

Woman's healing sessions Ekujuleni Kwenhliziyo Skill Development

By Nokuthula Ndubane

08 June 2024

Ekujuleni Kwenhliziyo Skill Development, an organisation based in Johannesburg organised a woman healing session for both young and old women of the community. This three-day event started on 15 - 17 May 2024.

Day one of the training, was about getting to know each other, emphasising the importance of confidentiality in the sessions. This allowed woman to talk freely about issues they faced in their daily lives. The main issue raised was Gender-Based Violence. Women complained about different kinds of abuse, including financial abuse, Emotional abuse, and physical abuse. Some women are even afraid to talk about their situations because they fear they will be judged by their families and community members.

On the second day of the training, discussed reporting abuse and how to stop the circle of abuse. participants were so empowered and showed interest and willingness to learn more about the solutions. During the training, it was discovered that many women are facing abuse in their homes, and almost all participants in the session are struggling with trauma from their childhood. Some even blame their parents for leading them to abuse "My mother told me that in marriage, no matter what your husband does he is always right, and you must support him in any decision he is taking, he cheated and abused me, and I did not do anything because of everything I was told before getting married", said Rose.

Day three of the training focused on HIV/AIDS discussions, participants wished this session was opened to more young girls in the community since most of them are teen mothers. Participants said they are struggling to talk to their kids about sex because they do not know how to approach the topic and they find it hard to open up about sex.

This session was very helpful, it highlighted childhood trauma and struggles women face in communities.

This article is an opinion piece submitted on 28 May 2024. The views expressed by the author do not necessarily reflect those of Karibu! Online or Khanya College. You may republish this article, so long as you credit the authors and Karibu! Online (www.Karibu.org.za), and do not change the text. Please include a link back to the original article.