

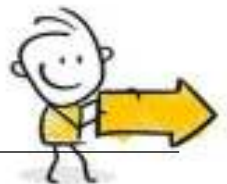


# CAD News

U KAN ons NOU VIND. Voel asseblief vry om enige tyd in te stap !!



**NOW YOU CAN FIND**  
us Please feel free to walk in  
at anytime !!





### Finansiële komitee lede

### Gebiedskomitee lede

- Basie Kilian
- Roy Bosch
- Emma Gibbons
- Donovan Hewitt
- Carl van der Merwe
- Lizzy Lombard

- Basie Kilian
- Roy Bosch
- Donovan Hewitt
- Carl van der Merwe
- Gerrie Engelbrecht
- Boetie Bester
- Emma Gibbons
- Charnell Andrew
- Emmaureen Hendricks
- Lizzy Lombard

### Welkomaan die nuwe lede

Boetie Bester  
Roy Bosch

# Congratulations

### Sober verjaarsdae

- B Bester 24 Februarie
- F Oosthuizen 3 Maart
- R Ivens 19 Maart
- E Dye 21 Maart
- G Engelbrecht 2 April
- N Kruger April 2003
- P Clauss 12 May



## BAIE GELUK

met jou Verjaarsdag

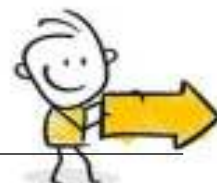
..my wens  
vir jou  
'n jaar vol  
vrede, hoop,  
liefde,  
gesondheid  
& baie  
geluk.



Charnell Andrews 24 Februarie

Roy Bosch 7 Maart

Gerrie Engelbrecht 9 April



# KROONSTAD

Vergadering : 9:00  
7 Maart 2020

Oorslaap by Jukskeipark  
6 Maart 2020

Vergadering

Kuier



Lekker worsie op die kole



Country Meat dankie vir die lekker eetgoed

Wêreld - Maatskaplike Werksgdag

17 Maart 2020



## CAD Upington



Die bevordering van die belangrikheid van menseverhoudinge. Bou 'n internasionale fokus op die interafhanklikheid van mense en die behoefte aan verandering in beleid en sosiale lewering



Wat beteken CAD vir jou?  
Luister na oom Piet se kort getuienis oor wat die CAD vir hom beteken het. (Facebook CAD)



Fundraising  
Support



# Fun Events

Happy Valentine's Day



10 Feb 2020 – 14 Feb 2020

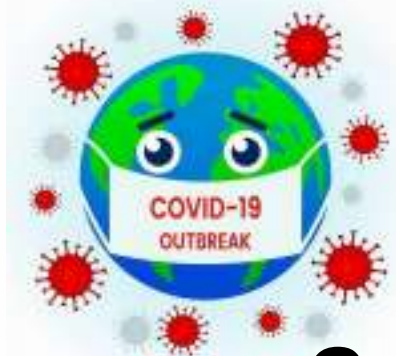
## 1<sup>st</sup> Event - Valentines day / week

CAD would like to thank all of you for supporting our cookie sale for Valentines Day! The person that bought the most cookies was Penelope Maw. Penelope Maw with an amount of 38 packets which brought in R950,00! Nonetheless, every cent counts even if you buy one packet!



7 April 2020

## 2<sup>nd</sup> Event - Easter Day



EASTER IS COMING!  
Support CAD by ordering ginger cookies for R25!

### Covid-19



# My Testimony



Hello I'm christopher, I have been dealing with this problem in the past with substance abuse but I managed after all these years to break free of this addiction that has made my life a living hell. Drugs took away my teenage years and my earlier twenties till up my early 30s. Here is my testimony actually, I lost my parents at a very earlier age, I had to deal with a lot to get through life. I lost my mom when I was 12 years old, and my dad when I was 17 and in that same year I started using drugs. I didn't have enough support basically, and that is how I ended up using drugs. At the age 27 I went for my first rehab. After rehab, I only stayed clean for 7 months, then I relapsed back into active addiction. My life was basically a very sad and disappointing journey. I disappointed a lot of people who believed in me and helped me, which I didn't care about other people's feelings. As my active addiction went on and I became a victim to myself, blaming other people for my mistakes, I felt like I had to end my life. I couldn't live with the guilt of what I'm doing to myself and people who cared about me. Suicide was the only the thing on my mind and so by age 31 I reached out for help, crying and praying to the Lord for help to get me through all this loneliness and sadness, and I got help. Finally God sent people to help me, and that is how I met CAD. Through CAD my life changed. Definition for CAD is Christian Action for Dependence. That is how I met my social worker who got me into one of the best rehabs for 3 months. Cad has helped me get a job after I came out of rehab, and they has been there for me all the step of the way. I'm basically thankful and I thank God for what CAD has done for me. They basically helped me change my life around. To stay on the right path you have to be willing to accept changes and do the hard work if you want to make your sobriety work. I had a few ups and downs during my recovery.



After a year being sober thinking that I'd never go back to my old lifestyle, I had a slip. A slip meaning that I went to go use after a year of being clean. After the slip I immediately contacted my social worker and she was still willing to help me and my social worker told me it's part of recovery as long as I don't use again. So I never used again. Today I can say I'm proud to be clean and achieving goals that I never thought I could do. Through all the ups and downs that life throws at me and obstacles to overcome, I'm not gonna give up. I just wanna say thank you to CAD (Christian Action for Dependence) for supporting me and still being there for me to stay sober. Today I can say I'm proud to say that I have stepped out of the darkness and into the light. To all the people out there, mother, father, brother, sister, uncle, etc etc there is help out there. CAD helped me become a better person, so there's no excuse if you wanna change your life, there's help for you. This is my first post on this group, and I just want to say thank you for giving me an opportunity to share my story.

Special thanks to my social worker Emma Gibbons!!! For helping me.

# My Testimony



Hey my name is Jacquell and I'm an addict, I'm great full for ur aprovel, and for being part of the @ "CAD" society, it's gives me great joy, of being able to be part of experience the outcome of my addiction by the help of you guys, I'm also blessed for having such good mentor Like Emma who beliefs in me and for being my social worker, the life of Addiction destroyed most of my life, photo proven, bt ja im Jacquell I'm this addict @ "CAD"



# COVID-19

COVID-19 beïnvloed verskillende mense op verskillende maniere.  
Die meeste besmette mense sal ligte tot matige simptome opdoen.

**Algemene simptome:**

koors.

moegheid.

droë hoes.

**Sommige mense kan ervaar:**

Pyne en skete.

neusverstopping.

loopneus.

seer keel.

diarree.

Dit neem gemiddeld 5-6 dae vandat iemand met die virus besmet is om simptome te toon, maar dit kan tot 14 dae duur.

Mense met geringe simptome wat andersins gesond is, moet hulself afsonder. Soek mediese hulp as u koors, hoes en asemhalingsprobleme het.

**Bel: 24-uur Hotline nommer – 0800 029 999**

**WhatsApp nommer – 0600 12 3456**



# Look after your kids

## COVER YOUR COUGH AND SNEEZE



Stop the spread of germs that make people sick



When you cough or sneeze  
cover your nose and mouth  
with a tissue



or

Cough or sneeze into your  
elbow, not your hands.



Throw away your tissue!

Clean your hands after  
coughing or sneezing.

# Thanks!

