



# 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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## How to Book

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

Payments can be made via [list accepted methods].

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.