

WE CARE

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



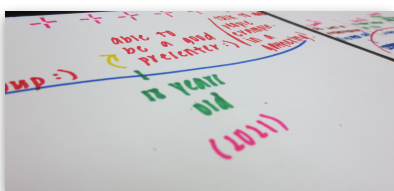
Clockwise: Story telling activity, writing exercise on emotion management , strength-finding interactive activity

"At 18, I want to be a presenter!"

During an empowering personal strength exercise, Shanti* got group feedback about her “elegant voice”. Using this feedback, the young lady envisioned herself as a presenter when she turned 18. This dream gave her more drive to excel in her studies, and one less reason to experiment with drugs or join street gangs.

When a young person learns to make wiser life decisions, the risk of developing an addiction is reduced drastically. **Gateway**, a youth and children workshop, is specially designed to engage young people and encourage reflective skills and better decision-making.

Through **Gateway**, the children identified their strengths, values and dreams. They explore healthy activities to help realise their dreams. These realisations are learnt through experiential and art-making activities.



A total of 22 youth and children, from Pertapis, age between 8 and 16, attended Gateway across 3 days during the March school holidays. We had 2 groups based on different age groups. This is the second run of Gateway.

"Gateway is fun!"

WE CARE hope to be able to do more of such preventive work with youth and children. If you / your agency is interested to engage **WE CARE's** services, call us at 6547 5459.



Top: Shanti's dream

Below: Heartfelt Sharing by a recovery adult

RECOVERY JOURNEY

'The opportunity to socialise in a safe setting proved to be a critical aspect of my recovery journey.'
- Jimmy, recovering person

Jimmy stands tall, with square shoulders. His beaming confidence strikes people around him. Looking at him now, one would never have thought that not too long ago, Jimmy was a nervous wreck, broken by alcoholism.

Today, Jimmy is still excited with the recent celebrations in Dec 2016, when he achieved the status of a "First-year Finisher". The coveted title is conferred by WE CARE on all recovering persons who achieve the difficult milestone of staying clear from alcohol and drugs for at least one year. Jimmy humbly attributes his success to his friends at WE CARE. He looks back at his startling turnaround, and tells the story of his journey to hell and back.

At the age of 18, Jimmy was like any other youth, bustling with energy and dreams. However, he turned to alcohol to cope with his relationship issues. Very soon, the innocuous consumption of alcohol started leading to its own set of problems. His parents took him for counseling sessions at the age of 19. But his addiction to alcohol made life a 'hide and seek' game.

His family continued to help in dealing with his brushes with the law at the early stage, through counselling, detox and visits to NAMS. However, each time, the recovery was brief and short-lived, and culminated in the lowest point when he spent time in prison. It was at the end of his first (and last) prison term, in 2015, that Jimmy emerged with a newfound desire to change. A chance visit to WE CARE led him on to this path of recovery.

"I turned to alcohol to cope with my relationship issues. Very soon, the innocuous consumption of alcohol started leading to its own set of problems."

It was tough at the beginning. He had lost the ability to trust and was scared of being alone or with friends. He made new friends at WE CARE who helped rebuild his confidence. "Recovery" became his priority. His mentor also helped him stay focused during moments of crisis. Gradually, he got involved in various activities and thrived at the Drop-in Centre. This opportunity to socialize in a safe setting proved to be a critical aspect of his recovery journey. It allowed him to rebuild his social ecosystem of people he could trust, while building his own strength and belief in himself. Over time, he participated in various meetings of self-help groups and programs, which provided a strong sense of bonding and fellowship. His personal spiritual journey also helped immensely during the last year.

Today, whenever Jimmy sees new members at WeCare, he is reminded, "That was me". It makes his resolve stronger – to help others in their journey. He is working towards completing his formal education, which was disrupted, and work in the social sector.

He describes his past as a 'cold place', probably from his time spent in detention centers and prison, and has promised to never go back to that place. He continues to shine in the warmth of celebrating his "First-year Finisher" status, and is heading towards a fulfilled spiritual life, one step at a time.

"Recovery is the first priority and has to remain the first priority."

- James, a recovering person

James walks into the room with confidence, a short man with a well-built and muscular body. But his eyes give a glimpse of his long, turmoil-filled past.

Like many addicts, James had his first brush with addictive behavior during his youth, including a stint at the Drug Rehabilitation Centre when he was 20.

Over the years, James replaced drugs with alcohol but his addiction continued. He slowly became fully dependent on alcohol. He managed to keep his job and family together by borrowing money to feed his habit. His family tried hard to seek help for him but his underlying anger blocked all help from reaching him. He visited a religious place, but it had only a short term, superficial effect, leaving after about six months with no lasting change in his core behavior, and in no time he was back to his addiction again.

His biggest regret, James recalls with sadness, is how he distanced himself from his mother and took no responsibility for his family.

In 2015, James made a visit to Institute of Mental Health followed by WE CARE. But he was not ready. As he put it humorously, it was "We care but I don't care."

It was his second visit to WE CARE that proved to be a turning point. It was like a message from God making him put his heart in WE CARE. He noticed that there was a slow change in his entire behavior and personality. Encouraged by his friends at WE CARE, he started opening up and sharing his thoughts, his vulnerabilities. This helped him face his ego and anger issues and understand his underlying behavior that was the cause of all his addictions. It has not made the journey of being addiction-free easy, but now James understands his problem and his power to make a choice.

"Sorry, I am clean now."

A regular at the Drop-in Center, he found the entire experience of sharing at WE CARE, an eye opener. Listening to others' stories and how they faced their problems helped him deal with his addiction, one day at a time.

James strongly believes that most addicts, during their recovery journey, get their priorities wrong. Yes, family is important and job is important. But "recovery is the first priority and has to remain the first priority". And James found that WE CARE's biggest role was in helping focus on the priority of recovery. He found a safe place here that helped him reconnect with people in an honest, humble and clean manner.

James recalls with a smile, how one night he was woken up by one of his buddies from his old life. James kindly told him, "Sorry, I am clean now". James wishes more people knew about WE CARE and how it can help. And his message for friends who have just started their recovery journey is simple, "give some time lah, not just 2 meetings, wait a bit, I will get there!"

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.

Whats New

Charity Movie Screening - CALLING ALL MOVIE BUFFS! Join us for the exciting screening of the Guardians of the Galaxy Vol. 2. Settle in with your popcorn and coke as you watch Marvel's Superheroes embark on another thrilling adventure. Your participation will help to support a good cause.



WHEN Thu 27 April 2017
VENUE GV VivoCity
SCREEN TIME 6:50PM

Each \$50 donation will entitle you to:

- 1 movie ticket
- 1 combo treat of coke and popcorn
- 250% tax deductible

Donate Now via these 2 methods

1. Credit card online: giving.sg/we-care-community-services-limited/charity_movie_premiere
2. Cheque Donation: please write cheque payee to WE CARE Community Services Ltd

Mail Cheque to:

Attention: Charity Movie Screening
 WE CARE Community Services Ltd

11 Jalan Ubi

Kembangan Chai Chee Community Hub

Blk 5, #01-41 (S)409074

Add your Full name & NRIC/FIN no at the back of cheque

Email fundraising@wecare.org.sg or call 6547 5459 for further enquiries.

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

Women's Therapy Group - Women face unique challenges to stay clean from addictions. The Women's Therapy Group is tailored to address their specific needs. The ladies can share their stories freely and heal old wounds in a safe and supportive environment. The comfort and strength derived from the group gives them more reasons to live an addiction-free lifestyle.



The next run of Women's Therapy Group will start on 21 April 2017. It's on every Friday, 3.30pm to 5pm. To register, contact Sida @ 6547 5459.

New Year Party - 50 people celebrated the New Year at WE CARE lounge. They were treated to live music, good food and great company. In conjunction, 4 individuals were awarded with the First Year Finisher, a title for recovering persons who achieved sobriety at least one year. The awardees shared their struggles and motivations during their recovery journey. The night ended with tears of joy and celebratory hugs.



Calendar

Drop-in Schedule

DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ACTIVITY	Badminton 4-5pm	Volunteer Services (Once a month) 10 - 1230pm	Gym 11- 12.30pm	Yoga 1030 - 1130am	Gym 11- 12.30pm
	Family Workshop (2nd Monday of the month) 7 - 9pm	USBA 230 - 430pm	Art Club 3 - 4.30pm	USBA 230 - 430pm	Women Therapy Group 3.30-5pm
	Badminton 4-5pm	Computer Class 715 - 830pm	12 Steps Workshop 6 - 7pm	In-House movie 3.30- 5pm	Badminton 4-5pm
	English / IT Class 715 - 830pm			Art Training (alternate week) 530 - 7pm	Gardening 5-7pm
					Mindfulness for Recovery 7.30 - 8.30pm

Recovery Support Group Schedule

MEETINGS	DAY	TIMING	ROOM
One Day at a Time - Lunch Meeting	Monday to Friday	1.30pm - 2.30pm	Courage
All Addictions Anonymous	Saturday	4.00pm - 5.00pm	Wisdom
AI - Anon (Family Support Group)	Wednesday	7.00 pm - 8.00 pm	Courage
CODA workbook (closed meeting)	Tuesday	7.30 pm - 9.15pm	Courage
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
Narcotics Anonymous	Friday	7.30 pm - 8.45 pm	Serenity
Narcotics Anonymous (LGBTQ)	Friday (except last Friday of each month)	7.30 pm - 8.45 pm	Wisdom
STEPS Workshop (Facilitated)	Wednesday	6.00 pm - 7.00 pm	Serenity
STEPS Workshop (Facilitated)	Saturday	1.30 pm - 3.00 pm	Wisdom
Sex & Love Addicts Anonymous (Mixed)	Thursday		
Sex & Love Addicts Anonymous (Mens)	Tuesday		
Sex & Love Addicts Anonymous (Womens)	Tuesday		

If you are interested to attend any events or meetings, contact Jess or Fandi @ 6547 5459



To provide a holistic intervention towards recovery from addiction, WE CARE provides 4 core services.

Individual counselling

WE CARE offers counselling packages for substances, alcohol, gambling, Sex, Porn & Love addictions and Atypical Theft Offending (ATO).

Educational / Therapy Programmes

Programmes are tailored to meet the needs of specific subgroups in the recovery community. We provide anger management, parenting, emotional management and relapse prevention programmes. Our latest addition is Mindfulness-Based Relapse Prevention and the Women's Therapy Programme.

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 RSGs on a weekly basis. All RSGs are self-help groups, based on the 12 Steps principles.

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

Donate Now

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: <https://www.giving.sg/we-care-community-services-limited>

For enquiries, email: admin@wecare.org.sg

WE CARE Community Services Limited
Kembangan-Chai Chee Community Hub
11 Jalan Ubi, Blk 5, #01-41, (S)409074
Tel: 6547 5459
FB: @WECARECommunityservices