



## YEAR END CHRISTMAS PARTY FOR MIGRANT FAMILIES AND INDIVIDUALS

Comprising mainly of transnational families and spouses, Case Management clients were treated to a night of fun and family bonding. Through games, caroling and dance, adults and children spent the night joyfully and peacefully away from their daily challenges.



## STRESS MANAGEMENT WORKSHOP FOR MIGRANT ADULTS

In collaboration with Clarity Singapore, the workshop touched on different aspects of stress and how to manage. Be it through having self-care days or doing things that they enjoy. The adults also learned about the different love languages and how by understanding this it can help strengthen relationships between family members.

***"We can vent it out and release stress and talk about it in a productive way. Through this workshop, everyone can help each other,"***

a participant\* of the workshop shared.



## ART THERAPY WORKSHOP FOR CHILDREN OF TRANSNATIONAL FAMILIES

The workshop was conducted by The Red Pencil Singapore. Having to deal with change can be discouraging or unsettling for children who just moved to Singapore or who are part of blended families.

Through the session, the facilitator reminded the children that in the midst of the storms and hardships, they still possess the power to turn the situation around and improve it.

The children immersed themselves in the world of art. Having a blank canvas with a plethora of art supplies gave them a platform for them to explore their emotions and express the struggles they had tied up in their hearts.

\*Names and faces have been omitted and blurred for the privacy of our clients.