

5, 12, 19, 26 Sep & 3, 10, 17, 24 Oct 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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| 05 Sep | Taking Care of Yourself |
| 12 Sep | Finding Strengths |
| 19 Sep | Coping with Stress |
| 26 Sep | Regulating Emotions |
| 03 Oct | Communicating Boundaries |
| 10 Oct | Managing Relationships |
| 17 Oct | Dealing with Losses |
| 24 Oct | Living with Purpose |



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