



WiShine

Care and Connect

2019 MARCH TO APRIL

Tuesdays: Mar 5, 12, 26, Apr 2, 9 (3 to 4.30 pm)

Wednesdays: Mar 13, 27, Apr 3, 10, 17 (10 to 11.30 am)

Thursdays: Apr 4, 11, 18, 25, May 2, 9 (10 to 11.30 am)

Saturdays: Mar 30, Apr 6, 13 (9.30 am to 12.30 pm)

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 5-6 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

