

The Abangane Curriculum



The Abangane Grief Support Group for Teen Girls programme was created under the leadership of Khululeka Grief Support. It offers psychological support to bereaved adolescent girls aged 13-19 years. Abangane (“friends” in Zulu) aims to help participants better understand grief and loss, process their grief and gain closure, develop skills to cope with difficult emotions, and establish life planning skills. The programme also helps girls gain support from others, including other group members and trusted loved ones in their lives.

The programme consists of 8 sessions, typically taking place once a week in a closed group (which means that the same girls attend each session together). Each session includes 100 minutes of scripted activities, where feasible, planning for two hours will allow additional time for administrative tasks, breaks and any extended discussions. The group is led by two facilitators, but is interactive, with group members participating in activities rather than just listening to the facilitators speak. Each session includes an average of two structured core activities focused on experiences of loss and grief, coping skills, and the links between feelings, thoughts and behaviour.

Activities are guided by the principles of cognitive behavioural therapy and include contextually relevant scenarios, as well as discussions about different cultural rituals and traditions surrounding death. The sessions include group discussions, pair/group work, and home practice to allow girls to build new coping skills and habits.