

WE CARE NEWS

Counselling | Therapy Programme | Drop-in Centre | Recovery Support Group | Events & Activities

Support our charity movie Avengers Endgame

The exciting conclusion unfolds on Sat 4th May 1.20pm at Lido, Shaw Centre



Endgame is the 22nd film in the Marvel Cinematic Universe and wraps up the series that began in 2008 with Iron Man. Highly anticipated, the sequel to Infinity War is expected to be the bestselling movie this year.

Tickets still available

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2019 is shaping up into a hive of activity

In the first 4 months of 2019, there are already visits to the Lumina Rainforest, the National Gallery and National Museum. Throw in baking classes, a cultural introduction to the sari, coffee appreciation, Not to mention the usual yoga, badminton, mindfulness, art club sessions, etc

We started a qigong class, and new coaching lessons in IT, English. In the coming weeks, we'll be brushing up on Mandarin, learning the ukulele and appreciating tea.

A special thanks to all our volunteers who make our activities and events possible.

Clockwise from top left, Baking Workshop, IT Coaching, Drum lesson, Lumina Rainforest, Happy Baking workshop participants, Minimalism Exhibition



Calling for Volunteers who have skills or a passion to share

If you have a skill, hobby or passion you wish to share, get in touch with us.

You don't have to be an expert — you just need to have the interest.

We also welcome volunteers who can help with administrative tasks at events. Other volunteering opportunities are also available.

We welcome corporates looking for CSR opportunities

You can run a workshop that makes use of your skills, organize an activity or plan an excursion for our beneficiaries. Or come up with your own ideas!

Write to us at leslie@wecare.org.sg

Harold Tan shares his journey with WE CARE on 15 Apr 2019

Now 8 years clean, Harold first came to **WE CARE** in 2012.

He recalls being lost and ashamed after he had been sent to DRC, and had been labelled “the black sheep of Singapore education.”

“I was broken, lost and down after DRC. The kind counsellors at **WE CARE** gave me hope, helped me to gain perspective and gave me tools to cope.”



“I owe a debt of gratitude to the wonderful staff and counsellors.”

Good Boy Turned Bad Turns Good

“It seemed so harmless. I thought I was smart enough to control my drug usage. I totally misjudged the drugs..”

At the height of his career, after 25 years in the real estate industry, Harold Tan was a professor at NUS. It was at a social gathering with other professionals in 2008, that he was introduced to recreational drugs.



Once he started, he just couldn't stop. He loved the 'high' he got from the drugs, the sense of "aliveness". He was hooked, and began to lead a "Jekyll and Hyde" life, functioning at his day job and taking drugs on weekends.

“People engage in drugs as a method of coping with stress, or painful situations,” says Harold. “The drugs then become a means of escape, a way of coping with emotional pain or disappointment.”

In Dec 2010, he was caught in a CNB operation and was sent to DRC.

It was 2012 when he came to **WE CARE** for recovery. And it took another 2 years before he could find employment.

Today Harold is a business consultant and trainer. And he is happy.

“I am not defined by the past or what has happened to me. I am defined by how I live my life now, and how I treat other people. Each of us has a past, some good, some bad... what is important is when you know better, you do better.”

– Harold quotes Oprah Winfrey

Recovery Journey

Know your priority. If recovery is not your priority, you are not ready.



Scottie's first job was in a mobile phone shop,

He had to deal with customers.

More of an introvert by nature, he found this hard.

"I didn't dare to talk to customers for the first few days."

It made him anxious.

"So I used drugs. It took care of my anxiety and made me confident. I could talk to people. Then I just continued using."

"Initially it was fine, but eventually all my pay went towards drugs. I couldn't get up on time and I got fired from work because I was high."

The cycle repeated. Each time Scottie would find new work, and the drug taking would start, and it would affect work to the point that he had to be let go.

When he was out of work, he continued using, and had to resort to fake marriages with foreigners as well as theft to get money. He was caught and went to prison.

On his release, he checked himself into NAMS. He assumed that after detox, things would be fine. He did not fully understand how recovery works. He was afraid of "a lot of things. I didn't dare to go out." He isolated himself, because he didn't want to associate with his old drug-using friends.

Before long, he succumbed to drugs again, and for the next 2 years, he used. One day, when he was hallucinating badly, his mother called the police and IMH. After 2 weeks in detox, he was discharged. He relapsed straight away but took a little too much. Passing out, he woke up in hospital with 6 stitches. He realized this time that he could have really died.

It dawned on Scottie that his life could have ended. And so he decided to try something different. He came to the place he had heard about in NAMS. And he continued to come, every day, for 9 straight months, to **WE CARE**, to work on his recovery. He made new friends, and he learned how to cope.

Today, Scottie is looking forward to the future. Something he has never dared to think about. "I look at things differently now. I look at life with hope."

Scottie, who will be 1 year clean in May

"I used to ransack the whole house and not find 10 cents.

Now, there's money everywhere."

"One of the most amazing things about recovery is when you realise that people are starting to trust you."



"WE CARE has taught me how to be grateful and how to take responsibility. I have learnt how to commit to things. Life has become happier."

Calendar : What's Going On in May 2019

There's always something happening at WE CARE — 7 days a week, all year round..

If you are interested in any meeting or activity, contact Jess/Fandi/Patrick at 6547 5459.

Day	Programme	Time	Venue
Monday	Qigong (except 6th May) One Day At A Time—Lunch meeting Baking Badminton English Class / IT Class Gamblers Anonymous Meeting (GA) Adult Children of Alcoholics (ACA) Narcotics Anonymous (NA)	9.45am—10.45am 1.30pm—2.30pm 3.00pm—6.00pm 4.00pm—6.00pm 7.15pm—8.30pm 7.15pm—8.15pm 7.30pm—8.30pm 7.30pm—8.45pm	Serenity Room Courage Room Pantry Serenity Room Main Office Creative Room Courage Room Serenity Room
Tuesday	One Day At A Time—Lunch meeting Introduction to 12-Step Program (4 sessions: 7th, 10th, 14th and 17th May) Computer Lessons Al-Anon (Family Support Group) Augustine Fellowship (Men's Closed Meeting)	1.30pm—2.30pm 3.00pm—4.30pm 4.30pm—5.30pm 7.00pm—8.00pm 8.00pm—9.00pm	Courage Room Serenity Room Main Office, Wisdom Room Serenity Room
Wednesday	One Day At A Time—Lunch meeting Art Club 12-Steps Workshop (Facilitated) Alcoholics Anonymous—Meditation Meeting	1.30pm—2.30pm 3.00pm—5.00pm 6.00pm—7.00pm 7.30pm—8.30pm	Courage Room Creative Room Serenity Room Wisdom Room
Thursday	Yoga One Day At A Time—Lunch meeting SMART Recovery (Self Management And Recovery Training) Low Impact Fitness Exercise Co-Dependents Anonymous (CODA) Meeting Family & Friends Support Group (2nd and 16th May) Augustine Fellowship (Mixed Group)	11.00am—12.00pm 1.30pm—2.30pm 3.00pm—4.30pm 5.00pm—6.00pm 7.00pm—8.00pm 7.00pm—8.30pm 8.00pm—9.00pm	Serenity Room Courage Room Serenity Room Serenity Room Courage Room Wisdom Room Serenity Room
Friday	One Day At A Time—Lunch meeting Introduction to 12-Step Program (4 sessions: 7th, 10th, 14th and 17th May) Interviewing Skills (3rd and 17th May) Mindfulness for Recovery Narcotics Anonymous (NA) Meeting NA LGBTQ Meeting	1.30pm—2.30pm 3.00pm—4.30pm 3.00pm—6.00pm 6.30pm—7.30pm 7.30pm—8.45pm 7.30pm—8.45pm	Courage Room Serenity Room Main Office Creative Room Serenity Room Wisdom Room
Saturday	Tuition Classes—Kindergarten to Sec 4 Computer Class 12-Step Workshop (Facilitated) All Addictions Meeting	10.00am—12.00pm 2.00pm —3.30pm 10.30am—11.30am 1.30pm—3.00pm 4.00pm—5.00pm	Serenity Room Wisdom Room Main Office Serenity Room Wisdom Room
Sunday	Alcoholics Anonymous (AA) Meeting	5.00pm—6.00pm	Serenity Room

WE CARE aims to be a leading centre for the transformation of persons with addiction.

WE treat all forms of addictions, including alcohol, drugs, sex, pornography, gaming, internet and compulsive behavior like shoplifting.

Our 4 core services are:

- Counselling for recovering addicts and their families
- Educational and therapy programmes
- A drop-in centre
- Recovery support groups

For more information on what we do, please go to: www.wecare.org.sg

Counselling sessions are private and confidential.

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Look for us on FaceBook
[@WECARECommunityservices](https://www.facebook.com/WECARECommunityservices)

Give to WE CARE

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

To fund our programmes and services, we depend mainly on donations from individuals and corporations. Your support enables us to provide quality care for individuals and families affected by addictions and compulsive behaviours.

As we are an approved Institution of a Public Character (IPC), donations to WE CARE are tax deductible,

To make a donation:

Write a cheque payable to "WE CARE Community Services Limited". Alternatively, go online to make a donation at:

- Giving.sg/we-care-community-services-limited; or
- Wecare.give.asia

If you have any queries, kindly email admin@wecare.org.sg



Help is just a phone call away

If you have a problem with addiction, or if you know someone who has issues, call us at 65475459. Or email help@wecare.org.sg

The first step in getting better is to ask for help.

Photo by Leon Liu, Unsplash.com