

Caregiver Programme

- Week 1 Introduction, Orientation, Creating a Safe Space, Trust Building
- Week 2 Who Am I?
- Week 3 Privileges, Power and Self Esteem
- Week 4 Collages and Relationships
- Week 5 Setting of Boundaries and Sexuality
- Week 6 Life Graph, “Unfinished Business” and “Letting go”
- Week 7 Substance Abuse Education
- Week 8 Understanding Substance Abuse
- Week 9 Spirituality “now” and “new”
- Week 10 Goal Setting, Affirmation, Expressions and Reflections

Programme duration: every Friday for 10 consecutive weeks (full day)

Group size: 10

For more information on our programmes contact the office at:

+27 (0)21 072 0628

Or

E-mail us at:

admin@montrosefoundation.co.za



2016 CGP Target

To date a total of 110 caregivers from 43 NPOs and Community Based Organizations have successfully completed the Caregiver Development Programme.

Our aim is to provide these services to an additional 40 Caregivers in the form of a further 4 CGPs during 2016.

Support & Contact Us

Thank you for partnering with us to transform lives.

Bank Transfer:

Montrose Foundation Trust

ABSA Bank

Account No.: 407 409 1398

Branch Code: 632005

Tax Exemption PBO No.: 930030786

All donations are tax exempt in terms of Section 18(a) of the Income Tax Act of 1962.

www.montrosefoundation.co.za

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Caregiver Programme

“Sometimes courage is the quiet voice at the end of the day, saying, “I will try again tomorrow.”

Equine-Assisted Intervention



The Montrose Foundation was established by the Graaff family in 2008 to assist in the prevention of substance abuse and to support the transformation of those individuals, families and communities affected by it.

The Foundation uses equine-assisted intervention in its two core programmes - Equine Youth Development Programme (EYDP) and the Caregiver Programme - to address substance abuse, addiction and related social issues in disadvantaged communities.

The CGP is a 10 week course focused on caregivers employed by NGO's aimed at equipping them with skills to work directly with children, youth and substance abusers in disadvantaged communities. The CGP is 1 day per week for 10 consecutive weeks, comprising time in the arena and in the sharing hub.

Why Horses?

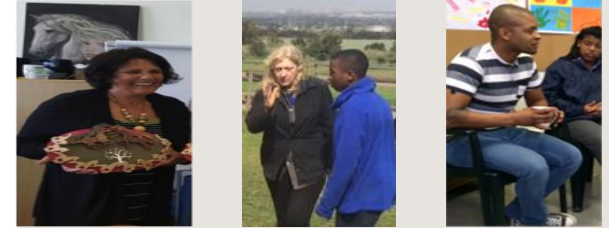
Horses are able to mirror human body language accurately for they have similar behaviors to humans, such as social and responsive behaviors. They can reflect the emotional states of humans and offers observable, unfiltered feedback.

The Caregiver Programme consists of a 10 week course in which the participants are invited to first engage in the arena, where the equine specialist focuses on equine-assisted intervention activities with the horses. The Caregiver Programme consist of fun and simple equine activities. The 10 week course also includes 10 sessions in the sharing hub.

This programme does not involve horse riding or require any experience in horsemanship.



CGP Team



The Caregiver Programme focuses on caregivers and to equip them with skills to work directly with children, youth and substance abusers within disadvantaged communities. Each session is facilitated by a professional Equine specialists as well as experienced group facilitators in order to ensure physical, mental wellbeing and safety.

Programme Head: Elizabeth Thompson

Our programme head facilitator is an experienced Lifeline counsellor who processes the equine-assisted intervention sessions with the group and integrates this into the personal development programme which continues for 10 consecutive weeks in a sharing hub.

Equine Specialist: Eliza Allen

An experienced horse specialist, focuses on interpreting the horses' feedback to human interaction and ensuring equine-related safety during sessions.

Substance Abuse Facilitator: Peter-John Christians

A substance abuse facilitator focuses on educating youth regarding the myths and pitfalls of drug abuse by using rap music, art, dance and various elements of their personal journeys as a vehicle for change.

Who cares for the caregiver?