

New Rainbow Support Group (English Workshop) 2012 Scheduled Dates

Dates

February 22, 29

March 7, 14, 21

Five Meetings on Wednesday Evenings

Time

7.00pm to 9.45pm

Venue

Care Corner Counselling Centre
62B Lor 4 Toa Payoh #02-143 (312062)

Group Size

10 - 12 persons

Fee

S\$120 (including materials & refreshments)

Eligibility

Only for married women struggling to heal and recover from the trauma of an affair.



Marriage is a journey: Either it is smooth and peaceful, loving and lively or rough and patchy, stormy and lifeless. And who decides the end of the road? *He says they were going on different paths. She says they were really headed for different places. We could not find a way to stay together. Could we?*

An affair is like a storm set into the path of marriage. Its damaging and destructive effect could render the marriage relationship in brokenness and out-of-control. Is your marriage going through stormy times at the onset of an affair? Seek help for yourself in order to wade through the unbearable pain and struggles.

Our New Rainbow Support Group is specifically designed for married women struggling to heal and recover from the trauma of an affair. We provide a platform for you to deal with the crisis of your relationship, to move beyond the emotional pain towards a new growth in your life.

Participants' Experiences...

"I found the Support Group helpful as we were able to speak freely about how we felt and be understood. The sharing of our experiences was useful in making me reflect on myself."

"I felt that I was not alone. I appreciated the validation and understanding which I received from the others. It is different from talking to those who have not gone through the same experience."

"It was the best decision I'd ever made to join the Support Group. With people who really understood what I'd gone through, it helped me find my feet again."

Objectives

- Handling uncontrollable emotional pains
- Understanding the impact of the affair
- Understanding the triangular relationship (You, the 3rd party and your spouse)
- Learning appropriate responses to the affair
- Avoiding the trap of power struggle
- Handling a hidden affair
- Ending the affair
- Forgiving and trusting again
- Overcoming mistrust
- Rebuilding self-esteem and self-worth
- Learning appropriate responses to your children and family

Group Facilitators

Cindy Loh is a trained counsellor providing clinical counselling for individuals, couples and families, facilitating group therapy, giving public talks, conducting personal growth and marriage workshops as well as training in counselling skills and theories. She graduated with a Masters in Counselling and is currently a Registered Counsellor with The Singapore Association for Counselling.

Application Form

Name: _____

Age: _____ Religion: _____

Occupation: _____

Education: _____

Address: _____

Tel: (Home) _____ (HP) _____

Marital Status:
Separated/Married/Divorced/Widow/Others: _____

a) When did this happen? _____

b) Have you joined similar group before? Yes / No

c) Have you sought any help before? Yes / No
If Yes, please state:

d) How did you come to know about our Support Group?

e) What is your expectation from the group?

f) What do you hope to achieve?

g) Can you keep the group's information confidential?
Yes / No / Not Sure

Please mail your application form and the cheque to:
Care Corner Counselling Centre
62B Lor 4 Toa Payoh #02-143 (312062)
Attention: Ms. Cindy Loh

Payee's Name: "Care Corner Counselling Centre"
Amount : S\$120.00

Care Corner Counselling Centre

Our Centre offers counselling services for individuals or families seeking help pertaining to marital or interpersonal relationships, psychological and emotional problems.

Main services include:

- Face-to-Face Counselling
- Counselling Training (English or Mandarin) Certificate and Diploma courses
- Group and Family Therapy, Marriage Workshops (English or Mandarin)
- Psychological Test

For appointment or inquiry or registration for above services, please call 6353-1180.

- Hotline Counselling (1800-3535-800)

Our '800' Mandarin Counselling Hotline is a premier Mandarin counselling hotline in Singapore, manned by a pool of dedicated and trained volunteers who help callers with their emotional and relationship problems. This hotline operates from 10am to 10pm daily, Monday to Sunday, except public holidays.

For Hotline Volunteer Training & Development, please call 6353-1180.

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Singapore 312062
Tel :6353-1180
Fax :6354-1180
Email: cccc@carecorner.org.sg
Website: www.carecorner.org.sg

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Is Your Marriage Going Through Stormy Times?

Recovering From Infidelity

MOVING BEYOND THE PAIN TOWARDS A NEW GROWTH IN LIFE!