



## You Are Why

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### FAMILY LIFE CENTRE

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# Community = Commune + Unity

Mr Patrick Wee, Committee Member of Family Life Centre

What does it mean to be part of a community? Take a moment to think and realize - a community is more than just houses on a street, more than roads, buildings, schools and shops. It's about the people. Without people, there can be no community. It is the people in a community that help make the place we live and raise our families better, healthier, safer and friendlier. And it can all start with one person - YOU! You, who can bring value to another, with your time, talent and/or money - no matter how little it may be.

As individuals, we are all members who belong to a community and have to be active within it. "Living in community" and participating within a community is a responsibility. It's your ability to respond, positively - to those around you, for better or for worse.

Does it really matter? Definitely, as it talks about value, or as some might put it - values. In Martin H

Fisher's case, he states - A machine has value only as it produces more than it consumes - so check your value to the community. What was it you produced that was of value to another? What can you produce that can be of value to another? What might seem insignificant to you might likely be significant to those around you.

When is a good time to re-adjust and re-align? Now, of course! Time to redeem for lost works. Too many years have passed without having done that. Time management, Money management and Talent management can be improved to reconnect your relationships and the community.

In a nutshell, I propose that "Community is to be in close rapport, united in spirit, purpose and harmony with each another. And don't just stop there; start looking into the interests of one another in the community."

At **Family Life Centre**, we invite you to join us, as we remain committed in our vision and mission to nurture a caring society and promote family cohesiveness with total community concern services. Start working to have a life of significance. We value you, to ask of you, to value those in the community - just as you are part of that community. Exercise the ability to respond positively and actively, to **commune with unity!**

*Community is to be in close rapport, united in spirit, purpose and harmony with each another. And don't just stop there; start looking into the interests of one another in the community.*

## Upcoming Courses!

PREPARE/ENRICH One-Day Accreditation Workshop

**Date : 23 Oct 2010 (Sat)**

Fee: \$480

60% VCF applies for eligible applicants

Behaviour Therapy\*

**Date : 25 Sep 2010 (Sat)**

Fee: \$350

60% VCF applies for eligible applicants

Psychosynthesis Dynamics in Therapeutic Work\*

**Date : 2 Oct 2010 (Sat)**

Fee: \$400

60% VCF applies for eligible applicants

Certificate in People-Helping Skills\*

**Date : 17, 18 Sep 2010**

**(Fri & Sat)**

Fee: \$400

80% VCF applies for eligible applicants

\* COURSES ENDORSED BY



Time: **9am - 5pm**

Venue : Training Room @ FLC- Address: 167 Geylang Road #03-06

Call **6846 2061** to register or enquire! | [www.familylifectre.org](http://www.familylifectre.org)

# FLC FLASHBACK

**5-7 March 2010  
Camp Tough (Bedok Green Sec School)**



Harsh physical trainings and insightful lessons on choices and anger management, fun activities to grasp the importance of team work as well as individual efforts, and realizing that their parents care and they too love & miss them...

These are the rollercoaster of mixed emotions **CAMP TOUGH** can evoke for



both the campers and coordinators alike. We may be showing them the right of way; but how they walk the path is on their own. We are all constantly learning and evolving.

*“Life itself will be our best teacher.”*

~ SELINA WEE

**1 June 2010  
Family Wellness Forum**

Sponsored by: **Yeo-Leong & Peh LLC**  
and  
**ipac financial planning Singapore pte ltd**

“ True success in life is not about being failure-free, but based on our ‘Bounce-ability’ to manage setbacks. It is graded absolutely on **Cognitive, Emotive and Affective Resilience.**”

~ Mr David Kan, Executive Director & Co-Founder of Family Life Centre



(From Left) Ms Shikha Gaur (forum speaker from ipac financial planning Singapore pte ltd), Dr PJ John, Mr David Kan, Mr T Rajagopal, Mr Nigel Ho & Ms Ainie Aziz (representative from Yeo-Leong & Peh LLC)

# ANNOUNCEMENT

Family Life Centre has been granted the status of  
IPC (Institute of Public Character)  
with effect from 1 Aug 2010.

*Donations above S\$50 shall be entitled to tax-exemption.*

\* We look forward to your continuous support! \*

## THANK YOU, FLC!



On 27th March 2010, my family and I excitedly turned up for our date with Family Life Centre (FLC) to go for a National Museum Excursion, featuring “*The Quest for Immortality: The World of Ancient Egypt*”. We were welcomed by a group of students from Republic Polytechnic and they were our tour guides and buddies for the day. The experience was awesome and we were fascinated by the unique mummies, carved tombstones and carved stones dolls that were displayed at the exhibition halls. We had a great time with our buddies while sharing each other’s thoughts about new things that we discovered in the museum. During the finale of our outing, the RP students even showcased their cheerleading dance for us and it was an excellent performance from the back-flips to the star-jumps; everything was indeed terrific! We ended the outing with a sumptuous lunch.

My family and I were simply grateful for the opportunity to join this outing, jointly organised by Family Life Centre and Republic Polytechnic. Thank you for a memorable and educational outing for my family, which, on our own, may not have been possible at all!

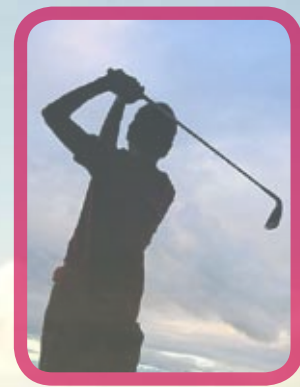
*Love from,  
Siti Hajar*

(A beneficiary of Family Life Centre)

*“If you have love in your life it can make up for a great many things you lack,  
If you don’t have it, no matter what else there is... it’s not enough.”*

*~ Ann Landers*

# CHARITY GOLF 8 SEPTEMBER 2010



Venue: Sentosa Golf Club  
(Tanjong Course)

**Guest of Honour: Mr Lee Yi Shyan**  
**Minister of State**  
**Ministry of Trade and Industry**  
**Ministry of Manpower**

Supported By

**The Lions Club of Singapore Vanda**

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**Tote Board & Singapore Pools (Pte) Ltd**

**Keppel Fels Limited**

**Lee Foundation**

Gold Sponsor

**Far East Organization**

## Charity Car Wash @ North Vista Primary School

**11 September 2010 (Sat)**

**10am - 5pm**

**Coupons at \$10 each.**

**GET YOUR TICKETS  
NOW!**

**CHARITY  
CAR WASH**

Venue: North Vista Primary School  
(20 Compassvale Link, 544974)

Date: 11 September 2010

Time: 10am to 5pm

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