OUR MISSION: W4C provides a child-friendly mental health service to vulnerable and differently abled young people living in unstable communities. Through connections to safe spaces, caring mentors, and a 12-month weekly Surf Therapy curriculum, W4C gives children skills to cope with stress, regulate behaviour, build healing relationships, and make positive life choices.

“WAVES FOR CHANGE TAUGHT ME TO BE INDEPENDENT AND HAVE A HOPE FOR TOMORROW. IF I FALL I KNOW THAT I CAN RISE AGAIN. LIFE IS FULL OF CHALLENGES, BUT I SHOULD NOT GIVE UP!”
- W4C PARTICIPANT
THE CHALLENGE

Young people exposed to repeat trauma and adversity, who lack supportive adults, feel negatively about themselves, and adopt challenging behaviour patterns, reducing life chances.

“YOU COME TO HEAL THE CHILDREN, AND END UP HEALING YOURSELF.”
- W4C COACH

OUR SOLUTION

W4C Surf Therapy combines evidence-based mind/body therapy with the rush of surfing to improve mental, physical and social health outcomes.

W4C Sites:
- Monwabisi
- Muizenberg
- Hout Bay
- Port Elizabeth
- East London
- Harper, Liberia

#SURFTherapy

Waves for Change

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Waves for Change

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www.waves-for-change.org  info@waves-for-change.org

Mentored

Coaches are trained in surf coaching, lifesaving, child & youth care work, job readiness and mentored by mental-health professionals.

Home Visits

Conduct home visits & parent workshops.

School Visits

Conduct school visits & teacher trainings.

Coaches provide direct support to children.

Participants receive 2-8hrs of surfing & mentoring per week & a home cooked meal.

Teachers refer kids who most benefit from WFC.

Parents receive information to support children.