

Creative **DEBRIEF-RELIEF** for Community Action Networks (CANs) active during the COVID-19 pandemic

A call for workshop participants



DEBRIEF-RELIEF FOR CAN VOLUNTEERS IN CAPE TOWN

This is an open invitation to all CAN volunteers who served our communities during the COVID-19 pandemic. We invite you to participate in debriefing workshops and Zoom sessions. We will use dialogue and creative expression during these sessions, which will be facilitated with a trained counsellor. This programme is sponsored by the Social Impact Fund through the Faculty of Medicine and Health Sciences at Stellenbosch University.

If you are interested in being a part of the DEBRIEF-RELIEF project, please register by completing the registration form on the following link:

<https://forms.gle/Raw6e2wXZjW8kcKN7>

For further information please contact Stacey Blows on +27(0)83 792 9349 or e-mail: Blowssd@sun.ac.za

We look forward to collaborating and learning from your experiences.

Please note:

- Register by 05 March 2021 to be part of this initiative as we only have capacity for 25 Community Action Network groups.
- Only 1 registration should be submitted per CAN group.
- The initiative is only open to Community Action Network groups.
- The workshops are sponsored; however, the Community Action Network groups are required to arrange a venue within their community.

A safe space to share and reflect on:

- Experiences of volunteering during the pandemic
- Stressors of volunteering
- Coping strategies and self-care
- Lessons learned

Activities:

- Art workshops
- Community space to debrief
- Psycho-social support
- Reflection Zoom sessions

“Volunteers do not necessarily have the time; they just have the heart”