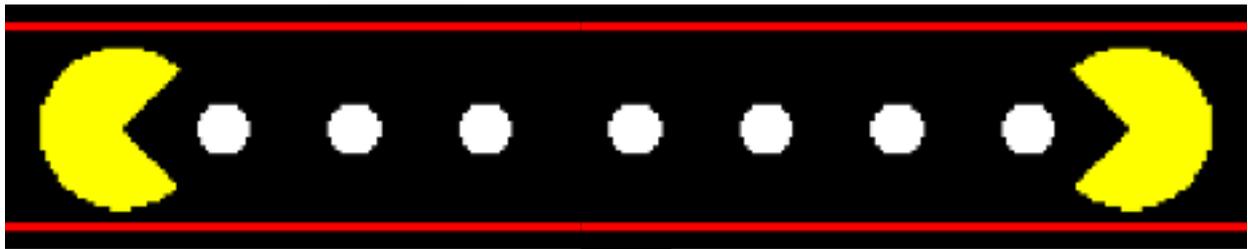


WE CARE

Counselling | Therapy Programme | Drop-in Centre | Recovery Support Group



WE CARE introduces another counselling programme - *Internet & Gaming Addiction (IGA)*

With the rise in ownership of mobile phones and technology, the internet is closely intertwined with our daily lives. For some individuals, the compulsive use of Internet and Gaming affects their academics, career and/or important relationships.

WE CARE has introduced an Internet & Gaming Addiction (IGA) Intervention Programme, which is a structured individual therapy programme designed for people experiencing compulsive internet use or/and gaming. Counselling is provided by trained addiction specialists.

Basic package components:

- 6 Individual sessions
- 2 Family sessions (optional)

Depending on individual needs, some clients may require further sessions after the completion of the basic programme.

Visit wecare.org.sg/addiction-internet-gaming.asp for more details.

To register, contact help@wecare.org.sg or call 6547 5459.

Do you or someone you know:

- ✓ *keep thinking about previous online activity or anticipate next online session?*
- ✓ *feel the need to surf the web and/or gaming with increasing amounts of time in order to achieve satisfaction?*
- ✓ *make repeated unsuccessful efforts to control, cut back, or stop surfing and/or gaming?*
- ✓ *feel restless, moody, depressed, or irritable when attempting to cut down or stop surfing and/or gaming ?*
- ✓ *stay online and/ or game longer than originally intended?*
- ✓ *jeopardise or risk the loss of a significant relationship, job, or educational or career opportunity because of the Internet use and/ or gaming?*
- ✓ *lie to family members or others to conceal the extent of involvement with the Internet and/or gaming?*
- ✓ *use web surfing or gaming as a way of escaping from problems or relieving negative emotions?*

Recovery Journey

Read how WE CARE provided a safe space for Lavi to recover from addiction.*

I couldn't believe I was sent to prison when I was only 26 years old. I was really scared. What was going to happen to me there? All the stories I had heard, true or not, prison was a place I did not want to be. I managed to survive for three years. After I was released, I was placed in a half-way house, spending close to four years there. It was just as tough as prison. Unfortunately, I didn't break my bad habits and continue drinking after discharge.



My family relations were bad and I was constantly arguing with my sister. I was at rock bottom. I knew it, but had no idea where to get help. My friends weren't the answer as they were still up to

no good, and hanging with them would lead me where I didn't want to go.

I finally ended up in detox at National Addiction Management Services (NAMS) for two weeks where I heard about WE CARE. I also met some of the WE CARE's team during their outreach. I liked what I heard and thought they could help me. I had suffered both mentally and emotionally during the last four years. The harm and pain I caused my family was more than a family could endure. Somehow, I had to work my way through it to a better future. Perhaps, WE CARE could be the start so I decided to give it a try.

"No one seemed shocked or surprised, as they, too, had similar circumstances and experiences."

When I visited WE CARE, everyone was approachable. I made friends from the moment I arrived. It felt good, I was no longer alone. I could relate and share my experiences openly. No one seemed shocked or surprised, as they, too, had similar circumstances and experiences. I underwent individual counselling and SMART Recovery, a group relapse prevention, on identifying and avoiding high-risk situation. I was on to something positive, which I never felt before, and I wasn't going to let go. It was pretty simple - put the effort in and get results; no effort - no results.

I have been at WE CARE for over three months, and drop in five days a week. I really enjoy it, and there is no pressure, just a fresh start. Being sober feels great. I feel like I have a purpose and am no longer just wasting time. I'm living with my Mom and she's really happy to see me focused and alive. Going forward, I would like to get back into events management. It could end up being a great career, then, start a family.

WE CARE is making recovery happen. I really owe my new good fortune and sense of purpose to them. I'll always be grateful for what they are doing, and plan to give back, in whatever way I can. WE CARE has a great program - structured but relaxed, and allows each of us to recover at our own pace.

Thanks WE CARE. I really appreciate it!

Recovery Journey

“We all know recovery won't be easy. If you are willing and set a goal, all will be well...”

Valentio, age 29

Where do I go from here? What are my choices? What am I going to do? Drugs and misbehaviour had me spend five years in prison. I was really happy to be out of there but I was beginning to skip my weekly follow-up urine tests. Due to stress, I started drinking heavily again. In the state of intoxication, deep inside, I knew I have to do something.

If I was caught again, my next sentence would be at least seven years in prison. Somehow, with advice from family and friends, I got myself into NAMS for detox. During the two week detox, I saw a WE CARE pamphlet, which I read, and realised, maybe I do have a roadmap to get out of this mess. My first action I took after I discharge from IMH, was to surrender to the police with the intention of approaching WE CARE for help. Miraculously, the police agreed. “Stay clean”, they said, “Go to WE CARE, and we don't want to hear anything but good news from here on.”

“WE CARE helped me stay connected and to fully accept what I had become.”

From the minute I arrived at WE CARE, I felt welcomed, comfortable and relieved. Everyone was friendly and helpful. They have some basic rules - stay clean, set your goals, be committed to the recovery, and work at it. I have made new safe friends with the same recovery-oriented goals. I am offered counselling and group therapy. It's been hard but fun. I also attend lunch time support group four times a week, which gives me time to share and listen other's stories. I

realise that I am not the only one that struggled. WE CARE helped me stay connected and to fully accept what I had become. At first, my future didn't look promising, but as time went on, WE CARE helped me feel hopeful and to remember my potential that I forgotten.

Now I am on better terms with my family who are really happy with my recovery progress. I look forward to going to WE CARE.

To the suffering addict outside, ‘Come to WE CARE and keep coming back. Get your head clear and strong so that when the time to step out finally arrives, you are ready. Recovery won't be easy. We all know that. If you are willing and set a goal, all will be well. Don't give up. Life has a lot of positive and fun adventures waiting for you.’

Get Help Now



If you or your loved ones need help with addiction, call **6547 5459** & arrange an appointment with our counsellors.

Your confidentiality is assured.

**name has been change for confidentiality reasons*

Whats New



Charity Movie Screening - The Charity movie screening of “Marvel Studios’ Avengers: Infinity War was a huge success with a sold-out venue. It would not have been possible without the support from all our Heroes who donated to our cause, as well as, those who help to spread the word about WE CARE. We look forward to seeing all our Heroes back for the next part of this Marvel-lous adventure.

A round of applause to our sponsors Tote Board and National Addictions Management Services (NAMS), as well as, our major donors Credit Suisse and Fermat Capital. Thank you to Geek Culture, Just Saying.Asia, Reactor Comics and LinkLink for the publicity. It was great to see more than 200 beneficiaries, from BoysTown, Pertapis, Ramakrisna Mission, SCWO, HCSA Dayspring, Spectra Secondary School and our own beneficiaries from WE CARE, enjoying this excellent Marvel movie.



All donations for this event will go towards WE CARE's work in providing accessible and professional therapy treatment and help for families / persons affected by addictions.

(T) Left to right: a thank you speech from Desmond Lum, WE CARE board director, a we-fie with our Heroes,
 (B) Left to right: our Heroes collecting their tickets, a back view of the thank-you speech.

Mental Health Day – On January 17 we reached out to Nanyang Polytechnic (NYP) students on NYP Mental Health Day. They learned about the unseen harmful effects of addictions. The students penned down words of encouragement to recovering people, and pasted their message on the WE CARE board. It was very rewarding to see the students at NYP come forward with such positive responses at our art making table.





Mosaic pieces made by WE CARE drop-in members

Mosaic art - WE CARE partnered with Mosaic Jam to create exquisite mosaic art pieces from scratch. Our drop-in members were expertly guided throughout the art making process. They had lots of fun too! The theme was metamorphosis - which represents their personal transformation during recovery. The art pieces will be displayed the WE CARE's new main entrance. Watch this space for more updates!



Left to right: gingerly wiping the mosaic art piece, photo-taking session with Mosaic Jam teacher , crafting each piece on the artwork

SMART Recovery - SMART stands for Self-Management And Recovery Training



Founded in 1994, SMART Recovery is a recognised, secular, self-empowering support group in addiction recovery. Over 1700 weekly group meetings are held worldwide.

SMART Recovery supports individuals by teaching them how to change self-defeating thinking, emotions, and actions; and to work towards long-term satisfaction and improved quality of life. This approach reinforces self-reliance and self-directed change. These psychological recovery tools are based on the latest scientific research drawn on addiction treatments.

Each meeting is 90-minutes in duration and consists of check-in, agenda setting, group discussion, and checkout. WE CARE offers weekly SMART Recovery group meetings. Our facilitators are Registered SMART Recovery Facilitators.

If you are interested to attend SMART Recovery, you just need to undergo a simple intake to assess for suitability. Email alexlim@wecare.org.sg for more details.

“SMART tools helped me realised the importance of recovery and what I can do to reclaim my life.”

- a regular SMART participant

Calendar

Drop-in Schedule

DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ACTIVITY	Intro to 12 Steps Time: 3.30 - 5pm	Volunteer Services (Once a month) Time: 10 - 1230pm	Gardening Time: 10- 11am	Yoga Time: 10 - 11am	Women Therapy Group Time: 330 -5pm
	Baking (alternate week) Time: 4-6pm	Computer Class Time: 3- 430pm	Line Dancing Time: 3 -4pm	SMART Time: 3 - 4.30pm	Badminton Time: 4-5pm
	Family Workshop (2nd Monday of the month) Time: 7 - 9pm	Intro to 12 Steps Time: 3.30pm - 5pm	12 Steps Workshop Time: 6 -7pm	Art Training (alternate week) Time: 530 - 7pm	Mindfulness for Recovery Time: 630-730pm
	English Class Time:715-815pm				

Recovery Support Group Schedule

MEETINGS	DAY	TIMING	ROOM
One Day at a Time - Lunch Meeting	Monday to Friday	1.30pm - 2.30pm	Courage
Adult Child of Alcoholics / Dysfunctional Family	Monday	7.30 pm - 8.30pm	Raintree
All Addictions Anonymous	Saturday	4.00 pm - 5.00 pm	Serenity
Al - Anon (Family Support Group)	Wednesday	7.00 pm - 8.00 pm	Courage
Alcoholic Anonymous	Sunday	4.00pm - 5.00pm	Serenity
Co-Dependents Anonymous	Thursday	7.00 pm - 8.00 pm	Courage
Gambling Anonymous	Monday	7.00 pm - 8.00 pm	Courage
Narcotics Anonymous	Monday	7.30 pm - 8.45 pm	Serenity
	Friday	7.30 pm - 8.45 pm	Serenity
Narcotics Anonymous (LGBTQ)	Friday	7.30 pm - 8.45 pm	Wisdom
STEPS Workshop (Facilitated)	Wednesday	6.00 pm - 7.00 pm	Serenity
	Saturday	1.30 pm - 3.00 pm	Serenity
Sex & Love Addicts Anonymous (Mixed)	Thursday		
Sex & Love Addicts Anonymous (Mens)	Tuesday		

If you are interested to attend any drop-in events or support group meetings, contact Jess or Fandi @ 6547 5459.

To provide a holistic intervention towards an addiction-free lifestyle, WE CARE provides 4 core services.

Counselling

WE CARE offers counselling packages for substances, alcohol, gambling, Sex, Porn & Love addictions, Internet & Gaming and Atypical Theft Offending (ATO). We also work with family members to help them to best support their addicted loved ones.

Educational / Therapy Programmes

Programme, like Women Therapy Group, are tailored to meet the needs of specific subgroups in the recovery community. We also conduct workshops on anger management, parenting, emotional management and relapse prevention. Our latest programme is SMART Recovery, a worldwide recognised recovery group programme that teaches self-directed change.

Drop-in Centre

Our Drop-in centre provides a safe and supportive environment for recovering persons. Apart from social activities, the centre also provide life skills training and psycho-educational workshop that encourage sustained recovery.

Recovery Support group

WE CARE hosts various Recovery Support Group (RSG) on a weekly basis. All RSGs are self-help based and practice anonymity. Groups are based on the 12 Steps principles.

For more information on our services, visit www.wecare.org.sg

WE CARE Community Services Ltd is a registered charity organisation. We provide treatment for all forms of addictions. Our services are open to people of all races, cultures and religion.

WE CARE depends mainly on donations by individuals and corporations to fund various programmes and services. Your support will enable WE CARE to provide quality care for individuals and families affected by addictions and compulsive behaviours.

Being an approved Institution of a Public Character (IPC), donations to WE CARE is tax deductible. By providing your NRIC/FIN number at the point of donation, the donation amount and donor details will be included automatically in the tax assessment.

To make a donation:

Write a cheque: payable to

“WE CARE Community Services Limited”

Online donation:

A. Giving.sg/we-care-community-services-limited

B. Wecare.give.asia

For enquiries, email admin@wecare.org.sg

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