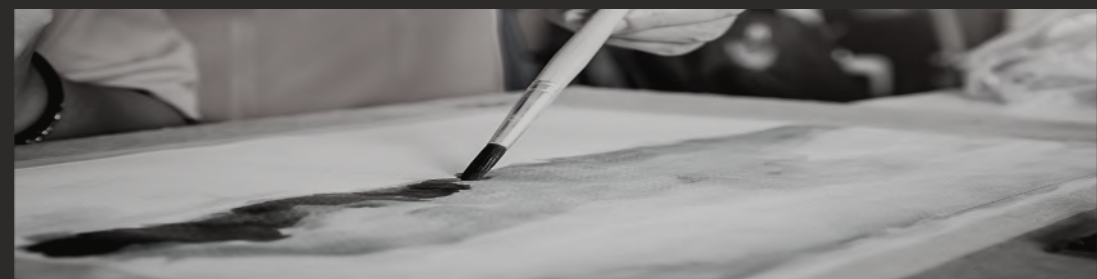


SAMH CREATIVE SAY!

*August sessions
Online/ Onsite*



ABOUT US

Established in 1968, the Singapore Association for Mental Health (SAMH) is the first community-based mental health agency in Singapore that aims to promote mental wellness and resilience in the community as well as to facilitate the rehabilitation and reintegration of persons with mental health issues back into society.

SAMH Creative Services, launched in 2011, offers both art and sports programmes on a monthly basis. Programmes are designed with the key purpose of enhancing mental wellness for all.

SAMH believes that regular engagement in the arts, sports and outdoors will:

- **Benefit mental and emotional wellness.**
- **Contribute to self-care and enhance physical health.**
- **Promote social inclusion.**

SAMH Creative Services has two centres:

SAMH Creative SAY! serves youths aged between 13 and 35 years old and is located in Marsiling.

SAMH Creative MINDSET Hub serves the community and is located within Our Tampines Hub

Contact us

Block 317 Woodlands Street 31
#01-196 Singapore 730317
(Nearest MRT: Marsiling)

creativesay@samhealth.org.sg
6362 4845

OUR SERVICES

Art therapy

Art Therapy can help when words are not adequate to express or convey the feelings within. Our professional art therapists are at hand to guide you through difficult life events and recovery from distress.

Our Individual Therapy session is \$80 per session. Please call us if you wish to schedule an appointment

Sports & Outdoors

We believe in the healing power of sports and the outdoors, which provides benefits ranging from improved focus to a stronger, healthier immune system, social inclusion and mastery of a sport. Our activities include both land and sea sports.

Join us as a member to participate. Monthly membership is \$20 per month.

Creative therapeutic interventions

Learn new skills and express your feelings through visual arts, music and dance. A relaxing way to meet people from all walks of life. We offer new activities and themes every month!

Join us as a member to participate. Monthly membership is \$20 per month.



ONSITE SESSIONS



TO NOTE:

Temperature-taking and health declaration

SafeEntry to facilitate contact tracing

Ensuring separation of at least a metre between participants; maximum group size capped at 4 pax

Registration for sessions is mandatory; walk-ins are not allowed

In line with guidelines issued by the Ministry of Health (MOH) on the COVID-19 situation, we will be putting in place the following measures:

As the COVID-19 situation is evolving, please be informed that SAMH CreativeSAY! reserves the right to reschedule, cancel or move sessions online. We seek your understanding in the event that there is postponement or cancellation within short notice.

Growing Together: Building Blocks

Monday 3 & 17 August 2020
230pm - 4pm
Facilitator: Syazwan

1st Session: Picking up the pieces
2nd Session: Being whole

Humans and Legos are much alike - we are pieced up by many things that make us whole e.g knowledge, skills, experience, relationships. Join us as we learn more about the concept of identity through legos!

Note: Limited to 5 slots.
Materials will be provided.

Growing Together: What's your SAY!

Monday 17 August 2020
430pm - 6pm
Facilitator: Kashmmeera

Ever encountered difficulties in expressing yourself through words or have you always enjoyed voicing out your opinions and views to others? Either way, this platform is for anyone who desire to express themselves or wants to develop the confidence to hold a conversation.

Topic: Acceptance
Note: Limited to 5 slots per session.

Growing Together: What's your SAY!

Tuesday 3 August 2020
430pm - 6pm
Facilitator: Kashmmeera

Ever encountered difficulties in expressing yourself through words or have you always enjoyed voicing out your opinions and views to others? Either way, this platform is for anyone who desire to express themselves or wants to develop the confidence to hold a conversation.

Topic: Emotions
Note: Limited to 5 slots per session.

ARTMAKING STUDIO Bouquet of Gratitude

Tuesday 25 August 2020
3pm - 4.30pm
Facilitator: Joline

For this session, we will be learning to make flowers from paper. Through the process of art making, we will also take the chance to explore areas in our lives in which we are grateful for.

Note: Limited to 5 slots
Materials will be provided.

ONSITE SESSIONS

ARTMAKING STUDIO

Containing emotions

Tuesday 11 August 2020

3pm - 4.30pm

Facilitator: Joline

Using creativity and self reflections, we will explore creating a personalized container of emotions using clay as our medium.

Note: Limited to 5 slots

Materials will be provided.



ARTMAKING STUDIO

Wednesdays 12 and 26 August 2020

3pm - 5pm

Facilitator: Eugene

Making arts has benefits for our mental well-being, such as increased self-esteem and relaxation. Join us for an afternoon of artmaking, with various material such as pencil, watercolour and soft pastels available. Facilitator will be present to suggest projects for you to work on.

Note: Limited to 5 slots

Materials are provided

FITNESS

Creative Movement

Thursday 6 & 20 August 2020

230pm - 4pm

Facilitator: Syazwan

Being stuck at home does limit us in someways. Let's take this opportunity to cover the 3 M's:

Move - Incorporate basic movements to keep you physically healthy

Mend - Charge up and repair your body

Moment - Being mindful of your self through these movements

Note: : Limited to 5 slots.

Please be in proper sports attire with covered shoes.

YOUTH CIRCLE

5 & 7 August 2020 - Facilitator: Syazwan

12 & 14 August 2020 - Facilitator: Eugene

19 & 21 August 2020 - Facilitator: Kashmeera

26 & 28 August 2020 - Facilitator: Joline

230pm - 5pm

Youth circle is a safe space where youths can drop-in and work on their own projects or artworks independently or interact with others.

Please note that this is a free period where no activities are facilitated. Our studio area and gym area is available for youth to use.

It is a time to develop healthy relationships with one another in a safe setting. While enjoying the space, participants are also required to observe respect for others, the space and staff of SAMH Creative SAY!

Note: Limited to 5 slots.

Only ages 12 -18 years old.

ONLINE SESSIONS:

FITNESS:

BollyZoom!

Monday 24 August 2020

230pm - 4pm

Facilitator: Kashmmeera

Amidst the rising concerns over the lack of social connections during this period, let's take this time to continue to connect online together!

Note: Limited to 6 slots per session.

Participants will need to be in proper sports attire. Other Materials Required:

- Small Towel
- Water bottle

EXPRESSIVE ARTS

Our peaceful place

Tuesday 4 August 2020

3.00pm - 4.30pm

Facilitator: Joline

Amidst the chaos happening around our world, let's take this time to discover a peaceful place from within us. We would be engaging in a therapeutic process of art making and music appreciation

Note: Limited to 6 slots per session.

Materials needed: colouring and drawing pencils, a4 paper

SUPPORT GROUP:

Let's Connect!: Lunchtime Screening

Wednesday 12 & 26 August 2020

130pm - 330pm

Facilitator: Syazwan

Amidst the rising concerns over the lack of social connections during this period, let's take this time to continue to connect online together!

Note: Limited to 6 slots per session.

Please prepare your own lunch.

ONLINE SESSIONS

StepUp!

Thursday 27 August 2020

230pm - 4pm

Facilitator: Kashmmeera

Dread going for a run or hitting the gym? Exercise doesn't always have to be a mundane activity. Let's step up and groove to some heart pumping beats. Put on your track pants and let the adrenaline rush kick in!

Note: Limited to 6 slots per session.

Participants will need to be in proper sports attire.

Other Materials Required:

- Small Towel
- Water bottle

FITNESS

Tabata Zumba!

Thursday 13 August 2020

230pm - 4pm

Facilitator: Kashmmeera

You know the drill, when it comes to Tabata. The fast paced Tabata routine allows us to burn fats effectively with adequate rest time. Let's spice things up by replacing exercises to modified hip-hop movements instead.

Note: Limited to 6 slots per session.

Participants will need to be in proper sports attire.

Other Materials Required:

- Small Towel
- Water bottle

HOW TO REGISTER:

For monthly activities

Registration is compulsory for our monthly activities.

Please sign up at

<https://tinyurl.com/CSAYAug2020>

or scan the QR code on the right



NOTE: New participants who are joining us for the first time will be contacted and assessed for suitability to join the group via a virtual meetup

Monthly Membership Fee

SAMH Creative SAY! will resume our collection of \$20 membership fee from July 2020.

For participants who are joining only our online activities, our staff will send an email with instructions on how to make online payment prior to the first registered session.

For Individual Therapy

Please call or email us to find out more and make an appointment.

Disclaimer:

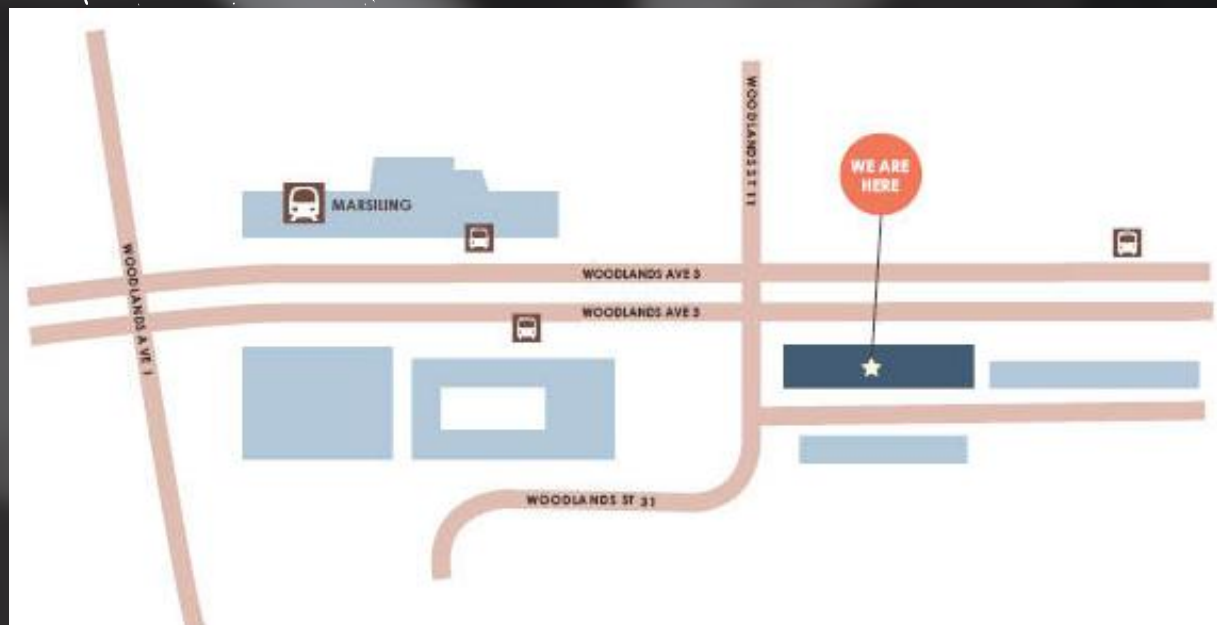
Please be informed that SAMH Creative SAY! reserves the right to cancel or reschedule sessions after the monthly flyer has been sent out.

Registered participants will be notified of any cancellation or changes

at least 24 hours before the scheduled session. In the case of any unforeseen emergencies, we seek your kind understanding if we are unable to adhere to the 24 hours advance notice.



LOCATE US



SAMH CREATIVE SAY!

Blk 317 Woodlands Street 31 #01-196 Singapore 730317
6362 4845

Contact us!

For enquiries, please contact us at 6362 4845
or email to creativesay@samhealth.org.sg

BY MRT

Alight Marsiling MRT on North-South Line. Cross overhead bridge and walk for 5 minutes.

BY BUS

Bus numbers 187, 856, 925, 925C, 926, 950, 960, 961, 961C, 963, 963E

BY CAR

Open carpark can be found at Blk 317.

If you need a listening ear, you can reach our counsellors at our
SAMH Toll-Free helpline: 1800-283-7019*

*Mon to Fri : 9am - 1pm, 2pm - 6pm
Not open on public holidays and eve of holidays