

FROM THE GREEN COUCH

A Monthly Newsletter by the Student Wellness Centre



All about the Green Couch Student Wellness Centre

At the Green Couch Student Wellness Centre, we are deeply committed to fostering a nurturing and harmonious environment for our students. We believe mental well-being is crucial to academic and personal success. Our mission is to create a safe, supportive space that embodies tranquillity, balance, and growth. Through compassionate guidance and holistic wellness practices, we strive to inspire hope, resilience, and a lifelong commitment to mental well-being.

Counselling Services at Brescia House School

At Brescia House School, we understand that each student's needs are unique. To support their well-being, we offer two distinct counselling services: Clinical Social Workers and Educational Psychologists. Both are designed to meet the academic and personal needs of our students.

Supportive Counselling Sessions

Counselling sessions are typically limited to 6-8 sessions. Should a student need additional support, a referral will be made to an outside registered professional. These services are provided at no cost to parents.

Clinical Social Worker Services

Our School Social Workers are registered with the SA Council for Social Service Professions and follow a professional code of ethics. These services provide a compassionate approach to emotional and social challenges, helping students navigate difficult times with support and guidance. Their services include:

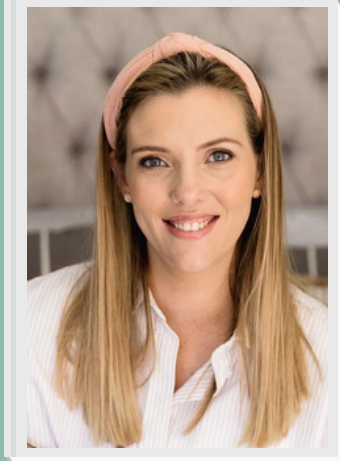
- Counselling
- Child Advocacy
- Mediation
- Parent Support
- Social Skills Development

Educational Psychologist Services

Our Educational Psychologists are registered with the Health Professions Council, operating within the guidelines of the Health Professions Act. This comprehensive approach supports students in all areas of their academic and personal lives. Their services include:

- Educational Assessments
- Teaching/Learning Support
- Career Guidance
- Study Skills
- Parent Support
- Social Skills Development
- Counselling

Meet Our Team



Dr Chaland van Zyl **Educational Psychologist**

Dr. Chaland van Zyl, who has been with Brescia House School since 2015, is a dedicated educational psychologist with over a decade of experience working with students, educators, and families. With a Doctoral degree in Educational Psychology, her research focused on developing ethical decision-making guidelines for psychologists working within school settings. This academic foundation has shaped her professional approach to supporting the well-being and development of students in a holistic and ethically sound manner.

For the past 10 years, Dr. van Zyl has been a valued member of the team at Brescia House School, where she specializes in educational assessments and providing tailored support for students, particularly teenagers. She has a deep passion for working with adolescents, helping them navigate academic and emotional challenges.

In addition to her core training, Dr. van Zyl has pursued further professional development in areas such as psycho-educational assessments, an integrative brain-based approach, and teddy bear therapy. She is also a proud mother of two, balancing her career with her love for family life. Her approach to support is grounded in empathy, authenticity, striving to “be the person you needed as a child”, ethical practice, and a commitment to helping each student reach their full potential.

Qualifications:

Doctorate in Educational Psychology
Masters in Educational Psychology (cum laude)
B.Ed Hons Educational Psychology
B.Ed Intermediate Phase



Mrs Codelia Kolobe **Social Worker**

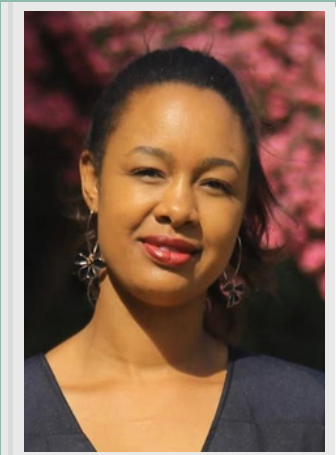
Mrs Codelia Kolobe is a passionate and skilled Social Worker with a commitment to child welfare, mental health, and student development. As a Social Worker, she plays a vital role in providing emotional, psychological, and social support to students, ensuring a safe and nurturing school environment. She specializes in crisis intervention, trauma containment, and mental health advocacy, working closely with students, educators, and parents to address issues such as bullying, anxiety, grief, and academic stress. Her expertise allows her to implement wellness programs tailored to the needs of the school community, that promote mental health, resilience, and child protection.

Codelia's previous experience includes her role as Student Wellness Manager at Rosebank College, where she led campus-wide mental health initiatives, implemented crisis response strategies, and trained student leaders. She also worked as a Junior Social Worker at Christelik-Maatskaplike Raad Noord, where she focused on child protection, foster care placement, and family reunification services.

With her background in school social work research, she understands the vital role of emotional well-being in a child's overall development. She is fluent in Afrikaans, English, Northern Sotho, and Setswana, making her accessible to a diverse group of students and families. Her ultimate goal is to ensure that every student at Brescia House School feels supported, empowered, and ready to thrive—both in school and in life.

Qualifications:

Masters in Occupational Social Work
Bachelor of Social Work (Honours)



Mrs Lerelle Moss

Social Worker

Lerelle Moss is a dedicated and licensed Social Worker and Counsellor with over a decade of experience in child protections, school-based support for children and community engagement. She holds a master's degree in School Social Work from the University of the Witwatersrand and a Bachelor of Social Science in Social Work from the University of Cape Town.

Lerelle has worked extensively in educational and therapeutic settings, providing individual and group counselling, family intervention, and mental health support for children and adolescents. She has served in roles at Sacred Heart College and Johannesburg Child Welfare, where she facilitated well-being programs, workshops, and crisis intervention services.

In addition to her counselling work, Lerelle manages community partnerships on behalf of the school, working with local organizations and NGOs to enhance support services for children and families. She has led fundraising initiatives and community outreach projects that strengthen school-community collaboration and improve access to resources.

Beyond her professional work, Lerelle is a proud mother of three children. She is also a child of God, and she gives all glory to the Lord, who guides her in her work and calling to serve others.

Qualifications:

Masters in School Social Work
Bachelor of Social Work (Honours)



Mrs Mandi Grobbelaar

Educational Psychologist

Mandi Grobbelaar is one of the Educational Psychologists at Brescia House School, where she has had the privilege of working since January 2023. She originally joined the Wellness Team, working in both the Intermediate and Foundation Phase Learning Support. During this time, she gained invaluable knowledge and experience. In 2024, she transitioned to the counselling department, and since September 2024, she has been serving as an Educational Psychologist at Brescia House School.

Daily, Mandi lives out her passion for helping teachers, parents, and learners. She is deeply committed to the holistic development of children and believes in the power of collaboration between parents, teachers, students, and the school community. She is passionate about creating a safe and supportive environment for her clients and enjoys working as part of a multi-disciplinary team.

In her professional journey, Mandi has worked in various roles, including private practice, where she conducted career assessments, individual and group therapy, psycho-educational assessments, and social skills workshops. Mandi is committed to continuous learning and has attended numerous workshops on topics such as ADHD, play therapy, child protection law, and the impact of trauma on development.

As a mother of two precious girls, Mandi brings a personal dimension to her understanding and commitment to children's well-being. She looks forward to continuing her journey at Brescia House School and contributing to the well-being and development of the students.

Qualifications:

- Master in Educational Psychology (Cum Laude)
- B.Ed Honours in School Guidance and Counselling
- B.A Honours in Psychology
- B.Ed in Intermediate Phase

Some of the work we do at the Green Couch



In addition to the ongoing counselling and academic support services provided by the Green Couch department, we are excited to share some additional initiatives designed to support the mental and emotional well-being of our students.

Termly Mental Health Talks

We regularly conduct termly mental health talks across various grade levels. These talks focus on essential topics such as bullying, kindness, self-esteem, study skills, and friendships. Our goal is to equip students with valuable tools and strategies for managing their mental health, fostering positive relationships, and building a supportive school environment.

Community Outreach & Serviam Projects The Green Couch department also plays an active role in community outreach through various Serviam projects. These projects give students the opportunity to work closely with organizations such as CANSA, CHOC, and Kidshaven. By partnering with these organizations, we aim to inspire a spirit of service and empathy within our students, encouraging them to make a positive impact in the community.

We are proud of the work we do and the positive effect it has on both our students and the wider community.

Thank you for your ongoing support!

How to get hold of us

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