SEPTEMBER 2014 UPDATE : CASES AT Al-FIDAA FOUNDATION WHITE DOOR CENTRE:

Some of the diverse cases dealt with at the Al-Fidaa White Door Centre include counselling for depression, anxiety, rape, suicide, addiction, domestic violence, grief counselling, HIV, terminal illness, financial stress.

Below find the September overview on the various cases presenting at the Al-Fidaa Foundation White Door Centre:

1. A woman grieving the loss of her daughter allegedly murdered. She has suffered severe trauma including nightmares, panic attacks, insomnia and depression. Socio economic distress and public airing of family issues (the murder was highlighted in a local newspaper) exacerbated the situation and she reached breakpoint before being referred to the White Door Centre for Counselling.
2. A pensioner approached the centre for help. The situation in the household was dire her son in law was abusing her daughter, her granddaughter and threats of assault towards herself. It was extremely difficult for this lady to witness her daughter subjected to emotional, financial, physical and sexual abuse. The last straw was when the abuser attempted to rape his stepdaughter. This spurred the mother to follow through with a protection order and report the attempted rape to the police.
3. A father needing assistance about what to do to obtain custody and counselling for his child.
4. A single male coming to terms with being HIV positive. The impact of having to come to terms with a change in lifestyle as well as the resulting issues for example work, health, whether to inform family of his status etc.
5. A mother of one abused regularly at the hands of her husband. The fear of continuing her life with him and also having to confront the possibility of her daughter being molested drove her to seek assistance at the White Door Centre.
6. A woman subjected to mental abuse. Her husband refuses to support her financially and emotionally. Attempts at reconciliation have thus far failed. Legal issues involving her adult children add to her stressors.
7. A pensioner being sued for extra maintenance. Financially he is already struggling and was concerned about how he would afford the extra amounts.
8. A grandmother who is very concerned about the health and safety of her grandchild. A falling out with her daughter has resulted in the daughter depriving her mother of her child’s company. According to the grandmother, she is concerned because her daughter and partner habitually consume alcohol while taking care of the baby.
9. A mothers concern about her daughter’s depression and lifestyle. Her frustration stems from the fact that her daughter is a fifty something adult who has given up on life after losing a loved one. No amount of family intervention has thus far helped and the mother feels that she is at the end of her tether.
10. A separated 30 something married male whose wife divorced him without warning. He was not notified about the birth of their child. The shock of being a new father simultaneously served with divorce papers rendered him helpless about his situation.

Cases are dealt with directly at the White Door Centre or referred to other service providers or registered psychologists and counsellors. The list of service providers used for referrals include the Gelvandale Law Courts, Gelvandale SAPS, SANCA, SAAMSA, AIDS Helpline, UVIWE (formerly Childline), Families Against Drugs, Council of Ulema, Dr Shahieda Moosagee and Basheerah Isaacs.