

WE CARE NEWS

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

Celebrating Our 6th First Year Finisher and New Year Party

WE CARE wrapped up 2018 by celebrating the 6th edition of The First Year Finisher. Supporters, staff, beneficiaries, friends and families showed up to honour 3 recovering persons who have achieved their first year of sobriety. And a surprise was in store for our first celebration of a 3rd Year Finisher, where we honoured a recoveree for completing 3 years of clean living.



The sharing was touching and everyone who witnessed it was visibly moved. People were spilling out of the Serenity Room, and into the corridor, where food and refreshments to welcome 2019 were laid out.

We thank everyone for taking their time to be with us and we hope to see everyone for the next edition.

From all of us here at **WE CARE**, our warmest greetings for the holiday season. Wishing one and all a wonderful 2019 ahead.

"Sincere congratulations to those who achieved 1-year sobriety... the fight is never finished but it definitely gets easier, replaced by the satisfaction, pride of being healthier and happier!!... Bravo! ..."

- Agnes Meurzec, via FaceBook

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Minister of State for Social and Family Development Mr Sam Tan Visits **WE CARE**

Minister of State for Social and Family Development Mr Sam Tan visited **WE CARE** Community Services on Tues 11th December 2018.

It was Mr Tan's first visit to **WE CARE** and accompanied by officers from National Council of Social Service (NCSS), he met up with Chairman Andrew da Roza, Board members Frances Cheang, Dane Anderson and Koh Kah Yeok, and staff from **WE CARE**.



Executive Director Tham Yuen Han presented the **WE CARE** story and what we did in 2018, including our challenges and issues we face in doing our work.

There was a lively discussion on the addiction landscape in Singapore and the challenges treatment facilities face, as well as the difficulties encountered by recovering persons to reintegrate back into society.

Mr Tan and our guests toured the **WE CARE** premises and spent some time in the Art Room, where drop-in members were putting finishing touches on artwork pieces for an upcoming Christmas event at Kampong Ubi Community Centre. Mr Tan spent time interacting with the artists and finding out more about their art pieces. He also visited the drop-in centre where participants were

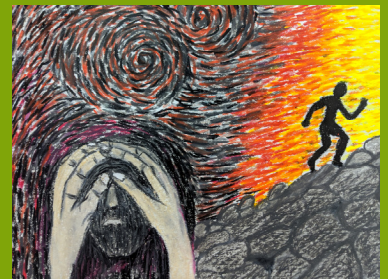


Art Club

The beaded Peranakan art piece gifted to MOS Mr Sam Tan is created by a recovering person. An active member of our Art Club, she is one of many creative artists nurtured by it.

The Club meets every week and members are encouraged to work on any medium they desire.

Some of their works now adorn the walls of our offices, such as this Breaking Through acrylic painting by a recoveree.



Club members have also painted pebbles and fans for sale at events, such as at the recent First Year Finisher and the Christmas event at Kg Ubi Community Centre.

Kelvin Q shares

Kelvin has 2 pieces of advice he wants to share.

First, never give in to despair. Even when things look bad and there seems to be no way out, hang on in there. There is always a way to solve things, to sort out matters. No matter how dark it is, there is always light ahead.



Secondly, when you do anything with passion or love, you will get results. I never had any green fingers before, but I take care of the plants with care and concern. I even talk to them. I've seen plants thriving because someone loved them so much they played soothing music to nurture them.

Recovery Journey

Never give in to despair. However bad it gets, there is always light ahead



It was in the army that I had my first taste of beer and cigarettes.

Beer was really cheap in National Service—I remember it was 60 cents a can back in 1971.

Little did I know that BEER really means Beginning Enjoy, Ending Regret

Nanyang University dropout, boss of his own graphic design company, husband, father of two sons, hot-headed and arrogant Kelvin Q says he accepts everything that has happened to him.

"I am glad for all my experiences. I accept what I am, and where I am now."

He used to drink when he needed to relax, when he wanted to be creative, and later to numb himself from life's problems and worries.

At one point, he stopped eating and just drank. This led to a stint at the hospital.

He has lived in several halfway homes, seen death firsthand, and nursed suicidal thoughts in his darkest hour. He saw signs that convinced him life had to go on.

He thanks his pastor and church brother who pointed him the way to **WE CARE**. Here, he finally found acceptance, and peace of mind.

The activities at **WE CARE** keep him busy and he has less time to think about alcohol. He finds comfort in doing art work, especially in calligraphy, and later took to gardening, without any previous experience or training..



The green and luscious gardens at **WE CARE** are testament to his care.

New at WE CARE

12-Step Workshop

This new 4-week series of workshops serves as an introduction to the 12 Step programme. Who will benefit from this workshop? People who should attend are:

- Persons who are new to recovery
- Persons just starting 12-Steps
- Those who are relatively early in their recovery
- Anyone who wants to know more about 12-Steps

The aim of the workshop is to arm you with knowledge. The more we are equipped, the less concerns we will have — and the more likely we will go to meetings, and that 12-Steps will work for us.

Low-Impact Fitness

Volunteer physical trainers take us through a series of cardio exercises mixed with stretching. Stay in physical shape while exercising in air-conditioned comfort, to the beat of happy music!

Qigong

Qi refers to life force. It's the qi in an organism that keeps it alive. With a history of some 4,000 years, qigong incorporates a system of movements and postures coordinated with breathing and meditation for general health. Many practice qigong for recreation, exercise and/or relaxation, and as a form of preventive medicine. Regular sessions of qigong is said to cultivate and balance life energy.



To take part in activities, contact Jess or Fandi at 65475459

We also welcome suggestions and feedback on our current activities, and are open to suggestions for new ones.

For the latest schedule of activities, look at the calendar in this newsletter.

The schedule is also updated on our website, under Events.

Calendar : What's Going On At WE CARE

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

If you wish to join in any meeting or activity, contact Jess or Fandi at 6547 5459.

Day	Programme	Time	Venue
Monday	Qigong One Day At A Time—Lunch meeting Art Club Women's Therapy Group Badminton English Class / IT Class Gamblers Anonymous Meeting (GA) Adult Children of Alcoholics (ACA) Narcotics Anonymous (NA)	9.30am—10.30am 1.30pm—2.30pm 3.00pm—4.00pm 4.30pm—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 Creative Room Serenity Room Kg Ubi CC Main Office Creative Room Courage Room Serenity Room
Tuesday	Augustine Fellowship (Starts 15 Jan) One Day At A Time—Lunch meeting English Coaching Introduction to 12-Step Program (4 sessions. Start dates are 8 Jan and 15 Jan) IT Class* Baking Class (2nd Tues of each month) Al-Anon (Family Support Group) Augustine Fellowship (Men's Closed Meeting)	7.00am—8.00am 1.30pm—2.30pm 2.45pm—3.45pm 3.00pm—4.30pm 4.00pm—5.00pm 3.00pm—6.00pm 7.00pm—8.00pm 8.00pm—9.00pm	Wisdom Room Courage Room Main Office Serenity Room Main Office, Pantry Drop-in Centre Wisdom Room Serenity Room
Wednesday	One Day At A Time—Lunch meeting 12-Steps Workshop (Facilitated) Alcoholics Anonymous—Meditation Meeting	1.30pm—2.30pm 6.00pm—7.00pm 7.30pm—8.30pm	Courage Room Serenity Room Wisdom Room
Thursday	Gardening 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 Augustine Fellowship (Mixed Group)	10.00am—11.00am 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	WE CARE Garden 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. Start dates are 8 Jan and 15 Jan) Interviewing Skills (Alternate weeks) Badminton* English Mindfulness for Recovery Narcotics Anonymous (NA) Meeting NA LGBTQ Meeting	1.30pm—2.30pm 3.00pm—4.30pm 3.00pm—6.00pm 4.00pm—5.00pm 4.00pm—5.00pm 6.30pm—7.30pm 7.30pm—8.45pm 7.30pm—8.45pm	Courage Room Serenity Room Main Office Kg Ubi CC Main Office Creative Room Serenity Room Wisdom Room
Saturday	Tuition Classes—Kindergarten to Sec 4 12-Step Workshop (Facilitated) All Addictions Meeting	10.00am—12.00pm 2.00pm —3.30pm 1.30pm—3.00pm 4.00pm—5.00pm	Serenity Room Wisdom Room 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.

WE CARE Community Services Limited
Kembangan-Chai Chee Community Hub
11 Jalan Ubi, Blk 5, #01-41,
Singapore 409074
Tel: 6547 5459

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

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 with a problem, call us at 65475459.

There is no shame in asking for help or wanting to get better.