-406-4112
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.
Rape Crisis Centre at the Dora Nginza Hospital
Spondo Road
Ibhayi
Zuide
Port Elizabeth
041-406-4112 Office / Helpline

Potchefstroom  FAMSA is a marriage, relationship and couples counselling service. Offering individual counselling for children, youth and adults.
FAMSA
3 Singer Road
Potchefstroom 2531
018-293-2272 Office

Pretoria  Helpline 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
Pretoria
012-327-3005 Office / Helpline

Pretoria  Helpline 012-735-8845  24 Hours
Emergency temporary shelter for women and their children who are fleeing domestic violence. Please call our emergency number for more details
Leamogentswe Safety Home
Pretoria
012-375-8845 Office / Helpline

Pretoria  Helpline 012-805-7416  24 Hours
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

Pretoria  Helpline 012-325-3920  24 Hours
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

Pretoria  Helpline 012-320-2123  24 Hours
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

Randburg  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
www.thelamplighters.org
margie@thelamplighters.org

Reiger Park  Helpline 011-910-3166
Reiger Park Crisis Centre
We are a crisis centre for abused women and children. Offering counselling for rape, trauma, mental and physical abuses.

<table>
<thead>
<tr>
<th>Location</th>
<th>Contact Information</th>
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</thead>
<tbody>
<tr>
<td><strong>Reservoir Hills</strong></td>
<td><strong>Helpline 031-262-0157</strong> Out patient services and counselling for those in acute metal situations including support to victims of assault and abuse.</td>
</tr>
<tr>
<td><strong>KwaZulu-Natal</strong></td>
<td><strong>Reservoir Hills Crisis Centre</strong> PO Box 65321 Reservoir Hills 4090 KwaZulu-Natal 031-262-0157 Office / helpline</td>
</tr>
<tr>
<td><strong>Rustenburg</strong></td>
<td><strong>FAMSA</strong></td>
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<tr>
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<td><strong>FAMSA is a marriage, relationship and couples counselling service. Offering individual counselling for children, youth and adults.</strong></td>
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<td><strong>FAMSA</strong></td>
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<td></td>
<td><strong>Crn, Piet Grobler &amp; Brink Streets Rustenburg 014-592-9747 Office</strong></td>
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<tr>
<td><strong>Secunda</strong></td>
<td><strong>FAMSA</strong></td>
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<td><strong>FAMSA is a marriage, relationship and couples counselling service. Offering individual counselling for children, youth and adults.</strong></td>
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<td><strong>FAMSA</strong></td>
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<td><strong>PO Box 5560 Secunda 2302 017-631-1593 Office</strong></td>
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<tr>
<td><strong>Soweto</strong></td>
<td><strong>Crisis Line 011-728-1347</strong> 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 Soweto, Meadowlands, Diepkloof, Kliptown, Orlando, Dobsonville, Protea, Naledi, Jabulani &amp; Moroka. The whole of Lenasia, Jeppe, Hillbrow, Yeoville, Brixton and the suburbs of Norwood and Fairlands.</td>
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<td><strong>LIFELINE</strong></td>
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<td><strong>C/O Clinix Soweto Hospital Dobsonville Soweto 067-019-0845 Office</strong></td>
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<td><strong>Soweto</strong></td>
<td><strong>Helpline 011-642-4345/6 People Opposing Women Abuse</strong></td>
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<td><strong>Counselling <a href="mailto:tiny@powa.co.za">tiny@powa.co.za</a> Room 10 Nthabiseng Centre Chris Hani Hospital 011-933-2333 Office</strong></td>
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<tr>
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<td><strong>Legal advice - <a href="mailto:legal@powa.co.za">legal@powa.co.za</a></strong></td>
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<td></td>
<td><strong>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 &amp; Vosloorus.</strong></td>
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<tr>
<td><strong>Soweto</strong></td>
<td><strong>Support &amp; Help 011-933-1229 Thuthuzela Care Centres</strong></td>
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<td><strong>Thuthuzela Care Centres Chris Hani Baragwanath Hospt Soweto 011-933-1229 Office / support</strong></td>
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</table>
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.

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 appropriate sexual abuse and rape survivors aftercare services.

Strand  Helpline 021-854-8759  
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.

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

Table View  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.

Tygerbear  Emergency Line 082-994-4301  
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.

<table>
<thead>
<tr>
<th>Location</th>
<th>Service Offered</th>
<th>Contact Information</th>
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</thead>
<tbody>
<tr>
<td><strong>Tzaneen</strong></td>
<td>FAMSA is a marriage, relationship and couples counselling service. Offering individual counselling for children, youth and adults.</td>
<td>FAMSA No 8 Second Avenue Medipark Tzaneen 0850 015-307-4833 Office <a href="mailto:famsatzaneen@telkomsa.net">famsatzaneen@telkomsa.net</a></td>
</tr>
<tr>
<td><strong>Umlazi</strong></td>
<td>Support &amp; Help 031-907-8496 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.</td>
<td>Thuthuzela Care Centres Prince Mshiyeni Hospital Umlazi 031-907-8496 Office / Support Contact Ms Lusanda Khumalo <a href="http://www.gov.za/TCC">www.gov.za/TCC</a></td>
</tr>
<tr>
<td><strong>Upington</strong></td>
<td>FAMSA is a marriage, relationship and couples counselling service. Offering individual counselling for children, youth and adults.</td>
<td>Famsa 2A Schroder Street Upington 8800 054-332-3955 Office <a href="mailto:ontyangs@famsaupt.co.za">ontyangs@famsaupt.co.za</a></td>
</tr>
<tr>
<td><strong>Vaal Triangle</strong></td>
<td>Helpline 016-428-1740 24 Hours Life Line Vaal Triangle Emergency temporary shelter for women and their children who are fleeing domestic violence. Please call our emergency number for more details</td>
<td>Life Line Vaal Triangle 016-428-1740 Office / Helpline</td>
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<tr>
<td><strong>Vereeniging</strong></td>
<td>Helpline 016-422-0507 Alpha Trauma Centre 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.</td>
<td>Alpha Trauma Centre Cnr: Joubert &amp; Senator Marks St Vereeniging 1930 016-422-0507 Office / Helpline <a href="http://www.facebook.com/Alpha-Trauma-Centre-309955053176/">www.facebook.com/Alpha-Trauma-Centre-309955053176/</a></td>
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<tr>
<td>Location</td>
<td>FAMSA Details</td>
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<td><strong>Vhembe</strong></td>
<td>FAMSA is a marriage, relationship and couples counselling service. Offering individual counselling for children, youth and adults.</td>
<td>FAMSA</td>
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<td>FAMSA Mutlingati Centre</td>
<td>Caltex</td>
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<td><strong>Vosloorus</strong></td>
<td>People Opposing Women Abuse Counselling <a href="mailto:tiny@powa.co.za">tiny@powa.co.za</a> Legal advice - <a href="mailto:legal@powa.co.za">legal@powa.co.za</a> 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 &amp; Vosloorus.</td>
<td>Vosloorus Rehabilitation Centre</td>
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<tr>
<td><strong>Welkom</strong></td>
<td>FAMSA is a marriage, relationship and couples counselling service. Offering individual counselling for children, youth and adults.</td>
<td>FAMSA</td>
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<td>FAMSA 204 Building Koppie Alleen Road Welkom 057-352-5191 Office</td>
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<tr>
<td><strong>Woodstock</strong></td>
<td>Trauma Centre for Survivors of Violence and Torture is committed to addressing trauma through inclusive healing processes to build a non violent society 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.</td>
<td>Trauma Centre for Survivors of Violence.</td>
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<tr>
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<td>126 Chapel Street WoodStock 7925</td>
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<td>Cape Town</td>
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<td><strong>Worcester</strong></td>
<td>FAMSA is a marriage, relationship and couples counselling service. Offering individual counselling for children, youth and adults.</td>
<td>FAMSA</td>
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<td>83 Tulbach Street Worcester 6850</td>
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<td>023-347-5231 Office</td>
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<tr>
<td><strong>Wynberg</strong></td>
<td>Support 011-885-3332 Counselling to support victims and the perpetrators of domestic violence Presentations to the community Awareness programs Training for professionals.</td>
<td>Agisang Domestic Abuse Prevention and Training ADAPT</td>
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<tr>
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<td>128 2nd Street Oliver Tambo Centre Wynberg</td>
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