



# FAMSA FAMILY DAY 5KM FUN RUN 2019

@MANDELA PARK STADIUM  
KHAYELITSHA

Entry fees: R30 Adults

R10 kids u12 yrs

ENTRIES / REGISTRATION ON RACE DAY  
ONLINE AND AT FAMSA OFFICES

MORE INFO & REGISTRATION  
CALL: 021 511 7130  
WWW.TOPEVENTS.CO.ZA

Lots of lucky draw prizes!  
SAFE PARKING AVAILABLE

**TOPEVENTS**



# FAMSA FAMILY DAY 5KM FUN RUN 2019

FAMSA WC - Caring for those closest to your heart

FAMSA WC aims to help build a society where children and families are equipped with skills to live in connectedness with those closest to their heart.

Our mission is to support individuals, families, organisations, and all of society to build, restore and sustain functional relationships as the cornerstone of a stable and thriving society.

FAMSA WC's programs include family and relationship counselling, divorce and mediation services, comprehensive parenting plans, trauma counselling, prevention programs, fatherhood programs, HIV/Aids counselling as well as various training and advocacy programs across the Western Cape.

Feel free to contact us  
[www.famsawc.org.za](http://www.famsawc.org.za)

OBSERVATORY HEAD OFFICE  
9 Bowden Road, Observatory  
021 447 0170/ 082 231 4470  
[famsa@famsawc.org.za](mailto:famsa@famsawc.org.za)

KHAYELITSHA  
49 Ntsikizi Street, Litha Park  
Tel: +27 21 3619098

We also have offices located in Mitchells Plain, Faccerton,  
Joe Slovo Park & Elsies Rivier / Bishop Lavis