

FRCS Family Service Centre (FRCS FSC)
Recent Activities



SuperMIND! – A Mindfulness-Based Relapse Prevention Workshop (4th run): 16 and 23 August 2024
These sessions were conducted for participants to be exposed to mindfulness practices that enhance a sense of acceptance and assist in relapse prevention of addiction behaviours stemming from alcohol use disorder.



FundHEROES! (3rd run): 17 August to 7 September 2024
An intervention-based support group to educate participants to identify and challenge negative or irrational thoughts related to finances, and to practice reframing these thoughts in a more realistic and positive manner through structured activities.



Singapore Management University Community Service Fair 2024: 27 and 28 August 2024
Our SG Cares Volunteer Centre (VC) @ Clementi participated in the event to promote the VC's regular and longer-term community service opportunities in Clementi town.



FRCS FCS Upcoming Activities



SuperME! – Men's Edition (2nd run): 16 October 2024 to 22 April 2025
This upcoming run of psycho-educational group for men will focus on addressing and exploring coping strategies as well as identifying protective factors for family issues that the participants are experiencing.



SuperME! – EmpowerHER (Pilot): 19 October to 30 November 2024
We will be running a support group for women with the aim of providing a caring and empowering environment where they can connect, share experiences, and support each other's personal growth.



SuperFESTIVE! (Deepavali 2024 edition): 26 October 2024
An initiative to support multi-challenged families during the festive periods where we will be bringing children aged 6 to 16 years old and their family members/caregivers out to purchase festive items. Prior to the shopping trip, we will be conducting a budgeting workshop to inculcate financial literacy skills in the children.

Focused Intervention Team (FIT) for Early Childhood and Parenting (ECP)

Our FIT for ECP will be running a Parent-Child Grow programme for families with children aged 0 to 12 using Triple P (Positive Parenting Programme) framework. Slated to start from mid-October 2024, this initiative will run till January 2025 and involve monthly engagement sessions with parents/caregivers to equip them with techniques to promote their children's psychological, social and emotional competence.

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FRCS Active Ageing Centre s

Rummikub Competition FRCS AAC, together with 5 other senior activity centres in the western part of Singapore, participated in a Rummikub competition. The event saw a total of 56 competitors. Mdm Grace Ho from FRCS AAC achieved an impressive 3rd place.