



PRESS RELEASE

Forgive & Forget: Regret

TX: Tuesday, 11 March at 8.30pm

How do you deal with the pressures of everyday life? Do you go to the gym to de-stress, do you like to go home and read a book, or if you're fortunate get to see a professional to chat about those pressures and how you can deal with them. Not everyone has a possible outlet and sometimes drug and alcohol abuse become someone's outlet.

This Tuesday, Forgive and Forget profiles a mother who after years of alcohol abuse tries to reunite with her daughter.

Susan Saayman from Pretoria has lost a lot in her life because of her abuse of alcohol. She lost her home, her dignity and about 20 years ago, her daughter Darleen left home at 18, never to be seen again. Susan is now 69 years old, sober, but gravely ill. All she wants is to find her daughter, and apologise for the lifetime of neglect and emotional abuse. But the question is: will mother & daughter be re-united?

Watch as Doris Msibi tries to mend broken family ties in Forgive & Forget this Tuesday at 8.30pm, free only on e.