

PROVINCIAL ADMINISTRATION OF THE WESTERN CAPE  
**PROVINCIAL MENTAL HEALTH SERVICES**

HOSPITAL	CONTACT NUMBERS	ADDRESS	SERVICE OFFERED
Groote Schuur Hospital	Tel: (021) 404 2151 Fax: (021) 404 2153	Dept of Psychiatry Groote Schuur Hosp. J2, Anzio Road Observatory, 7925 Psychiatric Emergency Unit Ward C 23	Specialised services for selected mental health disorders
Tygerberg Hospital	Tel: (021) 938 5120 Fax: (021) 938 6301	Dept. of Psychiatry Private Bag X3 Tygerberg 7505 Psychiatric Emergency Unit. J Lower Ground	
Valkenberg Hospital	Tel: (021) 440 3111 Fax: (021) 447 6041	Private Bag X1 Observatory, 7935	Specialised in-and outpatient care
Lentegeur Hospital	Tel: (021) 370 1111 Fax: (021) 371 7359	Private Bag X4 Mitchell's Plain, 7789	
Stikland Hospital	Tel: (021) 940 4400 Fax: (021) 910 3508	Private Bag X13 Belville, 7535	
Alexandra Hospital	Tel: (021) 503 5000 Fax: (021) 511 1919	Private Bag X1 Maitland, 7405	

**PROVINCIAL HEALTH SERVICES FOR CHILDREN**

• **RED CROSS CHILD AND FAMILY UNIT**

✉ 46 Sawkins Road, Rondebosch, 7700

☎ (021) 685 4103

☎ (021) 685 4107

Out-patient services for children and adolescents with mental health difficulties, including a specialist in-patient service for children under 12 (Therapeutic Learning Centre).

• **WILLIAM SLATER**

✉ Private Bag X9, Rondebosch, 7700

☎ (021) 685 5116

☎ (021) 689 1343

In and out-patient services for adolescents (13 - 18 years) with mental health concerns.

• **TYGERBERG CHILD AND FAMILY UNIT**

✉ Private Bag X3, Tygerberg, 7505

☎ (021) 938 4573

☎ (021) 938 6111

• **LENTEGEUR CHILD AND FAMILY UNIT**

✉ Lentegeur Hospital, Mitchell's Plain, 7785

☎ (021) 370 1498

☎ (021) 371 73590/ 370 1498

In and out-patient services for children and adolescents with mental health concerns.

**PROVINCIAL ADMINISTRATION OF THE WESTERN CAPE  
REGIONAL MENTAL HEALTH SERVICES:  
BOLAND / OVERBERG**

<b>REGIONAL MENTAL HEALTH TEAM</b>		
Boland Co-ordinator & Overberg	<b>CPN: Mr Yunnis Adams</b> Tel: (023) 348 1417 Fax: (023) 342 8501	Private Bag X3079 WORCESTER 6849
Boland Co-ordinator	<b>SPN: Mr F Cloete</b> Tel: (023) 348 1453 Fax: (023) 342 8501	Private Bag X3079 WORCESTER 6849

<b>SERVICE PROVIDER</b>	<b>CONTACT NUMBERS</b>	<b>ADDRESS</b>	<b>CLINICS &amp; MOBILES</b>
Boland District Municipality	Tel: (023) 312 3111 Fax: (023) 312 3177	PO Box 62 CERES 6835	Nduli, Gouda, Tulbagh, Wolseley, Prince Alfred Hamlet, Skurweberg, Warm bokkeveld, Munnikstreet, Koue Bokkeveld Rural, Wolseley Rural, Tulbagh Rural
Witzenberg Municipality	Tel: (023) 316 1854 Fax: (023) 316 1877	PO Box 44 CERES 6835	Annie Brown Clinic Bella Vista Clinic
PAWC	Tel: (023) 312 1116 Fax: (023) 316 1135	PO Box 44 CERES 6835	Ceres District Hospital
PAWC	Tel: (023) 348 1200 Fax: (023) 348 1211	P/Bag X3058 WORCESTER 6849	Empilisweni Worcester CHC
PAWC	Tel: (023) 348 1200 Fax: (023) 348 1211	P/Bag X3058 WORCESTER 6849	Eben Donges Regional Hospital (Worcester)
Breede Valley Municipality	Tel: (023) 348 2784	P/Bag X3046 WORCESTER 6849	Maria Pieterse Clinic + MOU, CHC Worcester, Zwelethemba Clinic
Breede River Winelands Municipality	Tel: (023) 615 1736 Fax: (023) 615 1563	P/Bag X2 ASHTON 6715	Cogmanskloof, Zolani Ashton
Boland District Municipality	Tel: (023) 3491410 Fax: (023) 347 3668	PO Box 91 WORCESTER 6849	De Doorns (JS van Zyl Clinic), Rawsonville, Touws River, De Wet, Overhex, Nuy, Sandhills, Breerivier, Rawsonville Rural, Botha/Brandwacht, Bossieveld Rural, Touws River Rural

SERVICE PROVIDER	CONTACT NUMBERS	ADDRESS	CLINICS & MOBILES
Breede River Winelands Municipality	Tel: (023) 6263191 Fax: (023) 6265059	PO Box 51 ROBERTSON 6705	Bonnievale, McGregor, Nkqubela, Zandvliet, Uitnood/Takkap, Noree/Elandia, Mooiuitsig/Wakkerstroom, Maraisdal/Boesmansrivier, Le Chasseur/Wansbek, Klaasvoogds, Goudmyn/De Vlakte, Goree/ Highlands, De Hoop/ Roodehoogte, Dassieshoek/Keurkloof, Montagu Bad Street
PAWC	Tel: (023) 626 3155 Fax: (023) 626 1727	P/Bag X617 ROBERTSON 6705	Robertson District Hospital PHC
PAWC	Tel: (023) 614 1660 Fax: (023) 614 2704	P/Bag X11 MONTAGU 6720	Montagu District hospital
Breede River Winelands Municipality	Tel: (023) 614 1112 Fax: (023) 614 1841	PO Box 24 MONTAGU 6720	Ashbury Clinic, Town Clinic, Victoria Clinic
Thee Waters Kloof Municipality	Tel: (021) 859 2507 Fax: (021) 859 2930	PO Box 32 GRABOUW 7160	Grabouw CHC
Overberg District Municipality	Tel: (028) 315 1602 or (028) 212 1120	PO Box 5 CALEDON 7230	Hawston, Genadendal, Grabouw D/C clinic, Greyton, Riviersonderend, Caledon Mobiles, Villiersdorp Mobiles
Thee Waters Kloof Municipality	Tel: (028) 212 1090 Fax: (021) 214 1289	PO Box 24 CALEDON 7230	Caledon/Bergsig
Overstrand Municipality	Tel: (028) 384 4011 Fax: (021) 384 0241	PO Box 26 GANSBAAI 7220	Gansbaai Clinic
Overstrand Municipality	Tel: (028) 313 0300 Fax: (028) 312 1894	PO Box 20 HERMANUS 7200	Hermanus, Mount Pleasant, Onrus, Zwelihle
Overberg District Municipality	Tel: (028) 244 9842	PO Box 5 CALEDON 7230	Botrivier, Stanford
PAWC	Tel: (028) 271 3310 Fax: (028) 271 3310	PO Box 5 CALEDON 7230	Kleinmond/ Betty's Bay Clinic
PAWC	Tel: (028) 212 1070 Fax: (028) 212 1284	P/Bag X025 CALEDON	Caledon District Hospital

SERVICE PROVIDER	CONTACT NUMBERS	ADDRESS	CLINICS & MOBILES
PAWC	Tel: (028) 312 1166 Fax: (028) 312 4006	P/Bag X02 HERMANUS 7200	Hermanus District Hospital PHC
Thee Waters Kloof Municipality	Tel: (028) 840 1460 Fax: (028) 212 1294	PO Box 5 CALEDON 7230	Willa Clinic, Villiersdorp
Overberg District Municipality	Tel: (028) 451 2534	P/Bag X22 BREDASDORP 7280	Bredasdorp CHC, Elim, Napier, Suurbrak, Struisbaai-Noord, Struisbaai-Suid, Waenhuiskrans, Buffeljagsrivier, Bredasdorp Mobiles, Barrydale, Swellendam Mobile
PAWC	Tel: (028) 514 1141 Fax: (028) 514 2504	P/Bag X07 SWELLENDAM 6740	Swellendam District Hospital
Swellendam Municipality	Tel: (028) 4512534	P/Bag X 22 Bredarsdorp 7280	Buffeljags Rivier Barrydale Swellendam

## BOLAND/ OVERBERG – DAY CARE CENTRES

Vukahambe Day Care	Tel: (023) 347 7002 Fax:(023) 347 2178	PO Box 878 Worcester 6849	Worcester Physical Disabled
--------------------	---	---------------------------------	-----------------------------

## BOLAND/ OVERBERG – LICENCED HOMES

Elim Home	Tel: (028) 482 1933	PO Box 19 Elim 7284	
-----------	---------------------	---------------------------	--

## BOLAND/ OVERBERG – GROUP HOMES

Regina	Tel: (028) 840 1305	34 Mullers Street Villiersdorp	Subsidises by Dept of Social Services and Poverty Relief
Camphill Farm Community	Tel: (028) 312 1120 Fax: (028) 312 3555	PO Box 301 Hemel & Aarde Vallei Hermanus 7200	Private

PROVINCIAL ADMINISTRATION OF THE WESTERN CAPE  
**REGIONAL MENTAL HEALTH SERVICES: METROPOLE**

<b>REGIONAL MENTAL HEALTH TEAMS</b>		
Metro	Felicia January – Senior Administrative Clerk  Cathy Aaron – Clinical Psychologist	Lentegeur Hospital C/o Highlands and AZ Berman Drive Mitchells Plain  Tel: (021) 370 1159 Fax: (021) 370 1159

## CAPE TOWN DISTRICT

NAME	ADDRESS	TEL.	FAX	CONTACT PERSON	TIMES
Green Point CHC	Portwood Road Green Point 8051	421-0288	421-0296	CPN T. Potgieter	Mon.\ Wed.\Thurs.
Woodstock CHC	Mountain Rd. Woodstock 7925	460 9115 460-9100	447-1959	SPN Toffar	Wednesday
Maitland MLC	2 Norfolk Rd. Maitland 7405	511-6272 511-2523	510-6473	SPN Toffar	Thursday
Kensington CHC	6 <sup>th</sup> Ave. Kensington 7405	593-0378 593-1150\1	593-0933	SPN Toffar	Monday & Tuesday

## ATHLONE DISTRICT

Dr Abdurahman CHC	Ebbenhout st. Kewtown Athlone 7764	637-9071\2\3	633 2941	CPN M Michaels	Daily
Heideveld CHC	Heideveld Rd. Heideveld Athlone 7764	637-8036\7\8 637 8033	637 6632	CPN J.Cupido CPN W Scott	
Hanover Park CHC	9 Hanlyn Walk/Hanover Park Avenue Hanover Park 7764	692- 1240\1\2\3	692—3921	CPN V.Langeveld CPN P Martin	

## GUGULETU DISTRICT

Cross Rd.CHC	Lansdowne Rd. Cross Rd. 7753	386-1121\4	386-7490	CPN G Matiso	
Guguletu CHC	NY1& 3 Guguletu 7750	638-6145 637-1280	637 5103	PN Yusi	

## BLAAUWBERG DISTRICT

Saxonsea MLC	Cnr Hermes & Grouvener Ave. Saxonsea 7349	572-3508	572-0339	CPN.N.Jasson	
Mamre CHC	Cnr. Liederman & Adam St. Mamre 7347	576-1175	576-1917	PN. L Bosch	
Tableview MLC	South Rd. Tableview, 7441	557-1065\6	557-6959	CPN.N.Jasson	
Goodhope CHC	Justin st Ysterplaat 7405	511-8606	511-3059	CPN.T Potgieter	Tuesday
ProteaPark MLC	Gardenia Street Atlantis 7349	572-4696	572-6968	CPN.N.Jasson	

Westfleur Hospital	Westfleur Shopping centre Atlantis 7349	571-8040		CPN.N.Jasson	
--------------------	---	----------	--	--------------	--

**TYGERBERG EAST DISTRICT**

NAME	ADDRESS	TEL.	FAX	CONTACT PERSON	TIME
Reed Street CHC	Reed St. Bellville 7530	946-3790\1\2	949-9115	CPN C.Anderson	
Bellville CHC	Kasselsvlei Rd. Bellville South 7530	951-2326\7\8	951-2998	CPN C.Anderson	Opp Nestle Factory
Groenvallei MLC	Midmar st. Groenvallei Bellville 7530	919-5872 919-8391	919-6559	CPN C.Anderson	
Durbanville CHC (Morning Star)	De Villiers st. Durbanville 7550	970 3170	970 3061	CPN C.Anderson	
Mfuleni CHC	Church St. Mfuleni	954-2235 909 2755/6	909-2942	PN Lomax	
Belhar CHC	Chestnut Way Belhar 7490	952-1010	952-3306	PN Lomax	
Belhar MLC	St Vincent Drive Ext.13 Belhar 7490	952-2160		PN Lomax	
Delft CHC	Main Rd./Voorbrug Rd Delft 7100	594-2228\35	954-1207	PN Lomax	

**TYGERBERG WEST DISTRICT**

Bishop Lavis CHC	Lavis Drive Bishop Lavis 7490	934-6050	934-4143	SPN J Pienaar	
Vanguard CHC	Citrus & Candlewood street Bonteheuwel 7764	694-5540/1/3	694 5584	CPN N.C.Kula	
Dirkie Uys CHC	Cnr. Dingle & Church St. Goodwood 7460	590 1644\20	590 1645	CPN A Rayners	
Ruyterwacht CHC	Shopping Centre Vereniging Circle Ruyterwacht 7460	534-4361	534-8789	CPN W Williams	
Parow CHC	Smith Str Parow 7500	938- 8037/8253	938 8117	CPN A.Parker	Tues. Wed. 08:00-13:00
Elsies River CHC	Cnr. Halt&29 <sup>th</sup> Ave Elsie's River 7460	931-0211\2\3	931-8359	CPN V.Smidt CPN W Williams	

Ravensmead CHC	Florida Street Ravensmead	936 8758	936 8759	CPN A Parker	Mon. am Thurs. am 08:00-13:00
-------------------	------------------------------	----------	----------	--------------	-------------------------------------

#### OOSTENBERG DISTRICT

NAME	ADDRESS	TEL.	FAX	CONTACT PERSON	TIME
Kleinvlei CHC	C/O Albert Philander & Melbosstrand Kleinvlei, 7100	900 4053 904 1414	904 0955	CPN L Vantura	
Brackenfell MLC	Paradys St. Brackenfell, 7560	980 1284/5		CPN V.Koert	
Kraaifontein CHC	6 <sup>th</sup> Ave Kraaifontein 7570	987 0080	987 2310	CPN V.Koert	
Scottsdene MLC	Eon Ave Scottsdene, 7570	980 6243	987-1343	CPN V.Koert	
Kuilsriver MLC	Carinus St Kuilsriver	900 1909			Off Van Riebeeck Rd
Sarepta MLC	123 Rietvlei Rd Kuilsrivier, 7580	900-1556	900-1908	CPN V.Koert	

#### KHAYELITSHA DISTRICT

Site B CHC	Lwandle Rd Site B Khayelitsha 7784	361 3470 ext 226	361-3322 361 0259	Mr. G.Ndlebe PN P.Faltien ENA P Mbuku	
Michael Mapongwana CHC	Steve Biko Rd. Harare Khayelitsha 7784	361-3353	363-2464	CPN Hermanus	

#### SOUTH PENINSULA DISTRICT

NAME	ADDRESS	TEL.	FAX	CONTACT PERSON	TIME
Hout Bay CHC	Karbonkel St. Hout Bay 7800	790 3570 790-1050	790-7520	CPN M Gorden	
Ocean View CHC	Carina Close Ocean View 7975	783 1688 783-1766	783-1482	CPN L Lewis	Off Pollux Way
Lady Michaelis CHC	C\o Berham\Gabriel Rd Plumstead 7800	797-8171	762-8020	CPN L.Sias	
Grassy Park CHC	Victoria Rd. Grassy Park 7945	705-3814	705-5712	CPN C Brown	
Retreat CHC	11 <sup>th</sup> Ave Retreat 7945	712- 5105\55\9	712-1493	PN A Carstens	



Lotus River CHC	C/o Delia & Anita Rd. Lotus River 7945	703-8057 703-3131\2\3	703-5692		
-----------------	--	--------------------------	----------	--	--

### MITCHELLS PLAIN DISTRICT

Mitchell's Plain CHC	1 <sup>st</sup> Avenue Eastridge	392 5161	391 2803	CPN H Benjam	
Tafelsig MLC	Kilimanjaro rd Tafelsig 7785	397-8195 397 8906	397-3544	CPN M.Henry	Wed. \ Thurs.
Rocklands MLC	Park Ave Rocklands 7785	392 5121/2/3	392-6885	CPN M.Henry	Mon. \ Tue.
Lentegeur MLC	Merrydale Rd. Lentegeur 7785	371-2126\7	371-2138	CPN C Andries SEN C Snyders	Mon.\Wed\ Thurs
Strandfontein MLC	Welgelegen str. Strandfontein 7794	393-6226\36	393 4838	CPN M Henry	Alt Mon. afternoon
Westridge MLC	Wespoort Road Westridge7785	392-4124	392-1881	CPN C Andries CPN H Benjamin SEN C Snyders	Tuesday

### HELDERBERG DISTRICT

NAME	ADDRESS	TEL.	FAX	CONTACT PERSON	TIME
Somerset-West MLC	28 Kerk St. Somerset West 7130	852-2131	852-0444	CPN K Madolo	08:00-16:30
The Ark	Faurie	904-9131		CPN L Vantura	
Macassar CHC	C/o Hospital & Musical Ave. Macassar 7130	857-2330	857-2251	CPN K Madolo	07:30-16:30
Boland CHC	Boland Bank Arcade 37 Main Rd Strand 7140	853-3380	853 7057	SPN M H Poponi	Mon\Tuesda y 08:00-16:00
Gustrow CHC	Hassan Khan Ave Strand 7140	845-8383	845-8630	SPN M H Poponi	Wed\Thurs. 08:00-16:00
Gordonsbaai MLC	Sir Lowry's Road	856-2135	856-5424	SPN M H Poponi	1 <sup>st</sup> Tuesday of month

## METROPOLITAN REGION – DAY CENTRES

CENTRE	ADDRESS	TELEPHONE	FAX	CONTACT PERSON	OTHER INFORMATION
Bonteheuwel DCC	Bluegum\ Vlamboom Plain Bonteheuwel 7764	695-5151 447-9040	448-8475	Ms. Fredericks	
Cenida DCC	Musica Ave Macassar 7134	857 1092	761 0442	Mignon Leitch	Daily - weekdays
De Heide DCC	11 2 <sup>nd</sup> Avenue; Claremont 7700	683-5470	683-5470	Ms. Fatima Shaboodien	Daily - weekdays
Delft DCC	2 Pokidoring Street, Delft	956 5519	948 4027	Ms. G.Symons	Opp Ravensmead Police Station
Enthembeni DCC	NY 111Guguletu 7750	447-9040 633 1173		Ms.E.Kench Mabel	
Erica Special Care Mitchell's Plain	11 Spreeu Street Rocklands 7785	447-9040 392 9147		Ms.E.Kench Gwen	C/o Spreeu & Canary off Weltevreden
Friends DCC	Annex Rd; Maitland 7404 Alexandra Hospital	511-5801	511-5229	Ms.B.Drummond	Daily - weekdays Situated at Alexandra Hospital
Golden Girls DCC and Licensed home	C/o Brinton & Lerotholi Roads Langa 7455	694-7980	637 6957	Ms. D.Nabe	Daily - weekdays
Huis Hensie Vroom DCC\Licence home.	Stikland Hospital 7530	919 0778		Help Jou Naaste Gemeenskap Projek	
Imizamu Yethu DCC	401 Zodiac Street Khayelitsha 7784	447-9040 361 1476		Ms E.Kench Ms Nosiku	
Nomaxabiso DCC	Lutheran Church Community Centre Phillipi 7781	371 6389	461 6823	N Njwele C Gordon Ikamva Labantu	
Nosisa DCC	M503 Site B; Khayelitsha 7784	364-0577		Ms. N.Mentese	
Oasis DCC	North & Christian St. Ravensmead 7490	932-6542	948-4027	Ms van der Merwe	C/o Northway & Christiaan Rd
Ocean View DCC	C/o Castor & Draco Way Ocean View 7975	783 1274		Ms.D.Hare	
Orion ( Wilge) DCC	Sun Rd; Wesfleur; Atlantis 7349	572-8490	572-8419	Mr. M.J.Segal	
Sherwood Park DCC	50 1 <sup>st</sup> Avenue Sherwood Park	692 3700	692 3700	Ms J Benjamin	
Sinako DCC	33819 Khuna St; Harare	363 2384		Ms Sezi	
Sinethemba DCC	Old Cross Road; Boystown Mfesani Cross Road 7753	374-9996	374-3461	Mr.H.Davis	

Siyazama DCC	Vukhambe Centre - Guguletu	633-2887	637-4724	Ms.T.Mampute	
Sunrise DCC	Old Clinic; Chadwin Street Heathfieldd 7945	712-1445	686-6801	Ms.P.Kammies	
Vukani DCC	48416 Huhullu Street, Green Point Khayelitsha 7784	364 4034		Ms. L Madikane	Daily

## METROPOLITAN REGION – LICENSED HOMES

NAME OF HOME	ADDRESS	PHONE	FAX	CONTACT PERSON
Golden Girls LH	C/o Brinton & Lerotholi Roads Langa 7455	694-7980		Ms. D.Nabe
Sivenathi LH	59 Robbert Str Blackheath	905 6048		L Jojo
Woodside Sanctuary Licenced Homes	29 Lawson Road; Rondebosch East; 7780	696-2811	697-1596	Ms.J.Bloch

## METROPOLITAN REGION – GROUP HOMES

NAME OF HOME	ADDRESS	PHONE	FAX	CONTACT PERSON
Abri G.H	35 Milton Road; Observatory; 7925	448-3886	448-3886	Ms.L.Walters
Abri G.H	149 & 151 Lower Main Road Observatory; 7925	448-3886	448-3886	Ms.L.Walters
Abri G.H	27 Lytton Rd Observatory; 7925	448-3886	448-3886	Ms.L.Walters
Abri Foundation	34 Florence Ave. Observatory 7925	448-3886	448-3886	Ms.L.Walters
Alexa House G.H	18 Alexandra Road; Oranjezicht; 8001	439-2408	439-2408	Mr. E.Rabie
Arran GH	6 Riebeeck Court; Arcadia Road Rondebosch; 7700	685 2484 448 0760	448-0760	Dorothea Abrahams Ms. Lenske Lourens
COMCARE Trust	House 20 Valkenberg Estate Observatory P.O.Box 236 Rondebosch 7701	448-0760	448-0761 comcaretr ust@mwe b.co.za	Director: Ms. M Benedictus Com. Counsellor L Lourens SW P Sellmeyer
Groenweivel de GH	11 Slangolie Street; Eastridge;7785	391-3314		Ms.M.Botes
House Elroy GH	Annex Road; Maitland; 7404	510 1465 981 9850	981 0039	C Isaacs H Kotze Kingdom Ministeries
Huis Meiring	L18 Wagondrift Str Groenvallei	919 8693		

Huis Sonop GH	Stikland Hospital Grounds 7530	910 0156 981 9850	981 0039	S Williams N Joubert Kingdom Ministeries
Huis Miles Bowker GH	Stikland Hospital Grounds 7530	919 5752 981 9850	981 0039	O Abelse C Du Plessis Kingdom Ministeries
Iona GH	6 Burham Road; Observatory; 7925	448 3194 448 0760	448-0760	Ray Fortuin Ms. Lenske Lourens
Kingdom Ministeries	Suite 250 Postnet X13 Brackenfell 7561	981 9850	981 0039	Pastoor R Harris Anita Prinsloo
Kimber G.H	3&5 Herschell Road; Observatory; 7925	447-8066	447 0319	Ms.Louise Gordon
Nurola G.H	9 Perth Road; Observatory; 7925	448 9204 448-0760	448-0760	Natasha Rensburg Ms. Lenske Lourens
Rosebank Court G.H	2B Bridge Road; Mowbray; 7700	689 3073 448-0760		Lauretta Remedies Ms. Lenske Lourens
Skye GH	21 Franklin Road; Claremont; 7700	674 0491 448 0760	448-0760	Hester October Ms. Lenske Lourens
Squib GH	9 Nerina Crescent; Lentegeur ; 7785	448-0760		Ms L Lourens
Strand GH	142 Brandt Street; Strand; 7140	854 6131 981 9850	981 0039	S Frylinsky C Louw Kingdom Ministeries

## METROPOLITAN REGION - PSYCHO-SOCIAL REHAB. GROUPS

PSYCHO-SOCIAL GROUP	VENUE	TELEPHONE	FAX	CONTACT PERSON	OTHER INFORMATION
Abri PSG	151 Lower Main Road Observatory 7925	448-3886	448-3886	Ms.L.Walters	
Athlone PSG	Athlone Library Dobson Road Athlone	447-9040		Faldielah	Thu: 12:30-14:30
Belhar PSG	Hugenot Library Hugenot way, Belhar	918-1648		Jackie Stamboel	Thu 10:00-12:00
Brooklyn PSG	Martin Adams Hall: Koeberg Road; Brooklyn	447-9040	448 8475	Faldielah	Alt.Tue 13:45-15:45
Delft PSG	Delft CHC	954 2235/7	954 1207	Cheryl Pietersen	Wed 10:00-12:00
Eastridge PSG	Eastridge Library Town Centre; Eastridge Mitchells Plain	372 5161	391 2803	Hessaleen Jantjies	Tue. 10:00-12:00
Elsies River	Holy Trinity Church Hall, Halt Rd. Matroosfontein	447 9040		Chanville	Tues, 10:00-12:00
Elsies River CHC PSG	Cnr. Halt&29 <sup>th</sup> Ave Elsies River	931-0200		CPN V.Smidt	Alt. Wed. 14:00-15:30
False Bay PSG	At Group Members Homes, 123 Kommetjie Road Fish Hoek	447 9040	448 8475	Faldielah	Every 2 <sup>nd</sup> Wednesday 13:30-15:30
Fountain House PSG	227 & 233 Lower Main Rd Observatory 7925	447-8066	447 0319	Ms.Retha Taljaard	Daily - weekdays
Grassy Park PSG	Grassy Park Library Victoria Road; Grassy Park	447-9040	448 8475	Faldielah	Thu 10:00-12:00 Opp bus terminus
Guguletu PSG	Roma Centre: NY 111 Ethembeni; Guguletu	447-9040	448 8475	Lindelwa Plaatjies	Tue\Thu: 10:30 - 12 :30
Hanover Park CHC PSG	9 Hanlyn Walk Hanover Park 7764	692-3627 692-1240\1\2\3	692 3921	CPN P Maartens	Wed. 14:00

<b>Psycho-Social Group</b>	<b>Venue</b>	<b>Telephone</b>	<b>Fax</b>	<b>Contact Person</b>	<b>Other Information</b>
Harare PSG	Empisweni Clinic: 50 Ngumo Rd; Harare	447-9040	448 8475	Lindelwa Plaaitjies	Wed. 10:00- 12:00
Hout Bay PSG	St Simons Church Karbonkel Street Hout Bay	447 9040	448 8475	Chanville Esterhuizen	Alt. Thu.10:00- 12:00
Kraaifontein PSG	Scottsdene Library, Eoan Str. Scottsdene	447-9040		Chanville Esterhuizen	Tues. 13:00- 15:00
Lavender Hill PSG	New World Foundation Grindal Ave; Lavender Hill	701-1150		Joy Scott	Wed. 13:30- 15:30
Lansdowne PSG		692 1240		CPN V Langeveld Summayyah	Thursday 13:00- 15:00
Lentegeur PSG	Lentegeur Library Merrydale Road; Lentegeur	392 5161	391 2803	Hessaleen	Wed.13:00- 15:00
Maccassar PSG	Macassar Library 10 Punt Rd	954 2237		Cheryl	Tue 10:30-13:00
Maitland PSG	CHC 3 Norfolk Street; Maitland	447-9040	448-8475	Chanville Esterhuizen	Wed. 10:00- 12:00
Makhasa PSG	Matthew Goniwe Clinic: 9 Kwahlaza Crescent	447-9040	448 8475	Lindelwa Plaaitjies	Wed.13:00- 15:00
Manenberg PSG	Manenberg Peoples Centre; 2A Scheldt Road; Manenberg 7764	447 9040	448 8475	Chanville	Thu. 12:00- 14:30
PSG	Information Centre Dassenberg Road Tafelsig 7785	325 161		CPN M. Henry	Alt. Thurs. 13:30- 15:30
Rocklands PSG	Rocklands Library Rocklands, Mplain	392 5161	391 2803	Hessaleen Jantjies	Mon. 10:00 – 12:00
Ruyterwacht PSG	Ruyterwacht CHC	534 4361	534 8789	Sr. W Williams	Wed. 10:00- 12:00

PSYCHO-SOCIAL GROUP	VENUE	TELEPHONE	FAX	CONTACT PERSON	OTHER INFORMATION
Saxonsea MLC PSG	Orien Women Abuse	572-5380 9542237		Mr.N.Jasson Cheryl Petersen	Thurs.10:00- 12:00 Once/month
Serepta PSG	Serepta Library	900 4053	900 4092	Jackie	Altern. Tue. 10:00
Sasha PSG	CMC de Villiers Durbanville	544 361		CPN N Keet/ P. Matthys	Tues. 13:00- 14:00
Woodstock PSG	NOAH: 19 Regent Road; Woodstock	447-9040	448-8475	Ms.L.Plaatjies	Mon: 13:00- 15:30
Zibonele PSG	Zibonele CC Town 2, Khayelitsha	361 3353 361 5978		Margie Nortje Miriam	Wed. 10:00



**PROVINCIAL ADMINISTRATION OF THE WESTERN CAPE  
REGIONAL MENTAL HEALTH SERVICES:  
SOUTHERN CAPE / KAROO**

<b>REGIONAL MENTAL HEALTH STAFF</b>		
Doctor	Dr. Boon	Private Bag X6534 GEORGE 6530
CHIEF PROFESSIONAL NURSE	Mr John Murray Tel: <b>(044) 8024537</b> Fax: <b>(044) 874 5017</b>	Private Bag X6534 GEORGE 6530

<b>DISTRICT</b>	<b>MENTAL HEALTH NURSE CONTACT NUMBERS</b>	<b>LOCATION &amp; POSTAL ADDRESS</b>
Central Karoo	<b>(Sr.) Charlotte Roman</b> Tel: (023) 4152188 ext 244 Fax:(023) 414 2466	Beaufort West Hospital Psychiatry Private Bag X549 BEAUFORT WEST 6970
George	<b>Ms Serene Walters</b> <b>Ms Vivienne Morkel</b> Tel: (044) 8707653 Fax: (044) 874 2151	Private Bag X6592 GEORGE 6530
Knysna Plettenberg Bay	<b>(Sr.) Marinda Marcus</b> Tel: (044) 384 1135 Fax: (044) 384 1190	PO Box 9 KNYSNA 6570
Klein Karoo	<b>Ms Gill Bowles</b> <b>Ms Johanna Jooste</b> Tel: (044) 272 2241 Fax: (044) 272 0783	Eden Distriks- munisipaliteit Psigiatrie Posbus 12 George 6530
Mossel Bay	<b>Ms Serene Walters</b> <b>Ms Vivienne Morkel</b> Tel: (044) 8707653 Fax: (044) 874 2151	Private Bag X6592 GEORGE 6530

## SOUTH CAPE/KAROO – DAY CENTRES

CENTRE	ADDRESS	TELEPHONE	FAX	CONTACT PERSON
Sonskyn Day Centre	P.O. Box 86 Oudsthoorn 6620	(044)274 0140	(044) 274 0140	Mrs L.P. Olivier
Ethembeni Day Centre	Thembaletu 6560	(044) 877 0204	(044) 877 0204	Mr Isaac van Rensburg
Masixole Day Centre	P.O. Box 58 Beaufortwest	(023) 4153323 Cell: 082 4207608	(023) 414 3013	Mrs B. Matthys

## SOUTH CAPE/KAROO – LICENCED HOMES

NAME OF HOME	ADDRESS	PHONE	FAX	CONTACT PERSON
Emmaus Centre for Physically/Mentally Challenged	P.O. Box 6 George 6530	(044) 873 196	(044) 873 4196	Mrs E. Badenhorst (Supervisor)
Sanel Centre	P.O. Box 107 Knysna 6570	(044) 382 2155	(044) 382 3545	Mrs E. Badenhorst (Social Worker)
Eljada Centre for Adult Challenged	P. O. Box 21 Oudtshoorn 6620	(044) 2791740	(044) 279 1878	Mr D.J. Nel (Manager)

## SOUTH CAPE/KAROO - GROUP HOMES

NAME OF HOME	ADDRESS	PHONE	FAX	CONTACT PERSON
South Cape Community Care (Comcare)	1 Morrison Avenue George 6529	(044) 874 2785	(044) 874 2783	Sr. Anne-Marie Campher: (Based at Lambrecht Private Psychiatric Clinic)

## SOUTH CAPE/KAROO: PSYCHO-SOCIAL REHAB. GROUPS

PSYCHO-SOCIAL GROUP	ADDRESS	TELEPHONE	FAX	CONTACT PERSON
Mossel Bay/Alma Clinic Group Albertinia Group Heidelberg Group	Heidelberg Municipality Private Bag X2 Heidelberg 6665	(044) 874 2172 (Head Office) (044) 870 7653 (Blanco Office)	(044) 874 2151 (Head Office) (044) 870 7780 (Blanco Office)	Sr. Vivienne Morkel
George Group Blanco Group Riversdale Group	Heidelberg Municipality Private Bag X2 Heidelberg 6665	(044) 874 2172 (Head Office) (044) 870 7633 (Blanco Office)	(044) 874 2151 (Office Office) (044) 870 7780 (Blanco Office)	Sr. Serene Walters
Plettenberg Bay/Kranshoek Group		(044) 384 1135	(044) 384 1135	Sr. Marinda Marcus

**PROVINCIAL ADMINISTRATION OF THE WESTERN CAPE  
REGIONAL MENTAL HEALTH SERVICES:  
WEST COAST / WINELANDS**

<b>REGIONAL MENTAL HEALTH TEAM</b>		
CHIEF PROFESSIONAL NURSE	Post Vacant	Regional Office West Coast / Winelands Private Bag X15 MALMESBURY 7300
CLINICAL PSYCHOLOGIST	Christelle Vermeulen Tel: (022) 487 9264 Fax: (022) 487 2927	Regional Office
OCCUPATIONAL THERAPIST	Brownwyn Weilbach Tel: (022) 487 Fax: (022) 487 2927	Regional Office
PSYCHIATRIST	<b>Dr G Winkler</b> Tel: (021) 872 1711 Fax (021) 872 4841	Private Bag X3012 PAARL 7620

DISTRICT	MENTAL HEALTH NURSE	ADDRESS	AREA COVERED
I	<b>September KP (CPM)</b> Tel: (021) 887 0310 Fax (021) 887 6888	Cloetesville Gemeenskap Gesondheid Sentrum Privaatsak X5027 STELLENBOSCH 7599	Stellenbosch Town & Farms
II	<b>Davids A (CPN)</b> Tel: (021) 872 1711 Fax: (021) 872 4841  <b>Madlebe M. (SPN)</b>  <b>Smith E. (SPN)</b>	TC Newman Private Bag X3012 PAARL 7620	TC Newman  Mbekweni Khayamandi  Wellington Saron Patriotplein
III	<b>Theron LG (CPN)</b> Tel: (022) 482 2996 Fax: (022) 482 2935	<b>Wesbank Oorgangsaan</b> Kliniek Malmesbury Privaatsak X52 MALMESBURY 7300	Malmesbury, Darling, Moorreesburg, Piketberg, Porterville, Riebeeck-Wes, Riebeeck Kasteel, Town & Farms
IV	<b>Smith L (CPN)</b> Tel: (022) 713 3219 Fax: (022) 713 3423	Louwville Kliniek Vredenburg Privaatsak X12 VREDENBURG 7380	Vredenburg, Saldanha, Diazville, St. Helenabaai, Stompneusbaai, Noordhoek, Velddrif, Aurora, Hopefield, Langebaan
V	<b>De Lange HH (CPN)</b> Tel: (027) 213 4070 Fax: (027) 213 3145	<b>Vredendal</b> Karin Gebou, 3 de Vloer Posbus 594 VREDENDAL, 8160	Vredendal, Citrusdal, Clanwilliam, Klawer, Lutzville, Ebenaezer, Doornbaai, Koekenaap, Van Rhynsdorp, Bitterfontein, Rietppoort, Wupperthal, Graafwater, Lambertsbaai, Dorp & Plase

## WEST COAST/WINELANDS – DAY CARE CENTRES

CENTRE	ADDRESS	TELEPHONE	FAX	CONTACT PERSON	OTHER INFORMATION
Paarl Stimulation Centre	Meaker Street Old Nurses Home Sonstraal Hospital Paarl 7646	(021) 862 7113	(021) 863 0450	Ms M.E. Bester	Stimulate children who comes in on a daily basis. 1 <sup>st</sup> group from 8H00 – 2H00 & 2 <sup>nd</sup> group from 9H00 – 3H00

## WEST COAST/WINELANDS – LICENSED HOMES

CENTRE	ADDRESS	TELEPHONE	FAX	CONTACT PERSON	OTHER INFORMATION
Horizon House	Patrys Laan No. 1 Stellenbosch 7600	(021) 887 5080	(021) 887 5337	Mrs. Elza Bresler	Institution for Mentally Retarded Adults
Sunfield Homes	P.O. Box 824 Wellington 7655	(021) 873 5038	(021) 864 3124	Mr. De Villiers Ms E Viviers	Making ginger beer, storing of furniture and duty to community e.g. char work.

## WEST COAST/WINELAND – PSR GROUPS

CENTRE	ADDRESS	TELEPHONE	FAX	CONTACT PERSON	OTHER INFORMATION
Goedverwacht	P. Bag X52 Malmesbury 7299	022) 482 2935	(022)485 2996	Lynette Theron	Education and Socialisation group
Riebeeck Kasteel	Riebeeck Kasteel Kliniek	(022) 448 1348			Education and Socialisation Group

## WEST COAST/WINELAND – SOCIAL GROUP

CENTRE	ADDRESS	TELEPHONE	FAX	CONTACT PERSON	OTHER INFORMATION
Louville	Biblioteek Saal Louville 7380	None	None	Laura Smith	Socialisation Group

**WESTERN CAPE EDUCATION DEPARTMENT  
EMDC – OFFICES**

<b>NAME</b>	<b>EMDC - OFFICE</b>	<b>ADDRESS</b>	<b>TELEPHONE &amp; FAX</b>	<b>E-MAIL ADDRESS</b>
Mr C. Frolick (Director) Mrs Shayma Fredericks (Secretary) Mr Gerard Barkhuizen	<b>Overberg/ Breede River</b>	Private Bag X3102 WORCESTER 6849 Private Bag X3102 WORCESTER 6849 Private Bag X3102 WORCESTER 6849	Tel:(023) 348 4600 Fax:(023) 347 1416 Tel: (023) 348 4600 Fax:(023) 347 1416 Tel:(023) 348 4600 Fax:(023) 347 1416	Cfrolick@pawc.w cape.gov.za Sbfredericks@pa wc.wcape. gov.za Gbarkui@pawc.w cape.gov. za
Melvin Caroline (Director) Mrs Rene Abrahams (Secretary) Mr Mark Bunding	<b>East</b>	Private Bag X13 SANLAMHOF 7532	Tel:(021) 903 1729 Fax:(021) 903 2149  Cell.082 384 0220	Rhabrahams@pa wc.wcape.gov.za  Mbunding@pawc. wcape.gov.za
Mr Eugene Daniels (Director) Mrs Noleen Luanne Nefdt (Secretary) Ms Berenice Daniels	<b>South</b>	Private Bag X2 MITCHELL'S PLAIN, 7785 Private Bag X2 MITCHELL'S PLAIN, 7785 Private Bag X2 MITCHELL'S PLAIN, 7785	Tel:(021) 370 2000 Fax: (021) 372 1856 Tel:(021) 370 2000 Fax:(021) 372 1856 Tel:(021) 370 2090 Fax:(021) 372 1856 Cell.082 462 5627	Edaniels@pawc. wcape. gov.za Nlnefdt@pawc.wc ape.gov.za Jadaniels@world online. co.za
Mr J. Beukes (Director) Mrs Nafia Botha (Secretary) Mr Leon de Jager	<b>WCW</b>	Private Bag X3026 PAARL 7620 6 Hospital Street PAARL 7646 Private Bag X3026 PAARL 7620	Tel: (021) 860 1200 Fax:(021) 860 1231 Tel: (021) 860 1200 Fax: (021) 860 1218  Tel: (021) 860 1204 Fax: (021) 860 1218 Cell: 083 230 8364	Jbeukes@pawc. wcape. gov.za Nbotha@pawc.w cape.gov.za Ljdejager@pawc. wcape. gov.za

Mr AE Pietersen (Director) Ms Leilan Joseph (Secretary) Mr Enver Hassen	<b>Central</b>	Private Bag X4 ATHLONE 7764	Tel: (021) 697 1505 Fax: (021) 696 9608 Tel: (021) 697 1509 Fax: (021) 696-9608 Cell: 082 777 0255	Ljoseph@pawc.w cape. gov.za Ehassen@pawc. wcape gov.za
Mrs Maria Jordaan (Secretary) Mr Johan Pretorius Mr Barry Volschenk (Director)	<b>North</b>	Private Bag X14 BELLVILLE 7530 Private Bag X14 BELLVILLE 7530	Tel: (021) 948 0950 Fax: (021) 948 2838 Tel: (021) 948 0950 Fax: (021) 948 2838	Mjordaan@pawc. wcape. gov.za Jpretorius@pawc. wcape. gov.za
Mr ST Shayi (Director) Ms Heather Hector (Secretary) Mr Fernando Talle	<b>SCK</b>	Private Bag X6510 GEORGE 6530 Private Bag X6510 GEORGE 6530 Private Bag X6510 GEORGE 6530	Tel: (044) 874 3106 Fax: (044) 873 2253 Tel: (044) 874 3106 Fax: (044) 873 2253 Tel: (044) 874 3106 Fax: (044) 873 2253	Hjhector@pawc. wcape. gov.za

**PROVINCIAL ADMINISTRATION OF THE WESTERN CAPE  
WESTERN CAPE EDUCATION DEPARTMENT:  
SCHOOL CLINICS**

CLINIC	CLINIC HEAD	ADDRESS	TELEPHONE / FAX	LANGUAGE
Athlone	Mr D Pinchuck	74 Fifth Street Heideveld ATHLONE 7490	Tel: (021) 638 3151/2 Fax: (021) 637 9198	English
Belville	Dr MG Bunding	Herbert Street BELVILLE 7530	Tel: (021) 948 1717/9 Fax: (021) 948 1718	Afrikaans
Cape Town	Ms KM Reid	31 Upper Orange Street ORANJEZICHT 8001	Tel: (021) 465 2438 Fax: (021) 462 2548	English
Fish Hoek	Mr GG du Raan	Cnr 5 <sup>th</sup> Avenue & Kommetjie Street FISH HOEK 7975	Tel: (021) 782 6102/3 Fax: (021) 782 4166	English
George	Mr JO Loubser	P.O. Box 9699 GEORGE 6530	Tel: (044) 874 5033 Fax: (044) 874 5034	Afrikaans
Khayelitsha	Mrs P Mehloakulu	PO Box 335 NONKQUBELA 7793	Tel: (021) 361 0144 Fax: (021) 364 6228	English
Kuilsriver	Mr N Mama	Private Bag X707 Highbury KUILSRIVER 7580	Tel: (021) 906 0040 Fax:(021) 903 4010	English
Malmesbury	Mr WL Neller	Private Bag X17 MALMESBURY 7300	Tel: (022) 4822738 Fax: (022) 4872077	Afrikaans
Mitchell's Plain	Vacant	Cnr Aloe & Bamboo Rd Lentegeur MITCHELL'S PLAIN 7785	Tel: (021) 374 4107 Fax:(021) 374 9143	English
Newlands	Mr BAF Bailey	Cnr Main Rd & Kildare Rd. NEWLANDS,770 0	Tel: (021) 674 2057/8 Fax: (021) 674 2176	English
Oudtshoorn	Mr CWJ Botha	PO Box 759 OUDTSHOORN 6620	Tel: (044) 279 1690/1 Fax: (021) 2793230	Afrikaans
Paarl	Mr GA Schreuder	Private Bag 3022 PAARL 7620	Tel: (021) 872 6686 Fax: (021) 872 6676	Afrikaans
Parow	Mr KA Maberly	Private Bag X38 PAROW 7499	Tel: (021) 939 7021/71 Fax: (021) 939 7073	Afrikaans



CLINIC	CLINIC HEAD	ADDRESS	TELEPHONE / FAX	LANGUAGE
Philippi East	Mr R van Blerk	PO Box 116 MITCHELL'S PLAIN 7789	Tel: (021) 372 2770 Fax: (021) 372 2777 Cell: 083 3840510	Afrikaans
Somerset West	Mrs BL Hambly-Wise	PO Box 1009 SOMERSET WEST 7130	Tel: (021) 852 4722 Fax: (021) 852 7515	English
Stellenbosch	Mrs M. Mason	2 Coetzenburg Street STELLENBOSCH 7600	Tel: (021) 887 0222 Fax: (021) 887 0240	Afrikaans
Swellendam	Mr JJ van der Westhuizen	PO Box 588 SWELLENDAM 6740	Tel: (028) 514 1159 Fax: (028) 514 3480	Afrikaans
Vredendal	Mr P du Plessis	PO Box 16 VREDENDAL 8160	Tel: (027) 2133339 Fax: (027) 2131665	Afrikaans
Vredenburg	Ms J F Engelbrecht	Vredendal Satelliet PO Box 746 SALDANHA 7395	Tel: (022) 714 4601 Fax: (022) 714 2820	Afrikaans
Worcester	Mr J Wium	86 Tulbach Street WORCESTER 6850	Tel: (023) 347 2372 Fax: (023) 347 4011	Afrikaans

## E-MAIL ADDRESS OF SCHOOL CLINICS

Bellville School Clinic [Blclinic@pawc.wcape.gov.za](mailto:Blclinic@pawc.wcape.gov.za)  
 George School Clinic [Geclinic@pawc.wcape.gov.za](mailto:Geclinic@pawc.wcape.gov.za)  
 Malmesbury School Clinic [Mlclinic@pawc.wcape.gov.za](mailto:Mlclinic@pawc.wcape.gov.za)  
 Oudsthoorn School Clinic [Ouclinic@pawc.wcape.gov.za](mailto:Ouclinic@pawc.wcape.gov.za)  
 Paarl School Clinic [Plclinic@pawc.wcape.gov.za](mailto:Plclinic@pawc.wcape.gov.za)  
 Parow School Clinic [Prclinic@pawc.wcape.gov.za](mailto:Prclinic@pawc.wcape.gov.za)  
 Somerset-West School Clinic [SWClinic@pawc.wcape.gov.za](mailto:SWClinic@pawc.wcape.gov.za)  
 Stellenbosch School Clinic [Stclinic@pawc.wcape.gov.za](mailto:Stclinic@pawc.wcape.gov.za)  
 Swellendam School Clinic [Slclinic@pawc.wcape.gov.za](mailto:Slclinic@pawc.wcape.gov.za)  
 Vredendal School Clinic [Vreclinic@pawc.wcape.gov.za](mailto:Vreclinic@pawc.wcape.gov.za)  
 Worcester School Clinic [Woclinic@pawc.wcape.gov.za](mailto:Woclinic@pawc.wcape.gov.za)  
 Athlone School Clinic [Atclinic@pawc.wcape.gov.za](mailto:Atclinic@pawc.wcape.gov.za)  
 Cape Town School Clinic [Ctclinic@pawc.wcape.gov.za](mailto:Ctclinic@pawc.wcape.gov.za)  
 Fish Hoek School Clinic [Fhclinic@pawc.wcape.gov.za](mailto:Fhclinic@pawc.wcape.gov.za)  
 Khayelitsha School clinic [Khclinic@pawc.wcape.gov.za](mailto:Khclinic@pawc.wcape.gov.za)  
 Kuilsriver School Clinic [Klclinic@pawc.wcape.gov.za](mailto:Klclinic@pawc.wcape.gov.za)  
 Mitchell's Plain School Clinic [Mpclinic@pawc.wcape.gov.za](mailto:Mpclinic@pawc.wcape.gov.za)  
 Newlands School Clinic [Nwclinic@pawc.wcape.gov.za](mailto:Nwclinic@pawc.wcape.gov.za)

**PROVINCIAL ADMINISTRATION OF THE WESTERN CAPE  
DEPARTMENT OF SOCIAL SERVICES  
DISTRICT OFFICES**

<b>OFFICE</b>	<b>CONTACT NUMBERS</b>	<b>LOCATION</b>	<b>ADDRESS</b>
Head Office	Tel: (021) 483 4245 (021) 483 5045 Fax: (021) 483 4783	Private Bag X9112 Cape Town 8000	Union House 14 Queen Victoria St. Cape Town 8000
Bellville	Tel: (021) 940 7100 Fax: (021) 948 3024	107 Voortrekker Street Omnia Building Bellville 7535	Private Bag X50 Bellville 7535
George	Tel: (044) 874 2010 / (044) 874 2020 Fax: (044) 873 5422	42 Courtenay Street Renzburgcourt George 6529	Private Bag X6510 GEORGE 6530
Wynberg	Tel: (021) 761 8790 / (021) 761 9985 Fax: (021) 761 9998	c/o Maynard & Station Roads, Wynberg 7800	Private Bag X25 WYNBERG 7824
Athlone	Tel: (021) 696 8038 (021) 696 8040 Fax: (021) 696 8072 (021) 697 5543	Old Klipfontein Road, Melofin Centre Athlone 7764	Private Bag X11 ATHLONE 7760
Atlantis	Tel: (021) 577 1084 Fax: (021) 577 3209	c/o Neil Hare & Tom Hensilwood Streets, Atlantis 7349	Private Bag X4 DASSENBERG 7350
Beaufort West	Tel: (023) 414 3204 Fax: (023) 414 2128	117 Donkin Street Beaufort West 6970	Private Bag X505 BEAUFORT WEST 6970
Cape Town	Tel: (021) 424 6020 Fax: (021) 423 8331	48 Queen Victoria Street, Cape Town 8001	PO Box 131 CAPE TOWN 8000
Mitchell's Plain	Tel: (021) 370 4800 Fax: (021) 376 1342	45 Alpha Street Mitchells Plain Industria Mitchell's Plain 7785	Private Bag X10 MITCHELL'S PLAIN 7789
Oudtshoorn	Tel: (044) 274 8977 Fax: (044) 274 4007	Seppie Greef Building Voortrekker Road Oudtshoorn 6620	Private Bag X2 OUDTSHOORN 6620
Paarl	Tel: (021) 871 1682 Fax: (021) 872 0049	c/o Nuwe & Derksen Streets, Paarl, 7646	Private Bag X3026 PAARL 7620
Piketberg	Tel: (022) 913 1156 Fax: (022) 913 1347	Church Street, Piketberg, 7320	P.O. Box 20 PICKETBERG 7320
Vredendal	Tel: (0271) 213 2096 Fax: (0271) 213 2142	c/o Waterkant & Tuin Streets, Vredendal	Private Bag X2 VREDENDAL 8160

OFFICE	CONTACT NUMBERS	LOCATION	ADDRESS
Worcester	Tel: (023)3422400 Fax: (023)3475181	9 Durban Road Worcester, 6850	Private Bag X3052 WORCESTER 6850
Riversdal	Tel: (02933) 32458 Fax: (02933) 28501	8 Robertson Street Riversdal	P.O. Box 201 RIVERSDAL 6770
Khayelitsha	Tel: (021) 364 4970 Fax: (021) 364 1337 Tel: (021) 364 1330 (021) 364 1336	Lingeletu West Town Council, Bonga Drive, Site B, Khayelitsha	Private Bag X001 KHAYELITSHA 7783
Nyanga	Tel: (021) 386 1208 (021) 386 1209 Fax: (021) 386 4030	Mahobe Drive, off Klipfontein Road Nyanga, 7750	Private Bag X11 ATHLONE 7760
Gugulethu	Tel: (021) 638 5151 Tel: (021) 638 5152 Tel: (021) 638 5153 Fax: (021) 638 5117	Ikapa Town Council, NY1, Lansdowne Road Gugulethu, 7750	Private Bag X11 ATHLONE 7760
Vredenburg	Tel: (022) 713 2272 Fax: (022) 713 5365	26 Veldrif Road Vredenburg 7380	P.O. Box 428 Vredenburg 7380
Nyanga	Tel: (021) 694 1860 (021) 694 1861 Fax:(021) 694 1863	Ikapa Municipality Building Washington Street Langa 7455	Private Bag X11 Athlone 7760
Eerste River	Tel: (021) 904 1021 Fax:(021) 904 1161	42 Main Road Eerste River 7100	Private Bag X1 Eerste River 7100
Caledon	Tel: (028) 214 1780 Fax: (028) 214 1423	24 Orion Building Prince Alfred Way Caledon, 7234	

## SUBSTANCE ABUSE RESOURCE LIST

NAME	ADDRESS	TEL. No.	FAX NO.
<b>1. RESEARCH</b>			
National Trauma Research Programme Medical Research Council (MRC)	P.O. Box 19070 TYGERBERG 7505	(021) 938 0911 Email: <a href="mailto:jvdspuy@eagle.Mrc.ac.za">jvdspuy@eagle.Mrc.ac.za</a>	(021) 938 0200
Mental Health and Substance Abuse Urbansation and Health Programme Medical Research Council (MRC)	P.O. Box 19070 TYGERBERG 7505	(021) 938 0419 Email: <a href="mailto:cparry@eagle.Mrc.ac.za">cparry@eagle.Mrc.ac.za</a>	(021) 938 0342
Foundation for Alcohol and Related Research (FARR) UCT Medical School	Observatory CAPE TOWN 7924	(021) 406 6530 Email: <a href="mailto:cs@anat.uct.ac.za">cs@anat.uct.ac.za</a>	(021) 447 7703
<b>2. YOUTH GROUPS</b>			
Al-Anon and Alateen	925 Libertas Centre Voortrekker Road Goodwood 7460	(021)592 3970	(021) 592 3962
<b>3. SUPPORT/AFTER-CARE GROUPS</b>			
<b>3.1 ALCOHOLICS ANONYMOUS (AA)</b>			
Alcoholics Anonymous	925 Libertas Centre Voortrekker Road Goodwood 7460	(021)592 3970	(021) 592 3962
<b>3.2 ALCOHOLICS VICTORIOUS</b>			
Alcohol Victorious	PO Box 36299 Glosderry Kenilworth	(021) 797 1270	(021) 762 4235
<b>3.3 AL-ANON AND ALATEEN</b>			
Al-Anon and Alateen	925 Libertas Centre Voortrekker Road Goodwood 7460	(021)592 3970	(021) 592 3962
Drug Wise	P.O. Box 107 SEA POINT 8060	(021) 434 8703	(021) 439 2029
<b>3.4 GAMBLERS ANONYMOUS</b>			
Person on Duty		(011) 915 7730	

**3.5 NARCOTICS ANONYMOUS**

Person on Duty

088 130 0327  
073 147 8364  
082 697 5393  
073 153 6364**3.6 CHRISTELIKE ALKOHOLISTE BOND (CAB) BRANCHES**

An address of contact persons may be obtained from:

Toevlug Treatment Centre  
P.O. Box 515  
WORCESTER  
68491  
Tel. No.: (023) 342 1162  
Fax No.: (023) 347 3232

Western Cape

Ashton, Atlantis, Barrydale, Beaufort West, Blackheath, Brandvlei, Bredasdorp, Caledon, Citrusdal, Clanwilliam, Darling, De Rust, Dysselsdorp, Eendekuil, Eerste River, Elsies River, Franschoek, Gans Bay, George, George Industria, Grabouw, Great Brak River, Hermon, Hopefield Huguenot, Keimoes, Kensington, Klawer, Kleinmond, Knysna, Koelenhof, Koringberg, Koue Bokkeveld, Kraaifontein, Kuilsrivier, Laaiplek, Laingsburg, Lansdowne, Lentegeur, Lynedoch, Macassar, Malmesbury, Matroosfontein, Mitchells Plain, Montagu, Moorreesburg, Mossel Bay, Napier, Noorder-Paarl, Oudtshoorn, Paarl, Paarl East, Pacaltsdorp, Piketberg, PK. Elands Bay, Porterville PK. Vlottenberg, Ravensmead, Rawsonville, Redelingshuys, Retreat, Riebeek-Kasteel, Riebeek West, Riversdale, Riversonderend, Robertson, Saron, Simondium, Stellenbosch, Strandfontein, Strand, Suider-Paarl, Surrbraak, Swellendam, Touws River, Uitsig, Van Wyksvlei, Victoria West, Villiersdorp, Vredenburg, Vredendal North, Wellington, Wilgerivier, Windmeul, Wolseley, Worcester.

**NAME****ADDRESS****TEL. No.****FAX NO.****3.7 TELEFRIEND**

Friend in need

(021) 930 1122

(021) 930 1122

**3.8 ALCOHOL SAFETY-SCHOOL**

Alcohol Safety School

Private Bag X 131  
CAPE TOWN  
800

(021) 424 6020

(021) 423 8381

**3.9 CHRISTIAN ACTION FOR DEPENDANTS (CAD)**Alcohol and Drug  
Concerns CapeP.O. Box 36299  
GLOSDERRY  
7702(021) 643 650  
(Mornings only)**4. IN-PATIENT TREATMENT CENTRES – NGO & PRIVATE**

Hesketh King

P.O. Box 5  
ELSENBERG, 7607  
Old Paarl and  
Klipheuwel Road  
MULDERSVLEI

(021) 884 4600

(021) 884 4602

Medicity Kenilworth  
Chemical Dependency  
Unit (CDU)32 Kenilworth Road  
KENILWORTH  
7700

(021) 797 1400

(021) 761 9109

Ramot Centre

54 Toner Street  
PAROW  
7500

(021) 922 033

(021) 930 3123

De Novo (Adult and

Post Office

(021) 988 1138

(021) 988 0426

Youth) Treatment Centre	KRAAIFONTEIN 7570		
Toevlug Treatment Centre	P.O. Box 515 WORCESTER 6849	(023) 342 1162	(023) 347 3232
Stepping Stones Addition Centre	P.O. Box 48156 KOMMETJIE 7976	(021) 783 4230	(021) 783 1816
Serenity Care Centre	P.O. Box 1290 KNYSNA, 6570	(044) 343 2179	(044) 343 1395
Lambrecht Medi-Clinic	P.O. Box 1593 GEORGE, 6530	(044) 874 2785	(044) 874 0932
Helderberg Against Dependency	P.O. box 2345 Somerset West, 7129	(021) 852 4820	(021) 851 2772
Crescent Clinic	24 Crescent Road Kenilworth, 7708	(021) 762 7680	(021) 762 7669

NAME	ADDRESS	TEL. No.	FAX NO.
Libertas Treatment Centre	C/o Vanguard and Voortrekker Road GOODWOOD,7460	(021) 591 6111	(021) 591 5734
Horizons Halfway House Treatment Centre	P.O. Box 31266 GRASSY PARK,7888	(021) 737 886	(021) 737 886
Orient Treatment Centre	C/o Boundary and Boom Street SCHAAPKRAAL ,7941	(021) 731 053	(021) 705 3461
Stikland Drug Unit (Neuro - Clinic for alcohol only)	Private Bag X 13 Bellville, 7535	(021) 919 1110	(021) 919 5066
<b>5. COMMUNITY – BASED SERVICES</b>			
Cape Town Drug Counselling Centre	1 Roman Road P.O. Box 56 OBSERVATORY, 7935	(021) 447 8026	(021) 447 8818
Bridges Community Programmes	P.O. Box 2345 SOMERSET WEST, 7129	(021) 852 6066	(021) 852 1348
<b>6. SOUTH AFRICAN NATIONAL COUNCIL ON ALCOHOL AND DRUG DEPENDENCE (SANCA) – WESTERN CAPE</b>			
SANCA WESTERN CAPE	P.O. Box 860 BELLVILLE, 7530	(021) 945 4080/1	(021) 945 4082
Athlone Alcohol and Drug Centre	P.O. Box 528 Klipfontein Road GATESVILLE ,7780	(021) 638 5116	(021) 637 2832
Atlantis Alcohol and Drug Centre	C/o Sun and Rotterdam Street, ATLANTIS, 7349	(021) 572 7461	(021) 572 2739

Guguletu Alcohol and Drug Centre	Saartjie Baartman Centre Klipfontein Road SURREY ESTATE, 7764	(021) 638 5116	(021) 637 2832
Khayelitsha Satellite Office	E505 Scott Street <b>KHAYELITSHA,</b> <b>7784</b>	(021) 364 5510	(021) 361 9334
Mitchells Plain Alcohol and Drug Centre	P.O. Box 761 MITCHELLS PLAIN, 7785	(021) 397 4617	(021) 397 4617
Paarl Alcohol and Drug Centre	P.O. Box 249 PAARL, 7620	(021) 872 5050	(021) 872 5050
Tygerberg Alcohol and Drug Centre	P.O. Box 1431 SANLAMHOF, 7532	(021) 919 9557/8	(021) 919 7383

**AFFILIATED SANCA (WC) BRANCHES ARE:**

<b>NAME</b>	<b>ADDRESS</b>	<b>TEL. No.</b>	<b>FAX NO.</b>
George Alcohol and Drug Centre	P.O. Box 2310 GEORGE 6530	(044) 884 0674	(044) 884 0674
Knysna Alcohol and Drug Centre	P.O. Box 1290 KNYSNA 6570	(044) 382 5160	(044) 382 5947
Serenity Care Centre (Treatment Centre) Knysna	P.O. Box 1290 KNYSNA 6570	(044) 343 1395	(044) 343 2179
CEF (Creating Effective Families)	P.O. Box 2319 MOSSEL BAY 6500	(044) 691 1411	(044) 691 1411
Helderberg Drug and Alcohol Action Committee	P.O. Box 2060 SOMERSET WEST 7129	(021) 852 4820	(021) 852 7599

**7. DETOXIFICATION SERVICES**

Stellenbosch Hospital	Private Bag X 5027 STELLENBOSCH 7600	(021) 887 0310	(021) 886 5454
Paarl Hospital	Private Bag X 3012 PAARL 7620	(021) 872 1711	(021) 872 4841
Karl Bremer Hospital	Private Bag X 15 Parow 7500	(021) 918 1511	(021)945 1919 (021) 949 8153
GF Jooste Hospital	P.O Box 66 Duinefontein Rd Manenberg 7762	(021) 690 100	(021) 691 7962

George Provincial Hospital	Private Bag X 6534 George 6530	(044) 875 5122	(044) 874 5017
Hottentots Holland Hospital	Private Bag X 2 Somerset West 7129	(021) 852 1334	(021) 852 5392
Eben Dönges Hospital	Private Bag X 3049 Worcester 6850	(023) 348 1400	(023) 342 8501
<b>8. OTHER STAKEHOLDERS</b>			
Drug Free Marshals (Cape Town)	Roeland Street CAPE TOWN 8000	(021) 418 6054	(021) 852 6066
Narconon Drug Education	P.O. Box 247 PAARDEN EILAND 7420	(021) 511 3496	
SANAB (S.A Narcotic) Buro)	Captain Uys P.O. Box 254 George 6530	(044) 874 3162	(044) 874 1817
<b>9. FORUMS</b>			
Western Cape Alcohol and Drug Abuse Forum (Research Committee)	P.O. Box 19070 TYGERBERG 7505	(021) 938 0326	(021) 938 0342
Western Cape Alcohol and Drug Abuse Forum (Education and Prevention Committee)	P.O. Box 107 SEA POINT 8060	(021) 434 8703	(021) 439 2029



# COMMUNITY SERVICES

## HELPLINES

### AIDS LINE

- ✉ P.O. Box 32201, Brandfontein, 2017
- ☎ 0800 01 2322
- ☎ (011) 715 2000
- 📞 (011) 715 2001

### CHILDLINE

- ☎ (021) 461 1114
- ☎ 0800 05 5555

### DEMENTIA SA (including Alzheimer's disease)

- ✉ P O Box 16421, Vlaeberg 8018 / 3<sup>rd</sup> Floor, State House, 3 Rose Street, Cape Town 8000
  - ☎ (021) 421-0077 / 78
  - ☎ NATIONAL HELPLINE : 0860 MEMORY / 0860 636 679
  - 📞 (021) 418-2772
- [www.dementiasa.org](http://www.dementiasa.org) / [info@dementiasa.org](mailto:info@dementiasa.org) / [support@dementiasa.org](mailto:support@dementiasa.org)
- Helpline counselling, support groups, family support, information, education, training, resource centre and advocacy around Alzheimer's disease and dementia

### HEAL (Halt Elder Abuse Line)

- ✉ PO Box 2335, Cape Town, 8000
- ☎ (021) 461 1001

### LIFE LINE

- ✉ 56 Roland Street, Cape Town, 8001
  - ☎ (021) 461 1113 - office
  - ☎ (021) 461 1111 – helpline
  - 📞 (021) 461 6400
- 24 hour telephone counseling service AIDS and HIV counseling

- ✉ Life Line Bishop Lavis Day Hospital, Lavis Drive, 7490
- ☎ (021) 9344822/3027
- 📞 (021) 934 3037

Drop-in Centre Monday to Friday 8H00 – 16H00 and Saturday by appointment

- ✉ Khayalitsha Cape Town, CWD 505 Scott Street, CWD Centre, Khaylitsha, 7784
- ☎ (021) 361 5855 – lifeline
- ☎ (021) 361 9197 – office
- 📞 (021) 361 5787

Drop-in Centre Monday to Friday 8H00 – 13H00 and Saturday by appointment.

## MARRIAGE & FAMILY

### FAMSA

- ✉ No 9 Bowden Road, Observatory, 7925
- ☎ (021) 447 7951
- ☎ (021) 447 0170 - Appointments
- 📞 (021) 447 0174
- ✉ [famsawc@new.co](mailto:famsawc@new.co).

Offer counseling for individuals, couples and families; violence awareness; trauma debriefing; pre-marital counseling and divorce mediation.

## **VIOLENCE PREVENTION & TREATMENT**

### **MOSAIC TRAINING, SERVICE AND HEALING CENTRE FOR WOMEN**

✉ PO Box 18460, Wynberg 7824. No. 66 Ottery Road, Wynberg 7800

☎ (021) 761 7585

📞 (021) 761 7584

✉ admin@mosaic-sa.co.

Mosaic is a community based training and service organization that seeks to heal and empower woman and youth against the abuse in their homes, workplaces and communities.

### **NICRO WOMEN'S SUPPORT CENTRE**

✉ PO Box 10034, Cape Town, 8000. No. 4 Buitensingel Street, Cape Town

☎ (021) 422 1690

📞 (021) 424 6879

A face-to-face counseling service for women who have been abused; community education regarding domestic violence and training of counselors.

### **RAPE CRISIS**

✉ PO Box 46, Observatory, 7935. No. 23 Trill Road, Observatory, 7925

☎ (021) 447 1467 – Info.

☎ (021) 447 9762 - Counseling

📞 (021) 447 5458

Provide one-on-one counseling for survivors of rape, as well as training and public awareness regarding rape. A 24-hour emergency telephone counseling service is also operated - 083 222 5158.

### **TRAUMA CENTRE FOR SURVIVORS OF VIOLENCE AND TORTURE**

✉ PO Box 13124, Woodstock, 7915. No. 126 Chapel Street, Woodstock, 7925

☎ (021) 465 7373

📞 (021) 462 3143

Trauma debriefing, support groups and individual and group therapy are offered to victims, survivors or witnesses of trauma and violence (and their families).

### **WESTERN CAPE NETWORK ON VIOLENCE AGAINST WOMAN**

Saartjie Baartman Women's Centre, Klipfontein Road, Athlone

✉ PO Box 5, Athlone, 7760

☎ (021) 633 5287

📞 (021) 637 0785

Co-ordinate services and resources for women who have been abused; involved in networking, referrals and advocacy work.

## **MENTAL ILLNESS**

### **MENTAL HEALTH INFORMATION CENTRE**

Department of Psychiatry, University of Stellenbosch Medical School

✉ PO Box 19063, Tygerberg 7505

☎ (021) 938 9229

📞 (021) 933 5790

✉ [mhic@gerga.sun.ac.za](mailto:mhic@gerga.sun.ac.za)

Offers information and guidance regarding mental health concerns and resources. A nation-wide telephone referral service is also provided.

### **DEMENTIA SA (including Alzheimer's disease)**

✉ P O Box 16421, Vlaeberg 8018 / 3<sup>rd</sup> Floor, State House, 3 Rose Street, Cape Town 8000

☎ (021) 421-0077 / 78

☎ NATIONAL HELPLINE : 0860 MEMORY / 0860 636 679

☎ (021) 418-2772

[www.dementiasa.org](http://www.dementiasa.org) / [info@dementiasa.org](mailto:info@dementiasa.org) / [support@dementiasa.org](mailto:support@dementiasa.org)

Helpline counselling, support groups, family support, information, education, training, resource centre and advocacy around Alzheimer's disease and dementia

## **SUPPORT GROUPS FOR MENTAL ILLNESS**

### **ANXIETY DISORDERS CLINIC**

✉ University of Stellenbosch, Dept of Psychiatry, Private Bag X13, Bellville 7530

☎ (021) 940 4442/3

☎ (021) 940 4555

☎ (021) 940 4443

Assessment and treatment for people (from all areas) with Anxiety Disorders

### **DEPRESSION & ANXIETY DISORDERS SUPPORT GROUP**

✉ PO Box 652548, Benmore, 2010

☎ (011) 783 1474/76

☎ (011) 7837080

Has a network of support across SA. Phone the main group to obtain contact details for local support groups.

### **DEMENTIA SA (including Alzheimer's disease)**

✉ P O Box 16421, Vlaeberg 8018 / 3<sup>rd</sup> Floor, State House, 3 Rose Street, Cape Town 8000

☎ (021) 421-0077 / 78

☎ NATIONAL HELPLINE : 0860 MEMORY / 0860 636 679

☎ (021) 418-2772

[www.dementiasa.org](http://www.dementiasa.org) / [info@dementiasa.org](mailto:info@dementiasa.org) / [support@dementiasa.org](mailto:support@dementiasa.org)

Helpline counselling, support groups, family support, information, education, training, resource centre and advocacy around Alzheimer's disease and dementia

### **REACH OUT**

✉ PO Box 16578, Vlaeberg, 8018

☎ 088 120 4136

This organization does not offer crisis intervention but is a support group for people who are living with depression.

### **CAPE SUPPORT FOR MENTAL HEALTH**

✉ Nursing Admin. Block, 1<sup>st</sup> Floor, Valkenberg Hospital, 7925. PO Box 236, Rondebosch, 7700

☎ (021) 448 0760

☎ (021) 448 0761

Support for families of people with Schizophrenia or Bipolar disorder.

### **WESTERN CAPE BIPOLAR ASSOCIATION**

☎ 082 855 3180

☎ [bipolar@jaywalk.com](mailto:bipolar@jaywalk.com)

 [www.jaywalk.com/bipolar](http://www.jaywalk.com/bipolar)

Support and information on "manic depression".

## ELDERLY

### ASSOCIATION OF RETIRED PERSONS AND PENSIONERS

✉ PO Box 403, Howard Place 7450. Suite 7, Howard Centre, Forest Drive, Pinelands

☎ (021) 531 1758

📠 (021) 531 5891

Organize social activities for the active elderly.

### CAPE PENINSULA ORGANISATION FOR THE AGED

✉ 231 Main Road, Newlands, 7700. Private Bag X7, Newlands, 7725

☎ (021) 686 7830

📠 (021) 685 6689

### DEMENTIA SA (including Alzheimer's disease)

✉ P O Box 16421, Vlaeberg 8018 / 3<sup>rd</sup> Floor, State House, 3 Rose Street, Cape Town 8000

☎ (021) 421-0077 / 78

☎ NATIONAL HELPLINE : 0860 MEMORY / 0860 636 679

📠 (021) 418-2772

[www.dementiasa.org](http://www.dementiasa.org) / [info@dementiasa.org](mailto:info@dementiasa.org) / [support@dementiasa.org](mailto:support@dementiasa.org)

Helpline counselling, support groups, family support, information, education, training, resource centre and advocacy around Alzheimer's disease and dementia

## CHILDREN

### BATHUTHUZELE YOUTH STRESS CLINIC

✉ PO Box 19063, Tygerberg, 7505

☎ 0800 600 411

📠 (021) 933 5790

Free assessment and treatment of youth (8 - 17 years).

### CAPE TOWN CHILD PROTECTION CENTRE

✉ St Leger Ward, Somerset Hospital, Greenpoint. PO Box 131, Cape Town 8000

☎/📠 (021) 425 5245

The Centre focuses on child abuse and neglect. A multi-disciplinary team is responsible for investigating each case.

### CAPE TOWN CITY MISSIONS

✉ PO Box 36091, Glosderry 7702. C/o Belmour & Turfall Road, Penlyn Estate

☎ (021) 691 9574

📠 (021) 619 9598

Run a variety of houses and day centres for children.

### CHILD CARE INFORMATION CENTRE

✉ Red Cross Children's Hospital, 46 Sawkins Road, Rondebosch, 7700

☎ (021) 689 1519

Provides a directory of services for health, welfare and education facilities for children with special needs.

### **MÔRESON KINDER TEHUIS (ACTVV)**

✉ P.O. Box 4401, George Oos, 6539  
☎ (044) 874 4798/874 2159  
📠 (044) 874 4798/8742159

### **CHILDLINE COUNSELING CENTRE**

✉ 38 Flemming Road, Wynberg  
☎ (021) 762 8198  
📠 (021) 762 7467  
Individual counseling for children.

### **CHILD WELFARE SOCIETY**

✉ PO Box 18008, Wynberg, 7800. 13 Electric Road, Wynberg 7824  
☎ (021) 761 7130  
📠 (021) 797 3390

### **EMPILWENI CENTRE**

A500 Shawco Building, Makhabeni Road, Khayelitsha  
✉ Dept Psychiatry, Ward J15, Groote Schuur Hospital, Anzio Road, Observatory, 7925  
☎ (021) 404 3359/ 361 7063  
📠 (021) 448 8158/ 361 7569  
Group support and counseling for children with behavioral problems or who have been sexually abused. Parents' support group is also offered.

### **POST-NATAL DEPRESSION SUPPORT ASSOCIATION (PNDSA)**

✉ No. 3 Visser Road, Trovato Estate, Kenilworth 7708  
☎/📠 (021) 797 4498  
Support to women who have suffered from PND.

### **PREGNANCY HELP CENTRE**

✉ 101 Medical Mews, 46 Church street, Wynberg  
☎ (021) 797 5000  
📠 (021) 797 0050  
Free pregnancy tests and counseling.

### **RAPCAN**

✉ Private Bag X18, Rondebosch 7701. No. 28 Lower Main Road, Observatory, 7925  
☎ (021) 448 9034/5  
📠 (021) 448 9042 - fax  
Rapcan work to prevent child abuse. They run awareness raising workshops and a counseling and referral system for both children and families and for adult survivors of incest and child abuse.

### **THE PARENT CENTRE**

✉ 31 Eden Road, Claremont, 7708  
☎ (021) 671 9142/3  
📠 (021) 671 9109  
The Centre offers counseling and runs workshops for parents.

### **UCT CHILD GUIDANCE CLINIC**

✉ UCT, Child Guidance Clinic, Chapel Street, Rosebank, 7700  
☎ (021) 650 3901  
📠 (021) 689 1006  
📧 E-mail: cgcnl@protem.uct.ac.  
Counseling for families of children with emotional and behavioral problems. Scholastic and developmental assessments are also carried out.

## **CHILD AND PARENT GUIDANCE CENTRE (STELLENBOSCH UNIVERSITY)**

☎ (021) 808 3506

📠 (021) 808 4706

## **UWC RESEARCH UNIT**

✉ UWC Research Unit, Private Bag X 7, Bellville, 7535

☎ (021) 959 2602

📠 (021) 959 2606

Research on child and family issues

## **HOMELESS PERSONS**

### **CASP: CO-ORDINATED ACTION WITH STREET PEOPLE**

✉ 14 Roeland Street, Cape Town, 8000

☎ (021) 462 0280

Network of organizations and concerned individuals working to alleviate the plight of the homeless.

### **THE ARK - CITY OF REFUGE**

✉ PO Box 30476, Tokai, 7966, 5 Old National Road

☎ (021) 843 3927

📠 (021) 843 3013

Shelter and accommodation for anyone in need (adults, youth and children).

### **THE BIG ISSUE**

✉ 19 Leister Road, Wynberg

☎ (021) 761 0714

📠 (021) 761 0714

📧 [bissuect@iafrica.com](mailto:bissuect@iafrica.com)

✉ 37 Sir Lowry Road, Woodstock

☎ (021) 461 6690

📠 (021) 461 6662

### **CAPE TOWN REFUGEE FORUM**

✉ Zabows Building, Main Road, Wynberg.

☎ (021) 762 9670

📠 (021) 761 2294

Help with school placement, fees and uniforms as well as accommodation, food vouchers and cooking utensils. Refer for legal Aid and Adult Education.

## **INTELLECTUAL DISABILITY**

### **WESTERN CAPE FORUM FOR INTELLECTUAL DISABILITY**

ASAT House, 1<sup>st</sup> Floor, Alexandra Hospital, Annex Road, Maitland

✉ PO Box 142, Maitland, 7404

☎ (021) 510 4686

📠 (021) 510 4687

The Forum's work includes advocacy, training, support and networking.

### **CAPE MENTAL HEALTH**

22 Ivy Street, Observatory

✉ Private Bag X7, Observatory, 7935

☎ (021) 447 9040

☎ (021) 448 8475

✉ sandra@cmhs.co.za

The CMHS's work encompasses mental health, mental handicap (intellectual disability) and mental illness (psychiatric disability). They provide case management, support, education and capacity building for mentally disabled service-users and their families.

## PHYSICAL DISABILITY

### ASSOCIATION FOR THE PHYSICALLY DISABLED

✉ PO Box 17445, Milnerton 7435

☎ (021) 555 2881/2/3/4

☎ (021) 555 2888

### CANCER ASSOCIATION OF SA

✉ 37a Main Road, Mowbray, 7700. Private Bag X186 Rondebosch 7700

☎ (021) 689 5347

☎ (021) 685 1937

Counseling for individuals with cancer and their families; information and resource centre.

### MULTIPLE SCLEROSIS SUPPORT GROUP

PO Box 15112, Panorama 7500

☎/☎ (021) 930 4570

✉ tbeyers@naspers.com

### SA NATIONAL COUNCIL FOR THE DEAF

The Bastion of the Deaf, c/o Thicket Road and Hemlock Street, Newlands

✉ PO Box 226, Newlands, 7725

☎ (021) 683 4665/6

☎ (021) 671 2644

### SANEL - SOUTH AFRICAN NATIONAL EPILEPSY LEAGUE

✉ 235 Lower main Road, Observatory. PO Box 69 Observatory 7935

☎ (021) 447 3012

☎ (021) 447 0430

Counseling for individuals and families, support groups, employment opportunities, awareness raising and information on epilepsy.

### SA PARKINSON'S ASSOCIATION

✉ 10 Heatherton Road, Newlands 7708

☎/☎ (021) 671 5221

Contact the above number for support groups.

### WESTERN CAPE CEREBRAL PALSY ASSOCIATION

✉ St Giles Centre, 2<sup>nd</sup> Floor 77 Klipfontein, Rondebosch, 7700.

PO Box 13037, Mowbray 7705

☎ (021) 685 4150

☎ (021) 686 8544

Counseling, advice and placement for people with Cerebral Palsy. Family guidance and parent counseling are also provided.

### WESTERN CAPE COUNCIL FOR THE BLIND

✉ PO Box 37539, Valleyland 7978. No. 20 Parakeet Street, Fish Hoek 7975

☎ (021) 785 3315

☎ (021) 785 5246

## BETHESDA WORKSHOP FOR THE PHYSICALLY DISABLED

✉ P.O. Box 383, Veldrift, 7365

☎ (022) 783 0420

📞 (022) 783 0420

Workshop for Men & Women, also for mental health users.

## SHELTERS

✉ **Agape Community Services:**

☎ 083 341 8781

Children in crisis

✉ **GC Williams:** 66 Tarentaal Road, Bridgetown, 7764 PO Box 36091, Glosderry, 7702

☎ (021) 637 1254

📞 (021) 637 1286

✉ **Beautiful Gate:** P.O. Box 263, Muizenberg, 7950

☎/📞 (021) 788 6498

✉ **Kidshelter:** 28 St Barbara Street, St. Montague Village, Lavender Hill, 7945

☎ (021) 701 8840

📞 (021) 701 8848

✉ **Ons Plek:** 4 Albertus Street, Cape Town, 8000

☎ (021) 465 4829

📞 (021) 461 0530

✉ **The Homestead:** 150 Strand Street, Cape Town, 8000

Private Bag 21538 Kloofstreet 8008

☎ (021) 419 9763/4

📞 (021) 419 2600

✉ **The Bridge:** Chapel Street, District 6, Cape Town, 8001

☎ (021) 419 9763/4

📞 (021) 419 2600

✉ **Bright Light's Skuiling:** 15 Edgar Street, Somerset West, 7130

☎/📞 (021) 8512414

✉ **Beth Uriel (16-24 years):** 289 Victoria Road, Salt River, 7925,

PO Box 335 Woodstock 7915

☎ (021) 447 8727

📞 (021) 448 2775

✉ **Claremont Children:** P.O. Box 18008, Wynberg, 7824

No. 1 Fir Street, Claremont

☎ (021) 683 5756

📞 (021) 797 3390

✉ **Don Bosco Hostel (16-24 years):** 2 Somerset Road, Cape Town, 8001

☎ (021) 425 1452

📞 (021) 419 1312

✉ **Percy Bartley House:** 44 Pine Road, Woodstock, 7925

☎/📞 (021) 447 5722

## GENERAL

**ACVV (Afrikaanse Christelike Vrouevereniging)**

✉ 61 Caledon Street, Cape Town, 8001

☎ (021) 462 1062

📞 (021) 461 0074

Provides various social services, counseling and advice.



### **ATHAG (African Townships Health Advocacy Group)**

Uluntu Centre, NY 108, Gugulethu. PO Box 30, Gugulthu 7750

☎ (021) 638 5123

☎ (021) 637 7969

Promotes self-help, awareness and information on behavior that jeopardizes family relationships, children's growth and stimulation and a healthy pregnancy.

### **ATTIC (Aids Training & Information Counseling Centre)**

✉ Lady Michaelis Orthopedic Home, Timor Hall Road, Plumstead, 7801

☎ (021) 797 3327/28

☎ (021) 797 3356

### **BEFRIENDERS SOUTH AFRICA**

✉ Nurse's College, Lentegeur Hospital, PO Box 219, Mitchell's Plain, 7789

☎/☎ (021) 311 481

Confidential emotional support for distressed, disappearing and suicidal people. Support may be telephonic, face-to-face or postal.

### **BEITUN-NUR**

✉ 15 Mars Road, Wynberg.

PO Box 57 Retreat 7945

☎/☎ (021) 797 9770

Home for destitute and abuse mothers and children.

### **BLACK SASH**

✉ 12 Plein Street, Cape Town

☎ (021) 461 7804

☎ (021) 461 8004

Promotes human rights and social justice

### **CAFDA**

Prince George Drive, Retreat. PO Box 211, Retreat 7945

☎ (021) 706 2050

☎ (021) 706 3013

Social services particularly for children, the elderly and family.

### **CATHOLIC WELFARE AND DEVELOPMENT**

✉ Head Office, 37a Somerset Road, Green Point, 8001

☎ (021) 425 2095/6/7

☎ (021) 425 4295

A broad spectrum of projects encompassing multiple social and mental health concerns.

### **CITIZEN'S ADVICE BUREAU**

✉ Westminster House, Longmarket Street, Cape Town

☎ (021) 422 0300/0500

Free information on almost any subject.

### **DEMENTIA SA (including Alzheimer's disease)**

✉ P O Box 16421, Vlaeberg 8018 / 3<sup>rd</sup> Floor, State House, 3 Rose Street, Cape Town 8000

☎ (021) 421-0077 / 78

☎ NATIONAL HELPLINE : 0860 MEMORY / 0860 636 679

☎ (021) 418-2772

[www.dementiasa.org](http://www.dementiasa.org) / [info@dementiasa.org](mailto:info@dementiasa.org) / [support@dementiasa.org](mailto:support@dementiasa.org)

Helpline counselling, support groups, family support, information, education, training, resource centre and advocacy around Alzheimer's disease and dementia

## **ISLAMIC SOCIAL AND WELFARE ASSOCIATION**

✉ PO Box 447, Athlone, 7760

☎ (021) 696 3000

☎ (021) 697 4606

## **NEW WORLD FOUNDATION**

15 Grindal Avenue, Lavender Hill

✉ PO Box 290, Steenberg, 7947

☎ (021) 701 1150

☎ (021) 701 9592

A training and community centre with a variety of projects to promote mental health and to support those with mental illness.

## **NICRO**

✉ 3<sup>rd</sup> Floor De Waal House, 172 Victoria Road, Woodstock

☎ (021) 447 4000

☎ (021) 448 3945

## **RED CROSS SOCIETY**

✉ PO Box 18032, Wynberg, 7824, Broad Road, Wynberg, 7800

☎ (021) 797 5360

☎ (021) 797 4711

✉ E-mail: redxcape@iafrica.com

## **SHAWCO**

✉ 115 12<sup>TH</sup> Avenue, Kensington, 7405

☎ (021) 593 2170

☎ (021) 593 3815

## **THE PRISON CARE AND SUPPORT NETWORK**

✉ 46 Rouwkoop Road, Rondebosch, 7700

☎ (021) 689 4223/ 689 8073

☎ (021) 697 1348

Seeks to respond to the spiritual and emotional needs of prisoners and their families

## **TRIANGLE PROJECT**

✉ Unit 29 Waveley Business Park, Mowbray 7705

PO Box 13935 Mowbray 7705

☎ (021) 448 3812

☎ (021) 448 4089

Caring for the gay, lesbian, bi-sexual and transgender community. The gay and lesbian helpline provides confidential telephonic counseling and support, crisis intervention and information service. Face to face counseling is available during office hours. Family and same-sex couple counseling is available.