

HEALTH AND WELLNESS: DIVISION STAFF WELLNESS

SERVICE WORKER PROGRAMME 2015

Managing your money	19 February 2015
Health and safety at home	3 March 2015
How to care for your elderly parents	9 April 2015
Knitting workshop	5 May 2015
Recycling	11 June 2015
Handling criticism	25 August 2015
Discipline your child	15 September 2015
Gangsterism	21 October
Cultural field trip	November 2015

Time: 13:00 – 13:45

Contact ms Elizabeth Msadu for assistance with social problems such as:

- Relationships
- Finances
- Family problems

Contact ms Burneline Kaars for assistance with depression and other psychological problems

Contact details:

Arina Engelbrecht	051 401 7211	gesal@ufs.ac.za
Elizabeth Msadu	051 401 9117	msadue@ufs.ac.za
Liesl Wessels	051 401 3580	wesselsl@ufs.ac.za
Annelize Visagie	051 401 3258	visagiea@ufs.ac.za

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HEALTH AND WELLNESS CENTRE
SENTRUM VIR GESONDHEID EN WELSTAND

GESONDHEID EN WELSTAND: AFDELING PERSONEELWELSTAND

DIENSWERKER PROGRAM 2015

Bestuur jou geld	19 Februarie 2015
Gesondheid en veiligheid by die huis	3 Maart 2015
Hoe om vir jou ouer ouers te sorg	9 April 2015
Breiwerkwinkel	5 Mei 2015
Herwinning	11 Junie 2015
Hanteer van kritiek	25 Augustus 2015
Dissiplinerings van jou kind	15 September 2015
Bendebedrywighede	21 Oktober
Kulturele reis	November 2015

Tyd: 13:00 – 13:45

Kontak me Elizabeth Msadu vir hulp met sosiale probleme soos

- Verhoudinge
- Finansies
- Familie probleme

Kontak me Burneline Kaars vir hulp met depressie of ander sielkundige probleme

Kontakbesonderhede:

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