

# WiShine Care and Connect

**APR - MAY 2019**

Thursdays: Apr 4, 11, 18, May 2, 9 (10 to 11.30 am)

Thursdays: May 9, 16, 23, 30, June 6 (3 to 4.30 pm)

Saturdays: Apr 27, May 11, 25 (10 am to 1 pm)

## What participants say

"The counsellor is able to connect and engage us. Really find the activities therapeutic and enjoyable. Materials were really useful. We were open to share out thoughts and our grief journey. So glad to have attended this programme."

Evelyn Seow, past participant

## What is Care and Connect?

The Care and Connect Group is a 3 to 5 week support group facilitated by a counsellor.

Topics cover roadmaps on coping with grief and building practical and social support.

To register call 6354 1941

For more information visit

[www.wicare.org.sg](http://www.wicare.org.sg)