

# Khululeka

## Grief Support for Children and Youth

**Khululeka** means "Be Free" in isiXhosa. The organization's emblem is a butterfly. To be a butterfly means to be free to explore and experience the world without the chains of pain and suffering. The organization's aim with the support groups for children & youth is to set them free enabling new growth through the expression of feelings and treasuring memories of those they have lost through death and otherwise.

Khululeka is a Non-profit Organization that was established in February 2005 in response to large numbers of children who have lost, at least, one parent and/or a sibling or friend. The organization supports the mental health needs of children affected by HIV & AIDS and losses through death and otherwise.

**Our Vision** is to put support structures in place throughout South Africa that will enable grieving children & youth to enjoy support and have opportunities to heal whilst we retain respect for cultural diversity. Our approach is through stories relating to the children's experiences and they get to write their own story. We also use drawing and clay during group sessions. Capacitar exercises are used to empower children to de-stress themselves. This trauma healing approach of Pat Cane who wrote the Trauma Healing and Transformation Book was first used with Nicaraguan disaster victims who subsequently suffered from traumatic stress. We also aim to apply techniques used by art therapists to allow children to express themselves.

**Our Mission** is to provide support groups in a safe environment where bereaved children and youth (6 to 9 year old; 10 to 13 year old & teenager groups) may learn to build trust and be able to express their feelings while embarking on a journey of healing; healing emotional wounds and so live more fulfilled lives. Those in need of in-depth counseling are referred to counselors and organizations equipped to nurture such cases.

**The Facilitators** are a group of concerned and committed people who volunteer to provide this much needed service and are drawn from the health professions such as caregivers, educare workers, teachers, community workers, psychotherapists, social workers and counselors. Everybody doing whatever they can to meet the bereavement and loss needs of children and youth so that they can achieve their potential and help build a healthy South Africa. We plan to continue to train facilitators and expand the skills of those who are already working and those who wish to work with children.

**Resources** that promote healing are continuously being developed and explored by our experienced trainers. Furthermore the organization wishes to access resources and resource people to contribute to rendering this much needed service in all communities throughout the country. Our objective is to provide written and pictorial material for enhancing support for children and youth so that caregivers, educators, parents and facilitators can build their own resource base.

**Networking** with individual people and organizations to identify and address the grief and loss needs of children & youth. In this way get all to engage in the healing process. The organization's long-term vision is to offer the same training throughout South Africa.



More information on [www.Khululeka.org](http://www.Khululeka.org)