

HEARTWORK PERSONAL GROWTH MODEL AND OBJECTIVES

In our 19-week rehabilitation program, we strive to reach the individual offender on an inter- and intra-personal level through a continuous relationship building platform that is aimed at personal and social change.

Each topic is presented weekly that consists of an interactive presentation, which is followed by the participants begin split up into smaller groups that aid them to share their needs and understanding of the presented topic. Moreover, weekly written homework needs to be completed in order to motivate the participants to search their personal lives and to work on their personal development throughout the week.



HeartWork

www.heartwork.org.za

