

## Anger workshop series for youths and children

Some young people fall into drug use as a way of coping with anger and unhappiness. WE CARE has conducted a series of anger workshops for youth and children from Darul Ihsan orphanage to address this need. The workshop provides a channel for the children to explore safe alternatives when angry.

A total of 39 youth and children, age between 8 and 16, attended the anger workshop across 6 sessions. We had 4 different groups of boys and girls in different age groups.

Through the workshop, the children learn about anger and explored healthy ways of coping with anger instead of experimenting with substances. Being able to identify anger warning signs was also covered.

They also learn safe coping strategies for them to practice when they are angry.

It was a fun filled experience for most of the children where they learn and share through activities and group experience.

WE CARE hope to be able to do more of such preventive work with youth and children.

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(L-R): Facilitators appreciating children's artwork , children's calm nest, class in-session



*If you / your agency is interested to engage WE CARE's services, please feel free to call us at **6547 5459**.*

## Recovering Journey

**What do you do when you keep on relapsing, seeking solace again and again in drugs?**

**Most people trying to recover would hide at home, keep away from everybody, shut out life. But not Joseph\*. He found WE CARE.**

**A**fter a period of detoxification, someone introduced him to WE CARE to continue his recovery. Seeing that the drop-in centre was open every day, he would come in the morning and stay until closing. Time passed easily, as he met many others who were in the same situation as him, and he enjoyed their fellowship. There were also programmes that helped him to identify his triggers.

**W**hat really kept him coming back to WE CARE, however, was that the people at WE CARE genuinely cared for him. He made this discovery after he relapsed a few times. Each time he relapsed, he would feel shy coming back to the drop-in centre because he was afraid that he would be judged or looked down upon. But, each time he came back, he was pleasantly surprised that people at WE CARE really cared for him. With each re-visit, he felt encouraged and comforted, realizing that he was able to return after a slip-up.

**L**ife is like a donut, according to Joseph. In the past, he would fill it with drugs. Now, he is learning to fill it with the "good stuff". . Now he helps to coordinate badminton sessions for WE CARE. By getting involved in social activities, he is helping himself on the road to full recovery.

**A**s someone said, "no matter how you feel, get up, dress up, and show up". That's exactly what Joseph did.

(\*not his real name)



# Public Education



Singapore Customs employees listening to the talk.

## “Emotional eating” — Talk at Singapore Customs House

On 20 Oct 2014, WE CARE conducted a talk on Emotional Eating at Singapore Customs House. 35 employees attended the course. During the talk, the consequences of overeating were explored leading to a better understanding of what causes overeating and other eating disorders. Staff also learnt how to approach a friend or loved one, whom they may suspect to be suffering from such conditions.

## “Recognising Addiction” — A Workshop for Messier Bugarti

On 23 Sept, WE CARE conducted a workshop at Messier Bugarti on recognising signs of addiction. 33 participants learnt about the addiction process, including the signs and symptoms of addiction. We also shared on the various channels where they can seek professional help for the addicted individual and his/her family members.

We thank Messier Bugarti for the opportunity to raise awareness to their employees on the topic of recognising addiction and ways to foster an addiction-free lifestyle.



WE CARE band, The Dreamers, with the MC, Nick Shen, on stage.

## National Addictions Awareness Day—NAMS

National Addictions Awareness Day was held on 23 Nov 2014, at Marine Parade Promenade, jointly organised by NAMS and the South East Community Development Council. The event was graced by Dr Mohamad Maliki Bin Osman, Minister of State, Ministry of National Development and Ministry of Defence, and Mayor of South East District.

WE CARE set up a booth at the event to raise public awareness about addictions and where to seek help. Our band, The Dreamers, also performed during the event. We thank you our partner, NAMS, for giving us the opportunity to reach out to the community in the heartland.

## Recovering Journey : “One day at a time” - The Story of Hussein\*

When Hussein was busted for using drugs, he thought it was the end of the world for him. The day he was released from prison, in July 2014, he felt totally lost. All the things he thought he would do after release, while he was serving time, all seemed to hit a brick wall. Suddenly he did not know how and where to start. He had no clue where to turn to for help.

Luckily for him, he believed in the saying, “However good or bad a situation is, it will change”. A friend told him about WE CARE. He visited the drop-in centre,

and found it a safe place where he can get support and hang out. To avoid the old temptations of his neighbourhood, he comes down to WE CARE everyday. Every week, he also attends counselling and support group meetings there. In the past, he sought instant gratification, now knowing how to live life without drugs. Now he knows. Through counselling and regular support group meetings at WE CARE, he had discovered a new way to live life.

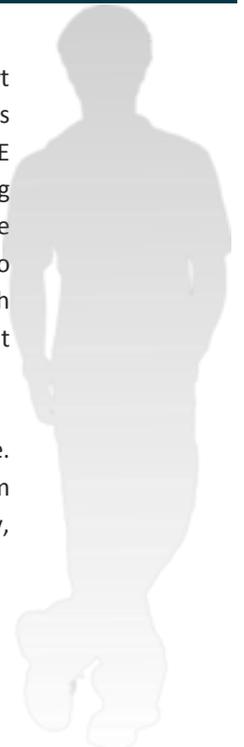
Hussein is now focusing on one day at a time. This helped him to calm down and make him less anxious about tomorrow. He says, confidently, “the best is yet to come”.

(\*not his real name)

Know someone who needs help with addiction?



Email: [help@wecare.org.sg](mailto:help@wecare.org.sg)  
Tel: 6547 5459



# PROGRAMMES @ WE CARE

## **F.I.R.E.— Facilitated In-house Recovery Education**

In the last quarter of 2014, WE CARE conducted 2 runs of FIRE at Ashram and Highpoint. During each 13 session journey, participants gained an awareness of their personal triggers and warning signs. They shared their struggles and difficulties during the adjustment period of staying clean. Alternative plans and coping strategies were explored during the sessions.

FIRE is a comprehensive programme for individuals struggling with addictions. It covers aspects like emotional management and family relationships in addition to relapse prevention topics. The aim of FIRE is for the participants to uncover their personal triggers that might lead to a relapse and learn to live a drug-free life

With the positive response of past participants, WE CARE will continue to bring this programme to more residents in halfway houses in 2015.

(L-R): Elated FIRE graduates at Highpoint , A session with Ashram residents



*"I learnt coping skills to manage my addictions and how to live with society."*

*\* Danny*

## **A.I.M— Anger Intensive Management**

AIM is an eight session anger management course catering for individuals with a history of addictions. One common trigger for relapse is anger. By equipping the individual with anger management skills, the programme aims to help participants reduce the risk of relapse.

The participants from Highpoint were taught about Automatic Negative Thoughts and how it affects them personally. They also learn how to refute their irrational beliefs. Activities and sharing are incorporated into the programme to reinforce learning.

## **S.T.E.P.S. — Solutions to Every Problem, Sober**

WE CARE conducted a round of STEPS at Teen Challenge from October to December. 12 STEPS offers guidance for individuals to overcome their addictions through a series of steps.

The aim of the programme is to introduce the participants to these steps and how they can be applied in their life. The facilitator, (who is a recovering individual), shared his personal journey during the class, while introducing the steps.

*"It helped me to discover myself and to make amends for the harms I've done to others and myself" Chris*

## **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 their family. Conceptualised in September 2013 by National Council of Social Services (NCSS) and in collaboration with Ang Mo Kio Family Service Centre (AMK FSC), the project currently sees eight clients and their families on board. AMK FSC and WE CARE organized 2 family events for the participants in September and December . The goal is to help the families to bond, share experiences and provide mutual support through close interaction.

During the events, spouses of the SAFE participants learn how to better support their loved ones. Family members shared their experiences and how addictions had affected them. To engage the children, we incorporated many play-based activities for them. They explored their strengths and weaknesses and were able to express themselves through art and craft, boosting their self-esteem.

Our project SAFE clients also enjoyed a game of soccer with WE CARE drop-in members, the fellowship helping them to bond further. This is just a start, to help broaden their social support network. By having a supportive network of friends, it means they can have someone to turn to when they are facing life's difficulties and challenges, and could in turn, prevent a relapse.

The events received very positive feedback where both SAFE clients and their spouses indicated they value the mutual sharing and support through such events.



(L-R): participants enjoying lunch, children's craft & children session

*\*Names have been changed to protect the identity of clients*



# Wellness Calendar — Events @ WE CARE

*A series of events and life skills training for our members while they work on their recovery*



## Weekly Badminton

Playing games, sports or exercise help to combat depression and allow us to bond with others. Initiated by one of our recovering individuals, a group of drop-in members are playing badminton at Kampong Ubi CC every Friday 4pm to 5pm. Please do join us if you are interested. Racquet and shuttlecocks are provided. Contact Alex @ 6547 5459 for more information.

## Basic Computer Class

A group of NIE volunteers run a series of basic computer classes for our drop-in members. Every Wednesday from 7.15pm, our drop-ins are able to learn skills like using MS word or setting up an email account. The facilitators pay personal attention to each participant answering any related queries. Thanks to our NIE volunteers, our recovering folks have taken their first step in this IT-savvy age.



NIE trainees providing personal IT coaching



## Basic English Class

Every Friday night, between 6pm and 7pm, a group of NIE-trained teachers, are facilitating a basic English class to our drop-in members. During the class, participants learn about grammar and sentence construction. They also converse in English to help them feel more confident using English as a means to communicate. The class is kept informal and casual. This allows the participants to learn in a relaxed and stress free environment.

Basic English Class @ creative workshop!

## Exams Tips Workshop for Children

At WE CARE, we understand the need to provide support to both the individual and the family. With this in mind, WE CARE introduced a series of exam tips workshop for the children of our drop-in community. During the class, children learn practical tips to help them prepare for their exams. We hope that by supporting the childrens' education in this way, the workshop can help to alleviate some of their stress, whilst they look forward to a brighter future.



## Upcoming events



### Open House

**Date:** January 2, 2015 (Friday)  
**Time:** 7.00pm – 10.30pm  
**Address:** WE CARE Community Services  
Kembangan-Chai Chee Community Hub  
11 Jalan Ubi, Block 5, #01-41  
Singapore 409074



### Weekly activities

- *Yoga*  
Every Monday (6-7pm)
- *Badminton*  
Every Friday (4-5pm)
- *Soccer*  
Every Sunday (5-6pm)

### New Year Open House

**Date:** January 2, 2015 (Friday)  
**Time:** 7.00pm – 10.30pm  
**Address:** WE CARE

## New Staff on board

A very warm welcome to our new Office Manager, Sam Heng Wai and Counsellor, Sim Yong who joined WECARE on 11 August, 2014 and 4 September, 2014 respectively.

### Sam Heng Wai

Heng Wai, in his role as Office Manager will be responsible for financial control and reporting, HR and general office administration. Prior to joining WECARE, Heng Wai was a office manager in a VWO leading a team in administering donations, accounting, HR, IT and memberships.

### Sim Yong

Sim Yong has close to six years of experience serving the elderly. He joined us from a VWO where his last appointment was that of a Case Manager. His key role was to conduct case assessment, case management and provide counselling services for the elderly in need.

