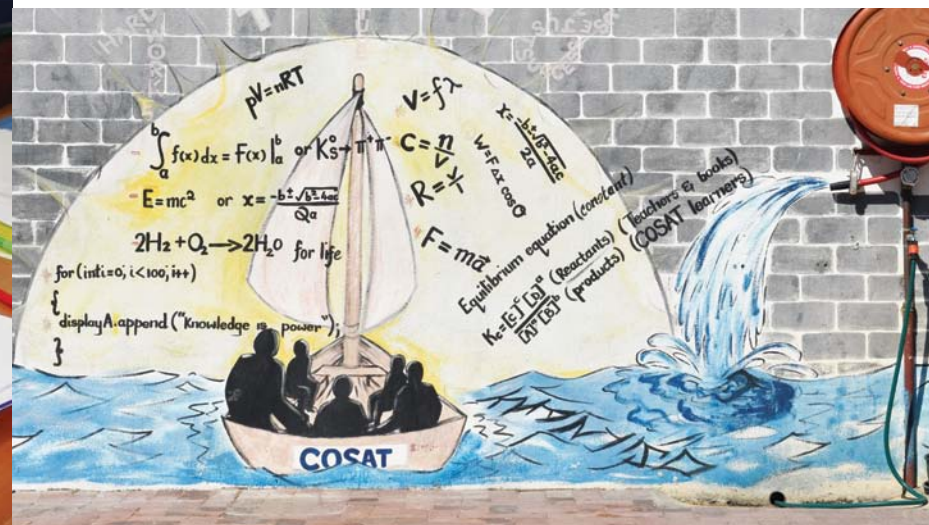


COSAT WELLNESS CENTRE

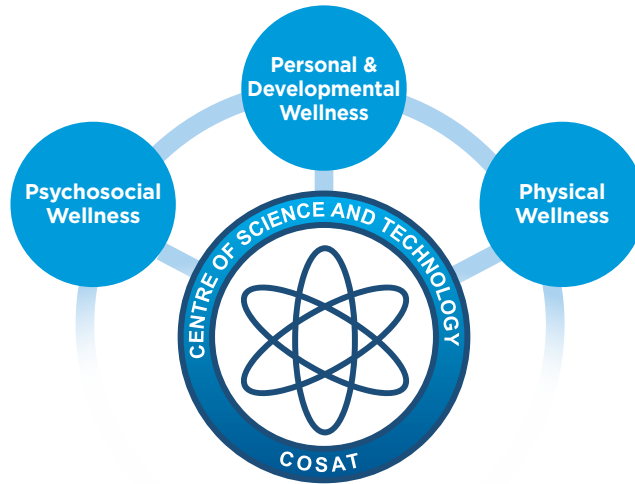
The COSAT Wellness Centre (CWC) was established in 2015 with the help of the University of Cape Town's Schools Improvement Initiative. Its aim is to help learners make meaningful life decisions, learn about the benefits of a productive, balanced lifestyle, and grow in health and wellness in order to become active, fully engaged members of their community and broader society.



Vision

Our vision is for the centre to be a model of excellence in school-based wellness by deepening strong interdisciplinary collaborations and community engagement. We prioritise the health and wellness of COSAT learners and educators in and beyond the school environment. We strive for excellence through a quality support structure that is integrated, accessible and community orientated.

Objectives: 3 pillars of the CWC



1

Psychosocial wellness takes place through individual counselling, group counselling and family reconstruction therapy to give learners support in addressing issues of a psychosocial nature and to help them achieve optimal school performance by acquiring coping and general life skills.

2

Personal & developmental wellness takes place through a number of UCT and community-based programmes for learners to develop their potential in a variety of areas through personal and interpersonal growth.

3

Physical wellness takes place through physical education as well as various programmes linked to the centre to promote holistic health and wellbeing, thus preventing disease and reducing socio-behavioural risks that hamper learning.



CWC Steering Committee

The Steering Committee ensures school-based integration and collaboration with key district stakeholders through a credible structure that represents COSAT, the Metropole East Education District, the Khayelitsha-Eastern Substructure Metro District Health Services and the University of Cape Town.

A variety of programmes and initiatives are offered emphasising holistic wellness:

- Psycho-social support through individual, group and family counselling (offered by social worker & CWC coordinator Tembeka Mzozoyana as well as third- and fourth year UCT Social Work students undertaking their professional practice)
- Mindfulness-based art therapy
- Yoga
- Meditation (Tushita Kadampa Buddhist Meditation Centre)
- Leadership training (Equest; ChildLine)
- Study skills support Career advice (UCT)



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