

Healing of memories workshops

Our workshops provide a safe space where individuals can tell their stories in an atmosphere of confidentiality and respect. When our stories are shared, acknowledged, and revered, participants can take one step towards healing and wholeness.

The institute offers weekend, second phase and a Re-union workshops as a packages on the One Step towards Healing.

Weekend Workshop

It is two and half residential workshop. Often held from Friday night until 1 pm on Sunday. The power of the workshop lies in their experiential nature. There are no observers; everyone participates fully, including facilitators. The emphasis is on people's emotional and personal rather than intellectual and rational, responses. Drama and art are used to aid self-awareness and encourage openness. Through sharing their unique and interconnected stories, participants are enabled to move towards individual healing and collective understanding. These processes prepare the ground for a wider and continuing practice of self-knowledge and mutual concern and care as participants return to their home and communities

Second phase Workshop

This is a follow up workshop. Only participants who attend the weekend workshop can be part of the workshop. It is a one day workshop. It is an experiential workshop focused on the following: dealing with Anger, Overcoming Hatred and Struggling with Forgiveness.

Re-union Workshop

This workshop is also a follow up workshop. Participants who have being on the weekend and the second phase workshop are encouraged to attend and invite someone who never being on the weekend and second phase workshop. It is a three hours workshop where participants share their healing journey experience.

Target groups

HIV/AIDS groups

Participants who are Suffers of HIV/AIDS and those who are affected thus not only have to deal with the physical challenges of the disease and the consequential impact of their income and living conditions, also the psychological and emotional consequences that may have more abiding consequences on their capacity to rebuild their lives

Refugees

Many people who live in exile carry painful memories and experiences from their earlier life, the emotional burden of which are exacerbated by experiences of rejection, prejudice and loss of identity in their new country.

Women and care-givers

This workshop is for mothers, grandmothers, aunts, daughters and other care-givers. While much is expected of them, they usually receive little support and often themselves victims of discrimination or abuse.

Prisoners

This workshop is for inmates. Prisoners rarely have access to types of restorative justice Programmes that enable them to take responsibility for their behavior and acknowledge the pain and suffering they have caused.

Faith groups

All the faith can be part of this particular workshop for healing and Reconciliation between divided communities.

Military/ex-combatants

This workshop is for people who are in the military based or ex-combatants.

Intergeneration

This workshop involved young people and adults. It allows participants to learn from experience and the richness of each generation.

Healing of memories workshop for Youth

This is for young people, in order for them to become tomorrow's conciliators and agents of positive change.

Workshop of the year 2016 (all workshops are open to public except prison, ex-combatants and Military workshop)

Workshop Date	Target	Venue
19 th -21 st February	Interfaith/ indigenous	Christian Brothers Centre, Stellenbosch
27 th February	Second Phase Workshop	Schoenstatt Retreat Centre/Little Stream
4 th -6 th March	HIV/AIDS	Venue to be confirmed
8 th -10 March	Prison	Goodwood correctional services
16 th April	Re-union	Delft

22 nd -24 th April	Intergeneration	Christian Brothers Centre, Stellenbosch
6 th -8 th May	Refugees and local/women or caregivers	Christian Brothers Centre, Stellenbosch
20 th -22 nd May	Interfaith	Christian Brothers Centre, Stellenbosch
4 June	Second Phase workshop	Schoenstatt Retreat Centre, Constantia
17 th -19 th June	HIV/AIDS	Christian Brothers Centre, Stellenbosch
28 th -29 th June	Healing of memories workshop for Youth	Christian Brothers Centre, Stellenbosch
25 th June	Re-union	Atlantis
22 nd -24 th July	Healing memories workshop for Youth	Christian Brothers Centre, Stellenbosch
27 th August	Second phase workshop	Schoenstatt Retreat Centre, Constantia
6 th -8 th September	Prison	Goodwood correctional services
23 rd -25 th September	HIV/AIDS	Christian Brothers Centre, Stellenbosch
14 th -16 th October	Interfaith/indigenous	Christian Brothers Centre, Stellenbosch
29 th October	Second phase workshop	Schoenstatt Retreat Centre, Constantia
11 th -13 th November	Intergeneration	Christian Brothers Centre, Stellenbosch
25 th -27 th November	Refugees and local/women or caregivers	Christian Brothers Centre, Stellenbosch

Cost of the workshop: R3800

Bursaries are available

Venue: subject to change

For information contact please contact:

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