

**INTERESTED IN OUR
PROGRAMMES?**

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HERE:**



**THYE HUA KWAN
MORAL CHARITIES**

太和堂 THK

THK FAMILY SERVICES

GROUPWORK FY24/25

WHERE WONDER & MAGIC HAPPEN

A unique heartfelt group experience through a synergised approach

BROTHERHOOD



“To be a better man.”

OUTCOME

- Skills in emotion management.
- Gain deeper insights of self.
- Repair relationships with self and loved ones in a safe and trusting environment.

TOPICS COVERED

- What matters most to us?
- Intent and actions
- Emotional regulation strategies
- Communication skills
- What influences behavior
- Restoring relationship with self and loved ones

PROGRAMME DURATION

- July 2024 to February 2025
- Saturday afternoons (3-week intervals)

REGISTRATION PERIOD

- Opens throughout the year

WHO IS THIS FOR?

Males who are experiencing aggression with their loved ones and are motivated to work on themselves and their relationships with others.

CONTACT

THK Family Service Centre @ Bedok North
Tel: 6449 1440 / 9487 2880
Email: bnfsc@thkmc.org.sg / benang@thkmc.org.sg

“ Make
Transitions
Positive. ”

WHO IS THIS FOR?

Parents who need support managing one or more of the following, as a result of separation or divorce - conflict with your co-parent, coping with emotions, or managing your child's behaviour problem.

OUTCOME

Increase parental competence and confidence in managing changes with regard to separation and divorce.

CONTACT

THK Centre for Family Harmony @ Commonwealth
Tel: 6357 9188 / 6716 9466 / 8418 3617
E-mail: timothychev@thkmc.org.sg /
naguib@thkmc.org.sg / weiteck.ho@thkmc.org.sg



TOPICS COVERED

- Divorce - a family transition
- Coping with difficult emotions
- Managing conflict
- Balancing work, family and play

PROGRAMME DURATION

- 27 April 2024 to 22 June 2024

REGISTRATION PERIOD

- Closes in February 2024

FLOURISHING IN CONFIDENCE



“ To foster confidence and self-worth
in every woman we meet.
Strength in communities. ”

OUTCOME

- Enhance self-efficacy
- Increase in self-worth
- Improve mood / emotional condition
- Increase social connectedness

WHO IS THIS FOR?

Females to strengthen their confidence and self-worth by improving their emotional well-being and social connectedness.

TOPICS COVERED

- Confidence-Building
- Self-regulation & Coping Helpful Thinking Styles
- Enhancing social skills through fostering connections with fellow participants
- Conflict resolution

PROGRAMME DURATION

- September 2024 to February 2025

REGISTRATION PERIOD

- 15 May 2024 to 31 August 2024

CONTACT

THK Family Service Centre @ Jurong

Tel: 6716 9466

Email: jurongfsc@thkmc.org.sg /

safiah.abdullah@thkmc.org.sg /

sarahkf@thkmc.org.sg

“ Breaking barriers, building bridges, and navigating life together positively. ”



WHO IS THIS FOR?

Youths in secondary school. A mentoring programme focused on youth mental health and their well-being.

TOPICS COVERED

- Understanding Mental Health
- Understanding Emotions
- Managing Emotions
- Managing Stress and Worries
- Understanding Identity
- Navigating Decisions
- Supporting One Another
- Navigating the Process

CONTACT

THK Family Service Centre @ Jurong
Tel: 6716 9466
Email: jurongfsc@thkmc.org.sg

OUTCOME

- Enhance youth mental wellness and resiliency
- Increase knowledge on mental health
- Imparting skillset to provide support to peers

PROGRAMME DURATION

- January 2024 to November 2024

REGISTRATION PERIOD

- Open only by recommendation from individual secondary schools.

“ Courage is not letting your actions be influenced by your fears. ”

WHO IS THIS FOR?

Children aged between 7 and 12 years old who have experienced or witnessed family violence.

TOPICS COVERED

- Psychoeducation on family violence
- Restoring safety and building a personalised safety net
- Understand emotions and enhance capacity for emotional regulation
- Develop prosocial skills and form healthy interpersonal relationships

CONTACT

THK Family Service Centre @ Bukit Panjang

Tel: 6767 1740 / 8855 4781

Email: bpfsc@thkmc.org.sg / simin.tan@thkmc.org.sg



OUTCOME

- Define, identify and build a safe environment.
- Gain awareness and knowledge about adaptive coping mechanisms and apply them.
- Reach out to and receive support from peers, facilitators and family members.

PROGRAMME DURATION

- May 2024 to June 2024
- 27 May, 30 May, 3 June, 6 June, 10 June, 13 June, 18 June and 20 June 2024.

REGISTRATION PERIOD

- 2 April to 26 April 2024

“ Courage is never letting your actions be influenced by your fears. ”



WHO IS THIS FOR?

Children aged between 7 and 12 years old who have experienced or witnessed family violence.

TOPICS COVERED

- Psychoeducation on family violence
- Restoring safety and building a personalised safety net
- Understand emotions and enhance capacity for emotional regulation
- Develop prosocial skills and form healthy interpersonal relationships

CONTACT

THK Family Service Centre @ Tanjong Pagar
Tel: 6270 6711 / 8718 8454
Email: tpfsc@thkmc.org.sg /
venustangxiaofeng@thkmc.org.sg

OUTCOME

- Improve emotional regulation to cope with distress.
- Increase prosocial behaviors to improve peer relationships.
- Develop resilience and a positive sense of self.

PROGRAMME DURATION

- November 2024 to December 2024

REGISTRATION PERIOD

- August 2024 to September 2024

THE HAPPY KAKIS



“

*Man Searching For
Meaning.* ”

WHO IS THIS FOR?

Individuals aged 50 and above to discover their purpose in life.

TOPICS COVERED

- Seven Connection Habits vs Seven Controlling Habits. Choice Theory.
- My Creations. Influenced by Logotherapy by Dr. Viktor Frankl.
- My encounters and experiences. Influenced by Logotherapy by Dr. Viktor Frankl.
- Happiness. To be ensued not pursued
- The Velveteen Rabbit (Attitudinal values)
- Renewal of meaning in life.

OUTCOME

To live their life true to their values (meaning) and purpose in life.

PROGRAMME DURATION

- 5 June 2024 to 21 August 2024

REGISTRATION PERIOD

- Opens throughout the year

CONTACT

THK Family Service Centre @ Tanjong Pagar

Tel: 6270 6711 / 8718 8439

Email: tpfsc@thkmc.org.sg / odelia.teo@thkmc.org.sg

OUR KELUARGA



WHO IS THIS FOR?

Families with members currently OR recently incarcerated due to drug abuse (within the past 3 years).

CONTACT

THK Family Service Centre @ Bedok North
Tel: 6449 1440 / 9487 2846
Email: bnfsc@thkmc.org.sg / dylanlong@thkmc.org.sg

“ The remedy to
addiction is connection. ”

OUTCOME

- Prevent drug relapse in individuals.
- Strengthen family relationships.
- Build positive community, increase support for individual and families.

TOPICS COVERED

- Understanding triggers of drug use
- Impact of drug use on family
- Reintegration & coping with relapse
- Strengthening communication with family

PROGRAMME DURATION

- September 2024 to February 2025
- Saturday Afternoons (3-week intervals)

REGISTRATION PERIOD

- July 2024 to August 2024

SIMCHARGE



“
Empowering
Single
Mothers!
”

WHO IS THIS FOR?

Single mothers/female caregivers who are facing challenges in their journey and wants to seek group support.

CONTACT

THK Family Service Centre @ MacPherson

Tel: 6741 4255 / 8778 8734

Email: macfsc@thkmc.org.sg / chee.ning@thkmc.org.sg

TOPICS COVERED

- Self-compassion
- Dealing with issues & Managing emotions
- Exploring strengths
- Stigmatization and challenges
- Parenting
- Building group and Family Dynamics

OUTCOME

- Fostering community support through similar shared challenges and experiences with other single mothers / female caregivers.
- Empowering single mothers / female caregivers in enhancing their resilience and knowledge.
- Improving bonding and positive communication between child and single mothers / female caregivers.

PROGRAMME DURATION

- 6 July 2024 to 9 November 2024
- Every Saturday afternoon

REGISTRATION PERIOD

- May 2024

BROTHERHOOD



Empowering men experiencing aggression within their relationships to better themselves and enhance connection with their loved ones.

Enabling parents to gain confidence and competence in navigating the challenges of separation and divorce.



Supporting females in strengthening their confidence and self-worth by improving their emotional well-being and social connectedness.



Promoting youth mental wellness and resiliency through increasing knowledge and imparting skillsets to provide support to peers in need around them.

THE HAPPY KAKIS



Guiding the elderly to better understand their own experiences towards ageing and rediscover their purpose in life.

THE COURAGE CIRCLE



Encouraging children impacted by family violence to develop coping skills, build positive self-esteem, and foster healthy relationships.

OUR KELUARGA



Supporting families impacted by incarceration related to drugs by equipping members with skills to navigate reintegration, prevent drug relapse, and improve their family relationships.

SIMCHARGE



Empowering female single parents in their efforts to strengthen their social and emotional well-being and increase their support network.