

*we offer...*

- ★ jewellery making, crafts, sewing, painting and computer classes
- ★ spiritual upliftment, job interview preparation, AIDS awareness, antenatal classes and birth partners.
- ★ second stage shelter

RECIPIENTS OF



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The staff at Sisters

*application for membership*

I wish to become a member of Sisters Incorporated and receive their Newsletters.

Date .....

Name .....

Address .....

.....

.....

Code .....

Tel No .....

Cell No .....

Email .....

**Please complete this form and post it to:**

Sisters Incorporated  
PO Box 2330 • Clareinch • 7740

I enclose a cheque/postal order for the amount of R50 annual subscription.

Please make cheques payable to Sisters Incorporated. Payment of annual sub is also possible by EFT.

Any additional amount you may wish to donate will be most welcome.

**Sisters Incorporated Banking Details**

FNB Claremont • Branch no 200109  
Account no 50265055465



**founded in 1959**



# we are women helping women to help themselves

## *background*

**Our large family-style house** in the Southern Suburbs, established over fifty years ago, **provides refuge** for up to twenty-eight women and their children.

**Originally founded** to assist single, young, pregnant women, **our home now offers a safe haven** not only to single mothers-to-be who are considering placing baby for adoption, but also to women who are victims of rape or domestic violence.

**We aim to empower the women in our care** through skills training and support them by means of a full-time crèche for their children.

**We help them to find employment** and see that they receive legal assistance and medical care.

With the **ongoing support of the community** we will continue to ensure that our home remains **a place of safety, where all who enter will feel cared for and accepted.**

## *our aims*

To provide **counselling, care and shelter** to all who enter our doors.

## *our mission statement*

We at Sisters Incorporated **aim to help every woman, teenager and child** who comes to us in crisis to **heal physically, emotionally and spiritually.**

**We offer help and hope** regardless of race or religion, offering a "hand-up" as a form of empowerment and not a "hand-out"...

## *our vision*

To assist all the women and children in such a way that when they leave they are well equipped for their role in society.

To be a lighthouse in the community, making others aware of our presence and the positive changes we are making regarding domestic violence.



*Jewellery made in our Skills Training Centre*

## *we provide...*

- ★ full board and lodging, 3 well-balanced meals a day, clothing, toiletries and bedding
- ★ volunteers assist with transport to and from clinics and hospitals, and help out in various other areas
- ★ assistance in all legal matters, counselling, a full-time crèche and placement of the children in schools.

## *you can help by...*

- ★ **assisting financially** by sending a cheque or postal order
- ★ **volunteering** to help
- ★ assisting with **fundraising**
- ★ **supporting** our card fundraising appeal (ask us how)
- ★ our association is **dependant on the community for its survival...** needs are ever increasing
- ★ **we need you!**