

7, 14, 21, 28 Mar & 4, 11, 18, 25 Apr 2019

Fees: Free!

In-house Sessions (Weekly)



TIME:

2.30-4.30pm

VENUE:

Agape Village
7A Lorong 8 Toa Payoh
#04-01
Singapore 319264

TARGET AUDIENCE:

For youths aged between 18 to 30 with stabilised/existing mental health conditions

TO REGISTER:

Call: 6757 7990
Or Email:
rebecca.oh@clarity-singapore.org

Better & Happier programme is designed to engage youths with mental health needs in different activities to achieve mental wellness. This programme aims to empower the participants to form a safe and resilient community.

The objectives are to increase **self-awareness** and awareness of the importance of **mental wellness**, to increase the ability to build **resilience**, and to enable youths find their purpose and meaning in their own journey.

Session Topics:

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|--------|--------------------------|
| 07 Mar | Taking Care of Yourself |
| 14 Mar | Finding Strengths |
| 21 Mar | Coping with Stress |
| 28 Mar | Regulating Emotions |
| 04 Apr | Communicating Boundaries |
| 11 Apr | Managing Relationships |
| 18 Apr | Dealing with Losses |
| 25 Apr | Living with Purpose |



Clarity Singapore is a Catholic charity that lights the way to mental well-being