

MARCH NEWSLETTER AND NOTICE OF MEETING

Greetings to all our members

Our February meeting was a great start to the year, with Ros Vroom offering some wonderful insight into the importance of a stable and happy home environment, and positive parent relationship for the well-being of the infant. Thanks to those members who attended, for some fantastic participation and engagement in the discussions during and after the presentation – such a wonderful opportunity to learn from each other.

The next meeting will take place on THURSDAY 16 MARCH at 7:30pm at the Out-patient Unit of the Division of Child and Adolescent Psychiatry, 46 Sawkins Rd, Rondebosch.

It will be a presentation on the BENEFITS OF MEDIATION IN FAMILY MATTERS by Nina Mensing, who is a Cape Town based counselor and FAMAC family and divorce mediator. Nina has worked in the field of mental health for many years, running support groups, facilitating workshops and working in the NGO field. She published a book called “A Manic Marriage” in 2010, and subsequent to her own divorce became an accredited mediator working with families. She has worked in community court and Cape Town Children’s Court, facilitating parental planning and domestic violence mediations. Nina also works in private practice, doing divorce counseling and mediations, and facilitates workshops on co-parenting, high conflict couples and maintenance issues.

The talk will highlight the short and long term benefits of mediation for the family system and specifically for any children involved in the conflict. Nina will touch on certain aspects of the Children’s Act, and the importance of having a parenting plan in place. The different co-parenting styles will be identified, and the overall effect on the children will be discussed. We look forward to hearing from Nina on this difficult but all too relevant topic.

We have lined up some more fantastic speakers for the next few months, so please put the following dates into your diaries.

Thursday 21 April – Joan Raphael-Leff

Thursday 19 May – Prof Mark Tomlinson

More details to follow.

Thank you to those of you who completed suggestions slips at our February meeting. If you would like to make any suggestions to the new committee in terms of speakers, topics or general ideas, please send an email to any of the committee members. We would love to hear from you.

We would like to make sure that membership of our group is open to all interested professionals from all areas of the Western Cape, and so invite you to forward this newsletter and details of our website [www.infantmentalhealth.co.za](http://www.infantmentalhealth.co.za) to any colleagues or friends you think may be keen to join or to find out more about WCAIMH. Please also send us email addresses of anyone who would like to be on our mailing list and receive our newsletter regularly. Thank you.

**A Few Admin Matters:**

Subscription fee for 2017 is R375. All fees due now.

Early bird rate is R325 before 15 March

Account details: WCAIMH, Standard Bank, Rondebosch,

Account no: 274916401, Branch code: 051001

Please pay by EFT as soon as possible, using your name and “annual subs” as a reference.

Non-member guest contribution is R50 (in a named envelope please).

Ad hoc guests are not eligible for CPD points.

Barbara, our treasurer, will be outside our meeting room from 7:15pm on Thursday 16 March to collect payments or sort out any admin queries.

Have a wonderful week.

**Caroline Sullivan,**

**Chairperson WCAIMH**

**caroline.sullivan20@gmail.com**