

DECEMBER 2025

NEWSLETTER



A UNIQUE CHILD, TEEN & PARENTING EXPERIENCE

Dear clients and colleagues,

As we close this year, I am proud of the progress we have made in strengthening our services and deepening our impact. We continue to prioritise the wellbeing of every child and family that we work with, and to respond with care, creativity, and professionalism.

My sincere appreciation and to my associates, and to our parents for their ongoing trust and commitment to the growth, development and wellness of our children. Together, we will continue to be dedicated to providing high-quality services that empower children to grow with confidence.



JACQUELINE
LOYDALL

2025 has seen many success stories, as we have watched children, teens and families grow.

2026 will see the launch of our Functional Therapy Group, which offers amazing benefits and fun to participating children. (See further details inside.)

Although most scheduled appointments and all groups will be held over until the new year, I will be on call over the holidays.

I wish you all a blessed and safe festive season, and strong start to the new year.

I look forward to seeing you in the new year.

Kind regards

Jacqueline

2026

SAME, SAME BUT DIFFERENT

As part of our ongoing commitment to our children, teens and parents, we're expanding what we offer.

Our regular services will remain in place, and we're excited to add new support options designed to serve you even better.

ADOLESCENT SUPPORT

Our adolescent support services include a wide range of services – from counselling, life coaching and educational support to functional therapy.

We help teens manage emotional struggles, find direction, address day-to-day challenges, manage life challenges, build academic structure, work through behavioural challenges, and more, whilst equipping them with practical tools and skills, improving self confidence and communication skills in the process.

Our equipping track group activities, wherein we cover life skills and common teen challenges continues to be success in tutor centres for gr8-12.

In 2025 we've seen several teens go from struggling to thriving, by putting additional support in place, giving them a sounding board or shoulder to lean on, and the tools they need.





CHILDREN CENTRE

From ages 6 to 13 years, our children's division supports young clients with emotional distress, behavioural challenges, self regulation, self expression and academic assistance.

We utilise various tools in the form of free play, structured activities, talking, and sand play therapy, in a safe, comfortable and friendly environment.

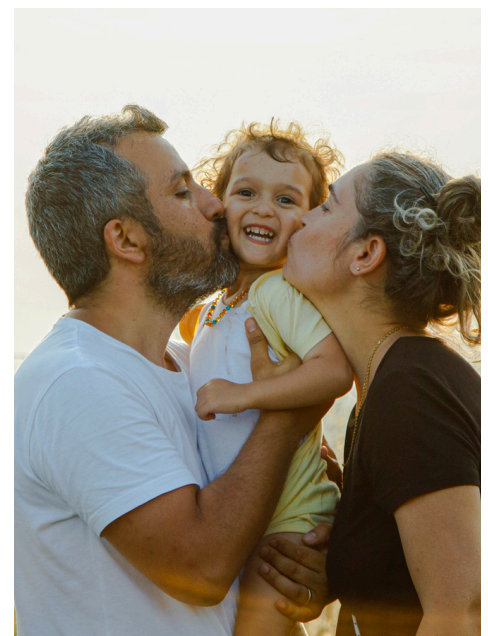
Gr. 4-7 also enjoy the Equipping track group activities in the tutor centres we support.

PARENTING SUPPORT

Whether you have toddlers, young children, tweens, teens, or young adults, our expertise is tailored to help you navigate each stage with confidence.

We offer practical strategies, emotional support, coping skills, resources and guidance to empower both you and your children, helping families thrive together.

Our support covers all aspects of parenting, from single parenting to divorce, and more.



NEW
NEW
NEW
NEW

NEW IN 2026

In 2026 we're expanding our support services.

These will include:

- Brain gym (Functional Therapy)
- Reading support
- Writing support
- Introductory Sign Language to improve communication for children and parents or family members who struggle to communicate verbally

NEW IN 2026 CONTIDUED

BRAIN GYM (FUNCTIONAL THERAPY)

It consists of fun and function all in one.

Groups are separated into grade 1-3
and grade 4-6.

Sessions consist of 3 parts:

- A physical activity
- A creative activity
- Bilateral coordination activities

Activities are geared toward improving
several skills, with several benefits.

These include:

- Coping skills and tools for children
with ADHD
- Fine motor skills
- Interactivity between children
(sharing, relational and
cooperation)
- Improving concentration
- Improved coordination
- Self regulation
- Self expression
- Self awareness
- Confidence
- Improved ability to follow
instructions



READING SUPPORT

Reading support is designed to assist
children improve their reading ability.

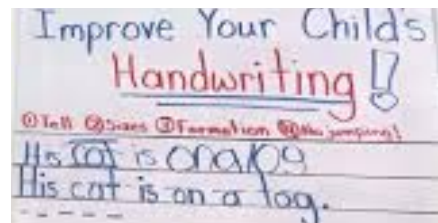
- Phonics and decoding
- Reading fluency
- Comprehension
- Vocabulary development
- Confidence and motivation



WRITING SUPPORT

Handwriting improvement assistance
improves writing control.

- Fine motor skills development
- Grip and posture guidance
- Letter formation and consistency
- Improved speed



BASIC COMMUNICATION USING SIGN LANGUAGE

I am a trainee in South African Sign
Language. (Certificate available.)



Working with families or individuals to
introduce sign language for basic
communication.

- Parents and children
- Families or carers of persons unable to
verbalise but still cognitively capable