

FEATURE STORY

SERVICES WE OFFER

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

WE CARE celebrates First Year Finisher

Staying away from alcohol, gambling and drugs for one whole year is an incredible achievement. It requires courage, commitment and effort. This year 8 individuals from our Drop-in Centre, crossed their 12-month milestone – “The First Year Finishers”.

In recognition of their success WE CARE had a celebration on 1st June 2016.

The accolade “First Year Finisher” is inspired by the marathon Finisher. All the individuals were awarded with a medal and a special T-shirt.

The day also marked the second anniversary of WE CARE’s relocation to the current premises.

At 7.30pm the Serenity Room of WE CARE was filled with over 60 happy people. They included the “The First Year Finishers”, their proud family members, volunteers and WE CARE staff. Mr. Andrew da Roza, Board of Director, presented the awards to all the “First Year Finishers”.

The highlight of the event was when the individuals spoke about their struggles and challenges in their journey of recovery.



They also thanked their families and friends for standing by them, and shared how these people inspired them to get away from the clutches of their addictions. This part of the evening was an emotional roller-coaster for the finishers and their immediate families. There were many teary eyes.

We hope that the achievements of the new batch of “First Year Finishers” will motivate others follow in their courageous footsteps, and overcome their demons. The example of the 8 first timers who managed to complete the first year of sobriety will go a long way in encouraging others to overcome self doubt and take baby steps towards recovery.

Their achievement will help to sustain and enhance the motivation levels of the staff and volunteers at our drop-in center.



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“If they can do it, so can I” — Mir (not his real name)

The frequency of returning to prison again and again took its toll on my relationship with my family...

“This month, August 2016, marks an incredible milestone for me. This is the month that I will celebrate two years of sobriety and freedom from using drugs.

“Two years ago, I was released from prison. This was not my first release from prison. I had served two long sentences and had undergone five terms in drug rehabilitation centres. Drinking alcohol and using tablets had set me on the path toward hard drugs. I struggled to break the vicious cycle of using drugs, but despite my strong resolve and willpower, I could not overcome my addiction and would relapse. My enforced sobriety in prison amongst other attempts to quit and remain dry would last for some time, but I would ultimately succumb to the peer pressure of friends whom I found difficult to resist amidst the appeal of the familiar haunts of coffee shops and void decks.

“The frequency of returning to prison again and again took its toll on my relationship with my family, and I became increasingly isolated from them.

“I was introduced to WE CARE by a concerned friend and when I came to visit, in August 2014, I immediately felt a sense of relief, a feeling of belonging in the warm, welcoming and friendly environment. I work with the counsellors and the recovery staff here at WE CARE, to help me deal with relapse risk factors. I participate in the many recreational activities available here. I also have the opportunity to pick up new skills by attending computer and English classes.

“This year's Hari Raya festivities hold a special meaning in my journey of recovery. I was able to reconcile old misunderstandings and repair the

relationship with my stepfather with whom I was previously estranged.

“Over the past two years, I have made many friends amongst the fellow recovering persons as well as with the recovery-staff at WE CARE. We draw strength from each other, and support and inspire each other on our journey.

“I often think to myself: If they can do it, so can I. Going by what I have experienced over the last two years, I am very hopeful and optimistic for what lies ahead.”



“Sick and tired of my daily routine” — Angelababy (not her real name)

Recovery is possible once you are able to accept help from others.”

“I first came to WE CARE two years ago, looking for help to turn my life around. For 13 long years before that, I had been using and drinking. During those miserable years, the longest time that I managed to stay away from drugs was three days, and even then, I was still holding on to the bottle.

“Two years ago, I reached a point where I became sick and tired of my daily routine. I just felt that I must change, and that was when I came to WE CARE looking for help.

“I couldn't hold on to any job then, so I came to WE CARE every day to spend my time. I was assigned a sponsor who provided me with guidance. I could share my private details with my sponsor

comfortably. The staff are friendly and open. It is a safe and comfortable place. And best of all, there are many activities to keep me busy. I tried my hand at art making, yoga, badminton, all of which I experienced for the first time in my life. I didn't get to experience these when I was actively using. I even go on outings with other drop-ins, and visited Garden by the Bay for the first time ever. What a wonderful experience!



“The facilities at WE CARE are conducive for recovery, both at the former facility at Lavender as well as the present location at Ubi. My sponsor has no problem booking a room for sponsor meetings.

“WE CARE has a women's support group. This is important to me as, being a woman in recovery, I need a safe and supportive place where I can talk openly about any special needs that I have. I found this in the women's support group.

“Looking back on the past two years that I have stayed clean and sober, I find that the most difficult step is to be willing to ask for and to accept help. Help is available. Recovery is possible once you are able to accept help from others.”

Employment Matching Assistance

The transition from unemployment to securing a stable job is a part of the recovery journey. Gaining employment can be a challenge for our drop-in members. Keeping this mind, WE CARE organized a career on 24th June. The talk was followed by finding job matches for the members.



Outdoor Gardening talk by NParks for our budding gardeners

NParks conducted a talk on basic outdoor gardening for 24 of our volunteers on 30th June. Participants learnt about various gardening techniques so that they could help out at WE CARE's community garden project. NParks also kindly provided WE CARE a starter kit to kick start this project.

Our volunteer gardeners prune WE CARE's backyard every FRIDAY from 5pm to 7 pm. If you are interested in participating, please call Sida at 6547 5459.



Our Women Therapy Group is in the news!

The Women Therapy Group is a weekly group for women in recovery (from drug and alcohol addiction). It provides a safe space to share their stories of struggle and hope. At the same time, the group helps to reintegrate the participants into the community, and re-establish relationships with their loved ones.

Topics covered range from dealing with difficult emotions, relationships and self-care, to learning skills towards relapse prevention. The sessions are engaging and interactive. Over time there is an increased openness within the group as women gain confidence to share their experiences and provide feedback to one another.



Number of female drug abusers rose in 2015: CNB

Latest statistics reveal there were 524 female drug abusers in 2015, an 18.5 per cent increase from the figure in 2014. Channel NewsAsia's Syahida Othman explores what is being done to help them.

CHANNELNEWSASIA.COM

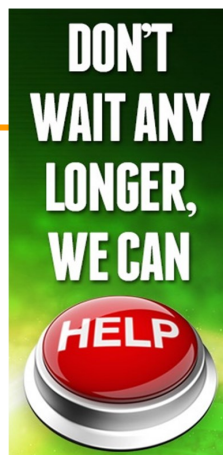
In July, our Women's Therapy Group was featured on Channel NewsAsia (CNA). For more information about this group, you can call **6547 5459**.



If you know anyone who will benefit from WE CARE's services, call 64575459 or email help@wecare.org.sg for an appointment.

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



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

STEPS

Time: 3.00 to 5.00pm

Venue: WE CARE, Courage Room

Computer & English Class

Time: 7.15 to 8.30pm

Venue: WE CARE, Computer area

WEDNESDAY

Art Studio Club —Add some colors to your day!

Time: 3—4.30 pm

Venue: WE CARE, Creative Workshop



THURSDAY

Mindfulness Based Relapse Prevention (MBRP)

Time: 3.30 —5.00 pm

Venue: WE CARE

No of sessions: 8

*starting from 25th August

Relaxation through Breathing

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

Time: 6—7 pm

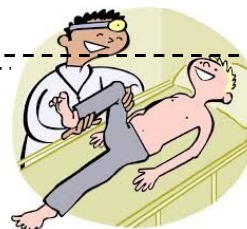
Venue: WE CARE, Serenity Room

Chiropractor—Alternate Thursday

Time: 7—8 pm

Venue: 17 Joo Chiat Place

Feeling achy breaky lately? Life Chiropractic Centre provides FREE



FRIDAY

Gardening

Time: 5—7 pm

COMING UP

Fundraising event — The Amazing WE CARE Race 2016



Date Sat, 5 Nov 2016

Time 9am to 1pm

*Sign up for fun, laughter and
an unforgettable experience!*

REGISTER NOW

WE CARE Community Services held a fundraising event, The Amazing WE CARE Race, last year. The participants had lots of fun while racing across Singapore's iconic location. So we decided to bring The Amazing WE CARE Race back this year.

This fundraising event will help WE CARE to support families and those suffering from drugs, alcohol and gambling. Visit our website for more information, www.wecare.org.sg/events-registration. If you require further clarification, email us at wecare_race@wecare.org.sg.

Call to action

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 organizations 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

Email: admin@wecare.org.sg



To provide an effective and targeted intervention, **WE CARE** provides psycho-educational programmes to meet the needs of specific subgroups in the recovering community.

The psycho-educational programmes available are:

Anger Intensive Management (AIM)
8 sessions of Anger management

Group for Emotional Management (GEM)
8 group therapy sessions on managing difficult emotions

Parenting Workshop
4 sessions of parenting skills

Solutions To Every Problem Sober (STEPS)
10 sessions based on the 12 Steps principles

Understanding Substances and Behavioural Addictions (USBA)
4 sessions of relapse prevention