



SJAF e-Magazine

ST JEANNE ANTIDE FOUNDATION

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IS-SAĦĦA MENTALI FIN-NISA

Mad-dinja kollha, in-nisa jiffaċċjaw ingustizzji u inugwaljanzi kbar, kemm f'dak li għandhu x'jaqsam ma drittijiet tal-bniedem kif ukoll ekonomikament. 70% tal-fogħra fid-dinja huma nisa. **Saħħithom hija l-ewwel vittma.**

Skont il- World Health Organization (WHO) l-imwiet fost l-ommijiet bilkemm naqset mis-sena 1990 sal-lum. F'dak li għandu x'jaqsam ma' mard mentali, ir-riċerki juru li din taffettwa lin-nisa u l-irġiel b'mod differenti. In-nisa huma 40% akar suxxettibbli għal mard mentali. Skont il-WHO ukoll, 1 minn kull 4 nisa fid-dinja, xi darba jew oħra f'ħajjithom, ibatu minn sintomi ta' dipressjoni. L-iSchozofrenija u bi-polar disorder huma ugwalment komuni fost l-irġiel u n-nisa; biss dawn jiżbruffaw fin-nisa aktar tard fil-ħajja. Uħud mid-dizordijiet magħrufa huma aktar komuni fost in-nisa milli fl-irġiel u wħud mis-sintomi jvarjaw ukoll.

Fil-ħajja, in-nisa jsibu ruħhom f'sitwazzjonijiet diffiċli ħafna li faċli jaffettwaw is-saħħa mentali tagħhom. Iċ-ċaqliq tal-hormones jagħmlu l-burdanti tan-nisa pendlu. Il-WHO tgħid ukoll li billi n-nisa jgħixu aktar mill-irġiel, hemm aktar nisa li jbatu minn dimentia. Studji li saru dan l-aħħar jgħidu wkoll li hemm aktar nisa minn irġiel li jbatu minn post-traumatic stress disorder (PTSD). Il-kawża ta' dan hu li l-abbuż li jsofru n-nisa. Dan l-abbuż jinkludi stupru, inċest, aggressjoni fiżika u vjolenza.



KONTENUT

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Fil-ħajja, il-mara tkun anzjuża aktar mir-raġel għax ħafna risponsabbiltajiet jistrieħu fuqha. Il-fenomenu ta' ommijiet weħidhom irrendew lin-nisa f'pożizzjoni fejn trid tipprovdi għall-familja hi f'kollox meta tkun isseparat minn missier uliedha. Omm weħidha trid tkun hi f'kollox għal uliedha.

Hemm ħafna fatturi li jikkawżaw mard mentali fin-nisa. Fost dawn insibu:

- il-ġenetika;
- li tkun ġejja minn familja kaotika (dysfunctional families). Hu magħruf li hemm iċ-ċans li l-bniet minn familji bħal dawn jiżviluppaw borderline personality disorder. Is-subien minn familji bħal dawn abbli li jiżviluppaw addictions, narcissistic personality disorder u sociopathy.
- nuqqas ta' nutriment jikkawża anemia u din tikkawża dipressjoni. Hemm it-tendenza ta' nisa bi ftit mezz li jipprovdu għall-familja u joqogħdu lura milli jieħdu n-nutriment li għandhom bżonn huma.
- nuqqas ta' sens ta' sigurtà u mħabba li jwassal għal ħafna ansjetà.
- l-eating disorders bħal anorexia nervosa u l-bulimja huma aktar komuni fin-nisa milli fl-irġiel. Xi kawżi tal-iżvilupp tal-eating disorders huma (a) l-ambjent: il-bumbardiment mill-midja dwar il-figura tal-mara; (b) pressa tal-ħbieb dwar il-figura, ilbies, dehra, kif tirrelata mas-sess oppost, (c) l-ibbuljar; (d) il-ġenetika; (e) l-anzjetà; (f) nuqqas ta' regoli u boundaries fil-familja.

X'għandhom jagħmlu n-nisa biex jieħdu ħsieb is-saħħa mentali tagħhom?

- Jieklun bnin.
- Jorqdu biżżejjed; idealment 7-8 sigħat kuljum.
- Jiżviluppaw kapacitajiet aħjar għat-trobbija tat-tfal, relazzjonijiet, deċiżjonijiet għaqlin fil-ħajja, tħaddim għaqli tal-flus tal-familja;
- Jitgħallmu joħolqu prijoritajiet fil-ħajja;
- Jibqgħu jinteressawhom fit-tagħlim mhux formali matul il-ħajja;
- Jemmnu fl-eżerċizzju fiżiku;
- Jorqdu biżżejjed: idealment 8 sigħat kuljum;
- Ikollhom ftit ħbieb pożittivi li jafu jirrispettaw u jħobbu u li l-influwenza tagħhom tkun pożittiva;
- Iħallu ħin għalihom infushom;
- Ħin għall-kwiet u gwida għall-iżvilupp spiritwali u meditazzjoni;
- Jaqraw kotba *self-help*.



X'GHANDHOM JOFFRU ENTITAJIET?

- Edukazzjoni bikrija u tul il-ħajja fuq is-saħħa mentali.
- Edukazzjoni dwar kif tibni u tmantni relazzjonijiet fil-ħajja inklu l-importanza tal-boundaries fir-relazzjonijiet.
- Edukazzjoni fuq kif trabbi t-tfal u tmexxi familja. Inċentivi li jaħdmu għal nisa vulnerabbli u li huma fir-riskju ta' abbuż.
- Child care centres.
- Respite minn pressures kbar għal single parents.
- Klabb għall-ommijiet fejn jistgħu jiltaqgħu u jikkellmu biex jevitaw li jhossuhom weħidhom u fgati mill-pressures tal-ħajja. Hemmhekk ikunu jistgħu jidhaddu fuq x'qed jittgħallmu anke minn fuq ir-radju u t-televixin. Jittheggu jsegwu xi korsijiet mhux formali.
- Flexitime għas-single parents.

KORS fuq Community Outreach u Befriending mill-Fondazzjoni għal Voluntieri mill-Parroċċi ta' Paola (Kristu Re) u Birżebbugia.

Fuq talba tad-Djaknu Brian Gialanze u l-Kummissjoni Djakonija tal-Parroċċa ta' Kristu Re, Raħal Ġdid, il-Fondazzjoni Santa Giovanna Antida ħejjiet pjan għal kors għal madwar 49 ħaddiem pastorali li beda fid-19 ta' Frar filgħaxija. Il-kors tfassal sabieħ ħaddiema pastorali li jżuru familji jew li jixtiequ jibdeu żjajar ta' appoġġ u befriending, jitharrġu flimkien u jwettqu ħidma id f'id ma' Social Workers. Il-Kors tnejja u qed jitmexxa minn Kim Vassallo, Service Leader tal-Community Social Work u Co-Service Leader tal-Learning Support Service tal-Fondazzjoni.

Billi l-Fondazzjoni kienet qed tiddiskuti l-ħtiġijiet ta' għajnuna soċjali f'Birżebbugia mal-Kappillan Dun Anton Galea Scannura u l-membri tal-Kummissjoni Djakonija u billi dawn esprimew ix-xewqa li jibdeu servizz ta' Befriending, 7 voluntieri minn din il-Kummissjoni se jattendu il-kors li qed isir Raħal Ġdid. Il-49 ħaddiema pastorali li qed jattendu ġejjin mill-Kummissjonijiet Djakonija ta' Raħal Ġdid (10), B'Bugia (7) u Tarxien (1); Ċelloli tal-Evangelizzazzjoni (15), Leġjun ta' Marija (5), qassis u 10 minn għaqdiet oħra.

Huwa ttamat li permezz ta' din l-inizjattiva, aktar parroċċi jithajru jitharġu fuq kif isir outreach u kif din il-ħidma tintrabat ma' ħidma ta' befriending b'risq persuni li qed isofru minħabba li jhossuhom weħedhom u maqtugħa.



Djaknu Brian Gialanze mill-Parroċċa ta' Kristu Re, Paola





The Creativity Action Service (CAS), 6th Form, International Baccalaureate Diploma, Verdala International School

Students Mariam Gadzhieva and Zuzanna Zajac have organised art sessions for children at the Foundation as part of their CAS Community Volunteering practice component of their studies. Students undertake activities connected to one or more of their study subjects, outside of school time and beyond the school curriculum.

The children have enjoyed the sessions; their paintings will be used by Mariam and Susanne to organize an exhibition of art at their school.

Thank you IB Diploma students Mariam and Zuzanna!

REFURBISHMENT: A group of University of Malta medical students volunteered to carry our refurbishment work at the Foundation's Family Resource Centre at Tarxien (Ċentru Antida). Volunteer Learning Support Tutor Fatemah encouraged some of her friends to form a team to carry out this work over the weekend of 22 - 23 February. The group of friends are Kuwaiti citizens. Thank you Bader Ali, Sarah Alhamdan, Fatemah Abdullah and Noor Al Qabandi!



ROKNA POEŻIJA



Ħabib

Ejja, ħabib
 ħa' nara w insellem,
 hemm f'qalbek u f'qalbi
 l-għasfur tal-għageb
 li l-ġmiel tiegħu hu ikel bnin għaż-żminijiet
 li tisker il-qalb bil-għanja tiegħu
 qalbek, u qalbi.

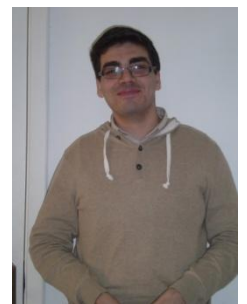
Huwa hu
 li n- nomadi jfaħħru, u r-rejiet u s-suldati
 li jnixxi demgħa baħar b'mogdrija
 li jsaħħar mhux biss lill-għorrief
 li la jistrieħ u la jittajjar
 sa tmiem il-gwerer.

Nehilsuħ lil-Ħabib? Iżda kun af
 li jgħaġġibna, jegħlibna, jarrestana
 jikkunsmana, u jdaħħalna bil-lieva
 fil-brigata tas-sliem.

tony macelli

SOCIAL WORK PRACTICUM

I am Kersten Darren Vella, currently a Social Work student in my last year of the Bachelor's degree in Social Work course at the University of Malta. Before joining this course, I was uncertain which path I wanted to take in life. My aim was to choose something which would make me happy. Reflecting back on some experiences I had in life, I realised that one of the best ways in life to be happy is by helping others. There are many ways that people can help others. Social Work is one of great opportunities to achieve this mission. Therefore, I set out on this path on my life course.



During my studies, I volunteered my time in several areas in the community. I worked with children in summer camps in Malta and had even the opportunity to assist the Sisters of Mother Teresa in Palermo. There is nothing better than meeting others who wish to help and give a helping hand. Meeting people who are passionate to help and who provide their own talents for the good of others is one of the most satisfactory moments in my life.

Currently, I am practising Social Work at the St Jeanne Antide Foundation. For sure it is going to be filled with fruitful experiences. I hope that I would be of service and a means of helping others.

SOAR Against Domestic Violence

One of the SOAR activities that is bearing fruit is the training of sixth form students from the International Baccalaureate Programme of the Verdala International School to campaign and speak out against violence against women. Through SOAR, the Foundation is taking part in a coalition of organizations in Malta to combat this problem together. Men Against Violence is one of the campaigns organized by this coalition. Elaine Compagno from SOAR worked with a group of IB students to enable them to prepare themselves for this campaign. Here is what the students themselves have to say about this initiative that has brought them in touch with this reality.

The project to collaborate with SOAR Malta was presented to us, a small group of eleventh and twelfth grade students, in October 2013. The project provided us with an opportunity to fulfil an academic requirement, though after having begun working with SOAR, none of us viewed it as a “task”. As an initial group of eight young ambassadors of Verdala International School, we undertook the project to work with SOAR against domestic violence, primarily focussing on creating awareness with a fair amount of enthusiasm and uncertainty.

First and foremost, we needed to have a knowledge platform to kick off the campaign. In our first couple weeks we researched and discussed in depth what is meant by, the types of and the issues pertaining to domestic violence itself, including its prevalence in Malta. Many aspects of the discussion provoked, shocked and intrigued each of us. “We learned that 1 out of 3 women suffer from domestic violence and that domestic violence is not only physical but can also be verbal, mental etc.” (Lousianna, 17). “I’m from a country where a woman is raped every 4 minutes; the fact still shocks me to this day” (Victoria, 17). “The funny thing is, is that we never hear about these stories on the news” (Alexa, 17). “Malta is so small that for me it seems harder than anywhere else to rebuild a new life and you can't really consider escape as a solution” (Alys, 17).



The campaign soon developed into more than an after-school activity, it became an opportunity for group bonding as teamwork took place in and out of the classroom. Though it was a slow start, our group worked incredibly well together which made the project only more enjoyable and the goals a pleasure to meet. “Working as a group gave us the opportunity to share our ideas” and really get to know each other (Alys, 17). We have, however, experienced our fair share of challenges throughout the duration of the campaign so far. For one, the IB (International Baccalaureate) programme, a demanding academic course which all of us is involved in, requires thorough time-management which has seemed to have posed a reasonable threat to the success of our campaign. A whole new experience for most of the group was the premise of creating awareness about a subject – in this case, domestic violence – which left a few of us reluctant to begin the project full force.

Five months down the line and campaign has brought immense satisfaction our group having met numerous goals. Our first initiative involved that of a bake sale on our school's premises with the objective of raising both awareness on our cause and funds which we would use to subsidize other future initiatives. We attended other rallies which concerned creating awareness such as that of the "Men Against Violence" launch which focused on men and how THEY can prevent domestic violence, since in most cases they are the intruders. The launch took place in the presidential palace in Valletta. We prepared handmade white ribbons and were given brochures to issue to people in the streets of Valletta which prompted us to raise awareness in one-on-one conversations. But probably our most enjoyable activities have been in recent weeks passed – that of the art morning that was spend with children that came from families that have been subjected to domestic violence, where we all "had fun helping them to paint, and getting our hands all covered in it" (Moreno, 16). As well as this, we thoroughly enjoyed attending the 1 Billion Rising event in Valletta which aimed to force an end to violence against women and girls. The afternoon involved choreographed dancing to an anthem which made for an unforgettable atmosphere.



Despite all this, we are often asked whether we believe we can make a difference in the domestic violence sphere as a small



group of people. "You have a bigger impact as a group than if you stand alone. I think that even if we are a small group we can make a change in the sphere of domestic violence by spreading what we know around us. Young people are more receptive than older ones and I think that in this case are the ones who can bring about change" (Alys, 17). There is a popular misconception that domestic violence occurs exclusively between married couples and is entirely physical. A goal of ours, and probably the most prominent and most achievable, is to make young people aware that this is in fact a misconception which needs to be addressed and corrected.

In reflection of the past few months since the conception of the campaign, it is fair to say that there is evident and impressive progress that has been and promises to be made in 2014. We have come such a way, an achievement of which we are all delighted and which would not have been possible without the persistent support of Elaine, our SOAR correspondent. With an additional three members to the group, we anticipate further success of our project in the coming months.

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A NEW LIFE

- what happened to me through Centring Prayer practice

I have been a member of the Centring Prayer Group of the Foundation for over four years now. For me, the group has been a source of celebration of a shared depth that is rare to find. The personal and group practice of Centring Prayer has heightened my sense of oneness with the rest of humanity.

The practice of Centring Prayer has had a number of effects on me. I am a much, much, calmer person who is no longer oversensitive to criticism. I used to believe that the ability to laugh at oneself, not to take oneself too seriously, was the secret to a tranquil life. Before it was just an ideal. Nowadays, I am no longer prone to take offence and can glide by such perils without being affected. The reason for this change lies with the peace and silence of Centring Prayer and the deep group discussions about the tricks of the ego or ordinary self. As a group we have learnt that the opposite of silence is not noise but the enmeshment caused by the superficial or small self that blocks our connection with our innermost being, with God. With CP practice, surrendering our thoughts, our self, for those few minutes of “resting in God”, anchors us in God and calmness is there in moments of pain and distress.

The Centring Prayer has enabled me to continue to rid myself of *attachments* to meaningless things, ideas, wants, plans, successes. As I allow myself to be emptied of self-importance, of a sense of self bound with the need to be needed, and suffering when it is not needed or ignored or put aside, a deeper joy has peeped through the defences of my ego. This joy is a source of a deep peace that is hard to erode; it is impervious to external pressures that previously used to create havoc in my psyche and stomach.

I notice that I have become less judgemental. My ever-chattering inner commentator was ever insistent about the perceived slights and unacceptable behaviours and actions by others. Today, judgementalism is being shed faster than I thought possible. I thank God for this grace.

I am also rid of the tenacious tendency to plan and control things to fit my plans. As this tendency is being shed, providence is taking over. Providence started happening and is in full swing! Nowadays, I am ever conscious of God nudging me in other directions. Today I realise that it is very OK not to be continually in control of things. The more open I am becoming to God's providential direction, the more ready I am to leave things in His hands. I now 'see' things happening for a reason. I don't struggle with the way things happen but allow the awareness and insight to guide me. Sometimes I don't even spend much time pondering things happening but react in a spontaneous manner; the result is often astounding and beautiful.

It is very true that in Centring Prayer one rests in God. In those moments of *restful being* in Him, God is working, getting through to us, working His way to help us connect to our deeper true self. The door is ajar. The regular practice of Centring Prayer pushes the door wider and wider. -----

Meditazzjoni Spiritwali

SA MILL-BIDU TAŻ-ŻMINIJET

Il-Misteru ta' Kristu

Fr Richard Rohr, Frangiskan

“[Kristu] hu xbieha ta' Alla li ma jidhirx, il-kbir fost il-ħlejjaq kollha; għax fih kien maħluq kollox, fis-sema u fl-art, ... Kollox bih u għalih kien maħluq, hu li hu qabel kollox, u kollox fih qiegħed iżomm.” (Kolossin 1:15-17). Ġesù huwa l-mikrokosmos tal-kosmos, u sehmu huwa li jzomm flimkien il-materja u l-ispirtu ġewwa bniedem wieħed fil-konkret — li jidher totalment uman u eżatt bħalna. Ġesù ta' Nazareth donnu qed jgħid, “Il-materja u l-ispirtu dejjem kienu mwahħdin, haġa waħda. Iżda intom ma tistgħux temnuha din, u għalhekk ser nitlobkom tarawha, tissieltu magħha, tinħabbu magħha fija. U wara dan, wessgħu dak l-għarfien u mħabba sa ma jhaddnu lil kull ma jeżisti — u qabel kollox lilek innifsek!” Hemm ikollok il-milja tal-misteru Ġesù-Kristu, u tista' tgħix ħieni ġewwa l-“Ġisem ta' Kristu”, il-wieħed, l-ewlieni. Jekk għadek tgħix f'dinja fejn il-materja hija hawn u l-ispirtu huwa hemm, għadek m'intix nisrani, Kristjan. Dan m'huwiex ġudizzju morali — huwa biss il-verità li għadek ma ndunajtx bil-Bidla l-Kbira, jew għadek ma ħallejthiex issir.

“Kollox bih u għalih kien maħluq, ... u kollox fih qiegħed iżomm. ... Hekk Alla għoġbu li tgħammar fih il-milja kollha. Bih Alla għoġbu jerġa' jħabbe kollox miegħu; ... ġieb is-sliem permezz tiegħu fis-sema u fl-art.” (Kolossin 1:17-20). Alla tal-Insara mhuwiex biss fil-materja u mhuwiex biss fl-ispirtu — iżda preċiżament meta dawn it-tnejn jaħdmu bħala wieħed. F'dak is-sens il-parti l-kbira tal-Insara għadhom mhumiex Insara; huma biss “jemmu li hemm Alla” u l-isem t'Alla huwa Ġesù. Ftit huma dawk li jafu l-“Kristu” kosmiku.

Maqlub għall-Malti minn t.m. minn test tas-Center for Action and Contemplation ta' Fr Rohr, test li kien adattat minn [Soul Centering through Nature: Becoming a True Human Adult](#)

WHO YOU ARE

Your problem is, you don't know who you are. Let me tell you who you are. You are a ray of God's own light. You say you seek God, but a ray of light doesn't seek the sun; it's coming from the sun. You are a branch on the vine of God. A branch doesn't seek the vine; it's already part of the vine. A wave doesn't look for the ocean; it's already full of ocean. *Martin Laird [Into the Silent Land](#)*

Biex terħi l-istress tiegħek, aqdi lil haddieħor *Selflessness helps to relieve stress*

Fost il-metodi li hemm biex teħles mill-istress tiegħek, wieħed mill-metodi li huma l-aktar utli u li jissodisfaw, speċjalment fit-tul, huwa li tieħu d-drawwa li tgħin lil oħrajn jinħelsu mill-istress tagħhom.

Meta tidħol f'din l-attività biex tgħin lil xi haddieħor, inti tegħleb ċertu aspett tal-istress u l-anzjetà tiegħek. Xi riċerki juru li eżatt wara li n-nies jgħinu lil xi haddieħor, il-parti l-kbira tagħhom iħossu sens ta' ferħ u sens ta' suċċess, u li dawn iwasslu għal saħħa aħjar u sens ta' paċi u sliem.

Barra minn dan, imġieba ta' karità s-soltu tnaqqas ċertu sens ta' iżolament. Dan is-sens ta' iżolament, anke f'persuni li ma jaħsbux li huma weħedhom, is-soltu jiġi mas-sens ta' stress. Iżda bħala parti integrali minn dan il-proċess, irid ikun hemm kuntatt dirett ma' dak li jirċievi l-għajnuna. Li tagħti l-flus jista' ma jkunx biżżejjed. Sabiex jinholoqlok, għat-tul, sens ta' kalma u milja tal-ħajja, fittex opportunitajiet biex tgħin lil oħrajn. L-isforz li tagħmel irodd il-frott.

Maqlub għall-Malti minn t.m. minn [The Big Book of Calm](#), ta' Paul Wilson, 1995



Ability FAIR - 16th February

On Sunday 16th February, the Third World Group and Breaking Limits jointly organised a day of activities to engage the public on the realities of persons who are marginalized. A number of other groups took part and ran a stall. Among those taking part included the AÇCESS Valletta, Tama Tnabar, Youtheme, We Are, Integra Foundation, Aġenzija Żgħażaġh and its YIOUS Centre in Valletta and the SOAR of the St Jeanne Antide Foundation. The Hon. Marie Louise Coleiro Preca, Minister for the Family and Social Solidarity opened the Fair and thanked NGOs for being the 'glue' that unites society. The Third World Group organised a discussion on the semantics of privilege. Breaking Limits organised an obstacle course for the public to try to get through using a wheelchair. Members of our SOAR Group met the Minister and discussed issues related to women victims of domestic violence. To engage visitors to the stall about this reality, a young woman dressed up as a bride with visible bruises.





BAZAAR fi Triq
 Ħal-Tarxien
 b'risq il-
 Fondazzjoni

Miftuħ kull nhar ta'
 Tnejn u nhar ta'
 Erbgħa
 mid-9:00 sa 12:00

Naċċettaw oġġetti
 biex jinbiegħu fil-
 Bazaar

Charity Sale in St. Julians in Aid of St Jeanne Antide Foundation



Grab yourself a bargain
 whilst helping a good cause

Open Tuesdays and Fridays
 10 am - noon

St. Vincent Convent, St. Julians Hill,
 Balluta, St. Julians (Telgha tal-Kirxa)

DONATIONS

Your donation is truly appreciated. It enables us to sustain our services to vulnerable and poor individuals and families.

Donation to the St Jeanne Antide Foundation can be made as follows:

- **Cheque** issued to The St Jeanne Antide Foundation and posted to the Foundation: 51 Tarxien Road, Tarxien TXN 1092
- For **local bank transfers**: APS 2000 0681 886 HSBC 013175021001
 BOV 4002003379-0 BANIF 00210404101
- If you are a Go/Vodafone/Redtouch subscriber you can donate by sending a **blank SMS** (SMS tariffs applicable):
 €2.33 – 50617371 €4.66 – 50618095
 €6.99 – 50618909 €11.65 - 50619217
 You will receive a text message of thanks and acknowledgement
- For **bank transfers from overseas**: APS Bank, 146/147, Antoine De Paul Square, Paola PLA1260
 Bank Code (Swift) APSBMTMT IBAN No: MT03 APSB 7708 0005 5047 2000 0681 886 (last 11 digits are the account number).

HOW YOU CAN HELP US - OTHER OPTIONS

- ✓ If you are getting married: make a donation instead of buying wedding souvenirs.
- ✓ If you are having a birthday party: ask friends to make a donation instead of buying a gift.
- ✓ If you are having a wedding anniversary celebration: convince your guests to make a donation instead of buying a gift.
- ✓ For funerals: you may wish to make a donation instead of buying flowers.
- ✓ Get Togethers: organise a spontaneous collection.
- ✓ You may wish to send us a monthly or annual donation, whatever the amount.
- ✓ You can encourage others to consider donating to the Foundation.
- ✓ Ask your employer for a matching scheme which will make your contribution go even further!
- ✓ Become a HELP-SJAF Champion and ask friends and family to make a donation.

CONTACT US: sjafngo@gmail.com

THANK YOU! WE PROMISE TO PRAY FOR YOU AND YOUR FAMILY

Foundation SERVICES

1. **The Antide Family Resource Centre** in the heart of Tarxien. Open from 7.30am to 5 pm daily in winter time (sometimes later as well).

2. **Community Social Work, Counselling and Emotional Freedom Service:** Includes:

- **Social Work:** home-visits, outreach work, advocacy, referral, information, emotional support. Catchment areas: Tarxien, Paola, Fgura, Żabbar, Santa Lucia.
- **Emotional Freedom Service** for persons wishing to learn how to manage negative emotions;
- **Counselling;**
- **Befriending Service** for lonely, home-bound elderly persons.
- **SOAR advocacy and support group** for victims and survivors of domestic violence (soarmalta@gmail.com)
- **Volunteer Handymen** in support of vulnerable and poor families.

3. **Learning Support Service** for vulnerable persons supported by Foundation Social Workers. Includes: *For Children:* weekly learning support for primary level students; *For adults:* non-formal learning opportunities such as self-esteem groups & literacy.

4. **LWIEN Service - caring for family carers:** support for family caregivers of persons with mental health problems. Includes family consultations, counselling, support groups, home-visits, social work.

5. **IRENE Project** in support of very vulnerable women involved in street prostitution.

6. **Volunteering Programme:** range of volunteering opportunities included supported volunteering for service users.

7. **Overseas Development Projects:** SJAF works with partners in developing countries to formulate anti-poverty projects. It has also arranged for public funding of such projects in Pakistan, Central African Republic, South Sudan and Malawi.

8. **Fundraising Group;** Bazaar in Tarxien; Charity Sale in St Julians (lower end of St Julians Hill)

9. **Centring Prayer Groups** for contemplative prayer practice.