



Expression of Interest and Registration

Mental Health Masterclass: Inside the Friendship Bench

1 October 2026 | 10:00–13:00 CAT | Online via Zoom | 3 CPD hours | ZAR 900 / NGN 75,000 / USD 50

This three-hour masterclass explores the mechanics behind the Friendship Bench (FB) model, a community-based, evidence-based mental health intervention founded in Zimbabwe in 2006 by Professor Dixon Chibanda. The session is led by the founder alongside elder Benchers and practitioners and covers the theoretical foundations, core methodology, and practice mechanics of the FB, including *kufungisisa* (thinking too much) and the task-sharing approach. Presented by the Friendship Bench in partnership with Mtandao.

Complete this form to register your interest or to register. You will receive confirmation and payment details by email.

1. Are you registering or expressing interest? (tick one)

- I am registering I am expressing interest

2. Your details

Full name *

Email address *

Phone or WhatsApp number

Country *

Organisation or institution

3. What best describes you? (tick one)

- Practitioner Researcher Academic
 Student Consultant Other (specify below)

If other, please specify

4. How did you first hear about this masterclass? (tick one)

- SWSO 2026 exhibition Mtandao website OWIA bulletin
 Colleague or peer Other (specify below)

If other, please specify

5. Which payment method would you be able to use? (tick all that apply)

- PayPal Bank transfer Cash
 Mobile transfer Other (specify below)

If other, please specify

6. What would you hope to gain from this masterclass? (optional)

7. Consent

I consent to Mtandao contacting me about this masterclass and related events.

Mtandao's other events include: Ubuntu Lecture, Africa Day Indaba, Wazee Indaba, and Ubuntu Pedagogy Masterclass.

- Yes — all Mtandao events Yes — this masterclass only No