

Ububele Educational and Psychotherapy Trust

November 2024

Update from the ICDP facilitators at the Ububele Educational and Psychotherapy Trust who continue to train new groups of caregivers:

We have trained 25 parents in ICDP. Most of our parents live in Alexandra township, a low resourced community confronting a lot of socio-economic challenges including crime, drug abuse, unemployment, poor infrastructure to mention a few.

Parents often share with us how these dynamics negatively affect their families, and make parenting more challenging than it would under normal circumstances.



Our ICDP groups considers the local context, using relatable role plays to encourage rich conversations and peer-to-peer learning. Here is some feedback from participants:

“I did not have a good relationship with my children. Firstly, I did not know what is the best way to talk to them when I discipline them. Since I have been to Ububele, I am calm, and I talk to my children nicely. I can discipline them positively now. We even host meetings together and talk, something I did not know you can do with a child,” Mpho Moretsele, (mother).

“Unlike before, we talk to each other with smiles. We are calm when we communicate. I can see even the improvement at school, the results are much better than before,” Norah Malebye, (mother).

