



# SPACE BAH

**10AM - 12PM**  
**13, 27 APR / 4 MAY**

**HAVE DIFFICULTY  
SLEEPING?**

**IRRITABLE OR  
HAVE LOW MOODS  
IN THE DAY?**

**SPACEBAH AIMS TO HELP YOUTHS WITH  
MENTAL HEALTH NEEDS IMPROVE THEIR  
SLEEP QUALITY AND MAKE LASTING  
CHANGES TO THEIR SLEEPING HABITS**

**JOIN US TODAY!**

**AGAPE VILLAGE  
7A LORONG 8 TOA PA40H  
SINGAPORE 319264  
ART THERAPY ROOM  
LEVEL 2**

**TO REGISTER:  
CALL: 6757 7990  
OR EMAIL:  
ASK@CLARITY-SINGAPORE.ORG**