



WE CARE
COMMUNITY SERVICES
Recovering Together

WE CARE Community Services Ltd
Kembangan-Chai Chee Community Hub
11 Jalan Ubi, Block 5, #01-41
Singapore 409074
Tel 6547 5459 / Fax: 6547 5458

WE CARE COMMUNITY SERVICES LTD

APRIL 2016

SERVICES WE OFFER

- Counselling
- Recovery Support
- Psycho Education
- Outreach
- Drop in Centre
- Referral / Walk in

WE CARE launches another counselling programme-SPLA

Do you or someone you know have:

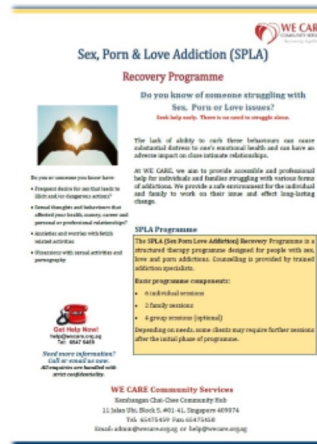
Frequent desire for sex that leads to illicit and/ or dangerous actions?

Sexual thoughts and behaviours that are affecting your health, money, career and personal or professional relationships?

*Anxieties and worries with fetish related activities?
Obsessions with sexual activities and pornography?*

The lack of ability to curb these behaviours can cause substantial distress to one's emotional health and can have an adverse impact on intimate relationships.

Biological, psychological and



launched the Sex, Porn and Love Addiction (SPLA) Recovery Programme.

SPLA Recovery Programme:

The SPLA (Sex Porn Love Addiction) Recovery Programme is a structured therapy programme designed to help people with sex, pornography and love addictions. Counselling is provided by trained addiction specialists.

Basic programme components:

- 6 individual sessions
- 2 family sessions
- 4 group sessions (with SLAA – free)

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

social factors cause sex and porn addictions, and yes, this can be treated. There are several treatment options available which will help to address some of the underlying causes.

Following the success of the **ATO**, **GARI** and **SOAR** programmes, WE CARE has



*If you know anyone who will benefit from **ATO**, **GARI**, **SOAR**, and **SPLA**, call 64575459 or email help@wecare.org.sg for an appointment.*

New Staff On Board—A Very Warm Welcome to ...

PATRICK LIM, COUNSELLOR

Patrick joined WE CARE as a Counsellor in January 2016 .

After completing his Master's degree in counselling from Murdoch University, he worked as a Counsellor/Educator in Palmerston Association in Perth before returning to Singapore in 2012.

SMITA BAROOAH, COUNSELLOR

Smita joined WE CARE as a Counsellor in March 2016. She has a Master's Degree in Counselling from Monash University.

She is an experienced counsellor and trainer in the field of addictions. She authored a book "Understanding Addictions" - a comprehensive and practical guide to accepting and dealing with addictions.

MORE INSIDE...

WE CARE's New Year Celebration—Welcome 2016!

This annual event to celebrate the New Year was held on the 28th December 2015. The participants played a few games and were treated to a BBQ. Thanks to our recovering community for organising this fantastic party!



Visit from Korean University—14th Jan

On the 14th January 2016, about 30 students from Sahmyook University, Korean visited WE CARE to understand how we treat addiction and provide support services for relapse prevention.

We shared about WE CARE's treatment services and provided a guided tour of facilities within WE CARE premises.



Safer Communities for all —12th March

An education fair named "Safer Communities for all" was piloted to promote awareness on social issues and safer neighbourhoods.

WE CARE set up an outreach booth at the void Deck of Blk 174D, Hougang Ave 1 on the 12th March 2016 between 10 a.m. and 3 p.m. to spread the message of a Safer Community to Hougang residents.

This event was organised by Hougang Sheng Hong Family Service Centre and about 70

residents attended. Mr Tng Kay Lim, BBM (Chairman of Paya Lebar Citizens' Consultative Committee) was the guest of honour for this event.



ONGOING Counselling Programmes

To provide an effective and targeted intervention, We Care provides structured treatment programmes to meet the needs of specific subgroups in the recovering community.

For more information on our counselling programmes, please contact Alex at AlexLim@wecare.org.sg

U.S.B.A (Understanding Substance Abuse)

U.S.B.A. is a short five-session relapse prevention workshop for those with a desire to reform. During the workshop, the participants become more aware of their own triggers and reason for relapse. Their motivation to change is also explored. In the fifth and final session, they are able to work on their own relapse plan.

Since the beginning of 2016, WE CARE has conducted three workshops on USBA in-house, and another workshop at Teen Challenge Halfway House. We plan to conduct a few more workshops this year.

Project S.A.F.E. -Support for recovering Addicts and Families through Empowerment

Project S.A.F.E. is a pilot programme that aims to provide support to both the drug offender and his/her family. It was conceptualised in September 2013 by National Council of Social Services (NCSS) and in collaboration with Ang Mo Kio Family Service Centre (AMK FSC).

Phase 2 of the project is progressing well currently with 30 clients and their families on-board. The expected completion date for this phase is August 2016.

WSG (Women Support Group)

Women Support Group provides weekly group therapy for women in recovery (from drug addiction), to share their feelings and concerns about the underlying issues in a safe place, as they try to reintegrate into the community, and re-establish relationships with their loved ones.

Topics like coping with their struggles and emotions, and relapse prevention plans are discussed. Sessions have been engaging and interactive. There is an increased openness within the group; women are confident to share their experiences as well as providing feedback to one another.

"I am really thankful that I joined women support group. What WSG has taught me is that Recovery is not a destination, it's a learning journey!!" It does make me feel that I am not alone. We can do it together! In the group, we share our views and thoughts. This sharing is helping me towards my recovery journey. I greatly appreciate this women's support group." - Ms. Angel, 26

P.I.N.K (Parenting workshop)

The workshop Parenting Involves Nurturing and Knowledge (P.I.N.K.) was conducted over four sessions from 6th to 27th January at WE CARE Community Services (Serenity Room). The sessions covered topics like understanding the different parenting styles, understanding a child's development, psychological and emotional needs, connecting and nurturing your child and non-violent disciplining. The women were also encouraged to share their personal experiences on matters relating to parenting, as real life experiences are more appealing. They were highly responsive during these sessions.

"I learnt relevant topics that affect my life positively, in the parenting workshop. Before attending the workshop, I did not realise how my actions impact on my children's development. This workshop helps to create the necessary awareness, so that my kids can have a good upbringing from now on. Moreover, the communication between trainer and female participants is smooth." - Mdm. E, 46

ONGOING Programmes

F.R.E.E. — Families in Recovery through Education and Empowerment

FREE-Substance is a programme for the family members of people suffering from addictions.

The programme aims to help family members:

- * Understand addiction, the process of recovery, and relapse prevention;
- * Learn effective communication skills

This programme is a collaboration between WE CARE Community Services and National Addictions Management Services (NAMS). It is facilitated jointly by the two agencies.

Date: Every 2nd Monday of the Month except Public Holiday

Timing: 7pm to 9pm

Venue: WE CARE Community Services

Cost: **FREE!**

To sign up, call WE CARE at 6547-5459 or Call Addictions Helpline at 6-RECOVER (6-7326837)



WE CARE Art Club

For those interested in dabbling with colours, Art Club is just the programme for you! Art Club kicked off on the 16th March 2016, as a weekly event scheduled on every Wednesday between 3:00 p.m. and 4:30 p.m. This is open to drop-in members only.



Art Club



No prior experience is required to enroll. All drop-in members are welcome to join and express themselves through art.

Date: Every Wednesday

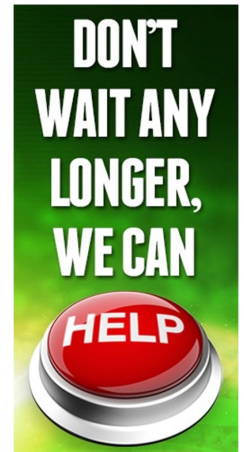
Time: 3pm to 4:30pm

Venue: WE CARE creative workshop

For more details please contact Jess @ 6547 5459

ONGOING Recovery Support Programmes

WE CARE hosts various self-help Recovery Support Group (RSG) meetings on a daily basis. Self-help meetings are available 7 days a week throughout the year. Meetings are open to all recovering individuals.



For more information about our Recovery Support Group (RSG) meetings, please contact Alex at AlexLim@wecare.org.sg

Types of Meetings	Day	Time	Room
One Day at a Time Recovery support group for people recovering from all kinds of addictions.	Monday — Friday	1.30 pm — 2.30 pm	Courage
Al-Anon (Family Support Group)	Wednesday	7.00 pm — 8.00 pm	Courage
All Addictions Anonymous	Saturday	4.30pm — 5.30pm	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 & Friday	7.30 pm — 8.45 pm	Serenity
STEPS (Solutions to Every Problem, Sober) Workshop (Facilitated)	Wednesday Saturday	6.00 pm — 7.00 pm 1.30 pm — 3.00 pm	Serenity Serenity
Sex & Love Addicts Anonymous (Mixed)	Thursday		
Sex & Love Addicts Anonymous (Men)	Tuesday		
Sex & Love Addicts Anonymous (Women)	Tuesday		

Know of someone who needs help with addiction?

Email: help@wecare.org.sg

Tel: 6547-5459



Recovering Journey—Vincent (not his real name)

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My girlfriend introduced me to alcohol when I was 17 years old, and I liked the idea that it made me “look cool”.

By the time I turned 18 and was enlisted into the army, I was highly dependent on it, and would usually be too inebriated to book back into camp. Initially I managed this situation by applying for medical leave. Eventually, I was sent to the detention barracks for being AWOL, not once - but three times. Following each release, I stayed sober for a few months, before hanging out with the same, wrong crowd.

My parents and siblings tried their best to be supportive, but I was usually under the influence, so nothing they did or said made sense to me. Alcohol made me short tempered and led to violent outbursts at times which did not help my case.

Alcohol – amongst other things - led me down the path of shoplifting. One fateful day, my friend and I were



caught red-handed in a grocery store CCTV. We were apprehended and the police were called in. After some very stern warnings, police were about to let us off. Instead of feeling relieved, being intoxicated, I became threatening. At this juncture they decided to charge me.

Until the trial/sentencing, I was still free to carry on with my life and enrolled in ITE. I was made the class monitor and excelled in school but I continued drinking.

Everyone was clueless that my water bottle was filled with vodka. I liked the fact that it made me more outspoken, funny and popular with my peers. Sometime in my second year, I was finally summoned to court and sentenced to a two year prison term. It was quite a shock for me and my family.

I am now 26 years old and have been sober since my release in 2015. When not in therapy, most of my days are spent at WE CARE attending the various workshops, talks and activities. I really enjoy the camaraderie with the other regular drop-ins and the fellowship we share. They keep me focused on my recovery journey.

My life has been quite an adventure but it's time to steer back to the well-trodden path. I look forward to going back to school and aspire to be an inspirational counsellor one day.

Recovering Journey—Jason (not his real name)

I felt compelled to live up to my parents' expectations. Both have very successful careers.

I was always stressed about my exams and worried about others' perception of me. I set very high standards for myself and relentlessly compared myself with others, allowing my inner critic to tear apart my self-esteem.

I was introduced to heroin (which gave me a sense of calmness and peace) and ended up being an addict at the early age of 15. I managed to keep my

addiction from my parents for several years, as I never used the substance at home. However, over time, my dad became suspicious of my behaviour and one day, caught me sneaking home in the early hours of the morning. That's when he found heroin in my pocket and sent me to rehab.

I have recently been discharged and have been spending most of my days at WE CARE, which has been my safe haven. I have met many great people here, who treat me like a younger brother. We joke, play, gym and attend

talks together. The best part is that everyone is friendly and non-judgmental.

I will be starting my third year at polytechnic soon, and am anxious about how I will fit in with my new classmates. I know that my counsellor and “brothers” at WE CARE will be there for me always, if I ever need a listening ear and guidance for me to succeed.

Talks for Drop-In Centre

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Exclusively for
Women Groups

Looking Good, Feeling Great!

On 31 March, two speakers (Ms Sue McConick and Ms Pang Li Kun) were invited to share “how to look good; and feel good”.

12 women attended the talk. During the talk, they learn how their look tell a story and understand their strengths. At the end of the interesting talk, the participants were given fancy clothes and accessories to look good and feel great.



Who is CPF Life For?

What is CPF Life?

Want to Know More?



Edward H K Ng
PhD, FSI Arb

Edward, our speaker, has a PhD in Finance. He founded and run Dren Analytics Pte Ltd, which provides risk consulting services to banks. He continues to be an adjunct finance faculty at NUS Business school and Singapore Management University.

The participants found the CPF talk very informative. The talk helped them to clarify the recent changes in CPF’s policy and its implications on their retirement plans.

ONGOING Activities—WE CARE Drop-In Center

Contact Jess or Fandi at 6547-5459

MONDAY

Yoga Class

Time: 10.30—11.30 am/12 pm

Venue: WE CARE, Serenity Room

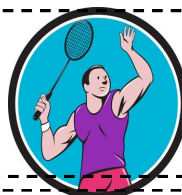
Conducted by Claudia & Soh Fun, yoga creates strength, awareness and harmony in both the mind and body



Badminton

Time: 4—5 pm

Venue: Kampung Ubi CC



TUESDAY

Anger Management Programme

Time: 3.00 to 5.00pm

Period: 12 April to 31 May 2016

Venue: WE CARE, Serenity Room



Computer & English Class

Time: 7.15 to 8.30pm

Venue: WE CARE, Computer area

WEDNESDAY

Art Class—Add some colors to your day!

Time: 3—4.30 pm

Venue: WE CARE, Creative Workshop

Note: For drop-in members only



THURSDAY

Relaxation through Breathing - Explore the 2 Essential Energy Centres (Heart & Dantian) (Level 1) - Six Introductory Sessions

Time: 6—7 pm

Venue: WE CARE, Serenity Room

Date: Starting 12 May, Every Thursday

Join us to ... relax ... reduce stress & blood pressure ... gain inspiration ... seek self-awareness ... sleep better ... achieve better health

Chiropractor—Alternate Thursday

Time: 7—8 pm

Venue: 17 Joo Chiat Place

Feeling achy breaky lately? Life Chiropractic Centre provides FREE chiropractic sessions at their clinic above.



FRIDAY

Dr Vee's fitness programme

Time: 3pm to 4pm (group)

Time: 5pm to 7pm (individual)

ONGOING Activities—WE CARE Drop-In Center (cont'd)

GARDENING

WE CARE is setting up a gardening club. We re-potted the plants at our backyard in March. If you are interested in participating in the gardening club, call 6547 5459.



VOLUNTEER

With our busy lives, it can be hard to find time to volunteer. However, helping out with even the smallest tasks can make a real difference to the lives of people and organisations in need.

If you have ANY skill you wish to impart or are keen to take on any ad-hoc projects, please do contact us at

Tel: 6547 5459



PROMOTION

**Dr Vee's Fitness Programme @ B.I.X Fitness Studio
(Personal Training—Fitness Conditioning—Physical Therapy)**



Dr Vee is an American College of Sports Medicine Certified Personal Trainer. He is also a medical doctor in private general practice with 15 years of experience in practicing western medicine.

1. **Individualised Fitness Conditioning / Personal Training Sessions** (max 8 person per session)
2. **Physical Therapy Sessions** (Personalised attention by Dr. Vee & is by appointment only)

Operating hours:

Fri, Sat, Sun, Mon : 1 pm—4 pm, 5 pm—8 pm

For drop-in members, if you are interested in joining Dr Vee's fitness programme, kindly contact Jess or Fandi @ 6547 5459

