



Issue no. 8 13 May 2024

## General News

#### MAJOR PRODUCTION

Report by Teacher-in-charge, Mrs Francis-Orange

Major Production was an absolute hit this year! Despite getting off to a rough start the show was truly amazing. The script was witty and fun with many interesting and hilarious twists. All of the performers really brought out the best in each other on stage, and props and costumes truly transported the audience into the world of the play. The balance between the over-the-top farcical moments and the quiet and sweet moments were so well executed by the cast. The ugly step sisters (Tameeha Ahmed and Shaye van der Merwe) were an absolute fan favourite with their ridiculous shenanigans. Many audience members went home speaking in what is now known as the "step sister accent". Cinderella, played by Hannah Jan, was the epitome of grace and elegance who, together with her side kick Buttons played by Meghan Olwagen, were such a dynamic duo. The prince (Lella Gillman-Bate)



was ever so charming despite being harassed by the step sisters. In fact, the entire cast were nothing short of phenomenal and really proved once again that Parktown really does have talent!

Cinderella truly was one for the books!









Tyrone Avenue, Parkview, Johannesburg 2193 Tel: 011 593 5900 Email: postmaster@parktowngirls.co.za Follow us: www.parktowngirls.co.za @parktown\_girls

#### MATRIC DANCE

Report by Tiyana Williams and Taskeen Tilly The evening of the 27th of April was nothing short of magical. An exuberant buzz filled the air and a surreal atmosphere settled over the Indaba Hotel in Fourways. As the matrics made their grand entrances, transformed from the already charming school girls we all know and love, into spellbinding young women, an enchanted glaze occupied the eyes of anyone who had the pleasure of looking their way.



The hall, enchantedly decorated by the matric dance committee, fitted the theme of "A Night in Paris" perfectly. From the mini Eiffel Towers featuring as table centre pieces, to the roses floating in dimly lit vases overflowing with white feathers as a finishing touch, this theme was brought to life. The matrics, as well as the



teachers, thoroughly enjoyed the evening. "It brought the matrics as a collective together", said one Grade 12 learner. The matrics exceeded all expectations – and the dresses were exquisite – from the pinkest of pinks to the deepest of blacks, from beads to glitter to the softest silk. The mission of the class of 2024 was simple: "dress to impress" and impress they did.

"Live for today, plan for tomorrow, party tonight." - Drake and the matrics did indeed.



#### **Please note**

The PHSG Uniform Shop will be closed from **Friday**, **24 May 2024**. It will reopen as usual as from Term 3.

Dates to Díaríse



15/05 Grade 11 English Excursion (Othello) 16/05 Cultural Evening 17/05 Bling Day Neon Night Run @ Killarney Golf Course 17/05 20/05 Grade 10 – 11 exams start Geography Olympiad (Senior) 21/05 Grade 9 HPM Career Choice 22/05 27/05 Grade 12 exams start 28/05 SGB Meeting National Elections (Public Holiday) 29/05 29-31/05 SAGSA Principal's Conference 31/05 Slipper Day (R20 sticker – donations to Reach for a Dream) 03/06 Grade 8 – 9 exams start 06/06 Health and Safety Meeting Parktown Comedy Night with Chris Forrest 07/06 **Finance Meeting** 10/06 Term 2 ends 14/06 09/07 Term 3 starts



#### INTERHOUSE PUBLIC SPEAKING

The annual inter-house Public Speaking took place on the 29th and 30th of April. The speakers were all enthusiastic and excited to speak as it was the first competition for many of the speakers. Well done to everyone that spoke. Everybody spoke beautifully and made their houses extremely proud. The results are as follows:

#### Seniors:

1 <sup>st</sup> place	Pleiades
2 <sup>nd</sup> place	Nereids
3 <sup>rd</sup> place	Hesperides
4 <sup>th</sup> place	Oreads
5 <sup>th</sup> place	Dryads
6 <sup>th</sup> place	Alseids

#### Juniors:

1st place	Pleiades
2 <sup>nd</sup> place	Dryads
3 <sup>rd</sup> place	Nereids
4 <sup>th</sup> place	Alseids
5 <sup>th</sup> place	Hesperides
6 <sup>th</sup> place	Oreads







#### "That's What She Said" PODCAST SERIES

#### Report by Laura Helling

Iviwe Ndarhala, Lethiwe Tshabalala, Tasmiyah Bhamjee, Mosa Motselebane, Gugu Mntambo, Amani Docrat and myself were recently selected to be part of a new podcast produced by African Insights. The podcast is called "That's What She Said" and it focuses on feminism, environmental activism and career opportunities.

We worked together with several UJ students and influencers, to provide a voice for young women our age, on these incredibly important topics. It was an enriching and inspiring experience.

Some opinions form the participants:

"I have felt a sense of sisterhood beyond compare in this journey, from the women that I have worked with and all of their unique abilities and skills." - Gugu

"The podcast served as a stepping stone for empowerment and it was an immensely rewarding experience. It transformed and inspired my perspective in a collaborative and inclusive way." - Amani

"It was a humbling experience for everyone. The exposure we experienced was enormous and we were all inspired to change South Africa for the better." - Lethiwe

The podcast will be released in early May; keep an eye out for it!

#### **FEDA**

The FEDA cast and crew have been working incredibly hard to make their 2024 production. They are ready and eager to take to the stage at both the FEDA and Franklin Player's theatre festivals! Lucky for you, you have TWO chances to see the play! Please come and support. Your presence will be much appreciated but you will also be very entertained! Please buy your tickets on the following websites:

FEDA Festival Tickets (18/05/2024): https://www.webtickets.co.za/v2/event.aspx?itemid=1462960605

#### Franklin Players' Festival Tickets (31/05/2024): https://www.guicket.co.za/events/251461-one-act-play-festival-2024/#/

#### Title: "The Weight of the New World"

Synopsis:

What would our world really look like if each app on our phones was present in our room? Not just digitally but in person?!? This play explores the digital world of our phones and the effects of it by bringing it to life on stage through the life of Atlas, a

young teenager. She is socially awkward but there is hope as her mother decides to trust her with her first phone. This exciting moment sets off the action of the play and Atlas is introduced to a whole new world. Will Atlas' experience of this 'new digital world' really be all that she longed for?

CAST AND CREW		
CHARACTER	CAST MEMBER	
Atlas:	Hannah Jan	
Mother:	Maryam Cajee	
DPS/Debra:	Faatimah Brownley	
WhatsApp:	Lella Gillman-Bate	
Reminders:	Oratilwe Coka	
Reddit:	Ania Sibanda	
Instagram:	Tameeha Ahmed	
Spotify:	Nadia Chammai	
News 24:	Thobile Mkwanazi	
TikTok:	Keabetswe Thulo	
BeReal:	Nkazimulo Mhlongo	
Chorus:	Thandolwethu Malabi	
	Abenathi Ndlovu	
	Imange Tonya	
	Embeth Djolov	
	Amalah Joseph	
Technical	Kiyana Moodley (Lighting)	
Crew:	Sofiyya Patel (Sound)	
Backstage:	Tshegofatso Masenya	
	Khadija Cajee	
Director	Zaynub Cajee	

FEDA AND FRANKLIN PLAYERS' FESTIVAL







Please support our annual Cultural Evening – it promises to be an entertaining and inspiring event! Tickets are on sale at the Finance Office.

#### **CULTURAL EVENING – 16 MAY**



#### REFRESHMENTS WILL BE ON SALE

Sports News

#### CONGRATULATIONS

Aliya Oliver was selected to represent the U18 Gauteng **Baseball** Team that competed in the Inter-Provincial Tournament at the end of March in Nelson Mandela Bay. As the team's catcher, she did a fantastic job helping her team finish the tournament undefeated and bring home the gold medal. Congratulations Aliya.

Aliya Oliver



#### **COURT WORK**

We are thrilled to announce that both the top Tennis and top Netball courts are being resurfaced. The Jacaranda tree roots on the school drive have caused bad cracking on the tennis courts, so the roots are being removed (the trees will be left as they are) and the surface is being relayed. All the Netball courts were relayed 3 years ago, but unfortunately the supporting wall collapsed after major flooding, 2 months after they had been relayed which caused terrible damage to the top court. We are thrilled that these top 2 Netball courts will also be relayed.



#### POOL MAINTENANCE

Please note that tests are currently being done on the main school pool. The leakage level is being monitored and therefore the pool is not being maintained as it usually is. Once the full extent of the pool leakage problems has been reported, a plan to fix them will be put in action.

#### **CROSS COUNTRY**

Our Cross Country runners competed in the 2<sup>nd</sup> League Race of the season at Golden Harvest. All our runners did extremely well. The team placements were as follows:

<u>Senior Section (out of 25 teams)</u> Senior A Team - 1<sup>st</sup> overall Senior B Team - 4<sup>th</sup> overall Senior C Team - 6<sup>th</sup> overall Senior D Team - 15<sup>th</sup> overall Senior E Team - 18<sup>th</sup> overall Senior F Team - 21<sup>st</sup> overall

<u>Junior Section (out of 19 teams)</u> Junior A Team - placed 2<sup>nd</sup> overall

Top 20 runners		
Junior Section (out of 89 runners)		
4 <sup>th</sup> Place	Maya Bolton	
11 <sup>th</sup> Place	Dinah Mahume	
29 <sup>th</sup> Place	Lehlogonolo Ramoshaba	
Senior Section (out of 117 runners)		
2 <sup>nd</sup> Place	Enreth Daniel	
8 <sup>th</sup> Place	Sarah Ramaala	
12 <sup>th</sup> Place	Naomi May	
13 <sup>th</sup> Place	Leah Cornell	
16 <sup>th</sup> Place	Jade Freeman	



### HOCKEY

The Hockey season continues with tough competition and continued development. We played league matches against Trinity House Randparkridge and friendlies were organized with Rooseveldt High School. The Parktown B Team took on Rooseveldt's A Team. Well done to all the teams.

A special mention for the First Team who took on 6 junior South African players during the Northcliff hockey match, which was truly a test of resilience and fight. Well done to the team for persevering and not giving up until the final whistle.

Vs TrinityHouse Randpark U14 A	Won 2 – 0
Vs Northcliff U14 A	Won 1 – 0
Vs Rooseveldt U14 A	Lost 0 – 1
Vs Northcliff U14 B	Lost 0 – 1
Vs TrinityHouse Randpark U14 A	Won 2 – 1
Vs Northcliff U15 A	Lost 0 – 4
Vs TrinityHouse Randpark	Drew 0 – 0
Vs Northcliff U15 B	Lost 0 – 1
Vs TrinityHouse Randpark U16 A	Won 2 – 0
Vs Northcliff U16 A	Won 1 – 0
Vs TrinityHouse Randpark 1 <sup>st</sup> Team	Lost 1 – 3
Vs Northcliff 1 <sup>st</sup> Team	Lost 0 – 5
Vs TrinityHouse Randpark	Drew 0 – 0
Vs Northcliff 2 <sup>nd</sup> Team	Won 2 – 0
Vs Rooseveldt 1 <sup>st</sup> Team	Lost 0 – 2
Vs Northcliff 3 <sup>rd</sup> Team	Lost 1 – 2
	Vs Northcliff U14 A Vs Rooseveldt U14 A Vs Northcliff U14 B Vs TrinityHouse Randpark U14 A Vs Northcliff U15 A Vs TrinityHouse Randpark Vs TrinityHouse Randpark U16 A Vs Northcliff U16 A Vs TrinityHouse Randpark 1 <sup>st</sup> Team Vs Northcliff 1 <sup>st</sup> Team Vs Northcliff 2 <sup>nd</sup> Team Vs Rooseveldt 1 <sup>st</sup> Team

#### NETBALL

Netball continued with their league matches vs Waterstone College. The results were fantastic.

Parktown U14 A	Vs Crawford Lonehill Vs Waterstone College	Lost 8 – 9 Won 20 – 6
Parktown U14 B	Vs Crawford Lonehill	Won 29 – 1
	Vs Waterstone College	Won 17 – 1
Parktown U15 A	Vs Crawford Lonehill	Won 14 – 12
	Vs Waterstone College	Won 21 - 16
Parktown U16 A	Vs Crawford Lonehill	Drew 15 – 15
	Vs Waterstone College	Won 18 – 9
Parktown U16 B	Vs Crawford Lonehill	Won 14 – 8
	Vs Waterstone College	Won 13 – 8
Parktown U17 A	Vs Crawford Lonehill	Won 10 – 9
	Vs Waterstone College	Won 19 – 5
Parktown First Team	Vs Crawford Lonehill	Won 34 – 16
	Vs Waterstone College	Won 34 – 21
Parktown Second Team	Vs Waterstone College	Won 20 – 8

#### NETBALL FUNDRAISER

On Friday, 26 April, the Senior Netball players hosted a fundraiser to contribute to the fundraising efforts of installing lights on the top courts. The sports department has had this on the list for the past 2 years and the annual fundraising events have been building towards the amount we need. We are thrilled that the girls decided to get involved and assist with their own fundraiser.

The Parktown Boys Basketball 1<sup>st</sup> Team was invited to a challenge match at Parktown Girls in a game of Netball. The boys took a while to grasp the rules and style of play but once they caught on it was a fantastic competitive match. The girls were winning most of the way until the last quarter when the boys got in one extra goal and won 28 - 27. Spectators were charged R10 to watch the game which proved to be great fun and effectively raised R1300.

Well done to the Netball girls for taking the initiative to do their own fundraiser. The money has been put towards the installation of the lights, which we hope will go up soon.







#### **MOUNTAIN CLUB**

#### Report written by Emma Wentzel

On Sunday, 28 April, the hiking club left Parktown Girls before sunrise to travel to Mooinooi to hike the approximate 10km long trek to Dome Pools. We were accompanied by two other youth groups. Upon

arrival, we were introduced to Brett Pepper who was our leader that day and is the head of the MSCA Johannesburg hiking portfolio. Along the way, Brett taught us basic navigational techniques for the bush.

The day started off cloudy and cool allowing us to tackle tough terrain, humid conditions, and thick vegetation. The day got progressively hotter as we started reaching the unsteady ground near the pools. When we reached the pools, it was an astonishing sight that lay in front of us: cool waters, and beautiful mountainous landscapes behind. Only a few daring people jumped into the water to cool off while others sat down and ate lunch enjoying the much-needed rest for our legs to recover.





Hiking back downhill was just as hard as going up as there was loose rock fall, but eventually, after 6 ½ hours of hiking, we reached the end, all breathless and thankful we could sit down. This hike was one of our favourites and was worth the early rising, blood, sweat and tears. A big thanks to Brett Pepper for guiding and teaching us, Saray for always leading and motivating us all, the rest of the MCSA who joined us and provided us with food and drinks, as well as *"Women Who Walk"* for inspiring us, Ms Prinsloo for being our supportive team leader who always helps where she can, to the girls who tagged along, and finally the biggest thank you to our driver, Mr Manana, who accompanied us the whole way up and down. We are truly thankful for everything.

#### SOFTBALL

We are thrilled that the Softball pre-season has started. Anyone and everyone is welcome to join in. All the equipment needed is supplied by the school. If you have any questions please contact Mrs Eckhardt, the Teacher-in-Charge.

#### National All Girls' Schools Festival – Potchefstroom 2024

On Wednesday, 1 May, we set off for Potchefstroom for the annual National All Girls' School Festival. This year was hosted by High School for Girls Potchefstroom, so the bus trip was not too far and we got to our destination within 2 hours. After checking in at the Elgro Hotel, we had a quick lunch at Mike's Kitchen before getting ready for the Opening Ceremony at the host school, High School for Girls' Potchefstroom.

The opening ceremony included a motivational speaker from America, glow sticks and lots of music. Friday started off with a bang and all the activities immediately got going with their various programmes.

#### Choir

This whole Girls Fest experience was amazing. On the first day, everyone sang songs on the bus because there wasn't any music but we made it work. The second day we were divided into mixed school groups where we had to write and perform our original songs. The results were amazing!

The next day we performed our Girls Fest piece and we were dressed so beautifully along with neck beads, courtesy of our incredible TIC Mrs Van Vuuren. The performance went well and we really enjoyed presenting it to all the other schools. All 18 schools collaborated and performed True colours by Anna Kendrick and Justin



Timberlake for the closing ceremony. Overall, Girls Fest Vocal Ensemble 2024 was amazing and we learnt a lot from it.

#### **Cross Country**

The Cross Country section included a senior and junior section where the teams raced twice and finished with a fun run on the last



day. Their programme included a talk by Dr Adele Broodryk who placed 2<sup>nd</sup> in the 2023 Comrades and gave the runners insightful advice on training and keeping motivated. They did a stretching and hydrotherapy session on Day 1 where they learned valuable information on recovery. Our runners did very well, consistently placing in the top 15 as individuals. As a team we placed in the top 4 for every race. Well done for a fantastic weekend of running.





#### Debating

#### Report by Alayna Badat in Grade 12

The debaters had the opportunity to represent Parktown, at the All Girls National Festival. The festival saw our debaters from different teams and grades coming together as a collective unit to create very nuanced and engaging cases and debates, whilst also having immense amounts of fun and enjoyment, bonding as a team and creating lifelong memories. This excitement, however, did not get in the way of great success.

The competition comprised of 5 preliminary rounds, in which Parktown ranked first out of all 12 schools that competed. This allowed us to progress to the semi-finals round and then further to the finals. After an engrossing and captivating final debate, Parktown ranked first overall, with all the speakers ranking in the top 8 best speakers. Our very own Taahira Carim (Grade 12) ranked first overall. Their calm confidence that was carried and held, as well as being gracious in defeat and humble in victory, is

what makes Parktown so proud of the debaters. Continue to shimmer and shine.

#### Drama

This year saw the learners participate in physical theatre. The theme was Spirit Animals. The learners were divided into 6 mixed school groups with each group being given an endangered animal to embody and portray. What was particularly interesting this year is that there was a strong design element to the performance with 1 learner from each school going to The Potch Academy to do a make-up course where they then came up with a make-up design for each animal. Zaynub Cajee was the make-up artist and she designed a stunning look for the Roan Antelope which won 3rd place. Lella Gillman-Bate was in the Sea Turtle group and she won a silver medal for best supporting performer and Thobile Mkwanazi won a gold medal for best supporting performer. Over all it was a valuable experience as the learners got to make friends from



other schools and participated in rigorous and interesting physical theatre workshops.



#### Hockey

The hockey had a jam-packed schedule with three pool matches on day 1 all before 13:00. We had a tough pool which led us to meet Danville from KZN in the first cross-pool where we unfortunately lost 0-1. We then played St Michael's and pulled off a win 3-2 which took us to play against Durban Girls High School on the last day where we narrowly lost 0-1 in the last minute of the game. Overall the team learned a lot on the field and bonded well as a group.

We were able to watch some very strong hockey in the semi-final and final matches which was a good experience to learn from. Overall the hockey team placed 14<sup>th</sup> out of 19 teams, which was not what we were hoping for but we are happy for the improvement from the 2023 result of 17<sup>th</sup>. Congratulations to Kea Ngoepe and Erin Hurly who were selected to travel with a touring team to Dubai.





#### Marimbas

The festival started off with a bang! The Marimba girls were live on SuperSport Schools and Parktown had a chance to show off their talent. Bradley, Kyle and Hastings from Marimba Workshops taught us so much that will benefit our band in the future! We are grateful for the opportunity and intend to share our knowledge with our bands. Well done to Zoè Williams who was player of the team for Marimbas. Thank you to Ms. Vally for spending her time with us.

#### Netball

Our netball 1<sup>st</sup> team showed incredible determination and sportsmanship at the National All Girls' Festival in Potchefstroom. The girls faced fierce competition in the pool stages but managed to finish 2<sup>nd</sup> in the pool after a narrow loss to La Rochelle Girls' High School, finishing above the High School for Girls Potchefstroom, St Michael's, and Danville Park Girls High School. They then met Collegiate Girls' High School in the quarter-final where they emerged victorious after a brilliant game of netball. In a very intense semi-final we crossed Rhenish where we



unfortunately fell short, however, the girls played with such heart and fought right to the end. In the 3<sup>rd</sup> and 4<sup>th</sup> playoff, we faced La Rochelle Girls High School which was a redemption match for our girls. We redeemed our pool stage game and came away with a 30-19 win and a bronze medal. The girls thoroughly enjoyed the festival where they were able to play against schools from across the country. Their team spirit and their sportsmanship were evident in their games and had a large impact on their final placings.

Congratulations to Andisiwe Ndema, Akhona Nosenga, Mushishikwe Mamphiswana, and Ashleigh King who were selected to play in a touring team to Dubai in December.



#### Public Speaking

#### Report by Tasmiyah Bhamjee

All Girls' Festival was a phenomenal experience from the beautiful sunrises to the late-night walks back to the hotel. I am very grateful I had this experience. There were 12 schools participating in the Public Speaking competition, of which, five were chosen for the finals. Tasmiyah Bhamjee placed 4th with her speech of *Human Rights and Healthcare*. Zinhle Madondo's speech of *Identity as a South African*, was well presented and earned her an excellent score.

#### Tennis

Our Tennis girls played their hearts out against very tough competition, at times playing against the top-ranked tennis players in the country. Overall, they placed 13<sup>th</sup>, winning their last match on the final day against Jeppe Girls convincingly. The players learned a lot throughout the weekend. Special mention to Rumaysa and Tegan for their huge improvement from the start to the end of the tournament.

Save the Dates:

A reminder that our Neon Night Run takes place on Friday, 17 May Tickets from <u>www.quicket.com</u>



# PARKTOWN'S NECH NIGHT RUN

When: Friday, 17 May 2024 Where: Killarney Country Club Cost: R120 for the 10km R100 for the 5km (R80 for children under 12) Distance 10km to start at 17:15 5km to start at 17:20

Run or Walk either the 5km or 10km Purchase your ticket through www.quicket.com, at the school Finance Office or on the night (if still available).

Prize for the Top Runner Families & children are all welcome Unfortunately, no dogs allowed Food & drinks on sale Please bring along your headlamps and torches

> For more info contact: unrun@parktowngirls.co.za



Slipper Day – 31 May



#### CALL FOR DONATIONS FOR LALAPANZI

Over the last year our school has been fundraising towards the new accommodation being built on site for our Maintenance Team - Lalapanzi.

It is time to decorate! Please help us to furnish Lalapanzi. We are appealing to Houses, Registrations classes, Old Girls and the surrounding community. For more information or if you would like to contribute towards the items listed below, please email Mrs Liss: liss@parktowngirls.co.za to ensure we do not double up on goodies needed.

LALAPANZI	
TIME TO DECORATE!	

#### Thank you for the ongoing support.

We need your help with our Maintenance Staff Accommodation. Help us decorate and furnish Lalapanzil We encourage a House, Registration Class, our Old Girls, one of our families or anyone from the surrounding community, to work together and take on the challenge of making Lalapanzi contact Mrs Liss via email: list@parkto-mainls.co. don't double up on items needed. economic and the second and the second and the second places () and the to ensure we of the 10 e frames (any) ons for the chai ins (neutral for 25 (2x) inpet/rug as the area is tiled inple (1x) and/or side tables (4x) Please stick to a neutral palette. Attached, there is a detailed list of items and rooms to be decorated. Any cash donations would be greatly appreciated. HPOOM h towels (4x) BATHROOM 2et towels (day) our amazing Maintenance Staff! Our banking details are as follows: Parktown Girls' High School Legacy Fund First National Bank Rosebank (250655) 62370820378 Reference: Lalapanzi/Surname, Name PBO Number: 930040358 On behall of o Please email proof of payment to: forrester@parktowngirk.co.za

CALL FOR DONATIONS TO FURNISH OUR MAINTENANCE STAFF ACCOMMODATION (LALAPANZI)

Our beautiful new staff accommodation, Lalapanzi, will be completed by the middle of the yea would like to take this appartunity to thank parents and guardiam, Old Girls and learners far dan received but especially our incredible Parents' Association.

at step is to fumith this accommodation and so we are asking for standing towards this. The would really love to make this living space a happy and peoceful environment for au nance staff, therefore, all livens purchased need to fit into a neutral colour polette (e.g. creams gentile blues and green).

terms of finee and crackery, we sak for new items ins to be in good condition and working order. Th

trol colours or blues and area

irs and coocha



(12x) uch as opener, masher, whisk etc machine (2x) other donations of items that would be ad in a communal kitcher

ATIC AREA: Gorden chairs (10x)

GARDEN AREA. Pots for wolkway (+1.4)



an of drowers or o

On behalf of our Maintenance Team, we thank you in advance for your generous support

Parents' Association News



GOLF DAY – 23 August



### OUTSIDE ADS

THE SCHOOL ACCEPTS OUTSIDE ADVERTISEMENTS. WE ARE UNABLE TO TAKE RESPONSIBILITY FOR THE NATURE AND QUALITY OF THE SERVICES OFFERED







### SPECIALIST WELLNESS COUNSELLOR

### BA HONS (PSYCH.) (WITS) ASCHP REG. NO.: SWC23/1809

### Emotional support & basic counselling:

- Depression
- Anxiety
- Trauma
- Grief & bereavement
- Suicidal ideation
- Stress management

- Academic stress
- Effects of cultural/religious norms on mental health
- Communication skills
- Other life challenges

### CONTACT:

- www.neelambacus.co.za
  - 🕤 contacteneelambacus.co.za
- @ eneelambacuscounselling
  - 076 694 9958

Blairgowrie Plaza Office Block
64 Conrad Drive
Blairgowrie, Randburg