

WiShine Care and Connect Group

2018

Tuesdays: Nov 13, 20, 27, Dec 4, 11 (3 to 4.30 pm)

2019

Tuesdays: Jan 8, 15, 22, 29, Feb 12 (3 to 4.30 pm)

Wednesdays: Jan 16, 23, 30, Feb 13, 20 (10 to 11.30 am)

Thursdays: Jan 10, 17, 23, 31, Feb 7, 14 (10 to 11.30 am)

Saturdays: Jan 12, 19, 26 (9 am to 12 pm)

“The programme is well-planned and at times can be very insightful, and thought provoking at the same time.” *Anna Yee, past participant*

To register
call 6354 1941

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.

Wicare Support Group

9 Bishan Place, Junction 8,
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Wi♥care