



*WiShine*  
**Care and Connect**  
**JUNE TO JULY 2019**

Tuesdays: Jun 25, Jul 2, 9, 16, 23 (3 to 4.30 pm)

Wednesdays: Jul 3, 10, 17, 24, 31 (10 to 11.30 am)

Thursdays: Jul 11, 18, 25, Aug 1, 8 (10 to 11.30 am)

#### **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)

# 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

**>130 WIDOWS  
ADMITTED TO  
WISHINE**

**>250 HOURS OF  
COUNSELLING &  
GROUP THERAPY**

**16 CARE &  
CONNECT  
GROUPS RUN**

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