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Kids Haven protects and cares for children in crisis, and empowers families, children and communities to build safe and caring spaces for all.

## **EMPOWERMENT WORKSHOPS**

### ***Who is it for:***

Families and individuals living in the communities in and surrounding Benoni. Workshops focus on topics to prevent gender-based violence; positive parenting; boys to men dialogues; family strengthening; nutrition, budgeting and rights and responsibilities, including sexual and reproductive health.

### ***Where and when:***

Workshops take place at the Benoni Kids Haven centre or at informal gathering areas (church halls or community centres) in our various communities throughout the year.

- The Gender-Based Violence programme is a 22-week programme for teenage girls held on Fridays and Saturdays.
- The Sihleng'Imizi Family Strengthening course is a 14-week programme for families.
- Connect Parenting builds understanding of relational parenting and encourages communication between parents and their children in families. This is a 9-week programme.
- The Positive Parenting workshop is a one-day course.
- Half day workshops on nutrition, hygiene, budgeting, and composting are held with adults who are included in the home-based garden programmes.
- Half day workshops on Children's Rights and Responsibilities, and sexual rights and reproductive health.
- Full day dialogues between men and boys.
- Mental health awareness and support is built into every workshop.

### ***Key outcome:***

Empowerment is crucial to bringing about change. Workshops run by Kids Haven teach and empower so that lasting change can happen in individuals, their relationships, families, and communities. Positive change means children are safer, loved and well cared for.

### ***Additional outcome:***

Kids Haven workshop leaders develop connections with individuals and communities. Through these connections we are often made aware of potential crisis situations where Kids Haven can step in to assist.

### ***Cost:***

This is the most important part of the Precare team's work and is budgeted at R584 370 for a year. This covers staff to run the workshops, transport, materials, refreshments, and printing.

It costs around R250 per person to facilitate these workshops.

Kids Haven measures the outcomes of these workshops through recording of registers of attendance, and surveying participants to assess awareness, growth of knowledge, behaviour change, and shifts in attitude.

***How to help:***

- **Funding**

Sponsor a workshop – R5 500 per workshop for 25 participants including facilitator, venue, transport, refreshments, and printing.

Donate any amount on a monthly or annual basis

- **Resources**

Donations of stationery including files, pens, pencils, coloured pencils, glue and so on are most appreciated.

- **Refreshments**

We welcome donations of food and drinks for refreshment breaks during the workshops. Monetary donations for the refreshments are also appreciated.