

## **CHAPTER 3**

# **Counselling, Advice and Support Groups**

# Directorate: Developmental & Social Welfare Services

## CONTACT INFORMATION

**Region and Scope of Service**  
Head office: Khomas (Windhoek)  
Regional offices: see next page  
National coverage

**Street Address**  
Central Hospital Complex,  
Harvey Street, Windhoek West

**Head Office Postal Address**  
P/Bag 13198, Windhoek

**Telephone Number**  
Office hours: 061-203 2602

**Fax Number**  
Office hours: 061-223573

**Contact Persons**  
Director: Ms BU Katjiungua  
Deputy Director: Ms Masebane-Coetsee

- Affiliations**
- Multimedia Campaign on Violence Against Women & Children
  - Women & Child Protection Units of the Namibian Police
  - Child Justice Forum
  - International Committee on Child Justice

## MAIN SERVICES

Counselling  
Advice  
Referral (shelter, legal, medical)  
Social welfare assistance  
Financial assistance  
Information  
Advocacy

## NOTES/ADDITIONS/CHANGES

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## OVERVIEW OF MAIN SERVICES

Any member of the public can contact the nearest office of the Directorate of Social Services for just about any kind of health or welfare-related problem or emergency. Trained social workers will provide advice and individual counselling, and make appropriate medical, legal and other referrals to shelters and places of safety, support groups, professional institutions, etc. The Directorate is particularly sensitive to its legal duty to protect women and children against domestic violence, sexual abuse and neglect.

The Directorate receives referrals from a wide range of organisations and institutions dealing with victims of domestic violence and sexual abuse, and along with the Women & Child Protection Units, the Directorate occupies a central position in the continuum of services available for victims throughout Namibia. If a person in need of assistance is unsure where to go to find it, 'the nearest regional office of the Directorate is probably the best place to start.

It is notable that under the draft Child Care and Protection Act, any person who is paid to provide any service to children (e.g. a teacher, doctor, nurse) is required by law to report any information that would cause a reasonable person to suspect that a child is in need of protection to a social worker in the Ministry of Health & Social Services, or to the Commissioner of Child Welfare or NAMPOL.

The Directorate of Social Services administers matters relating to foster care, adoption and the temporary placement of minor children in registered places of safety - in accordance with the Children's Act or the new Child Care and Protection Act when it is passed by Parliament. The Directorate is also responsible for the placement of children in hostels and orphanages.

As a member of Interministerial Committee on Child Justice and all the Child Justice Forums in Namibia, the Directorate also assists children who conflict with the law. It has the authority to recommend an alternative to sentencing for a juvenile offender, and is responsible for providing aftercare services for these children.

Counselling is provided for women, children, men, couples and families - individually or in groups. People with alcohol or drug problems can also contact the Directorate for counselling and rehabilitation. Anyone needing counselling should contact the nearest regional office of the Directorate to arrange for it. Information and advice will be given on the telephone. *(Continued overleaf)*

## ADDITIONAL SERVICES

Administers all social allowances, such as old age pensions, maintenance grants for low-income single-parent families, disability grants and pensions, foster parent grants and death and survivor benefits. Also assists in obtaining court orders for child maintenance payments and alimony payments.

The Directorate can assist with emergency relief for the payment of rent, the exemption or reduction of school and hostel fees, hospital fees and related medical costs, and also with funeral expenses.

The Directorate will make appropriate referrals for people to obtain food aid under the National Drought Relief Programme and the Namibian School Feeding Scheme, which are administered by other ministries and agencies. Other kinds of emergency food aid, as well as clothing, can also be arranged.

The Directorate also makes appropriate referrals for people to obtain assistance from the War Orphan's Fund of the Social Economic Integration Programme for Ex-Combatants (SIPE) or from the Sam Nujoma Orphan's Fund.

The Directorate assists with referrals in cases of HIV/AIDS, other critical illnesses and disability.

## OTHER ACTIVITIES AND INVOLVEMENTS

- Beneficiary of the UNICEF-funded Mobilisation for Children's & Women's Rights Programme, which aims to strengthen the capacity of Ministries and other agencies to advocate and lobby for children's and women's rights, and to assist children and women in especially difficult circumstances.
- Beneficiary of the Finnida-funded Health and Social Sector Support Programme, which aims to develop a comprehensive social welfare policy for Namibia, including advocating for the rights and protection of children and women as its first medium-term priority.
- Subsidises qualifying welfare organisations with state funds. The National Welfare Act requires all non-governmental organisations offering welfare services to register with the Directorate.
- The Ministry of Health & Social Services conducted a survey on domestic violence and its health consequences in conjunction with the World Health Organization (WHO), as part of a comparative study involving Namibia, the Pacific Islands, Japan, Brazil, Peru and Thailand.
- The Ministry is also in the process of preparing a training manual on how to counsel male perpetrators of violence. Contacts for this programme are Veronica Theron or Betsy Boza Reyes.


## **\$** COSTS FOR SERVICES


Government services are free of charge.


## REGIONAL & DISTRICT OFFICES OF THE DIRECTORATE OF SOCIAL SERVICES

The Directorate of Social Services has a Control Social Worker in each health region who can be contacted during office hours for assistance.


### North East Health Region (Kavango, Caprivi)

 Rundu 066-265551  
Katima 066-253012


 Rundu 066-255371

 P/Bag 2094, Rundu


### North West Health Region (Oshana, Ohangwena, Omusati, Oshikoto)


 Oshakati (Oshana) 065-220211  
Ondangwa (Oshana) 065-258811  
Engela (Ohangwena) 065-261104  
Ongandjela (Omusati) 065-252013  
Tsumeb (Oshikoto) 067-224050


 Oshakati 065-220303

 P/Bag x5538, Oshakati

### Central West Health Region (Otjozondjupa, Erongo, Kunene)

 Otjiwarongo (Otjozondjupa) 067-303706  
Grootfontein (Otjozondjupa) 067-242960  
Otavi (Otjozondjupa) 067-234194  
Okakarara (Otjozondjupa) 067-317004  
Okahandja (Otjozondjupa) 062-503221  
Khorixas (Kunene) 067-331493  
Omaruru (Erongo) 064-570037  
Usakos (Erongo) 064-530067  
Swakopmund (Erongo) 064-412460  
Walvis Bay (Erongo) 064-203441

 Otjiwarongo 067-303706

 P/Bag 2612, Otjiwarongo

### Central South Health Region (Khomas, Omaheke, Hardap, Karas)

 Windhoek (Khomas) 061-2032602  
Gobabis (Omaheke) 062-562940  
Rehoboth (Hardap) 062-523811  
Mariental (Hardap) 063-245281  
Keetmanshoop (Karas) 063-223365  
Karasburg (Karas) 063-270167  
Lüderitz (Karas) 063-202446

This organisation offers the full range of professional social welfare services for persons of any religious denomination or culture.

# Dutch Reformed Church Benevolence Board - Social Service Council

## CONTACT INFORMATION

**Region and Scope of Service**  
Head office: Khomas (Windhoek)  
Regional offices: see next page

**Street Address**  
Windhoek Sinodial Church Office  
34 Feld Street, Windhoek

**Postal Address**  
Care of Windhoek Sinodial  
Church, PO Box 3307, Windhoek

**Telephone Number**  
Office hours: 061-237296

**Fax Number**  
Office hours: 061-227287

**Contact Persons**  
Chief Social Worker: Mr J de Witt  
Adoption Social Worker:  
Ms P Fourie  
Parental Guidance Advisor:  
Ms P Hofmann  
Divorce Counsellor: Ms E Swart

**Affiliation**

- Ministry of Health & Social Services
- Dutch Reformed Church (service network)
- United Nations Children's Fund (UNICEF)

## MAIN SERVICES

Counselling  
Advice  
Referral (medical, legal, spiritual)  
Information  
Education and training  
Awareness-raising  
Social welfare support  
Financial support (in extreme cases)  
Place of safety for children  
Adoption and foster care services

## NOTES/ADDITIONS/CHANGES

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## OVERVIEW OF MAIN SERVICES

This Organisation offers the full range of professional social welfare services for any person of any religious denomination or culture.

The Counselling Programme offers counselling and other therapeutic services for women, children, men, couples and families. Telephone counselling can be provided, but face-to-face counselling is preferred - always by appointment.

Counselling is provided on a wide range of topics, such as marriage and divorce, parent-child problems, parental guidance, family relationships generally, play therapy for children and HIV/AIDS. Counselling is also offered for people suffering from severe financial crisis, general behavioural problems, emotional or spiritual disturbance, severe depression, alcoholism or drug addiction, criminal tendencies, physical disabilities, unmarried motherhood, old age, neglect, domestic violence and any form of abuse.

The basic approach of the therapeutic programme is to address the emergency situation in its totality, and to repair people's damaged relationships with their, family members, friends, the community, the self and God. The overall mission of this Organisation is to promote maximum social functioning in the community from a Christian standpoint.

## ADDITIONAL SERVICES

- The Benevolence Board runs a residential shelter for abused, neglected or orphaned children and offers adoption and foster care services.
- Training is offered for counsellors to do voluntary community work. Trainees must be over 21 years of age and literate. The course lasts for 1-2 weeks and is free of charge. (Contact Ms P Fourie at head office to enrol for the course.)
- The foster care programme assists about 60 children each year, The board conducts regular recruitment campaigns for foster homes and parents. Normally two thirds of the children are placed with relatives. Members of the church congregation make about 18 of their own homes available for this purpose at any one time.
- Emergency food hampers and clothing are provided daily to clients in the organisation's programmes and to other needy community members (who must present an ID card).

(Continued overleaf)

- The Benevolence Board works very closely with the Ministry of Health & Social Services, and the Board's social workers are available daily from 08h00 - 10h00 at all the Board's offices.
- A financial assistance programme is run for people in emergency situations or very severe financial need.
- The Benevolence Board is responsible for the JT Potgieter Old Age Home in Windhoek, where it also runs a dedicated counselling and advice service for elderly people.
- A school education programme is run from time to time covering a range of topics (see counselling topics on the previous page for examples). Schools should contact the head office for information about this programme.

### **\$ COSTS FOR SERVICES**

All the Benevolence Board services are subsidised by the Dutch Reformed Church and are free of charge. If the parents/relatives of children served are financially able, they are asked to contribute a small amount for the services. Where applicable a small fee is requested from families for the adoption and foster care services.

### **REGIONAL OFFICES OF THE BOARD**

#### **Erongo**

(Serving Swakopmund, Henties Bay, Walvis Bay and any other town in the western region.)

☺ Swakopmund & Henties Bay contact:  
Ms T Olivier

☎ Office hours: Swakopmund 064 461962

☺ Walvis Bay contact: Ms S Jakobs

☎ Office hours: 064-205857

#### **Oshikoto**

(Serving Tsumeb, Otavi, Grootfontein, Kombat and any town in the northern regions)

☺ Contact: Ms M Barkhuizen

☎ Office hours: Tsumeb 067-220411

#### **Karas**

(Serving Keetmanshoop, Lüderitz, Karasburg, Ariamsvlei, Warmbad and any other town in the southern regions.)

☺ Contact Ms C Swiegers

☎ Office hours: Keetmans 063 222130

# Helping Hand Welfare Organisation

## CONTACT INFORMATION

**Region and Scope of Service**  
Khomas (Windhoek)  
National coverage

**Street Address**  
Corner Pasteur & Schonlein  
Streets, Windhoek

**Postal Address**  
PO Box 2842, Windhoek

**Telephone Number**  
Office hours: 061-257986

**Fax Number**  
Office hours: 061-257986

**E-mail Address**  
nccwhk@iway.na

**Contact Persons**  
Chairperson:  
Bishop WF Abrahams  
Alternative: Mr C Nyambe

**Affiliations**  
None

## MAIN SERVICES

Day-care centre for children  
Counselling  
Advice  
Referral (legal, medical, job placement)  
Social welfare support  
Training (counselling)  
Education

## NOTES/ADDITIONS/CHANGES

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## OVERVIEW OF MAIN SERVICES

The Helping Hand Welfare Organisation is a registered interdenominational church group which provides a range of support services for victims of domestic violence and abuse, the sick, the needy, and anyone in need of a helping hand. It also runs a day-care centre for abused, neglected or needy children.

Counselling is offered for women, children, couples and families. It is only provided in person, and it is necessary to make an appointment. Counselling is available for HIV/ AIDS sufferers, and prayer services for the sick are also offered. No referrals are needed for counselling. Helping Hand will refer people to other organisations for further assistance where necessary.

Counselling training is also available - focusing specifically on domestic violence and related issues. There are no restrictions in qualification to attend the courses. The basic courses are run at the Helping Hand Counselling Centre over a period of 3 week-ends, with 15 trainees per course. There is no certificate provided, nor any follow-up training, but job seekers will be referred to organisations needing their counselling skills.

All meals and other daily necessities are provided for the children at the day-care centre, as well as counselling - especially for abused children - and first-aid services. The centre is fully secured. People can contact the centre directly without a referral.

## ADDITIONAL SERVICES AND ACTIVITIES

- Provides education for school and adult groups on request.
- Facilitates interest-group workshops on request.
- Participates in community action initiatives dealing with domestic violence, all forms of abuse against women and children, and HIV/AIDS.
- Joins radio/TV panel discussions on request.

## **\$** COSTS FOR SERVICES

All services are free of charge.

# Helpline

## CONTACT INFORMATION

**Region and Scope of Service**  
Erongo (Swakopmund)  
National coverage

**Street Address**  
9 Sapphire Street, Vineta  
Swakopmund

**Postal Address**  
PO Box 84, Swakopmund

**Telephone Number**  
*All hours:* 064-402993  
*All hours crisis counselling line*  
081 127 1002/3 or  
081 233 0216/7

**Fax Number**  
*All hours:* 064-402993

**E-mail Address**  
hisway@iway.na  
helpline@swk.namib.com

**Contact Persons**  
Chairman Mr J Viljoen  
Counsellor: Mr G Bell  
Counsellor: Mr L Visser  
Counsellor: Mr v.d. Merwe

**Affiliations**  
None

## MAIN SERVICES

Counselling (24-hour telephonic)  
Advice  
Referral  
Training (counselling)

## NOTES/ADDITIONS/CHANGES

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## OVERVIEW OF MAIN SERVICES

Helpline provides free 24-hour telephone counselling and follow-up services to any person feeling distressed, deeply depressed or suicidal. Counselling is also provided in cases of domestic violence and sexual abuse, confusion, alcohol/ drug-related problems, or spiritual troubles.

Referrals are made if necessary and a follow-up service is provided. Children who have been sexually abused are referred to the Unit for Sexually Abused Children (USAC), based in Swakopmund (see this chapter). Helpline also provides support for the families of victims of violence or trauma.

Counselling for women, children, men, couples and families is available on request, but it is necessary to make an appointment. Home-based counselling can also be provided if requested.

Helpline can offer expertise in youth matters and in working with elderly people.

Helpline also offers Christian ministry for people without access to fellowship.

## ADDITIONAL SERVICES

- Provides training for counsellors in biblical psychology.

## OTHER ACTIVITIES AND INVOLVEMENTS


- Involved in a church-based youth project for integrating young people who have received counselling back into social life.
- Join radio/TV panel discussions on request.

## \$ COSTS FOR SERVICES


All services are free of charge.


# Legal Assistance Centre (LAC)


## CONTACT INFORMATION

 **Region and Scope of Service**  
Head office: Khomas (Windhoek)  
Advice office: see next page  
National coverage


 **Street Address**  
4 Korner Street, Windhoek


 **Postal Address**  
PO Box 604, Windhoek

 **Telephone Number**  
Office hours: 061-223356

 **Fax Number**  
Office hours: 061-234953

 **E-mail Address**  
info@lac.org.na

 **Contact Persons**  
Director: Mr N Tjombe  
Land issues: Ms E. Zimba-Naris  
Human rights issues:  
Ms T Hancox  
Education issues: Mr J Nakuta  
Gender issues: Ms D Hubbard  
Child justice: Ms C Zaahl  
HIV/AIDS: Mr. D. Cupido

 **Affiliations**

- Multimedia Campaign on Violence Against Women & Children
- Interministerial Committee on Child Justice (NGO rep.)
- National Advisory Committee on Gender Based Violence
- Windhoek Child Justice Forum

## MAIN SERVICES

Legal advice and representation  
Information  
Research  
Advocacy & lobbying  
Legal education & training  
Publications on law & human rights  
Referrals (medical, welfare, other)

## NOTES/ADDITIONS/CHANGES

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## OVERVIEW OF MAIN SERVICES

The LAC is a non-profit public interest law firm with a head office in Windhoek and additional offices in Katutura, Ongwediva and Keetmanshoop. The LAC's work is supervised by the Legal Assistance Trust, whose trustees include legal practitioners, church leaders and other community leaders. The LAC's main objective is to protect the human rights of all Namibians.

The LAC provides legal advice and representation services for people who cannot afford to pay a lawyer. These services are provided only in public interest cases - where the case is likely to have an impact beyond the people directly involved. The lawyers and paralegals are available to give legal advice to anyone approaching their offices with a legal problem or a question about the law. Clients will be referred to the appropriate agencies for further assistance, e.g. to the Ministry of Health & Social Services for welfare assistance and counselling.

The LAC has a **Legal Education Unit** which offers education on a wide range of legal issues for community groups, school groups, non-governmental organisations and other interest groups. The trainers go out to communities to provide this education on request, and they also target groups who may need this education. The department also trains people who can in turn educate their own community members. The main topics covered in the training workshops include the Namibian Constitution and the laws which provide for the rights of workers, women and children, e.g. the labour law and the laws on marriage, divorce, maintenance, rape and domestic violence.

A very important aspect of the LAC's work is to do legal research and make policy recommendations for law reform and the use of Namibian legislation to protect the rights of all Namibians. The **Gender Research & Advocacy Project** is one of the LAC's permanent projects which does this kind of work. This project has published numerous studies and papers on topics relating to women's and children's rights, as well as a wide range of educational materials on women's and children's rights (in different Namibian languages), which are available from any of the LAC offices. Most of the materials are free of charge. The project is currently focusing on law reform in the area of family law.

Another permanent project of the LAC is the **Child Justice Project**, which works together with government ministries and non-governmental organisations to find alter-

(continued overleaf)



natives to prison sentences for children (people under 18 years old) who conflict with the law. The alternative sentencing options are meant to keep children out of the criminal justice system, rehabilitate them and reintegrate them into the community. This project occupies a central position in the continuum of services for children in need of care, and works very closely with the Namibian Police and the other members of the Interministerial Committee on Child Justice and the regional Child Justice Forums, which include governmental and non-governmental representatives.

Another relevant project of the LAC is the **AIDS Law Unit**, which promotes a human rights based approach to HIV/AIDS in Namibia, addresses issues of social inequality that increase vulnerability to HIV infection as well as discrimination on the basis of HIV status and provides an avenue for remedies for people with HIV or AIDS who have been discriminated against. It enjoys a close working relationship with other AIDS service organisations in Namibia such as NANASO, Catholic AIDS Action and the AIDS Care Trust as well as with organisations of people living with HIV/AIDS such as Lironga Eparu. The Unit also enjoys a close working relationship with the Ministries of Health and Social Services, Basic Education and Labour as well as with trade unions such as the National Union of Namibian Workers (NUNW) and employer organisations such as the Chamber of Mines and the Namibian Employer's Federation and plans and executes its activities in close collaboration with these partners. It also hosts the regional offices of the AIDS and Rights Alliance for Southern Africa (ARASA)

#### ADDITIONAL SERVICES

- The LAC publishes and updates the Index to the Laws of Namibia (NAMLEX),
- The LAC produces the bi-annual Namibian Law Report as a special project.
- Another project is the Land, Environment and Development Project, which carries out

research and makes recommendations for law reform in these areas.

- The various projects and departments produce articles on law-related topics for publication in local newspapers, and will do so on request.
- LAC staff can be called upon to join radio and TV panel discussions. The Legal Education Unit makes extensive use of radio to educate communities and will facilitate radio talk shows on request.
- LAC legal practitioners assist in lecturing law students at the University of Namibia, and in training justice officials (magistrates and prosecutors), as well as government and police officials, on various areas of the law.
- Non-governmental and community-based organisations can approach the LAC for assistance in drafting their constitutions and other legal documents.
- The LAC can be called upon to conduct research on behalf of or in conjunction with other organisations - governmental or non-governmental.
- The Legal Education Unit organises community events to mark internationally recognised human rights holidays, such as International Human Rights Day.

#### OTHER ACTIVITIES AND INVOLVEMENTS

The LAC is a member of numerous committees and networks in Namibia and Southern Africa, and provides ongoing legal, educational and research support to many governmental and non-governmental bodies in Namibia and Southern Africa. Among these bodies are the Southern African Human Rights NGO Network (SAHRINGON) and the Southern African Legal Assistance Network (SALAN). The Namibian bodies relevant to this publication are listed on the previous page.

#### **\$** COST FOR SERVICES

Almost all services are free of charge. Some publications must be paid for, as well as specialist services such as research and lecturing services.

#### LAC REGIONAL ADVICE OFFICES

**Katutura Advice Office**  
(Komas Region - Windhoek)

☺ Co-ordinator: Mr J Nakuta  
☎ 061-264641/262333  
📠 061-262297  
✉ PO Box 62053 Katutura  
📍 Katutura Community Centre  
Independence Avenue

**Human Rights Centre**  
(Oshana Region - Ongwediva)

☺ Co-ordinator:  
Ms R Hekandjo  
☎ 065-230178 or 230444  
📠 065-230443  
✉ P/Bag X5534 Oshakati  
📍 ELCIN Centre, Ongwediva

**Keetmanshoop Advice Office**  
(Karas Region)

☺ Co-ordinator: Mr A Katzao  
☎ 063-223187  
📠 063-223758  
✉ PO Box 180 Keetmanshoop  
📍 Cnr. Suider & Hoog Street

# Lifeline/Childline

## CONTACT INFORMATION

**Region and Scope of Service**  
Khomas (Windhoek)  
National coverage  
Note: Soon to have outreach points in Rundu & Oshakati

**Street Address**  
45 Bismarck Street, Windhoek

**Postal Address**  
PO Box 5477, Windhoek

**Telephone Number**  
Office hours: 061-226889  
All hours counselling line:  
061-232221

**Fax Number**  
Office hours: 061-226889

**Contact Persons**  
Director: Ms A Kruger  
Public Relations Officer:  
Ms M Lofty-Eaton  
Trainer: Mr Hango  
081 273 8508

- Affiliations**
- Multimedia Campaign on Violence Against Women & Children
  - Women & Child Protection Units of the Namibian Police
  - Namibia Network of Aids Service Organisations (NANASO)

## MAIN SERVICES

Counselling (24 hour telephonic)  
Advice  
Referral  
Education  
Awareness-raising  
Training (counselling, other)

## NOTES/ADDITIONS/CHANGES

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## OVERVIEW OF MAIN SERVICES

Lifeline/Childline provides a free 24-hour telephone counselling service for anyone in emotional distress or in need of emergency first-aid advice. The ongoing training and supervision of the 60 volunteer counsellors who provide this telephonic counselling is accredited and linked to an international network of Lifeline/Childline centres. Telephonic counselling should not be seen as a therapy in itself: the Organisation supports existing professional services (e.g. psychologists) and acts as a scrutinising body for referrals to these services for appropriate and full therapy.

Face-to-face counselling for women, children, men, couples and families is available by appointment. Counselling topics include violence against women and children, substance abuse, relationships, sex, physical health, personal growth, mental/emotional stress, grief and loss, and material needs.

A 7-week Personal Growth Course is available for any person aged 15 years or older. The course is run regularly and is advertised in the media. It can also form part of a full therapy programme. A letter of recognition can be provided on completion of the course.

Education for children is provided through the "Feeling Yes, Feeling No" drama-based programme, and the Prevention of Child Abuse Programme which is aimed at Grade 3 level. Both programmes are available for school groups and other groups on request. A workshop programme for teenagers on life skills and HIV/AIDS is likewise available on request.

## ADDITIONAL SERVICES

- A 10-week Basic Training Course for Counsellors is run regularly. The training topics include human needs and development, communication, self-disclosure, conflict resolution, confrontation, problem-solving and general counselling skills.
- Lifeline/Childline outreach points are currently being developed in Rundu and Oshakati.

## OTHER ACTIVITIES AND INVOLVEMENTS

- Member of the Technical Planning Group of the National Aids Control Programme.
- Member of the Management Committee of the Women & Child Protection Units of NAMPOL.

## COSTS FOR SERVICES

- Telephone counselling: free of charge
- Personal Growth Course: N\$150
- Basic Training Course for Counsellors: N\$150
- Programmes for children and teenagers: negotiable

# (MMTC) - Katutura Place of Safety

## Michelle McLean Children's Trust

### CONTACT INFORMATION

**Region and Scope of Service**  
Namibia office: Khomas  
(Windhoek) National coverage  
(Also has contact point in Walvis Bay & an office in Cape Town, SA)

**Street Address**  
Office: 28 Robert Mugabe Ave.

**Postal Address**  
PO Box 97428, Windhoek

**Telephone Number**  
Windhoek (*office hours*):  
061- 240807 / 240809  
Walvis Bay Office:  
064-206441

**Fax Number**  
Windhoek (*office hours*):  
061-240808

**Contact Persons**  
Co-ordinator & Project Manager  
in Namibia: Ms T van Els

**Affiliations**

- Ministry of Health & Social Services
- Ministry of Basic Education, Sport & Culture
- Collaborates with a wide range of Namibian, South African and foreign governmental and non-governmental organisations, private institutions & individual philanthropists

### MAIN SERVICES

Place of safety for children  
Project funding  
Social welfare support  
Medical support  
Educational support  
Referral

### NOTES/ADDITIONS/CHANGES

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### OVERVIEW OF MAIN SERVICES

The MMCT was established by Namibian-born Michelle McLean soon after she was crowned Miss Universe in 1992. The MMCT has since been involved in numerous projects, and encourages children participating in these projects with Michelle's own motto: "If you can imagine it, you can do it." The organisation's mission is to assist and encourage youth to commit themselves to their future and the future of Namibia, to accept accountability for their actions, to achieve all they are capable of achieving, and in doing so, to help prepare future generations of Namibians for success. The MMTC is registered as a non-profit welfare Organisation.

Major projects of the MMTC include, among others: the Heart of a Child Fund, which funds heart surgery for children; Operation Snowball, which donates clothing and blankets to needy children; a place of safety for children; a feeding scheme which provides daily meals for needy children in Katutura; a hospice for child cancer patients; a school project for schools which cannot afford essential items-, an AIDS orphan project; and a home-care project which provides a qualified nurse for people needing medical care at home. The MMTC also assists children with eye problems and life-threatening illnesses. It also provides educational backup in maths, science, history and English for rural children or less fortunate children at Grade 10-12 level. The MMTC runs a range of annual and ongoing fundraising activities to support its projects, Through the Envelope Project, for example, tourists staying at leading hotels can place their change and foreign currency in MMTC envelopes.

The MMTC place of safety for children is situated in Katutura. The children must be referred there by the MMTC office or by a social worker in the Ministry of Health & Social Services. A maximum of 10 children can stay in this place of safety. Meals and other daily essentials are provided. Counselling can be arranged for children in need of this service, but it is not provided at the shelter. Medical care will also be arranged as necessary.

### ADDITIONAL SERVICES

- The MMTC produces educational materials and it has also produced a video on the Namibian environment, but these materials are produced specifically for MMTC projects and are not made available to the public.
- A Christmas Art Competition is held annually, and 20 works are selected for the production of Christmas cards to sell for fundraising purposes. The cards are sold in packs of varying amounts.

### § COSTS FOR SERVICES


All services for children are free of charge.


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# Namibian Men For Change (NAMEC)


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## CONTACT INFORMATION

 **Region and Scope of Service**  
All 13 regions of the country


 **Street Address**  
CCN Building, 8521 Abraham  
Mashego Street, Khomasdal


 **Postal Address**  
PO Box 70690, Khomasdal

 **Telephone Number**  
Office hours: 061-224004  
081-269 5967

 **Fax Number**  
Office hours: 061-224732

 **E-mail Address**  
clive@iway.na

 **Contact Persons**  
Director:  
Abdallah H Mwakembeu

 **Affiliations**  
Namibia Non- Governmental  
Organisation Forum  
(NANGOF)

## MAIN SERVICES

Counselling  
Sensitization workshops for men  
and school boys  
Training on Counselling

## NOTES/ADDITIONS/CHANGES

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## OVERVIEW OF MAIN SERVICES

As an organisation NAMEC aims to sensitize and encourage men and boys who are mainly the perpetrators of sexual and gender-based violence and abuse to change and bring to an end their violence and abusive attitudes and behaviors against the vulnerable members of our society (women, children, the elderly and the disabled).

NAMEC therefore provides counselling them in their marriages or relationships for them to be able to find peaceful means of solving problems with their spouses without necessarily using violence or abuse. It regularly organises and conducts sensitization activities and advocacy campaigns aimed at denouncing sexual and gender based violence and abuse and discouraging men from being promiscuous as a way of scaling down HIV/ AIDS infections among members of our communities. Activities include community men's and schoolboys workshops country wide.

## COSTS FOR SERVICES

All services are free of charge.

# Namibia Women's Association (NAWA)

## CONTACT INFORMATION

**Region and Scope of Service**  
Khomas (Windhoek)  
National coverage for girl children

**Street Address**  
Cnr. Mungunda & Shanghai  
Street, Katutura

**Postal Address**  
PO Box 3370, Windhoek

**Telephone Number**  
Office hours: 061-262021

**Fax Number**  
Office hours: 061-263539

**E-mail Address**  
nagirlch@iway.na

**Contact Persons**  
Chairperson: Ms O Abrahams  
Alternate: Ms P Leopoldt

**Affiliations**  
Namibian Non-Governmental  
Organisations Forum (NANGOF)

## MAIN SERVICES

- Counselling
- Advice
- Referral
- Information
- Advocacy and lobbying
- Training (peer counselling)
- Education
- Mobilising

## NOTES/ADDITIONS/CHANGES

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## OVERVIEW OF MAIN SERVICES

NAWA's focus is on supporting women who are going through divorce, and implementing the Affirmative Action for the Girl Child Project designed after the 4th World Conference on Women in Beijing in 1995.

NAWA facilitates a Divorce Support Club for women. The support that members receive includes accompaniment to court, counselling, advice and referral - particularly to the Legal Assistance Centre (LAC) with which NAWA has a close relationship. NAWA also conducts interviews with women to bolster their confidence and generally empower them to secure a just divorce settlement and maintenance for their children. The club has met with an unprecedented growth in membership. Requests have been received for an extension of the service to other parts of Namibia, but this is not presently possible because NAWA has only one full-time office worker.

As part of the Affirmative Action for the Girl Child Project, NAWA is helping girls to establish a Namibian National Girl Child Organisation to ensure meaningful and organised input into the project. Training courses are run under the project to build capacity and facilitate the establishment of the national organisation. The project has the full support of the Ministry of Basic Education & Culture and NAWA has access to all schools.

NAWA offers counselling for women, couples and families, and peer counselling training for girl children. People in need of counselling are normally referred by women who have benefited from NAWA's services. Counselling is given in person or on the telephone, and appointments should preferably be made.

The minimum age for girl child peer counselling training is 13-25 years. There is no minimum educational requirement, but trainees are usually girls in secondary school. They are trained by women associated with NAWA, and by members of the Forum for Women Educationalists of Namibia. Courses run for 2 full days, there are 109 trainees per course, and they are run countrywide. The course focuses on mobilising, budgeting, peer counselling and producing a newsletter. A NAWA-designed certificate is given, and follow-up courses are run whenever necessary and if funds are available. There is no job placement service offered.

## OTHER ACTIVITIES AND INVOLVEMENTS

- Advocacy and lobbying together with other organisations.
- Joins radio/TV panel discussions - especially on the topic of girl children.
- Produces educational radio tapes for distribution.

## 💰 COSTS FOR SERVICES

All services are free of charge.

# PEACE

## CONTACT INFORMATION

### **Region and Scope of Service**

Khomas (Windhoek)  
Services intire Khomas

### **Street Address**

26 Rhino Street  
Windhoek North

### **Postal Address**

PO Box 50617, Bachbrecht  
Windhoek

### **Telephone Number**

Office hours: 061-371550

### **Fax Number**

Office hours: 061-371555

### **E-mail Address**

info@peace.org.com  
Website; www.peace.org.na

### **Contact Persons**

Director: Dr Gudrun Kober  
Operations Co-ordinator:  
Vicky Festus

### **Affiliations**

Namibian Non-Governmental  
Organisations Forum (NANGOF)

## NETWORKING

At the local level networking has included, amongst others:

- Ministry of Health & Social Services
- Ministry of Prisons & Correctional Services
- Legal Assistance Centre
- National Society of Human Rights
- NANGOF
- Life Line
- The Big Issue
  - Namibian Police
  - Forum for the Future
  - New Start

## NOTES/ADDITIONS/CHANGES

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## OVERVIEW OF MAIN SERVICES

PEACE's activities, can be divided into four main groups.

*Create increases decentralised support and involvement in trauma intervention through other service providers.*

The staff of the PEACE centre, being situated in Windhoek and not yet having regional branches, has to do much of its work with clients indirectly, especially by providing appropriate training for members of partner organisations. The centre tries to identify, through comprehensive needs assessments in affected communities, the ways in which it can develop already existing local knowledge and skills in the field of psychological interventions. This includes the provision of ongoing supervision after basic traing has been completed. In this manner local communities can be empowered.

An example of this was the training for the employees of the Woman and Child Protection Units of the police stations. The course was called 'Basic Counselling Skills'. The police officers, who had never received any information about trauma before, were taught about what trauma actually is, what symptoms can be involved, the effects of a traumatic happening for the traumatized person, also for the other people involved and how they deal with a traumatized person when he/she enters an officer's office.

PEACE is also involved with the training of personnel and volunteers of Lifeline/Childline. Additionally there are some ongoing community projects, such as the establishment of a kindergarden in Freedom land, an informal settlement in Windhoek. This project aims to prevent trauma. There is also a project with albinos and the visually impaired, who are not and do not feel accepted in society.

Facilitate access for psychosocial therapy for all trauma victims. PEACE provides counselling and therapeudic interventions. Firstly it has set up a referral network of psychologists. This means that it has obtained the commitment of eight psychologists who provide services to the Centre's clients at a reduced fee or at no cost. Then PEACE's staff members do some individual counselling as well. Subsequently PEACE offers group counselling. An example of this is a four day intensive group counselling, held with seventeen people, who are either ex-detainees (persons imprisoned on charges of being spies for the South African government during the struggle for Namibia's independence) or related to the ex-detainees.

# Philippi Trust Namibia

## CONTACT INFORMATION

**Region and Scope of Service**  
Khomas (Windhoek)  
National coverage

**Street Address**  
Cnr. Beethoven & Strauss  
Street, Windhoek

**Postal Address**  
PO Box 4447, Windhoek

**Telephone Number**  
Office hours: 061-259291

**Fax Number**  
Office hours: 061-259210

**E-mail Address**  
philippi@mweb.com.na

**Contact Persons**  
Training co-ordinator:  
Mr Brendell  
Administrator:  
Ms van Rensburg

**Affiliations**  
None

## MAIN SERVICES

Training  
Counselling

## NOTES/ADDITIONS/CHANGES

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## OVERVIEW OF MAIN SERVICES

Philippi Trust Namibia is a local branch of Philippi Trust International, which exists essentially to provide the highest possible level of counselling and counselling training. Although Philippi is a Christian-oriented Organisation, it uses secular counselling models unless an individual or a target group specifically requests a Christian-oriented model. Church members actively involved in providing services to their congregations comprise a particularly important target group of this Organisation. Philippi Namibia's vision is to draw potential counsellors from all parts of Namibia for training, whereafter they can return to their communities to provide counselling services.

The Organisation offers counselling for women, children aged 12 years and older, men, couples and families. People are usually referred for counselling by the Ministry of Women Affairs and Child Welfare, non-governmental organisations, churches and institutions. Counselling is given only in person, and appointments must be made.

Counselling trainees can be of any age. Anyone who is interested and who has basic knowledge can attend the course on counselling victims of abuse, but otherwise there are no educational requirements. The trainers include the director of Philippi Trust International, a lecturer at the University of Namibia and Philippi Namibia's training coordinator. The courses are usually run in the community which has requested training, so trainees do not necessarily have to travel to Windhoek. The maximum number of trainees per course is 25 and the minimum is 15.

Four courses are offered: Awareness Level 1; Awareness Level 2; a specialist course for counselling survivors of abuse; and a specialist course for counselling people with HIV/AIDS. The specialist courses run for 60 hours and the counselling course range from 60 hours basic course to a diploma course. Psycho-social support range from a one-week awareness programme including a camping for 2 weeks. A three week HIV/AIDS course is also offered. Training of trainers for 8 months. The specialist course on abuse focuses on equipping trainees to deal with the deep pain of child abuse and giving them a deeper insight into the effects of such trauma - on the victim and on society. All trainees who complete a course receive a certificate of attainment. Follow-up courses are offered, but no job placement assistance.









## **\$ COSTS FOR SERVICES**

The counselling service is free of charge. The costs per person for the counselling training courses are:

- Awareness Level 1 - N\$750
- Awareness Level 2 - N\$2 700
- Specialist course on abuse - N\$750
- Specialist course on HIV/AIDS - POA

# Stop the Violence Women's Group

## CONTACT INFORMATION

-  **Region and Scope of Service**  
Otjozondjupa (Okahandja)  
Serves Okahandja and surrounds
-  **Street Address**  
No permanent office
-  **Postal Address**  
PO Box 488, Okahandja
-  **Telephone Number**  
*Office hours:* 062-501355
-  **Fax Number**  
*Office hours:* 062-501366
-  **E-mail Address**  
kwvmaree@iway.na
-  **Contact Persons**  
*Secretary:* Ms K Makati
-  **Affiliations**
  - Multimedia Campaign on Violence Against Women & Children

## MAIN SERVICES

Support group  
Advice  
Information  
Advocacy  
Awareness-raising  
Training and education (law, human rights, self-esteem, etc.)

## NOTES/ADDITIONS/CHANGES

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## OVERVIEW OF MAIN SERVICES

This is a voluntary support group for past and present woman and child victims of domestic violence and all forms of abuse. The group meets regularly for training and purely social purposes, and offers a safe environment for women to speak openly about their relationships and families. Solidarity among women is encouraged, and the members assist each other in carrying out their daily tasks. The group plans to initiate income-generating activities to support its members, to further the development of women in the community, and to improve the community's quality of life. The group essentially aims to fight violence in all its forms: physical, sexual, emotional, verbal and economic.

Regular workshops for members are organised, and experts are invited to facilitate sessions on topics like self-esteem, domestic violence, maintenance, poverty, HIV/AIDS, the Namibian Constitution, the Married Person's Equality Act, children's rights, women's rights, human rights generally and abortion. (Group members tend to discourage abortion and rather support girls and women through their pregnancy and in giving birth.) The group tries to arrange for legal education workshops with the Legal Assistance Centre on a monthly basis. Following this training, the group holds public awareness meetings on the issues covered.

## ADDITIONAL SERVICES AND INVOLVEMENTS

- Joins initiatives to advocate for and promote women's rights, the UN Convention on the Elimination of All Forms of Violence against Women and the SADC Declaration on Gender and Development. Also renders support wherever possible to the process of analysing and formulating gender policies.
- Disseminates information about domestic violence to raise public awareness, and arranges for training or educational programmes for any interested audience.


## COSTS FOR SERVICES


Services are free of charge, but a contribution may be requested if the group has to generate funds to provide a service, e.g. to have information materials produced and printed.




# Walvis Bay Child & Family Centre


## CONTACT INFORMATION

 **Region and Scope of Service**  
Erongo (Walvis Bay)  
Serves entire Erongo region


 **Street Address**  
Old North Hospital (behind police station), 11th Street, Walvis Bay

 **Postal Address**  
PO Box 2481, Walvis Bay

 **Telephone Number**  
Office hours: 064-209457

 **Fax Number**  
Office hours: 064-209457

 **E-mail Address**  
wbcfc@iafrica.com.na

 **Contact Persons**  
Chairperson: King Muatanga  
Manager: Ms E Murangi  
Manager: Ms E Nash  
Social worker: Ms M Richter

 **Affiliation**

- Multimedia Campaign on Violence Against Women & Children
- Ministry of Health & Social Services
- Women & Child Protection Units of the Namibian Police

## MAIN SERVICES

Therapy & rehabilitation for alcoholics and drug addicts  
Service for people with disabilities  
Support groups  
Counselling  
Advice  
Information  
Referral (medical, legal, welfare, etc)  
Temporary shelter for women & children

## NOTES/ADDITIONS/CHANGES

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## OVERVIEW OF MAIN SERVICES

The Walvis Bay Child & Family Centre is a multi-purpose facility which houses the Sunshine Centre for people with mental and physical disabilities, the Alcohol Rehabilitation Centre and the local Women & Child Protection Unit of the Namibian Police. Most people are referred to the centre by the unit or by state social workers, but anyone can contact the centre directly without a referral.

The centre offers a 28 day in-patient rehabilitation programme for alcoholics, which is administered by professional counsellors. The programme aims for the total restoration of the patient's relationship with self, family, employer & community. Patients must stay for the full 28 day term. Aftercare is left to the social workers attached to the centre, and there is a support group for them should they need one. Patients may also choose to join an Alcoholics Anonymous (AA) support group.

People with disabilities at the Sunshine Centre receive vocational skills training in areas such as leatherwork, woodwork, gardening, needlework, knitting & sports. A total of 25 people can be trained at the same time. The items produced are sold, and the profits are divided between the crafter and the centre. The centre ploughs the profits into developing its services for people with disabilities. The centre is now envisaging measures to sensitise the local business community about the skills that the trainees can offer, in the hope that they will be employed, become financially independent and be fully integrated into the community. The centre also facilitates a support group for children with disabilities.

## ADDITIONAL SERVICES


- Support group for families with alcoholic members
- Educational programme for school groups
- Occasional community workshops are run to raise awareness on human rights issues
- Has participated in a TV panel discussion
- Educational video for hire (no charge)
- Organise cultural activities (drama/poetry/song & dance) for children at the Sunshine Centre

## COSTS FOR SERVICES

All services are free of charge.


# White Ribbon Campaign Namibia (WRCN)


## CONTACT INFORMATION


 **Region and Scope of Service**  
Khomas (Windhoek)  
National coverage


 **Street Address**  
White Ribbon Campaign Namibia  
c/o Misa Namibia


 **Postal Address**  
PO Box 97475, Maerua Mall

 **Telephone Number**  
Office hours: 061-236060

 **Fax Number**  
Office hours: 061-236054

 **E-mail Address**  
simakumba@yahoo.com

 **Contact Persons**  
Country Co-ordinator:  
Mr M. Charles Simakumba  
Chairperson:  
Mr F. Sampaya

 **Affiliation**  
Multi-media Campaign (MIB)  
NANASO

## MAIN SERVICES

Training, workshops and counselling

## NOTES/ADDITIONS/CHANGES

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## OVERVIEW OF MAIN SERVICES

The White Ribbon Campaign Namibia is a men’s organisation fighting to end men’s violence against women and children and which is currently conducting vital educational outreach programmes on the issues of STDs and HIV/AIDS amongst men and boys.

It is a non-profit organisation committed to fight gender-based violence in the country through education, discussion and action.

It’s vision is fostering a society amongst men, free from violence and HIV/AIDS.

The objectives of the White Ribbon Campaign Namibia are -to decrease the impact of HIV/AIDS and violence against women and children. The group offers the following services:









- Counselling and support to violent men.
- Training and workshops.
- Education and training to all men and boys who are willing to change their stereotypical gender roles and are receptive to new ideas.
- Training aimed at empowering young people in schools and colleges to choose “sound values” and health attitudes for themselves and helping children between the ages of 9 and 20, to prepare them for their teenage years with confidence.

## COSTS FOR SERVICES -

NONE

# Women's Action for Development (WAD)

## CONTACT INFORMATION

-  **Region and Scope of Service**  
Khomas (Windhoek)  
Serves entire Khomas region
-  **Street Address**  
25 Schonlein Street, Swabou  
Building, Windhoek West
-  **Postal Address**  
PO Box 370, Windhoek
-  **Telephone Number**  
Office hours: 061-227630
-  **Fax Number**  
Office hours: 061-236372
-  **E-mail Address**  
wad@mweb.com.na
-  **Contact Persons**  
Executive Director: Ms V de Klerk
-  **Affiliations**
  - Multimedia Campaign on  
Violence Against Women &  
Children

## MAIN SERVICES

Training & motivation  
Advice  
Advocacy and lobbying

## NOTES/ADDITIONS/CHANGES

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## OVERVIEW OF MAIN SERVICES

Women's Action for Development (WAD) is a self-help organisation which aims at uplifting the socio-economic and socio-political situation of primarily Namibian rural women. The organisation was established in 1994 and is active in 6 regions of the country, namely Omusati, Kunene, Erongo, Otjozondjupa, Omaheke and Hardap, with the intention of eventually expanding to all 13 regions in the country - the availability of funds permitting.

WAD works through decision-makers, traditional authorities, churches, schools, education and health authorities etc. to reach community members.

WAD is one of the few women's movements in Africa that actively empowers its members in the field of socio-political empowerment. It has actively assisted its members to establish "Women's Voice" bodies in the regions.




## ADDITIONAL SERVICES

- Address social problems within communities
- Lobby relevant authorities for changing of laws
- Train women to stand as candidates in elections and also motivate them to vote for themselves
- Income-generating projects, savings clubs
- Computer training courses
- Training in HIV/AIDS, domestic violence and rape.




## COSTS FOR SERVICES

All services are free of charge.




### Otjozondjupa - Okakarara

 PO Box 243  
 Tel. 067-317041/317339  
 Fax: 067-317041



### Omaheke - Otjinene

 PO Box 11  
 Tel. 062-567577/567607  
 Fax: 062-567577



### Hardap - Rehoboth

 PO Box 3027  
 Tel. 062-524329/276186  
 Fax: 062-524329

### Hardap - Gibeon

 PO Box 39  
 Tel. 063-251192




### Hardap - Kalkrand

 PO Box 80  
 Tel. 063-264060


### Omusati - Mahanene

 PO Box 144  
 Tel. 065-250340  
 Fax: 065-250056




### Erongo - Karibib

 PO Box 117  
 Tel. 064-550436  
 Fax: 064-550436

### Erongo - Spitzkoppe

 PO Box 357  
 Tel. 064-530879

### Kunene - Khorixas

 PO Box 495  
 Tel. 067-331071/331163  
 Fax: 067-331071

## Additional Services

Below is a listing of other counselling, treatment and rehabilitation services, and services for people with disabilities. These services are not being covered in full in this directory - either because they did not want to be included in a directory focusing specifically on domestic violence and sexual abuse, or because they really aren't relevant for the purposes of this directory, or because they did not provide the information requested by the time of going to press, or because the directory was already complete when the compilers came to hear of them. The compilers decided that they should at least be listed for the reader's information. All these organisations serve any person in Namibia (i.e. they provide national coverage). Some have regional branches, and people wanting to know whether there is a branch in a particular region should contact the Windhoek branch to ask.

### SERVICES FOR ALCOHOLICS AND DRUG ABUSERS

#### Christelike Alkoholiste Diens

This is one of the services of the Dutch Reformed Church Benevolence Board (see chapter 3 and 5)

- ☎ Office hours: 061-237296
- 📄 Office hours: 061-227287
- ✉ PO Box 3307 Windhoek

#### Drug Action Group

and

#### Teenagers Against Drug Abuse (TADA)

TADA is a project of the Drug Action Group. It provides peer counselling services in schools.

- ☎ Office hours: 061-230296
- 📄 Office hours: 061-230296
- ✉ PO Box 20490 Windhoek

#### Nova Vita Drug and Alcohol Rehabilitation Centre

- ☎ Office hours: 061-201 2380  
After hours: 061-201 2374
- 📄 Office hours: 061-221519
- ✉ PO Box 3660 Windhoek
- 📄 E-mail: novavita@telecom.na

#### Etegameno Rehabilitation & Resource Centre

- ☎ Office hours: 061-269348/256697/250404
- 📄 Office hours: 061-223573
- ✉ P/Bag 13198

#### Alcoholics Anonymous and AI-Anon

- ☎ All hours: 061-232221
- ✉ PO Box 21540

### SERVICES FOR PEOPLE WITH DISABILITIES Ehafo Trust (Head Office & Vocational Training Centre)

- ☺ The Director
- ☎ Office hours: 061-237500/1 or 220644
- 📄 Office hours: 061-234972
- ✉ P/Bag 13316 Windhoek
- 📄 E-mail: ehafoh-o@africaonline.com.na

### Ministry of Lands, Resettlement & Rehabilitation: Directorate of Resettlement Rehabilitation Division Rehabilitation

- ☺ The Director
- ☎ Office hours: 061-257104
- 📄 Office hours: 061-245920
- ✉ P/Bag 13343

### Namibian Federation of the Visually Impaired

- ☺ The Director
- ☎ Office hours: 061-220835/225717
- 📄 Office hours 061-231428
- ✉ PO Box 8480 Bachbrecht (Windhoek)
- 📄 E-mail: scwi@iway.na

### Namibian National Association of the Deaf (NNAD)

- ☺ The President
- ☎ Office hours: 061-244811
- 📄 Office hours: 061-244811
- ✉ PO Box 21040 Windhoek
- 📄 E-mail: nnad@iway.na

### National Association of Differently Abled Women

- ☺ The Steering Committee Chairperson
- ☎ Office hours: 061-225717
- 📄 Office hours: 061-249905
- ✉ PO Box 70406 Khomasdal Windhoek

### National Association of Disabled People in Namibia. (In process of opening offices in other regions)

- ☺ The Secretary-General
- ☎ Office hours: 061-225717, ext. 19
- 📄 Office hours: 061-249905
- ✉ PO Box 70406 Khomasdal Windhoek

## PSYCHOLOGICAL ASSOCIATION OF NAMIBIA

<i>Dr (Mr) Anandale W</i> 14 Gevers Street Klein Windhoek Tel. 224849 Res. 224449 Fax. 224849	<i>Dr Muller F J</i> 34 A Berg Street P. O. Box 11642 Windhoek Tel. 254925 Res. 254925 Fax. 254925	<i>Dr Joubert L</i> Nova Vita Drug and Alcohol Rehabilitation Center Windhoek Tel. 2012264 Cell. 0811241150	<i>Dr (Mr) Kronke Hans L</i> Box 86285 Spitskop Street 4 Windhoek Eros Tel. 259920 Fax. 223453
<b>COUNSELING</b>			
<i>Dr (Ms) Burkhardt K</i> Tel. 221459 0812921788 Fax. 221758 Windhoek	<i>Dr (Ms) Lacock L</i> Walvisbay <i>Dr (Ms) Mayne E</i> Roman Catholic Hospital Room 217 Re 228739 0812418389	<i>Dr (Ms) Shikongo A</i> Tel. 221459 221347 Fax. 221758 Windhoek	<i>Dr (Mr) Jooste</i> Box 23279 Tel. 221459/221347 Fax. 221758 Windhoek
<b>EDUCATIONAL</b>			
<i>Dr (Ms) Dippenaar S</i> Ministry of Basic Education Tel. 217975 Res. 221190 Fax. 217974 Windhoek	<i>Dr (Mr) Hoffmann J</i> 4 Laurie Stevens Street Box 80132 Windhoek Tel. 252388 Res. 246228 Fax. 252388 0811242884		
<b>CLINICAL</b>			
<i>Dr (Ms) Hearne C</i> 4 Lindequist Street Box 629 Windhoek Tel. 228112 Res. 252410 Fax. 228112	<i>Dr (Ms) Köber G</i> Box 80042 Tel. 371550 Windhoek Res. 239605 Fax. 239605	Res. 2219896 <i>Dr (Ms) Scheef-Maier G</i> Box 1145 Windhoek Tel. 245984 Res. 240123	Windhoek Tel. 248728 247999 <i>Dr (Ms) Shino E</i> 4 Lindequest Street Box 629 Windhoek Tel. 228112 0812509414 Fax. 228112
<i>Dr (Mr) Janik M</i> 171 Nelson Mandela Avenue 133 Tane Centre Windhoek Box 35095 Pioneerspark (Home) Tel. 240606 Cell. 0812428820 Fax. 256610	<i>Dr (Ms) Mouton-Kotze A</i> 102 Nelson Mandela Avenue Windhoek Box 5122 Tel. 236510 Res. 222383	<i>Dr (Mr) Van Rooyen F</i> 4 Lindequest Street Box 629 Windhoek Tel. 228112 Res. 246357 Fax. 228112	<i>Dr (Ms) Strauss H</i> 26 Schopenhauer Street Windhoek Box 31948 Tel. 248187 Res 244610
	<i>Dr (Mr) Rieckert J</i> Lindequest Street 4 Box 629 Windhoek Tel. 228112	<i>Dr (Mr) Whittaker S</i> Box 3040 Rhinopark Hospital 14 Willan Street	
<b>PSYCHIATRISTS</b>			
<i>Dr (Mr) Japhet R</i> Box 50539 Bachbrecht Windhoek Tel. 259968 0811283472	<i>Dr (Mr) Schwindak RMG</i> Box 1826 Swakopmund Tel. 064 405114	<i>Dr (Mr) Sieberhagen R</i> Box 629 Windhoek Tel. 228112	

# Young Women's Christian Association (YWCA)

## CONTACT INFORMATION



### Region and Scope of Service

Khomas (Windhoek)  
Oshana (Oshakati)  
National coverage



### Street Address

Windhoek: 889 Mbabane Street  
Wanaheda, Katutura (go through  
the single quarters houses)  
Oshakati: 1279 Patrick  
Lumbumba street



### Postal Address

PO Box 21445, Windhoek  
PO Box 15285, Oshakati



### Telephone Number (all hours)

Windhoek: 061 - 263484  
Oshakati: 065 - 220776/220256  
225690



### Fax Number (all hours)

Windhoek: 061 - 263298  
Oshakati: None



### Contact Persons

Windhoek programme co-  
ordinator Ms Lena Kasheeta  
Oshakati programme co-  
ordinator Ms Kavungo(acting)



### Affiliations

YWCA International  
Ministry of Basic Education Sport  
and Culture  
Ministry of Health and Social  
Services  
Women and Child Protection  
Units of the Namibian Police  
Legal Assistance Centre

## MAIN SERVICES

Training (counselling)  
Education (sex)  
Drama project (Aids)  
Counselling  
Referral

## NOTES/ADDITIONS/CHANGES

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## OVERVIEW OF MAIN SERVICES

The main activity of the YWCA in Namibia is a nationwide peer counselling programme run in high schools and at community venues. The programme was developed by the YWCA, and is coordinated jointly with the three ministries listed on the left. The target group is young women aged 15-20 years. The focus is on problems that young women face, such as sexual abuse, teenage pregnancy, single motherhood, HIV/AIDS, alcohol abuse and peer pressure. A special programme for young mothers coincides with this programme. A special AI DS drama project will be launched soon. A sex education project is run for young adolescents, aiming to prepare them for future sexual relationships.

Domestic violence is a new field for the YWCA and a training programme for counsellors dealing with these issues has been initiated. There are plans to start a group for men during 1999. (Note: The Young Men's Christian Association (YMCA) does not presently address domestic violence or sexual abuse specifically.)

The peer counselling programme equips trainees to provide counselling and support for their peers, raise awareness in schools and communities on the focal issues, provide information and resources on these issues, and ensure that peer counsellors receive ongoing training and supervision. The trainees at each venue hold daily meetings, and a YWCA social worker visits each group regularly to assist and monitor progress. A national peer counselling workshop and youth camp is organised once a year. People interested in joining the programme should contact the YWCA for details, which vary for each locality.

YWCA staff also provide counselling for any young woman approaching them, and a referral service for women and children who have suffered domestic violence or sexual abuse. Referrals are usually made to the Women & Child Protection Units and Legal Assistance Centre.

## ADDITIONAL SERVICES

- Runs a support group for women who have suffered domestic violence.
- Runs a child-care centre in Ongwediva and a pre-primary school at Ekamba.
- Provides leadership training for members of the YWCA National Executive Committee
- Runs a guest house (long-term occupancy) at the Wanaheda centre to cover administrative costs.





## COSTS FOR SERVICES


Guest house rent: N\$500 per month. All other services are free of charge.


# Women's Solidarity Namibia-(wsn)

## CONTACT INFORMATION


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Area of work: National

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Network partners on Gender  
based violence

## MAIN SERVICES

Training (counselling)  
Education (sex)  
Drama project (Aids)  
Counselling  
Referral

## NOTES/ADDITIONS/CHANGES

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## OVERVIEW OF MAIN SERVICES

Women Solidarity Namibia was the first organization that worked on the issue of violence against women and children in Namibia.

Provide 24 hour safety (shelter)

Provide counselling and support services to women and children who are survivors of violence.

Provide prevention intervention by creating awareness, lobbying, advocacy and training on Gender Based Violence (GBV)

Network with others

## ADDITIONAL SERVICES

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