



Western Cape Association for Infant Mental Health



End-of-year greetings to our members and friends,

It is hard to believe this is the final newsletter for 2018, and the final newsletter for the current committee. Another year has flown by, full of fascinating presentations and rich discussions at our monthly meetings. We are very grateful to all of you for your attendance and valuable contributions each month, the opportunities to expand our knowledge and understanding of infant mental health, and the chance promote the importance of this topic in our workplaces and communities.

Our October presentation, by Dr Janet Giddy, was a perfect example of this. She shared with us some interesting ideas around resilience, and introduced many of us to James Cochrane and Gary Gunderson's "Leading Causes of Life" initiative, which fits very well into this discussion. Janet shared with us some thought-provoking case studies and personal reflections, and gave us plenty of food for thought in our work with infants and families in environments where resilience is an enormous benefit.

One of the strengths of our association is the potential for networking and forming of supportive professional relationships among our members. We realise, though, that in a few hours, late at night, once a month, it is not always possible to take full advantage of the opportunities to forge these relationships. For this reason, we have decided to use our final meeting of the year as a chance for our members and guests to get to know one another. We invite you all to attend this event (there will be treats!) and introduce yourselves to others in our group and see how and where you could collaborate. Bring along your business cards and flyers and let others know what you do and where you do it, so that we can support and learn from each other even more.

Juane Voges, Salisha Maharaj and Elvin Williams, the 3 people put forward for election onto the committee for 2019, will also be there to introduce themselves to you and voting will take place to elect a new committee. Barbara will present the financial report for the year, and I will give a summary of the talks presented and the work we have supported over the year. We encourage as many of you as possible to attend, and make use of this valuable networking opportunity.

Our meetings take place every third Thursday of the month, this month at 7:30pm on 15th November at the Out-Patient Unit of the Division of Child and Adolescent Psychiatry (46 Sawkins Rd, Rondebosch, entrance in Liesbeek Rd). Visitors are very welcome to attend and are asked to bring R60 (in an envelope marked with your name please).

Warm wishes,
Caroline, Jacqui and Barbara