



WE CARE
COMMUNITY SERVICES

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Giving Hope
Improving Lives

WE CARE News

September - December 2025

WE CARE'S 20th ANNIVERSARY CELEBRATION





WE CARE celebrated its **20th anniversary** on Saturday 6th September 2025 with a gala lunch at the Shangri-La Hotel.

Six months in the planning and preparation, the lunch event and fundraiser hosted more than 300 guests comprising **WE CARE** beneficiaries, volunteers, donors, supporters, staff and Board directors.

With the ceremony firmly anchored by well-known radio personality *Joe Augustin*, the lunch also featured a friendly donation challenge among the guests, who were designated Team Red or Team White, by virtue of the colour of their table linen.

The guest of honour at the celebration was **WE CARE Patron Mdm Halimah Yacob**, who gave an inspiring speech right after our **Chairman Robert Chew** took the stage to welcome guests. Both Mdm Halimah and Mr Chew spoke of the growth of the centre in its short history, and the challenges that the centre currently face. In particular, reference was made to the burgeoning Kpods crisis, the change in legislation surrounding this particular substance, and our role in addressing this national scourge.

A short history of the centre was unveiled in a lively presentation put together by current staff, erstwhile clients with solid recovery behind them.

Three performances framed the afternoon. Two were delivered by beneficiaries, volunteers and staff and featured singing, and drumming, respectively. The remaining was staged by the award-winning wind percussion ensemble *Reverberance*. They are the inspiration and training behind our drumming group, *Healing Beats*, who chose to play the rousing folkloric *Rolling Walnuts* on Chinese flat drums. The singing group, chirpily named *The WE CARE Warblers*, tackled popular songs *Somewhere* and *Lean on Me*.

Both groups only had 6 months to rehearse, and despite some early nerves, handled their roles with gusto.

Joining Mdm Halimah on stage, guests and past and present Board members sang a birthday song and made a toast to **WE CARE**. No birthday bash is complete without cake, and on this occasion, an 8-kg chocolate cake baked in-house at Shangri-la was unveiled. After the ceremonial cutting, the cake was divided and packed by hotel staff to be delivered to **WE CARE**, so it can be shared with beneficiaries.

Emcee Joe Augustin pitched the donation challenge as a fun way to encourage onsite in-person giving, by pitting *Team Red* and *Team White* against each other. Results were tabulated in real time, and the results shared mid-way and at the end of the donation duel. This helped to raise \$69,000 with **Dato' Seri Toh Soon Huat of Sian Chay Medical Centre** leading the fray by announcing he would donate \$20,000, ahead of the start of the donation challenge.



WE CARE wishes to thank everyone who turned up or helped at the event.

Thanks to you, we have achieved our target of **\$400K** for this gala anniversary lunch.

We gratefully acknowledge the support of **Tote Board**.



A Milestone Worth Celebrating: The 19th Edition of the Finishers Awards

This year's **Finisher Awards** felt especially meaningful to me. For the first time, we all gathered at the SingPost Auditorium, and I have to say that the new venue made everything feel cosy and celebratory. It really was just the right spot for this kind of occasion. Plus, it was the biggest space we've ever used for the Finisher Awards.

This was the 19th edition, and we had 30 recipients: 15 first-years, 12 third-years, 1 seventh-year – and for the very first time, 2 people received tenth-year awards.

People always say the Finisher Awards are about a marathon, and I think that really rings true. Recovery isn't about who gets there fastest — it's about endurance, and just having that determination to keep going, no matter what.

Even though this was our first time officially presenting a tenth-year Finisher Award, some have already reached that amazing milestone. I know a few who decided not to receive it, because for them, protecting their anonymity mattered most.

But honestly, the Finisher Awards have never just been about hitting those milestones. For me, it's always been about something deeper — it's about giving hope to people who are just taking their first steps. Inspiration is everything in recovery. There's nothing like seeing a friend get sober and totally turn their life around.

That point really hit home for me that night. A lot of people in the auditorium were new to recovery themselves. They'd come to support friends who'd made it further, but they left with something else: proof that sobriety isn't just a dream. It can actually happen.

One of the moments that stuck with me most was when my friend and colleague got his third-year award. His whole family showed up, some flying in all the way from the US just to celebrate. I remembered them being there for his first-year award too. That kind of steady presence says so much about what we all know in recovery: community and family support can make an enormous difference.



And when my friend spoke, one thing he said really landed with me. He shared that his loved ones never gave up on him — even in those moments when he'd given up on himself. That's something I think about a lot, because not everyone has family there cheering them on.

That's really the point of the Finisher Awards. These nights are about more than a plaque or milestone. They remind us that nobody gets through recovery alone. They're about a community that's willing to walk alongside each other, celebrate every step, and offer support even when nobody else seems to.

Leaving the event, my heart felt full. Mdm Halimah Yacob, our Patron, put it perfectly: ***this is what commitment, community, and hope look like.***

As someone on this journey myself, I can honestly say that it's community that lifts us up and pushes us forward. Recovery really is a marathon — one day at a time, one milestone at a time.



Celebrating Recovery

Recovery Story Thomas



Standing on the parapet, trying to muster the courage to jump, Thomas found he lacked the courage to do so. If he could not take his own life, what then could he do?

One word came to mind, and that was **“recovery”**.

His journey into alcohol and drug addiction started when he was young. He came from a dysfunctional family, where his father was a gambler who would get violent when he lost a lot of money at gambling. Often, Thomas and his mother and siblings would have to run away at night and seek shelter in someone else’s home.

When his father was incarcerated for criminal breach of trust, he and his brother had to work to supplement his mother’s meagre income. Thomas started selling newspapers and with the money he earned, was able to buy the food he wanted. He associated money with power, and desired to be rich and independent. That way, he could also help his family get out of poverty.

At 11 years old, he had his first drink of alcohol and found he liked the feeling of oblivion it gave him. It also emboldened him, giving him the courage to speak up. At 15, he took his first illicit drug, and the feeling was headier and more intense. He loved the feeling of disassociation it

gave him and he began to chase the “high”, not knowing it was becoming addictive behaviour.

Driven by his hunger to become rich and better than others, he worked harder than all his peers. After completing his National Service, he worked as a salesman and quickly rose to the rank of Sales Manager, and later Senior Sales Manager. However, when the stresses of the job got to him, he would disappear to take drugs. Many times, he experienced blackouts and could not recall what had happened. These sprees where he drank and took drugs soon affected his performance at work. He did not know how to live life without the aid of alcohol and drugs. Thomas candidly admits that his relationship with his family members became strained, and his friendships were very transactional. “I became a very self-centered person,” he shares.

He went for his first detoxification programme with NAMS (National Addictions Management Service) at IMH (Institute of Mental Health) and came to **WE CARE** after he was discharged from NAMS. He describes **WE CARE** as a place where he sought shelter from the stresses of life and work. However, he continued with his drinking and use of drugs. After completing his first detoxification, his idea of recovery was merely stopping the use

of illicit substances through self-will and nothing else. In the ensuing years, he went for three more detoxifications and shares that by the time he went for his fourth detoxification, he was a very broken man. He admitted he no longer had any self-confidence, was unable to speak well (a skill that is crucial to salesmanship), faced many health issues and had many pending police cases, plus he was going through divorce.

It was at this point in time, when after having lost everything, he contemplated suicide. After his wife left him, he no longer had anyone to support him. Though he has the contact numbers of 200 friends on his phone, Thomas could not call a single one to tell them of his problems. He felt he could not connect with any one of them. He was drowning in pain and hopelessness, and this led to him standing on the parapet, contemplating the idea of ending his life.

But he could not muster the courage to jump off. It was then that the word “recovery” came to his mind. He decided to go for his final detoxification. This time round, he shares he was “like a blank sheet of paper”, where he followed what was taught to him. He was truly at rock bottom and became very humble and teachable.

During his three-week stay at IMH, he met two volunteers who made a significant impact on his life. One was HIV-positive as a result of drug use, while the other had had his arm amputated due to gangrene brought on by drug use. However, despite their physical infirmities, they were happy people who invited him to join a support group for recovering addicts. When he saw the joy and purpose in their lives despite their physical infirmities, he felt for the first time that his situation was not hopeless. Hope blossomed within him and he was eager to find out how people recover from addiction.

He committed to devoting his time to full-time recovery. He spent most of his time with recovering addicts — attending support group meetings and just hanging out together socially.

When he completed a year of sobriety, he attended **WE CARE**’s Finishers Award and was given the one-year medal. His father attended, went up to him and hugged him, despite their relationship being strained. It was then he realised that with the right attitude, anyone could recover. Being clean for one year gave him the courage to continue on in his recovery journey.



While he was at **WE CARE**, he was incarcerated for his drug consumption. Although it was a short stint, he was amazed that some inmates could live for 10 to 20 years with just a small bag of toiletries. Thomas then realised that he did not have to accumulate wealth or rely on the praise of others in order to feel good.

After his release from prison, he volunteered at IMH, as he believed (and still does) that recovery is all about giving back and helping others get well. He was soon invited to be a peer support specialist and served in that capacity for five years. After earning his *Masters in Counselling* from Swinburne University of Technology from Melbourne, Australia, Thomas became a counsellor at IMH. Today, he serves as a counsellor and Centre Manager at **WE CARE**, and received his 10th year award at the **19th Finisher Awards** on 17 July 2025.

In total, the eleven years since hitting rock bottom have been incredibly fulfilling. He got married again after dating his then-girlfriend for a year, and is now a proud father of two beautiful daughters. He has reconciled with his mother and siblings. Thomas has also come to understand that what he really wants in life are not the things he thought he wanted when he was young — wealth and making a name for himself. Happiness comes from the inside, he shares, and **living a life focused on helping others brings him great joy and fulfilment.**

He stresses on the need to separate the person from the disease (addiction) and the importance of learning to be vulnerable and talking about our issues in recovery. “Once we share them with others and listen to others’ sharings, we soon realise we are not the only ones suffering from distorted thinking,” he says.

He is passionate about journeying with those who want to recover from addiction, as from first-hand experience, he knows all too well how lonely the life of an addict is. “No one can do it alone. It is easier to have a buddy.”

“No matter how shameful your past, your journey can be an inspiration to others,”

he adds.

—

by **Ann** and **Thomas**

Ann is a recovering person who first came to **WE CARE** in February 2024.





My Community: My Births and Rebirths

In March this year, we were contacted by **My Community**, who wanted to know if we were willing to work together and host a visit for their annual festival in August.

My Community is a non-profit organisation that organises free guided heritage tours, festivals, and programmes to bring the community together. Each year, they curate a festival around different themes. This year, their programme, titled *“My Births and Rebirths,”* focused on the many vibrant practices and beliefs relating to birth rituals and new beginnings.”

Recovery is, in a certain sense, a rebirth as well as a new beginning, and we felt that the theme was perfect. Adding to that, two of our colleagues had an illuminating time when they went on a tour of a synagogue, and thus the decision to participate was clear.

We were so keen that we agreed to conduct two separate two-hour tours on the day itself.

Preparations were smooth—no surprise, since My Community has already organised hundreds of such tours before.

On the day of the tours, the designated guide, Tai Wen, was extremely helpful. From prompting questions to managing the attendees, she made our first experience as partners with My Community wonderfully smooth.

Here are some photos from the two tours!



Throughout the tours, there were many questions from the attendees—both **WE CARE**-related, as well as for the recovering person who shared their story. At **WE CARE**, whenever we conduct an outreach event, our stance has always been: the more questions, the merrier.

In some ways, smaller groups make the engagement more valuable, as participants were able to ask deeper and more pertinent questions.

WE CARE would like to thank My Community for the opportunity to be part of such a meaningful festival, and special thanks also to all the attendees, who displayed a genuine interest in our services and in addiction in general.

Partnerships like these enable us to further raise awareness about addiction, and we look forward to participating in more such events. If next year’s festival theme is relevant, you can count on **WE CARE** being one of the stops!



One Day At A Time Fundraising Challenge

Our first fundraising event of the year, held from 12 May to 3 August 2025, was unlike any we've done before. We are delighted to share that not only did we meet our target, but the journey also carried a special meaning for our community.

The campaign was inspired by the recovery principle of **One Day At A Time** (ODAAT). In addiction recovery, the idea of staying sober for years can feel overwhelming, but focusing on just today makes the path less daunting.

As each day adds up, milestones are reached, and before long, significant progress is made.

This simple yet powerful approach shaped our fundraiser. Participants joined either as **Challengers** or **Supporters**.

Challengers committed to completing at least one activity per day over the 12-week period – whether that meant walking, running, cycling, or simply clocking steps. Like in recovery, we reminded everyone that not every day had to be perfect.

Supporters pledged at least \$1 per day for each day their chosen Challenger(s) completed an activity. Alternatively, they could make a one-time

donation of any amount. As usual, donations were entitled to tax deduction receipts.

From short walks to million-step goals, every effort mattered. Some counted office steps, while others set bold physical challenges — all united in raising awareness and funds.

We were especially heartened to have **Ms. Lisa Chan** (@lisaintanc on Instagram and TikTok), a social media influencer passionate about mental health advocacy, join our cause. Lisa didn't just endorse the campaign – she signed up as a Challenger herself. With fitness playing a big role in her life, the ODAAT spirit resonated strongly with her. She shared:

“It wasn't about sprinting every day, but choosing small steps that keep me moving forward. And if healing feels messy, that's okay because it's supposed to be. Taking life 'ODAAT' was grounding for me, especially on the days that felt too heavy — a reminder that showing up matters, but being gentle with yourself matters too.”

To everyone who walked, ran, cycled, supported, or donated — thank you.

Every step taken and every contribution made brought us closer to our goal. This achievement belongs to all of you!

***WE CARE** gratefully acknowledges the support of **Tote Board** for this fundraiser.*



ONE DAY AT A TIME CHALLENGE

12 MAY TO 3 AUGUST
2025 WE CARE FUNDRAISING EVENT





Tribex Exhibition

Marina Bay Sands 2nd and 3rd July 2025

Social services provide essential support to the broader community. However, in a rapidly evolving technological landscape, innovation is crucial. Maintaining core social infrastructure and systems remains a top priority for government organizations and charities (or non-profits).

On July 2 and 3, we had the chance to attend the **NCSS 2025 Social Service Summit**. This convention, held at the Marina Bay Convention Centre, was focused on the integration of technology and social services in Singapore. Their theme, *'Transforming the Future of Social Service Through Talent and Technology'*, emphasizes the importance of embracing and adapting to changing technologies in the modern day in the field of social work, and finding ways in which those technologies can benefit both social organizations and the people they serve.

Held over two days, this convention invited twenty social service organizations from around Singapore to share their work with attendees, including the **Minister for Social and Family Development, Masagos Zulkifli**, as well as students from Singaporean universities and international visitors who work in social services.

As Singapore's leading addiction treatment and recovery centre, **WE CARE** was present during the convention at Tribex to share information about our organization and the work we do. Tribex, as a subsection of the overall convention, brought together various social and technological organizations to showcase their work and recent innovations. We had the opportunity to share information about the work **WE CARE** does with other colleagues in the social field as well as students interested in careers in social service and other attendees.

Tribex also provided ample occasion to engage with other organizations. One notable startup we interacted with was **Zaheen.AI**, which aims to develop training models to help prospective employees handle challenging customer service scenarios. They allowed us to test one of their simulations, which featured an irate customer upset about the quality of a service. Acting as the employee, I had to respond professionally, after which their artificial intelligence system provided feedback on my performance. Similarly, this system could be used in scenarios such as training for interviews, practicing social skills and many other interpersonal situations individuals might struggle with.

While at the summit, we also attended an informational presentation hosted by **IMDA's Open Innovation Platform**, whose mission is to promote the security and reliability of Singapore's data infrastructure in accordance with global standards.



One admirable theme at this exhibition was the emphasis on providing a user-centric approach to addressing organizational inefficiencies through the integration of artificial intelligence, robotics, and digitalization. While organisations need to become more efficient, they should also prioritize the clients' needs, preferences, and goals, to create a supportive and empowering treatment experience.

Attending this summit and TribeX was a wonderful way to learn more about social services in Singapore. We were able to hear about not only who they are and the work they do, but also ways to get involved and many areas in which the spheres of social work and technology are overlapping and will continue to intersect in the future.

Above all, in the past few years, we have been able to see the rapid development of new technologies across all fields. From transportation to healthcare, AI and other digital tools are reshaping the way we look at and interact with the world, and for those of us who are passionate about social work, learning to properly use these tools will be a great asset now and in the future.

—
By **Katrina** and **Jimmy**

Katrina and **Jimmy** completed their internships at **WE CARE** in August.

Katrina is doing her undergraduate studies in political science and philosophy at UCLA in the United States. She intends to pursue a career in law in the future.

Jimmy is currently pursuing an undergraduate degree in Political Science at UCLA in the United States. He hopes to be able to finish researching the intersection between addiction and public policy.





Inside Addiction

A Public Talk Series on Understanding and Addressing Addiction

At **WE CARE**, we believe that recovery is not just a personal journey — it's a community effort. While our core mission is to provide evidence-based treatment, we are equally committed to outreach and public education. This means raising awareness, challenging misconceptions, and equipping our community with the tools and knowledge to respond to emerging trends in addiction.

In June, we took this commitment a step further with the launch of **Inside Addiction**, a new in-person talk series aimed at breaking down complex issues around addiction in a way that is engaging, accessible, and deeply relevant.

Each session is designed to leave attendees with practical takeaways, a clearer understanding of the challenges at hand, and, most importantly, hope.

Since its launch, we've hosted two impactful sessions at our centre, each tackling a pressing topic in the addiction landscape.

Session 1: What Family Members Need to Know

We began with a subject close to the hearts of many: **How to support a loved one struggling with addiction**. For most, the most challenging and frustrating part of the journey is not knowing how to help, when they really want to - especially when their loved one is unwilling to seek professional support.

This session explored 3 main complex areas:

- The science of addiction and how it changes the brain
- Practical, non-confrontational communication techniques
- The importance of self-care and healthy boundaries for caregivers

The talk also provided a safe, non-judgemental space for participants to ask questions openly, a rarity for many who have been struggling in silence. With over 40 attendees, including community partners, social service professionals, and members of the public, the session ended with a lively Q&A that sparked honest, insightful discussions.

One participant shared, "Very practical, useful and sincere. Very informative. Effective tips on how to take care of family members and yourself in need"

Session 2: Understanding Vapes and Kpods

Our second talk in July addressed the growing concern around vaping and the misuse of Kpods. With laws tightening and alarming videos circulating on social media, many parents, and members of the public have found themselves unsure of how to respond.

In July, our focus shifted to a growing concern of vaping and Kpods. These products, often misunderstood as "harmless", have grown in popularity among youth, leaving parents and educators scrambling for answers. With new laws taking effect and disturbing content circulating online, the need for clear, up-to-date information has never been greater.

In this in-depth session, we covered:

- What addiction really is and why it's more than just a "bad habit"
- What vapes and Kpods are, and how they work
- The latest legal developments and market trends
- Health risks, warning signs, and red flags

- How to support someone struggling with Kpod use
- **WE CARE's** treatment approach and recovery journey

Our team worked right up to the day before the talk to ensure every fact reflected the most recent regulatory updates. Many attendees, particularly parents, used this platform to voice their fears for the first time and received guidance directly from our Clinical Director and experienced counsellors.

Why These Talks Matter

Addiction thrives in silence and isolation. By creating spaces where people can ask questions, share experiences, and receive reliable information, we support and empower individuals and families

to end their struggle and make the necessary changes in their lives.

Whether you are directly affected or worried about someone you care for, you are not alone. Reach out to us today.

Call: 3165 8017

WhatsApp: 8391 3023

Email: help@wecare.org.sg

Look out for the next talk in our *Inside Addiction* series, on Internet & Gaming.



INSIDE ADDICTION
UNDERSTANDING VAPES & KPODS

Vaping is a problem. The Straits Times reported that 800 students were caught in 2022, and 2,000 in 2024. Kpods worsen the situation.

From vapes to Kpods - learn how they affect today's youth: What they are, why they're popular and the real risks involved.

Get practical tips from addiction specialists on how to spot warning signs, talk to your loved ones with confidence and how to get professional help for them.

Details:
Date : Saturday, 26 July 2025
Time: 2pm to 3.30pm
Fee : \$10 (Limited to 40 participants)

WE CARE
COMMUNITY SERVICES

Registration

Please RSVP by 18 July 2025
Scan the QR code or visit the link below to sign up!



bit.ly/IAVAPE



My Messy Discovery in His Recovery

The *Alcoholics Anonymous* (AA) meeting was held on the 11th floor. I never made it past the first.

He was waiting downstairs for me, and it was clear that he was high. His words poured out in a slow, confused slur.

“Why are you angry at me?” Jat, my then-boyfriend, asked.

It was supposed to be my first AA meeting – not as a participant, but as someone who loves him. Who wanted to observe and hope*. I had convinced myself that this time was real. This could be the moment my boyfriend finally stopped compulsive gambling and abusing drugs for good.

Instead, I turned around and left. I didn’t want to cry in public. Hours later, I frantically called a cab to pick him up anyway. I was worried sick that he wouldn’t make it home on his own.

That was about three years ago. I still get a funny feeling whenever I pass by a *Gastronomia* outlet—the place I’d sent the cab driver to fetch him.

Today, my husband has been sober for three years. I’ve never been happier for Jat, or prouder of him.

But this is not his story. This is what recovery looks like from the other side: The hesitation, exhaustion, confusion over whether I should feel hope, anger, or disappointment.

What I Held on to

It started with what I kept finding: Pills squirrelled away in the back pocket of his pants hung on the wall.

Then he had a seizure while we were watching *Everything Everywhere All at Once* in the cinema.

In the ambulance on the way to the hospital, I thought: This must be it. Surely this is rock bottom.

He didn’t stop. I still found pills.

I was always suspicious, and always angry when I was proven right. I doubted everything he said. It was exhausting. I don’t know how I stayed.

Then I discovered that was only part of the story.

Recovery Jat was — and still is — extremely open. Our conversations were never that honest when he was still using. He shared everything: What he did behind my back, but more importantly, *why*.

I thought I knew him inside out. We had been living together for about two years. Yet I never knew the scale of his struggle and pain. Right beside me.

In Jat's first year of recovery, I felt a confusing mix. I was proud of how far he'd come – but also uneasy.

Hearing him speak so openly about his struggles made me realise how much I had missed, living right beside him. How had I not noticed? What kind of partner doesn't?

What He Gave Back

It wasn't just guilt I carried in the first year. There was still a lot of distrust, especially in the early months. I wished that I could flip a switch and turn that off, but I couldn't.

Day by day, he started proving me wrong. He went to a meeting every night and spent his days at **WE CARE**. It slowly became our new normal.

Before writing this, I asked Jat how he lives with the guilt and shame of what he had done.

His answer was simple: "Stop. That's the only way. You have to keep trying to do better — and slowly, the good will begin to outweigh the bad."

He likened it to gambling debt: "If you don't stop, it will only keep increasing."

I hadn't realised that I was carrying my own kind of debt. Shame over not knowing his struggles. Guilt over wanting to leave him at times.

But I don't really blame myself anymore.

Learning to let go and live in the present is one of many lessons I've learnt from Jat. He's not the only one who has benefited from recovery.

The present is good. We have our own home now and are adopting a dog — things that once felt out of reach to both of us.

Jat says he never thought he could have this life; He assumed he would end up like his father. I never imagined it could be this good either.

Now he works at **WE CARE**, helping others find the footing he once searched for. He has shared his recovery journey many times: Standing at a traffic light in Geylang gambling online for money to buy drugs, running away to Johor Bahru with just 100 ringgit in his pocket.

We laugh at these stories; the same ones that once broke us.

Three years ago, I made my way to an AA meeting wondering if I was naive to even hope. Today, Jat walks through similar rooms — as much a person offering help as someone still recovering.

There are still days when I hold my breath if he's away from his phone longer than usual. But most days, I don't.

—

By **G**, the other half of Jat.

**Those who attend Narcotics Anonymous (NA) meetings sometimes go to Alcoholics Anonymous (AA) meetings due to accessibility — AA meets every day of the week, compared to the 1 to 2 meetings run by NA.*

Walking Beside, Not Ahead:

A Counselling Intern's Reflection

I didn't know what to expect when I first stepped into **WE CARE**. Tucked quietly within the Kembangan–Chai Chee Community Hub, the space didn't feel clinical — it felt human. The cool air, the faint scent of coffee, and the warm layout of sofas and counselling rooms created a quiet sense of calm.

That Monday afternoon, after my interview, Ms Han, Clinical Director of **WE CARE**, showed me around. The open-concept office surprised me — staff, volunteers, and beneficiaries were chatting over tea, arranging chairs, tending to plants in the backyard. It wasn't just a centre. It felt like a community.

I'm currently completing my clinical practicum here as a *Master of Counselling* student from *Monash University*. Out of all the placement sites, **WE CARE** stood out for its focus on addiction recovery, something I've encountered often in my work with psychiatric rehabilitation. Still, what I've come to learn here goes beyond theory or technique. It's about presence. About listening. And about walking beside someone — not ahead of them.

Shifting Gears: from Fixing to Listening

In the early months, I kept asking myself, “*Am I doing enough?*” Like many interns, I came in ready to help — but quickly realised that being helpful here didn't always look the way I expected. It wasn't about diving in with strategies or tools. It was about slowing down.

One day, while sitting in the counselling room after a session, I found myself reflecting on a moment of silence between me and a client. I had initially thought I needed to fill that space — but instead, I noticed the client softening, breathing a little easier, allowing the silence to hold what words couldn't. That was the moment I realised: sometimes, the most powerful support we can offer isn't a solution — it's presence. I chuckled quietly to myself, realising how much I had to unlearn.

What They Don't Teach You in Class

Theory gives us frameworks. But **WE CARE** gave me stories.

I saw clients who showed up even when they were exhausted, discouraged, or ashamed — still choosing to keep trying. I witnessed the gentle strength of group facilitators who held space without judgment. I experienced the power of supervision, where I could reflect vulnerably and receive grounded, compassionate guidance.

Most of all, I saw that recovery isn't just about substance use. It's about people. Their losses, longings, traumas, and resilience. Every face I encountered reminded me that addiction is never just about the substance — it's about the pain beneath it.

A Moment That Stayed with Me

There's a client I worked with who shared his experience with Kpods. But what stayed with me wasn't just what he used — it was everything he was holding inside.

He was a young adult navigating immense pressure: his studies were falling apart, his relationship had fractured, his family life was strained, and unspoken childhood trauma quietly lingered beneath it all. On the surface, it might have looked like he was just experimenting. But in our sessions, it became clear that the Kpods were a coping mechanism — for stress, for numbness, for grief he hadn't yet named.

What struck me most was something he said quietly, almost like a confession:

"I've tried other things before... but Kpods felt different. More dangerous. More addictive. I could feel how quickly it pulled me in."

That moment revealed not just self-awareness, but fear — a fear many might not see in someone so young.

He wasn't resistant — he was exhausted. And what he needed wasn't judgment or solutions. He needed space. Space to speak, to feel, to not be okay.

With the recent rise in Kpod use across Singapore, I hope this reflection offers insight to families, loved ones, and the wider public — that substance use, especially among youths, is often a signal of deeper pain rather than simple rebellion. This doesn't excuse the behaviour, but it calls for us to respond with compassion rather than condemnation.

Recovery isn't just about stopping a harmful habit. It's about addressing the emotional wounds that made escape feel like the only option in the first place.

Where I Go from Here

As I continue this journey as a future counsellor, I carry **WE CARE** with me — not just in the theories I've applied or the sessions I've facilitated, but in the quiet moments that changed me.

The recovery journey is rarely linear, and neither is the process of becoming a counsellor. But what I've learned here will stay with me: to slow down, to listen more than I speak, and to never underestimate the power of simply being beside someone, gently and consistently, as they find their way back to themselves.

—

By **Zhang Yijian**

*Yijian is a Master of Counselling student currently interning at **WE CARE**. He aspires to be a therapist focused on early intervention in addiction, supporting individuals before substance use becomes the only way to cope. He believes this work begins long before crisis — through presence, trust, and quiet understanding.*



Reflecting on my internship with WE CARE

Writing this personal reflection has taken quite some time — there is so much to say about my time in Singapore, and my internship at **WE CARE**. The writing process has been somewhat of a marathon, one during which I have had to take time to stop and think at the occasional rest points. Now I am approaching the finishing line.

My journey to Singapore is somewhat similar to a test of endurance. I could relate it to the **One Day at a Time** campaign, the physical fundraiser that was taking place at **WE CARE**. When I first came across the opportunity to intern in Singapore, it felt like a dream — one that was close yet so far. To see myself in Singapore was like a distant reality.

One of the most transformative aspects of my internship was not just the professional skills I continued developing while at **WE CARE**, but also my own personal journey that led me to this opportunity. Before my internship began, I had to overcome a major hurdle: getting to Singapore. In the months leading up to my dream internship, I embarked on a fundraising campaign to support my programme fees. This was not an easy road, it was long and winding with countless steps and stumbles along the way. Reaching out to donors, editing videos or even finding time to balance it all alongside my studies. However, each small

victory gave me the momentum to continue climbing. It taught me the value of perseverance, persistence and patience. I finally saw a dream become a reality and lived it in such a beautiful way.

WE CARE was the beauty I witnessed in a world of despair and hardship. From my first day, one thing I felt was love. I have always felt welcome here at the centre — that will always stay with me.

Love for one another was so evident, heartwarming and touching. Authenticity was embraced and encouraged here.

Working at **WE CARE** for the 4 weeks I was in Singapore is something I will always cherish. The team does not only dream about creating a safe space but makes a true effort to live in it and help others access this. There is a genuine commitment to holding space for growth, vulnerability and exploring human complexities. People are always encouraged to show up as their true, full selves — without judgement. During my time there, I was honoured to engage with a wide range of people — ranging from recovering and sober individuals to volunteers and workers who all widened my perspective and outlook on life.



Celebrating each other is something we do not do enough as a society. This is what I noticed during my time at **WE CARE** — those little moments that pass us by are moments savoured by the community there. **The Finisher Awards**, the signature **WE CARE** event to celebrate recovery, was an event that touched me. We live in a world where addiction is very easy to get roped into — whether it is substance abuse or behavioural. Oftentimes, where I come from, society looks down on those who are addicts. It is uncommon to have much awareness about the length of sobriety or celebrations to mark it. For me to see this side of society was meaningful and perhaps it takes a bit of digging to uncover the hidden treasures we did not think we had.

Being part of the Finisher Awards preparation was exciting as we knew what kind of gratifying impact it would have. It was an intimate and warming event that gave us insight into what it is like in addiction and recovery where heartfelt stories were shared and families saw the glow in their loved ones returning. Though it was an intimate gathering, I had never been witness to such evident pride in those who had travelled on this journey with the award recipients.

WE CARE is a centre which shows what society should be like. It brings together a community of people. Reframing lives through workshops, support groups and counselling. I am grateful that I was able to dip my toes into what **WE CARE** offers: Art classes with Yen, Music, Playing the Chinese drums, Training sessions, University visits and having the comfort of expression in the main lounge room where I played the drums, guitar and piano — as well as making a connection with others through shared interests.

By **Davina**

Davina is currently pursuing an undergraduate degree in International Relations and Development at University of Birmingham.

With a strong focus and passion for community development and youth empowerment, she aims to drive impactful change in marginalised populations. Outside of academics, she is passionate about creating—whether through art, dance, music, or playing the trumpet. She interned at the centre in July 2025.



Build, Rather than Destroy

In August 2025, I had the privilege of speaking with Mika, a beneficiary at **WE CARE**, who shared his journey of recovery and resilience. I have written articles in the past, but never a recovery story. Interviewing him and writing it was an eye-opening experience, giving me deeper insight into the world of addiction.

His story began in 2013, during an extremely turbulent period that involved many major life changes.

Having left his teaching career with the intention of pursuing a master's degree in music, Mika soon abandoned that path not wanting his sense of fulfilment to be dictated by the expectations of others.

Without guidance or a clear direction, he turned to something that would provide immediate relief — drugs.

It first started as a distraction to pass the time, then as a way to dull emotional pain, and later as a fleeting source of pleasure.

Mika entered *DRC* (Drug Rehabilitation Centre) for the first time in 2017, but he admitted that back then, he believed he could “play the system” to complete the programme on paper without truly committing to change.

Of the few beneficiaries I've spoken to that have been sent to DRC, they seem uniformly to have the same thought — complete the programme cleanly so as not to ruffle any feathers and revert to their old lifestyle once the dust had settled.

They were unlucky the first time and just needed to be a little more careful so they would not be sent back to DRC.

It wasn't until his mother's passing that he confronted a turning point. Standing at a crossroads, he realized he could either allow the grief to pull him deeper into addiction or use it as the wake-up call he needed.

It became clear to him that drugs brought no real peace — only a hollow, temporary reaction of the mind and body.

The road to recovery, Mika explained, is neither straightforward nor short. Addiction rewires the brain to chase highs, and quitting is far more than a matter of willpower.

Since his first stint in DRC, he has picked up many recovery tools. He now acknowledges the cravings instead of denying them, and he focuses on strategies to manage those urges.

At **WE CARE**, he learned that identifying one's personal triggers — and knowing how to respond to them — is essential.

One of the most effective approaches, he found, is to stay meaningfully engaged in activities that build rather than destroy. Initially, these were his regular counselling appointments; gradually, he expanded that into volunteering, which gave him routine, purpose, and the joy of contributing positively to others. Today, he continues that path by pursuing postgraduate studies in counselling.

Alongside his academic goals, Mika's recovery has been marked by many meaningful moments: meeting a supportive partner who embraces him despite his past, building new friendships at **WE CARE**, and being immersed in the stories of people from all walks of life.

These connections, he says, have made him more open-minded, more compassionate, and more resilient. Though he carries some regrets, Mika sees his experiences as integral to the person he has become. His journey has not only been about overcoming addiction – it has also been about rediscovering himself, with greater empathy and acceptance for both his own story and the struggles of others.

by **Katrina** and **Mika**

Katrina is pursuing her undergraduate studies in political science and philosophy at UCLA in the United States. She intends to pursue a career in law in the future.

Mika is currently pursuing his postgraduate studies in counselling in Singapore at an Australian university. He hopes to work in the social service sector advocating mental healthcare for marginalised populations in Singapore. During his free time, he enjoys playing the ukulele, cooking with his partner, or hanging out with his cats.





Recovery Story Maya

What put her on the path towards **WE CARE** was an internal struggle occurring within her mind over how and when she was going to overcome her addiction. From being threatened to be sent into monastic life or even prison, Maya had to figure out how to resolve the chaos which was tearing her apart and bringing her to thoughts of suicide.

As she struggled with depression, Maya began to sense that there was no point in fighting any more. She felt that nobody understood her background as a transgender person. Her life seemed hopeless, the future, bleak, and she began to question if there was even a purpose to existence with all this suffering.

Still, she persevered.

After starting the process of recovery at **WE CARE**, the biggest challenge she faced was how to adjust to these new changes in her life. However, she explains that “the second I found help, I felt like I finally could breathe and I felt safe”. In her recovery she found an emotion she did not expect — a sense of joy.

No longer was she defined by the past drama in her life or the addictions that had led her there. Recovery helped her establish the correct boundaries with others and to build spaces for other interests within her life.

For Maya, recovery was finding her own way navigating through the trials and tribulations of addiction. Although she chooses to keep her close circle small, recovery has allowed her to make lifelong friendships.

To manage the cravings from her past addictions with drugs and unhealthy sex, Maya has sought to channel her energy into more lofty pursuits. For one, she described her main mission is to be more compassionate; that although she is not perfect, she tries to have quality time with others.

She has also learned to accept herself, and that has allowed her to improve her state of well-being. Activities she loves to engage in include exercise and badminton. These are paired with healthy eating habits that have helped her deal with an eating disorder.



Inspiration for Maya comes from her friends — both human and feline. Both of these have aided her in looking forward and to persevere past “the insanity of who she once was” and to build a life that she loves living.

A big part of this new life has been to use art as an outlet for her to express her inner thoughts. She can finally determine who she wants to be and “to be able to finally take care of herself”. Maya is grateful for the life she is now living, and she is more fulfilled.

Maya finds purpose in volunteering, and she supports others in their journey by sharing her very own recovery story. The one piece of advice she has for those in recovery? **Once you’ve found your individual meaning, align it with how you live life.** At the end of the day we should do a critical exercise in which we explain what it is we are grateful for.

By **Jimmy** and **Maya**

***Jimmy** completed his internship with **WE CARE** in the middle of August. He is currently pursuing an undergraduate degree in Political Science at UCLA in the United States. He hopes to be able to finish researching the intersection between addiction and public policy.*



From Sceptic to Believer

When newcomers first walk into **WE CARE**, there is often a palpable sense of scepticism. Can this place really help me? What's the point of sitting in a circle and talking about my problems? Is there any value in sharing how I feel?

Eventually, though, most come around. Some unfortunately never do, but those that do reap the benefits.

Ewan was no different.

I had the opportunity to meet Ewan, and listen to his remarkable journey beyond addiction. Before drugs became part of his life, Ewan was working long hours in high-end retail.

The exhaustion from his demanding schedule pushed him toward substance use — at first in small doses, but gradually escalating to the point where he was injecting substances directly into his veins.

His addiction eventually caught up with him, and after being arrested, he was given the chance to join **WE CARE** for the *CBP* (Community-Based Programme) portion of his sentence.

As with most, Ewan was initially sceptical about the program. He expected **WE CARE** to be little more than a way of passing the time, offering him few real lessons. But what he discovered was very different.

The sense of community was what changed things for him most profoundly — being surrounded by people with similar struggles, sharing his innermost thoughts without judgment, and learning to trust others enough to lean on them in times of need.

One connection in particular stands out, and is one that he holds close to his heart: his friend Fandi, who used to be a Recovery Guide at **WE CARE**. *(Editor's Note: Sadly, Fandi passed away in 2024 from a heart attack.)*

Fandi made the effort to check in on him every single day. Those messages, simple but consistent, helped shift Ewan's perspective and gave him the strength to begin his recovery journey.

The early months were the hardest. For Ewan, the first six months of recovery felt like an uphill battle. His scepticism lingered, and being known as someone with a history of drug abuse was emotionally difficult. His relationship with his mother, already fragile, grew even more strained.

After half a year, he managed to secure employment in a hotel, but there too, challenges followed — it was not easy adapting to the demands of the job while wearing an electronic monitoring tag on his foot.

There are strict rules around the monitoring tag. Flout them, and it won't be long before you are recalled into *DRC* (Drug Rehabilitation Centre).

During this period, Ewan relied on coping strategies that gave him healthy outlets. Colouring became one of his favourite ways to quiet his mind, while hiking and exercise helped him release tension and reset mentally.

Most importantly, he had a *SAFE Buddy* — the late Fandi. Fandi was someone he could confide in whenever urges surfaced, an anchor keeping him from slipping back into destructive habits.

It's a big thing in recovery, and ultimately crucial, to have someone who has walked the same path before to confide in. That's how *SAFE Buddies*, who also have incarceration experience, help — they point out the potential obstacles and can share what worked for them when they faced those obstacles.

Project *SAFE* (Support for Recovering Addicts and their Families through Empowerment) is a programme we run in partnership with Singapore Prison Service and *DRC*.

The waves of life in recovery are rarely calm, and with more than 10 years of clean-time, Fandi was as strong an anchor as anyone could have.

Ewan believes recovery is about setting simple goals and taking small, steady steps forward. That approach has carried him far. Within two years of starting work at the hotel, he was promoted to manager, motivated by observing how his colleagues carried themselves and applying the lessons he learned from them.

A milestone achievement came in November last year, when he received the keys to his own home — completely free of debt. It's a rarity in a world where new homeowners take on huge debt to afford a home, but more importantly it was a symbol of the stable foundation he had worked so hard to build.

Looking at how far he has come gives Ewan the motivation to keep moving forward. He's built so much, and knows that he's one relapse away from throwing it all away.

He is proud of his ability to reject drugs even when confronted directly by old acquaintances who invited him to use again. In the past he feared relapse so strongly that he would avoid temptation by running away, but today, he faces those moments with confidence in his ability to say no.

The recent loss of his mother was another painful chapter, but this time he had support — friends at **WE CARE** checked in regularly, ensuring he did not spiral into despair.

It proved to him the importance of having a strong support structure in place. When something happens and rocks your world, you have a support system to keep you stable.

Thanks to the community he found at **WE CARE**, Ewan has not only broken free from addiction, but also reshaped his life and outlook. His journey is proof that recovery is possible with patience, support, and the determination to keep striving for better.

—

by **Ewan and Katrina**

Katrina is doing her undergraduate studies in political science and philosophy at UCLA in the United States. She intends to pursue a career in law in the future.





The Courage to Be Open: Reframing Vulnerability in Recovery

Breaking the silence, dismantling shame, and
rebuilding lives through the courage to be seen

by Bryant Tang

Why Vulnerability Matters in Recovery

Addiction is often a silent struggle. Many people carry it in secret, weighed down by shame and fear of judgment. We've all had moments where we've swallowed the words we longed to say, or pretended everything was fine while quietly unravelling inside.

Yet here's the paradox: while society often equates vulnerability with weakness, recovery demands the opposite. It requires the courage to be open, honest, and, yes, vulnerable.

Being vulnerable is not about spilling everything to everyone. It is about choosing authenticity over the mask, connection over isolation.

Vulnerability is how we build trust, open the door to healing, and rediscover ourselves.

Vulnerability Is Strength, Not Weakness

Society and culture often tell us to stay strong, hide our feelings, and never show tears. But the truth is, strength is not about falling — it is about daring to stand back up and letting others see us as we really are.

Researcher Brené Brown describes vulnerability as “uncertainty, risk, and emotional exposure.” In recovery, those three elements are ever-present. Sharing openly about fears, mistakes, or relapses might feel terrifying, but it's also where the real breakthroughs happen.


By admitting limits and setbacks, people in recovery dismantle shame and denial. Vulnerability makes space for resilience, authentic connection, and ultimately, transformation.

Breaking the Silence

Addiction thrives in secrecy. Silence keeps people stuck in shame and cut off from support. The first courageous act, then, is to speak.

That is why recovery communities like *Alcoholics Anonymous* or *Narcotics Anonymous* place an emphasis on sharing stories. When someone admits they are struggling, it is not defeat, it is empowerment.

When people speak truthfully, they regain a sense of control and freedom. Their stories don't just free them; they also humanize addiction, reminding the world that this is not about moral failure, but about a condition people can, and do, recover from.



courage

Dismantling Shame

Shame whispers in your ear: “You’re bad. You’re broken. You don’t deserve help.” It convinces people to hide, and it feeds relapse. Vulnerability interrupts this cycle.

When someone reframes openness as courage instead of weakness, shame loses its grip. Strategies like personal healing stories, mindfulness, self-compassion, and peer support help individuals rewrite their narratives. They begin to see themselves not as damaged, but as resilient humans in the process of rebuilding.

The Power of Being Seen

Recovery is about more than abstaining from substances. It’s about living authentically, with relationships, purpose, and connection. Vulnerability fuels this transformation.

Each time someone shares honestly and is met with empathy instead of rejection, resilience grows stronger. Every act of openness — whether it’s admitting a relapse, asking for help, or simply saying “I’m struggling” — reinforces the truth: I can face discomfort and survive it.

Relapse and struggles are not signs of weakness — they’re part of the recovery journey. When we are honest enough to admit setbacks, we open the door to support instead of slipping deeper into shame or isolation.

The Freedom Beyond Vulnerability

At the heart of it, recovery is not about perfection. It is about realness and courage in action. Vulnerability turns isolation into connection, shame into pride, and fear into resilience. And through it, lives can be rebuilt, one intentional moment at a time.


—

***Bryant** is a curious soul on an adventure to learn one new thing every day through travel, conversations or simply noticing the little lessons life offers along the way.*

Everyday Ways to Practice Vulnerability

Being vulnerable in recovery doesn’t have to be dramatic. It can simply mean showing up a little more honestly in daily life. Here are some gentle ways to start:

- **Talk it out in therapy** — Give yourself permission to name tough emotions or past experiences instead of holding them in.
- **Open up in peer groups** — Share honestly about cravings, fears, or small victories. Chances are, someone else feels the same way.
- **Be real with trusted people** — Let close friends or family see both your struggles and your progress. It deepens connection.
- **Expressing creativity** — Writing, painting, or music can help release what words sometimes can’t.
- **Check in with yourself** — Each day, remind yourself: “It’s okay to feel whatever I’m feeling today.”



Counting Our Blessings *or* How to Make Yourself Happy

Touted as sage advice, counting our blessings is not just folkloric bonhomie.

It turns out that writing down the good things that happen to us does help to make us feel better. Known by different names: a thanks list, three blessings, three good things, or a gratitude list, this practice is well-established.

In essence, it involves sitting down at the end of our day, to reflect on the day's events, and to write down three things that went well for us. We can choose any three, large – like a promotion – or small, such as bumping into a former colleague. And it is useful to say why these were positive for us.

Research has shown that about 40% of our happiness is accounted for by intentional activity whereas 50% is explained by genetics and 10% by circumstances (Lyubomirsky, Sheldon and Schkade). Hence, achieving and sustaining happiness is within our ability to manage, and

efforts to make us happier should focus on doing things purposefully.

It was Martin Seligman and Chris Peterson who conducted a groundbreaking study involving 577 people randomly assigned to different groups. One group, acting as a placebo, wrote every evening about childhood memories. Other groups had different assignments and one in particular was asked to list three things that had gone well for them that day.

The participants were given scales to measure their happiness levels. Within a month, the group who were assigned the three good things task showed improvements in their happiness levels, which lasted throughout the six-month study. There was no change in the other groups, although the placebo group reported a rise in happiness in their first week.

This technique has since been widely used and its efficacy corroborated.

One reason that the three good things strategy works is because it opposes the hard-wired human tendency to notice and remember the negative rather than the positive. We evolved in this way because it is critical to our survival. If a stray cat follows us, we may not give it much attention, but if it were a suspicious-looking adult, we would, and should.

This bias towards negativity, the need to look out for danger, can work against us. The three good things exercise helps us to refocus and look at positive things through a different lens.

Happiness is often defined as a feeling of gladness and contentment, suggesting increased insight, and therefore selecting and considering the important things in a person's life. The three things task helps us to relook at what matters to us, and not surprisingly small things can matter as much as large ones.

Small things like holding the lift for a neighbour or someone opening a door for us can lighten our hearts. And a colleague getting you coffee can delight.

Once you start finding these moments, and writing them down, it can become a habit.

When crisis hits, these moments may be harder to find. But if you persist, they can be effective, even in tough times, which an analysis of studies found out.

These micro-interventions cost nothing and do not make much of our time.

It can be worth a try to see whether they work for you.

It's hard to ignore the possibility that we can make ourselves happy.



MENU

What's cooking on the Dopamenu?

A common misconception about recovery is that it only involves abstinence from the addictive substance or behaviour — abstain from that behaviour, and all the other problems in your life will automatically go away.

That, however, isn't what recovery is about. It is a total upheaval of your previous life, replacing any form of toxicity with healthy habits.

The upheaval usually involves changing your habits, your perspectives, and sometimes even your circle of friends.

The friendship part is almost always met with huge resistance—especially if it's a circle of friends that has been around for years — but it is ultimately crucial if you've been engaging in any of those addictive behaviours with that group of friends.

The hardest thing to do, however, is a total change of life habits. Every person who has tried to kick a bad habit before knows—if you're trying to eat less sugar, you must use some willpower, find replacements, and perhaps even alter your route in a supermarket so you don't walk past the sweets section.

It's the same when it comes to addiction. One could argue that it's even harder.

When you enter recovery, you're bombarded with practical tips from counsellors and other well-meaning peers in recovery. While you don't have to take every tip on board, the sheer number can get pretty overwhelming.

Through the process of trial and error, each person in recovery will eventually arrive at a slate of new habits that work, and stick to them. Those who do not, however, will have a tougher time staying sober — it's not impossible for them, but it will be significantly harder.

Essentially, those who have developed new habits have curated a menu of habits. It is similar to the concept of developing a Dopamenu.

What is a Dopamenu?

The idea of a Dopamenu was popularized by **Jessica McCabe**, known for her YouTube channel *"How to ADHD"* and the book *How to ADHD: An Insider's Guide to Working With Your Brain (Not Against It)*, and **Eric Tivers**, a psychotherapist and founder of the podcast *"ADHD reWired."*

A Dopamenu is a personalized list of healthy activities that one can choose from when they need a dopamine boost. While the Dopamenu was conceived to aid those struggling with ADHD, it can also be useful for someone in addiction recovery.

In the days of active addiction, the brain is consistently flooded with dopamine from whatever substance or behaviour that person was addicted to. Without that boost, the brain must work to naturally regain its balance. Regaining balance can take months and, in some cases, years.

While the brain is recalibrating, the person in recovery will experience withdrawal symptoms like depression, anxiety, and anhedonia (inability to feel pleasure).

These withdrawal symptoms are typically the most intense in the early stages of recovery, and if not handled in the right manner, may end up in a relapse. This is why support is crucial, and a Dopamenu offers some of that support.

What's on the Menu?

This is an example of a menu:

<h1>DOPA MENU</h1>		
	<h3>STARTERS</h3> <p>QUICK DOPAMINE</p> <ul style="list-style-type: none">• Take a few deep breathes• Quick gym workout• Look for a recipe for dinner• Pin on my Pinterest Boards• Jump around to a high-energy song• Make a snack• Pet an animal• Make the bed• Do some dishes	<h3>MAINS</h3> <p>BIGGER BREAK</p> <ul style="list-style-type: none">• Read a book• Meet with a friend• Cook a meal• Visit a park or bird watching• Meditation• Go for a swim or a run• Go out for lunch or coffee• Have a bath• Put on nice makeup• Purge closet• Treadmill walk
	<h3>SIDES</h3> <p>HELP WITH TASKS</p> <ul style="list-style-type: none">• Listen to a podcast• Call a friend• Listen to music• Have a cookie• Tapping• Have a coffee or booster juice	<h3>DESSERT</h3> <p>SWEET SOMETIMES</p> <ul style="list-style-type: none">• Respond to emails from bed• Plan a holiday• Watch a movie or episode of TV• Karaoke• Game night with friends
		<h3>SPECIALS</h3> <p>BIG EVENT</p> <ul style="list-style-type: none">• Holiday• Go to the theater/concert• Visit a museum• Get a fun drink• Get a manicure or pedicure• Take a trip to a new destination

The menu is split up into different courses, like the normal menus you find in restaurants. And as with all food menus, you don't have to eat everything on the menu.

Take a look, and remember, what works for one person might not work for another, so don't be surprised if your menu looks very different.

You don't have to create a Dopamenu if you're in recovery, but it's useful to have one when the low moments come — and trust me, they will come.

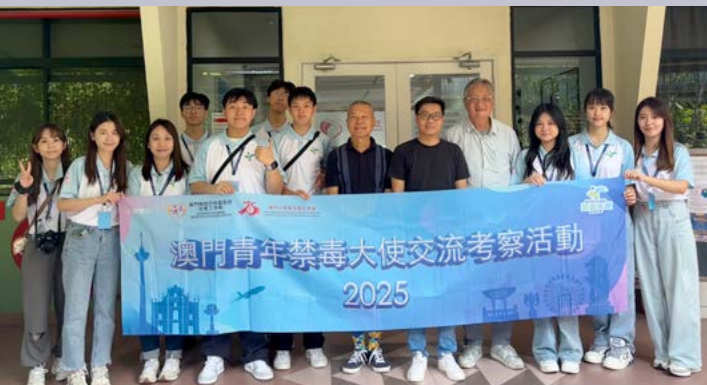
Even if someone enters recovery, it doesn't mean everything will be fine and dandy. The low points will continue, but the difference is in how they handle those challenging lows.

Instead of reaching for the substance or behaviour, you now have a whole host of activities that you can rely on — **a whole menu to feast on!**



HIGHLIGHTS

Here's what we've been up to so far, in **2025**!



General Association of Chinese Students from Macau



Inside Addiction Vapes & Kpods Talk



My Community



19th Finisher Awards

NCSS Social Service Summit TribeX





Singapore Garden Festival Orchid Show

SAGE Counselling Centre Ageing & Mental Health Symposium



Visit by SPS Eric Chua

Visit to Sembawang Hot Spring Park



Transforming Lives. Restoring Families.

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



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WE CARE aims to be the leading community hub of addiction recovery in Singapore.

We treat all forms of addictions, including alcohol, drugs, pornography, sex, gaming, internet and compulsive behaviours like shoplifting.

Our core services are:

- Counselling for recovering addicts and their families
- Educational and therapy programmes
- A drop-in centre
- A hub for recovery support groups
- Community outreach

For more information on what we do, please go to: www.wecare.org.sg

Counselling sessions are private and confidential.



Help is just a phone call away

If you have a problem with addiction, or if you know someone who has issues, call us at **3165 8017** or email help@wecare.org.sg

The first step in getting better is to ask for help

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The views of the writers may not reflect the views of the centre

WE CARE needs your help.

WE CARE Community Services Ltd is a registered charity.

We provide treatment for all forms of addictions and our services are open to persons 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 to individuals and families affected by addictions and compulsive behaviours.

As we are an approved Institution of 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

