

Maternal Mental Health

RESOURCE DIRECTORY

**Selected resources for the
Cape Town metro region
2013-2014**

**COMPILED BY THE
PERINATAL MENTAL HEALTH PROJECT**



How to use this resource directory

- This directory focuses primarily on organisations offering counselling and psycho-social support services in the Cape Town region. Every effort has been made to ensure that the information is correct. We welcome corrections, additional information and new organisations for this directory.
- Organisations are listed alphabetically, and by area. Most organisations serve the greater Cape Town area. If an organisation is based in a specific area, or serves a specific area, it is noted in the 'Contents by Area' section.
- An organisation may also work in the surrounding communities of the 'area' it serves. For example, if the organisation is in Langa, it may also serve Gugulethu, New Crossroads, and so on. Be sure to call the organisation and ask if your client may be referred.
- It is always best to phone the organisation before making a referral. Get a contact person's name, know what they do, and get their address and phone number.
- If you do send a client for a referral, be sure that your client has all the necessary contact information. Not knowing where a place is, or who to ask for, can be very stressful and discourage your client from attending her appointment.

<p>National Mental Health Information Line 0800 567 567</p>

Perinatal Mental Health Project

Tel: 021 689 8390 • Email: info@pmhp.za.org • Website: www.pmhp.za.org

Alan J Flisher Centre for Public Mental Health
University of Cape Town • Department of Psychiatry & Mental Health
46 Sawkins Road • Rondebosch 7700 • Cape Town

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Athlone	Child Welfare Society, Islamic Resource Foundation, Islamic Social & Welfare Association, Legal Aid Board, SANCA, Western Cape Network on Violence Against Women	Kuils River	Mosaic
		Lake view	CAFDA
		Langa	Ilitha Labantu, Sinakho Community Project
Atlantis	NICRO, SANCA	Lavender Hill	CAFDA
Beaufort West	NICRO	Macassar	Mosaic
Belhar	Mosaic	Manenberg	Rape Crisis, Saartjie Baartman Centre for Women & Children, Silverstream Community Project
Bellville	New Life Centre, Rape Crisis, Sothemba AIDS Action	Mfuleni	Mosaic
Bridgetown	Care Have Shelter	Mitchell's Plain	Cape Town Drug Counselling Centre, FAMSA, Mosaic, NICRO, The Parent Centre, SANCA, YMCA
Crawford	Place of Hope		Parent-Infant Mental Health Services
Crossroads	The Parent Centre	Mowbray	Mosaic, The Parent Centre
Delft	Delft Day Hospital & Clinic, Mosaic	Nyanga	Cape Mental Health, Cape Town Drug Counselling Centre, FAMSA, Loaves & Fishes Shelter
Diep River	RAPCAN	Observatory	Heaven's Nest, Youth Interfacing
Du Noon	Child Welfare Society, Mosaic	Ottery	SANCA
Elsies Rivier	FAMSA, Sothemba AIDS Action, Tehillah Community Collaborative	Paarl	Life Line
Gatesville	Child Welfare Society	Parow	Ilitha Labantu, Mosaic
George	NICRO	Philippi	Beautiful Gate
Grassy Park	CAFDA, Mosaic	Philippi East	Mater Domini
Gugulethu	Ilitha Labantu, The Parent Centre, SANCA, Silverstream Community Project	Pinelands	ATTIC, Mosaic
Hanover Park	Child Welfare Society	Plumstead	CAFDA
Harare	Mosaic	Retreat	Parent-Infant Mental Health Services
Heideveld	Rape Crisis	Rondebosch	Hope Pregnancy Help Centre
Hout Bay	Child Welfare Society, Hout Bay Christian Community Association	Somerset West	Mosaic
Kenilworth	Sisters Inc.	Tafelsig	SANCA, Mental Health Information Centre
Kensington	Mosaic	Tygerberg	Ons Plek, St Anne's Home, Trauma Centre, Women in Need
Khayelitsha	The Ark, Empilweni Centre, FAMSA, Ilitha Labantu, Life Line, Mosaic, Parent-Infant Mental Health Services, The Parent Centre, Rape Crisis, SANCA, Simelela Clinic, Umthawelanga	Woodstock	NICRO
		Worcester	Cape Town Refugee Centre, Mosaic, PNDSA
		Wynberg	CAFDA
		Zeekoevlei	

The Ark

Service	Details	Hours
Counselling	<ul style="list-style-type: none"> Christian counselling Provided by two counsellors English and Afrikaans 	Monday to Friday 9am - 3pm for enquiries
Shelter	<ul style="list-style-type: none"> Christian home to destitute, homeless, abandoned, abused, unemployed men, women and children Provide food and clothing for 3-6 months Crèche and school (for children in grade 1-9) 	
Training	<ul style="list-style-type: none"> Job skills, e.g. sewing, carpentry, painting 	
Contact information		Other information
Phone	021 843 3927	Appointment Yes
Cell	072 232 9113	Fee No
Address	5 Old Faure road, CT Take the train to Eerste River Station, then a taxi between Mfuleni and Khayelitsha.	Admission information <ul style="list-style-type: none"> Accepts refugees (with documentation) Does not accept anyone on psychiatric medication
Contact person	Pastor Patricia	



ATTIC

Service	Details	Hours
Counselling	Individual	Monday – Friday 07:30am - 4pm
Testing	Voluntary Counselling and Testing	Monday – Thursday 9am - 1pm
Training	<ul style="list-style-type: none"> Counselling HIV/AIDS awareness ARV adherence 	Call for information
Contact information		Other information
Phone	Tel: 021 797 3327 / 021 763 5320	Appointment Yes
Email	cjacobs@pgwc.gov.za	Fee No
Address	Lady Michaelis Building, Timour Hall Rd, Plumstead	Areas Cape Town

Beautiful Gate

Service	Details	Hours
Counselling	<ul style="list-style-type: none"> • Psychosocial and spiritual support • Provided by qualified social workers 	24 hours
Shelter	<ul style="list-style-type: none"> • Christian support for vulnerable children, especially those affected by HIV/AIDS • Shelter for children until returned to family or being fostered 	
Social support	<ul style="list-style-type: none"> • For children and their family • Access to grants • Short-term food relief • Advice and referrals 	
Development	<ul style="list-style-type: none"> • Activities to stimulate mental, spiritual and intellectual growth • E.g. writing, games, creative work, dancing, singing 	
Contact information		Other information
Phone	021 370 2500	Appointment No
Fax	021 374 8237	Fee No
Email	support@beautifulgate.org	Admission information Accepts non-South African children
Address	73, Stock road, lower Crossroads, Philippi East	



CAFDA

HIV/AIDS Action Support Group

Service	Details	Hours
Counselling	Individual	Call for information
Support groups	<ul style="list-style-type: none"> • People affected by HIV/AIDS • People living with HIV/AIDS 	Tuesday, 9.30am - 13pm Thursday, 9.30am - 13pm
Training	<ul style="list-style-type: none"> • Drug abuse awareness • Peer education • Awareness programmes 	Call for information
Contact information		Other information
Phone	021 706 2050 021 705 6247	Appointment Recommended
Cell	082 8740 964	
Email	olivia@ctconvention.co.za	Fee No
Address	Corner of 8th Avenue and Prince Georges Drive, Retreat	
Contact person	Sandra Segers	Areas Retreat, Lavender Hill Grassy Park, Zeekoevlei, Lake view



Cape Mental Health

Service	Details	Hours
Counselling	<ul style="list-style-type: none"> psychiatric illnesses intellectual disabilities emotional adjustment problems long term and short term counselling by qualified social workers 	Monday - Friday 8:30am - 4:30pm
Support	Support services for families affected by mental illness	
Care centres	Care for intellectually impaired children	
Vocational rehabilitation	Skills development and training project to support the employment of the mentally ill	
Contact information		Other information
Phone	021 447 9040	Appointment Yes
Fax	021 448 8475	Fee No
Website	www.capementalhealth.co.za	Areas Cape Town
Address	22 Ivy Street, Observatory	

Cape Town Drug Counselling Centre

Service	Details	Hours
Counselling	<ul style="list-style-type: none"> individual family group telephonic counselling qualified psychologists and social workers 	Monday - Thursday 8:30am - 4:30pm
Substance abuse	Assessment and outpatient treatment of drug problems (excluding alcohol abuse)	Friday 9am - 4pm
Other	<ul style="list-style-type: none"> medical and complementary health services no methadone for heroin detoxification 	
Contact information		Other information
Phone	<ul style="list-style-type: none"> Observatory: 021 447 8026 Mitchell's Plain: 021 391 0216 	Appointment Yes
Website	www.drugcentre.org.za	Fee Sliding scale based on income R20 - R180 per person
Address	<ul style="list-style-type: none"> 1 Roman Rd, Observatory 7925 Unit 12 Woolworths Arcade 2 Symphony Walk Town centre, Mitchell's Plain 7785 	Areas Cape Town, Observatory and Mitchell's Plain



Cape Town Refugee Centre

Service	Details	Hours	
Counselling	<ul style="list-style-type: none"> Individual counselling Psychosocial support <i>Counselling provided by qualified psychologists and social workers</i>	Monday - Friday 8:30 am - 4pm Appointments for clients Monday, Tues day and Thursday 8:30am - 12 pm (Can come at 8am) Wed & Friday Do not see clients	
Social support	<ul style="list-style-type: none"> Assistance for newly arrived refugees Client must have asylum-seeking papers or valid refugee status Financial assistance (for limited period) e.g. contribute to children's school fees and uniforms Social Services e.g. emergency services and referral to shelters for abused women HIV Support 		
Skills development	<ul style="list-style-type: none"> Education Skills training 		
Contact information		Other information	
Phone	021 762 9670	Appointment	Yes
Email	ctrc@telkomsa.net		
Website	www.ctrc.co.za		
Address	F12, 123 C/o Piers and Main Rd, Wynberg Center, Wynberg	Fee	No
Contact person	Christina Henda	Areas	Cape Town

Care Haven Shelter linked to Salvation Army

Service	Details	Hours	
Counselling	Individual counselling provided by qualified social workers	Monday - Friday 8:30am - 4pm	
Shelter	<ul style="list-style-type: none"> Residential accommodation for abused women and their children Maximum stay of 3 months Children (girls to age 16, boys to age 12) must be accompanied by their mother 		
Training	<ul style="list-style-type: none"> Life skills Parenting Training programmes are for residents 		
Contact information		Other information	
Phone	021 638 5511	Appointment	Yes
Email	careaids@iafrica.com	Referral information	<ul style="list-style-type: none"> Client needs a letter of referral from a doctor, psychologist or social worker Client will be assessed by the Care Haven social worker to see if criteria are fulfilled
Address	Bridgetown Call for more details	Fee	<ul style="list-style-type: none"> If earning: R25/week: shared room R75/week: single room No fee if not earning
Contact person	Major Frankie	Areas	Cape Town



Child Welfare Society

Service	Details			Hours
Counselling	<ul style="list-style-type: none">This organisation helps children in need of care (usually 0-18 years old)Counselling by qualified social workers			Monday - Friday 8am - 4:30pm
Child abuse	<ul style="list-style-type: none">Assistance for abused childrenInvestigation of child abuse			
Social services	<ul style="list-style-type: none">Adoption servicesFoster care servicesCommunity development e.g. monitoring ‘at risk’ families, job skills, job creation			
Contact information				
Phone & Fax	Head Office	P: 021 638 3127 F: 021 638 5277	Khayelitsha	P: 021 387 0163 F: 021 387 5877
	Athlone	P: 021 638 3127 F: 021 638 5277	Lotus River, Ottery, Philippi and Pelican Park	P: 087 805 2496 F: 021 691 2065
	Hanover Park	P: 021 692 0667 F: 021 691 3700	Manenberg	P: 021 638 5131 F: 021 633 9132
	Du Noon	P 087 805 2498 F: 087 805 7931	Philippi East	P: 021 637 2140 F: 021 638 1674
	Hout Bay	P: 021 790 2300; F: 021 790 9162		
Email	information@helpkids.org.za		Other information	
Website	www.helpkids.org.za		Appointment	Yes
Address	Head Office: Lower Klipfontein Rd Gatesville		Fee	No



Delft Day Hospital & Clinic

Service	Details	Hours	
Counselling	• Individual counselling	Monday – Friday, 8am-4pm	
	• Support Groups	Wed 8am - 3pm	
HIV/AIDS Services	• VCT Testing	Monday – Thursday, 8am-4pm	
	• Mother-child transmission prevention (PMTCT)	<i>Call or attend clinic for more information.</i>	
	• Antenatal care		
	• AZT and triple therapy		
Contact information		Other information	
Phone	021 954 2235/28/37	Appointment	Yes
Fax	021 954 1207		
Address	Corner Laiden Avenue Delft Main Road, Delft	Fee	No Cost applies for spectacles only
Contact person	• Sr Kiviet • Mr Horne		
		Areas	Delft

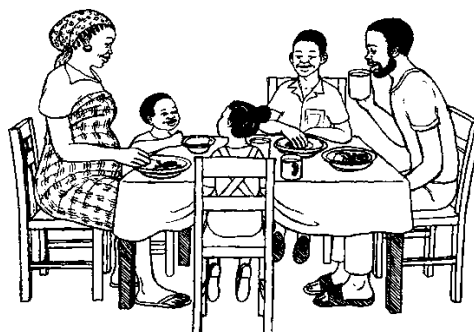


Empilweni Centre

Service	Details	Hours	
Counselling	• Individual	Monday - Thursday 9am - 4pm	
	• Children with behavioural problems		
Support Groups	• Children who have been sexually abused	<i>Call or attend clinic for more information.</i>	
HIV/AIDS Services	• Parent support group		
General Services	• Children infected and affected by HIV/AIDS		
	• Screening and assessments	<i>Call or attend clinic for more information.</i>	
	• Home and school visits		
Contact information		Other information	
Phone	021 361 7063	Appointment	Yes
Fax	021 361 7569		
Address	Cape Town Metropolitan Building c/o Spine & Ntlazane Rd Ilitha Park, Khayelitsha	Fee	No
Contact person	Donald Mfuniselwa	Areas	Khayelitsha

FAMSA Cape Town

Service	Details	Hours	
Counselling	<ul style="list-style-type: none"> Individual Family Bereavement Trauma and domestic violence Anger management 	Monday - Friday 8:30am – 4pm	
Contact information		Other information	
Phone	Observatory: 021 447 7951 Elsies Rivier: 021 946 4744 Khayelitsha: 021 361 9098 Mitchell's Plain: 021 372 0022	Appointment	Call
		Fee	Depends on income
Cell	082 231 0373/4470	Areas	Observatory Elsies Rivier Khayelitsha Mitchell's Plain
Email	famsa@famsawc.org.za		
Website	www.famsawc.org.za		
Address	9 Bowden Rd, Observatory 7925		



Heaven's Nest

Service	Details	Hours	
Counselling	<ul style="list-style-type: none"> To enhance self-esteem and confidence Psych Corp (mostly psychology students) provide counselling 	24 hours	
Foster care	<ul style="list-style-type: none"> For children infected or affected by HIV/AIDS For children who have been abused, neglected or abandoned 6-month to 8-year olds Placed back with family, adopted or fostered 		
Social support	<ul style="list-style-type: none"> Link with welfare and social services 		
Development	<ul style="list-style-type: none"> Link with external schooling Basic introduction to schooling for children aged 4-6 years 		
Contact information		Other information	
Phone	021 703 9781	Appointment	Yes, made by social worker
Cell	084 919 6967	Referral information	Child must fulfil admission criteria
Email	heavensnest@mweb.co.za		
Address	Ottery (call for more information)	Fee	No
Contact person	Eleanor Bester	Admission information	Non-South African children with a permit

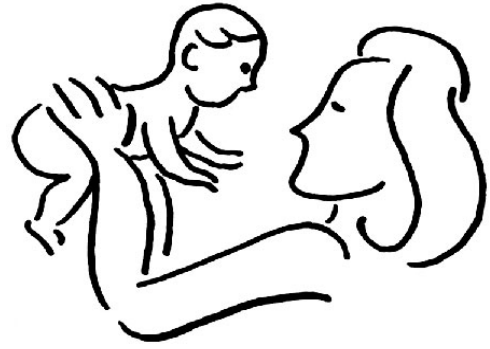


Homestead Intake Shelter

Service	Details	Hours
Shelter	<ul style="list-style-type: none"> For street boys aged 6 – 16 years Open door principle – come in and out as they wish Aim is to keep them off the streets 	24 hours
Family reconstruction	<ul style="list-style-type: none"> Try to integrate children with their families 	
Development	<ul style="list-style-type: none"> Help them rebuild their lives and future 	
Contact information		Other information
Phone	021 419 9763	Appointment Yes
Fax	021 419 2600	Referral information <ul style="list-style-type: none"> Liaise with social worker and provide background report on the boy New children's acts –get papers from dept. of social development or local offices
Email	info@homestead.org.za	
Address Drop in centres :	<ul style="list-style-type: none"> 150 Strand Street, Cape Town Chapel street , District 6 Elukhanyisweni, Khayelitsha 	Fee No
Contact person	Social worker Shermaine or Claire 021 461 7470	Admission information <ul style="list-style-type: none"> Accepts non South African boys Best not to send quiet boys to this shelter – bad street-life influences in shelter

Hope Pregnancy Help Centre

Service	Contact information	
Pregnancy and TOP services (termination of pregnancy)	Phone	021 886 6898
	Areas	Cape Town Based in Somerset West
Please call the organisation for information about hours, appointments and fees.		



Hout Bay Christian Community Association

Service	Details	Hours	
Church activities	<ul style="list-style-type: none">• Church services: weddings, funerals, rallies, bible classes• Choir training• Normal meetings	Monday-Sunday 8am - 1pm <i>Call for more information</i>	
Soup kitchen	<ul style="list-style-type: none">• Provided by volunteers• For elderly, sick, disabled and homeless people of the Imizamo Yethu Community• Occasionally also for outside groups on contract• Food parcels also handed out once a week		
Welfare	<ul style="list-style-type: none">• Guidance, advice and prayer on personal matters• Assistance with transport, help with disability grants• Shelter for homeless people from natural disasters• Material assistance: food, clothing, plastic to cover roofs		
Health	<ul style="list-style-type: none">• Accommodation for 10 ill men and women• Patients cared for by home-based care worker organisation• Information sessions on HIV/AIDS, tuberculosis, malnutrition and STDs• Assistance, advice and training to pregnant women and after child birth		
Training	<ul style="list-style-type: none">• Sewing, beading work, cooking, pottery• Fabric painting, mosaic, leatherwork and woodwork• Computer literacy		
Contact information		Other information	
Phone	021 790 5827	Appointment	No
Fax	021 790 5839		
Email	hbcca@iafrica.com	Referral information	No
Website	www.hbcca.co.za	Fee	<ul style="list-style-type: none">• Small fee for equipment used if sell goods produced from skills training• R1 for food (free if necessary)
Address	Iziko Lobomi Centre Mandela Road Imizamo Yethu Hout Bay 7806		
Contact persons	Office administrator: Noxolo Gladile Welfare and health care: Marion Franke Supervisor kitchen: Pakamisa Lucas		

Ilitha Labantu

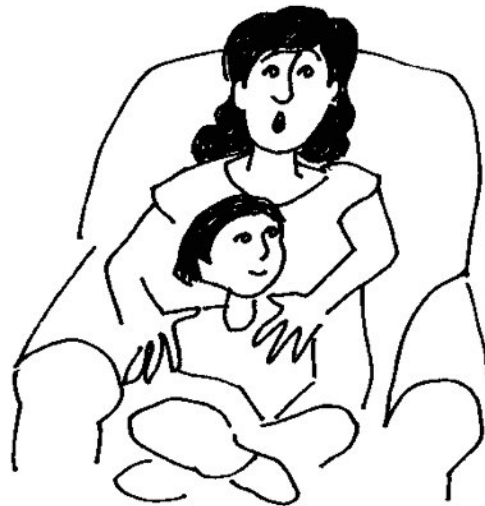
Service	Details	Hours	
Counselling	<ul style="list-style-type: none">IndividualSupport group for women survivorsServices provided by social workers and trained counsellors	Monday – Friday 8am - 5pm	
Abuse	Social support and services for abused women and children		
Violence	Healing development programme for victims of political violence and violence against women and children		
Skills training	E.g. computers, baking, gardening and sewing		
Contact information		Other information	
Phone	Gugulethu: 021 633 2383/78 Langa: 021 694 5770 Phillipi: 021 374 2722 Khayelitsha: 021 361 9731 Emergency: 079 235 6144	Appointment	No
		Fee	No
		Areas	Gugulethu, Langa, Phillipi, Khayelitsha
Address	NY 22 No 26A, Gugulethu		
Contact person	Ella		

Islamic Resource Foundation of South Africa

Service	Details	Hours	
Counselling	<ul style="list-style-type: none">• Provided to sheltered women, children and outside clients seeking assistance• Counselling and occupational therapy• Provided by qualified counsellors	Monday - Friday 8am - 4:30pm	
Shelter	<ul style="list-style-type: none">• Provided for abused women and their children (0-20 years old)• Provides cooked meals and clothes, toiletries and bedding for up to 6 months• Crèche facilities with qualified crèche teacher		
Social support	<ul style="list-style-type: none">• Referral to legal, medical and other professionals• Employment opportunity assistance		
Training	<ul style="list-style-type: none">• Arts and crafts classes• HIV/AIDS educational programmes• Parenting and life skills		
Contact information		Other information	
Phone	021 638 5578	Appointment	Yes, unless urgent
Fax	021 638 7239		
Email	info@irfsa.com		
Address	121 c/o 5 th Avenue and Yusuf Street Welkom estate, Athlone	Fee	Varies according to income (free if none)
Website	www.irfsa.com	Admission information	Accepts refugees and pregnant women
Contact person	Ms Nuhaa Ishmail		

Islamic Social & Welfare Association [for youth aged 12-18 years]

Service	Details	Hours	
Counselling	<ul style="list-style-type: none"> Individual, marriage and family Youth conflict Services provided by social workers and auxillary social workers Parenting classes Youth risk assessment 	Monday - Thursday 8am - 4:30pm Friday 8am - 12pm	
Contact information		Other information	
Phone	021 696 3000	Appointment	Yes
Email	kippie.a@gmail.com	Fee	R50 per session
Address	11 1st Ave, Belgravia, Athlone	Areas	Cape Town



Legal Aid Board

Service	Details	Hours	
Legal services	Representation and advice on: <ul style="list-style-type: none"> Criminal Civil Child custody 	Monday- Friday 07:30am - 4:30pm	
Contact information		Other information	
Phone	Athlone: 021 696 5172 Cape Town: 021 426 4126	Appointment	No
Address	<ul style="list-style-type: none"> 2nd floor, Melofan House Old Klipfontein Road, Athlone 60 St George Mall Reserve Bank building 3rd floor, Cape Town 	Fee	No
		Areas	Cape Town Athlone

Life Line - Western Cape

Service	Details	Hours	
Counselling	<ul style="list-style-type: none"> Full range of mental health and support services for: crises, emotional stress, trauma, rape, abuse Referrals to professional and community services Children who are rape victims or who have lost family Telephone counselling available All counsellors have completed Lifeline training programmes 	24 hour telephone counselling service Adults: 0861 322 322 Children: 0800 055 555 Individual appointments 8:30am - 4pm	
Contact information		Other information	
Emergencies	021 461 1111	Appointment	Yes
Phone	Head office: 021 461 1113 Parow: 021 930 0859 Khayelitsha: 021 361 9197	Fee	No
Fax	021 461 6400	Areas	Cape Town Parow Khayelitsha
Website	www.lifeline.org.za		
Email	info@lifelinewc.org.za		
Address	56 Roeland Street, Cape Town		

Loaves & Fishes Shelter

Service	Details	Hours	
Counselling	<ul style="list-style-type: none"> Individual counselling Provided by qualified counsellors 	Monday – Friday 6am – 6pm	
Shelter	<ul style="list-style-type: none"> For single men and women (age 25 – 60) 		
Contact information		Other information	
Phone	021 448 5900	Appointment	Yes
Fax	021 448 0684	Referral information	Assessment first to see if criteria fulfilled
Email	Loavesandfishes@telcomsa.net	Fee	<ul style="list-style-type: none"> R35/day R490/2 weeks
Address	1 Lower Rochester Street Observatory	Admission information	<ul style="list-style-type: none"> Accepts refugees with up-to-date documentation Do not accept pregnant women or women with children
Contact person	Colette (social worker)		

Mater Domini

Service	Details	Hours
Shelter	<ul style="list-style-type: none"> • Temporary accommodation for women with unwanted or crisis pregnancy, physical or physiological abuse • 4 bedroom house – maximum 8 women 10-12 women • 2-week initial contract – renewable up to 2 weeks • Immediate admittance if accepted (call for criteria and admittance) 	Monday – Friday 24 hours
Medical	• Referral to midwife in Mowbray Maternity Hospital	
Contact information		Other information
Phone	021 671 6008	Appointment Call first for information about availability
		Fee No
Cell	079 891 6749	Admission information <ul style="list-style-type: none"> • Against abortion, but don't condemn those who have had abortions • Accept women who are 21 years and above • Accepts refugees • Accepts pregnant women with children (depending on circumstances and age of children).
Email	info@matercapetown.org	
Address	10, 1 st Avenue Claremont	
Contact person	Genine Richards	



Mental Health Information Centre

Service	Hours
<ul style="list-style-type: none"> • Resource center provides information on all mental health issues to inform the general population. • Pamphlets on the different Mental Health disorders are distributed. • Referrals to professional mental health workers and support groups. 	Monday - Friday 7am - 3pm
Contact information	
Phone	021 938 9229 021 938 9029
Fax	021 931 4172
Email	mhic@sun.ac.za
Website	www.mentalhealthsa.co.za
Address	Clinical Building, Faculty of Health Sciences, Stellenbosch University, Francie van Zijl Boulevard, Tygerberg 7505
	Appointment No. Information is given telephonically
	Fee No
	Areas National

MOSAIC
Training, Service & Healing Centre for Women

Service	Details		
Counselling	<ul style="list-style-type: none"> Individual: rape, domestic, emotional and physical abuse Support groups Services provided by experienced Mosaic-trained counsellors (English, isiXhosa and Afrikaans) Referrals to related services 		
Court support	Assistance with applications for maintenance and protection orders and crises intervention	Monday - Thursday 8:30am - 4pm Friday 8am - 3:30pm	
Sexual and reproductive health	Women's Reproductive Health Clinic <ul style="list-style-type: none"> Pap smears, contraception, STI and HIV/AIDS services, TOP (termination of pregnancy) 	Call Wynberg office for information	
Training	Empowerment, building assertiveness and dealing with abuse (English, isiXhosa and Afrikaans)	Call for information	
Community Outreach	Many centres across the Cape Town area. Call for more information.	Monday - Thursday 8:30am - 4pm	
Contact information		Court support desks	
Phone	Head office 021 761 7585 Toll free 0866 518 662	Belhar 072 851 7108 Delft 073 152 7992 Dunoon 073 900 0518 Grassy Park 072 250 6872 Harare 078 534 3240 Kensington 073 522 7466 Khayelitsha 082 953 9369 Site B 073 232 3228 Kuils River 082 816 9054 Macassar 082 952 7369 Mfuleni 082 816 9054	Mitchell's Plain 072 853 4814 Nyanga 072 853 4737 or 073 054 7508 Philippi 072 853 4737 or 083 418 1374 Plumstead 073 165 7509 Tafelsig 083 533 4668 The Leagues 076 179 5292 Wynberg 079 841 2219
Email	admin@mosaic.org.za	Other information	
Website	www.mosaic.org.za	<ul style="list-style-type: none"> All services are free. Call or ask for community workers at day hospitals, clinics, police stations and courts. 	
Address	Head Office 66 Ottery Rd, Wynberg		



New Life Centre

Service	Details	Hours	
Counselling	<ul style="list-style-type: none"> Informed counselling to help pregnant women make informed decisions regarding single parenting and adoption Provided by qualified social workers 	Office: Monday to Friday 8am - 5pm Shelter: 24 hours	
Shelter	<ul style="list-style-type: none"> Home for pregnant women and adolescents in crisis Can accommodate 7 women at a time 		
Social	<ul style="list-style-type: none"> Involved in adoption process 		
Training	<ul style="list-style-type: none"> Life and job skills E.g. sewing ,beading, general housekeeping , computer skills 		
Contact information		Other information	
Phone	021 945 1765	Appointment	Yes
		Fee	No
Fax	021 949 1614	Admission information	<ul style="list-style-type: none"> Accepts refugees Does not accept children on the premises Primary focus is adoption, not abortion
Email	info@newlifecentre.co.za		
Address	3 Krige Street, Boston, Bellville Cape Town		





Ons Plek Projects

For girl street children up to 18 years-old

Service		Hours	
<ul style="list-style-type: none"> Individual counselling Support children to leave street life Resettle children in their communities Assist children to attend school Vocational preparation Provide housing 		Monday - Friday 9am - 5pm	
Contact information		Other information	
Phone	Cape Town 021 465 4829 Woodstock 021 448 6529	Appointment	No
Fax	Cape Town 021 461 0530 Woodstock 021 448 3153	Fee	No
Email	onsplek@new.co.za		
Website	www.onsplek.org.za		
Address	In-take shelter 4 Albertus Str, Cape Town Second-stage shelter 7 York Rd, Woodstock	Areas	Cape Town
Contact person	Yumna Van der Skyf (Woodstock) House manager: Gina Jagers		

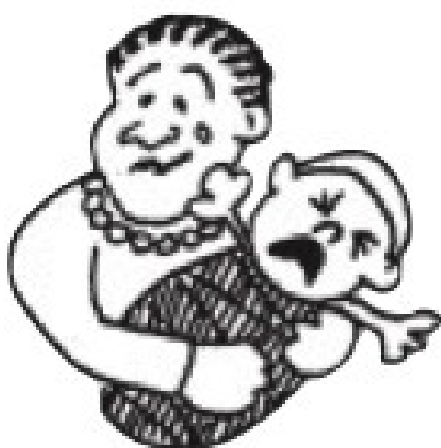
Parent-Infant Mental Health Services

Service		Hours	
<ul style="list-style-type: none"> Counselling services for infants under the age of three years and their parents Counselling by qualified social workers, psychologists, and psychiatrists 		Monday - Friday 8am - 4:30pm	
Contact information		Other information	
Phone	021 685 4103	Appointment	Yes
Address	46 Sawkins Rd, Rondebosch Division of Child & Adolescent Psychiatry, University of Cape Town	Fee	Sliding scale based on income
		Areas	Service sites in <ul style="list-style-type: none"> Rondebosch Mowbray Hospital Khayelitsha

The Parent Centre

Service		Hours	
Counselling	Counselling is short term and aimed at building a partnership with the parent; parent's own problem-solving ability is encouraged.		Monday – Friday 8am - 4pm
Parenting Skills	<ul style="list-style-type: none">Services include support groups, mother and infant bonding, pre and postnatal visits, maternal depression and referral services.Teenage parenting programme		
Support groups	Groups for mothers and infants, mothers and toddlers and teenage mothers		
Home visiting	In Khayelitsha, Hanover Park, Gugulethu, Imizamo Yethu and Mitchell’s Plain.		
Other	<ul style="list-style-type: none">Community Education and AwarenessTraining of Trainers - Parenting skills and workshop facilitation trainingBehaviour Management Training Programme for teachers, educare workers, childcare workers and others		
Contact information			
Head office Wynberg	Phone	021 762 0116	
	Fax	021 762 5160	
	Email	reception@theparentcentre.org.za	
	Address	Upper Level, Wynberg Centre, 123 Main Rd, Wynberg	
Khayelitsha	Phone	021 361 9382	
Parent-infant home visiting programme	Phone	021 7620116	
	Email	Milly@theparentcentre.org.za	
	Contact	Milly Pekeur	
Teen parenting skills training & support groups	Khayelitsha	Majorie Feni	082 674 2904
	Gugulethu & Nyanga	Bulelwa Kuse	073 226 4312
	Crossroads	Lephina Makhanya	076 119 6578
	Mitchell’s Plain	Nesa Solomon	021 762 0116
Support groups	Moms and Babies	Margaret Davison	021 762 3401
	Moms and Toddlers	Jann Watlington	021 762 0116
	Mitchel’s Plain Parent Support	Marilyn Matroos	021 372 1121
	Parenting & Community	Fouzia Ryklief	021 762 0116
Other information			
Appointments	Yes - call head office or group.	Fee	Sliding scale based on income. Minimum of R50 -170





Place of Hope

Service	Details	Hours	
Counselling	Services provided by qualified social workers	Monday - Friday 8:30am - 4:30pm	
Shelter	Safe accommodation for abused women and children		
Training	<ul style="list-style-type: none"> Life skills Job skills 		
Contact information		Other information	
Phone	Office hours 021 697 2019 After hours for information only 021 697 1004	Appointment	Yes. Please phone ahead to check availability.
		Referral information	<ul style="list-style-type: none"> Client will be assessed by the social worker. Please call ahead to check criteria for referral.
Address	233 Lawrence Road Crawford	Fee	No
Contact person	Jenny, Brenda and Mel	Areas	<ul style="list-style-type: none"> Cape Town

PNDSA

Postnatal Depression Support Association of South Africa

Service	Details	Hours
Counselling	<ul style="list-style-type: none"> Mental health assessments Individual and telephonic Referrals to professional mental health workers and support groups 	Tuesday & Friday 10am - 1pm
Resource centre	<ul style="list-style-type: none"> Information for health professionals and the public Information packs available on Maternal Mental Health 	Helpline 7 days a week during office hours
Contact information		Other information
Phone	Helpline SMS 'help' to 082 882 0072 Head office: 021 797 4498	Appointment Call during office hours for telephonic counselling, referrals and information
Fax	086 645 2536	Fee <ul style="list-style-type: none"> No fee for telephonic counselling Individual counselling feed on a sliding scale based on income
Email	info@pnDSA.org.za	
Website	www.pnDSA.org.za	Areas National
Address	Unit F5, Upper level, Wynberg Centre, 123 Main Road, Wynberg, Cape Town	



RAPCAN

Resources aimed at the Prevention of Child Abuse & Neglect

Service		Hours	
<ul style="list-style-type: none">• Child protection and support services• Child witness support programme		Monday - Friday 8:30am - 4pm	
Contact information		Other information	
Phone	021 712 2330	Appointment	Yes
Fax	021 712 2365		
Email	info@rapcan.org.za	Fee	No
Website	www.rapcan.org.za		
Address	Waterford House, 3rd Floor Waterford Road, Diep River	Areas	Cape Town



Rape Crisis

Support for rape survivors, their family & friends

Service	Details	Hours	
<i>Counselling</i>	<ul style="list-style-type: none">• Individual• Support groups• Counselling for partners, family and friends• 24-hour telephone support and advice to survivors, partners, family and friends• Services provided by trained volunteer counsellors with supervision from qualified social workers• Referrals to related professional services if needed	General Monday - Thursday 9am - 4:30pm Friday 9am - 3:30pm Support groups Wednesday 5:30pm - 7pm <i>After hours appointment may be possible.</i>	
<i>Trauma support</i>	Assistance and care for survivors in clinics during forensic examination and treatment after rape	All hours. Volunteers work in ‘victim support rooms’ at many local police stations, courts and health facilities.	
<i>Court support</i>	<ul style="list-style-type: none">• Pre-trial consultation and advice• Support for survivors during trial	Call for information.	
Contact information		Other information	
<i>Phone</i>	Head office: Observatory 021 447 1467 Counselling line 021 447 9762 Athlone 021 684 1180 Counselling line 021 633 9229 Khayelitsha 021 361 9228 Counselling line 021 361 9085 Heideveld 021 633 9229	<i>Appointment</i>	No
		<i>Fee</i>	No
<i>Fax</i>	Fax: 021 447 5458	<i>Areas</i>	Cape Town
<i>Website</i>	www.rapecrisis.org.za		
<i>Address</i>	Head office: 23 Trill Road, Observatory One stop rape support centres: <ul style="list-style-type: none">• Cape Town• Khayelitsha, Site B Day Hospital• Karl Bremer Hospital in Bellville• GF Jooste Hospital, Manenberg		

Saartjie Baartman Centre for Women & Children

Service	Details	Hours	
Counselling	<ul style="list-style-type: none"> Individual and group counselling Psycho-educational workshops for shelter residents and outside clients Specialised counselling in rape, drug and alcohol abuse, trauma and domestic violence 	Reception: 8.30am – 4.30pm (come before 3.45pm) Shelter: 24 hour crisis response	
Shelter	<ul style="list-style-type: none"> Transitional housing for abused women and their children (max 4 months) Second stage housing unit for further 6-9 months (R400-500 per month) 		
Legal	<ul style="list-style-type: none"> Legal advice Assistance with protection orders Maintenance and court preparations 		
Child care	<ul style="list-style-type: none"> Crèche for pre-school children School aged children placed in nearby schools 		
Training	<ul style="list-style-type: none"> Job skills training and job placement: E.g. Admin work, child care assistant Training in parenting , assertiveness and home-based care 		
Contact information		Other information	
Phone	021 633 5287	Appointment	No
Fax	021 637 3487	Fee	No
Email	info@womenscentre.co.za	Admission information	Accepts refugees
Address	Klipfontein Road, Manenberg		
Contact person	Intake: Ilse		



Service	Details	Hours	
Counselling	<ul style="list-style-type: none">Services related to substance abuseComprehensive assessmentsMotivational interviewingBrief interventionGroup and individual counselling sessionsOne-stop multi-disciplinary service at the Athlone office:<ul style="list-style-type: none">Social workersClinical psychologistOccupational therapistRegistered psychiatric sisterPsychiatrist	Monday – Friday 8am - 4 pm Saturdays 10am - 12pm (Family sessions)	
Substance abuse prevention	<ul style="list-style-type: none">Out-patient programmesIn-patient programmes6-month after-care and support for clients who have completed in/our patient programmes.		
Other	<ul style="list-style-type: none">Family education groupsVCT services		
Contact information			
Athlone & Gugulethu	Child welfare offices 157 Lower Klipfontein Road Gatesville	Phone	021 638 5116/5181
		Fax	021 637 2382
Atlantis	1 Dolly centre , 3 Adennes Criscent Westfleur Centre, Atlantis	Phone	021 572 7461
		Fax	021 572 7641
Khayelitsha	Catholic Welfare Development Centre, E505 Scott St, Khayelitsha	Phone	021 364 6131
		Fax	021 364 5510
Mitchell’s Plain	11 Daphne Crescent, Eastridge Mitchell’s Plain	Phone	021 397 2196
		Fax	021 397 4617
Paarl	JF Phillips Building, 1st Floor 34 Lady Grey St, Paarl	Phone	021 872 9671
		Fax	021 872 5050
Tygerberg	Stikland Hospital, Outpatients Old Paarl Rd, Stikland	Phone	021 945 2098
		Fax	021 919 7383



Scalabrini Centre

Support for Refugees

Service	Details	Hours
Counselling	<ul style="list-style-type: none"> Individual and group trauma counselling Educational and recreational therapies 	Welfare desk: Monday – Friday 9am - 4:30pm Health clinic: Every Thursday 10am - 3pm
Psycho-education	<ul style="list-style-type: none"> Promoting HIV/AIDS awareness and reduce stigma 	
Welfare	<ul style="list-style-type: none"> Legal assistance to obtain or regularise documentation Follow-up of access to disability grants or documentation 	
Shelter	<ul style="list-style-type: none"> Referrals and limited direct assistance for emergency and special cases (e.g. clothing) Schooling of children Meals every Tuesday and Thursday morning for homeless and residents 	
Medical	<ul style="list-style-type: none"> Complimentary healthcare Sustained support to HIV + clients 	
Employment	<ul style="list-style-type: none"> Facilitate access to employment for refugees, immigrants and South Africans Provides resources, support, skills and knowledge for job applications Life skills workshops – basic everyday and communication skills 	
Contact information		Other information
Phone	021 465 6433	Appointment
Fax	021 465 6317	Fee
Address	47 Commercial Street, Cape Town	Admission information Accepts pregnant women with and without children
Contact person	<ul style="list-style-type: none"> Daniele: counselling and meals for homeless Antonia: employment access programme Solonge: refugees 	

Silverstream Community Project

Service	Details	Hours	
Counselling	<ul style="list-style-type: none"> Individual Grief counselling 	Monday – Friday 8am - 1pm or 2pm	
Training	<ul style="list-style-type: none"> Grief counselling HIV/AIDS and TB awareness Food parcels Vacation programmes 		
Contact information		Other information	
Phone	021 637 6957	Appointment	Yes
Cell	083 663 7642		
Address	Silvertree Church Corner of Ruimte Rd and Great Fish Ave, Manenberg	Fee	No
		Areas	Gugulethu
Contact person	Ps Wayne Janecke		

Simelela Clinic For rape survivors

Service	Details	Hours	
Counselling	Counselling and emotional support for survivors	Kayelitsha District Hospital: Open 24 hours 7 days a week Site B Hospital 8am – 4pm	
Sexual and reproductive health	<ul style="list-style-type: none"> Contraception and emergency contraception Forensic examination and counselling for rape survivors HIV/AIDS and VCT services IUCD insertion, check and removal Pregnancy tests Tests and treatment for STIs TOP (termination of pregnancy) with pre-and post-counselling (only in Wynberg) 		
Contact information		Other information	
Phone	Toll free : 0800 330 101 Office : <ul style="list-style-type: none"> 021 360 4200 021 360 4570 021 360 4293 	Appointment	No
		Fee	No
		Areas	Khayelitsha
Fax	021 361 7818	Address	Site B Lwandle Road, Site B Hospital, Khayelitsha

Sisters Inc.

Service	Details	Hours	
Counselling	<ul style="list-style-type: none"> Individual Group Services provided by a qualified psychologist and social workers 	Monday- Friday 8:30am - 4:30pm	
Social services	<ul style="list-style-type: none"> Adoptions 		
Shelter	<ul style="list-style-type: none"> Safe accommodation for abused mothers and children(1-10 years) 	Call to check availability	
Training	<ul style="list-style-type: none"> Job skills and job creation 	Training for residents	
Contact information		Other information	
Phone	021 797 4190	Appointment	Yes
Fax	021 797 4190		
Email	sistersinc@telkomsa.net	Fee	Sliding scale
Address	32 Ascot Road, Kenilworth		
Contact person	Angela Dewar	Areas	Cape Town



Sothemba AIDS Action

Service	Hours		
<ul style="list-style-type: none"> Individual counselling by appointment Food parcels 	Monday -Friday 08am - 5pm		
Contact information		Other information	
Phone	021 948 7699/7560	Appointment	Call
Email	aag@icon.co.za	Fee	No
Address	7 Meath Street, Bellville	Areas	Elsies Rivier
Contact person	Elmeien Grobbars		

St Anne's Home

Service	Details	Hours
Counselling	Individual and group counselling provided by qualified social workers	Monday - Friday 9am - 5pm
Shelter	<ul style="list-style-type: none"> Safe accommodation for destitute and abused women and their children (max. stay of 4 months) Pregnant women from 7 months 	House mother available after hours.
Crèche facilities	Child care support for mothers.	Services are for residents. Call for information.
Skills training	Job skills and links to jobs.	
Contact information		Other information
Phone	Office hours 021 448 6792	Appointment Yes
	After hours 021 447 1779	Referral information <ul style="list-style-type: none"> Phone ahead to check availability. Client will be assessed by the social worker to see if criteria are fulfilled.
Email	info@stanneshomes.org.za	Fee <ul style="list-style-type: none"> R70 if income. No fee if no income.
Address	48 Balfour St Woodstock	Areas Cape Town

Tehillah Community Collaborative

Service	Details	Hours
Counselling	<ul style="list-style-type: none"> Monthly support groups for HIV+ people Provided by qualified social workers, nurses and psychologists 	Office: Monday - Friday 8am - 5pm Shelter: 24 hours
Shelter	<ul style="list-style-type: none"> Shelter for the homeless, abused, destitute persons, especially women and children Provide soup daily in the community in Cape Town 	
Medical	<ul style="list-style-type: none"> Treatment and support for people with HIV/AIDS and TB Drug addiction rehabilitation programme 	
Training	<ul style="list-style-type: none"> Develop life skills Create educational opportunities Early childhood educational programme 	
Contact information		Other information
Phone	021 933 0990	Appointment Yes (background report needed)
Cell	072 302 9638	Fee Shelter: R800 per month No fees for other services
Email	info@tehillah.za.org	
Address	196 16th Avenue, Leonsdale Elsies Rivier 7490	Admission information Accepts pregnant women. Do not accept refugees.



Trauma Centre

For Survivors of Violence & Torture

Service		Hours	
<ul style="list-style-type: none"> Counselling for victims, survivors or witnesses of trauma and violence and their families. Individual and group counselling. Services provided by qualified social workers and psychologists. 		Monday - Friday 8:30am - 4pm	
Contact information		Other information	
Phone	021 465 7373	Appointment	Yes and Walk-ins
Address	126 Chapel Street, Woodstock	Fee	No
Contact person	Valdi Vav Reened-le Roux	Areas	Cape Town

Umthawelanga

Family support for the terminally ill

Service	Details	Hours	
Counselling	<ul style="list-style-type: none"> Individual Support groups 	Monday - Friday 9am - 5pm	
Support for children and orphans	Connect terminally ill parents and foster parents		
Contact information		Other information	
Phone	021 361 7863	Appointment	Yes
Cell	083 425 7819 or		
Email	umthawelanga@kingsley.co.za		
Address	<ul style="list-style-type: none"> E505 Scott St, No. 7 Masiphulisane Centre, Khayelitsha P.O Box 16, Khayelitsha 	Fee	No
Contact person	Vivian or Mciteka	Areas	Khayelitsha

Western Cape Network on Violence against Women

Service		Hours	
Coordinates services and resources for women who have been abused, including: <ul style="list-style-type: none">• Individual counselling provided by NICRO or Rape Crisis trained counsellors.• Referrals for pregnant clients to day hospital• School and crèche placement		Monday - Friday 9am - 4pm	
Contact information		Other information	
Phone	021 448 6180	Appointment	Yes
Fax	021 448 6178	Fee	No
Address	Suite 201 Buidling 17a, Croft Street, Waverly Buisness Park, Mowbray	Areas	Cape Town

Women in Need

Service	Details	Hours	
Social	<ul style="list-style-type: none"> • Provide homeless women and their children with support • Crèche • Not a shelter 	Monday – Friday 8am - 4pm	
Training	<ul style="list-style-type: none"> • In first aid • In establishment and running of crèches 		
Contact information		Other information	
Phone	021 448 6484	Appointment	Yes
		Fee	No
Address	22 Regent road, Woodstock	Admission information	Does not accept refugees





Women's Legal Centre

Service		Hours	
Legal advice and support relating to		Monday – Thursday 8:30am - 5pm	
<ul style="list-style-type: none"> relationship, marriage, land and housing rights labour rights health and reproductive rights, violence against women 		Friday 08:30am - 4:30pm	
Contact information		Other information	
Phone	021 424 5660	Appointment	Yes
Fax	021 4245206	Fee	No
Address	7 th Floor Consitution House 124 Adderly Street, Cape Town	Areas	Cape Town

YMCA Mitchell's Plain

Service	Details	Hours	
Support groups	Groups held once a month	Call for information	
Adolescent services	A range of services for adolescents	Call for information	
Contact information		Other information	
Phone	021 371 6172 or or 021 376 5690	Appointment	Call
Cell	083 461 8763		
Email	cflatsy@mweb.co.za	Fee	No
Address	34 Ajav Way, Woodlands, Mitchell's Plain		
Contact person	Ricardo de Reuck	Areas	Mitchell's Plain

Youth Interfacing Catholic Development Centre

Service	Details	Hours	
Life Skills	<ul style="list-style-type: none"> For children aged 6 and above Sport and recreational activities Arts and cultural programmes 	Call for information	
Contact information		Other information	
Phone	Cape Town 021 762 6372	Appointment	No
Address	Head office: 220 Ottery Road, Ottery	Fee	No
Contact person	Nosakhele Mpushe	Areas	Ottery

National Help Lines

National Mental Health Information Line

0800 567 567

Organisation	Number
Advice Desk for Abused Women	031 262 9673 or 031 262 9679
AIDS Helpline	0800 012 322
Alcoholics Anonymous	0861 435 722
Care Assist (health & psychiatric concerns help line)	011 359 5000
Child Line	080 005 5555 or 021 461 1114
Child Welfare	0800 435 754
Compassionate Friends	011 440 6322 or 082 317 4947
Domestic Violence Assistance Programme	031 260 1588
Emergency contraception helpline	0800 246 432
FAMSA	021 447 7951
Gay & Lesbian Association	011 717 4239
Lifeline	0861 322 322 or 021 461 1111
Love Life Sexual Health Line	0800 121 900
Marie Stopes (pregnancy, emergency contraception, abortion)	0800 11 77 85
Mental Health Information Centre	0800 600 411
Mental Health Society	011 614 9890
Narcotics Anonymous	083 900 6962
Obsessive-Compulsive Disorder Association	011 786 7030
People Opposing Women Abuse (POWA)	011 642 4345/4346
PNDSA	SMS 'help' and name to 082 882 0072
Rape and Trauma Line	021 447 9762 or 083 222 5158
SA Depression and Anxiety Group	011 262 6396
Safeline	0800 035 553
Schizophrenia Foundation of SA	0860 100 541
Sexual Health Helpline	0860 100 262
Stop Gender Violence helpline	0800 150 150
Western Cape Mental Health Service Directory	021 483 4003/4270/5660/4572

Provincial Numbers

Contact your provincial departments of health and social development to ask for the **provincial mental health directory**.

The Western Cape Directory is available at www.capegateway.gov.za.

Province	Health	Social Development
Gauteng	011 355 3682	011 355 3682
KwaZulu-Natal	Health Desk 0800 00 5133 Dept of Health 033 345 0792	033 264 5402
Limpopo	015 293 6000 015 293 6011 / 6294	015 293 6011 / 6294
Mpumalanga	013 766 3031	013 766 3082
Northern Cape	053 830 2000 / 2102	053 874 9298
Free State	051 408 1106 / 1101	051 400 0307
Eastern Cape	040 608 1111	040 608 9134
North West	018 387 5830	018 388 1668 / 2043
Western Cape	021 483 3647	021 483 3083

Areas	Social work managers	Contacts
Athlone	Mr Lionel Woldson	021 696 8038/8057
Gugulethu & Phillipi	Ms Pumeza Magadla	021 638 5151/5152/5153
Fishhoek, Wynberg & Retreat	Mr Collin Smith	021 736 6200
Mitchell's Plain 1&2	Ms Mandisa Nogoduka	021 370 4800/4801



Your Resources

Organisation _____

Service	Details	Hours	
Contact information		Other information	
<i>Phone</i>		<i>Appointment</i>	
<i>Fax</i>			
<i>Cell</i>		<i>Referral information</i>	
<i>Email</i>			
<i>Website</i>			
<i>Address</i>			
<i>Contact person</i>		<i>Fee</i>	

Organisation ---

Service	Details	Hours	
Contact information		Other information	
<i>Phone</i>		<i>Appointment</i>	
<i>Fax</i>			
<i>Cell</i>		<i>Referral information</i>	
<i>Email</i>			
<i>Website</i>			
<i>Address</i>			
<i>Contact person</i>		<i>Fee</i>	

Notes

Organisation ---

Service	Details	Hours	
Contact information		Other information	
<i>Phone</i>		<i>Appointment</i>	
<i>Fax</i>			
<i>Cell</i>		<i>Referral information</i>	
<i>Email</i>			
<i>Website</i>			
<i>Address</i>			
<i>Contact person</i>		<i>Fee</i>	

Notes

Organisation

Service	Details	Hours	
Contact information		Other information	
<i>Phone</i>		<i>Appointment</i>	
<i>Fax</i>			
<i>Cell</i>		<i>Referral information</i>	
<i>Email</i>			
<i>Website</i>			
<i>Address</i>			
<i>Contact person</i>		<i>Fee</i>	

Notes

Organisation ---

Service	Details	Hours	
Contact information		Other information	
<i>Phone</i>		<i>Appointment</i>	
<i>Fax</i>			
<i>Cell</i>		<i>Referral information</i>	
<i>Email</i>			
<i>Website</i>			
<i>Address</i>			
<i>Contact person</i>		<i>Fee</i>	

Notes
