



You Are Why

A Family Bulletin published by Family Life Centre
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FAMILY LIFE CENTRE

745 Toa Payoh Lorong 5
#01-00 The Actuary S(319455)
T 315 20 531 / 532 | F 315 20 521
lifectre@singnet.com.sg
www.familylifectre.org

WE NEED YOU !

Mr Christopher Chee, Chairman of Family Life Centre (2011)

Time flies as October arrives, the celebration of 'Hari Raya Aidilfitri' was just over and in a twinkling of an eye, we will be celebrating Deepavali followed by Christmas in December.

The world is changing at an accelerated rate. Many historians, sociologists and journalists have expressed concern in recent years about the rapid changes. They tell us that today's world is changing faster than you can imagine, unlike anything past generations had ever witnessed.

The following are but a few of the social landscapes that we're facing in the contemporary lifestyle, namely, (i) increased pace of life, (ii) everyone is getting busier than ever, (iii) life is becoming more complex and complicated, (iv) families are structured- and thus functioning – differently, (v) 'Traditional' beliefs and values are being challenged and changed, (vi) our sense of community and 'kampong spirit' are disappearing, (vii) financial hardship and job loss are on the rise.

I had personally witnessed how these changes had caused a great deal of stress and anxiety, especially in the marginalised families that we have been helping. These families sure could do with the assistance and support that Family Life Centre can offer.

It is a tremendous privilege to serve as the new Chairman of Family Life Centre's Board of Committee, in the role which was previously undertaken by Dr PJ John. I would like to take this opportunity to thank Dr John for his commendable leadership and dedication to Family Life Centre all these years. Our gratitude and appreciation also go to Mr Robin Foo and Mr Kelvin Goh, who had served on the board for the last few years. With that said, we welcome Mr Eugene Chong and Mr Stephen Choon to our board as committee members.

We at Family Life Centre do wish we can do more for our society. However, we need manpower and volunteers to help. We also need financial support to help them with their needs. You are the answer to their cry.

Family Life Centre has much to offer. If you have the interest and passion, do come and be a part of us!

We need you!

(right) **Mr Lee Yi Shyan** (Minister of State for Ministry of Manpower & Trade and Industry, MP for East Coast GRC) with FLC's chairman **Mr Christopher Chee**, blessing the residents of Kg Chai Chee at a food aid distribution at Kg Chai Chee Community Centre.



FLC FLASHBACK

Making an
Impact
in the
Community!

Food Aid Distribution to the elderly and needy August 2011



FLC's chairman Mr Christopher Chee helping an elderly and blessing the needy with Ang Pows at the food aid distributions.



Family First Wellness Programme North Vista Primary School (Sep 2011)



Parents and children of NVPS having a good time at the workshops organised by Family Life Centre. They participated in family-bonding activities and came to understand the importance of family relationships, despite their financial difficulties.



CARICATURE CONNEX: DRAWING OUT YOUR FAMILY'S BEST

September 3, 10, 17

Venue: Kg Chai Chee Community Centre

Family
Bonding
Activities



SUPPORTED BY:



Upcoming Workshop

Psychosynthesis Dynamics in Therapeutic Work

Guiding Techniques to Promote Self-Orientation and Personal Growth

Date : **26 November 2011 (Sat)**

Time: 9am- 5pm

Topics:

- * Introduction and Overview of Psychosynthesis Model – Principles & Values
- * Basics of Personal Psychosynthesis – Centering, Dialogues and Mental Imagery
- * Multiplicity in the personality – The 'I' and a sense of identity ; Sub-Personalities and Will
- * 'Higher' Self Awareness Exercise
- * Psychosynthesis Counselling - Initial Contact & Cyclical Process
- * Exploring Transpersonal Dimensions and Techniques – The creative use of pain, crisis, and failure
- * The Closure Process – Completion of Therapeutic Relationship

Cost fee: S\$400
(Pre-Approved VCF 60% funding,
less \$240)
Nett Fee after VCF = \$160 *
Terms & Conditions Apply.
Please call to enquire.

Pre-Requisites:
Participants should possess basic understanding of Counselling or working experience in Counselling/ Psychotherapy fields.

FAMILY LIFE CENTRE'S NEW BOARD OF COMMITTEE (2011-2012)

CHAIRMAN:	MR CHRISTOPHER CHEE
Vice CHAIRMAN:	Ms CAROLINE THIO
HONARARY SECRETARY:	MR T RAJAGOPAL
HONORARY TREASURER:	Ms LILY ANTONY
MEMBERS:	MR PATRICK WEE MR EUGENE CHONG MR STEPHEN CHOON

Family Life Centre thanks past exco-members for their contribution and guidance, and welcomes the new board members to a more exciting and passionate term ahead!

SENIOR ADVISOR: DR PJ JOHN
ADVISOR: CAPTAIN ROBIN FOO

UPCOMING Courses!



Workshop: **Become an "Adversity-Proof" Executive**

1

Date : 29 Oct 2011 (Sat)
Time: 9am-5pm
Fee: \$80

Workshop: **Psychosynthesis Dynamics in Therapeutic Work ***

3

Date : 26 Nov 2011 (Sat)
Time: 9am-5pm
Fee: \$400 *VCF Subsidy Pre-Approved
Terms & Conditions Apply

PREPARE/ENRICH One-Day Accreditation Workshop

2

Date : 5 Nov 2011 (Sat)
Time: 9am-5pm
Fee: \$480

* COURSES ENDORSED BY



For information and registration details, please visit:

www.familylifectre.org

Editorial Team:

Chief Editor
David Kan

Design & Concept
Elise Ho



Family Life Centre

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