



WiShine Care and Connect

January to March 2020

Tuesdays
(10am to 12pm)

- Jan 14, 21, 28, Feb 4, 11
- Mar 3, 10, 24, 31, Apr 7

Thursdays
(3 to 5pm)

- Jan 30, Feb 6, 13, 20, 27
- Mar 26, Apr 2, 9, 16, 23

What past 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 our thoughts & our grief journey. So glad to have attended this programme."

Evelyn Seow, past participant

About Care and Connect


The Care and Connect Group is a 4 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



WiShine

GRIEF COUNSELLING & SUPPORT SERVICES
FOR WIDOWS AGED 50 & ABOVE

What Past Participants Say

"The programme is well-planned and at times can be very insightful and thought provoking at the same time." Anna Yee

Grief Counselling

- Individual counselling
- Conducted by professional counsellors
- Include assessments and interventions

Care and Connect Group

- 3 to 5 weeks structured grief recovery programme
- Facilitated by a counsellor
- Include roadmaps to cope with grief, building practical and social support

Rebuild and Shine

- A guided reflection journey
- 6 to 8 months guided reflection
- Facilitated by volunteer widows on a one-on-one basis
- Include developing self awareness, positive coping strategies

WiShine at a glance

**>180 WIDOWS
ADMITTED TO
WISHINE**

**>600 HOURS OF
COUNSELLING &
GROUP THERAPY**

**22 CARE &
CONNECT
GROUPS RUN**

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Wi♥care