

## A. FAMILIES FOR LIFE@COMMUNITY (FFLC)

FFLC strengthens family ties and resilience, through bringing Family Life Education into community spaces. It aims to bring community-based ecosystem of support for families across life stages. As a regional anchor SSA, Fei Yue FFLC delivers evidence-based Marriage and Parenting programmes, coordinates efforts across community partners for a more concerted effort to support families; and refers families requiring more support to FSCs, SSOs and specialist centres.

### 1. PARENTING

Parenting Support Services aims to strengthen parent-child relationships, reduce difficult behaviours among their children and equip parents with knowledge, skills and confidence through the delivery of Positive Parenting Programme<sup>1</sup> ("Triple P") and Signposts<sup>2</sup>.

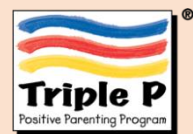
#### Services Include

- a) Webinars/ Seminars
- b) One to One consultation with a parenting coach
- c) Group work with a small group of parents
- d) Signpost Group Work for parents with children with special educational needs

**Tel:** 88694006

**Email:** [parenting@fyics.org](mailto:parenting@fyics.org)

**To register interest:** <https://go.fyics.org/PSS>



### 2. FAMILY CENTRAL – FAMILY LIFE EDUCATION

Family Central equips individuals and families with skills to effect positive life transformation and nurture positive family relationships. Family Central also runs customised programmes for corporates, community organisations and schools.

#### Programmes include:

- a) Marriage Preparation and Enrichment
- b) Family Bonding and Parenting
- c) Mental Wellness and Life Skills



**Tel:** 67341401

**Email:** [familycentral@fyics.org](mailto:familycentral@fyics.org)

**Website:** <https://www.family-central.sg/>

<sup>1</sup> Triple P is a parenting and family support programme to prevent children's behavioural and emotional problems. Parents who used Triple P strategies have reported reduced parenting stress and reduced child behavioural problems.

<sup>2</sup> Signposts is a programme designed to help parents understand and manage their children's difficult behaviours and to prevent further development of behavioural concerns.

## B. FAM@FSC (FEI YUE – CHOA CHU KANG)

FAM@FSC (Fei Yue – Choa Chu Kang) provides a range of support for families who encounter some challenges in their marriage, parenting and divorce issues. Families can approach FAM@FSC for transnational and early marriage preparation, parenting, and divorce workshops to gain knowledge and skills to build strong family relationships. For those who need more help, there is also counselling support. Referrals are welcomed.

### 1. MARRIAGE

It provides marital support services for transnational couples (Singaporeans marrying a non-residential/foreigner) and young couples (either partner is below 21 years or grooms aged 21-24 years). It works together with community partners and volunteers to serve these couples through provision of marital preparation programmes, workshops and social activities to build social support for the couples.

#### Services Include

- a) Marriage Preparation and Support Programme
- b) Friendship Programme
- c) Social Activities



**Tel:** 67690430/ 97508810

**Email:** [fam@fyics.org](mailto:fam@fyics.org)

**Website:** <https://www.fyics.org/our-work/family/transnationalfamily/>

### 2. DIVORCE

It provides a range of child-centric, family focused programmes and counselling services to manage the changes and transitory challenges pre, during and post-divorce.

#### Services Include

- a) Mandatory Parenting Programme
- b) Children in Between Groupwork (separate groups for parents and children)
- c) Counselling
- d) Therapeutic Support Groups

**Tel:** 6235 5229/ 9072 9698

**Email:** [fam@fyics.org](mailto:fam@fyics.org)

**Website:** <https://www.fyics.org/our-work/family/divorcesupport/>



### 3. FAMILY COUNSELLING

We help individuals, couples and families, discover and understand the issues and concerns they are experiencing, and explore ways to resolve their practical, social and emotional difficulties. We empower individuals, couples and families to take steps to improve family relationships and transform their lives. We encourage families to come forward early to discuss their challenges so that family relationship issues do not fester and deteriorate.

We serve families and their children who are Singaporeans, Permanent Residents and non-residents with at least one member of the family who is a Singapore Citizen or a Permanent Resident, living in Bukit Batok/ Bukit Panjang/ Choa Chu Kang/ Woodlands and Sembawang.

**Our counselling services are provided free.**

#### Counselling could include

- a) Marital issues
- b) Divorce issues
- c) Strained relationship with child(ren)
- d) Conflicts with family members



**Tel:** 6235 5229/ 9072 9698

**Email:** [fam@fyics.org](mailto:fam@fyics.org)

**Website:** <https://www.fyics.org/our-work/counselling/>

## C. FEI YUE – KIDSTART

### KIDSTART

KidSTART is a programme for children (from conception to 6 years old) from low-income families to enable them to have a good start in life. KidSTART programme supports parents with child development, coordinate and strengthen holistic support for families where needed, and monitors the developmental progress of children from birth onwards.

#### This includes

- a) Addressing barriers related to poor preschool attendance
- b) Referrals to other support programmes to meet their developmental needs

**Tel:** 6769 0430/ 8770 0299

**Email:** [ksa@fyics.org](mailto:ksa@fyics.org)

**Website:** <https://www.fyics.org/our-work/children/kidstart/>



## D. FEI YUE YOUTH SERVICES

### 1. PROJECT 180 @ BUKIT BATOK

**Project 180@Bukit Batok is a youth service centre by Fei Yue Community Services. It is one of the appointed Integrated Service Providers (ISP) by MSF to run a suite of MSF funded programmes for youths. Project180 @ Bukit Batok provides ISP services for Bukit Batok, Bukit Panjang and Choa Chu Kang.**

#### **Programmes and Services offered:**

- a) Guidance Programme (ISP)
- b) Enhanced Step Up (ISP)
- c) eC2 online counselling
- d) Triage (ISP)
- e) Theft Intervention Programme (ISP)
- f) Youth Talks and Workshops

#### **For ISP general enquiries + Youth talks and workshops**

Name of contact person: Denise Gladwyn-Ng

Tel: 93753206

Email: [denisegladwynng@fycs.org](mailto:denisegladwynng@fycs.org)

#### **a) Guidance Programme (ISP)**

Name of contact person: Andrea Ong

Tel: 8714 1452

Email: [andreaong@fycs.org](mailto:andreaong@fycs.org)

#### **b) Enhanced Step Up (ESU)**

Name of contact person: Andria Choo

Tel: 85115100

Email: [choozixin@fycs.org](mailto:choozixin@fycs.org)

#### **c) eC2 Online Counselling**

Name of contact person: Yeo Hui Teng

Tel: 64221598

Email: [yeohuiteng@fycs.org](mailto:yeohuiteng@fycs.org)



## 2. YOUTH GO!

Youth GO! Programme (YGP) is a street outreach programme funded by Central Youth Guidance Office (CYGO). The key objectives of Youth GO! are to support at-risk youth so that they will be meaningfully engaged either in their studies or work, stay crime-free and able to solve problems and be resilient individuals.

YGP serves youths 12-21 years old who are:

- a) Out-of-school youths (OSYs) and not engaged in meaningful work.
- b) School students with high absenteeism and/or youths who opted or dropped out of the ESU; or
- c) Youths who have completed the Guidance Programme (GP), Enhanced Step Up (ESU), Streetwise Programme (SWP) and Probation, but require further support upon completion of the programme.

### Programmes and Services offered:

- a) Outreach Work
- b) Casework and Intervention

### Bukit Batok and Choa Chu Kang

Name of contact person: Rachel Loh

Tel: 9636 0158

Email: [rachelloh@fyys.org](mailto:rachelloh@fyys.org)

### Bukit Panjang

Name of contact person: Kelly Neo

Tel: 9755 8077

Email: [kellyneo@fyys.org](mailto:kellyneo@fyys.org)



## E. FEI YUE COMMUNITY MENTAL HEALTH

Fei Yue Community Mental Health Department (CMH) provides mental health support to clients and caregivers in the community. The programmes are funded by Agency Integrated Care (AIC). The programmes include:

### 1. COMMUNITY INTERVENTION TEAM (COMIT)

COMIT is an allied health team consisting of social workers, counsellors or psychologist. It aims to provide a holistic service focused on improving the quality of life of clients with mental health condition and their caregivers through psycho-social therapeutic intervention, counselling and psychoeducation, so that they can live and age well at home and in the community.

Name of contact person: Elliot Soh

Tel: 6661 9488

Email: [comit@fyys.org](mailto:comit@fyys.org)

Website: <https://www.fyys.org/our-work/healthcare-related/comit/>



### 2. COMMUNITY RESOURCE, ENGAGEMENT & SUPPORT TEAM (CREST @CCK)

It provides a vital link between older adults, seniors, their caregivers, and mental health support networks. CREST identifies older persons who have or are suspected to have conditions (e.g., dementia, depression) for early intervention, monitoring, and relevant service linkages.

Name of contact person: Matthew Koh

Email: [crest@fyys.org](mailto:crest@fyys.org)

Website: <https://www.fyys.org/our-work/healthcare-related/crest/>



Current CREST Fei Yue Teams in the specified service boundaries:

- CREST Fei Yue @ Bukit Panjang (Bukit Panjang / Cashew / Zhenghua)
- CREST Fei Yue @ Choa Chu Kang (Choa Chu Kang / Keat Hong / Limbang / Yew Tee)
- CREST @ Clementi & Ulu Pandan (Clementi / Ulu Pandan)
- CREST-SS Fei Yue@ Queenstown (Queenstown / Buona Vista)
- CREST Fei Yue @ Ang Mo kio-Hougang and Hougang (Hougang / Ang mo kio-Hougang)
- CREST Fei Yue @ Serangoon and Paya Lebar (Serangoon / Paya Lebar)