

# WE CARE

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



## Amazing WE CARE Race 2016

The Amazing **WE CARE** Race 2016 is a fundraising and adventure event. This race, held for the second consecutive year, help raise funds to support individual and families suffering from all forms of addictions. This year a total of 26 teams with 126 participants took part.

On the morning of 5 November, all teams assembled at WE CARE for the race flag-off. Each team had made the effort to dress up and have a distinct team identity. Teams were required to complete a given task before getting clues to the next destination. The tasks required quick thinking, teamwork and courage in order to succeed. Each team took the race very seriously so there was frantic activities but also lots of laughter and fun.

The Amazing WE CARE Race organising team would like to extend our heartfelt thanks to our participants, corporate donors and volunteers. See you next year at the Amazing WE CARE Race 2017 for yet another adventure.

*"Truly Epic!"*



*"A fun race!"*

*"Great Challenges!"*



Top to bottom: Best team spirit building sandcastle , Fastest Team prize ceremony, a happy participant clearing a task at the lazy pool

# Recovery Journey

## *John's story - a man's journey back to connection and relationships*



*"Never did I expect, I ended up hooked for 10 years."*

I was a cheerful and carefree man. Strangers feel comfortable around me because I socialise well. Life started to go downhill when a colleague introduced me to synthetic opiates. Never did I expect, I ended up hooked for 10 years. At 36, I felt lost and directionless. I isolated myself and keep my problems to myself. My future felt so bleak. I kept asking myself, "Am I going to use throughout my life?" Drugs turned me into a shadow of my former self.

When I wanted to stop, I shared my problems to a psychologist. He referred me to NAMS for medical detoxification. During the detox, I got to know about WE CARE as a drop-in centre.

I know that I can't be alone. Whenever I am alone at home, I am triggered to use. Overcoming triggers alone is a major struggle. My negative thinking led me back to active using. This vicious cycle continues. Therefore, I decided to give WE CARE a try.

During the first visit to WE CARE, I felt awkward and couldn't connect with the staff and drop-ins. I thought that 'this place works for others but I questioned if this place will work for me'. Luckily, a drop-in member reached out to me which made me feel comfortable. After dropping in daily, I feel more comfortable with the rest of the drop-ins.

Staying connected with the people at WE CARE helped me to stay away from drugs. We have meals together, exercise together and attend programmes as a group. WE CARE is a safe place, where my triggers are manageable. Whenever I feel a desire to use, the power of the group help me overcome the trigger.

If I have issues, I have friends to share. WE CARE is a safe and comfortable place. I learn that it takes time to build relationships. Upon reflection, I wouldn't know how I can spend the day time without using, without WE CARE.

*"Staying connected with the people at WE CARE helped me to stay away from drugs."*

*\*name has been change for confidentiality reasons*

## 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



**Mindfulness Based Relapse Prevention (MBRP)** is designed to bring practices of mindfulness awareness with cognitive-behavioral relapse prevention to individuals who have suffered from addictive behaviors. The aim of MBRP is to increase awareness of triggers and habitual reactions, to develop a new relationship with these experiences, and to learn concrete skills to use in high-risk situations. Instead of giving in to the desire for immediate gratification, mindfulness practice provides an opportunity to observe the cresting of the craving wave without getting swept away by it.

MBRP consists of eight two-hour weekly sessions conducted in a group therapy format. Facilitators practise meditation on a regular basis. During the group sessions, facilitators guide the participants through the assigned mindful practice. Participants are highly encouraged to practice at home.

WE CARE conducted two runs of MBRP in the last quarter of 2016. To register for the new run, contact Jess/Mala @ 6547 5459.



**Let's Talk about Addiction** - WE CARE collaborated with LASALLE College of Arts to raise awareness about addiction and recovery. The goal of this project was to reach out to the community via creative and engaging media to start conversations, demystify addiction and enhance understanding of the recovery process. This project was held at LASALLE Campus from 2 to 5 September 2016. The public was invited to take part in this project by decorating a ribbon with a visual or written message of inspiration and support for recovering people. Each ribbon was added to the Recovery Tree to make it grow and blossom.



Left to right: having conversations about addiction while engaging in art-making, a volunteer hanging a message on the Recovery Tree , a hand drawn inspiring message

**Art Training Class** – Every alternate Thursday, for 1.5 hours, two art-makers teach our Drop-in members about 2D and 3D art. In a 2D class, students learn about the basics of sketching and drawing. Students make structures and sculpting during 3D classes. The training is hands-on under the watchful guidance of the experienced teachers. The students enjoyed the art training classes and look forward to them.



# Calendar

## Drop-in Schedule

DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ACTIVITY	<b>Badminton</b> Time: 4-5pm	<b>Volunteer Services</b> (Once a month) Time: 10 - 1230pm	<b>Gym</b> Time: 11- 12.30pm	<b>Yoga</b> Time: 1030 - 1130am	<b>Gym</b> Time: 11- 12.30pm
	<b>Women Therapy Group</b> Time: 7.30 - 9pm	<b>Educational / Therapy Prg</b> Time: 230 - 430pm	<b>Art Studio</b> Time: 3 - 4.30pm	<b>MBRP / USBA</b> Time: 330 - 5pm	<b>Badminton</b> Time: 4-5pm
	<b>Family Workshop</b> (2nd Monday of the month) Time: 7 - 9pm	<b>Computer Class</b> Time: 715 - 830pm	<b>12 Steps Workshop</b> Time: 6 -7pm	<b>Art Training</b> (alternate week) Time: 530 - 7pm	<b>Tuition for kids</b> Time: 430-630pm
					<b>Gardening</b> Time: 5-7pm

## Recovery Support Group Schedule

MEETINGS	DAY	TIMING	ROOM
<b>One Day at a Time - Lunch Meeting</b>	<b>Monday to Friday</b>	<b>1.30pm - 2.30pm</b>	<b>Courage</b>
All Addictions Anonymous	Saturday	4.00pm - 5.00pm	Serenity
Al - Anon (Family Support Group)	Wednesday	7.00 pm - 8.00 pm	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
	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
	Saturday	1.30 pm - 3.00 pm	Serenity
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



# What's Next

## WE CARE Annual New Year Party



Celebrate the new year at WE CARE. Expect a night of food, games and fun. Spouse and children are welcomed to attend the party.

Venue: WE CARE

Date: 13 January, Friday

Time: 630pm to 830pm

RSVP: Alex @ 6547 5459\*

*\*for Drop-in & RSG members only*

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

Programme 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 programme is Mindfulness-Based Relapse Prevention (Read more on page 3) and the Women 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 RSG 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](http://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/wecare-community-services-limited>

For enquiries, email [admin@wecare.org.sg](mailto:admin@wecare.org.sg)

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