

JOIN US

INFO

FAQs



Are you seeking psychosocial care? Do you want to access health and social services?

Join our Peer Support Group Programme!

What does AMP offer?

AMP runs support groups in the communities where refugees and migrants live. These support groups are available to foreigners of any nationality. A support group is a time and place where a group of people comes together to talk, work and learn together.

These groups provide:

- Support and empowerment through training in life-skills such as communication and conflict resolution
- Access to up-to-date information about resources and services available to foreigners in Cape Town
- Information about legislation and documentation
- Information about health and how to access services

What are the benefits of attending a support group?

- You will build valuable life-skills such as communication and goal-setting skills, which will help you to better manage your life, family and work.
- You will learn valuable and up to date information regarding your rights as a foreigner in South Africa, as well as about what resources are available to you.
- You will learn about how to take care of your health.
- You will gain friends and meet new people.
- You will have the opportunity to share your story, and help uplift others and your community.

You should attend a support group if....

- You are lonely
- You feel sad or hopeless
- You are worried about your future
- You want to learn valuable skills
- You want to help uplift others
- You want to learn about your rights
- You want to learn how to access resources

How do the groups work?

The groups run once a week for 12 weeks. Each session lasts from 3-4 hours and includes a good meal and a drink. Groups are no bigger than 12 people.

Where do they run?

Our groups currently run in the following communities: Maitland, Parow, Bellville, Jo Slovo, Milnerton, Athlone, Delft, Wynberg, Salt River, Observatory, Mitchell's Plain, Capricorn and Cape Town.

Who can attend?

Documented and undocumented foreigners who live in or close to the following areas are welcome to attend - as well as foreigners from anywhere in Cape Town who are able to travel to our above locations.

Are the groups for men and women?

We offer support groups for both men and women, held separately by trained AMP Peer Counsellors - all of whom have migrated to South Africa from around the African continent. We provide a babysitting service for the women's support groups.

Who facilitates the groups?

Each group is run by two Peer Counsellors. Our Peer Counsellors are trained refugees and asylum seekers who have a great deal of work experience. They have also gone through their own AMP support groups, so they understand the benefit.

What about language?

Because our groups are facilitated by Peer Counsellors who are also foreigners, they speak many languages. Other group members also help with translation.

Will I get a certificate if I attend?

You will get a certificate of attendance if you attend all of the sessions in the support group.

Do I get paid to attend?

You will not be paid to attend the support group but you will be given R25 for transport to each week you attend.

What does AMP expect from me?

AMP expects commitment from you and that you must endeavour to attend all the sessions.

When do the next support groups run?

AMP support groups run every few months on a repeat basis. Contact us to find out when the next group starts.

How do I apply if I would like to join a support groups?

Contact us if you would like to join a support group or find out more.



Contact our Social Worker

Mr. Watson Moyana
+27 (0) 79 079 4830
watson@adonismusatiproject.org

WHO WE ARE



“To deny people their human rights is to challenge their very humanity.”

- Nelson Mandela

The Adonis Musati Project (AMP) is a non-profit organisation, which works to empower refugees, asylum seekers and migrants in Cape Town. The organisation started in 2007, and was named after Adonis Musati, a young Zimbabwean man who died of starvation whilst waiting in the queue at Home Affairs.

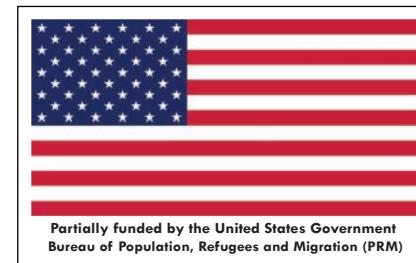
AMP's Mission: To empower marginalised refugees and migrants in South Africa through fostering sustainable support networks and encouraging personal development that achieves lasting change.

AMP's Vision: To see resilient and integrated migrant communities where individuals support each other and contribute positively to South African society.

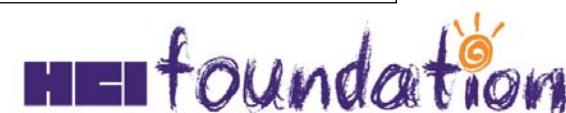
GET HELP



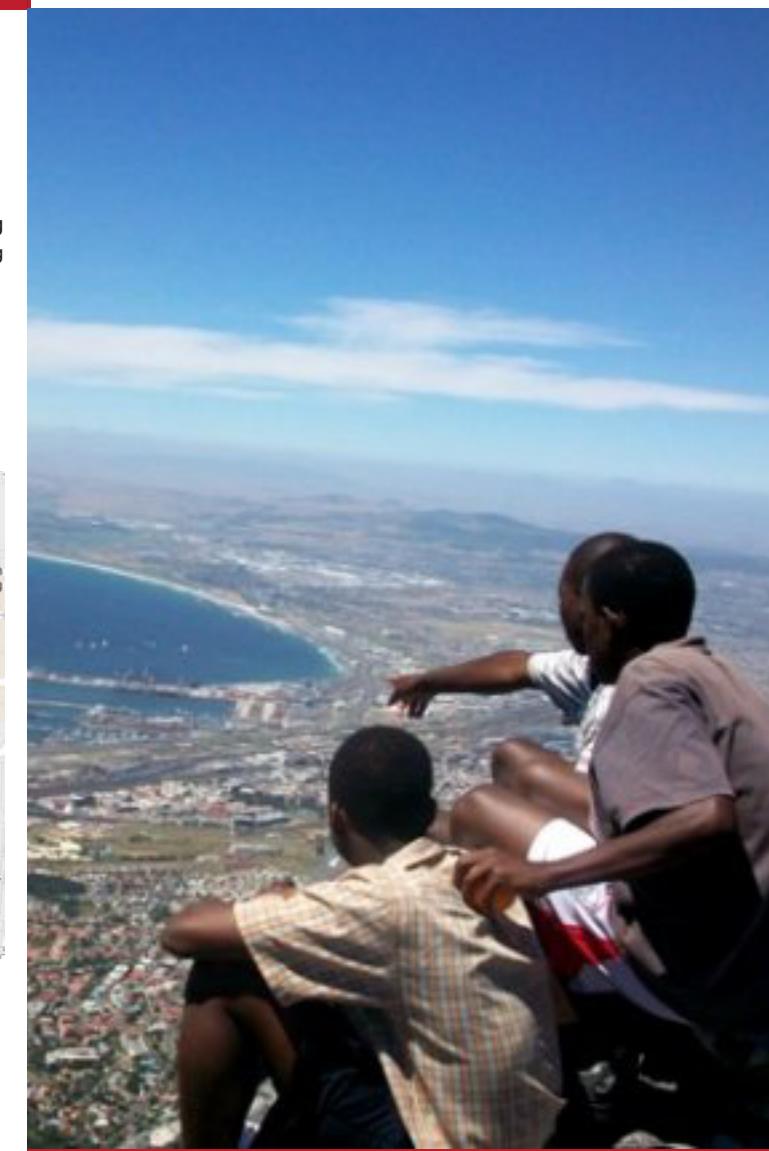
Adonis Musati Project



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Adonis Musati Project
encourage equip empower



**SUPPORT GROUP
INFORMATION**