<table>
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<tr>
<th>AREA COVERED</th>
<th>SERVICES INCLUDED</th>
<th>GROUP OR ORGANIZATION</th>
<th>WEB ADDRESS / EMAIL ADDRESS</th>
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<tr>
<td>SOUTH AFRICA</td>
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<tr>
<td>Alberiton</td>
<td>Support Line 011-869-5856 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 finding employment, assistance with schooling for children.</td>
<td>Hanna House - Amcare 15 Heidelberg Road Newmarket Park Alberton 011-869-5856 Office / Support <a href="http://www.facebook.com/AmcareAlberiton/">www.facebook.com/AmcareAlberiton/</a> <a href="mailto:amcare@amcare.org.za">amcare@amcare.org.za</a></td>
<td><a href="http://www.amcare.org.za">www.amcare.org.za</a></td>
</tr>
<tr>
<td>Alexandra Township</td>
<td>Counselling 011-440-4047 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.</td>
<td>ADAPT The Brown House Alexandra Community Health Ctr No 33 Arkwright Avenue Wynberg 2019 011-786-6608 Office</td>
<td><a href="http://www.adapt.org.za/adapt@worldonline.co.za">www.adapt.org.za/adapt@worldonline.co.za</a></td>
</tr>
<tr>
<td>Alexandra</td>
<td>Crisis Line 011-443-3555 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>
<td>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></td>
<td><a href="http://www.lifelinejhb.org.za/lifeline@lifelinejhb.org.za">www.lifelinejhb.org.za/lifeline@lifelinejhb.org.za</a></td>
</tr>
<tr>
<td>Assagay West Durban</td>
<td>Helpline 031-765-1587 24 Hours 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 assistance.</td>
<td>CARELINE Crisis Centre 36 Assagay Road Assagay 3610 West Durban 031-765-1587 Office / Helpline</td>
<td><a href="http://www.carelinecrisis.org/business@carelinecrisis.org">www.carelinecrisis.org/business@carelinecrisis.org</a></td>
</tr>
</tbody>
</table>
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.

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.

Austerville
Helpline 031-468-6829
Out patient services and counselling for those in acute mental situations including support to victims of assault and abuse.

Benoni
Helpline 0861-467-348
The I Thembu 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.

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

Border (East London)
FAMSA is a marriage, relationship and couples counselling service. Offering individual counselling for children, youth and adults.

Braamfontein
Helpline 011-403-5120 8.30-5pm
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.

Braamfontein
Helpline 011-242-3000
We are a one stop centre for victims of domestic violence and sexual assaults.

Brakpan
Helpline 011-740-5500
We provide counselling and support after rape as well as assissance through the police and court room procedures.

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

**Cape Town**

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

**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.

**LifeLine**
Cape Town
021-461-1111 Office / Helpline

**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.

**SIA Helderberg**
Somerset West
South Africa
Contact Reinette 083-484-9409

**SIA Helderberg**
www.siawso.org
www.crisiscentre.org.za
help@crisiscentre.org.za

**Dullstroom**

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

**FAMSA**
famsa@dullstroom.net
www.famsa.org.za/

**Durban**

**Helpline 031-262-5231**
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

www.showme.co.za/durban/
<table>
<thead>
<tr>
<th>Location</th>
<th>Service Provider</th>
<th>Address</th>
<th>Website</th>
<th>Contact Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>Durban</td>
<td>FAMSA</td>
<td>30 Bulwer Road, Glenwood, Durban 4001</td>
<td><a href="http://www.famsa.org.za">www.famsa.org.za</a></td>
<td><a href="mailto:durban@famsa.org.za">durban@famsa.org.za</a></td>
</tr>
</tbody>
</table>

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

**Helpline 031-312-2323**
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            | 1st Floor, Old Town Hall Building, Boksburg 1460 | [www.famsa.org.za](http://www.famsa.org.za) | famsaeast@mweb.co.za |

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

**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 | Eldorado Park Women's Forum | No 7 Komsberg Avenue, Extention 4, Eldorado Park 1813 | [www.epwf.org.za](http://www.epwf.org.za) | info@epwf.org.za |

**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 | Catholic Welfare & Development Domestic Violence Project | Western Cape, 021-931-3725 Office / Helpline | [info@cwd.org.za](mailto:info@cwd.org.za) |

**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 | People Opposing Women Abuse | Evaton, 081-383-7698 office | [www.powa.co.za](http://www.powa.co.za) | info@powa.co.za |

**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.

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.

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

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

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

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
<table>
<thead>
<tr>
<th>Area</th>
<th>Contact Information</th>
<th>Services</th>
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<tbody>
<tr>
<td>Gauteng Area</td>
<td><strong>Emergency Line 011-817-2666</strong>&lt;br&gt;Emergency temporary shelter for women and their</td>
<td>Mother’s Nest Shelter&lt;br&gt;Gauteng&lt;br&gt;011-817-2666 Office / Crisis</td>
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<td>children who are fleeing domestic violence. Please call our emergency number for more</td>
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<td>details</td>
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<tr>
<td>Gauteng Area</td>
<td><strong>Emergency Line 011-231-5050</strong>&lt;br&gt;Emergency temporary shelter for women and their</td>
<td>NISAA Institute Shelter&lt;br&gt;Gauteng&lt;br&gt;011-231-5050 Office / Crisis</td>
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<td>children who are fleeing domestic violence. Please call our emergency number for more</td>
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<td>details</td>
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<td>George</td>
<td><strong>FAMSA</strong>&lt;br&gt;68 Meade Street&lt;br&gt;George 6529&lt;br&gt;044-874-5811 Office</td>
<td>FAMSA&lt;br&gt;Offering individual counselling for children, youth and adults.</td>
</tr>
<tr>
<td>Grahamstown</td>
<td><strong>FAMSA</strong>&lt;br&gt;63A High Street&lt;br&gt;Grahamstown&lt;br&gt;046-622-2580 Office</td>
<td>FAMSA&lt;br&gt;Offering individual counselling for children, youth and adults.</td>
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<tr>
<td>Hammarsdale</td>
<td><strong>Helpline 031-709-2679</strong>&lt;br&gt;Lot 1 of 13&lt;br&gt;Sterkspuit&lt;br&gt;Hammarsdale 3700&lt;br&gt;031-</td>
<td>The Open Door Crisis Care Ctr&lt;br&gt;Contact form on website&lt;br&gt;031-709-2679 Office / Helpline</td>
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<td>709-2679 Office / Helpline</td>
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<td>We are a well established advisory, training and counselling centre.</td>
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<td>We aim to combat the effects of rape, sexual abuse and domestic violence. Operating</td>
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<td>from a 30 room house in Pinetown we have a HIV / AIDS clinic on site, a play and</td>
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<td>therapy room for traumatised children and ten counselling rooms. We also run an</td>
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<td>emergency shelter for women and children needing to escape from an abusive</td>
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<td>relationship. With our main office in Pinetown we have 2 further offices in</td>
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<td>Hammarsdale and in Mariannridge. Please call our helpline for further details of</td>
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<td>the numerous support groups we run.</td>
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<tr>
<td>Johannesburg</td>
<td><strong>Support 011-314-5098</strong>&lt;br&gt;The Memorial Institute for Child Health and Development</td>
<td>Acting Through Ukubuyiselwa&lt;br&gt;13 Jobert Street&lt;br&gt;Parktown&lt;br&gt;Johannesburg</td>
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<td></td>
<td>13 Jobert Street&lt;br&gt;Parktown&lt;br&gt;Johannesburg&lt;br&gt;011-314-5098 Office / Support</td>
<td><a href="mailto:vivyan.alers@gmail.com">vivyan.alers@gmail.com</a>&lt;br&gt;www.facebook.com/ChildrensMemorialInstitute</td>
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<td>Support groups available.</td>
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<td>Johannesburg</td>
<td><strong>Helpline 011-614-3245  24 Hours</strong>&lt;br&gt;Emergency temporary shelter for women and</td>
<td>Bethany Shelter&lt;br&gt;Johannesburg&lt;br&gt;011-614-3245 Office / Helpline</td>
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<td>their children who are fleeing domestic violence. Please call our emergency number</td>
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<td>for more details</td>
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<tr>
<td>City</td>
<td>Contact Information</td>
<td>Description</td>
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<tr>
<td>Johannesburg</td>
<td><strong>Helpline 011-648-6005  24 Hours</strong></td>
<td>Frieda Harley Shelter</td>
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<td>Emergency temporary shelter for women and their children who are fleeing domestic</td>
<td>Johannesburg 011-648-6005 Office / Helpline</td>
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<td>violence. Please call our emergency number for more details</td>
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<td>Johannesburg</td>
<td><strong>The Lamplighter Movement</strong></td>
<td><a href="http://www.thelamplighters.org">www.thelamplighters.org</a></td>
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<td></td>
<td>Johannesburg 011-648-6005 Office / Helpline</td>
<td><a href="mailto:margie@thelamplighters.org">margie@thelamplighters.org</a></td>
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<td>An International Movement for incest and child sexual abuse recovery. To Join the</td>
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<td>email this chapter and begin your recovery please email Margie McKinnon at the</td>
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<td>address on the right of this page.</td>
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<td>Johannesburg</td>
<td><strong>Crisis Line 011-728-1343</strong></td>
<td>LIFELINE <a href="http://www.lifelinejhb.org.za">www.lifelinejhb.org.za</a></td>
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<td>Lifeline provides counselling and connects with people, giving them the tools they</td>
<td>2 The Avenue Norwood 011-728-1331 Office</td>
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<td>need to better handle stress. Our Victim Empowerment programme is based in Soweto</td>
<td><a href="mailto:isabella@lifelinejhb.org.za">isabella@lifelinejhb.org.za</a></td>
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<td>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>Johannesburg</td>
<td><strong>Helpline 011-642-4345/6</strong></td>
<td>People Opposing Women Abuse <a href="http://www.powa.co.za">www.powa.co.za</a></td>
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<td>Counselling <a href="mailto:tiny@powa.co.za">tiny@powa.co.za</a></td>
<td><a href="mailto:info@powa.co.za">info@powa.co.za</a></td>
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<td>Legal advice - <a href="mailto:legal@powa.co.za">legal@powa.co.za</a></td>
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<td>As an organization we provide individual face to face counselling, group counselling</td>
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<td>and telephone counselling to women who have experienced violence. In addition we</td>
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<td>provide child play therapy for children who reside in our shelters with their</td>
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<td>mothers. Women can access our counselling through our branch offices at</td>
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<td>Johannesburg, Evaton, Hani Hospital Soweto, Katlehong &amp; Vosloorus.</td>
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<td>Johannesburg</td>
<td><strong>South African Male Survivors of Sexual Abuse</strong></td>
<td>SAMSOSA <a href="http://www.samsosa.org/wp/">www.samsosa.org/wp/</a></td>
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<tr>
<td></td>
<td>Sexual Abuse is a non profit in the central business district of Johannesburg. The</td>
<td><a href="mailto:rees@samsosa.org">rees@samsosa.org</a></td>
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<td>new acronym SAMSOSA will serve as a resource and referral centre, providing</td>
<td>Twitter @Samalesurvivors</td>
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<td>information, support and training for victims, affected individuals and organizations</td>
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<td>in a safe, non</td>
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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.

<table>
<thead>
<tr>
<th>Location</th>
<th>Contact Information</th>
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<tbody>
<tr>
<td>Katlehong</td>
<td><strong>Helpline 011-642-4345/6</strong>&lt;br&gt;<strong>Counselling <a href="mailto:tiny@powa.co.za">tiny@powa.co.za</a></strong>&lt;br&gt;<strong>Legal advice - <a href="mailto:legal@powa.co.za">legal@powa.co.za</a></strong>&lt;br&gt;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>
</tr>
<tr>
<td>Kempton Park</td>
<td><strong>FAMSA is a marriage, relationship and couples counselling service.</strong>&lt;br&gt;Offering individual counselling for children, youth and adults.</td>
</tr>
<tr>
<td>Khayelitsha</td>
<td><strong>An International Movement for incest and child sexual abuse recovery.</strong>&lt;br&gt;To Join the email this chapter and begin your recovery please email Margie Mckinnon at the address on the right of this page.</td>
</tr>
<tr>
<td>Khayelitsha</td>
<td><strong>Counselling 021-361-9085</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>Kimberley</td>
<td><strong>FAMSA is a marriage, relationship and couples counselling service.</strong>&lt;br&gt;Offering individual counselling for children, youth and adults.</td>
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<tr>
<td>Knysna</td>
<td><strong>FAMSA is a marriage, relationship and couples counselling service.</strong>&lt;br&gt;Offering individual counselling for children, youth and adults.</td>
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<tr>
<td>Kwalugedlane</td>
<td><strong>Hotline 013-780-3078</strong>&lt;br&gt;We work to prevent voiolence and</td>
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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

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.

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

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

www.npa.gov.za
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<tr>
<th>Location</th>
<th>Helpline</th>
<th>Description</th>
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<tbody>
<tr>
<td>Malelane</td>
<td>013-781-0660</td>
<td>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.</td>
</tr>
<tr>
<td>Mpumalanga</td>
<td></td>
<td>Nkomazi Community Advice Ctr 013-781-0660 Office / Helpline</td>
</tr>
<tr>
<td></td>
<td></td>
<td>MP Box 1057 Shongwe Mission Malelane 1331 Mpumalanga 013-781-0660 Office / Helpline</td>
</tr>
<tr>
<td>Mamelodi</td>
<td>012-801-2717</td>
<td>Thuthuzela Care Centres Mamelodi Hospital Mamelodi 012-801-2717 Office Contact Ms Refiloe Bahula</td>
</tr>
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<td>Thuthuzela Care Centres <a href="http://www.npa.gov.za">www.npa.gov.za</a></td>
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<td>Thuthuzela Care Centres Mamelodi Hospital Mamelodi 012-801-2717 Office Contact Ms Refiloe Bahula</td>
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<td>Thuthuzela Care Centres <a href="http://www.npa.gov.za">www.npa.gov.za</a></td>
</tr>
<tr>
<td>Manenberg</td>
<td>021-633-5287</td>
<td>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.</td>
</tr>
<tr>
<td></td>
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<td>Services include: 24 hour crisis response, a residential shelter and transitional housing for abused women and their children, legal assistance and job skills training.</td>
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<td>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.</td>
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<tr>
<td></td>
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<td>The centre is situated in Manenberg but the centre provides</td>
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<tr>
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<td>Saartjie Baartman Women’s Ctr 021-633-5287 Office / Helpline</td>
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<td>Saartjie Baartman Women’s Ctr 021-633-5287 Office / Helpline</td>
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<td>Saartjie Baartman Women’s Ctr 021-633-5287 Office / Helpline</td>
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<td></td>
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<td>Saartjie Baartman Women’s Ctr 021-633-5287 Office / Helpline</td>
</tr>
</tbody>
</table>
services to the farming communities
Phillippi, Constantia & Stellenbosch

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.

Marianridge
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.

Mdimsane
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.

**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.

**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.

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.

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

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

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.

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

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

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.

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

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

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.
<table>
<thead>
<tr>
<th>City</th>
<th>Contact Details</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pinetown</td>
<td>Helpline 031-709-2679</td>
<td>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.</td>
</tr>
<tr>
<td>KwaZulu-Natal</td>
<td></td>
<td><a href="http://www.opendoor.org.za">www.opendoor.org.za</a></td>
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<td></td>
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<td>Contact form on website</td>
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<tr>
<td></td>
<td>The Open Door Crisis Care Ctr</td>
<td>7 Windsor Lane</td>
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<tr>
<td></td>
<td>Pinetown 3610</td>
<td>KwaZulu- Natal</td>
</tr>
<tr>
<td></td>
<td>031-709-2679 Office / Helpline</td>
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<tr>
<td>Port Elizabeth</td>
<td>FAMSA</td>
<td>FAMSA</td>
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<tr>
<td></td>
<td>PO Box 12417</td>
<td><a href="mailto:pe@famsa.org.za">pe@famsa.org.za</a></td>
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<td></td>
<td>Port Elizabeth 6001</td>
<td><a href="http://www.famsa.org.za">www.famsa.org.za</a></td>
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<tr>
<td></td>
<td>041-585-9393 Office</td>
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<td></td>
<td>FAMSA is a marriage, relationship and couples counselling service. Offering individual counselling for children, youth and adults.</td>
</tr>
<tr>
<td>Port Elizabeth</td>
<td>Helpline 041-487-1384</td>
<td>Rape Crisis Centre (Motherwell)</td>
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<tr>
<td></td>
<td>The Rape Crisis Centre Motherwell</td>
<td>16 Nyulutsi Street</td>
</tr>
<tr>
<td></td>
<td>provides rape victims with help and counselling, para legal help, medical help and advice and counselling around HIV testing. Support groups are available.</td>
<td>NU4B</td>
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<td>Motherwell</td>
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<td>Port Elizabeth</td>
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<tr>
<td></td>
<td></td>
<td>04-487-1384 Office / Helpline</td>
</tr>
<tr>
<td>Port Elizabeth</td>
<td>Helpline 041-406-4112</td>
<td>Rape Crisis Centre at the Dora</td>
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<tr>
<td></td>
<td>The Rape Crisis Centre at the Dora</td>
<td>Nginza Hospital</td>
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<tr>
<td></td>
<td>provides rape victims with Psychological help and counselling, para legal help, medical help and advice and counselling around HIV testing. Support groups are available.</td>
<td>Spondio Road</td>
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<td>Ibhayi</td>
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<td>Zuide</td>
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<td>Port Elizabeth</td>
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<td></td>
<td></td>
<td>041-406-4112 Office / Helpline</td>
</tr>
<tr>
<td>Potchefstroom</td>
<td>FAMSA</td>
<td>FAMSA</td>
</tr>
<tr>
<td></td>
<td>3 Singer Road</td>
<td><a href="mailto:potch@famsa.org.za">potch@famsa.org.za</a></td>
</tr>
<tr>
<td></td>
<td>Offering individual counselling for children, youth and adults.</td>
<td><a href="http://www.famsa.org.za">www.famsa.org.za</a></td>
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<tr>
<td>Pretoria</td>
<td>Helpline 012-327-3005</td>
<td>Beth Shan</td>
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<tr>
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<td>Emergency temporary shelter for women and their children who are fleeing domestic violence. Please call our emergency number for more details</td>
<td>Pretoria</td>
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<td></td>
<td></td>
<td>012-327-3005 Office / Helpline</td>
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<tr>
<td>Pretoria</td>
<td>Helpline 012-735-8845 24 Hours</td>
<td>Leamogetswe Safety Home</td>
</tr>
<tr>
<td></td>
<td>Emergency temporary shelter for women and their children who are fleeing domestic violence. Please call our emergency number for more details</td>
<td>Pretoria</td>
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<td></td>
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<td>012-375-8845 Office / Helpline</td>
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</tbody>
</table>
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

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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

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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

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Randburg

An International Movement for incest and child sexual abuse recovery. To Join this email this chapter and begin your recovery please email Margie Mckinnon at the address on the right of this page.

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Reiger Park

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

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Reservoir Hills

**Helpline 031-262-0157**
Out patient services and counselling for those in acute metal situations including support to victims of assault and abuse.

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Rustenburg

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

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Secunda

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

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Soweto

**Crisis Line 011-988-0155**
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
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
- **Legal advice** - legal@powa.co.za

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, Chris Hani Hospital Soweto, Katlehong & Vosloorus.

**Soweto**
- **Support & Help** 011-933-1229
- **Thuthuzela Care Centres**
  - Chris Hani Baragwanath Hosp Soweto
  - 011-933-1229 Office / support
  - Contact Ms Julia Rachitanga

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.

**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

**Western Cape**
- **Rape Crisis - Stellenbosch**
  - Stellenbosch
  - 082-903-8261 Office
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.

SAFE - South Africa Female Empowerment  
Strand  
Western Cape  
021-845-8759 Office / Helpline

Stutterheim  **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

FAMSAstutt@mwebbiz.co.za  
www.famsa.org.za/

Table View  **Child Trauma Centre**  
Unit 1  
253 Blaauwberg Road  
Table View  
021-556-9556 Office.

www.childtraumacentre.co.za  
childtrauma@telkomsa.net

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.

Tygerbear Foundation  
PO Box 19028  
Tygerbear 7505  
021-931-6702 Office

www.tygerbear.org.za  
info@tygerbear.org.za

Tzaneen  **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

FAMSA  
www.famsa.org.za/

Umlazi  **Support & 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

Thuthuzela Care Centres  
Prince Mshiyeni Hospital  
Umlazi  
031-907-8496 Office / Support  
Contact Ms Lusanda Khumalo

www.npa.gov.za
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.

Upington  
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

Vaal Triangle  
Helpline 016-428-1740  24 Hours  
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

Vereeniging  
Helpline 016-428-3357  
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  
Cnr: Joubert & Senator Marks St  
Vereeniging 1930  
016-428-3357 Office / Helpline  
www.facebook.com/Alpha-Trauma-Centre-309955053176/

Vhembe  
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

Vosloorus  
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.
People Opposing Women Abuse  
1620 Ditshego Street  
Vosloorus Rehabilitation Centre  
Vosloorus  
011-906-4259 Office  
011-906-1792 Alt Office

Welkom  
FAMSA is a marriage, relationship and couples counselling service. Offering individual counselling for children, youth and adults.
FAMSA  
fam.wel@absamail.co.za
<table>
<thead>
<tr>
<th>Location</th>
<th>Contact Information</th>
<th>Services</th>
</tr>
</thead>
<tbody>
<tr>
<td>Woodstock</td>
<td>Emergency Line 082-444-4191</td>
<td>The 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>
</tr>
<tr>
<td>Worcester</td>
<td>FAMSA 83 Tulbach Street 023-347-5231</td>
<td>FAMSA is a marriage, relationship and couples counselling service. Offering individual counselling for children, youth and adults.</td>
</tr>
<tr>
<td>Wynberg</td>
<td>Support 011-885-3332</td>
<td>Counselling to support victims and the perpetrators of domestic violence. Presentations to the community. Awareness programs. Training for professionals.</td>
</tr>
</tbody>
</table>