



Care Worker Support Program



Welcome!

This program is designed to support care workers in healthcare, social services, childcare, and similar fields, who give so much of themselves while often putting their own wellbeing last. It provides a safe space to offload, reflect, and recharge — all without overwhelming your schedule.

Program Components

1. Group Sessions (Free)

- Frequency: 2 sessions per year (e.g., mid-year and end-of-year)
- Duration: 45 minutes
- Focus: Safe space to share experiences, offload stress, and connect with peers
- Mode: Online
- Group Size: Maximum 6 participants

2. Special Rate for Individual Counselling

- Exclusive to care workers in the specified fields
- Duration: 60 minutes per session
- Mode: Online
- Pricing: R395 per session

3. Monthly Reflection Materials

- Format: 1–2 pages emailed each month
- Content: Exercises, tips, prompts for self-care, stress management, and emotional wellbeing
- Benefit: Practical tools to support ongoing growth and reflection

Additional Notes

- Sessions and materials are confidential and tailored to care workers' needs.
- No ongoing commitment is required beyond the group sessions, unless they opt for individual counselling.
- All materials are included free of charge with program participation.



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Eligible Professions for Discount Program

Healthcare & Care Workers

- Registered Nurses (RNs)
- Enrolled Nurses (ENs)
- Nursing Assistants / Auxiliary Nurses
- Midwives
- Community Health Workers
- Paramedics / Ambulance Personnel
- Home-Based Care Workers (elderly, disabled, or ill clients)
- Hospice Workers / Volunteers
- Personal Support Workers / Attendants
- Dementia / Alzheimer's Care Specialists
- Disability Support Workers / Special Needs Assistants
- Rehabilitation Assistants

Child & Youth Care

- Children's Home Care Workers / House Parents
- Childcare Workers / Educators (group homes, ECD, or residential care)
- Residential School Staff
- Youth Centre Workers
- Aftercare Workers

Education Professionals

- Teachers (primary, secondary, special needs)
- Early Childhood Development (ECD) Practitioners
- Learning Support Tutors / Specialists

Domestic & Household Support

- Domestic Workers / Housekeepers who provide care support (children, elderly, or disabled household members)

Mental Health & Counselling Support

- Counsellors / Support Staff working in group homes, care facilities, or community programs

Community & Home-Based Support

- Community Outreach Care Workers
- Palliative Care Support Staff
- Volunteers in patient or client care programs

*Other professionals involved in direct care, education, or client support may also qualify.
Please get in touch to confirm eligibility.*



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How to Book

Visit **[Bloom Haven Wellness](#)** or email nicole@bloomhavenwellness.co.za to schedule a session.

Payments can be made via EFT or the website.

Sessions are confidential and tailored to your unique needs.

If you need to reschedule, please provide at least 24 hours' notice.

Disclaimer

All sessions are facilitated by Nicole Bailey (Reg. No: WC25/17299), a registered Wellness Counsellor with ASCHP.

Counselling provides support and coping strategies but does not replace medical or psychiatric care.

All sessions are confidential and tailored to your needs, All prices are correct at the time of publication and may be adjusted as services evolve.