

# **DESISTOR NETWORK**

## **DIRECTORY OF DESISTORS**

### **SUPPORT ACTIVITIES**



**SINGAPORE  
PRISON SERVICE**

# PRE-SENTENCING SUPPORT





Access to Counselling for All

# Centre For Psychotherapy (C4P)

## P.A.C.T. Support Group (Pathways to Accountability, Change and Transformation)

A structured bi-weekly support group for individuals at the pre-sentencing stage, providing space for reflection, accountability, and emotional growth.

### Highlights:

- Honouring lived experiences and personal narratives
- Strengths-based growth through reflection and support
- Crafting a legacy of transformation beyond



Bi-weekly Tuesdays  
6.30pm - 8pm



7 Race Course Lane  
#02-01  
Singapore 218734



Contact No: 8856 2408  
Email: [info@centreforpsychotherapy.com](mailto:info@centreforpsychotherapy.com)  
Advisable to reach out to establish an intake appointment prior to dropping in.



Access to Counselling for All

# Centre For Psychotherapy (C4P)

## Pathways to Accountability, Change and Transformation (P.A.C.T.) Program

The P.A.C.T. Program is C4P's signature intervention for individuals awaiting sentencing or at risk of incarceration. It provides a clinical, strengths-based framework that addresses both the internal drivers of offending behaviour and the external supports needed for rehabilitation.

The P.A.C.T. Program includes: Individual Psychotherapy 4–6 sessions focusing on emotional regulation, impulse control, self-worth, and decision-making. Culminates in a therapeutic report with insights on accountability, progress, and risk mitigation. Addresses root causes such as trauma, identity conflict, shame, or maladaptive coping.



Monday - Friday, 9.30am - 5pm  
Saturday, 9.30am - 1.30pm



7 Race Course Lane  
#02-01  
Singapore 218734



Contact No: 8856 2408  
Email: [info@centreforpsychotherapy.com](mailto:info@centreforpsychotherapy.com)  
Advisable to reach out to establish an intake appointment prior to dropping in.



# HUG Community Services Ltd

## Pre-Sentencing Support

**HUG Community Services is a non-faith-based (secular) organisation that offers emotional support to individuals awaiting trial and their families through befriending, counselling, and community-based assistance. We walk alongside them during difficult times, providing care and connection through practical and psychosocial support.**



**Monday - Friday, 10am - 6pm  
Saturday, 11.30am - 3.30pm**



**Centre:  
200 Toa Payoh North, #01-1033  
Toa Payoh Spring, Singapore 310200**



**Contact No: 8600 3977**



# Prison Fellowship Singapore

*“A bruised reed He will not break...” Isaiah 42:3*

## Prison Fellowship Singapore (PFS)

### Pre-Sentencing Support

**Providing individuals awaiting trial and their families with emotional support and helping them through befriending and counselling.**



**For more info,  
call PFS Office at 6384 2338**



**1 Dorset Road  
Singapore 219486**



**Email: [enquiry@pfs.org.sg](mailto:enquiry@pfs.org.sg)**

# DESISTOR & FAMILY, SUPPORT GROUPS & BEFRIENDING ACTIVITIES





## A VOICE TO BE HEARD

breaking the silence, restoring dignity & amplifying voices

# A Voice To Be Heard

## T.H.R.I.V.E. Life Coaching

The T.H.R.I.V.E. Program is a signature flagship enrichment coaching program designed to support individuals on their recovery journey. It is a specific program focused on a person with life challenges from mental health conditions (stress, anxiety and depression) and substance addiction issues.



Contact us for more information



Hybrid



Name: Mohamed Ismail (Founder, Managing Director)  
Contact No: 8690 1087  
Email: [hello@av2bh.sg](mailto:hello@av2bh.sg)



## A VOICE TO BE HEARD

breaking the silence, restoring dignity & amplifying voices

# A Voice To Be Heard

## THSB World Café workshop | The Human Story Book eBook

THSB World Café is an interactive, empathy-building workshop held on the 4th Saturday from April to November 2026, where participants engage in small-group conversations, listen to lived-experience stories, and deepen understanding through guided dialogue. The Human Story Book eBook Series documents personal recovery journeys in thoughtfully crafted digital books, co-created with authors to ensure dignity, accuracy, and emotional depth, and published on AV2BHL's eLibrary platform.



4th Saturdays of each month  
(May - Nov 2026)



Hybrid - Virtual & Physical



Name: Mohamed Ismail  
Contact No: 8690 1087  
Email: [hello@av2bh.sg](mailto:hello@av2bh.sg)



**AOC**  
AGENT OF CHANGE

# Agent Of Change

## Support Group for Offenders, Ex-offenders and Their Families

Here are some reasons highlighting their importance and uniqueness:

- Emotional Support
- Shared Understanding
- Encouragement for Positive Change
- Family Reunification
- Breaking the Cycle
- Accountability and Peer Guidance
- Cultural Sensitivity



Every Friday  
9pm - 10.30pm



En-Naeem Mosque



Sofian: 9616 9071 | Izwan: 8742 9053  
Azmi: 8922 2107  
Email: [agentsofchangesg@gmail.com](mailto:agentsofchangesg@gmail.com)  
FB: <https://www.facebook.com/AgentsOfChangeSG>

# Bapa HEBAT SG

*Supporting the Fathering Journey*



## BapaHebat SG

### The Tarik with Dads Talk Series

Face-to-face talk and discussion with fathers covering challenges they are facing on their fathering journey.



Run on a quarterly basis,  
advertised 2 months before the event



11 Prinsep Street, The Foundry  
Singapore 187949



Email: [info@bapahebatsg.org](mailto:info@bapahebatsg.org)



**Founded in 1977**

# Christian Counselling Services

## CCS Faith Fellowship

**Faith-based support group for ex-offenders to journey with them as they reintegrate into the community after their release from prison.**



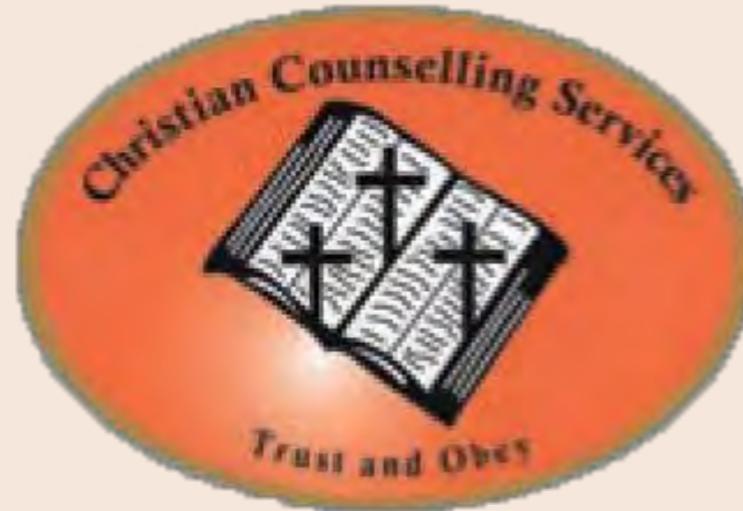
**Every 2nd & 4th Thursdays of each month**  
**7pm - 9pm**



**811 Upper Serangoon Road  
Singapore 534675**



**Name: Rev Darren Lim  
Contact No: 9321 0353  
Email: [admin@ccslink.org](mailto:admin@ccslink.org)**



**Founded in 1977**

# Christian Counselling Services

## Blessed Grace Prison Fellowship

Faith-based support group for ex-offenders to journey with them as they reintegrate into the community after their release from prison.



**Every Thursday, 6pm - 9pm  
(Dinner Provided)**



**18 Arumugam Road  
Singapore 409962**



**Email: [admin@ccslink.org](mailto:admin@ccslink.org)**



**Founded in 1977**

# Christian Counselling Services

## Ember Fellowship

**Ember Fellowship is a female community of support, encouragement, and growth, helping desistors to glow from within because of Christ. The Ember represents Glows, Awaiting the Gifts of God to Be Fanned into Flame!**



**3rd Monday of each month, 7pm - 9pm  
(Dinner Provided)**



**5 Pereira Road, #06-02  
Asiawide Industrial Building  
Singapore 368025**



**Name: Stacie Hannah Chun  
Contact No: 8645 5860  
Email: [admin@ccslink.org](mailto:admin@ccslink.org)**



**Founded in 1977**

# Christian Counselling Services

## New Redeemer Fellowship - Family Support

A monthly fellowship for the inmate's family and friends to come together for encouragement and support.



**1st Friday of each month, 6pm - 9pm  
(Dinner Provided)**



**The New Charis Mission (Chapel Hall)  
11 Jalan Ubi, Block 1, #01-01  
Chai Chee Community Hub, Singapore 409074**



**Ps Ngan: 9645 4696  
Cecilia Lai: 8201 2585  
Email: [admin@ccslink.org](mailto:admin@ccslink.org)**

# Family And Inmates Throughcare Assistance Haven (FITRAH)

## Support Group (Individual and Family Members)

A peer support platform that is established to aid individuals on the path to desistance and their families in seeking guidance from those who have successfully navigated challenges during the process of rehabilitation and reintegration.

# F I T R A H

Family and Inmates ThRoughcare Assistance Haven



**Every Friday  
8.30pm - 10.30pm**



**En-Naeem Mosque  
120 Tampines Road  
Singapore 535136**



**Contact No: 8318 2695  
Email: [contact@fitrah.sgmosque.co](mailto:contact@fitrah.sgmosque.co)**

# F I T R A H

Family and Inmates ThRoughcare Assistance Haven

## Family And Inmates Throughcare Assistance Haven (FITRAH)

### Befriending (Individual or Family)

Befriending with individuals or family who may be experiencing challenges in the community. It offers pro-social support and a sense of connection to help improve well-being and foster a stronger sense of community.



N.A.



En-Naeem Mosque  
120 Tampines Road  
Singapore 535136



Contact No: 8318 2695  
Email: [contact@fitrah.sgmosque.co](mailto:contact@fitrah.sgmosque.co)



## Goal Aspiration

1. Relapse Prevention Programmes such as Acceptance & Commitment Therapy (ACT), Cognitive Behavioral Therapy (CBT) activities & Group Sharing.
2. Forum Theatre - Antiplay & Strategies Intervention.
3. Social & Community Works - Food Ration Distribution, Family Day, Talks/Seminar Sharings, International Webinar/Physical Sharings & many more.

### Aftercare Support Services:-

- a) Mentoring Services for desistors
- b) Befriending Services for desistors
- c) Para-counselling Services for desistors
- d) Providing resources for those require financial assistance



**Group Sharing: Every 1st week Sunday of the month**  
**Relapse Prevention Programmes: Every Friday**  
**(Only for GA members)**



**Jamiyah (Darul Islah)**  
**352 Pasir Panjang Rd**  
**Singapore 118694**



**Rosezeli Omar (Chairman): 8836 9177**  
**Sharol Salleh (Vice-Chairman): 8803 9336**  
**Baizurah Hamzah (Secretary): 8020 0849**



*Graceful • Empowered • Masterpiece*

# GEM New Start Centre Limited

## Bible Devotion

**A time for spiritual growth through scripture reading and reflection.**

**GEMnsc is committed to empowering female ex-offenders through a structured day program designed to prepare them for employment and support their successful reintegration into society. Our holistic approach includes: Community Service, Bible Devotion, Vocational Skill Training and Counselling.**

**Currently, our Desistor are recently released from prison and are under electronic tagging due to good conduct. They are actively engaged in our daily structured program, which offers stability and direction during this critical transition period. Upon completing one month of the program, our goal is to assist them in securing part-time employment (three days a week) as a gradual step toward full reintegration into the workforce and community.**



**Tuesday and Friday  
10.30am - 6pm**



**2 Springleaf View  
Singapore 787908**



**Contact No: 6266 3302 / 3310  
Email: [admin@gemnsc.com](mailto:admin@gemnsc.com)**



## HCSA Highpoint x AIMS

### AIMS Aftercare Support Group & AIMS Outreach

1. **Gift Initiative (Gems in Final Transaction)**
2. **AIM HIRE (Hope in Restoring Employability)**

Monthly support group, interest group activity, festive celebrations.  
Desistors outreach to prisons, DRC and external agencies.



2nd and 4th Tuesdays of the month  
8pm - 9pm (Dinner Provided)



HCSA Highpoint  
No 1 Lorong 23 Geylang  
Singapore 388352



Samuel: [samuel\\_WONG@hcsa.org.sg](mailto:samuel_WONG@hcsa.org.sg)  
Feroz: [ferozsambora@gmail.com](mailto:ferozsambora@gmail.com)  
Contact No: 8123 2168



## HCSA Highpoint x AIMS

### AIMS WISDOM (Woman in Support to Develop Outstanding Men)

Support for women supporting their men in recovery

Monthly WISDOM Meeting (for ladies with recovering partner)



2nd and 4th Tuesdays of the month  
8pm - 9pm (Dinner Provided)



HCSA Highpoint  
No 1 Lorong 23 Geylang  
Singapore 388352



Samuel: [samuel\\_WONG@hcsa.org.sg](mailto:samuel_WONG@hcsa.org.sg)  
Feroz: [ferozsambora@gmail.com](mailto:ferozsambora@gmail.com)  
Contact No: 8123 2168



# HUFI



## Addiction Recovery Support Group

**HUFI is an addiction recovery support group for Muslim women. Our holistic approach to help desistors in their recovery & reintegration journey include: support group activities, religious & spiritual activities (Islamic classes etc), group recreational activities (family oriented), sports & healthy living activities, personal development activities, skills upgrading (workshops, courses, etc), community engagement (volunteering etc).**



**1st Saturday of each month  
5pm - 7pm**

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**Singapore After-Care Association (SACA)**



**Ms Susanty Yaakop (Chairwoman): 9007 9819  
Email: [hufi.bersatu@gmail.com](mailto:hufi.bersatu@gmail.com) / [admin@hufibersatu.com](mailto:admin@hufibersatu.com)  
Website: [www.hufibersatu.com](http://www.hufibersatu.com)**



# HUFI



## Religious Class & Group Meetings

**HUFI is an addiction recovery support group for Muslim women. Our holistic approach to help desistors in their recovery & reintegration journey include: support group activities, religious & spiritual activities (Islamic classes etc), group recreational activities (family oriented), sports & healthy living activities, personal development activities, skills upgrading (workshops, courses, etc), community engagement (volunteering etc). HUFI meetings for all members to discuss on current matters / upcoming events / catch up with each other.**



**Religious Class: Every Tuesday, 9pm - 10pm  
Group Meeting: Every last Sunday of each month,  
9pm - 10pm**



**Virtual on Zoom**



**Ms Susanty Yaakop (Chairwoman): 9007 9819  
Email: [hufi.bersatu@gmail.com](mailto:hufi.bersatu@gmail.com) /  
[admin@hufibersatu.com](mailto:admin@hufibersatu.com)  
Website: [www.hufibersatu.com](http://www.hufibersatu.com)**



# HUG Community Services Ltd

## Nice To Meet You - Support Group

Nice to Meet You (NTMY) is a cultural exchange & peer support platform to help desistors among local and international desistors in an informal retreat setting and aims to gather local desistors, their families and employers, and volunteers who have journeyed with those who have overcome struggles.

This monthly session will have different desistors and partners working with desistor and families to share different experiences and struggles behind success and exchange problem-solving skills and culture.

NTMY- Desistors also will be able to form healthy & crime-free networks among themselves that provide peer support for those currently new on their rehabilitation journey and accelerate their reintegration into the community.



2nd and 4th Fridays of each month,  
7.30pm - 9.30pm (TBC)



Centre:  
200 Toa Payoh North, #01-1033  
Toa Payoh Spring, Singapore 310200



Contact No: 8600 3977  
Email: [desistornetwork@hug.org.sg](mailto:desistornetwork@hug.org.sg)  
Website : [www.hug.org.sg](http://www.hug.org.sg)



ISCOS

You've got a friend

# Industrial & Services Co-operative Society Ltd (ISCOS)

## Men Support Group (Physical)

All ex-offenders who are facing reintegration difficulties are welcome to join the support group sessions.



3rd Wednesdays of the month  
7pm - 9pm



ISCOS Office  
237 Alexandra Road  
Singapore 159929



Contact No: 6743 7885

# NATIONAL ADDICTIONS MANAGEMENT SERVICE

## National Addiction Management Service (NAMS)

### Detoxification, Rehabilitation and Relapse Prevention Services

NAMS addiction treatment Service includes individual therapy and support group programmes. Apart from inpatient services, the treatment programme also includes outpatient individual therapy and support group programme. The treatment team in NAMS consists of multi-disciplinary team that provides support to patients' needs in recovery.



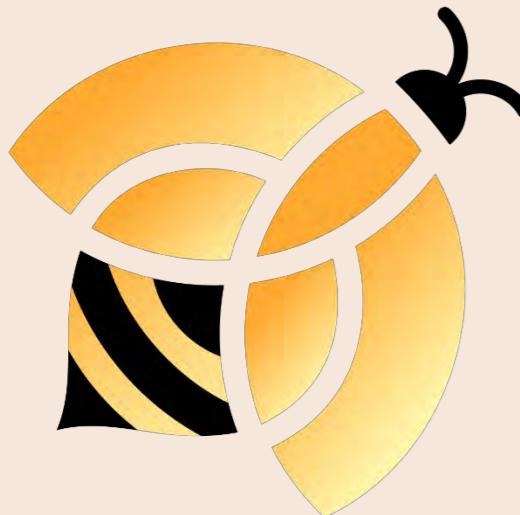
NAMS Outpatient Clinic is open on  
Monday - Thursday, 8am - 5.30pm, Friday, 8am - 5pm  
Closed on Wednesday morning, Weekends & Public Holidays



NAMS Clinic is located inside IMH:  
National Addictions Management Service (NAMS)  
Block 9 (Level 1), Buangkok Green Medical Park  
10 Buangkok View, Singapore 539747



General Enquiries - 6389 2000  
Appointments - 6389 2200  
Mental Health Helpline - 6389 2222 (24-hour hotline)



# New Life Stories

## New Life Stories

### Unbreakable Dads - NLS Papas Peer Support Group

Unbreakable Dads was formed in late 2023 to help fathers with lived experiences share the joys and struggles of parenting, work, and life. The group, now with 12 fathers, meets monthly with or without their children to engage in various group activities, share experiences, and support one another. Group discussions provide a safe space to address challenges as fathers and husbands. Over 1.5 years, strong bonds and mutual trust have developed, with the goal for the group to eventually be led by the dads themselves.



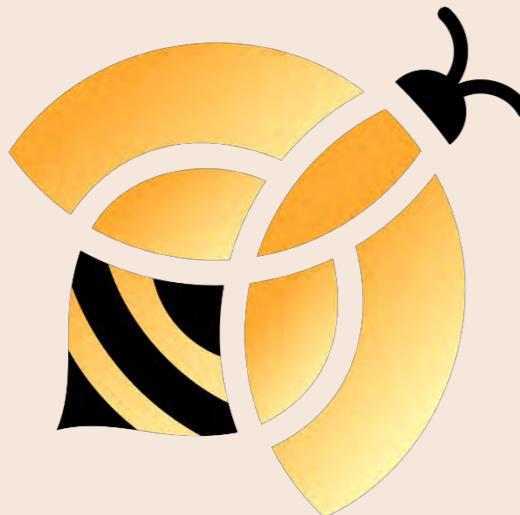
3rd Saturday of every month  
4pm - 8pm



New Life Stories Office  
64 Kallang Bahru  
#01-375



Name: Jeremy  
Contact No: 8878 1340  
Email: [jeremy@newlifestories.org.sg](mailto:jeremy@newlifestories.org.sg)



# New Life Stories

## New Life Stories

### Blessed Mums - NLS Caregiver Support Group

NLS' caregiver support group, now called Blessed Mums, began in 2023 when caregivers connected during Open Visits. Recognizing the need for community, we gathered feedback and launched the group, which aims to reduce stigma and foster positive growth. Named by the caregivers, Blessed Mums started modestly but now holds monthly sessions for sharing, learning, and mutual support. Through various activities such as jewelry-making and cooking, members build skills, create lasting memories, and find comfort in a safe, empowering community, benefiting both caregivers and the children they care for.



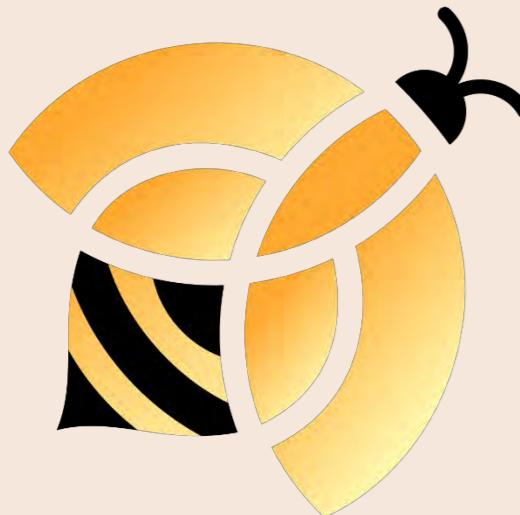
**2nd week of every month**  
**2.30pm - 5.30pm**



**New Life Stories Office**  
**64 Kallang Bahru**  
**#01-375, Singapore 330064**



**Name: Soraya**  
**Contact No: 9129 7225**  
**Email: [soraya@newlifestories.org.sg](mailto:soraya@newlifestories.org.sg)**



# New Life Stories

## New Life Stories

### LADIES - NLS Mamas Peer Support Group

The Mamas Support Group, now called LADIES (League of Aspiring and Dedicated Individuals Encouraging Society), was formed in 2023. The group holds monthly sessions for ex-incarcerated mothers and those with incarcerated loved ones. LADIES offers a space for sharing experiences, learning, and creating lasting memories. Through various activities, they build healthy connections, understand each other's challenges, and support one another in a safe, empowering environment.



4th Saturday/Sunday of every month  
2pm - 5pm



New Life Stories Office  
64 Kallang Bahru  
#01-375, Singapore 330064



Name: Jeanie  
Contact No: 9634 7644  
Email: [jeanie@newlifestories.org.sg](mailto:jeanie@newlifestories.org.sg)



# Nisa' HOPE Network

## Weekly Religious Class, Qur'aan Class, Sharing Session and Counselling Session

We do have Madrasah/Classroom located at 306A Woodlands, where we share peer-based recovery support, education-based recovery support, relapse prevention, motivational interview and enchantment. Currently we have a WhatsApp group chat that consist of 70 ladies.



Religious Class - Every Wednesday and Friday  
Qur'aan Recitation cum Meet & Share Session - Saturday



We post details on our Facebook page  
(Nisa' HOPE Network)  
and via WhatsApp group



Name: Ustazah Laila  
Contact No: 9028 1906  
Email: [laila.a.hassan@hotmail.com](mailto:laila.a.hassan@hotmail.com)



# Prison Fellowship Singapore

*“A bruised reed He will not break...” Isaiah 42:3*

## Prison Fellowship Singapore (PFS)

### Thursday Connect Group (TCG)

Faith-based programme, to journey with male ex-offenders, give assistance in the areas of counselling, skills upgrading etc.



**Every Thursday**  
6pm - 7.30pm (dinner)  
7.30pm - 9.30pm (support group meeting)



**1 Dorset Road  
Singapore 219486**



**Email: [enquiry@pfs.org.sg](mailto:enquiry@pfs.org.sg)**



# Prison Fellowship Singapore

*“A bruised reed He will not break...” Isaiah 42:3*

## Prison Fellowship Singapore (PFS)

### Women Support Group (WSG)

Faith-based programme, to journey with female ex-offenders, give assistance in the areas of counselling, skills upgrading etc.



**Every Monday**  
6pm - 7.30pm (dinner)  
7.30pm - 9.30pm (support group meeting)



**1 Dorset Road  
Singapore 219486**



**Email: [enquiry@pfs.org.sg](mailto:enquiry@pfs.org.sg)**



# Prison Fellowship Singapore

*“A bruised reed He will not break...” Isaiah 42:3*

## Prison Fellowship Singapore (PFS)

### Care Club

**Community-based programme, volunteers befriend & mentor children  
of ex-offenders through tuition etc.**



**Every Saturday  
10am - 1pm**



**1 Dorset Road  
Singapore 219486**



**Email: [enquiry@pfs.org.sg](mailto:enquiry@pfs.org.sg)**



# Prison Fellowship Singapore

*“A bruised reed He will not break...” Isaiah 42:3*

## Prison Fellowship Singapore (PFS)

### Family Befriending

**Community-based programme to support family of inmates, building resilience of the family and prepare the family for reconciliation and eventual return of the inmate back home.**



For more info,  
call PFS Office at 6384 2338



1 Dorset Road  
Singapore 219486



Email: [enquiry@pfs.org.sg](mailto:enquiry@pfs.org.sg)



## POPWOW GEMS

### Ladies Chit Chat

Safe space for ladies to discuss various topic about women



3rd Friday of each month  
8pm - 10pm



POPWOW Club & Academy  
116 Changi Rd, WIS@CHANGI  
#04-08, Singapore 419718



Name: Efah  
Contact No: 8183 5954  
Email: [info@popwow.space](mailto:info@popwow.space)  
RSVP @ [www.popwow.space](http://www.popwow.space)



## POPWOW GEMS

### Support & Recovery

- **Support group, Mentoring & Befriending**
- **Counselling**
- **Drop in center**
- **One year aftercare programme**



Contact Efah for further info



**POPWOW Club & Academy**  
116 Changi Rd, WIS@CHANGI  
#04-08, Singapore 419718



**Name: Efah**  
**Contact No: 8183 5954**  
**Email: [info@popwow.space](mailto:info@popwow.space)**  
**RSVP @ [www.popwow.space](http://www.popwow.space)**



## RSG Organization

# RSG Organization

**Mentoring, Befriending, Group Sharing, Community Engagement, Youths at Risk Programmes Engagement, Incare & Aftercare Programmes Engagement**

RSG Organization will offer a range of proven impactful activities for individuals in their recovery journey. Our mentoring provides personalized guidance and our befriending creates a supportive network. Our group sharing sessions encourage open dialogue and learning from shared experiences. Our community engagement initiatives promote social integration and connections. We also have specialized programs catered to the needs of at-risk youths and individuals in in-care and aftercare. Through these activities, we aim to empower individuals, foster a sense of community, and facilitate successful rehabilitation and reintegration into society.



**Weekly/Monthly**



**Midview City  
22 Sin Ming Lane  
#04-79, Singapore 573969**



**Name: Ramli Abdullah  
Contact No: 8884 8404  
Email: [ramliabd@rsgcommunity.org](mailto:ramliabd@rsgcommunity.org)**



# SIKH WELFARE COUNCIL SINGAPORE

## Sikh Welfare Council

### Chardi Kala Chats

Support group for sharing on employability and crime free lifestyle.



Tuesday and Friday evening



2 Towner Rd  
Singapore 327804



Contact No: 6299 9234



**SACA**

# Singapore Aftercare Association (SACA)

## Befriending

**Individual befriending services is mainly for those with no or little family support and would like some pro-social support. Befrienders provide a listening ear and can be tapped upon as a resource person.**  
**The befriending is for a period of 6 months.**



**N.A.**



**N.A.**



**Email: [volunteer@saca.org.sg](mailto:volunteer@saca.org.sg)**



# Singapore Anti-Narcotics Association (SANA)

## Continuing Care Support Group

Provide a safe space to discuss one's addiction recovery challenges and success by increasing social support.



Alternate Thursday  
7.30pm - 9.30pm



Sengkang - 2 Sengkang Square, Singapore 545025  
Taman Jurong - 301A Corporation Road, Singapore 619773  
Northwest - 120 Woodlands Avenue 1, Singapore 730538



Website: [sana.org.sg/get-in-touch/](http://sana.org.sg/get-in-touch/)



# Singapore Anti-Narcotics Association (SANA)

## SANA Kakis

The programme supports clients' recovery by promoting positive lifestyles, strengthening pro-social support networks, developing new skills and interests, and engaging the community in reintegration efforts.



Fortnightly, Evenings



Contact SANA for more information



Contact No: 6732 1122  
Email: [stepup.sk@sana.org.sg](mailto:stepup.sk@sana.org.sg)



# Tasek Academy and Social Services

## Beacon of Life

Support for ex-inmates and family members through support group, family outings, skills upgrade, workshops and community work.



**3rd Mondays of each month**  
**7.30pm - 9pm**



**Beacon Building (near Taman Jurong CC)**



**Name: Nadiah**  
**Contact No: 8842 6902**  
**Email: [nadiah@tasek.org](mailto:nadiah@tasek.org)**



# The Helping Hand

## The Redeemer Support Group

Support group for ex-offenders to journey with them as they reintegrate into the community after their release from prison.



## The Helping Hand



Every Thursday  
7.45pm - 9pm



819 Upper Serangoon Road  
Singapore 534678



Website: [thehelpinghand.org.sg/general-feedback/](http://thehelpinghand.org.sg/general-feedback/)



DOING  
THE MOST  
GOOD®

## The Salvation Army

### Overcomer Support Group (OSG)

Open to desistors and their families of all background.

- Provides Life-Skills Training
- Offers a Positive-influencing Community to grow together
- Gives space for Fun Activities
- Gives back through "Do Good" Activities and Serving One Another
- Provides chance to Share about Struggles



Sunday afternoon



Workshop held at Havelock  
Fun and "Do Good" activities location varies



Hotline (Call/WhatsApp): 9248 5336  
Email: [prisonsupport@smm.salvationarmy.org](mailto:prisonsupport@smm.salvationarmy.org)  
Register in OSG Broadcast List to be informed on activity  
sign-up



DOING  
THE MOST  
GOOD®

## The Salvation Army

### Selarang Fellowship Group

Faith-based Fellowship Group to help ex-offenders in reintegration journey through strengthening their faith in God and assisting them in practical matters. Open to all ex-offenders, especially those in Selarang Park Complex.



Every Sunday  
9am - 12noon



7 Upper Changi Road North  
Singapore 507705



Hotline (Call/WhatsApp): 9248 5336  
Email: [prisonsupport@smm.salvationarmy.org](mailto:prisonsupport@smm.salvationarmy.org)



DOING  
THE MOST  
GOOD®

## The Salvation Army

### Community Re-Entry Support Transition (CREST)

Initial 2-week (estimated) support for newly-released ex-offenders of all backgrounds. Befrienders will walk with ex-offenders to help in their reintegration journey by accessing community resources to address their practical needs. At the end of CREST, ex-offenders could choose to be attached to other agencies for longer-term support.



For more info, please call/Whatsapp  
TSA Prison Support Services Office



7 Upper Changi Road North  
Singapore 507705



Hotline (Call/WhatsApp): 9248 5336  
Email: [prisonsupport@smm.salvationarmy.org](mailto:prisonsupport@smm.salvationarmy.org)



DOING  
THE MOST  
GOOD®

## The Salvation Army

### Aftercare Support Programme (ASP)

1-Year aftercare for newly-released ex-offenders of all backgrounds. Befrienders will walk with ex-offenders to help in their reintegration journey by accessing community resources to address their accommodation, employment, relationship, spiritually and practical needs.



For more info, please call/Whatsapp  
TSA Prison Support Services Office



7 Upper Changi Road North  
Singapore 507705



Hotline (Call/WhatsApp): 9248 5336  
Email: [prisonsupport@smm.salvationarmy.org](mailto:prisonsupport@smm.salvationarmy.org)

EST 2019

**BROTHERHOOD**  
TO BE A BETTER MAN

## THK Brotherhood

### THK Brotherhood Treatment Group

Brotherhood's core program includes a 3-phase transformative group across 10 sessions: 1) Self-Discovery, 2) Skills and Knowledge, and 3) Repair and Restoration (Jul to Mar). It also features community activities and interest groups to build skills, promote peer support, and support at-risk communities. Key initiatives include prison group sessions with SPS, crisis response with NPC, and mentorship and de-escalation training.



**Saturday, 12pm - 4.30pm (Jul - Mar)**  
Rest of the activities are running throughout the year



**THK FSC Family Service Centre**  
Blk 554 Bedok North Street 3, #01-241



**Contact No: 6449 1440 / 9487 2880**  
**Email: [benang@thkmc.org.sg](mailto:benang@thkmc.org.sg) / [loshini@thkmc.org.sg](mailto:loshini@thkmc.org.sg)**  
**Website: <https://www.thkmc.org.sg/wp-content/uploads/2025/03/Familyhood.pdf>**



# Ultimate Friends SG

## Community Recovery Support Group (CRSG)

We run separate support groups for men and women exclusively under the Community-Based Programme (CBP), in collaboration with Yellow Ribbon Industries at Selarang Halfway House and the Reintegrating Officers (ROs) from the Singapore Prison Service providing a safe, comfortable, and focused environment that caters to their specific needs.

All participants will be provided with food and transport allowance.



**3rd or 4th Friday of each month**  
**6.30pm - 9pm**



**Lucky Haven**  
**70 Bedok South Road, #01-280**  
**Singapore 460070**



**Mohd Hairi: 9679 4171**  
**Nur Azlinda: 9639 5658**  
**Sheilanesan: 8769 7500**



# Ultimate Friends SG

## Befriending & Mentoring Engagement

We provide befriending and mentoring engagements for individuals, offering consistent guidance, emotional support, and positive companionship throughout their reintegration journey. Our approach focuses on building trust, strengthening resilience, and empowering each person to make meaningful progress in their personal growth.



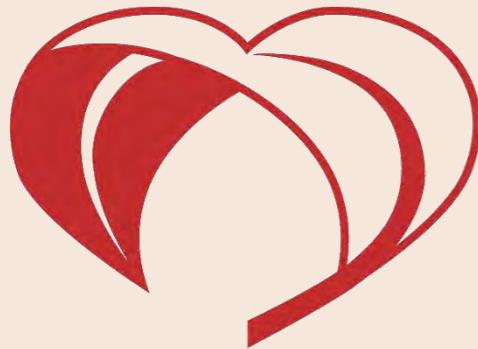
**Ad-hoc Basis (Based on CM/RO assignments)**



**N.A.**



**Nur Azlinda: 9639 5658**



# WE CARE

## COMMUNITY SERVICES

## WE CARE Community Services

### One Day At A Time Lunch Meeting

A support group meeting where people in recovery share their experience, strength, and hope to help and inspire each other in the journey of addiction recovery.



Monday - Friday  
1.30pm - 2.30pm



WE CARE Community Services  
Kembangan-Chai Chee Community Hub  
11 Jalan Ubi, Block 5, #01-41, Singapore 409074



Helpline: 3165 8017  
Contact No (WhatsApp): 8391 3023  
Email: [help@wecare.org.sg](mailto:help@wecare.org.sg)

# KOFG

*X-Offenders For Good*

## XOFG (X-Offenders for Good)

### Aftercare Support Group

To drive a movement and build a community of XOs who dedicate their lives 'For Good', through Education and Empowerment.



Every Tuesday  
7pm - 10pm



Please contact us at [info@architects-of-life.sg](mailto:info@architects-of-life.sg)



Website: <https://xofg.architects-of-life.sg/>

# Xtreme Conviction

## XOFG (X-Offenders for Good)

### Music 4-D Souls, SharingxSupport

Safe Space for Voice to be Heard Without Prejudice,  
Referral/Channeling to other Organisations, Associations, CC's.  
Opportunity to learn Music, Perform and Recording (for deft and  
talented music skills)



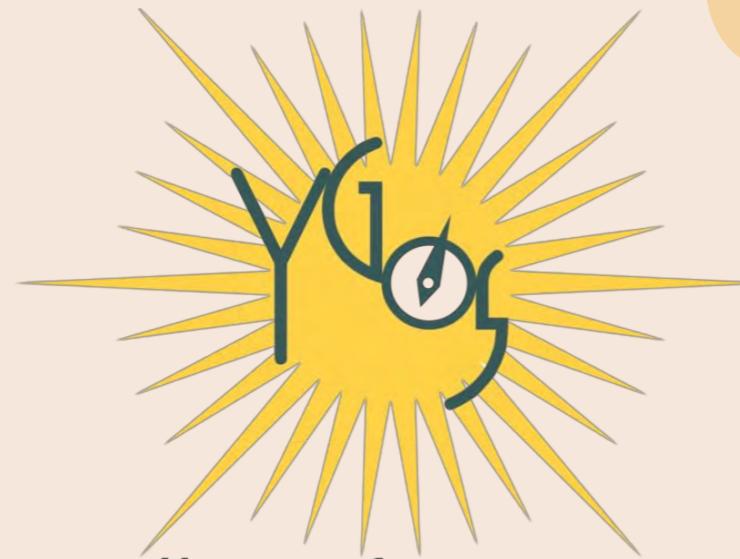
On Appointment Basis



Queensway Shopping Centre  
or other venues based on availability



Upu: 9732 4647  
Yahya: 8661 4408



青年引导

# Youth Guidance Outreach Services (YGOS)

## Aftercare Support Group

The primary objective of ASG is to maintain and nurture strong, supportive relationships with clients after they have completed the CRC regime. By offering ongoing support, ASG aims to reduce the risk of relapse, helping clients build a stable and fulfilling life. This support is rooted in the understanding that the journey of rehabilitation does not end with the completion of a program, but continues as individuals reintegrate into society.

ASG's focus on the real-life narratives of those who have successfully transitioned into a new chapter of life serves as a powerful tool for inspiration and guidance. By sharing these stories, the group aims to motivate and empower others, showing them that enduring, positive change is within reach. Through continuous engagement, ASG ensures that each client remains on a path of growth, resilience, and lasting success.

The ASG is for youths between 16-24 years old.



Monthly, usually Fridays  
7pm - 9pm



Block 804 Woodlands St 81, #01-37, Singapore 730804  
Block 125 Ang Mo Kio Ave 6, #01-4077, Singapore 560125



Name: Anton Lee  
Contact No: 9825 8247  
Email: [anton.lee@ygos.org.sg](mailto:anton.lee@ygos.org.sg)

# PERSONAL DEVELOPMENT ACTIVITIES



# Adam Explorer



**www.adamexplorer.com**

## Develop Your P.A.C.E

**P.A.C.E** is a holistic personal development program structured for youth between 13-23 years old. Our bespoke and curated core program, **P.A.C.E – Personal Development, Athlete Development, Community Development and Entrepreneurship Development** aims to provide opportunities for our participants to dive deep to discover their personal potential and excel in these areas. It is designed to provide participants with a well-rounded and fulfilling life, nurturing their personal growth, athletic prowess, engagement with the community and entrepreneurial skills. By setting clear goals, tracking progress, and staying motivated, we help them to develop grit and staying power to overcome challenges and setbacks.



**Weekends**  
8am - 10am



**Multiple Location**  
• Republic Plaza  
• Sengkang Sports Hall  
• One Commonwealth



**Name:** Muhammad Dzulkifly  
**Contact No:** 9792 3487  
**Email:** [dzul@adamexplorer.com](mailto:dzul@adamexplorer.com)



**Agape**  
connecting people

# Agape Connecting People

## Agape Transformation Programme (ATP)

Self-development and Reintegration Programme



**2 to 3 batches of classes conducted monthly**



**31 Ubi Road, #03-06  
Aztech Building  
Singapore 408694**



**Email: [nooren@agape-cp.com](mailto:nooren@agape-cp.com)**

# AGAPE SERVICES



A Social Enterprise of Far East Organization

## Agape Services Pte Ltd

### Employment Opportunities

Provide employment opportunities for desistors.

**Laundry Attendants and Cleaning Services**



**Evergreen Positions**



**Interviews held in  
Woods Square Tower 2**



**Email: [thanechan@fareast.com](mailto:thanechan@fareast.com)**

# Architects of Life



## XO ACCELERATOR Programme

Training & mentoring program designed to help develop self-confidence & personal mastery to overcome negative mindset & personal setbacks.



5 session programme held weekly



Near City Hall/Dhoby Ghaut



Email: [isaac@architects of life.sg](mailto:isaac@architects of life.sg)

# AMP Singapore

## Adopt A Family & Youth Scheme (AFYS)

Encourage self-reliance within disadvantaged families through skills training and family life workshops.



Mondays - Fridays  
9am - 6pm

Closed on Weekends & Public Holidays



1 Pasir Ris Drive 4  
#05-11  
Singapore 519457



Email: [yassemin@amp.org.sg](mailto:yassemin@amp.org.sg)



Access to Counselling for All

# Centre For Psychotherapy (C4P)

## Pathways to Purpose – Personal Development and Skills Training

**Training** Tailored sessions focused on practical life skills and self-empowerment.

### Includes:

- Financial literacy and employment readiness
- Conflict resolution and values-based decision-making
- Goal-setting for long-term independence



Monday - Friday, 9.30am - 5pm  
Saturday, 9.30am - 1.30pm



7 Race Course Lane  
#02-01  
Singapore 218734



Contact No: 8856 2408  
Email: [info@centreforpsychotherapy.com](mailto:info@centreforpsychotherapy.com)  
Advisable to reach out to establish an intake appointment prior to dropping in.



Access to Counselling for All

# Centre For Psychotherapy (C4P)

## One-to-One Mentorship - "Restoring Roots"

This mentorship programme is a journey of personal rediscovery focused on resilience and purpose. Participants are matched with experienced mentors for consistent, individualized guidance.

### Key principles:

- Honouring lived experiences and personal narratives
- Strengths-based growth through reflection and support
- Crafting a legacy of transformation beyond the self



Monday - Friday, 9.30am - 5pm  
Saturday, 9.30am - 1.30pm



7 Race Course Lane  
#02-01  
Singapore 218734



Contact No: 8856 2408  
Email: [info@centreforpsychotherapy.com](mailto:info@centreforpsychotherapy.com)  
Advisable to reach out to establish an intake appointment prior to dropping in.

# Connect Centre Pte Ltd



## Skills Training

Founded in 2004, Connect Centre Pte Ltd is a multi-channel outsourced Contact Centre and Social Enterprise that provides customer relationship management solutions. Our service includes Customer Service, Fault Reporting/Technical Support, Facilities Management, Tele-Sales/Tele-Marketing, Emergency Response and Administrative Back-office, delivered with state-of-art contact center omni-channel technologies, across inbound and outbound Phone Voice calls, non-voice channels such as SMS, Website Live-Chat, webchats, email, WhatsApp, AI chatbots and other online service.

We work closely with SPS & Yellow Ribbon Singapore to offer training and employment opportunities to the existing in-mates and ex-offenders. Currently 90% of our Call agents were ex-offenders and a cluster center inside Changi Prisons. Through our business, we as Social Enterprise, also able to provide employment opportunities to existing inmates and ex-offenders.



Operates 24/7



N.A.



Website: <https://connectcentregroup.com/>  
For more info our BPO Services and pricing,  
please email: [contact@connectcentregroup.com](mailto:contact@connectcentregroup.com)

# Family And Inmates Throughcare Assistance Haven (FITRAH)

# F I T R A H

Family and Inmates ThRoughcare Assistance Haven

## Islamic Learning

**FITRAH** understand the importance of spiritual growth and knowledge in the journey towards successful reintegration into society. **FITRAH** is offering assistance to desistors and family members who wish to further their Islamic learning education. **FITRAH** will assess and connect them with the appropriate mosques or Islamic learning centers based on their location and preferences.



N.A.



**En-Naeem Mosque**  
120 Tampines Road  
Singapore 535136



Contact No: 8318 2695  
Email: [contact@fitrah.sgmosque.co](mailto:contact@fitrah.sgmosque.co)



# Goal Aspiration

## Relapse Prevention Programme

Group sharing on finding strength, overcome struggles & reintegration into society.



Every Friday  
8pm onwards



Jamiyah (Darul Islah)  
352 Pasir Panjang Rd  
Singapore 118694



Rosezeli Omar (Chairman): 8836 9177  
Sharol Salleh (Vice-Chairman): 8803 9336  
Baizurah Hamzah (Secretary): 8020 0849



# GEM New Start Centre Limited

## Vocational Skill Training

Practical hands-on sessions to develop valuable job-related skills.

GEMnsc is committed to empowering female ex-offenders through a structured day program designed to prepare them for employment and support their successful reintegration into society. Our holistic approach includes: Community Service, Bible Devotion, Vocational Skill Training and Counselling.

Currently, our Desistor are recently released from prison and are under electronic tagging due to good conduct. They are actively engaged in our daily structured program, which offers stability and direction during this critical transition period. Upon completing one month of the program, our goal is to assist them in securing part-time employment (three days a week) as a gradual step toward full reintegration into the workforce and community.



**Tuesday, Thursday and Friday**  
**10.30am - 6pm**

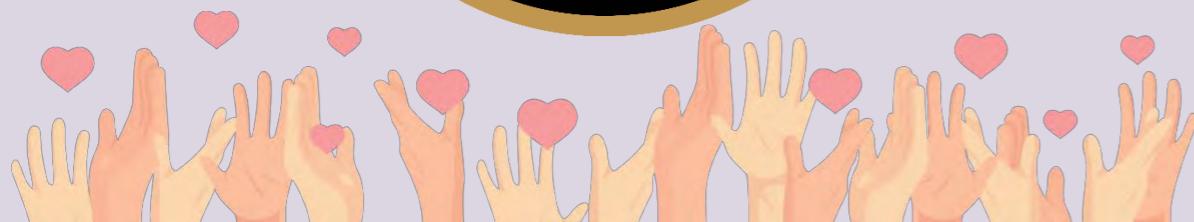


**2 Springleaf View  
Singapore 78790**



**Contact No: 6266 3302 / 3310  
Email: [admin@gemnsc.com](mailto:admin@gemnsc.com)**

# HUG Community Services Ltd



## Life Shaping Programme (LSP)

A mentorship & apprenticeship programme as a continuous programme from the HUG2Hearts (prison throughcare programme). It aims to support desistor (ex-offenders) on their path of transformation by helping others with similar backgrounds.

The desistor will be attached to HUG Community Services through training and a community apprenticeship program to help rehabilitate and provide hope to families of HUG Community Service (HCS) beneficiaries. This programme also uses the train the trainer's concept to aim to build a new generation of social workers with genuine experience and empathy for our beneficiaries.



**2nd and 4th Friday of each month**  
**7.30pm - 9.30pm (TBC)**



**Centre:**  
**200 Toa Payoh North, #01-1033**  
**Toa Payoh Spring, Singapore 310200**



**Contact No: 8600 3977**  
**Email: [desistornetwork@hug.org.sg](mailto:desistornetwork@hug.org.sg)**  
**Website : [www.hug.org.sg](http://www.hug.org.sg)**



You've got a friend

# Industrial & Services Co-operative Society Ltd (ISCOS)

## Skills Assistance Subsidy Scheme (SASS)

SASS is a programme, an initiative to promote ex-offender's career progression. A program for ex-offenders to apply for subsidized training courses which are beneficial to one's career.

Eligible applicants may receive \$800 of course subsidies to offset their total course fees. Some courses may include application of driving licenses, safety, construction related.



Application open all year



N.A.



Contact No: 6805 0810  
Email: [ms@iscos.org.sg](mailto:ms@iscos.org.sg)



# LifeCraft Training Pte Ltd

## Training and Job Placement Coaching and Mentoring

We run the LifeLine programme that provides training, job placement opportunities, workplace coaching and mentoring for desistors.



Monthly



**10 Ubi Crescent, #05-49, Lobby C Ubi Techpark,  
Singapore 408564**  
**1 Commonwealth Ln, #06-01/02, One Commonwealth,  
Singapore 149544**



**Sarah: 8857 0808**  
**Saleem: 8468 1724**  
**Email: [contact@lifecrafttraining.com](mailto:contact@lifecrafttraining.com) /**  
**[saleem@lifecrafttraining.com](mailto:saleem@lifecrafttraining.com)**



# Loving Hand Fellowship

## 12 Steps Celebrate Recovery

Celebrate recovery is a Christian faith-based adaptation of the internationally recognised 12-step program used by rehabilitation centres and organizations to address drug addiction and other compulsive behaviours. We provide ongoing aftercare support to individuals in their recovery journey, especially those who have faithfully attended our in-care Chapel services. Our focus is on helping them discover themselves, teaching coping skills, promoting a positive lifestyle and empowering them with a pro-social support community in helping them wean off addictions.



2nd and 4th Mondays of the month  
7.30pm - 9.30pm



37B, Kallang Pudding Road  
#09-07, Tong Lee Building  
Singapore 349315



Edward Yap: 9665 8992  
Chee Cheong: 9782 3355



**mawar  
community  
services**

# **Mawar Community Services**

## **Programme YSI**

**Program YSI is a spiritual-based volunteer recovery program for Ex-offenders and their families, building on mindset change and self-values. Climb for Good is an outdoor hiking program for beneficiaries, building on their mental strength and resilience.**



**Every Monday & Wednesday  
8pm**



**MCS HUB  
69A Onan Road  
Singapore 426846**



**Name: Md Farhan  
Contact No: 8083 4953  
Email: admin@mawar.sg**



# Singapore Anti-Narcotics Association (SANA)

## S.A.M. Interest Groups Sports - Futsal

The programme supports clients' recovery by promoting positive lifestyles, strengthening pro-social support networks, developing new skills and interests, and engaging the community in reintegration efforts.



Fortnightly, Evenings



Contact SANA for more information



Contact No: 6732 1122  
Email: [stepup.sk@sana.org.sg](mailto:stepup.sk@sana.org.sg)



# Singapore Anti-Narcotics Association (SANA)

## S.A.M. Interest Groups Art Jamming

The programme supports clients' recovery by promoting positive lifestyles, strengthening pro-social support networks, developing new skills and interests, and engaging the community in reintegration efforts.



Fortnightly on Thursday evenings



Step-Up Centre @ Sengkang



Contact No: 6732 1122  
Email: [stepup.sk@sana.org.sg](mailto:stepup.sk@sana.org.sg)



# Singapore Anti-Narcotics Association (SANA)

## S.A.M. Interest Groups Music Jamming

The programme supports clients' recovery by promoting positive lifestyles, strengthening pro-social support networks, developing new skills and interests, and engaging the community in reintegration efforts.



Weekly on Wednesday evenings



Step-Up Centre @ Sengkang



Contact No: 6732 1122  
Email: [stepup.sk@sana.org.sg](mailto:stepup.sk@sana.org.sg)



# Singapore Anti-Narcotics Association (SANA)

## SANAbration

A recreational platform to bring together Persons-In-Recovery and their family to enjoy and bond



Twice in a year (School Holidays) June & December



Contact SANA for more information



Contact No: 6732 1122  
Email: [stepup.sk@sana.org.sg](mailto:stepup.sk@sana.org.sg)



# Singapore Buddhist Federation (SBF)

- **Outing activities to places of interest and prominent landmarks**
- **Series of talk on mental health, emotional control, cyber health and digitalization**
- **Series of Dharma lesson for spiritual purification**
- **Guided sharing session conducted by leaned monks on life journey**
- **These activities, although not an exhaustive list, aims to strengthen them spiritually and facilitate their reintegration with their families, friends and society**



**Every Sunday, 3pm - 5.30pm**  
**Dharma Study, Food Sharing,**  
**Personal mentoring, Sutra Chanting**



**SBF Lecture Hall**



**Tel: 6744 4635**  
**Email: [charity@buddist.org.sg](mailto:charity@buddist.org.sg)**



# Tarkiz Pte Ltd

## Personal Growth Training & Workshop, Mentoring Workshop & Team Building Activities

Aiming to train desistors to rewrite their new life's narratives and equipping the potential mentors to continue to replicate the process to decrease recidivism.



Monday nights  
Weekly



Multiple physical venues



Name: Dr. (H.C) Mohamad Riduan Ishak  
Contact No: 9795 7725  
Email: [hello@tarkiz.com.sg](mailto:hello@tarkiz.com.sg)



# Ultimate Friends SG

## Peer Support Programmes

We offer a range of secular workshops such as Personal Development, Self-Confidence Building, Relapse Prevention, and many more. These workshops are exclusively for the Community-Based Programme (CBP), where we support and collaborate closely with Case Manager (CM) from Yellow Ribbon Industries at Selarang Halfway House and the Reintegrating Officers (ROs) from the Singapore Prison Service.

All participants require to register through their CMs and ROs. All participants will be provided with food and transport allowance.



**1st or 2nd Friday of each month**  
**6.30pm - 9pm**



**Lucky Haven**  
**70 Bedok South Road, #01-280**  
**Singapore 460070**



**Mohd Hairi: 9679 4171**  
**Nur Azlinda: 9639 5658**  
**Sheilanesan: 8769 7500**

# Watchman's Home Community Services Ltd



## Life Recovery - 12 Steps

This 12-step program is designed to help desistors overcome addiction through self-reflection, honesty, and self-discovery. It promotes healing and personal transformation by focusing on truth, humility, accountability, and growth—empowering desistors to pursue recovery and a substance-free life within a supportive community.

Pre-registration is required before attending the program.



1st and 3rd Monday of each month  
7.30pm - 9pm



1035 Upper Changi Road North  
Singapore 507676



Contact No (WhatsApp): 8877 1035  
Email: [contactus@wmh.sg](mailto:contactus@wmh.sg)

# **DROP-IN CENTRE & GROUP RECREATIONAL ACTIVITIES**





## A VOICE TO BE HEARD

breaking the silence, restoring dignity & amplifying voices

# A Voice To Be Heard

## Walk With Me Against Stigma (WWMAS)

### Mindfulness Walk



February & October



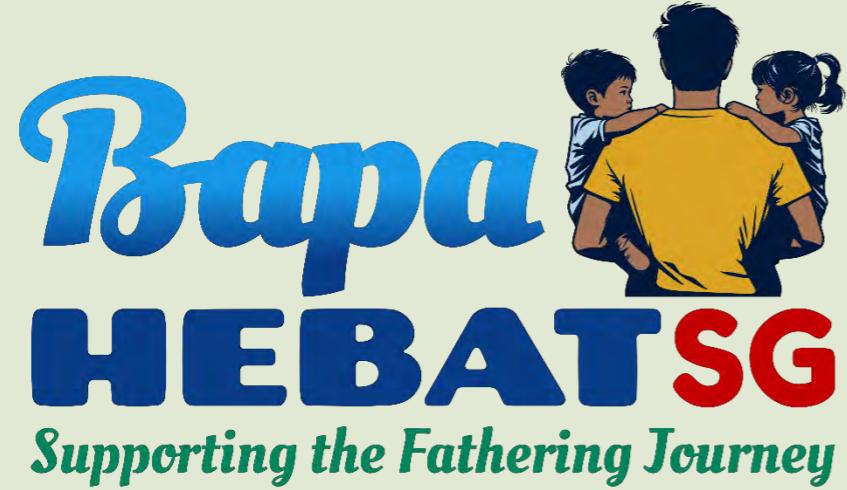
Contact us for more information



Name: Mohamed Ismail (Founder, Managing Director)

Contact No: 8690 1087

Email: [hello@av2bh.sg](mailto:hello@av2bh.sg)



## BapaHebat SG (BHSG)

### Tehtarik With Dads Talk Series

Indoor and outdoor activities to build closer bonding with and appreciation of their children.



Run on a quarterly basis,  
advertised 2 months before the event



11 Prinsep Street, The Foundry  
Singapore 187949



Email: [info@bapahebatsg.org](mailto:info@bapahebatsg.org)



# Break The Cycle (BTC)

## Cycling Support Group

Using cycling to promote personal development and to facilitate pro social activities and events for reintegration.

Through the sport of cycling, we inspire motivation and discipline for an ex-offender to develop goals. And through the cycling community, we provide a support group that is accepting and inclusive to sustain their reintegration.



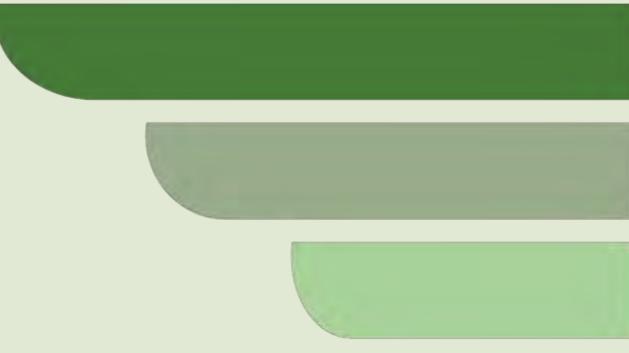
Every Tuesdays (9pm - 11pm),  
Every Thursdays (9pm - 11pm) and  
Every Sundays (6am - 10am)



Meeting points varies but mostly at Causarina Car Park at  
Upper Thomson or Seletar JTC Aviation 2



Email: [breakthecycle.sg@gmail.com](mailto:breakthecycle.sg@gmail.com)  
FB: [www.facebook.com/breakthecyclesg](https://www.facebook.com/breakthecyclesg)



# HUFI



## Netball Team Training

**HUFI is an addiction recovery support group for Muslim women. Our holistic approach to help desistors in their recovery & reintegration journey include: support group activities, religious & spiritual activities (Islamic classes etc), group recreational activities (family oriented), sports & healthy living activities, personal development activities, skills upgrading (workshops, courses, etc), community engagement (volunteering etc).**



**Every fortnightly, weekday evening**

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**Contact us for more details**

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**Name: Ms Susanty Yaakop (Chairwoman)**  
**Contact No: 9007 9819**  
**Email: [hufi.bersatu@gmail.com](mailto:hufi.bersatu@gmail.com)/[admin@hufibersatu.com](mailto:admin@hufibersatu.com)**  
**Website: [www.hufibersatu.com](http://www.hufibersatu.com)**



# Prison Fellowship Singapore

*“A bruised reed He will not break...” Isaiah 42:3*

## Prison Fellowship Singapore (PFS)

### Drop-In Centre

**To extend the drop-in Centre to help and support ex-offenders and their families.**



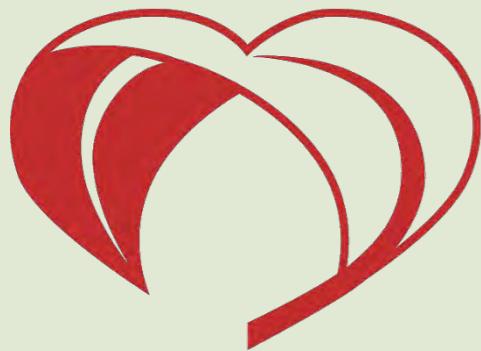
**Monday - Friday (Except Public Holiday)**  
**8.30am - 6pm**



**1 Dorset Road  
Singapore 219486**



**Email: [enquiry@pfs.org.sg](mailto:enquiry@pfs.org.sg)**



# WE CARE COMMUNITY SERVICES

## WE CARE Community Services

### Drop-in Centre & Activities

A safe, supportive and non-judgmental environment for individuals to stabilise and work on their recovery. The drop-in centre and activities are only open to registered members. To be a registered member, you will have to first undergo a short intake session.



Monday - Friday  
10am - 7pm



WE CARE Community Services  
Kembangan-Chai Chee Community Hub  
11 Jalan Ubi, Block 5, #01-41, Singapore 409074



Helpline: 3165 8017  
Contact No (WhatsApp): 8391 3023  
Email: [help@wecare.org.sg](mailto:help@wecare.org.sg)



# POPWOW GEMS

## Nature Walk

### Community Nature Walk: Embrace the Outdoors Together

Step into the heart of nature with your community in this enriching, guided nature walk. Discover the hidden beautify of your local environment as you explore winding trails and uncover the wonders of the natural world. This experience is designed for all ages and aims to foster a deeper connection with the outdoors, enhances mental and emotional wellbeing, all while connecting with fellow nature enthusiast. Join us for a memorable e journey throughout our backyard wilderness.



1st or 2nd Sunday of each month  
8am - 11am



Various location in Singapore  
Check [www.popwow.space](http://www.popwow.space) for meeting places



Name: Efah  
Contact No: 8183 5954  
Email: [info@popwow.space](mailto:info@popwow.space)



# POPWOW GEMS

## Pool Party – Ladies Only

Safe space for ladies to enjoy a fun time at the pool



4th Saturday of each month  
4pm - 6pm



POPWOW Club & Academy  
116 Changi Rd, WIS@CHANGI  
#04-08, Singapore 419718



Name: Efah  
Contact No: 8183 5954  
Email: [info@popwow.space](mailto:info@popwow.space)  
RSVP @ [www.popwow.space](http://www.popwow.space)



# POPWOW GEMS

## Weekly Classes

- **Swimming, Pilates, Kickboxing**
- **Quraan for Beginners & Basic Religious knowledge**
- **Massage**
- **Website & Graphic design**



Contact Efah for further info



**POPWOW Club & Academy**  
**116 Changi Rd, WIS@CHANGI**  
**#04-08, Singapore 419718**



**Name: Efah**  
**Contact No: 8183 5954**  
**Email: [info@popwow.space](mailto:info@popwow.space)**  
**RSVP @ [www.popwow.space](http://www.popwow.space)**

# COUNSELLING AND THERAPY





Access to Counselling for All

# Centre For Psychotherapy (C4P)

## Therapeutic Counselling and Emotional Healing

**Evidence-based therapy using trauma-informed and cognitive behavioural approaches.**

### Focus Areas:

- **Low self-worth, emotional dysregulation, and attachment issues**
- **Coping strategies for behavioural change**
- **Enhancing insight, compassion, and long-term accountability**



**Monday - Friday, 9.30am - 5pm  
Saturday, 9.30am - 1.30pm**



**7 Race Course Lane  
#02-01  
Singapore 218734**



**Contact No: 8856 2408  
Email: [info@centreforpsychotherapy.com](mailto:info@centreforpsychotherapy.com)  
Advisable to reach out to establish an intake  
appointment prior to dropping in.**



Access to Counselling for All

# Centre For Psychotherapy (C4P)

## Family Restoration Support

**Support for clients and families in rebuilding trust and establishing healthy communication.**

### Includes:

- **Family therapy sessions**
- **Psychoeducation on trauma and resilience**
- **Boundary setting and shared healing strategies**



**Monday - Friday, 9.30am - 5pm  
Saturday, 9.30am - 1.30pm**



**7 Race Course Lane  
#02-01  
Singapore 218734**



**Contact No: 8856 2408  
Email: [info@centreforpsychotherapy.com](mailto:info@centreforpsychotherapy.com)  
Advisable to reach out to establish an intake  
appointment prior to dropping in.**



# GEM New Start Centre Limited

## Counselling

**Providing personal support and guidance through one-on-one or group sessions.**

**GEMnsc is committed to empowering female ex-offenders through a structured day program designed to prepare them for employment and support their successful reintegration into society. Our holistic approach includes: Community Service, Bible Devotion, Vocational Skill Training and Counselling.**

**Currently, our Desistor are recently released from prison and are under electronic tagging due to good conduct. They are actively engaged in our daily structured program, which offers stability and direction during this critical transition period. Upon completing one month of the program, our goal is to assist them in securing part-time employment (three days a week) as a gradual step toward full reintegration into the workforce and community.**



**Monday  
12.30pm - 5pm**



**2 Springleaf View  
Singapore 78790**



**Contact No: 6266 3302 / 3310  
Email: [admin@gemnsc.com](mailto:admin@gemnsc.com)**



# NATIONAL ADDICTIONS MANAGEMENT SERVICE

# National Addiction Management Service (NAMS)

## Detoxification, Rehabilitation and Relapse Prevention Services

NAMS addiction treatment Service includes individual therapy and support group programmes. Apart from inpatient services, the treatment programme also includes outpatient individual therapy and support group programme. The treatment team in NAMS consists of multi-disciplinary team that provides support to patients' needs in recovery.



NAMS Outpatient Clinic is open on  
Monday - Thursday, 8am - 5.30pm, Friday, 8am - 5pm  
Closed on Wednesday morning, Weekends & Public Holidays



NAMS Clinic is located inside IMH:  
National Addictions Management Service (NAMS) Block 9  
(Level 1), Buangkok Green Medical Park  
10 Buangkok View, Singapore 539747



General Enquiries - 6389 2000  
Appointments - 6389 2200  
Mental Health Helpline - 6389 2222 (24-hour hotline)



# Prison Fellowship Singapore

*“A bruised reed He will not break...” Isaiah 42:3*

## Prison Fellowship Singapore (PFS)

### Counselling Support

**Provide counselling and therapy work, helping inmates, ex-offenders and their families to re-integrate into society.**



**For appointment,  
call PFS Office at 6384 2338**



**1 Dorset Road  
Singapore 219386**



**Website: [pfs.org.sg/after-care](http://pfs.org.sg/after-care)**



SINGAPORE ANTI-NARCOTICS ASSOCIATION

# Singapore Anti-Narcotics Association (SANA)

## Psychotherapy

For SANA clients with mental health symptoms and/or emotional distress associated with behavioural/relationship issues.



N.A.



N.A.



Contact No: 6732 1122  
Email: [stepup.sk@sana.org.sg](mailto:stepup.sk@sana.org.sg)



# Singapore Anti-Narcotics Association (SANA)

## Quit Vape Program Voluntary Etomidate Rehabilitation Programme (VERP)

To provide counseling support for K-pod user to form relapse prevention plans and work towards their recovery.



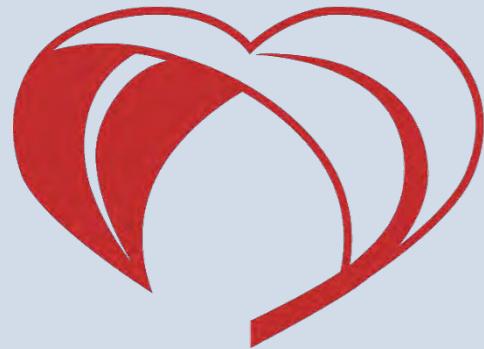
N.A.



N.A.



Contact No: 6732 1122  
Email: [stepup.sk@sana.org.sg](mailto:stepup.sk@sana.org.sg)



# WE CARE COMMUNITY SERVICES

## WE CARE Community Services

### Counselling for Addiction and Mood Disorders

WE CARE provides counselling for all forms of addiction, including drugs, alcohol, gambling, sex, gaming & internet, compulsive shopping and shoplifting; as well as mood disorders such as depression and anxiety. Counselling services include individual, family and group therapy and are provided by trained counsellors. We also offer counselling to family members who need support. Our services are open to all members of the public at a nominal rate.



Centre is open Monday - Friday, 10am - 7pm



WE CARE Community Services  
Kembangan-Chai Chee Community Hub  
11 Jalan Ubi, Block 5, #01-41, Singapore 409074



Helpline: 3165 8017  
Contact No (WhatsApp): 8391 3023  
Email: [help@wecare.org.sg](mailto:help@wecare.org.sg)

# SHELTER SERVICES





# The T Project

## Shelter Services

**The Alicia Project SG Ltd is the first and only trans-focused community service in Singapore. Founded in 2014, The Alicia Project SG Ltd now has The T Project, a homeless shelter, which provides a safehaven for the homeless in the community while they seek employment, healthcare, and more permanent accommodations. We work with hospitals, social workers, and government organisations, to support better services and care for the community. Our mission is to support Singapore's transgender community through providing a safe space and social service, allowing them to live their fairy tale life.**



N.A.



N.A.



Kindly fill up the application form and social report on our website (<https://www.thetprojectsg.org/application>) and send it back to us at [contact@thetprojectsg.org](mailto:contact@thetprojectsg.org)

# Watchman's Home Community Services Ltd



## Provision of Shelter

### Shelter support



Date and time for interview can be arranged



1035 Upper Changi Road North  
Singapore 507676



Contact No: 8877 1935  
Email: [watchmanhome.sg@gmail.com](mailto:watchmanhome.sg@gmail.com)

# GIVE BACK ACTIVITIES





## A VOICE TO BE HEARD

breaking the silence, restoring dignity & amplifying voices

# A Voice To Be Heard

## AV2BH Flagship Symposium

- Desistor Leaders Champion (WADD)
- Mental Health Advocates (WSPD)

\*in conjunction with the World Anti-Drug & Trafficking Day (WADD)  
and World Suicide Prevention Day (WSPD)

We are proud to pioneer a groundbreaking symposium in Singapore, featuring speakers with lived experiences. This open space provides a VOICE for individuals to share their powerful stories. These profound experiences serve as enablers, empowering and inspiring others to tell their own stories and impact the world.



Contact us for more information



Contact us for more information



Name: Mohamed Ismail (Founder, Managing Director)  
Contact No: 8690 1087  
Email: [hello@av2bh.sg](mailto:hello@av2bh.sg)



**animal-assisted  
interactions sg**

# **Animal-Assisted Interactions Singapore (AAISG)**

**You would join aaisg's dogs and their owner to participate in our programmes. Our programmes include visiting nursing homes and senior centers to bring joy to the seniors there with our dogs or working with youth at risk to help them develop resilience or a growth mindset.**

**You will be part of supportive community made up of people who love dogs, and who want to partner with dogs to give back to the community.**



**Dates and times of sessions vary,  
most session take places on weekdays**



**Location vary depending on the client**



**Contact No: 8877 1935  
Email: [info@aaishg.org](mailto:info@aaishg.org)**

# Family And Inmates Throughcare Assistance Haven (FITRAH)

## Community Give Back Projects

These projects can help desistors and families develop a sense of purpose, build positive relationships, and providing connection with the community.

# F I T R A H

Family and Inmates ThRoughcare Assistance Haven



N.A.



**En-Naeem Mosque**  
120 Tampines Road  
Singapore 535136



**Contact No:** 8318 2695  
**Email:** [contact@fitrah.sgmosque.co](mailto:contact@fitrah.sgmosque.co)



# GEM New Start Centre Limited

## Community Service

**Engaging Desistor in meaningful outreach and service projects.**

**GEMnsc is committed to empowering female ex-offenders through a structured day program designed to prepare them for employment and support their successful reintegration into society. Our holistic approach includes: Community Service, Bible Devotion, Vocational Skill Training and Counselling.**

**Currently, our Desistor are recently released from prison and are under electronic tagging due to good conduct. They are actively engaged in our daily structured program, which offers stability and direction during this critical transition period. Upon completing one month of the program, our goal is to assist them in securing part-time employment (three days a week) as a gradual step toward full reintegration into the workforce and community.**



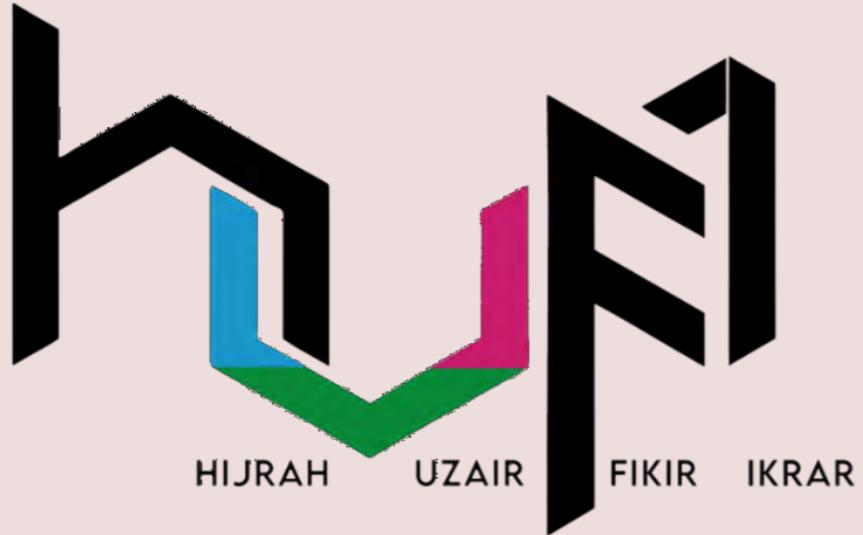
**Tuesday and Thursday  
10.30am - 6pm**



**2 Springleaf View  
Singapore 78790**



**Contact No: 6266 3302 / 3310  
Email: [admin@gemnsc.com](mailto:admin@gemnsc.com)**



# HUFI

## Volunteer Works

**HUFI is an addiction recovery support group for Muslim women. Our holistic approach to help desistors in their recovery & reintegration journey include: support group activities, religious & spiritual activities (Islamic classes etc), group recreational activities (family oriented), sports & healthy living activities, personal development activities, skills upgrading (workshops, courses, etc), community engagement (volunteering etc).**



**Last Sunday of every month  
10am - 1pm**



**Contact us for more information**



**Name: Ms Susanty Yaakop (Chairwoman)  
Contact No: 9007 9819  
Email: [hufi.bersatu@gmail.com](mailto:hufi.bersatu@gmail.com)/[admin@hufibersatu.com](mailto:admin@hufibersatu.com)  
Website: [www.hufibersatu.com](http://www.hufibersatu.com)**



# HUG Community Services Limited

## Mai Gong Bo Jio (MGBJ)

**Mai Gong Bo Jio (MGBJ)**, under HUG's Nice to Meet You initiative, is a weekly intergenerational coffee corner held every Saturday. It brings together seniors, youths, and desistors to bond over breakfast, fostering dialogue, inclusion, and shared learning. The programme reduces elderly isolation, nurtures youth leadership, and supports desistors through anonymous, stigma-free participation. It builds meaningful community connections where everyone is valued for who they are today.



**Saturdays**  
**8.30am - 10.30am**



**200 Toa Payoh North, #01-1033**  
**Toa Payoh Spring, Singapore 310200**  
**(Void deck beside the centre)**



**Contact No: 8600 3977**



# HUG Community Services Limited

## Intergenerational Care Movement

The Intergenerational Care Movement, under HUG's Nice to Meet You initiative, features daily activities such as morning exercises, bingo, and karaoke that bring together seniors, youths, and desistors. Through shared experiences, it fosters inclusion, mutual learning, and meaningful dialogue. The programme reduces senior isolation, empowers desistor community leadership, and provides a stigma-free space for desistors to reconnect with the community and be valued for who they are today.



Monday - Friday  
1pm - 5pm



Centre:  
200 Toa Payoh North, #01-1033  
Toa Payoh Spring, Singapore 310200



Contact No: 8600 3977

# Human-animal bond In Ministry (HIM)



## Community Project at Woodlands Botanical Garden

**An Animal-Assisted Activities, with Biophilia (natural environment) theory to explicate therapeutic effects: Animal-assisted activities provide opportunities for motivational, educational, and/or recreational benefits to enhance quality of life. While more informal in nature, these activities are delivered by a specially trained professional, paraprofessional, and/or volunteer, in partnership with an animal that meets specific criteria for suitability.**

**Experiences in natural environments and interactions with animals share the ability to reduce stress and anxiety. The beautiful part of HIM's AAI works is, we engage & empower our community (eg the ex-offenders as facilitators) to conduct the sessions. This also provides them a source of supplementary income as HIM provides a stipend to them who are still in transition (not employed yet). It is also their chance to give back to the society in serving the SSA's beneficiaries**



**One of the Saturdays of each month  
(Schedule will be updated upon sign up)**



**Blk 134 Marsiling Road**



**Whatsapp: 6912 9759  
Signup: [bit.lyy/AAAatWBG](http://bit.lyy/AAAatWBG)**



# POPWOW GEMS

## Community Activities

- **Volunteering opportunities for charity events**
- **Fundraising for community programmes**



Contact Efah for further info



**POPWOW Club & Academy**  
116 Changi Rd, WIS@CHANGI  
#04-08, Singapore 419718



**Name: Efah**  
**Contact No: 8183 5954**  
**Email: [info@popwow.space](mailto:info@popwow.space)**  
**RSVP @ [www.popwow.space](http://www.popwow.space)**