

# Rebuilding Dreams



## *Why Rebuilding Dreams?*

Rebuilding Dreams is a guide to young parents to build new dreams after experiencing teenage pregnancy as a broken dream. The course guides the teenage parent in building new dreams for the future.

## *Why this programme?*

40% of girls younger than 19 years have been pregnant once. They often experience judgement instead of guidance resulting in child neglect. Young fathers need to be included in their child's life as well.

## *How does this programme work?*

Trained group leaders present Rebuilding

Dreams in 14 sessions to 5-10 group members with the aid of a workbook for each member.

## *Programme content:*

- Guidelines about being young and pregnant;
- Coping with the challenge of teenage pregnancy;
- Preparation for Baby and the birth process;
- Nutrition;
- Baby's development;
- Discipline;
- Self-care for Mom;



## ENQUIRIES:

SAVF Famnet  
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- ☑ Dad's importance;
- ☑ Cultural practises regarding involved fatherhood;
- ☑ Sexual and reproductive health;
- ☑ Rebuilding the dream.

### *How is a high standard maintained?*



SAVF Famnet controls and co-ordinates the programme. Only trained and registered group leaders may present the programme. Group leaders submit completed registers and evaluation, whereupon certificates will be issued to members.

### *What does the training of group leaders comprise?*

Training will help the group leader:

- ☑ To conduct and understand the content of the programme.
- ☑ To understand cultural differences.
- ☑ To build trusting relationships.
- ☑ To convey the meaning of the programme.

***This training is CPD accredited.***

The seven hour group leader training is presented 4 times per year at SAVF Head Office or elsewhere on request.

### *Cost:*

Costs are reasonable. Enquire about current training fee.

*Rebuilding Dreams was presented in 2017 to 900 teenage parents.*

The results were encouraging.

- ☑ Communication between teenagers and their parents improved;



*Young girls often experience judgement instead of guidance resulting in child neglect*

- ☑ School drop outs went back to school;
- ☑ Young mothers who contemplated abortion, refrained from it;
- ☑ Young fathers became involved in their babies' lives, even in cases where the relationships with the mothers were terminated;
- ☑ Important support structures were established with group leaders and group members who experienced similar situations;
- ☑ The need for communication, sex education and restoration is tangible.



### ***Additional SAVF FAMNET Parenting Programmes:***

- ☑ Botswadi – Parental Guidance towards balanced care for the child.
- ☑ Ubaba Unathi – Addressing all aspects of Father Absence and enabling Father Involvement.

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